



DMH Visits MLBHC

During the 3rd week of October, 2017, the Certification Review Team from the Alabama Department of Mental Health was on-site at the MLBHC Administrative Office. The team spent two days reviewing a total of 38 programs, including items such as consumer charts, PI documentation, personnel files, training spreadsheets, emergency service logs, Board meeting minutes and the organization's policies and procedures. Although the finalized written results of the site review will not be received for several weeks, DMH staff expressed their highest praise for MLBHC's documentation and quality of services provided to consumers in both Marshall and Jackson Counties. As a result of this audit, all MLBHC programs received a two year certification, the highest awarded by DMH.

Congratulations to all staff on a successful DMH Site Review!!



Set your clocks back one hour before going to bed on Saturday, November 4th

MLBHC will observe Nov 23rd & 24th as the Thanksgiving Holidays for all full-time employees



What's Going On ???

MLBHC WALL OF FAME

September 2017

I = Incentive



Residential

Rose Bright
Rebecca Cabaniss
Teana Campbell
Rickey Clemons
Barbie Davis
Anita Dingler (I)
Ann German
Drew Hardinger
Beth Hartmann
Tommy Knotts
Debrah Martin
Shelia Moon
Mark Moore
Stephanie Ogle
Wanda Roberts
Charlin Solis
Tasha Solis (I)
Lisa Stevens

Substance Abuse

Kay King
Lacy Rowan

Multi Programs

Sarah Boxley
Judy Rhodes (I)

Geriatrics

April Cowart
Lauren Floyd
Julie Ritter
Teresa Sarratt

Outreach

Jennifer Brown
Bill Parker
Lucy Wilson

Jackson Outpatient

Amanda O'Connor (I)
Debbie Painter (I)
Elizabeth Turner

Marshall Outpatient

Julie Burks (I)
Patti Carson
Cindy Hamilton
Dana McCarley
Melinda Sutton-Griffin



Birthdays

Shawn Standridge	Nov 1
Cheyenne Whisenant	Nov 11
Beth Hartmann	Nov 13
Belinda Herring	Nov 15
Joey Knox	Nov 15
Kerri Smith	Nov 18
Kaitlin Vincent	Nov 26
Tasha Solis	Nov 27
Erica Player	Nov 29

Anniversaries

Belinda Arrington	1 year
Tonya Lankford	3 years
Jessica Wolff	4 years
Jaimie Hammond	5 years
Linda Rogers	7 years
Jana Kirkland	8 years
McGee Keller	13 years

November Lunch and Learns

"Religiosity and Psychotic Issues in Mental Health Clients"

Presented By:

Jaimie Hammond, LPC
Lucy Wilson, BA

Guntersville MHC	November 29
Scottsboro MHC	November 30

What's Going On ???

~ Monthly Meetings ~

Thursday, November 16th

PI Committee meeting 1:00 pm
Corporate Compliance Committee meeting
Leadership Committee meeting
Administrative Office/Scottsboro MHC
via teleconference
(Confirm attendance with Dana Childs)

Tuesday, November 28th

Board meeting 5:30 pm
Jackson Place
(Confirm attendance with Shelly Pierce)

Board Members Visit MLBHC Facilities

Over the past few months, the Board of Directors has conducted their monthly meetings at various MLBHC facilities. This allows them the opportunity to not only tour each facility, but also to meet some of the consumers and staff members whom they would never know otherwise.

This year, Board meetings were held at the Administrative Office, Mental Health Center and Cedar Lodge/Marshall Place, all in Guntersville. In Jackson County, meetings have been conducted at the Scottsboro Mental Health Center, the Dutton Group Homes and the Board will meet at Jackson Place in Woodville on November 28.

Thank you to our Board of Directors for your commitment to MLBHC !!!

Welcome to MLBHC !

Several new employees joined MLBHC during the month of October. The Substance Abuse Prevention Program gained two Prevention Specialists - Christy Murry, BSW, and Brianna Smith, BS. Jennifer Williams, BS, began as the new Care Coordinator for the Marshall County C/A In-Home Team. Felicia Willis is working at Jackson Place as a Sign Language Proficient (SLP) Mental Health Worker and Brittany Grizzard is a Mental Health Worker at Cedar Lodge.

Christy



Brianna

Jennifer



Felicia

Brittany



Clinical Director Celebrates Milestone Anniversary

On October 20, 2017, Dianne Simpson, Clinical Director, celebrated her 20th anniversary with MLBHC. Staff members honored her with a party prior to the monthly PI and Leadership Committee Meetings. She was even surprised by a special guest at the party, her husband, Jim.



During her tenure, Dianne served in numerous positions throughout the organization and was promoted to Clinical Director in October, 2012. She is truly an advocate for the consumers that we serve and always promotes an attitude of compassion and caring. She is a role model for teamwork among all staff members.

CONGRATULATIONS DIANNE!!!

MLBHC Now Provides Self Service Benefits

During the month of August, Lane Black, HR Coordinator, sent an email to all MLBHC employees informing them of a website (<https://my.payentry.com/Account/Login>) where staff could access information concerning payroll and benefit deductions.

Once each employee establishes a self service account, the following options are available:

- **SEE AND PRINT PAY STUBS** for current and previous years
- **SEE YOUR MEDICAL, DENTAL AND VISION INSURANCE CHOICES** and make edits or allowable changes
- **MANAGE YOUR DEPENDANT INFORMATION**
- **CHANGE YOUR ADDRESS WHEN YOU MOVE** (this will also automatically change it in payroll)

Beginning with the 11/15/17 pay date, paper check stubs will no longer be distributed by the Payroll Office. All staff will have access to pay stubs via the benefits website above.

If you have questions, please contact Cammy Holland, Business Manager, at ext. 405

Consumer Success Story

Submitted By: Katrina Ramsey, Counselor/QSAP I
Cedar Lodge Substance Abuse Residential Treatment Program

Client entered MLBHC's Substance Abuse Residential Treatment Program with uncertainty about interaction with others around him. Client displayed signs of anxiety and depression, so scales were administered when he entered the program. PHQ-9 scale measured his depression symptoms at 16, meaning severe depression and GAD-7 scale measured symptoms of anxiety at 21, signifying severe anxiety. Client's treatment plan included healthier ways to manage anxiety/depression along with grief.

The first day in group, client sat in the very back of the room at the table secluded from everyone else and kept his head down to avoid eye contact. Counselor walked around room during psycho-education group and asked if she was too close, he responded "you are my counselor, so I imagine I will have to get used to it". This was the first sign of willingness to change within group and changes began to occur.

Client began sitting closer to individuals at the table and was beginning to make eye contact with staff and others. Client began showing initiative and interest in helping others so he was placed in the position of cook, which entailed eye contact at least three times per day. Client began smiling, opening up about his past, and bonding with those around him. During his individual sessions, client shared painful memories of being in and out of grandparents home due to both parents living in active addiction and being in and out of the jail system. He also began offering feedback to others in group. Client was eventually in the circle with people being on both sides of him, maintaining eye contact, and sharing things of his past.

On the 12th day of treatment, client's scales were re-administered and the results were astonishing. Client went from a score of 16 to a 2 on the PHQ-9, decreasing 14 points revealing no depression. Client went from a score of 21 to a 6 on the GAD-7, decreasing 15 points revealing mild anxiety. Client stated, "This is the first time he has ever felt safe and comfortable in his own skin". For the first time in his life, he felt loved, he felt safe, and he felt comfortable, and he no longer isolated. Client continued improving with an upbeat attitude and newfound sense of confidence.

Client was unable to complete program due to medical discharge, but it is still considered a success due to client leaving program with a decrease in anxiety/depression, a greater understanding of grief, an increase of coping skills, and newfound sense of confidence.