

February 2011

CHARLOTTE



Behavioral Health Care

Monthly Highlights

A Message from the COO,

It is hard to believe we are already one month into the New Year...time truly flies when you're having fun! I thought it would be nice to try to summarize some of the initiatives that we are starting as we start the New Year.

- We are full steam ahead on the criminal justice reinvestment grant. We have hired our Case Manager and Sharon Salter and Gina Wynn are working hard to get all the systems in place to make this initiative successful.
- Our Strategic Plan committees are busy working to make this a better place to receive services and a better place to work! Molly Grossman and the Staff Wellness Team are formulating a plan to help us all manage our stress better. (I can hardly wait...)
- Jay Glynn continues to represent CBHC and our consumers on a state level, with participation on the executive committee of Florida Council and Value Options, and by leading the Circuit Advisory Council for Central Florida.
- Chris Gentry, Records staff, and Medical Services staff are full steam ahead with Anasazi, and you will find that you will be using the paper charts less and less...
- By the time this issue is out, we will have trained close to 100 CBHC staff on the evidence-based practice of Motivational Interviewing. Our IT department has worked hard to provide us with great training facilities and group space over in Building B!
- Jessica Boles and I are working to bring CBHC and the community a new and improved website that we think you are really going to like! Cheryle Worthen and Healthy Families/Healthy Start staff are demonstrating better than ever program outcomes, despite state cuts in those areas.

I'm sorry that I am likely leaving critical initiatives out!

The point that I am making is that, despite all of the budget uncertainties that we have faced for multiple years, CBHC is still going along strong! We continue to look for new ways to increase our revenue (or offset cuts to our revenue), do more with less, and improve the quality of our services, thanks to all of you. We have heard some rumors lately related to the issue of staff cuts, and this information was definitely news to our Executive Team. As you already know, we don't know what the future holds with a new Governor and new leadership at DCF on the State Level, but we highly value our services and staff. Our best assets—all of you—along with creativity and ability to change and adapt will get us through whatever the future holds.



Thanks much to all of you!

CBHC's New Mission Statement

Charlotte Behavioral Health Care's mission is to provide high quality, compassionate, cost effective health care services to the individuals and families we serve.

Strategic Planning Update:

Implement strategies that improve staff health/wellness in areas of stress management, personal wellness, and smoking cessation.

Assisted staff by providing information and resources as part of the move to no tobacco on our campus; completed and compiled a survey on wellness interests for the staff. Marilyn Daniels won the basket from the drawing for those who participated. Now we are exploring ideas and options for some of the suggestions from our staff, will seek staff input about specific people who could provide activities/lectures and times staff would be interested in participation in these activities.

~ Be patient with yourself, it takes time to slow down~

Above & Beyond Awards



Dietary Recognition...

I would like to recommend Rene Inman, Brian O'Flaherty, Marion Popdan, Eric Davis, Isaiah Suggs and Wednesday Bryant of the Dietary Department for the Above and Beyond Award in response to the outstanding work that was done during the absence of the Dietary Manager George Tutoki. All of the Dietary staff stepped up and worked hard to put out three meals with snacks daily. The staff picked up additional duties like meal sales logs, ordering from various food vendors, inspections from the health department, etc. Not to mention the special functions they catered and the Holiday meals that were completed during this time with very little overtime costs as well. Much to my amazement, there were no call off's and we creatively scheduled Holiday coverage thru everyone signing up to cover shifts. Brian deserves an extra kudos for covering the Christmas Holiday so the dietary staff with children did not have to work on the Holiday. I was so pleased to see the Dietary staff accept these responsibilities with smiles and a "willing can do attitude". They even decorated their door for Christmas and won the honorable mention for their efforts. I am blessed to have such good staff...they truly showed their willingness to work together to get the job done.

*Gina Wynn,
Director, Residential Services*

Attention Managers:

If you would like to nominate a member of your staff for their "Above & Beyond" attitude and work, please submit your nomination to Shelly Terruso, Exec. Asst to Jay Glynn, Ext. 245, Bldg A, for the upcoming month's selection.

Above & Beyond Awards



I would like to add Gina Wynn to the Dietary Department Above and Beyond Award. Kudos to Gina also for stepping in to do whatever was needed in the absence of George. Gina went for quite a long time with two key managers out, yet managed to learn the Food Purchase Ordering process while overseeing the staff and logistical issues in Dietary (and Case Management). Gina, your commitment to this agency and doing whatever you do well is always appreciated!!!!

*Much Thanks,
Vickie D'Agostino,
COO*

Attention Managers:

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CIT Graduation-January 28th

The Charlotte County Criminal Justice & Behavioral Health Advisory Council (CJBHAC) held its fourth Crisis Intervention Team (CIT) training for local law enforcement and corrections officers during the week of January 24th, 2011 at the Charlotte County Sheriff's Office Training Facility. This year, in addition to the seventeen law enforcement and corrections staff, thirteen communications and dispatch staff members were included in the first two days of the training with the purpose being to educate the staff involved in the dispatching process to be able to identify mental health and substance abuse crisis situations and dispatch a CIT-trained officer to the scene. The Charlotte County Sheriff's Office deputies were graduated on Friday, January 28, 2011. CIT is a 5-day, 40-hour class that is used nationwide to train law enforcement officers on how to recognize signs and symptoms of mentally ill individuals in distress and to learn techniques to de-escalate situations to prevent injury to both the officer and the individual. Officers learn about community resources that may assist in diverting the person from jail and into a treatment program when appropriate as well as calming techniques, taught by fellow law enforcement officers that are proven to reduce officer injury rates and incidents of violence.



Pictured: Noel Vazquez & Sharon Salter



Pictured: Jay Glynn



Pictured: Commissioner Robert Skidmore



Pictured: Judge Peter Bell



Pictured: Captain William Prummell



Pictured: Pascale Iliou



Officers

(left to right): Captain William Prummell, DFC. Teresa Roman, DFC. Kevin Bordner, DFC. W.C. Beasley, DFC. Kenneth Rolland, DFC. Anthony Moccia, DFC. William Batson, Det. Phil Traniello, SGT. Joseph Sousa, SGT. Rocco Casano, DFC. Michael Ortiz, CD/FC. Renee Crocker, DFC. Justin Gilmer, DFC. Nicholas Luther, Det. John Sadler, CD/FC. Deborah Barrett, DFC. Kenneth Brese, CD/FC. Bradley Scott

Update from Healthy Families



FAMILY SAFETY AND PREVENTION SERVICES

Cheryle Worthen

Nurturing Dads Groups

Families without fathers can suffer in many ways since children without dads may miss out in material comfort and emotional development. Children in fatherless homes may lack a role model of appropriate male behavior, which can later hinder them from properly relating to the opposite sex as adults. Boys may fail to learn how to be responsible men and girls may look for male attention in inappropriate ways. Teen pregnancy is often a result. Many single parent households are "working poor" and the stress of economic hardship can lead to harsh and inconsistent discipline. Such conditions are considered risk factors for abuse and/or neglect.

In a study conducted over a 26 year period, David Popenoe in his book "*Life Without Father*" shows that children whose fathers spent time alone with them more than twice a week tested higher in empathy and became more compassionate as adults. Children benefit greatly from the presence of a nurturing father.

CBHC's Nurturing Dads program promotes responsible fatherhood in Charlotte County by providing thirteen week group facilitated classes that educate men as to their role in the family. The classes assist fathers in establishing an emotional bond with their child(ren). They also help them develop nurturing attitudes and skills, equip them with positive discipline techniques that help them be proactive rather than reactive. In addition the men learn stress management, the benefits of praise, and are linked to community resources to improve education and self-sufficiency. A court approved curriculum with pre and post tests is used. For more information on CBHC's Nurturing Dads' program call (941) 815-0342. Remember, supportive caring fathers play a crucial role in the lives of their children!

Community Parenting Groups

Two caring adults can ease the demands and stresses that come with parenting and managing a family. Because of the success of the Nurturing Dads' groups and the positive impact on local families, some wives/partners of the men who had completed the course wanted to take the classes also. About that time the author of the Nurturing Dads curriculum developed another curriculum (Marriage and Parenting) geared toward couples and/or the general population of Primary Caregivers. This new 10 week *Community Parenting* group allowed couples, grandparents as parents, blended families, etc. to take the class and learn nurturing attitudes and skills. Because the curriculum is measurable and court approved it also allows people on probation who are required to take parenting a needed community resource that had not before been available to them. Thanks to Children's Network of SW Florida, who agreed to fund the expanded group as long as 5 dads were in each, more families can benefit. The Charlotte County Public School Early Childhood Education/Head Start and Early Head Start have also been a great resource in promoting the groups. So, if you know a dad who wants to become the best equipped dad he can be or know any parent/primary care giver with a child 0 through 18 years, have them call (941) 815-0342. It is an investment of time and energy that will positively impact our children's future.

~ Live truth instead of professing it ~

Different ideas for Valentines Day!!!

Valentine's Day is fast approaching. Looking for something different to send your loved one? Sunny Days Ice Cream truck has 70 different varieties of ice cream. Plenty of chocolate ice cream including Starbucks Mocha Bars, the classic Chocolate Eclair, Triple Chocolate Brownie Cone, and pints of Breyers Chocolate. **Sunny Days Ice Cream** offers delivery service. These cool treats can be delivered right to your recipient's home or office. Time slots for Valentine's Day fill quick, call today! 941-255-1889. www.sunnydaysicecream.com.

VALENTINE LOVE LINES SAY "I LOVE YOU" in a very special way... With a Special Valentine Love Line...

 A Color Photo with 5 Lines of Text for only \$19.50	OR	<p>BABY, I LOVE YOU WILL YOU BE MY VALENTINE AGAIN THIS YEAR?? LOVE YOUR SMOOCHIE</p> 	OR	<p>JESSICA, YOU ARE MY VALENTINE TODAY, TOMORROW AND ALWAYS! LOVE ALWAYS, MIKE</p>
		Add a Graphic with 5 Lines of Text for only \$17.25		Just Text 5 Lines \$14.00

* ADD A LINE FOR ONLY \$3.25 EACH *

Deadline is Wednesday, February 9th, 2011 at noon.
The ads will run in the Charlotte Sun, North Port Sun & Englewood Sun on Monday, Feb. 14th and the Venice Gondolier Sun on Saturday, Feb. 12th

Call 941-429-3110 or Toll Free 866-463-1638 to place your Loveline or email your Loveline to special@sunnewspapers.net

Free Floral Bouquet
to our Lucky Entry
RUMOUR'S
BALLOONS & FLOWERS
740 Shamrock Blvd.,
Venice Gardens
941-493-8415

Free Dozen Roses
to our Lucky Entry
www.rosestheflorist.com
941-427-2238
OPEN SUN. 2/13 & MON. 2/14

United Way of Charlotte County invites you to support our community with Bags of Love for our senior citizens on Valentine's Day! We are collecting toiletries and personal items for lower income senior citizens in Charlotte County for Valentine's Day to be distributed through Senior Friendship Center's Nutrition Program. Items that you collect should be delivered to the United Way office or for pickup by Wednesday, February 9. Please call Carrie Hussey at the United Way of Charlotte County if you need your donations to be picked up at 941-627-3539

~Success is getting what you want; happiness is wanting what you get ~

A little bit of this, A little bit of that...

≈ Charlotte Behavioral Health Care is starting an informal Peanut Butter & Jelly program and proud to announce that Linda Collins will be spearheading this effort. Linda screens many indigent consumers and many of these consumers can only make it to the Homeless Coalition once a day for their nightly meal. Linda decided that if we could give them a jar of peanut butter and jelly, they would have lunches for quite a while. In a effort to start this program, we are asking employees to donate a jar of peanut butter or jelly or both to Linda so she can keep a stash for these folks. Thank you Linda for the idea and we look forward to helping!

≈ Linda Collins has agreed to volunteer at the Virginia B Andes Volunteer Community Clinic to provide a 30 minute lecture on depression & stress and the value of exercise as part of a six week recurring Wellness program to the population served there (Local residents who have no insurance and need medical care). The Clinic was funded with a small grant from the Southwest Florida Community Foundation for this program, which is composed of a 30 minute lecture followed by 45 minutes of Yoga given by a certified instructor. The clinic is located at the corner of Easy street and Gibraltar.

Preventing Births Defects

Approximately one in every 33 babies is born with a birth defect each year in the United States. This is why one of CBHC's partners, Charlotte County Healthy Start Coalition, participates proudly in National Birth Defects Prevention Month. And, CBHC home visitors make sure families are aware of the following facts.

The Centers for Disease Control and Prevention defines a birth defect as a problem that happens while the baby is developing in the mother's body. Babies born with birth defects have a greater chance of illness and long-term disability.

Both genetic and environmental factors can cause birth defects. While 60 to 70 percent of birth defects are unknown, there are some simple steps a woman can take to lower her risk of having a baby with a birth defect.

These include:

- Getting enough folic acid every day before and during pregnancy.
- Not smoking, using recreational drugs, or drinking alcohol while pregnant.
- Preventing infection.
- Avoiding certain medications (and other chemicals).
- Getting regular prenatal care.
- Eating properly.
- Making sure all vaccinations are up to date.

EMPLOYEE NEWS, KUDOS & CONGRATULATIONS

- ★ Congratulations to Melissa Worthen. Melissa is now a Licensed Mental Health Counselor.
- ★ Welcome back to new mommy, Jaime Barber.
- ★ Children's Outpatient is now a team of 12 with all positions filled. Thanks to all of the Children's OP Team for your dedication and hard work.
- ★ Special thanks to Sharon Salter for her efforts in leading CIT, in addition to her busy job! Also a thank you to Kerry Fichthorn, Linda Boulette, Noel Vazquez, Donald Reimer, Keith Fendelander, George Tutoki, Melissa Marcus, Vickie D'Agosotino & Jessica Boles for help with CIT training and graduation!
- ★ Thanks to Shelly Terruso for coordinating the Motivational Interviewing training. Shelly has efficiently coordinated the entire training with our presenter, scheduled almost 100 attendees, coordinated snacks and setup, and will make sure the Chapter 491 staff get CEUs. Thanks, Shelly!
-Vickie D'Agostino

Welcome New Hires to CBHC

Start Date	Last Name	First Name	Job Title	Dept.Name
1/3/2011	Rodriguez	Vanessa	Admin Assistant	Recovery
1/3/2011	Vazquez	Noel	Transitional Case Mgr	CJ Diversion
1/4/2011	St. Peter	Julie	Child Case Mgr	Child Case Mgt.
1/10/2011	Wagner	William	Mobile Crisis Therapist	CSU Mobile
1/10/2011	Shirosky	Lauren	BHT	CSU
1/13/2011	Joseph	Tasandra	Screeener	CSU
1/18/2011	Grennell	Jeanette	Med Transcriptionist/Auditor	Med Records
1/18/2011	Post	Matthias	Living Skills Coach	TFC
1/21/2011	Oliva	Mario	Psychiatrist	CSU

Contact Jessica Boles, Director of Community Relations & Development with your suggestions, photos, quotes or good news! jboles@cbhcf1.org or 941-639-8300 Ext. 275.

CHARLOTTE



Behavioral Health Care

~If you would take, you must first give, this is the beginning of intelligence ~

Staff Celebrating Years of Service

HAPPY ANNIVERSARY!



Start Date	Dept.Name	Last Name	First Name
2/9/1996	Med Records	Matthes	Wanda
2/24/1997	Med Records	Gentry	Christina
2/18/2003	TFC	Parrish	Miranda
2/23/2006	Dietary	Davis, Jr.	Eric
2/2/2007	CSU	Tait	Anita
2/19/2007	CSU	Palm	William
2/9/2009	OP Juvenile	Barber	Jaime
2/8/2010	CSU	Obel	Olguy
2/8/2010	CSU	Sigafoose	Charles
2/16/2010	Administration	Boles	Jessica
2/22/2010	CSU Mobile	Green	Timothy

HAPPY BIRTHDAY!!!

Romanoski	Amy	February	2 OP Juvenile
Shaw	Nancy	February	3 CSU
Davis	Donna	February	6 Healthy Families
Kingery	Sharon	February	8 Administration
King	Beverly	February	10 CSU
Landis	Jesse	February	12 CSU
Yarwood	Alston	February	13 CSU
Clavey	Barbara	February	18 Med Clinic
Green	Timothy	February	18 CSU
LaClair	Debra	February	18 OP Juvenile
Carroll	Lori	February	19 CSU
Gonzalez-Canal	Jose	February	21 CSU
Kapuchinski	Stanley	February	22 CSU
Muldrow	Olga	February	27 CSU
Cameron	Colleen	February	28 CSU
Harris	Christopher	February	28 CSU



Restoring Hope...

To All CBHC Staff,

I hated you all when I got here-and most of you know it :) But so much changed so quickly since I've been here and now I'll miss you so much! I can't believe how much I've changed with everyone's help. And even though I dreaded Mary's groups and doing the work she gave, it was what got me through the 28 days. I couldn't stand talking about emotions and feelings but if I hadn't, I wouldn't have changed at all. If I could stay here and do groups and have meetings and play badminton, I'd never leave! (As long as I could have my son too)

Anyway, I'm really bad at these types of letters and I am starting to tear up but I am very grateful for everything that I've learned from CBHC

Love,

B.L.

1-18-2011

~This one step – choosing a goal and sticking to it – changes everything~

CHARLOTTE



Behavioral Health Care

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