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Letter from the Executive Director:

As many of you know, Governor Parkinson announced last week additional cuts to the State's budget for the current fiscal year. This was done to address the State's projected budget deficit. By law, and unlike the Federal government, the State cannot have a deficit in the budget. For the Community Mental Health Centers of Kansas, the cuts translated into a removal of \$3.9 million from the grants centers receive to provide services to those consumers who cannot pay for treatment, to provide services to the special populations (SPMI adults and SED youth) so they do not have to reside in a State Mental Health Hospital, and a 10% reduction in all Medicaid rates. The continued economic catastrophe in Kansas is the reason for the budget cuts. As you may remember, this is not the first time the budget has been reduced this fiscal year. What you may not remember is that cuts to the budget for CMHC services have been occurring for the past several years.

Let me share some numbers with you to give you some perspective on what this means. In Labette Center's fiscal year 2005, we received \$626,062.00 from the state in the form of State Aid, Mental Health Block Grant, Family Centered System of Care, and Mental Health Reform grants and contracts. These are the various state monies we receive to do what I stated earlier; treat folks who otherwise would receive their treatment in a State Mental Health Hospital, and to treat folks who cannot pay the cost of their care. By the end of our fiscal year 2010, which will end on December 31, 2010, we expect to receive \$360,947.50 from these same sources. That is a \$265,114.50 reduction.

Let me address some positives. Labette Center is in a good position financially. How is this possible, you may ask, with what I've reported so far in this article? Our stability was achieved through careful planning and execution of numerous ideas and strategies, both large and small, over the past several years and devised by management and the board of directors. Key to these strategies has been the significant increase in productivity by service provider staff. The increase in productivity was supported by the walk-in clinic, changes in the process of how consumers receive their first appointment (which led to increased satisfaction with that first appointment), and many other ideas that have led us to be a much more efficient operation.

Does that mean all is well and there is nothing to be concerned about? No. It is anticipated that an additional cut to the State's 2010 budget is likely. Additionally, the projected budget "hole" for FY 2011 is larger than FY 2010. It has been stated by the current Secretary of SRS that it is possible **all** sources of state money that I identified earlier in this article could be eliminated in the next two fiscal years. In that one possible scenario, it would mean Labette Center would be cut \$626,062.00 from 2005 levels.



What does the future hold? The place to start answering that question is with the statement that Labette Center will still be here. What I hope many of you have seen, and I will state clearly here, is that the board of directors and I prioritize services and staff. These will continue to be our priorities as we move forward in the next several years. But it must also be said clearly that these types of cuts cannot be withstood without further changes occurring. Significant changes have been made by staff, and these changes have led to good clinical and financial outcomes. I cannot thank you enough for that. Now we need to turn our attention to changes that must occur from the consumer side of the equation. Simply and clearly stated, consumers of our behavioral health care services must contribute more toward the cost of their care. This means that our consumers must begin paying their co-pays and adjusted fees, and pay them promptly. This means that our non-SPMI and non-SED consumers must make the shift in expectation of

us from a place to come to “talk,” sometimes for years, paying us a small fraction of the cost for this, and move toward a brief, solution-focused treatment with a clear beginning and end. It means that our consumers and community partners will need to see that we can no longer be everything for them because “we’ve always been that,” and see us instead as the provider of medically necessary behavioral health services. In seeing us in that light, they must also understand, and we must constantly educate them, that every single thing we do here has a financial cost to it and the money to provide the services has been dramatically cut, with no restoration forecasted for years or a promise to restore the cuts once the economy improves.

My efforts in the coming months will be toward developing policies and procedures that encourage, promote, and compel these types of changes. The CMHC system in Kansas is undergoing a dramatic shift in how public mental health services are provided and paid for. “Business as usual” cannot be the plan. I do however, intend to lead Labette Center through this time and see to it that we are here, providing the best service that we possibly can, when this state and national economic catastrophe has ended.

I would be happy to visit with anyone regarding questions or comments on these issues. Feel free to come by my office, call, or e-mail me at matteberry@lcmhs.com.

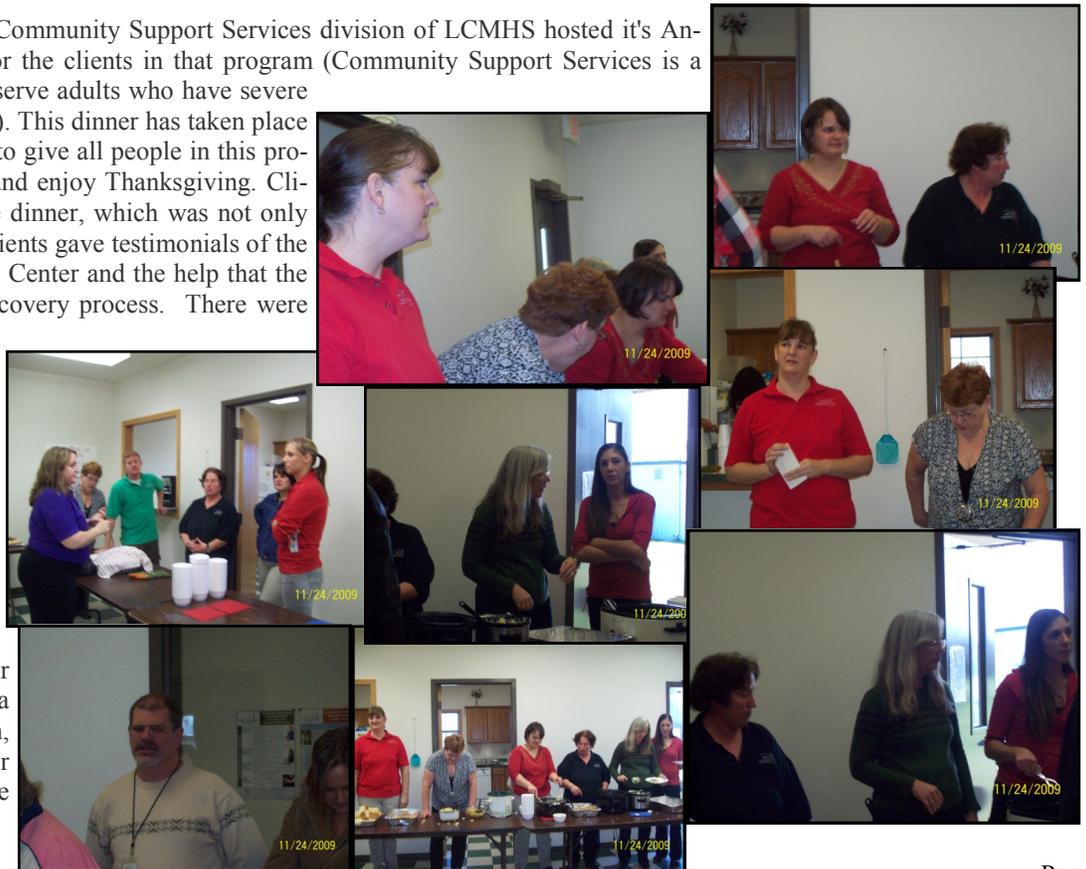
Thank You
Mr. Matthew M Atteberry
Executive Director

Center Wide Christmas Lunch

It is once again that time of year when we celebrate the Christmas season. The center will be holding the Annual Christmas Lunch which takes place in the multi-purpose room of the main building. All employees are welcomed and encouraged to attend. This is a time for us all to get together and enjoy each others company. There will be a white elephant gift exchange that takes place. The gifts will be exchanged though a “right - left” game that has become a center tradition. Your gift does not need to be extravagant, costly, pretty, or even something that somebody else would want. The funnier your gift, the better! Keep it clean though, no naughty gifts allowed. Wrap it up nice so everyone wants it. For those who haven't participated before, watch out! You could end up with a pile of presents in front of you, just ask your co-workers. This is a fun and entertaining way to pass out the gifts. It always ends up being quite amusing! There will also be games other fun games played throughout the lunch. We will be giving away numerous gifts that we have collected throughout the year. The gifts to be given away come from various vendors as the company makes purchases. Several of these gifts are really nice! Everyone has a chance to win one and as usual, we'll play a game to give them all away. The lunch itself is a potluck event. Please bring a dish to share with your co-workers. Everyone always enjoys trying the different foods and, as with all holiday meals, eating plenty of good food! This year the dinner will take place on December 18th, at 12:00pm and will last until 1:30pm. The center will close during that time so that everyone is able to attend and participate. This year, the center will also be taking donation of non-perishable items to be donated to the Labette County Assistance program. Any one wishing to participate, may bring a non-perishable item to the lunch and those items will be delivered to Labette County Assistance for the less fortunate in our area. We look forward to seeing everyone at this year's Christmas lunch!

CSS Thanksgiving Dinner

On Tuesday November 24th, the Community Support Services division of LCMHS hosted it's Annual Thanksgiving Day Dinner for the clients in that program (Community Support Services is a program provided by LCMHS to serve adults who have severe and persistent mental health needs). This dinner has taken place for over 20 years and is designed to give all people in this program time to spend with friends and enjoy Thanksgiving. Clients shared recovery stories at the dinner, which was not only touching, but inspiring as well. Clients gave testimonials of the appreciation they have for Labette Center and the help that the Center has given them in their recovery process. There were many wonderful stories given all of which were very heartfelt. The efforts that these clients put into telling their stories, and the courage that it took to share, was greatly appreciated. This year approximately 70 people were served! The first dinner held in 1987 served 6 people. The dinner was prepared and served by the CSS staff. Thank you to all whose efforts were put forth to give our clients this wonderful day and a special thank you to Misti Mustain, CSS Coordinator, for all of her hard work and efforts in putting the event together!



Join Us On Facebook!

Labette Center for Mental Health Services now has a Facebook page! Become a Fan of the Center and receive updates on a regular basis of company happenings, as well as inspirational mental health messages. Pass the word to your friends so they can become a fan of the Center as well!!

Quotes, essays, client testimonials, or other information that may be interesting for others to read can be passed along to me as possible information for Facebook. All material will be subject to approval before posting, but all suggestions are welcome! Please email information to msimpson@lcmhs.com or place it in my box in the resource room. Thank you all for your help with this!

FYI: When you become a fan of a Facebook page, others are still unable to see your information without requesting a friend's request and you accepting the request. If a person clicks on you from the LCMHS page, they will see the same information they would see should they search your name. Therefore, if your page is set to private, they will see a screen telling them that your page is private. Also, your posts and information will not be published on the LCMHS fan page. The only thing shown on this page is posts that are put on it directly. Thank you!

Closings for the Holidays

The center will be closed on Friday December 25th and Monday December 28th for the Christmas Holiday. We will then be closed on Friday January 1st for New Year's Day. Have a Merry Christmas and a Happy New Year everyone!!!

The Newsletter has gone digital. For those who I do not have an email address for, a paper copy will be mailed. Please let me know if you would like to receive a paper copy so that your name can be added to the list.

Thank you - Monica



Farewell to Vanessa Cohen

Vanessa Cohen, HR/Payroll, will be leaving the center this month. Vanessa has been with LCMHS since June 13th, 2008. Vanessa was hired as the secretary/intake clerk in the front office, and later became the HR/Payroll coordinator. She will be moving on to a job with Neosho County. We wish Vanessa the best of luck in her upcoming endeavour. Her last day with the center will be on December 11th, 2009. Good Luck Vanessa, and you will be missed!

Depression/Bipolar Support Association Group (DBPSA)

On the first Monday of every month, the DBPSA Group meets in the education room located on the third floor of Labette Health. For the month of December, Norma Cunningham, LCPC, NCC will be a guest speaker at the meeting. Norma will be giving a presentation called "Nourishment for the Brain". The meeting will be held on Monday December 7th, 2009 from 7:00 pm to 8:30 pm. (See attached flyer at end of newsletter)

Windbreakers from Bleacher Gear

In the last order for shirts from Bleacher Gear, there were a couple of individuals that ordered Windbreakers. Since those have come in and been worn, there have been inquiries made by staff as to ordering the windbreakers. I am able to put in another order for windbreakers and shirts. If anyone is interested please let me know. As always, the price of the items depends on the quantity ordered. In the last order, windbreakers were \$34.20, a short sleeve polo was \$16.20 and a long sleeve polo was \$19.20. The prices also vary slightly depending on size. If anyone is interested in purchasing a shirt or windbreaker, I have the color charts in my office. Please feel free to stop by, email me or babble me. Thank you!

***Our Vision** ~ Provide the highest quality of comprehensive services to empower the people and communities of Labette County. We envision fulfilling and meaningful lives for those we serve.*

***Our Mission** ~ Create hope and opportunities for life change by providing education, support, consultation and therapeutic behavioral health services to the people and communities of Labette County.*



Moon Phases for December

Full Moon	December 2nd
Last Quarter	December 8th
New Moon	December 16th
First Quarter	December 24th
Blue Moon	December 31st

Full moon on the 2nd is called a "cold moon" by Native Americans of the Great Lakes because at this time of year the nights are long, the days are short. Therefore, less sunlight means more cold days.

www.brownielocks.com

Welcome Back Nikkii!

Nikkii Rosenstiel, Psychosocial Team Lead, will be returning to work on December 7th, 2009. Nikki has been on maternity leave since the birth of her daughter. Her daughter, Selena Cruz Rosenstiel, was born on September 17th, 2009.

Welcome back Nikkii!

Annual Dinner

This year the Annual Dinner will be held on January 15th, 2009. The location for the Annual Dinner will change this year. It will be held at the Parsons VFW, with food being catered by Sirloin Stockade. More details on the dinner will follow later in the month, as well as in the January Newsletter.

In November the LCMHS website www.lcmhs.com had 1104 hits!

Christmas Facts

- Christmas became a national holiday in America on June, 26, 1870.
- Coca Cola was the first beverage company to use Santa for a winter promotion.
- Contrary to common belief, poinsettia plants are non-toxic.
- Holly berries are poisonous.
- "Jingle Bells" was first written for Thanksgiving and then became one of the most popular Christmas songs.
- "It's a Wonderful Life" appears on TV more often than any other holiday movie.
- The word Christmas is Old English, a contraction of Christ's Mass.
- Christmas is abbreviated Xmas because the Greek letter "x" is the first letter of the Greek word for Christ, Xristos. "Xmas" therefore means "Christ's Mass." The abbreviation has been around since at least the sixteenth century and is not, as some people have claimed, an attempt to take the "Christ" out of "Christmas" and make it a secular holiday.
- In the Ukraine, if you find a spider web in the house on Christmas morning, it is believed to be a harbinger of good luck! There once lived a woman so poor, says a Ukrainian folk tale, that she could not afford Christmas decorations for her family. One Christmas morning, she awoke to find that spiders had trimmed her children's tree with their webs. When the morning sun shone on them, the webs turned to silver and gold. An artificial spider and web are often included in the decorations on Ukrainian Christmas trees.
- The poinsettia is a traditional Christmas flower. In Mexico (its original birthplace), the poinsettia is known as the "Flower of the Holy Night".
- Louis Prang, a Bavarian-born lithographer who came to the USA from Germany in the 19th century, popularized the sending of printed Christmas cards. He invented a way of reproducing color oil paintings, the "chromolithograph technique", and created a card with the message "Merry Christmas" as a way of showing it off.
- In Sweden, a common Christmas decoration is the Julbukk, a small figurine of a goat. It is usually made of straw. Scandinavian Christmas festivities feature a variety of straw decorations in the form of stars, angels, hearts and other shapes, as well as the Julbukk.
- US scientists calculated that Santa would have to visit 822 homes a second to deliver all the world's presents on Christmas Eve, travelling at 650 miles a second.
- Robins on cards were a joke 150 years ago when postmen wore red tunics and were named after them.
- Christmas failed to gain prominent or even universal recognition among Christians until quite recently. In some protestant-dominated areas, such as the Massachusetts Bay Colony, the celebration of Christmas was even legally banned, probably as part of their rejection of those parts of the traditional liturgical calendar that have no apparent foundation in Scripture. As late as the last century, Christmas had gained no great importance; it was not even a legal holiday. This explains why nineteenth-century readers found it credible that Scrooge could require Cratchit to come to work on Christmas Day and why in the nineteenth century the US Congress could meet on Christmas Day.

www.christmasfacts.blogspot.com, www.luvcreations.com, www.theholidayspot.com,
www.funfacts.com, www.kencollins.com, www.wikipedia.org



Mark Mikels, LSCSW and Shawn Harrigan, former LCMHS employee, pose before heading to a Celtics game in Oklahoma City. As many staff know, Mark is an avid Celtics fan. He and Shawn attend games together during every season and enjoy the tradition they have created. (Shawn Harrigan was previously a children's case manager for LCMHS. He is also the son of Emma Vore and The Brother-in-law of Babette Collins)

Roof Fixed!?

There has been work done on the roof at the main building. It seems that there may be an end in sight for the leakage issues in different areas of this building! The ceiling in the multipurpose room as well as the ceiling in Sandra Dickerson's office, seems to have stopped leaking all together. Work was also been done on the children's building located on Katy Drive. Hopefully these repairs will have a lasting effect and the issues that have been seen in the past with the roofs will eventually no longer be a concern.

Did you Know: Boxing Day, which takes place on December 26th, actually has nothing to do with the sport of boxing! It is actually a day to give gifts to the less fortunate and is also called St. Stephen's Day. Many countries celebrate this day and consider it a holiday that is taken off from work. It is a myth that this holiday has any connection to boxing as a sport.

Easy Eggnog

- 6 eggs
- 3 cups milk
- 8 tablespoons sugar
- 3 teaspoon vanilla essence
- 1/2 teaspoon nutmeg, ground

In a large bowl, beat the eggs using an electric beater (if available).

By turn, add milk & sugar.

Continue beating until mixture thickens slightly.

Add in the vanilla essence & ground nutmeg.

Cover with plastic wrap and refrigerate until chilled (at least 3 hours).

Serves: 8.



Monthly Trivia

November Answer: The world wide record high temperature was 136 degrees in Azizia North Africa on September 13th, 1922. The world wide record low temperatures was -128.6 degrees in Vostok, Russia on July 21st, 1983.

www.weatherexplained.com

The winner of the drawing was:
Beth Engels

Congratulations to the winner!!!!

Trivia Question of the Month:
What famous singer was born on December 25th, 1946.

www.quizland.com

December Birthdays

Mandy Shaw	Dec. 8th
Psychosocial	
Kathryn Shelton	Dec. 8th
Psychosocial	
Stacy Green	Dec. 12th
Data Entry/Medical Records	
Asha Patel	Dec. 14th
Accounts Payable	
Patricia Gaiser	Dec. 24th
Adult Case Manager	
Haley Mills	Dec. 27th
Children Case Manager	
Norma Cunningham	Dec. 29th
Counselor	



December is

Bingo's Birthday Month
 National Drunk and Drugged Driving Prevention Month
 Safe Toys and Gifts Month
 Universal Human Rights Month
 Cookie Cutter Week (1-7)
 National Hand Washing Awareness Week (6-12)
 Glutton Free Baking Week (14-20)
 Special Education Day (2)
 International Day of Disabled Persons (3)
 Bath tub Party Day (5)
 National Pearl Harbor Remembrance Day (7)
 Poinsettia Day (12)
 Cat Herder's Day (15)
 Forefather's Day (21)
 Boxing Day (26)
 National Chocolate Day (28 & 29)
 Universal Hour of Peace Day (31)
 No Interruptions Day (31)

www.brownielocks.com

December Anniversaries

Lori Shaw	Dec. 1st	15 yrs
Therapist		
Jacki Jalali	Dec. 1st	1 yr
Front Office		
Beth Engels	Dec. 1st	15 yrs
CBS Coordinator		
Christi Mills	Dec. 5th	4 yrs
Accounts Receivable/ Transcription		
Stacy Green	Dec. 8th	1 yr
Data Entry/Med. Records		
Alice Priest	Dec. 19th	3 yrs
Attendant Care		

American History in December

December 3rd, 1989 - Cold War ended today
December 4th, 1783 - George Washington delivered his Farewell Address to his officers
December 5th, 1933 - Prohibition ended with the ratification of the 21st amendment.
December 7th, 1917 - Woodrow Wilson declared war on Austria-Hungary entering America into World War I.
December 7th, 1941 - Pearl Harbor was bombed beginning America's official entrance into World War II.
December 8th, 1980 - John Lennon shot and killed
December 14th, 1799 - George Washington died.
December 15th, 1966 - Walt Disney died.
December 16th, 1773 - Boston Tea Party occurred in protest to the Tea Tax before the American Revolution
December 17th, 1903 - Wright Brothers made the first powered flight
December 21st, 1620 - The Mayflower landed on Plymouth Rock in Plymouth, Massachusetts
December 23rd, 1913 - Federal Reserve created
December 25th, 1776 - George Washington led the Continental Army across the Delaware River in order to attack Britain's Hessian mercenaries in Trenton, New Jersey during the American Revolution.
December 25th, 1868 - Andrew Johnson granted an unconditional pardon to all Confederate soldiers
December 25th, 1977 - Charlie Chaplin died
December 26th, 1941 - Franklin D. Roosevelt signed a bill setting the fourth Thursday in November as Thanksgiving Day
December 27th, 1831 - Charles Darwin left aboard the Beagle to investigate the Galapagos Islands which will lead him to the theory of evolution.
December 31st, 1891 - The immigration depot opened on Ellis Island, New York

www.about.com

Kansas History in December

December 3rd, 1886 - Chautauqua county grew 100 bales of cotton in 1886.
December 5th, 1925 - The skeleton of a fish measuring 13 1/2 feet and known as "Portheus" was found in Logan county by George F. Sternberg of Hays.
December 6th, 1920 - In ten months federal officers had seized 700 stills and \$52,000 worth of whisky in Kansas.
December 8th, 1874 - The Kansas Pacific train was robbed at Muncie, a few miles west of Kansas City, at 3 P.M. Five masked men flagged and stopped the train, cut off the passenger coaches, moved the engine and express car some distance forward, and robbed Wells, Fargo & Co.'s safe of about \$27,000.
December 9th, 1890 - The American National Bank of Arkansas City closed as the result of the cattleman's withdrawal from the Cherokee Strip.
December 11th, 1895 - Three bodies, found at the Kansas Medical College, had been stolen from Topeka cemeteries. The college was guarded from expected mob violence by 25 policemen. Two National Guard companies were called out. The Governor offered rewards for information of the grave robbers.
December 15th, 1855 - At the election on the adoption or rejection of the Topeka Constitution, at Leavenworth, the Pro-Slavery men carried off the ballot-box. They also destroyed the office of the Territorial Register, a Free-State paper, at Leavenworth, edited by Mark W. Delahay.
December 17th, 1891 - German-Russian settlers in Ellis county had sent over \$10,000 to aid sufferers in Russia. they had also sent an agent to bring more families to Kansas.
December 20th, 1858 - John Brown and his men go into Missouri and liberate fourteen slaves. The Governor of Missouri offers a reward of \$3,000, and President Buchanan \$250, for the arrest of Brown. Brown goes north through Kansas with the former slaves. At Holton an attempt by men from Atchison to capture him ends in failure. The retreat of the Pro-Slavery men is called "The Battle of the Spurs."
December 22nd, 1896 - The Salvation Army opened a "shelter depot" at Kansas City. It consisted of 35 bedrooms, a bathroom, eating room and fumigating room. Beds and meals were five cents each.
December 25th, 1856 - A meeting was held in Lawrence "to institute a university."
December 31st, 1904 - The annual old fiddlers' contest was held at the Whitley Opera House, Emporia. Dudley Smith, blacksmith, won the gold medal. Tunes played included *Money Musk* and *Old Zip Coon*. Proceeds went to the needy.



"Nourishment for the Brain"

Presented by
Norma Cunningham,
LCPC, NCC

**Where: Depression/Bipolar Support Association
Group (DBPSA Group) in the Education Room
on the 3rd floor of the hospital.**

**When: Monday, December 7th, 2009,
7:00pm - 8:30pm**

**For More information, please contact Norma
Cunningham at 620-421-
3770.**

Sponsored by:

*Labette Center for
Mental Health Services, Inc.*

