

TSCS Newsletter

Taylor's Special Care Services, Inc.

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May 2013



Mr. Taylor presents Manager and Resident from the Brandywynne home with the Home and Resident of the Month Awards and Certificates at the managers' meeting of May 22, 2013.

Employee Recognition Award *Employee, Home and Resident of the Month Awards:*

Roxanne Turner received the "Employee of the Month" award in April for making significant contributions in the lives of the persons served and going above and beyond the call of duty.

Brandywynne Home received the "Home of the Month" award in April for continued dedication to the persons served and contribution to the advancement of TSCS mission, vision and values.

William Peebles was presented with the "Resident of the Month" award in April for significant achievements in the quest for

personal improvement and independence, in addition to remarkable help and assistance he provided at the Brandywynne home. William recently received a high score on his ACT test and his immediate goal is to get a degree in culinary arts.

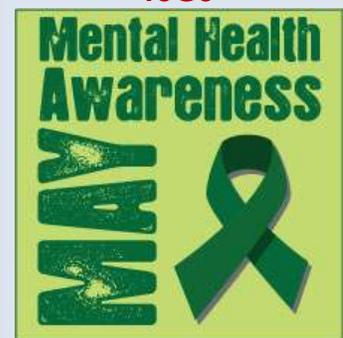
Education and Professional Development

Training: TSCS remains committed to providing effective training and education to all its personnel. The organization's training program addresses knowledge and competency needs and supports the achievement of consumer and other stakeholders expectations. In order to

Mental Health Awareness Month

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TSCS



For more than 10 years TSCS has joined the observance of **May is Mental Health Month** by reaching out to people through local events and community partnerships with an arsenal of strategies, tactics, and tools designed to get the word out and place the spotlight on the recovery from mental illness.

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Simon Pop, MBA
Chief Operating Officer

ensure ongoing proficiency of personnel, the Chief Operating Officer implemented a competency-based training curriculum of 12 different trainings and posted it on TSCS' website for personnel to complete upon hire and annually. The organization determines personnel competency on an annual basis through post-tests (must score at least 80% to pass) and annual evaluations. During the month of May, to support the training efforts, the management team re-trained all personnel in the organization's *medical emergencies policies and procedures*. The program director is working conscientiously with TTI, MORC and CLS to schedule personnel for state and county mandated trainings.

National Mental Health Awareness Month *Public Education :*

Since 1949, May has been observed as *National Mental Health Awareness Month*, a time to educate the public about serious mental health illness such as major depression, bipolar disorder, schizophrenia, post-traumatic stress disorder and others that affect as many as *one in four* Americans. It presents an ideal opportunity to move beyond the widespread misconception and paralyzing silence.

Unfortunately, many people with mental illness suffer in silence because of the stigma associated with mental illness, when in fact it is a medical condition like cancer or diabetes. We encourage everyone to make a sincere effort to learn about mental health and brain disorders ("mental" illness). Treatment and recovery are possible.

Today, more people die from suicide in the United States than from traffic accidents or homicides, and we lose 25 soldiers to suicide for every soldier lost in combat. Unfortunately, because of the stigma associated with mental illness, many people are too ashamed or embarrassed to seek the help they need for themselves or their loved ones. National Mental Health Awareness Month is a time when we work together to break through that stigma. We express compassion for those who struggle with mental health issues, and we draw attention to the proven methods that can help change their lives for the better.

Congressional Events for May Mental Health Awareness Month:

May 7, 2013 – *National Children's Mental Health Awareness Day*. There will be a briefing and panel discussion to highlight the impact of trauma on positive youth development, systems of care, programs aimed at improving care coordination, and the service capacity of our current mental health system.

May 8, 2013 – *Mental Health First Aid Training*. Congressional staff will be given the skills, resources, and knowledge to help an individual in crisis connect with appropriate professional, social, and self-help care.

May 15, 2013 – *Military/Veteran Mental Health Awareness Day*. The Military Mental Health Caucus will host a briefing about the ongoing mental health crisis in the military and what is being done to address it. Panelist Dr. Elizabeth Stanley will present information on her Mindfulness-based Mind Fitness Training that has been

provided pre-deployment to Soldiers and Marines.

May 22, 2013 – *Discussion on Youth Suicide/Mental Health in America*. Student panelists from George Washington University, the Action Alliance to Prevent Suicide and school-based mental health experts will address the high suicide rates affecting youth ages 10-24 and the need for school-based mental health services.

Get a Mental Health Check-up

<http://www.wikihow.com/Observe-Mental-Health-Awareness-Month>

Just like physical check-ups, mental health check-ups can be invaluable in detecting mental health problems before they become serious. Consider asking for a simple evaluation from your physician or health professional for you and your family members, or take stock of your health personally.

- 1. Visit your health professional.** Talk about any troubling symptoms such as excessive anxiety, fatigue, mood swings, irritability, sadness, suicidal or violent thoughts, thoughts of death, appetite or weight changes, and any other signs that you find worrisome or debilitating.
- 2. Keep track of your symptoms.** If you suspect a mental health imbalance in yourself or a family member, consider tracking the frequency, severity, and duration of worrisome symptoms until a visit with a

counselor or health professional can be arranged.

3. **Ask for a mental health evaluation.** Mental health tests exist for conditions such as depression and bipolar disorder, and many health professionals can also identify potential personality or mood disorders, substance abuse problems, or other conditions that merit further treatment by conducting an initial evaluation during an office visit.



Brain Disorders Can Present a Brighter Side:

<http://www.wcvb.com/health>

Famous People with Mental Illness

- Beethoven, composed his brilliant Ninth Symphony even as he contended with bipolar disorder.
- Charles Dickens, despite significant depression, created such literary masterworks as "David Copperfield" and "A Christmas Carol."
- Likewise beset by depression, Abraham Lincoln preserved the integrity of the Union, and
- Winston Churchill rallied his fellow Britons through the darkest hours of World War II.
- The mental illness of Michelangelo (di Lodovico Buonarroti Simon), one of the greatest artistic geniuses in

history, is discussed in "The Dynamics of Creation" by Anthony Storr.

- D. Jablow Herhsman and Julian Lieb wrote about scientist Isaac Newton's mental illness in "The Key to Genius: Manic Depression and the Creative Life."
- Buzz Aldrin, one of America's most famous astronauts who flew to the moon in 1969 suffered from depression. He served as chairman of the National Mental Health Association.
- Former Pittsburgh Steelers quarterback Terry Bradshaw was diagnosed with clinical depression and began taking antidepressants in the late 90s.
- Designing Women actress Delta Burke called her struggle with depression "lifelong" and said even as a teen she had trouble.
- Earl Campbell, former football pro and current business owner documented his personal struggle in "The Earl Campbell Story: A Football Great's Battle With Panic Disorder."
- Drew Carey said he suffered through a long depression.
- Jim Carrey openly discusses his history of depression.
- Singer Judy Collins suffered with depression, bulimia and alcoholism.
- Diana, Princess of Wales lived with bulimia and experienced bouts of depression.
- Academy Award-winning actress Patty Duke wrote about her bipolar disorder in two autobiographies.
- Al Gore's estranged wife, Tipper, experienced depression after her son's near fatal accident in 1989. She was officially diagnosed with clinical depression two years

later and fully recovered with medication and therapy.

- Novelist Ernest Hemingway experienced depression and went on to win the distinguished Pulitzer Prize.
- Singer Janet Jackson has chronically suffered from depression, especially for the two years preceding the release of "Velvet Rope."
- In the 1970s, singer Billy Joel experienced serious depression and admitted himself into a hospital for treatment after a suicide attempt.
- Heisman trophy winner Ricky Williams was diagnosed with social anxiety disorder.
- The list goes on and on...

May Activities:

Consumer Activities:

Persons served are encouraged to participate in the following corporate-wide activities scheduled in May:

- 4th: National Stars Wars Day (May the Fourth Be With You)
- 5th: Celebrate Cinco De Mayo
- 6th, 13th, 20th and 27th: Volunteer at the Nursing Home
- 9th: "Pamper Me Pretty" Day
- 10th: National Clean Up Your Room Day
- 12th: Mother's Day Celebration
- 7th, 14th, 21st, 28th: Visit Local Library
- 16th: Dinner/Dance at Center Stage
- 17th: "Dessert Delight" Evening
- 27th: Memorial Day BBQ
- 29th: Learn a New Card Game
- 30th: Bowling Day