



# New Directions 2017



## Celebrity Appearance at MLBHC

MLBHC staff were surprised on Halloween by a visit from a famous celebrity. In celebration of the holiday, Larry Culpepper (aka Myron Gargis), traveled to various Mountain Lakes' facilities, greeting staff members and passing out free Dr. Pepper.

Larry was briefly mistaken for a vending machine stocker at the Gunterville Mental Health Center and was questioned on how he gained access to the facility. Thankfully, he did have his ID badge confirming that he actually was "The Dr. Pepper Guy".



A special thank you to Larry for his visits, his DPs and especially for all the smiles and laughter he brought to MLBHC for Halloween 2017 !!!



MLBHC will observe the following as Christmas and New Year's holidays for full-time staff:

Monday, 12/25 & Tuesday, 12/26

Monday, 1/1 & Tuesday, 1/2

As a reminder to all staff for the month of December, timesheets must be approved and submitted to Regenia in the Payroll Office by 10:00 am on the following days:

- Monday, December 11<sup>th</sup> (paid on December 15<sup>th</sup>)
- Wednesday, December 27<sup>th</sup> (paid on December 29<sup>th</sup>)

# What's Going On ????



## MLBHC Residential Programs Enjoy Halloween



Halloween at Dutton was a hilarious affair this year, with many staff and clients dressed for the festivities. Pumpkins from Marshall Place joined in the party, along with Dracula, a pirate, a sweet devil and a cat from Jackson Place. Dutton costumes included the Sanderson Sisters (from Hocus Pocus), a fortune teller and Jack & Sally Skellington.



All in attendance enjoyed pizza, cokes and other goodies for lunch, which was followed by games and fortune telling to round out the party. With food, fun, laughter and fellowship, the residents had a wonderful time!

Shelly Sills, Fortune Teller and Dutton Program Coordinator, would like to extend a special thanks to the staff that organized the party and the staff that came on their own to help make it a special event for the residents.



## Monthly Meetings



Thursday, December 21<sup>st</sup>

PI Committee meeting 1:00 pm  
Leadership Committee meeting  
(following PI)

Administrative Office/Scottsboro MHC  
via teleconference  
(Confirm attendance with Dana Childs)

## December Birthdays

Tommy Knotts	Dec 4
Tonya Lankford	Dec 5
Teana Campbell	Dec 9
Christy Murry	Dec 13
Joyce Milligan	Dec 15
Kammi Doss	Dec 20
Wanda Roberts	Dec 28
Dana Childs	Dec 29
Ann German	Dec 29

## December Anniversaries

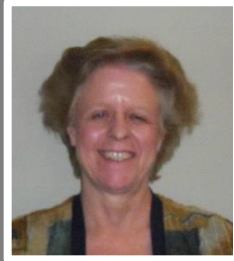
Nicole Gurley	1 year
Melinda Clark	10 years
Bob Crowell	14 years
Shelly Pierce	17 years
Regenia Davis	25 years

## WELCOME TO MOUNTAIN LAKES

Several new staff members joined MLBHC during the month of November. Jackson County gained two new Therapists including Lisa Henson, MA, with the School Based Program; and Margaret George, MS, with the Outpatient Program. Brandy Drake, BS, joined the staff at Cedar Lodge as a Counselor/QSAP II; Rene Varnell as a Secretary at the Marshall County Mental Health Center; and Karen Sargent as a MHW at the Dutton Residential Facility.



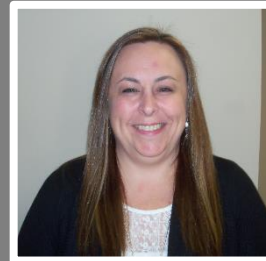
Lisa



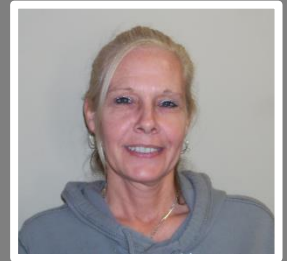
Margaret



Brandy



Rene



Karen

October 23, 2017

Dear Cedar Lodge Staff,

I want to thank everyone for your continued efforts to guide people suffering from addiction. Your program has been extremely helpful in restoring my hope and desire to be alive.

When I came here on September 14, 2017, I was desperate to be in a safe place where I knew I could not use drugs or alcohol. I had no confidence in my ability to stay clean outside of these walls. All I wanted when I got here was to stop for the safety of the child I was carrying inside of me. I had given up on myself, but knew I had to do something to save this baby from having to endure another moment of exposure to methamphetamine.

After a few weeks at Cedar Lodge, I started to believe that maybe I could actually have a chance at recovery and a life without using drugs. I hated myself when I got here; for the apparent reasons - using drugs and alcohol during pregnancy, choosing to use drugs around my children, allowing men to use me and abuse me, disappointing family, friends and God.

I didn't have any self-worth or self-love or confidence when I got here. I can't say that at 40 days of treatment here that I'm healed or cured or completely free, but I do feel more prepared and ready to fight this vicious life taking disease that has taken so many people and destroyed not only families, but has also damaged and traumatized our society, country, and world.

Thanks to my time here, I am able to stand up and fight this disease again. Thank you for giving me a safe place to regain my strength, restore my hope, renew my joy and comfort my dying soul.

God Bless You All  
C.M.

(This letter was published with the author's permission.)



# MLBHC WALL OF FAME

(October 2017) (I=Incentive)



## Residential

Jouvana Alexandre  
Rose Bright  
Rebecca Cabaniss  
Teana Campbell (I)  
Barbie Davis  
Anita Dingler (I)  
Boris Garth  
Ann German  
Drew Hardinger  
Beth Hartmann  
Justin Jackson  
Joyce Milligan  
Shelia Moon  
Mark Moore  
Stephanie Ogle  
Wanda Roberts  
Ginny Smith  
Charlin Solis  
Tasha Solis (I)  
Lisa Stevens

## Outreach

Melissa Brock (I)  
Jennifer Brown (I)  
Rachel Cook (I)  
Nancy Eidson (I)  
Jaimie Hammond  
LaToya Hollman  
McGee Keller  
Salena Kennedy  
Linda Miller (I)  
Bill Parker  
Denise Ritchie (I)  
Lucy Wilson

## Jackson Outpatient

Wanda McCollum  
Amanda O'Connor (I)  
Debbie Painter (I)

## Multi Programs

Sarah Boxley (I)  
Belinda Herring (I)  
Stephanie Knott  
Judy Rhodes

## Marshall Outpatient

Julie Burks (I)  
Patti Carson  
Joey Knox  
Michelle Miller (I)  
Melinda Sutton-Griffin

## Geriatrics

April Cowart  
Lauren Floyd  
Randy Hibbard  
Leah Moore  
Julie Ritter  
Nicole Robinson  
Tyler Steed  
Suzanne Woodall

## Substance Abuse

Kay King  
Tonya Lankford  
Katrina Ramsey  
Lacy Rowan  
Shane Tidwell



The Board of Directors will not conduct a monthly meeting during December.

The next Board meeting will be held on Tuesday, January 16, 2018, at the Administrative Office in Guntersville.



## HOLIDAY PAY

Employees who are scheduled to work and call in sick or request to use unplanned PTO the day before, the day of, or the day after a holiday will forfeit their right to receive holiday pay for that day, unless there are documented, extenuating circumstances that, in the discretion of the Executive Director, prohibit the employee from reporting to work.



# Holiday Luncheons at MLBHC



The 9<sup>th</sup> Annual Thanksgiving Luncheon at the Gunterville MHC was conducted on November 14. Myron Gargis provided his traditional deep fried turkey and staff members contributed all the sides. Holiday Luncheons are planned for Scottsboro on December 12 and for the Geriatric Program on December 15. These MLBHC gatherings are always a fun day of food and fellowship !!!

## Consumer Success Story

**Submitted By: Julie Ritter, BS  
Geriatric Specialist**

Mrs. M is a 76 year old nursing home resident being seen by Mountain Lakes Behavioral Healthcare for Generalized Anxiety Disorder and Depression. When client first came to the nursing home, client was depressed and isolating to her room. Client was having difficulty accepting having to be in a long term care setting. Mrs. M refused attempts by Geriatric Specialist to invest herself in out of the room activities and hobbies. Client did share that she had a love of art and used to draw and paint. Mrs. M explained she hadn't worked on her art in a long while. As sessions progressed, client began to trust Geriatric Specialist more and discuss her interest in art. Geriatric Specialist encouraged client to use her art again as an outlet to help with her symptoms of anxiety and depression. Client talked about how she used to draw and teach classes for art in her community. Geriatric Specialist praised this talent and encouraged her to use it again. Client has begun drawing cards for others and giving them the cards as encouragement. Mrs. M has plans to make some cards for Christmas and has been sharing cards with the staff. Geriatric Specialist praised client for her progress on this.

Mrs. M has also been going to bingo at least once a week. She collects what she wins like lotion or body wash and gives it to others residents that aren't able to attend or may need these essential items. Client can reflect on past memories and share with Geriatric Specialist about her family without sadness. Mrs. M treasures her grandson and his family. Client misses being able to take care of family and still has a strong independent spirit. Mrs. M likes to talk about her days of being a short order cook and all the friends she made while there. Client has great social skills and is kind to other residents around her. Even though she still struggles with anxiety and depression, she does not let it defeat her. Mrs. M is a strong lady that likes to encourage others and has become a part of her nursing home community.

## Consumer Success Story

Submitted By: Amber Fenton, MSW  
Marshall County School Based Therapy Program

### Establishing a Rapport

Joe was a 16 year old student who was very ambitious. Joe was diagnosed with Persistent Depressive Disorder. The school therapist started working with client in the month of February. Joe reported he was having trouble with abandonment issues. He reported he blames himself for not being competent enough to care for his younger siblings. Joe also had a history of misusing drugs. The school therapist encouraged client that they would work on self-doubt, abandonment issues, and managing depression.

### Implementation

The school therapist and Joe worked on self-efficiency. This allowed Joe to feel he could successfully accomplish goals. Joe was able to apply coping skills daily, with minor setbacks. Therapist and client discussed feelings that led to depressed moods and worthlessness. Joe had some difficulties with realizing that he was only responsible for his own actions. Therapist worked with Joe on surrounding himself with love ones, having realistic expectations, and empowering himself.

Joe and school therapist also discussed ways to cope with depression. Joe stated he started using illegal drugs to cope with unresolved problems. Therapist encouraged Joe to research effects of illegal substances. Client reported a reduction in illegal use of drugs at each monthly session. School therapist and Joe worked for months on coping with depression. Joe learned skills such as ways to challenge negative thinking, talking to someone, deep breathing, journaling, healthier activities/diet, and self-worth.

### Goal Accomplished

Joe has recently graduated with his high school diploma. Client reported he is the first graduate in his family. He plans to pursue an education at Snead College. Joe stated he wants to major in Technology and Human Services. Joe has stopped misusing medications, as well as other illegal substances. He realized that using illegal substances was only a temporary way to cope with dilemmas. Joe has stopped blaming himself for abandonment issues. Joe now has a positive outlook on life. Therapist encourages client daily to continue to use coping skills.

If you would like to have an article/photo/etc published in New Directions, please e-mail it to Shelly Pierce by the 15<sup>th</sup> of each month for the next month's publication. If your submission refers to a consumer by name or includes any type of identifying information, you must also submit a signed "Informed Consent" specific to each item.