


Two More Staff Trained for MHFA



Labette Center for Mental Health Services (LCMHS) is proud to announce they now have two additional individuals from the Center certified in Mental Health First Aid (MHFA). Mrs. Trinetta Vance, Adult Case Manager & Targeted Case Management, and Mrs. Monica Simpson, Public Relations/Marketing & Administrative Assistant have completed the five day training to be able to provide Mental Health First Aid to the public. The training took place in Wichita, KS from March 18th through March 22nd. It was sponsored in part by a grant from the Tower Mental Health Foundation that

was received by The Association of Community Mental Health Centers of Kansas to assist in allowing the Community Mental Health Centers in Kansas have the ability to train staff and provide the program to the communities they serve.

“Mental Health First Aid is an evidence based, internationally recognized intervention that anyone can be trained to use. It is also being promoted nationally as a way to help get people with mental and emotional issues help, sooner than they are now.” stated Executive Director Mr. Matthew Atteberry, LSCSW. “It’s exciting to be able to bring this program to Labette County.”

Mental Health First Aid (MHFA) course is a 12 hour interactive public education program. Through the course, individuals are able to learn how to identify, understand, and respond to signs of mental illness and substance use disorders. MHFA was designed in Australia and has now become available worldwide. MHFA USA is managed, operated, and disseminated by three national authorities – the National Council for Community Behavioral Healthcare, the Maryland Department of Health and Mental Hygiene, and the Missouri Department of Mental Health. The course teaches a 5 step action plan that gives participants the skills, resources and knowledge to assist in a mental health crisis situation. This training can be beneficial to a wide variety of community members, including, but not limited to: primary care professionals, employers and business leaders, faith communities, state police and corrections officers, nursing home staff, mental health authorities, state policymakers, volunteers, young people, families and the general public.

This 12 hour course is geared toward working with adults who are facing a mental health crisis. Mental Health First Aid has recently approved an 8 hour course that focuses on handling mental health crisis with youths. Labette Center will be working

Labette Center Announces the Labette Center for Mental Health Services, Inc. Foundation for Help and Hope



Labette Center has announced the creation of their new foundation. The Labette Center for Mental Health Service, Inc. Foundation for Help and Hope is an entity governed by a Board of Trustees, which is jointly shared with Labette Center for Mental Health

Services. The foundation will create an opportunity for individuals in the community and surrounding areas to be able to give to a local non-profit organization whose mission is to create hope and opportunity for life change by providing education, support, consultation, and therapeutic behavioral health services to the people and communities of Labette County.

The creation of this foundation will enable the Center to grow and expand the hope and help they are able to provide. Whether that is by the creation of new facilities or the expansion of programs, it will provide us with the additional resources needed. Labette Center is extremely excited about the foundation and the possibilities it will provide. The Foundation for Help and Hope provides a tax deductible entity for individuals or organizations to be able to donate to.

To give to the Foundation, donations can be mailed to or dropped off at:

Labette Center for Mental Health Service, Inc. Foundation for Help and Hope

c/o Labette Center for Mental Health Services

PO Box 258

Parsons, KS 67357

To make a donation by Credit/Debit card by phone, individuals may call:

620-421-3770 or 800-303-3770

Labette Center for Mental Health Service, Inc Foundation for Help and Hope is a 501 (c) 3. Any donations are considered tax deductible.

New Employees



David Shurm, began his field work in substance abuse with Labette Center on March 19th, 2013. David is attending Pittsburg State University. He will graduate in May with a Bachelor's degree in Psychology, emphasis in Substance Abuse. In August he will start in the Master's program for clinical psychology.



Labette Center welcomes Peter White, who is employed through Spring River Mental Health and will work at Labette Center on a part time basis. Watch for more information to come on when Peter will begin at the Center and the date he will begin seeing patients.

Easy and Tasty Barbecue Chicken Sandwiches in the Crock Pot

By Kree on July 13, 2004

Photo by Marg (CaymanDesigns)



330 Reviews



- **Prep Time:** 10 mins
- **Total Time:** 8 hrs 10 mins

Servings: 4-6

About This Recipe

"This is almost too easy to be called a recipe, but I had to share it anyway. I came up with it one night when I wanted a nice meal but wasn't feeling too motivated. I love Crock-Pot cooking!"

Ingredients

- 1 -2 lb boneless skinless chicken breast
- 1 (18 ounce) jars of your favorite barbecue sauce (I love K.C. Masterpiece!)
- 1 medium sweet onion, sliced
- 4 -6 hamburger buns

Directions

1. Remove all visible fat from the chicken and toss it in the crock pot.
2. Place the onion slices on top of the chicken.
3. Pour the barbecue sauce over top.
4. You may not need the entire jar, just enough to cover the chicken.
5. Cook it on LOW for 8 hours or until the chicken is nice and tender.
6. Shred the chicken with a fork and knife; scoop the mixture onto the bottom buns and top it with the top buns.
7. Or, if you're like my dad, you might prefer leaving the breasts whole and eating it that way.
8. Voila!
9. An easy weeknight meal that doesn't heat up your kitchen in the summertime!
10. I love this with potato chips and a carrot and raisin salad.



towards having individuals trained to provide this course as well, and will notify the community upon completion of the training so that the youth training can be offered as well. Both the adult and youth versions of Mental Health First Aid are evidence based trainings that have undergone studies in Australia, where the program was founded in 2001, to show that participants "... gained a better recognition of mental disorders, a better understanding of treatments, more confidence in providing help to others, improved mental health for themselves, lessened stigmatizing attitudes and decreased social distance from people with mental disorders." (From www.mentalhealthfirstaid.org)

Vance and Simpson are very excited to be able to offer this training to individuals. They enjoyed the chance to participate in the five day course and to learn how to pass the information on to others.



"It is an honor to be able to provide this program to members of our community. Mental Health First Aid is such a wonderful tool and can help a wide variety of individuals gain the ability to assist someone who may be dealing with a mental health crisis" stated Monica Simpson. "I look forward to working with the community with this program."



Vance stated, "Mental Health First Aid is invaluable for everyone. As with any medical condition, early detection & early intervention is key. This training provides individuals with essential knowledge on how to recognize the signs of a mental health crisis & appropriate steps to take to keep that person safe. Whether it be with a friend, a co-worker, a family member or someone in the community - Mental Health First Aid can literally save lives."

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BC/BS of Kansas is offering Blue365 which supports your total wellness. These exclusive health and wellness offers can be sent directly to your inbox. This benefit can be found on Resource Blue at www.bcbsks.com/resourceblue.

Resource Blue also offers Health Tools. This allows you to keep track of your important health information such as blood pressure, cholesterol and weight. Keep on track by tracking your progress at www.bcbsks.com/resourceblue.

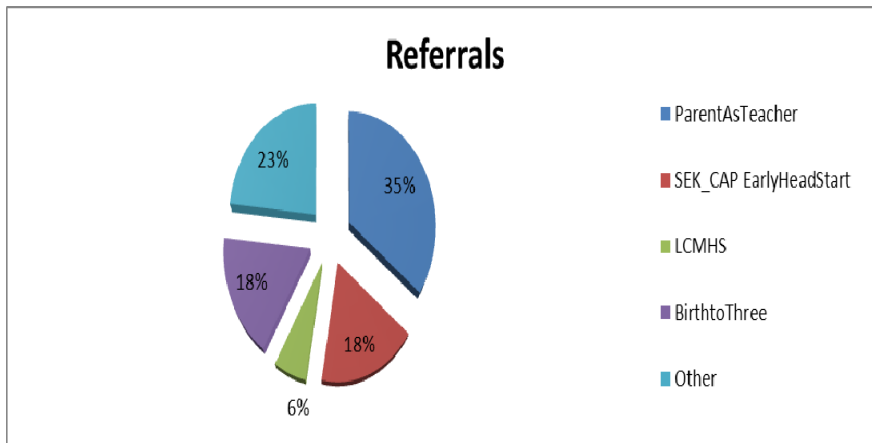
***Our Vision** ~ Provide the highest quality of comprehensive services to empower the people and communities of Labette County. We envision fulfilling and meaningful lives for those we serve.*

***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.*

My Family Labette Program Update Report

February 2013 - March 29th, 2013

The My Family Labette Program has processed and referred 17 out of 20 families during the month of March. Below is an overview of the program demographics for February to March 29, 2013.



Farewell to Cyndi Antoni

Cyndi Antoni, who has worked with the Center through the last year as a practicum student, will be completing her time here on April 30th, 2013. We wish Cyndi good wishes in all of her future endeavors!

Have you checked us out Online!

Have you visited our website lately!!!! If not, stop by and check out the changes we've made! Go to www.lcmhs.com and see some of the new features we've added. You can now recommend a page from our website to Facebook, LinkedIn, Twitter or Google+! Be sure to let your clients know if they need any information they can check our website. There are forms available that can be printed off, upcoming events, news from the Association and much, much more!!!!



Employees can get on the website, log in to the Employee Section and get employee specific information! Simply click on "Employee Login" and then enter your email address and password. If you have forgotten your password, simply enter your email address in on the right side where it says "Forgot Password" and it will send it to you! If for any reason that doesn't work, and an employee needs his/her information sent to them, please feel free to contact me at monica@lcmhs.com

Also - Join us on

Facebook at: <https://www.facebook.com/LCMHS>

LinkedIn at:

<http://www.linkedin.com/company/labette-center-for-mental-health-services>

Twitter at: <https://twitter.com/lcmhs>

Google+ at:

<https://plus.google.com/u/0/b/116765710966644939924/116765710966644939924/posts>

Updates, quotes, mental health news, etc. are posted on the Center's pages on a regular basis. During bad weather or for any other Center closing, updates will be posted to these social media sites as well.

April Birthdays

Susan Robertson Medical Office Receptionist	April 4th
Judy Blackburn Front Office Receptionist	April 9th
Da'Za Werner Navigator's Aide	April 14th
Jonathan Tower CMA	April 16th
Jackie Rowe Attendant Care	April 19th
Beth Engels CBS Coordinator	April 21st



Employee Anniversaries

Mark Mikel Therapist	April 6th	21 years
Donald Erskin Maintenance	April 20th	11 years
Natasha Purcell Human Resources	April 28th	5 years
Lisa Morse Business Office	April 30th	1 year



Last Quarter - March 4th
New Moon - March 11th
First Quarter - March 19th
Full Moon - March 27th

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

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 3rd, 1865 - Union forces captured Richmond, the capital of the Confederacy during the Civil War.

April 4th, 1949 - North Atlantic Treaty signed to protect western nations from Soviet aggression creating NATO.

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, 1954 - Dwight D. Eisenhower presented his 'Domino Theory' in a press conference.

April 9th, 1865 - The Confederate army surrendered at Appomattox Court-house 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 14th, 1775 - The first abolition society in America was formed by Benjamin Franklin and Benjamin Rush.

April 14th, 1865 - Abraham Lincoln was assassinated by John Wilkes Booth.

April 16th, 1963 - Dr. Martin Luther King, Jr. wrote his *Letter From a Birmingham Jail*.

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, 1906 - The San Francisco Earthquake occurred.

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 20th, 1989 - Battleship explosion on USS Iowa occurred.

April 21st, 1898 - US declared war on Spain.

April 22nd, 1876 - National League of Professional Baseball Clubs was created.

April 23rd, 1969 - Sirhan Sirhan, the man who assassinated Robert Kennedy, was sentenced to death.

April 24th, 1990 - The Hubble Space Telescope was launched.

April 25th, 1719 - *Robinson Crusoe* by Daniel Defoe was published.

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, 1789 - George Washington was inaugurated

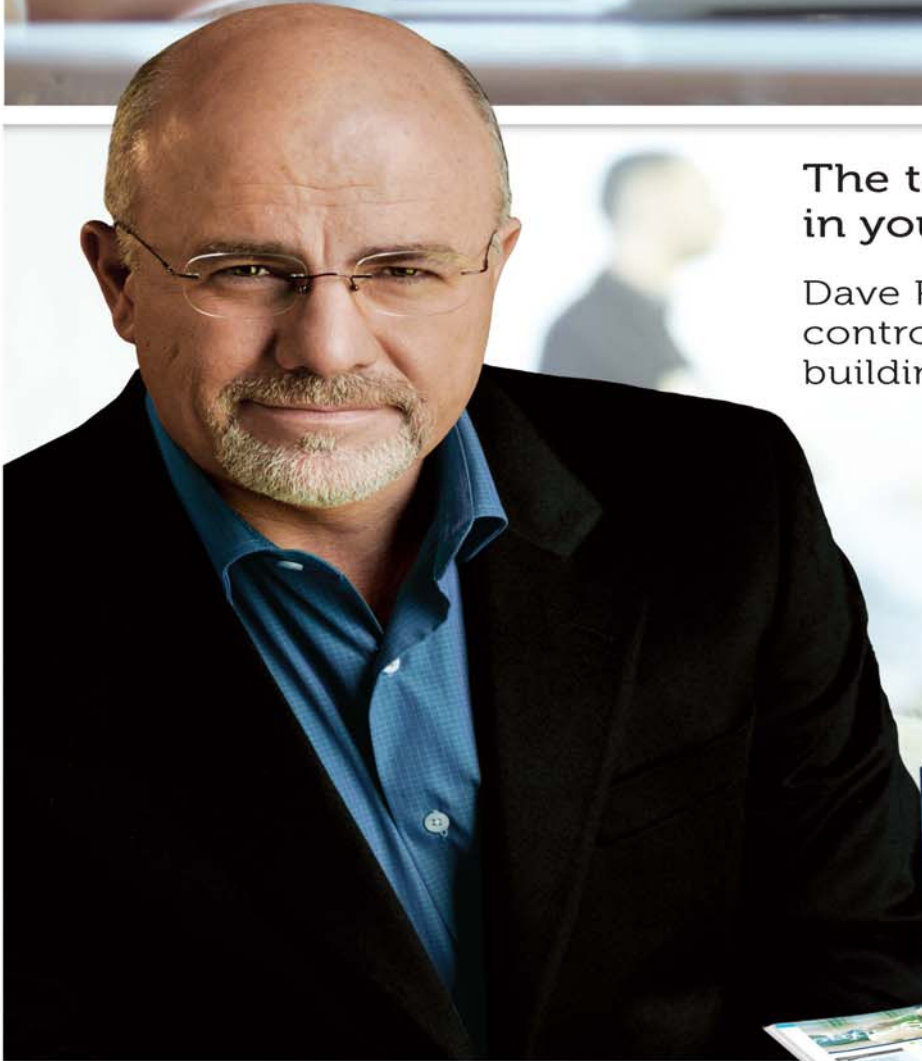
April 30th, 1803 - The US purchased the Louisiana Territory from France.

April 30th, 1900 - Hawaii ceded itself to the United States.

April is

ASPCA Month
Alcohol Awareness Month
Autism Awareness Month
Child Abuse Prevention Month
Community Spirit Days
Defeat Diabetes Month
Fair Housing Month
Frog Month
Grilled Cheese Month
Honor Society Awareness Month
Jazz Appreciation Month
Keep America Beautiful Month
Month of the Young child
Math Awareness Month
National Decorating Month
National Donate Life Month
National Humor Month
National Knuckles Down Month
National et Month
National Poetry Month
Physical Wellness Month
Testicular Cancer Awareness Month
Golden Rule Week (1-7)
Laugh at Work Week (1-7)
Medication Safety Week (1-7)
National Blue Ribbon Week (7-13)
National Public Health Week (7-13)
National Library Week (14-20)
Spring Astronomy Week (15-21)
Cleaning For a Reason Week (18-24)
National volunteer Week (21-27)
National Playground Safety Week (21-27)
Safe Kids Week (22-27)
National Dance Week (26-5/4)
National Pie Championships (26-28)
National Fun Day (1)
Tater Day (1)
White House Easter Egg Roll (1)
World Autism Day (2)
Pony Express Day (3)
Tweed Day (3)
D.A.R.E. Day (4)
International Beaver Day (7)
No Housework Day (7)
Trading Cards For Grown-ups Day (8)
Salvation Army Founder's Day (10)
Walk on Your Wild Side Day (12)
Dictionary Day (14)
Income Tax Pay Day (15)
National Health Care Decisions Day (16)
Ford Mustang Day (17)
National Golf Day (18)
Day of Silence (19)
Husband Appreciation Day (20)
Girl Scout Leaders Day (22)
Movie Theatre Day (23)
Administrative Professionals Day (24)
Audubon Day (26)
Babe Ruth Day (27)
Morse Code Day (27)
Save The Frogs Day (27)
National Honesty Day (30)





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We believe the best way to change your habits with money is to reinforce what you learn. **Personal finance is 80% behavior and only 20% knowledge.** With this proven plan, you'll take part in live discussions and hands-on training activities that will help you put the principles to work.

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