

McIntosh Trail Community Service Board

TRAIL TALK

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.



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 by providing quality behavioral health services and supports.

MAY 2012

In honor of Mental Health Awareness Month, the individuals who attend Peer Support Services in Henry and Spalding counties competed in an essay contest. The theme of the month and for their essays was, “Do More For 1 in 4” since 1 in 4 adults in the United States have a diagnosed mental illness. The essays were judged by Mike Hubbard, our Clinical Director and Janet Robinson, our Training Coordinator. The peers were excited about the essay contest and the prize for the winner, which is a gift card to Wal-Mart! So the winner is.....Linda Murchison from Spalding Peer. Please enjoy her essay below.

DO MORE FOR 1 IN 4 **By Linda D. Murchieon**

One in four Americans have mental illness in every day society that are very treatable. But, some of the stigma can be very negative for people with mental illness. It can cause a setback for a person that is having a very hard time in life. My goal is to not let stigma or other negative feedback destroy my life, just because I have a mental illness.

There are some things you can do to prevent and to stop others from criticizing you in a way that it is impossible to live a normal lifestyle. It’s important to build positive self-esteem, feeling good about yourself, and encourage other people who are going through the same problem you’re having. When trying to function outside in the real world, I learned that life is unfair at times, but it’s not the end of the world. The good thing about it, we all have a second chance in achieving and succeeding and also realize that there is hope in the future.



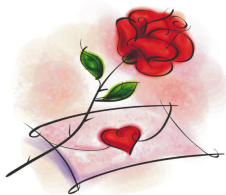
HONORING JAN CALHOUN

It has become apparent over the past several months that Jan Calhoun impacted many lives throughout her employment at McIntosh Trail. My memories include lots of laughter and talks about why we continue to work in this profession. Several years ago, Jan shared with me how she felt she'd gone as far as she could in her career without furthering her education. With encouragement from her supervisors, co-workers and mentor, Jean Clark, she embarked on a journey to get her Master's Degree in Counseling. This was not easy, as anyone who has been on that journey knows. Jan had to continue to work full time while attending school, which meant long hours and weekend classes. Sometimes she was discouraged and most of the time she was tired and overwhelmed, but in December 2011 she finished! Due to her untimely death, she was unable to participate in the graduation ceremony.

On March 14, 2012, Jan Calhoun was posthumously awarded a Master's Degree in Community Counseling. She graduated with honors, of course. Her sister, Jodi Hawes, was presented Jan's diploma and National Honor Society cords by the President and Vice President of Argosy University. Jodi asked that we share this news with McIntosh Trail staff and thank everyone who supported Jan as she furthered her education. She also asked that we thank everyone for the kindness shown to her family during this difficult time.

Even though Jan is no longer with us, we celebrate this accomplishment.

Janet Robinson



HAPPY MOTHER'S DAY

The wonderful progression of a mom's role...anonymous

When you're a child she walks before you,
 To set an example.
 When you're a teenager she walks behind you
 To be there should you need her.
 When you're an adult she walks beside you
 So that as two friends you can enjoy life together.



CARF CORNER

It's been awhile.....I know. So, let's get reacquainted.

- CARF is the **Commission on the Accreditation of Rehabilitation Facilities** and accredits behavioral health organizations world wide.
- McIntosh Trail CSB was awarded our first CARF accreditation in June 2010.
- In order to gain accreditation, an organization must comply with the CARF Standards which are located in a manual that's about 1-1/2 inches thick.
- CARF accreditation was awarded to McIntosh Trail for 3 years, so our next survey will be June 2013.
- During the 3 years between surveys we must diligently strive to continue to meet the standards as well as make improvements.

CARF is not something that we only do every 3 years. CARF provides a framework for our work each and every day. A few examples - the orientation and training that staff get is derived partly from the CARF standards; the screening and assessments that individuals go through to begin services are described in the CARF standards; and our policies and procedures are based largely on the CARF standards. I'll bet that you do something everyday that is CARF-related and you don't even realize it.

We must be accredited because our payers and Regional contract demand it. We chose to be CARF accredited because CARF's mission and vision closely align with our own. .

Watch future Trail Talks for important information regarding our CARF accreditation and the role that you play in that.

Janet Robinson
Accreditation Coordinator

MCTRIL'S HALL OF FAME



Congratulations! Lindsey Stevens, Henry County Counseling, has earned her LAPC.

Sandra Powell, SA counselor at Henry County Counseling, is now an LPC!! Great job, Sandra.

Laura Doering is graduating in May with her Associates degree.

Colibra Glynn was granted her LAPC license on April 13. Congratulations, Colibra.



The family of Cleon Dennis wishes to express our deep appreciation for the prayers, cards and other expressions of support and condolences sent our way during our time of loss.

We had spent 53 years together, and it is difficult to realize that he is no longer by my side.

Cleon's health had been declining for several years due to Adult Diabetes Mellitus and more recently symptoms of Alzheimer disease further affected his functions.

After Cleon's retirement, he began attending Reflections in the afternoon (at Perry's request) specifically to participate in the music as he had a great love for music. Early in my career, he accompanied me when I had a work related activity at night and other special events.

As a result, he befriended many of the families we served and became integrated into the program when he could no longer be left at home for long periods of time.

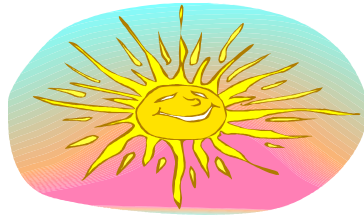
Again, thanks to all of you for your kind remarks, cards and gifts.

Martha Dennis
Reflections

THOUGHT FOR ALWAYS!

Time is free, but it's priceless. You can't own it, but you can use it. You can't keep it, but you can spend it. Once you've lost it, you can never get it back.

(Harvey MacKay)



Summer Sizzle Is On Its Way!

Staff Appreciation Day 2012 will be here before you know it. The SAD team has been busy for the past several months planning a fun filled day of activities for you, the employees who work so hard to provide services to the individuals we serve. You have already registered to attend one of the two days, May 30th or 31st. Staff Appreciation Day will be held at Skipstone Academy & Retreat Center in Griffin from 9:00 am until 4:00 pm on each of these days. Maps will be distributed soon giving directions to Skipstone.

The day will begin at 9:00 with registration and a time to visit with other employees who work at McIntosh Trail. There will be a talent show at 10:00 and we can't wait to see what hidden talents we have right here under our noses. If you have a talent; singing, dancing, juggling, or some other unique talent, please send an email to Shanda at swheeler@mctrail.org to sign up, no later than May 18th. We want all kinds of talent, group or individual, no matter how unique. Slots will be limited to 4 minutes per person or group.

After the talent show, you will have free time to participate in the many other activities we have planned. Activities include swimming pool, fishing, canoes, "The Blob", water slide, corn hole, badminton or just relaxing around the grounds. You will want to bring a chair or blanket to sit on while outside, unless you prefer to get close to nature in the grass. If you plan to fish in the pond, you will need to bring your own fishing gear and bait. If you plan to swim or participate in the water events, please remember that you are at a work function and swimsuits should be appropriate. There will be changing facilities available. Regular dress should also be appropriate for a work function, shorts at an appropriate length and no bellies showing.

Lunch will be served from 12:00 to 1:00 in the cafeteria. We will have hamburgers, hot dogs, baked beans, slaw, potato salad, chips, drinks and dessert. If you would like to eat outside, there are picnic tables available.

From 1:00 to 3:00, you will have free time again to continue to participate in the activities. Bingo will also be added in the afternoon. At 3:00, we will all gather together again and will draw for door prizes and announce the winner of the talent show.

One last thing to mention is that Skipstone is a smoke-free environment so they have asked that we please refrain from smoking while we are visiting their facilities. We would like to ask that everyone be respectful of this request.

Staff Appreciation Day team members are Shanda Wheeler, Bill Preston, Amanda Brown, J.W. Lal, Kathy Selph, Leslie Prewitt and Nancy Schulz.

We are looking forward to a GREAT day full of SUMMER SIZZLE fun.

SEE YOU THERE!

KUDOS TO HENRY COUNTY COUNSELING CENTER

TO: Chief Executive Officer, Ms. Pam McCullum

FROM: Invisible Wounds Veterans Support Group

DATE: January 12, 2012

RE: Ms. Terry Wright, McIntosh Trail McDonough, Georgia Branch

Dear Ms. McCullum,

We are facilitators for the Invisible Wounds Veterans Support Group at your McDonough, Georgia location at 139 Henry Parkway. We both have Post Traumatic Stress Disorder (PTSD). As recipients of counseling and after the completion of counseling programs at McIntosh Trail and the Veterans Hospital, we were equipped to manage our PTSD. Under the direction of Ms. Terry Wright, we were proficient in starting a veterans' support group at your McIntosh Trail location in McDonough, Georgia.

After several successful support group sessions at McIntosh Trail, the Veterans Hospital begin referring veterans to attend counseling at McIntosh Trail in McDonough. Our first veterans' support group meeting started on July 28, 2011. The group attendance started with three members. The current attendance has grown to approximately ten to twelve participants each Thursday.

Ms. Terry Wright has been a huge blessing to every veteran in the Invisible Wounds Veterans Support Group. Ms. Wright works very hard to assist persons from all walks of life who seek aid at McIntosh Trail, whether civilian or veteran. She has provided a safe environment for veterans to come together and help each other heal from their invisible wounds. From a personal prospective, a minimum of twelve support group members can attribute the support granted by Ms. Wright to brighter days. Ms. Wright's counseling and compassion to help individuals has saved numerous marriages. In addition, two veterans who had given up on themselves and life have found relief through support group meetings and her counseling and support.

As thousands of military service members return from Iraq, Afghanistan and other war zones, the Veterans Hospital in Atlanta will remain overwhelmed. The counseling, compassion, respect, and dignity provided by Ms. Terry Wright and the staff at the McDonough, Georgia McIntosh Trail branch is excellent.

Both the members in attendance at Invisible Wounds Support Group and us would like to inform the Board of Directors and you that Ms. Wright has super work ethics and has modified the lives of individuals within the Invisible Wounds Veterans Support Group. Helping veterans with the type of mental issues within our group was not an easy task, but Ms. Wright and the staff never gave up on us. We all have great appreciation for her dedication and support as we fight this lifelong battle.

Sincerely,



Sergeant Major Bob Van Dunk, (Retired) United States Army



Sergeant Major Leon Jordan, (Retired) United States Marine Corps

(EXERCISE THAT BRAIN!! AND LAUGH OUT LOUD COMBINED.)

REASONS WHY THE ENGLISH LANGUAGE IS DIFFICULT TO LEARN

1. The bandage was wound around the wound.
2. The farm was used to produce produce.
3. The dump was so full that it had to refuse more refuse.
4. We must polish the polish furniture.
5. He could lead if he would get the lead out.
6. The soldier decided to desert his dessert in the desert.
7. Since there is no time like the present, he thought it was time to present the present.
8. A bass was painted on the head of the bass drum.
9. When shot at, the dove dove into the bushes.
10. I did not object to the object.
11. The insurance was invalid for the invalid.
12. There was a row among the oarsmen about how to row.
13. They were too close to the door to close it.
14. The buck does funny things when the does are present.
15. A seamstress and a sewer fell down into a sewer line.
16. To help with planting, the farmer taught his sow to sow.
17. The wind was too strong to wind the sail.
18. After a number of injections my jaw got number.
19. Upon seeing the tear in the painting I shed a tear.
20. I had to subject the subject to a series of tests.

LET'S HAVE A QUOTE-A-THON

Kenyatta Walker: My dad used to always tell me and my brother, "You don't do as I do, you do as I say do!"

Pam Burkett: One thing I remember my dad used to say was, "Your mom is always right, even when she isn't."

Or how about when on a trip and you said, "I need to go to the bathroom"; Dad would say, "You should have gone when we stopped for gas."

Billie Pippin-Ingham: Can't never could do nothing. Lick your calf over. Get your education honey, that is something no one can take from you. Grandparents

Anonymous: From his/her mom: "A hard head makes for a soft behind." i.e. You need to listen and follow directions or pay for the consequences later; that's something we all need to remember!!

From Leigh Kight's wonderful grandfather who is still alive and kicking at 93: "Don't take any wooden nickels." "You can fall in love with a rich man just as easily as you can fall in love with a poor man".

MAY TRAINING SCHEDULE

<u>TRAINING</u>	<u>DATE/LOCATION</u>	<u>TIME</u>
Supervised/Assisted Meds	Tuesday, May 15 Area Admin	9:00 - 1:00 pm
New Employee Orientation	Wednesday, May 16 Area Admin	8:30 - 3:00 pm
Standard First Aid/CPR	Thursday, May 17 Area Admin	9:00 - 4:00 pm
Personal Care Assistant (Identified staff only.)	Friday, May 18 Area Admin	9:00 - 2:00 pm
Clinical Documentation	Monday, May 21 Area Admin	9:00 - 3:00 pm

JUNE TRAINING SCHEDULE

New Employee Orientation	Friday, June 1 Area Admin	8:30 - 3:00 pm
Standard First Aid/CPR	Monday, June 4 Area Admin	9:00 - 4:00 pm
Non-Violent Crisis Intervention UPDATE – OUTPT. STAFF ONLY	Wednesday, June 13 Henry County Counseling Center	9:00 - 1:00 pm
New Employee Orientation	Monday, June 18 Area Admin	8:30 - 3:00 pm
Standard First Aid/CPR	Tuesday, June 19 Area Admin	9:00 - 4:00 pm
Clinical Documentation	Monday, June 25 Area Admin	9:00 - 3:00 pm
Non-Violent Crisis Intervention	Tues. & Wed., June 26 & 27 Henry County Counseling Center	9:00 - 2:30 pm both days

**Register for classes by e-mailing Janet
at jrobinson@mctrail.org**



MAKE A WISH AND BLOW OUT YOUR CANDLES.

Listed below are June staff birthdays. If your name is not included or has an error, please notify Shanda Wheeler so she can make necessary change in her personnel records. From all of us to all of you - HAPPY BIRTHDAY!!!

JUNE BIRTHDAYS

Shirley Greene	3	Pine Woods	Willie Puckett	15	Spalding Peer
Diane Hammond	5	Butts CCC	Jovonda Mosley	17	Fayette CCC
Julie Durden	5	Fayette CCC	Gloria Davis	18	DD Residential
Lynn Boyles	5	Butts CCC	Carolyn Smith	25	Pine Woods
Kingsley Iyamu	6	BHC	Portia Dixson-Hightower	26	Transis. Housing
Natasha Phillips	9	Henry DD	Kelly Rosales	27	Admin
Joseph Wilkins	12	Upton CCC	Marjorie White	28	DD Residential
Mark Gordon	14	Butts Clubhouse	Shirley Davison	30	Pine Woods

FAITHFUL SERVICE AWARDS

Karen Terry	5 years	Butts County Counseling
Patricia Simms	15 years	Henry County Counseling (Supportive Employment)

WELCOME

Joanna Henry Butts County Counseling

GOOD-BYE AND GOOD LUCK

Rodney Risper Admin

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.

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