

Care & Compassion Awards Banquet

Labette Center for Mental Health Services (LCMHS) is pleased to announce the recipients from their annual Care and Compassion Awards, announced in a banquet held on Saturday, March 10th.

The Care and Compassion Awards Banquet was an evening centered around recognizing LCMHS staff members and those in the community who routinely go above and beyond to show care and compassion to others. It also served as a time for Labette County residents to show their appreciation for those who routinely reach out to those in need. Labette Center would like to thank Legacy Events of Joplin, MO, who provided the decorations, Shredder's Restaurant of Parsons, KS who provided the meal, the Care and Compassion Banquet Committee which consisted of Shereen Ellis, Nikkii Rosenstiel, Asha Patel and Tom Schibi, and everyone else who put in their time and efforts to make it a successful evening.

LCMHS received numerous nominations for the Awards, which were independently reviewed and judged prior to the banquet. The judging panel for the nominations included Judge Jeffry Jack, George Knoxx, Phil Blair, Jodi Schmidt and Sonny Zetmeir. We would like to thank the judges for taking time from their busy schedules to tackle the difficult task of having to review and pick the recipients.

There were three recipient's chosen from the Labette Center staff and three chosen from the community. There were numerous nominations submitted for review, of which all were amazing testimonies of the human spirit. The recipients of the 2012 Care and Compassion Awards are:



Photography by Christina Blair

From L-R: Cheryl Tullis, Trinette Craddock, Misti Mustain, Dori Howerter, Doug Baty and Holly Martino.

Community Members - Doug Baty, Dori Howerter and Holly Martino

LCMHS Employees - Misti Mustain, Community Support Services Director, Trinette Craddock, Community Support Program Case Manager, and Cheryl Tullis, Community Support Program Case Manager.

"Once again, we had an amazing evening honoring these individuals." LCMHS Executive Director Matthew Atteberry said. "The stories shared about how they touch the lives of others are truly inspirational."

During the evening, the Center also recognized employees for years of service. Those recognized were: Don Erskin, Maintenance, 10 years; Susan Lynch, Attendant Care, 15

For more information from the banquet, see page 2.

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.

years; Tom Schibi, CSS Team Lead, 20 years; Mark Mikel, Therapist, 20 years. Two of the Labette Center Board Members also received recognition for service. Jean McCandless and Jack Flynn have both served on the Board of Director's for 25 years. Thank you to all of these individuals for their years of service! For more information about the 2012 Care and Compassion Awards Recipients, as well as more pictures from the banquet, please visit our website at www.lcmhs.com.

Art Show

It is once again time to start preparing for the Annual Labette Center Children and Adult Art Show. In celebration of Mental Health Month in May, we will once again be holding our art show at the Labette Community College Hendershot Gallery from May 17th through May 29th. We are looking forward to as many amazing entries to the show as possible! As in the past, artwork will be displayed on the display walls as well as stands placed around the room. There are even display cases for items that are more fragile! All artistic items are welcome, including but not limited to paint, charcoal, crayon, colored pencil, 3-D items, jewelry, poetry, etc. Please advise clients that no profanity, nudity, gang symbols or signs, sexual imagery, or violent imagery will be allowed to be shown. Artwork must be turned in no later than May 11th. Artwork will then be prepared for the show and transported to the college by LCMHS. Categories for art work will be separated into groups determined by age. Groups will be: 7 and under, 8 to 10, 11 to 14, 15 to 18 and 19 and up. Individuals may submit more than one piece.

As always, we are excited to see what wonderful pieces of art our clients, employees and children of employees are able to submit! It is an exciting opportunity for them to show off their artistic abilities to the public! Release for artwork to be displayed are located on pages 7 & 8 of this newsletter.



Above: Matthew Atteberry speaks during the banquet.



Above: Monica Simpson speaks during the CCA Banquet.



Above: Jean McCandless receives a recognition award for serving 25 years on the Board of Director's.

April Recipient of the Parsons Theater Movie Tickets!



Congratulations to Verla Pepper-Adkins, the April winner of the Parsons Theater Movie Tickets! Be sure to pick up tickets before the end of the month. If tickets are not picked up, they will be put back in to the group of tickets for another drawing.

Above: A center piece from one of the table at the Care and Compassion Awards Banquet

Below: Nikki Rosenstiel and Sandra Dickerson greet guest at the entrance table.



Left Employees received recognition for years of service with Labette Center. From L-R: Don Erskin, 10 years; Susan Lynch, 15 years, Tom Schibi, 20 years and Mark Mikel, 20 years.

2011-2012 Wellness Program

The second weigh in took place on March 19th, 2012. The next weigh in will take place in June, 2012. Jessica Hildrith will be making updates to the Wellness Website periodically. If anyone has not received their username and password for the website or are having any difficulty logging into the website, please contact Provant at:

portalsupport@provanthealth.com. Visit the Center's website at www.lcmhs.com and log in to the employee site for more information on the 2011-2012 Wellness

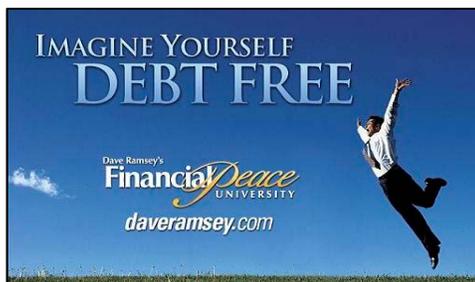


Program, which includes information on Dave Ramsey's Financial Peace course and how to sign up for it! For more information employees may contact Natasha Purcell, Human Resources at npurcell@lcmhs.com or through babble.

Sign up TODAY for the Dave Ramsey Financial Peace Workshop!

"The Financial Peace workshop is a program that teaches you how to beat debt, build wealth and keep your own economy thriving."

This program will be offered as an online workshop, so internet access is necessary to participate. The membership fee is FREE to full time employees and family members may attend along with you at no extra cost. Labette Center will offer payroll deduction for the price of the membership fee for those employees that do not complete the program in the appropriate amount of time. Upon



successful completion of the program (attending 10 of the 12 lessons) you must present your certificate to Natasha Purcell in order to avoid being charged. Check out the Dave Ramsey video by going to our website www.lcmhs.com and employee login. Contact Natasha Purcell, Human Resources for further information and to SIGN UP!!

The Mind Body Connection



Our nervous systems are connected to our immune systems so it makes sense that our brain and our emotions can send out messages that affect our health. To put it simply, your body responds to the way you think. When we think happy thoughts our bodies produce endorphins;

hormones that make us feel good. Those chemicals also contribute to a stronger, healthier immune system. Conversely, when we are worried, anxious, or generally stressed out, our bodies produce different kinds of hormones such as cortisol, and norepinephrine.

Cortisol increases blood sugar and suppresses the immune system. Norepinephrine kick starts the "flight or fight" response meaning our heart rate accelerates and our blood pressure goes up.

The following can be physical signs that your emotional health is out of balance:

Back pain	Weight gain or loss
Change in appetite	Upset stomach
Chest pain	Sweating
Constipation or diarrhea	Stiff neck
Dry mouth	Shortness of breath
Extreme tiredness	Sexual problems
General aches and pains	Palpitations
Headaches	Light headedness
High blood pressure	Insomnia

Poor emotional health can weaken your body's immune system, making you more likely to get colds and other infections during emotionally difficult times.

Source: FamilyDoctor.org

Mental Health First Aid for Staff

During the months of April and May Shereen Ellis, Clinical Director, and Matt Atteberry, Executive Director, will be providing the Mental Health First Aid course to Non-Service Delivery Staff. This course is based on the principals of the First Aid Courses provided by Red Cross, except instead of dealing with physical health emergencies; it covers what to do during a mental health emergency. There will be a total of three classes given. The 12 hour program will be divided into four 3 hour sessions for each class. Those who will be taking the course will be notified of further details by their supervisor.

Shirt Orders

It is that time of year again! We will be putting in the Spring shirt order at the end of April. Anyone who would like to purchase a polo shirt with the Center's logo on it may put orders in during this month. Samples of shirts and sizes, as well as the color chart, will be available in Monica Simpson's office for anyone who would like to see them or try them on. As always, employees may purchase any clothing from the catalog they wish, but are only able to wear those articles of clothing to work that fit the guidelines of the Center's dress code policy. Based on the fall order prices, Port Authority Polo Shirts were \$14.75 each, Sport Tek Polo Shirts were \$19.80 each, and T-Shirts were \$8.30 each (prices increase with sizes 2XL and up). Please keep in mind that these prices are subject to change. Please be sure and let Monica know by April 27th if you are interested in purchasing a shirt. Shirts will be ordered on April 27th and generally take approximately 2 weeks to be delivered. Shirts will be delivered to employees upon payment.

2nd Annual Kids Trail to Good Health

Labette Center will have a station again this year at the 2nd Annual Kids Trail to Good Health walk! The walk will take place on Friday April 20th from 9am to 2:30pm. Last year the Center set up a station along the trail where children could participate in a limbo exercise. The event is provided by the Rector Diabetic Center and the Parsons' Recreation Commission. Kids from local elementary schools are invited to walk through the trail. Stations are set up by local organizations along the trail with fun activities for the kids to do. This year the Center will provide a "Yo-Yo Clinic" for the kids. We are looking forward to another fun event working with the kids on staying healthy! Flyers will be distributed at a later date.

Roasted Corn with Basil-Shallot Vinaigrette

http://www.eatingwell.com/recipes/roasted_corn_with_basil_shallot_vinaigrette.html

From EatingWell: June/July 2006, EatingWell Serves Two

A simple combination - roasted corn with a basil vinaigrette - has a fresh flavor that is pure summer.

4 servings, about 1/2 cup each | Active Time: 15 minutes | Total Time: 40 minutes

Ingredients

- 3 cups fresh corn kernels
- 2 tablespoons extra-virgin olive oil
- 1/4 cup chopped fresh basil
- 1 tablespoon minced shallot
- 1 tablespoon red-wine vinegar
- 1/4 teaspoon salt
- Freshly ground pepper, to taste

Preparation

1. Preheat oven to 450°F. Toss corn and oil to coat and spread out on a large baking sheet. Bake, stirring once, until some kernels begin to brown, about 20 minutes. Combine basil, shallot, vinegar, salt and pepper in a medium bowl. Add the corn; toss to coat. Serve warm or cold.

Nutrition

Per serving : 165 Calories; 8 g Fat; 1 g Sat; 6 g Mono; 0 mg Cholesterol; 23 g Carbohydrates; 4 g Protein; 3 g Fiber; 163 mg Sodium; 332 mg Potassium

1 1/2 Carbohydrate Serving

Exchanges: 1 1/2 starch, 1 1/2 fat

Tips & Notes

- Make Ahead Tip: Cover and refrigerate for up to 1 day.

Where in the Schools are LCMHS Employees?

There are various employees of Labette Center that can be found teaching classes! Shereen Ellis, Clinical Director, is teaching Sociology 101 via LCC on Wednesday nights at the Cherokee branch in Pittsburg. She will be teaching the same class at the Parsons location this summer and fall. She will also hopefully be teaching the Mental Health First Aid Course through LCC at some point in the future. Michelle Vance, Emergency Therapist, is teaching Psychology 101 through LCC on Tuesday nights. She will also be teaching the course again in the Fall. Misti Mustain, CSS Director, volunteers at St. Patrick's Parish School of Religion (PSR) classes every Wednesday night to assist with students who have special needs in the 1st grade.

TENT CITY AWARENESS



Are you aware that there are 69 people in Labette County homeless on any given night?



Are you aware that there are 3,438 people in rural Kansas homeless on any given night?

Did you know that Parsons has had a Homeless Shelter since May of 2009?

Help us make sure everyone can answer YES to these questions!

Friday, April 27-28
6:00 p.m. - Noon
Forest Park
Parsons, Kansas

Pick up a sponser sheet, ask your friends and family to sponser you, then bring your sponser and your tent to Forest Park for the night.

Proceeds benefit Safe Haven Outreach Mission, INC.
Pick up your sponser sheets at 1112 South 24th St. Parsons or call (620) 421-4417 and have one delivered to you.



Congratulations to Mark Mikel!

On Friday March 30th, 2012 Mark Mikel received his Licensed Specialist Clinical Social Worker (LCSW) credentials. Mark has been with LCMHS since April 6th of 1992, working as a case manager and now as a therapist. Congratulations, Mark, on this amazing accomplishment!



New Employee

Labette Center would like to welcome Arin Fales to our Community Support Services Staff! Arin is a 1998 graduate of Pittsburg State University where she received her Bachelor's of Science degree in Recreational Therapy with a minor in psychology. Arin and her family consider Southeast Kansas their home. Welcome to Labette Center Arin!

Discount Tickets to Silver Dollar City and Worlds of Fun

LCMHS is associated with the corporate discount programs with both Silver Dollar City and Worlds of Fun.

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

April Anniversaries

Mark Mikel Therapist	April 6th	20yrs
Don Erskin Maintenance	April 20th	10ys
Mandy Shaw Navigator's Group Leader	April 21st	4yrs
Natasha Purcell Human Recourses	April 28th	4yrs



April Birthdays

Judy Blackburn Front Office Receptionist	April 9th
Verla Adkins Therapist	April 10th
Robin Rogers APRN	April 15th
Jonathan Tower CMA	April 16th
Jackie Rowe Attendant Care	April 19th
Beth Engels CBS Coordinator	April 21st
Hillary Swanwick CSS Case Manager	April 24th

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.

American History in April

- April 1st, 1945** - US forces invaded Japanese on Okinawa at the end of World War II.
- April 2nd, 1792** - The Coinage Act was passed. This established the US Mint.
- April 5th, 1792** - The Coinage Act was passed. This established the US Mint.
- April 6th, 1909** - Robert Peary claimed to become the first man to reach the North Pole though there is some question about the accuracy of this claim.
April 6th, 1917 - The US entered World War I.
- April 7th, 1862** - Ulysses S. Grant's troops defeated the Confederate army at the Battle of Shiloh.
- April 7th, 1954** - Dwight D. Eisenhower presented his 'Domino Theory' in a press conference.
- April 9th, 1865** - The Confederate army surrendered at Appomattox Courthouse ending the US Civil War.
- April 10th, 1925** - The Great Gatsby by F. Scott Fitzgerald was published.
- April 11th, 1899** - Puerto Rico was ceded to the United States.
- April 12th, 1861** - Fort Sumter fired upon by Confederate forces beginning the US Civil War.
- April 12th, 1961** - Russian Yuri Gagarin was the first man to travel into space.
- April 12th, 1981** - Space Shuttle Columbia became the first space shuttle to be launched into space.
- April 14th, 1865** - Abraham Lincoln was assassinated by John Wilkes Booth.
- April 15th, 1865** - Andrew Johnson was sworn in as President upon the death of Abraham Lincoln.
- April 16th, 1947** - Bernard Baruch devised the term 'Cold War'.
- April 17th, 1865** - Mary Surratt was arrested as a conspirator in the death of Abraham Lincoln.
- April 17th, 1961** - The Bay of Pigs invasion occurred in Cuba during the presidency of John Kennedy.
- April 18th, 1775** - Paul Revere's ride occurred to warn that the British were coming during the American Revolution.
- April 18th, 1983** - The suicide bomber destroyed the US embassy in Beirut, Lebanon, killing 63 people.
- April 19th, 1995** - The Oklahoma City Bombing occurred.
- April 20th, 1775** - The British began the siege of Boston, Massachusetts.
- April 21st, 1831** - The Battle of San Jacinto occurred in the Texas Revolution.
- April 21st, 1898** - US declared war on Spain.
- April 22nd, 1876** - National League of Professional Baseball Clubs was created.
- April 22nd, 1836** - General Santa Anna was captured by Sam Houston.
- April 22nd, 1889** - The Land Run occurred in Oklahoma.
- April 23rd, 1969** - Sirhan Sirhan, the man who assassinated Robert Kennedy, was sentenced to death.
- April 24th, 1800** - The US Library of Congress was established.
- April 24th, 1990** - The Hubble Space Telescope was launched.
- April 25th, 1719** - Robinson Crusoe by Daniel Defoe was published.
- April 26th, 1865** - Confederate General Joe Johnston surrenders at Durham Station during the Civil War.
- April 27th, 1773** - The British passed the Tea Act giving the British East India Company a monopoly on selling tea in North America.
- April 28th, 1952** - The United States ended its occupation of Japan after World War II.
- April 30th, 1803** - The US purchased the Louisiana Territory from France.
- April 30th, 1900** - Hawaii ceded itself to the United States.

April is

- ASPCA Month
- Alcohol Awareness Month
- Autism Awareness Month
- Car Care Month
- Child Abuse Prevention Month
- Defeat Diabetes Month
- Financial Literacy Month
- Grilled Cheese Month
- Math Awareness Month
- National Donate Life Month
- National Kite Month
- National Pet Month
- National Sexual Assault Awareness Month
- Physical Wellness Month
- Straw Hat Month
- Golden Rule Week (1-7)
- Laugh at Work Week (1-7)
- Medication Safety Week (1-7)
- National Library Week (8-14)
- National Animal Control Appreciation Week (10-16)
- National Park Week (14-22)
- Coin Week (15-21)
- National Karaoke Week (15-21)
- National Volunteer Week (15-21)
- Consumer Awareness Week (18-23)
- National Dance Week (20-29)
- Spring Astronomy Week (23-29)
- Safe Kids Week (23-28)
- National Pie Championships (27-29)
- April Fools Day (1)
- Poetry & the Creative Mind Day (1)
- Palm Sunday (1)
- World Autism Day (2)
- National DARE Day (5)
- Good Friday (6)
- National Walk to Work Day (6)
- No Housework Day (7)
- Easter (8)
- National Farm Animals Day (10)
- Salvation Army Founder's Day (10)
- National Pet Day (11)
- Day of Silence (12)
- Ford Mustang Day (17)
- Husband Appreciation Day (20)
- Girl Scout Leaders Day (22)
- Mother Earth Day (22)
- Arbor Day (27)
- Bugs Bunny Day (30)
- World Healing Day (30)

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|---------------|------------|
| Full Moon | April 6th |
| Last Quarter | April 13th |
| New Moon | April 21st |
| First Quarter | April 29th |

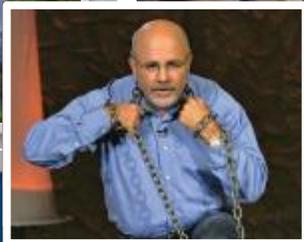
WITH FINANCIAL PEACE WORKPLACE EDITION, YOU WILL LEARN HOW TO

TAKE CONTROL

OF YOUR LARGEST WEALTH-BUILDING TOOL: YOUR INCOME!

Learn How To:

- Get out and stay out of debt
- Create a budget that works
- Agree with your spouse on money
- Invest and retire with confidence
and much more!



Your Membership Includes:

- Dave's #1 best-seller,
Financial Peace Revisited
- Personalized budget forms
- Convenient CD library
- Dave's unique envelope system
- Lifetime access to classes
- 3-CD Theme Set of *The Dave Ramsey Show*
- Zig Ziglar's *The Goals Program* DVD
- Additional online resources including budgeting tools, videos, forums and more!

Dave Ramsey's

Financial Peace
WORKPLACE EDITION

Labette Center for Mental Health Services

2012 Art Show



Labette Center for Mental Health Services is proud to announce the 2012 Art Show! Artwork may be submitted by any clients, employees, or employee's family of LCMHS, regardless of age. All entries must be submitted by May 11th. Entries will be mounted on poster board in order to be displayed. All 3D artwork must have a sturdy construction (make sure buttons, feathers, etc are anchored on tightly) and must be able to be displayed on a table or other flat surface. Each

person may enter up to 5 pieces of artwork. Each person entering artwork must sign a release to have artwork displayed (for children parent or guardian must sign the release). Artwork without a release will not be displayed. Please be sure each piece of artwork is labeled with information to correspond with releases. Artwork will be displayed at the Hendershot Gallery, located in the administration building at Labette Community College between May 21st and May 25th for the public to view. Artwork will be displayed for viewing purposes only. For more information or to submit artwork please contact Monica Simpson.

Age

Groups

7 and Under

8-10

11-14

15-18

19 and Over

NO gang symbols or signs, nudity or sexual imagery, violent images (guns, knives, or blood), religious images, copyrighted images (such as Scooby Doo), photographs, personalized information or names (do not let children put names on the artwork - only on the release)

Safe Haven Outreach Mission Inc.

1112 South 24th St. ~ Parsons, Kansas 67357

Thank you so much for wanting to be a part of our first annual Tent City. Our goal this year is \$10,000. All of this money will stay right here in Parsons to support Safe Haven, our local homeless shelter.

Safe Haven has been open since May 2009. During this time we have served nearly 100 people. Statistics shows that there are 69 people on any given night homeless in Labette County. While we are not able to help every homeless person, we are making an impact on the homeless population in our community.

Safe Haven receives no state or federal money for operation; we rely on the generosity of our community for funding. This is why events like this are needed; to not only raise money, but to raise awareness of the homeless issues that our area faces.

Enclosed you will find everything that you need to get started. In this packet there should be 1) an information sheet 2) a flyer explaining what you will be going 3) a pledge sheet for your friends and family to fill out when they sponsor you. (Remember, if you raise \$100.00 in pledges you will receive a *free event t-shirt*. If you have any questions please feel free to contact me and I will help you in any way that I can. You can reach me on my cell (620) 717-1444 as well as at the number above.

When you come to the event you will need to; 1) sign a release form and/ or permission form if you are under the age of 16 2) your pledge money 3) a tent and your over night supplies.

Together we CAN make a difference!

