MISSION STATEMENT
The Mission of McIntosh Trail CSB Board is to offer individuals experiencing symptoms associated with mental illness, addictive disease and/or developmental disability the hope for optimal functioning and recovery by providing quality behavioral health services and supports.

VISION STATEMENT
The Vision of McIntosh Trail Community Service Board is to promote and support community cultures in which those who have or experience disabilities are visible, valued, participating, and contributing members.

June/July 2017

April was Alcohol and Drug Awareness Month
Submitted by: Christina Simmons

At New Choices we spend a lot of time teaching the individuals about addiction and how to live for success. Regardless, it seems that no matter how much we educate the public about the effects of alcohol and drugs in the community, we are still having astounding amounts of people being tremendously affected by them.

Check out these statistics concerning alcohol and drugs:

- An estimated 32% of fatal car crashes involve an intoxicated driver or pedestrian. (NHTSA)
- 3,952 fatally injured drivers tested positive for drug involvement. (FARS)
- Over 1.2 million drivers were arrested in 2011 for driving under the influence of alcohol or narcotics. (FBI)
- Car crashes are the leading cause of death for teens, and about a quarter of those crashes involve an underage drinking driver. (SAMHSA)
- On average, two in three people will be involved in a drunk driving crash in their lifetime. (NHTSA)
- In 2012, 29.1 million people admitted to driving under the influence of alcohol.
- According to the 2013 National Survey on Drug Use and Health (NSDUH), an estimated 9.9 million people aged 12 or older (or 3.8 percent of adolescents and adults) reported driving under the influence of illicit drugs during the year prior to being surveyed.
These numbers show that we need to continue to do our duty in our community as a CSB. Our organization (McIntosh Trail CSB) is a vital part of recovery. You want to know why? Most of the time when people reach out to us the rest of the world has already given up on them or they are about to. McTrail has connections with DFCS, parole, probation, and community resources so that we can educate and heal the sick on a daily basis. I personally think that is a pretty amazing feat to be part of and we should be proud, I know I am!

The month of April each year is filled with local, state, and national events aimed at educating people about the treatment and prevention of alcoholism, particularly among our youth, and the important role that parents can play in giving kids a better understanding of the impact that alcohol can have on their lives. The statistics do not lie.

What is recovery? According to the Center for Substance Abuse Treatment, recovery is understood through the Developmental Model of Recovery. The first stage is the transition stage. This stage is when an addicted person tries to control use but is unsuccessful. The next stage is the stabilization period. This stage consists of withdrawal and other medical issues, rewiring the brain to go against the urge to use, stabilizing crisis that got them into treatment while learning to identify and manage symptoms of brain dysfunction. Following the stabilization period is the early recovery period and this stage begins the process of establishing a chemical-free and sobriety-based lifestyle. This stage helps the person develop recovery-based values while developing new ways of viewing the world and responding to the world. The middle recovery period is when a more balanced lifestyle is acquired and past damages are being repaired. The late recovery period is when self-actualization becomes central so the person can test their core beliefs that are connected with ongoing personality issues that continue to interfere with a satisfying life. Finally, the person moves into the maintenance stage where they continue the life long process of continued growth and development that includes coping and emotional self-regulation skills to help guard against relapse.
A vital part of awareness is understanding how to work with a relapse prevention treatment plan. Everyone in recovery should have one of these so that they have an idea of what they value and hope to obtain over the next few years while living in recovery. Living in recovery is more than being sober, to be honest getting sober is the easy part and living in recovery for the rest of your life is the hard part. If a person who once was addicted uses a substance again all that work and rewiring of the brain quickly disappears and all the old habits and structures return. It is as if the person returns to a survival mode instead of a life they determined. The relapse prevention plan allows the person to determine their life. Here is an example:

Follow this link for a relapse prevention plan or type this link in:

McIntosh Trail staff, we are all doing a very important task in our local community and we should be proud.
Take some time and help others become aware on a daily basis and not just in April.
Children’s Mental Health Week at the Capital

Submitted by: Joe Sweeney and Leslie Cantrell

Lamar County Counseling Center was ecstatic to be invited to participate as part of a panel at Children’s Mental Health Week at the Freight Depot in Atlanta on 5/4/2017.

Governor Nathan Deal signed the proclamation for Children’s Mental Health Week in GA due to the discovery that approximately 20 percent of children and adolescents with mental health dilemmas are provided diagnoses and referred to the appropriate services. This means that an estimated 80 percent of children and adolescents that could benefit from mental health resources are not receiving them!

The purpose of Children’s Mental Health Week and the panel was to spread awareness within the community to children’s mental health services.

Continued on the next page
Participants of the panel included Christy Doyle, LPD, LCSW; Erin Harlow-Parker, APRN, PMHCNS-BC; Eric Lewkowiez, M.D., FAPA; Linda McCall, LCSW; Rachel McCrickard, LMFT; and Joseph Sweeney, LAPC.

The panel answered various questions from the crowd ranging from current barriers to children receiving mental health services to even cyberbullying on Facebook! The panel was a great opportunity for clinicians to interact with the community as a whole to spread awareness and hopefully improve abilities to connect with those that really could use support.

LCCC- Amy Browning, Ashley Moore, Joe Sweeney, Laura Mallory, Rita McDaniel, Leslie Cantrell and Dr. Allen.
DREAM BOARDS

By: Shareka Prather, Chameria Watson, Tityona Fallings, & Lindsay Hortman

In January of this year, Spalding County Developmental Disabilities Center worked on a project titled, “Dream Boards.” All participants created a posted that reflected their future dreams and goals that they wanted to achieve. Richard Aldridge and Vincent Wright shared similar goals to travel to Florida for a vacation. As they completed their posters and shared their dreams, the posters seemed simply pen-to-paper. However that was not the case. Their dreams became a reality in May!

Richard, Vincent along with Houseparent’s Chameria and Tityona travelled to Jacksonville, Florida for a weekend getaway. While in Jacksonville, they relaxed on the beach, went to Dave and Buster’s, shopped for souvenirs and ate their weight in Steak Dinners. Richard shared with his peers upon his return that is was the “best vacation ever!”
A Big Thank You for a Year of Progress

As we begin a new fiscal year, it’s important to recognize the many successes that our staff have accomplished during the past year. These successes did not happen overnight as you all are aware, but have occurred over time from a culmination of work practices our staff have incorporated earlier, that are now producing positive outcomes. I undoubtedly will leave some things out so forgive me in advance as I attempt to recognize and give attention to multiple areas of improvement.

- Productivity is up in all areas of the organization which means we are billing for more encounters, a higher percentage of services are authorized before they are provided, resulting in higher reimbursement rates with less write offs. Special thanks of course to the providers of our services; our Eligibility Specialists who are checking to assure authorizations prior to individual appointments, our front office staff who check eligibility, and our billing department who are submitting timely claims, and working denials with all our payers.

- No shows are decreasing at outpatient locations thanks to reminder calls from SPOE and front office staff, who are also checking for authorizations. Engagement groups are occurring at outpatient sites for individuals who no show for two consecutive appointments. Back filling of canceled appointments are reducing our expenses associated with provider costs and lost billing opportunities. Thanks again to front office staff, managers, and SPOE who are paying attention to our schedules.

- Our developmental disability programs continue to do a great job providing quality care to individuals while assuring that reimbursement opportunities are being fully utilized. This staff continues to do amazing work for our individuals with special needs, while undergoing staffing challenges.

Continued on next page
• Pine Woods continues to operate near capacity most of the time treating our most vulnerable and high risk individuals. Stabilization of symptoms, transition, and follow up care for these individuals is critical, requiring ongoing coordination. This team depends on its treatment providers, medical staff, housekeeping, security, food service, outpatient sites, and management staff for optimal operations.

• Residential and all of our community based providers assure that services are accessible and that individuals have the skills and resources needed for optimal functioning to live in the communities of their choice.

• Last but not least I would like to thank our Administrative staff for the daily support they provide to the organization. All of these departments are critical to the overall success of the organization and include Finance, Billing, Accounting, Payroll, Human Resources, Information Technology, Utilization Management, Training, Transportation, SPOE, Clerical, and our HCS partners. They work daily behind the scenes providing you with the support you expect. Thanks to all our mid-level managers and our executive team for your leadership.

• Overall, we are now operating in the black and are growing as an organization. We continue to have many challenges that lie ahead, however; we are addressing many challenges as evident from the accomplishments of your efforts during the past year. Our staff are, and will continue to be our greatest resource as we continue to make McIntosh Trail CSB the provider of choice among our customers.

I suppose I could have just said thanks to everyone but it was my goal to highlight the high level coordination that takes place within our organization on a daily basis. When I pause for a moment to consider all the important people working within our organization, the unique skills you bring to your roles, the coordination that must take place in an environment of ongoing change, I am truly grateful of your efforts. It continues to be a great honor for me to serve and work among such a great group of people.

Mike Hubbard
CEO
MCTRAIL’S LEADERSHIP ACADEMY
2017

The third Leadership Academy has completed the class! Congratulations to the following staff:

Emily Aston, Director of Peer Support
Lisa Bentley, Clinical Supervisor at BHC
Amy Browning, Office Manager at LCCC
Jennifer Byrd, Director or Social Services at Pin Woods
Kathy Calderon, Director of Pine Woods
Ylonda Hadley, Director of Mental Health Housing
Christie Horne, Agency Nurse
Ashley Jones, ACT
Natalie Kitchens, Case Manager in DD Housing
Beatrice Mason-Collins, Director of FCO
Hannah Morris, DD Housing Administration
Christina Simmons, Director of New Choices

The Mastermind Study Group met 8 times over 4 months and used the John C. Maxwell book, “Becoming a Person of Influence” as their curriculum. The group was facilitated by Trudy Gill, a certified John Maxwell Leadership Trainer.

Each member of this class was selected because of the leadership qualities that they possess and show in their daily work at McTrail. The hope is that whether they choose to further their career at McIntosh Trail, or elsewhere, that they will take skills, tools and knowledge that they gleaned during their participation in Leadership Academy and use them to be successful.

Congratulations!!

If you would like more information or have questions about Leadership Academy, you may contact Janet Robinson jrobinson@mctrail.org

If you would like more information or have questions about Leadership Academy, you may contact Janet Robinson jrobinson@mctrail.org
The Milk House: Social Farming

Submitted by: Lindsay Hortman

Contributed by Ryan Dennis Published on 06 February 2017 in the Progressive Dairyman

…Of all the things a place can be known for – famous bands, art museums, sports teams – the small town of Geel, Belgium, is world-renowned for its mentally impaired residents……The approach to mental health in Geel was radically different to the standard insane asylum, which sought to remove the mentally ill from the general population.

….The romantic claims of farming are familiar: a wholesome way of living, the benefits of working outside, that it makes a person stronger both physically and mentally……The custom of Geel in many ways predated what is now termed social farming (sometimes called care farming).

The idea of social farming is that individuals in need can be empowered by participating in the act of agriculture. It occurs all around the globe and in very different ways. In addition to the mentally impaired, services on farms are organized for drug addicts, at-risk youth, diverse types of offenders, the physically disabled, burnout victims and those experiencing various forms of social inclusion……Examples can range from the Forget Me Not Farm in California that helps children bond with animals in order to help break the cycle of abuse, to the Sólheimar Ecovillage in Iceland where about a hundred people – both with and without disabilities – live and farm together in a community. There are countless examples where the restorative and enabling effects of farming are being put to use.

…Studies have shown that social farming has also benefited farmers. As the size of agricultural operations increase all over the globe, social farming has provided many in the industry a means to maintain a small farm and still be profitable…..Providing social services for their community has allowed many farmers to receive additional income and a way for other members of the family to participate on the farm. In the meantime, not only is it promoting the education and benefits of agriculture to a non-farming population but serving the needs of their communities as well.

Ryan Dennis is the son of a dairy farmer from western New York and a literary writer. The Dennis family dairies and maintains a 100-plus cow herd of Holsteins and Shorthorns.
June Behavioral Health Staff of the Month

The Behavioral Health Staff of the month for June 2017 is **Ylonda Hadley, LPC, CPCS**

Ylonda began with McIntosh Trail in April 2015 as the Clinical Supervisor at Fayette County Counseling Center and transitioned to her current position of Director of MH Residential in December 2016. Ylonda has worked extremely hard to implement new processes and procedures in our MH residential programs to ensure we are getting paid for the services that we provide. In addition to her residential duties, she is also providing supervision to 5 of our LAPC staff who are working towards becoming fully licensed and serves as one of our agency’s AMSR trainers. Ylonda is a hard worker, she takes the initiative to get things done, and she takes pride in her work each and every day.

Please join me in congratulating Ylonda Hadley, the June Behavioral Health Staff of the month!
The burning question:
Can I take away an individual’s cigarettes/tobacco use privileges?

If someone breaks the rules at our facility (especially residential, group homes, or day treatment facilities), can we take away their tobacco products?

The answer is no, but…

One alternative is to limit the time that this individual may devote to smoking, vaping, or chewing tobacco. But use this consequence wisely and only in a punishment-fits-the-crime situation. For example, reasons for limiting smoke breaks on an individual basis may include failure to following smoking-related rules (i.e., smoking at unauthorized times/places or even stealing cigarettes).

In order to reduce the punitive effect and protect individuals, limits on smoking (or other types of tobacco-use) as a consequence should only be implemented after it is staffed by the treatment team and included as part of a behavioral contract. The distinction here is that cigarettes may not be taken away on a whim as an intervention for undesirable behavior.

If you have questions about this or any other ethics or rights issue, you may contact anyone on The Rights & Ethics Resource Team:

Janet Robinson
Michelle Milstein
Kenyatta Walker

Jenna Parker
Emily Aston

Wendell Jordan
Sharon Henley
As promised, more information on SMART goals:

Realistic – (or relevant in some circles) – This must represent a goal which you are willing and able to work on. The person has responsibility in this goal. Support and assistance can be provided, but ultimately the person has to be willing to work on it.

Ask yourselves the questions.

Does this seem worthwhile? Am I the right person to reach this goal? Is this the right time?

Example of this thinking is to have the person consider if they are the right person for this goal, or how it would affect others around them. Would taking on more workshops to improve a career be okay if there is support to help that person out as far as time management, free time issues, etc.? If they get a promotion at work, how will this affect time at home with family?

Again, this series is to help us do better documentation, but it is also for us to help our individuals more clearly define their goals so that we can measure outcomes for improvement – positive thinking – improvement!
Ask the Dietitian

What’s all the rage about kale? I’m curious. ---J.R.

J.R., kale is a leafy green vegetable with great health benefits! The number of nutrients found in other greens cannot come close to those found in kale. It is referred to as a super food. Let’s review just a few of the nutrients and conditions that may improve by consuming kale:

**Nutrients:** Vitamin C, Vitamin B6, Vitamin B12, Vitamin K, iron, potassium, copper, folate, beta-carotene, manganese, magnesium, phosphorus, calcium, iron, fiber, alpha linolenic acid, lutein, zeaxanthin

**Benefits:** Cancer prevention, improved bone health, reduces neuronal damage, Alzheimer’s, improves diabetes and digestion, lowers cholesterol, reduced risk of macular degeneration and cataracts, provides protection against lung and oral cavity cancers.

Kale is also a very versatile food. It can be eaten raw, baked, boiled, fried, sautéed and juiced. Kale is definitely one of the healthiest and most nutritious foods. What else could you ask for?

So J.R., eat-up and enjoy!
What are the effects of cortisol in the body, and how is it related to stress? ---M.S.

Very important question M.S. Cortisol is a steroid hormone produced in the body, and it performs several important functions. It is produced from cholesterol in the two adrenal glands located on top of each kidney. In normal levels, this hormone regulates blood pressure, assists in heart functions, regulates blood sugar levels, controls inflammation and allergic reactions, and increase energy and metabolism. Cortisol assists in the regulation of the use of the carbohydrates, proteins and fats in our diet.

When our stress levels increase, our bodies release more cortisol (stress hormones). With a brief increase it is useful in the bodies “fight or flight response”. However, an increase in cortisol, over a prolonged period due to stress, can have devastating effects on the body such as increased blood pressure, cognitive problem (senility, short-term memory loss), blood sugar imbalances, thyroid dysfunction, premature aging, reduced immunity, as well as weight gain and obesity.

We all should learn to control the stress factors in our lives. Some tips from a dietary and wellness perspective are to consume a low fat/cholesterol diet, reduce intake of caffeine and alcohol, increase fiber intake and exercise regularly.

M.S., “Stay Clam and Carry On!”

TIME TO B.S.

The hot months are upon us, and we are spending more time outside going for walks or hiking, playing sports, tending to our yards and gardens and just sunbathing. At this time of year, it is especially important that we remember to B.S. (Be Safe) and stay hydrated.

During the hot months, it is easy to get distracted by our activities and forget to stay hydrated. Dehydration can be one of our biggest health risks during this time of year, no matter our age or physical condition. We've all heard tragic stories about dehydrated students participating in sports or elderly people living without air conditioning suffering from heat exhaustion or dying due to heat stroke.

Fluids are what keeps our blood flowing, joints and muscles working and lungs pumping. Improper hydrating can cause negative effects to our bodies. Workouts, gardening, and just being in a hot environment can cause us to become dehydrated if we are not adequately replenishing the fluids in our bodies. Our bodies also rapidly dispose of fluids by exhaling, urinating and perspiring. When our bodies are depleted of fluids, it can also interfere with its ability to regulate its own temperature; and it can happen fast.

Continued on next page
Signs of dehydration can be as simple as being thirsty. More severe signs are fatigue, headache, dizziness, lack of perspiration, weakness, poor concentration and loss of consciousness. Being under hydrated can lead to a fatal condition.

Are you hydrating enough daily? Maybe not if your urine is a dark yellow or brown, or you have frequent constipation or severe bloating.

**My rules of thumb for staying hydrated are:**

1. To drink 64-80 ounces of fluids per day (amount will vary according to activity levels and body size)
2. Keep hydrated by drinking fluids, water is the best but all fluids count toward meeting your fluid goals.
3. Eat foods with high water content such as watermelon, oranges cucumbers, apples, and tomatoes.
4. “Where I am, so is my water bottle”.

Remember to B.S. by staying hydrated this summer!

Kathea Ash-Green MS, RD, LDN

(L.C.N.C.) Good Health through Nutrition and Education

**NATIONAL OBSERVANCES FOR JUNE:**

- National Safety Month
- Alzheimer’s and Brain Awareness Month
- Men’s Health Month
- PTSD Awareness Month
- National Cancer Survivors Day (4th)
- National Dairy Month
- National Fresh Fruit & Vegetable Month
- National Papaya Month
- National Seafood Month

**NATIONAL OBSERVANCES FOR JULY:**

- National Lasagna Day
- National Chicken Wing Day
- National Baked Bean Month
- National Hot Dog Month
- National Ice Cream Month
- National Pickle Month
- International Group B Strep Awareness Month

*If you have a question for Kathea, please Email Laura Doering*
Young Millennials Top List of Worst Behaved Drivers

http://newsroom.aaa.com/2017/02/young-millennials-top-list-worst-behaved-drivers/

A new report from the AAA Foundation for Traffic Safety found that 88 percent of young millennials engaged in at least one risky behavior behind the wheel in the past 30 days, earning the top spot of worst behaved U.S. drivers. These dangerous behaviors — which increase crash risk — included texting while driving, red-light running and speeding. These findings come as U.S. traffic deaths rose to 35,092 in 2015, an increase of more than 7 percent, the largest single-year increase in five decades. “Alarming, some of the drivers ages 19-24 believe that their dangerous driving behavior is acceptable,” said Dr. David Yang, AAA Foundation for Traffic Safety executive director. “It’s critical that these drivers understand the potentially deadly consequences of engaging in these types of behaviors and that they change their behavior and attitudes in order to reverse the growing number of fatalities on U.S. roads.”

Texting While Driving
- Drivers ages 19-24 were 1.6 times as likely as all drivers to report having read a text message or e-mail while driving in the last 30 days (66.1 percent vs. 40.2 percent).
- Drivers ages 19-24 were nearly twice as likely as all drivers to report having typed or sent a text message or e-mail while driving (59.3 percent vs. 31.4 percent).

Speeding
- Drivers ages 19-24 were 1.4 times as likely as all drivers to report having driven 10 mph over the speed limit on a residential street.
- Nearly 12 percent of drivers ages 19-24 reported feeling that it is acceptable to drive 10 mph over the speed limit in a school zone, compared to less than 5 percent of all drivers.

Red-Light Running
- Nearly 50 percent of drivers ages 19-24 reported driving through a light that had just turned red when they could have stopped safely, compared to 36 percent of all drivers.
- Nearly 14 percent of driver’s ages 19-24 reported feeling that it is acceptable to drive through a light that just turned red, when they could have stopped safely, compared to about 6 percent of all drivers.

The new survey results are part of the AAA Foundation’s annual Traffic Safety Culture Index, which identifies attitudes and behaviors related to traffic safety. The survey data are from a sample of 2,511 licensed drivers ages 16 and older who reported driving in the past 30 days. The AAA Foundation issued its first Traffic Safety Culture Index in 2008, and the latest report is online at www.AAAFoundation.org.


Nearly 80 Percent of Drivers Express Significant Anger, Aggression or Road Rage: http://newsroom.aaa.com/2016/07/nearly-80-percent-of-drivers-express-significant-anger-aggression-or-road-rage/
McIntosh Trail is excited to announce the Re-launch of our Employee Referral Incentive Program!

Earn $500.00 for a hired “hard to fill position” referral!

As we try daily to make McIntosh Trail the company of choice, we are always looking for talented individuals.

If you know someone who has what it takes, be sure to tell them by showing off how great your company is, and how to apply.

We're looking for employees who are the best and work hard.

The program went into effect 3-16-17

You can find more information and the form for completion on SharePoint at:

http://sharepoint/SitePages/Home.aspx
Back by popular demand but with a new name...

S.T.A.R.  
Staff Thanks and Recognition  
(Formally known as Staff Appreciation Day or SAD)

You are all STARS to MTCSB and the individuals you serve, and we are excited to honor you at the 2017 STAR Days!

Mark your calendars for September 28 and 29 at High Falls State Park!

Be on the lookout for more STAR Announcements!

Your STAR Committee Members are: Tony Law, Leslie Cantrell, Amy Brannen-Miller, Toya Jones-Shader, Wendell Jordan, Dewey Haley, and Amanda Brown. If you have any questions and suggestions, please reach out to one of us.
Same Great Celebration but with a New Name

Congratulations

Sharon Henley

For Submitting the Winning Name

STAR

Staff Thanks and Recognition

The STAR Committee received many wonderful entries for the SAD Name Change Contest. Thank you, to each of you, who submitted a name. There were many wonderful submissions!
McIntosh Trail Community Service Board’s Developmental Disabilities Department Presents:

The First Annual

I AM

Art Show

August 26, 2017
2:00 PM – 6:00 PM

This Event Will Be Held at Griffin First United Methodist Church’s Enrichment Center
(Located at 1401 Maple Drive Griffin, GA 30224)

For More Information Contact Lindsay (678-588-7547) or Beatrice (678-544-3546)
CALLING ALL ARTISTS & DESIGNERS!

The Georgia Department of Behavioral Health and Developmental Disabilities will co-host along with Department of Community Supervision and Georgia Department of Corrections a **Respect in Recovery 5K Walk/Race "Removing Hurdles...Raising Hope"** on Friday, October 13, 2017 @ the City of Atlanta's Grant Park

Help design the t-shirts for 2017 Respect in Recovery 5K!

Recovery is a deeply personal, unique, and self-determined journey through which an individual strives to reach his/her full potential. Persons in recovery related to behavioral health challenges improve their health and wellness by taking responsibility in pursuing a fulfilling and contributing life while embracing the difficulties one has faced. Recovery is person-driven, strengths-based, emerges from hope, and is anchored in wellness. Our **Respect in Recovery 5K Walk/Race "Removing Hurdles ....Raising Hope"** t-shirt should embody and promote these guiding principles and honor the lived experience of those who submit designs.

**Contest Rules:**

- All submissions must be on 8 ½ x 11 paper, with at least one-inch border on all sides of the paper.
- Submissions must have no more than 4 colors.
- Submissions with weapons, gang signs, tags, or other negative images may be disqualified.
- Submissions will become property of DBHDD and will not be returned to the artist.
- Winning submission may be altered to fit within design parameters.

**Submissions must include:**

- Artist Name and Contact Information
- Name of Agency or Clubhouse
- A brief description of the design

**Send Race to Recovery t-shirt designs to:**

Georgia DBHDD – Attn: Race for Recovery
2 Peachtree St., NW, (23-415)
Atlanta, GA 30303

**Email t-shirt designs to:**

Jennifer.mcintosh@dbhdd.ga.gov
Subject: Race for Recovery T-shirt 2017

**DEADLINE FOR SUBMISSIONS:**
**July 18, 2017**
UPCOMING EVENTS IN YOUR NEIGHBORHOOD

Sandy Beach Water Park
6880 Moseley Dixon Rd, Macon, GA 31220
MON: 12pm to 6pm  TUES - SUN: 10am TO 6pm
Adult $14.00 / Child $11.00 (under 42" tall) - Infant 1 yr. & under (Free)
https://maconwaterpark.net/

Sandy Beach Water Park is a lake side adventure water park for all ages. Amenities Include: Sandy Beach Lazy River, Wonderful Wave Pool, Adventurous Kid Splash Play Pad, Two Wild Water Slides, Junior Olympic Lap Pool, Beach Side Games, Beach Side Cabanas (for rent), Party Pavilions (for rent), Hammocks (for rent), Lifejackets for kids and a Snack Bar.

Fun in the Summer at the Rock Ranch!
Open Dates:
Wednesday, Thursday & Friday – July 12-14 | July 19-21
Friday – July 15
Open Times: 10:00 a.m. to 4:00 p.m.
Cost: $12 per person (plus tax) over the age of two
https://therockranch.com/

Come play at The Rock Ranch! Have fun and make special memories on the farm! Enjoy all of The Rock Ranch attractions and summer events. Plus our Farm Market is open to shop fresh produce, homegrown beef, jams & jellies, and more. Don’t forget to cool off with our famous homemade strawberry ice cream, made with berries picked right from our farm!

Movies under the Stars at High Falls State Park
July 21st
http://gastateparks.org/HighFalls

Bring a blanket and some popcorn to watch family films at the park on an outdoor inflatable screen. Movies will start at dark. $5 parking.

FREE Family Fun Day
July 29
12:00pm - 4:00pm
Virginia Burton Gray Recreation Center Riverdale, GA 770-603-4001

A family event that will encourage participants to enjoy athletic clinics, vendors, and swimming.
MC TRAIL’S HALL OF FAME

Congratulations! The following McTrail staff have been inducted into our Hall of Fame. We applaud you for your hard work and dedication. Pat yourself on the back!

Congrats to **Bobbi Richbourg** at HCCC for becoming a LMSW! Bobbi started with Henry County as an intern and is doing awesome things! We are proud of you Bobbi!!!

Congrats to **Amy Kuhns**, Director of HCCC, on being selected to the Leadership Henry Class of 2017/2018.

Congrats to **Takeisha Scott** for graduating from Strayer University in June. She worked hard to receive her MBA with a concentration in Health Service Administration. Way to go Takeisha!

 NOTE: Please send me stories of staff going the extra mile. I know there are many stories out there and they deserve recognition.
# JULY TRAINING SCHEDULE

<table>
<thead>
<tr>
<th>TRAINING</th>
<th>DATE/LOCATION</th>
<th>TIME</th>
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<tbody>
<tr>
<td>New Employee Orientation</td>
<td>July 3&amp;5 Area Admin</td>
<td>CANCELLED</td>
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<tr>
<td>CPR/FA</td>
<td>Thurs., July 6 Area Admin</td>
<td>9-4pm</td>
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<tr>
<td>Non Violent Crisis Intervention</td>
<td>July 7 Henry County Counseling Center</td>
<td>CANCELLED</td>
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<tr>
<td>Seeking Safety</td>
<td>Fri., July 7 Area Admin</td>
<td>9-1pm</td>
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<tr>
<td>EHR &amp; Clinical Doc.</td>
<td>Mon., July 10 Area Admin</td>
<td>CANCELLED</td>
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<tr>
<td>Supv. Meds</td>
<td>Mon., July 10 Area Admin</td>
<td>CANCELLED</td>
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<tr>
<td>DD Day Orientation &amp; EHR</td>
<td>Tues., July 12 Area Admin</td>
<td>CANCELLED</td>
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<tr>
<td>DD Housing Orientation &amp; EHR</td>
<td>Tues., July 12 Area Admin</td>
<td>CANCELLED</td>
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<tr>
<td>Personal Care Assistant</td>
<td>Tues., July 12 Area Admin</td>
<td>CANCELLED</td>
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<tr>
<td>New Employee Orientation</td>
<td>Mon &amp;Tues., July 17&amp;18 Area Admin</td>
<td>9-5pm</td>
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<tr>
<td>CPR/FA</td>
<td>Wed., July 19 Area Admin</td>
<td>9-4pm</td>
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<tr>
<td>Non Violent Crisis Intervention</td>
<td>Thurs., July 20 Henry County Counseling Center</td>
<td>9-5pm</td>
</tr>
<tr>
<td>EHR &amp; Clinical Doc.</td>
<td>Fri., July 21 Area Admin</td>
<td>9-4pm</td>
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<tr>
<td>Supv. Meds</td>
<td>Fri., July 21 Area Admin</td>
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<tr>
<td>DD Day Orientation &amp; EHR</td>
<td>Mon., July 24 Area Admin</td>
<td>8:30-10:30am</td>
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<td>DD Housing Orientation &amp; EHR</td>
<td>Mon., July 24 Area Admin</td>
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<tr>
<td>Personal Care Assistant</td>
<td>Mon., July 24 Area Admin</td>
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## JULY TRAINING SCHEDULE CONTINUED

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<tr>
<th>TRAINING</th>
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<tr>
<td>Proxy Care Giving</td>
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## AUGUST TRAINING SCHEDULE

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<tr>
<td>New Employee Orientation</td>
<td>Tues. &amp; Wed, Aug 1&amp;2</td>
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<td>CPR/FA</td>
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<td>Supv. Medication</td>
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<td>1-4:30pm</td>
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<td>DD Day Orientation &amp; EHR</td>
<td>Tues., Aug 8</td>
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<td>DD Housing Orientation &amp; EHR</td>
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<tr>
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<td>Tues., Aug 8</td>
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<td>Fire Safety</td>
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<td>Infant CPR</td>
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<td>CPR/FA</td>
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## AUGUST TRAINING SCHEDULE CONTINUED

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<tr>
<td>CPI UPDATE</td>
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<td>DD Housing Orientation &amp; EHR</td>
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<tr>
<td>Personal Care Assistant</td>
<td>Wed., Aug 23</td>
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<tr>
<td>Proxy Caregiving</td>
<td>Thurs., Aug 24</td>
<td>8:30-5pm</td>
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<td>Area Admin</td>
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</table>

**MORE CLASSES WILL BE ADDED AS THEY ARE SCHEDULED.**
**CHECK SHAREPOINT FOR DATES AND TIMES.**
**Register for classes by e-mailing Janet**
**At [jrobinson@mctrail.org](mailto:jrobinson@mctrail.org)**
JULY BIRTHDAYS:

Alisa Sanders 1 Housing
Diane Waldon 5 Transitions
Sheena Murphy 6 ACT
Angela Cromer 7 Pine Woods
Wanda Dismukes-Wilson 8 Housing
Kristin Kinnard 8 BHC
Betty Watkins 9 Pine Woods
Phyllis Harper 10 Peer Support
Schwanda Mayes 12 FCO
Shayne Moore 12 BHC
Mary Brittain 13 Housing
Wendell Jordan 14 FCCC
Teresa Bowles 17 HCCC
Leslie Cantrell 17 LCCC
Linda Brown 18 HCCC
Janet Robinson 20 Admin
Rachel Stephens 20 HCDD
Deborah Mayes 22 N. Choices
Marcia Watts 23 Admin
Christine Hunter 24 HCCC
Loretta Odom 24 HCCC
Linda Thurman 24 Housing
Pamela Head 29 BCDD
Elaine Walker 29 ITR
LaPrincess Foster 31 UCCC
LaRita Foster 31 Housing
Daralyn Hewitt 31 Pine Woods
Dorita McDaniel 31 LCCC
Carlton Smith 31 HCDD
**AUGUST BIRTHDAYS:**

<table>
<thead>
<tr>
<th>Name</th>
<th>Day</th>
<th>Department</th>
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<tr>
<td>Mary Steinka</td>
<td>3</td>
<td>DD Housing</td>
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<tr>
<td>Michelle Worth</td>
<td>6</td>
<td>Case Mgmt.</td>
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<td>Leigh Kight</td>
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<td>Maria Baxter</td>
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<td>FCCC</td>
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<td>Melody Smith</td>
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<td>12</td>
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<td>Ashley Spivey</td>
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<tr>
<td>Randy Murphy</td>
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<td>Pine Woods</td>
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<td>Kenyana Watts</td>
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<tr>
<td>Eboni Rosser</td>
<td>18</td>
<td>BCCC</td>
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<td>Jamie Smith</td>
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<td>Medical Staff</td>
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<tr>
<td>Lisa Swain</td>
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<tr>
<td>Kayla Head</td>
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<tr>
<td>Raquel Russell</td>
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<tr>
<td>Terilynn Culverhouse</td>
<td>28</td>
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<td>Kenyatta Walker</td>
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<td>Volendvoure Duncan</td>
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<td>Mattie Rucker</td>
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<tr>
<td>Taralyn Sams</td>
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<td>ACT</td>
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</table>
MCINTOSH TRAIL’S FAITHFUL SERVICE AWARDS

Thank you for your faithful service to our individuals and employees.

None to report this month

Welcome!
We are so glad to have you!

Abeke Baker  Pine Woods  Maria Baxter  FCCC
Katina Berry  Case Mgmt.  Aissa Brown  BHC
Linda Brown  HCCC  April Brunner  Inspirations
Terilynn Culverhouse  UCCC  Chloie Erickson  HCDD
Timothy Fischer  FCCC  Caryn Haire  HCCC
Mernena C. Henderson  Pine Woods  Michelle Ingram  HCDD
Stephanie Jeffreys  HCCC  Marquita Johnson  BHC
Shauna Johnson  BCCC  Amy Miller-Brannen  HC Peer
Faith O’Bannon  Pine Woods  Jacquelyn Paul  HCDD
Natasha Phillips  HCDD  Sigrid Russell  N. Choices
India Sampson  FCO  Melody Smith  Case Mgmt.
Kourtney Thomas  Pine Woods  Andriea Thompson  Pine Woods
Fiameta Vargas, MD  Medical Staff

Good-Bye and Good Luck!
We hope you find success in your future endeavors.

LManyea Beavers  HCDD  Latisha Foster  Housing
Jennifer Goodman  BHC  Ashley Jones  ACT
Shannon King  Housing  Jessica Lamme  Case Mgmt.
Catrina Mathis  HCDD  Yamini Shabazz  HCCC
Tanglia Spencer  HCCC  Ceretha Stephens  HCCC
Meyosha Woods  FCO

Please be aware of how much you waste. REDUCE the amount of paper you generate by not printing emails or attachments. Use your computer file folder system to keep these things if you think you might need them.

Laura Doering, Editor  770-358-8263
E-mail: ldoering@mctrail.org