



September 2011

volume 5 issue 8

Editor: Monica M Simpson

Company Picnic



The time has come for the Annual Company Picnic. The event will be held from 11am to 2pm on Saturday October 8th. Once again it will be held on the lawn on the west side of the Children's Case Management building, located on Katy Drive.

This year the Center will be hosting a carnival theme event, complete with adult and children's games, prizes and much, much more! Sign up sheets for the event will be located at each building. Please be sure to sign up by September 30th so that a food order can be placed to ensure there is plenty of food for everyone. For questions regarding this year's Company Picnic, employees may contact Misti Mustain or Melissa Stephens, Co-Chairs of the committee. Other committee members include Mark Gardner, Tom Schibi, Sandra Dickerson, Natasha Purcell, Nikkii Rosentiel, Beth Engels and Monica Simpson. We look forward to seeing everyone there! Look for additional information to be distributed throughout the month of September. (see invitation on page 6)



2011-2012 Wellness Program

October will begin the 2nd year of the Center's wellness program! Year two will start on October 1st. There will be lots of exciting new changes for this year's program to help encourage employees to achieve personal wellness throughout the upcoming year. Be sure to be on the look out for details on the 2011 Wellness program, which will be announced at a later time. We look forward to another great year of working on wellness!

Family Day A Day to Eat Dinner with Your Children

Created in 2001, Family Day is a day geared toward encouraging families to enjoy a meal together. Statistics show, according to The National Center on Addiction and Substance Abuse (CASA) at Columbia University, that the more often children eat dinner with their families, the less likely they are to have issues with alcohol and drugs.

Facts:

- Each day more than 13,000 children and teens take their first drink.
- Children and teens that begin drinking before age 15 are four times likelier to become alcohol dependent than those who do not drink before age 21.
- More than five million high school students, almost a third, admit binge drinking at least once a month.
- On average, teenagers who use alcohol, tobacco and marijuana begin using them between 12 and 14 years of age, with some of the highest risk kids starting to use even earlier.
- More than forty percent of America's teens – some 10 million – can buy marijuana within a day and 20 percent—some 5 million—can get it in an hour or less.
- One-third of teens and nearly half of 17-year olds attend house parties where parents are present and teens are drinking, smoking marijuana or using cocaine, Ecstasy or prescription drugs.
- Teens who have infrequent family dinners are more than twice as likely to say that they expect to try drugs in the future.
- Teens who have infrequent family dinners are twice as likely to use tobacco or marijuana; more than one and a half times likelier to use alcohol; and twice as likely to expect to try drugs in the future.
- Nearly one-quarter of all girls report beginning to drink alcohol before age 13.

“Simple daily activities such as sharing a meal, a conversation, or a book can have an enormous impact on the life of a child. Strong and engaged families help build a strong America, and it is our responsibility as concerned family members to discuss the dangers of substance abuse.”

President Barack Obama,
2010 Family Day proclamation

September is

National Recovery Month (From the SAMHSA Website - www.recoverymonth.gov)

National Recovery Month (Recovery Month) is a national observance that educates Americans on the fact that addiction treatment and mental health services can enable those with a substance use or mental disorder to live a healthy and rewarding life. The observance's main focus is to laud the gains made by those in recovery from these conditions, just as we would those who are managing other health conditions such as hypertension, diabetes, asthma and heart disease. **Recovery Month** spreads the positive message that behavioral health is essential to overall health, that prevention works, treatment is effective and people can and do recover.

Recovery Month, now in its 22nd year, highlights individuals who have reclaimed their lives and are living happy and healthy lives in long-term recovery and also honors the treatment and recovery service providers who make recovery possible. **Recovery Month** promotes the message that recovery in all its forms is possible and also encourages citizens to take action to help expand and improve the availability of effective recovery services for those in need.

Celebrated during the month of September, **Recovery Month** began in 1989 as TreatmentWorks! Month, which honored the work of the treatment and recovery professionals in the field. The observance evolved to **National Alcohol and Drug Addiction Recovery Month (Recovery Month)** in 1998, when the observance expanded to include celebrating the accomplishment of individuals in recovery from substance use disorders. The observance is evolving once again in 2011, to include all aspects of behavioral health and will now be known as **National Recovery Month (Recovery Month)**.

Each September, thousands of treatment and recovery programs and services around the country celebrate their successes and share them with their neighbors, friends, and colleagues in an effort to educate the public about recovery, how it works, for whom, and why. There are millions of Americans whose lives have been transformed through recovery. These successes often go unnoticed by the broader population; therefore, **Recovery Month** provides a vehicle to celebrate these accomplishments.

The 2011 **Recovery Month** observance aims to educate the public on the positive changes that national health care reform will have on access to needed recovery services for substance use and mental disorders. **Recovery Month**, officially celebrated each September, has become a year-round initiative that supports educational outreach and celebratory events throughout the year.

Currently 140 Federal, State and local government entities, as well as non-profit organizations and associations affiliated with prevention, substance use and mental disorders, comprise the **Recovery Month** Planning Partners' group. The Planning Partners assist in the development, dissemination and collaboration of materials, promotion and event sponsorship for the **Recovery Month** initiative.

National
Recovery Month

Prevention Works • Treatment is Effective • People Recover

SEPTEMBER 2011

Suicide Prevention Month

Every year September 10th marks National Suicide Prevention Day. The week surrounding that day (from Sunday to Sunday) is known as National Suicide Prevention Week, and so the month of September has been labeled Suicide Prevention Month. This year is the 37th Annual Suicide Prevention Week.

A few facts about Suicide (information from the American Association of Suicidology, study released in 2010):

- In 2007, suicide was the eleventh leading cause of death in the U.S., claiming 34,598 lives.
- Since 1990, rates have ranged between 12.4 and 10.7 per 100,000.
- Four times more men than women kill themselves; but three times more women than men attempt suicide.
- Suicide occurs across ethnic, economic, social and age boundaries.
- Suicide is preventable. Most suicidal people desperately want to live; they are just unable to see alternatives to their problems.
- Most suicidal people give definite warning signals of their suicidal intentions, but others are often unaware of the significance of these warnings or unsure what to do about them.
- Surviving family members not only suffer the loss of a loved one to suicide, but are also themselves at higher risk of suicide and emotional problems.
- Suicide is the eleventh leading cause of death.
- Rates of suicide are highest in the intermountain states. Six of the top 10 states suicide rates are from those states.
- Relative to those younger, rates of completed suicide are highest among the elderly (age 80 and over).
- Elderly adults have rates of suicide close to 50% higher than that of the nation as a whole (all ages).
- Youth (ages 15-24) suicide rates increased more than 200% from the 1950's to the late 1970's. From the late 1970's to the mid 1990's, suicide rates for youth remained stable and, since then, have slightly decreased.
- Suicide ranks third as a cause of death among young (15-24) Americans behind accidents and homicides.
- Firearms remain the most commonly utilized method of completing suicide by essentially all groups. More than half (50.2%) of the individuals who took their own lives in 2007 used this method. Males used it more often than their female counterparts.
- The most common method of suicide for all females was poisoning. In fact, poisoning has surpassed firearms for female suicides since 2001.
- Suicide rates have traditionally decreased in times of war and increased in times of economic crises.
- Suicide rates are the highest among the divorced, separated, and widowed and lowest among the married.

For more information on suicide and Suicide Prevention Month, visit www.suicidology.org.

Changes in Main Building

On August 15th, the Center saw some changes to the business office. Melissa Stephens moved to the front office in the back area and moving along with her were the open charts. The procedures that we have in place for checking out and returning charts remain the same, only the location has changed.

Asha Patel has moved to Melissa's old office and all items that were stored or located at her desk have moved with her.

The old chart closet now houses some of our boxed supplies, including but not limited to copy paper.

We feel that these changes will not only make the office more efficient but will prove to be beneficial to the staff as a whole.

Annual Conference

This year the Annual Conference for the Association of Community Mental Health Center's of Kansas (ACMHCKS) will be held on September 28th through September 30th at the Airport Hilton in Wichita, Kansas. Please be aware that there may be Center employees attending this conference. Be sure to check schedules for those who will be in attendance.

Needing Disaster Team Members

The Center would like to welcome any employee who would like to become a member of the Disaster Team to do so. To become a member of this team, an employee must complete several online trainings as well as a face to face training that is provided here at the Center. Members of the Disaster Team may be asked to help in a disaster in which KHS has called and requested our help. You can choose to help or not, it is understood that not everyone can help at all times. For more information, please contact Shereen Ellis.



Sandra Dickerson, Director of Business Operations, caught working away in her office.

News from the Wellness Committee

Lose to Win Contest

The Lose to Win Contest is coming to a close. The final weigh in takes place on Tuesday September 6th starting at 10am. Contestants have been working hard to shed away those pounds. The winner of the competition will receive the \$170.00 prize. Look for the final results of the competition to be released sometime after September 6th!

Recipients of Levels for the Wellness Program

If you have reached one of these levels and your name is not listed, or if you are unsure how many credits you need to reach one of these levels please contact Natasha Purcell.

Bronze	Silver	Gold	Platinum
Cendie	Dustin	Verla	Natasha
Tom	Katee	Monica	Asha
Babette	Judy	Matt	Nikkii
Alisha			Susan
Jessica			Melissa S
Misti			Sandy
Shereen			Mandy
Kenisha			Nancy
Mark M			Tara
Jeanne			Trinette
Beth			Sally
Lashawn			
Virginia			
Cheryl			



Wellness Works Website

Be sure to go to the website and log your information on a regular basis. If you have a physical done anytime before October 1st of 2011 you can log that as well!! In order to receive the levels of achievement for the wellness program, information must be logged through the website. If anyone has difficulty logging onto the website or is needing assistance in how to use the website, please contact a member of the Wellness Committee. The website address is:

www.UBAWellnessWorks.com . And the access code is lcmhs. From that point you will enter you personal login information to get to your profile. If you have not yet created a profile, you will need to do so in order to log your information.

For more information, or questions, about the Wellness Program please contact Tara Fleck, Natasha Purcell or another member of the committee.

Wellness Committee Members

- | | |
|-------------------|------------------|
| Tara Fleck | Natasha Purcell |
| Nikkii Rosenstiel | Lashawn Taylor |
| Trinette Craddock | Melissa Stephens |
| Monica Simpson | |

Position Available - Children's Case Manager

Labette Center for Mental Health Services, Inc. is looking for an individual to work as a Children's Case Manager in our Community Based Services Program. This position requires a Bachelors degree in a Human Services related field. Competitive salary and benefits include BCBS health insurance and KPER's retirement. Prior experience in a CMHC preferred but not required. Resumes will be accepted until the position is filled. Send cover letter and resume to LCMHS, Inc. Attn: Natasha Purcell, Human Resource Coordinator, PO Box 258, Parsons, KS 67357-0258 or you can email your resume to npurcell@lcmhs.com. Information about Labette Center for Mental Health Services, Inc. can be obtained at www.lcmhs.com. EOE.

***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.*

Visit our Website!

Check out all the changes to the Website! Visit www.lcmhs.com and see what the center is doing. Be sure to let your clients know if they need any information they can check our website. There are also forms available that can be printed off. Employees can get on the website, log in and get employee specific information! If an employee needs his/her password, please feel free to contact me at msimpson@lcmhs.com

Also - Join us on **FACEBOOK!!!** Updates, quotes, mental health news, etc are posted on the Center's FACEBOOK page on a regular basis.

Intern working with A/D Department

Employees may notice a new face around the Center. Miranda Houghton began an internship with LCMHS on August 26th. She will be working with Mark Gardner and Mark Mikel, as well as IDDT Case managers. She is working on a bachelor's degree at Washburn University with an emphasis on alcohol and drug treatment and will be supervised by Mark Mikel. Her hours will generally be from 10-8 on Mondays and 6-8 on Tuesdays, however these hours may vary.

Changes in Credentialing

When looking at the website, or other places where therapist credentials are listed, you may notice a difference in those who treat alcohol, drug and other addictions. Previously, those with treating addictions had AAPS Certified behind their name. They have now received their licensing for this, which changed their credentials to either LCAC, which stands for Licensed Clinical Addictions Counselor or LAC, Licensed Addiction Counselor. The state of Kansas has changed from certification of substance abuse counselors to full licensure through the Behavioral Sciences Regulatory Board. There are now two levels of licensure for substance abuse counselors. The first level is LAC- Licensed Addiction Counselor, the second level LCAC- Licensed Clinical Addictions Counselor. Congratulations to Mark Mikel, LCAC, Mark Gardner, LAC, Misti Mustain, LCAC, and Cendie Shelton, LCAC (pending) on receiving their license for addiction treatment.



Adam Sallee, Children's Case Manager, celebrated his 1yr anniversary with LCMHS on August 23rd. Thank you to Adam for his work with our Center!



On August 27th, Misti Mustain celebrated 13 years with LCMHS. Misti is the CSS Coordinator. Thank you Misti for all you do for the Center!



On September 1st Cheryl Tullis, Adult Case Manager, celebrated her one year anniversary with LCMHS! Congratulations Cheryl and Thank you for all you do!



Kenisha Morton, Children's Case Manager, celebrated her 5 year anniversary with LCMHS on September 1st. Thank you for all you do Kenisha and Congratulations on your anniversary!



On September 1st Virginia Standley celebrated 13 years with LCMHS. Virginia does Parent Support in the CBS department. Thanks for all you do Virginia, and congratulations on your anniversary!



September Anniversaries

Virginia Standley	Sept. 1st	13yrs
Parent Support		
Kenisha Morton	Sept. 1st	5yrs
Children's Case Manager		
Cheryl Tullis	Sept. 1st	1yr
Adult's Case Manager		
Sandra Dickerson	Sept. 7th	18yrs
Director of Bus. Operations		
Mary Beth Griggs	Sept. 11th	5yrs
Peer Support/Adult Psychosocial		
Jeanne McCallum	Sept. 13th	10yrs
Therapist		

September Birthdays

Jeanne McCallum	Sept. 8th
Therapist	
Adam Sallee	Sept. 28th
Children's Case Manager	
Jordan Cager-Davis	Sept. 30th
Navigator's Aide	

Discount Tickets to Silver Dollar City and Worlds of Fun

LCMHS is now associated with the corporate discount programs with both Silver Dollar City and Worlds of Fun. Employees are now able to go to a website provided by these entities, logon using a code provided by them, and purchase tickets at a discounted price. The Silver Dollar City website includes day passes and season passes to Silver Dollar City, White Water and the Showboat Branson Belle. The Worlds of Fun website includes day and season passes to both Worlds of Fun and Oceans of Fun. Prices and further information are listed on the websites and an attachment is included with this newsletter (see pages 13 & 14).

The information to log on to the Silver Dollar City website is:

Web Address: www.sdcticketoffers.com

Promo Code: 15512 Labette Center for Mental Health Services

Showboat Promo Code: PARTNER

The information to log on to the Worlds of Fun website is:

Web Address: www.worldsoffun.com

Promo Code: Charlie

More information will be provided as it becomes available. These website addresses are also available on the LCMHS website under the employee login section. If you are thinking about taking a vacation to one of these locations, be sure to take advantage of the discounts provided!

American History in September

September 1st, 1972 - Bobby Fischer became first American world chess champion.

September 1st, 1914 - The last known passenger pigeon named Martha died at Cincinnati Zoo.

September 2nd, 1789 - Congress created the Treasury Department. Alexander Hamilton was named the first Secretary of the Treasury.

September 2nd, 1945 - Japan surrendered aboard the *USS Missouri* to end World War II.

September 7th, 1977 - President Jimmy Carter signed an agreement with Panama to allow for the release of the Panama Canal to Panama.

September 8th, 1974 - President Gerald Ford pardoned Richard Nixon of any wrongdoing while he was President.

September 11th, 1842 - Mexican soldiers entered Texas and captured San Antonio.

September 11th, 2001 - Al Quada terrorists hijacked four planes, destroyed the Twin Towers, hit the Pentagon, and had their final attempt to hit another American target foiled by the last plane's passengers.

September 16th, 1620 - Pilgrims set sail from Plymouth

September 21st, 1780 - Benedict Arnold gave the British the plans to West Point during the American Revolution

September 23rd, 1806 - Lewis and Clark returned after exploring the Louisiana Purchase

September 24th, 1869 - Black Friday occurred when gold prices plummeted as Jay Gould and James Fisk tried to control the gold market during President Ulysses Grant's time in office

September 24th, 1957 - President Dwight Eisenhower sent the National Guard in to enforce desegregation of schools in Little Rock, Arkansas.

September 28th, 1920 - Black Sox were indicted on fixing the 1919 World Series

September 28th, 1979 - US Department of Education officially founded as part of the President's cabinet.

September is

Attention Deficit Hyperactive Disorder
Month

Apple Month

Baby Safety Month

Children's Good Manners Month

Childhood Cancer Awareness Month

Gynecological Cancer Awareness Month

International Self-Awareness Month

National Childhood Obesity Awareness
Month

National Coupon Month

National Fruit and Vegetable Month

National Recovery Month

National Ovarian Cancer Awareness Month

National Prostate Cancer Awareness Month

Pediatric Cancer Awareness Month

Whole Grains Month

International Enthusiasm Week (1-10)

National Waffle Week (4-10)

Suicide Prevention Week (4-10)

Popeye Week (9-11)

Line Dance Week (12-17)

National Clean Hands Week (18-24)

Substitute Teacher Appreciation Week (18-
24)

National Dog Week (19-25)

National Keep Kids Creative Week (25-
10/1)

National Lazy Mom's Day (2)

Labor Day (5)

Google Commemoration Day (7)

International Literacy Day (8)

Stand Up to Cancer Day (9)

World Suicide Prevention Day (10)

Tenth Anniversary of 9/11 (11)

National Grandparent's Day (11)

International Chocolate Day (13)

National POW/MIA Recognition Day (16)

Step-Family Day (16)

Trail of Tears Commemoration Day (16)

Responsible Dog Ownership Day (17)

National Attention Deficit Disorders

Awareness Day (18)

Wife Appreciation Day (18)

World Alzheimer's Day (21)

Hobbit Day (22)

Family Health & Fitness Day USA (24)

National Hunting & Fishing Day (24)

Family Day (26)

Johnny Appleseed Day (26)

Ancestor Appreciation Day (27)

National Good Neighbor Day (28)

National Coffee Day (29)

National Women's Health & Fitness Day
(29)

Ask a Stupid Question Day (30)

www.about.com

www.brownielocks.com





Labette Center for Mental Health Services, Inc.

Cordially invites you and your family to the:

5th Annual Employee Picnic

Join us for Food, Friends, Family & Fun

11:00am-2:00pm

October 8, 2011

Children's Services Building

7 Katy Drive

Parsons Kansas

Pease R.S.V.P. by September 30, 2011 to Natasha Purcell at npurcell@lcmhs.com or signup sheets are located at each building. Please provide the number of Adults (age 8&up) and children (age 7&under) attending.

Alcohol Free event