



Inside MHMR A closer look at the A.C.T. Team



Did you know Spindletop MHMR has an A.C.T. team? I sat down with Robin Meek, Program Administrator to learn more about this valuable program.

Assertive Community Treatment (A.C.T.) is a form of case management that is distinguished from more traditional case management by several important features. First, rather than a case manager coordinating services, the A.C.T. multi-disciplinary team provides services directly to an individual that are tailored to meet his/her specific needs.

The ACT team is made of nine staff and one team leader assisting consumers who are severely chronically mentally ill. These

consumers have had multiple hospital visits in a short period of time, two in six months or four in two years. Based on their various areas of expertise, the team members collaborate to deliver integrated services of the recipients' choice, monitor progress towards goals, and adjust services over time to meet the recipient's changing needs. These services are provided 24-hours a day, seven days a week, for as long as they are needed.

"This is one of the hardest programs to work. Right now the people we have on staff are probably the best group ever and I'm really proud of them." Meek says of her staff.

The A.C.T. team delivers comprehensive and flexible

treatment, support, and rehabilitation services to individuals 18 years and older in their natural living settings. This means that interventions are carried out at the locations where problems occur and support is needed rather than in hospital or clinic settings. The A.C.T. team members share responsibility for the people they serve and use assertive engagement to proactively engage individuals in treatment.

The A.C.T. team has worked very hard this past year to meet and exceed all of their targets for FY 2009. Hurricane Ike and being short staffed didn't stand in the way of meeting their targets. Congratulations A.C.T. team!

New Board Officers

New Board Officers were elected for FY 2010.

Program committee member, Gladdie Fowler has been elected Board Chair of our Board of Trustees. Fowler has served on our Board for over twenty three years and was the first African American woman to

serve as a Board Chair of the Life Resource Board of Trustees.

Rebecca "Becky" Richard, of our personnel committee was elected Vice Chairperson of our Board of Trustees. Richard has served on our Board for over twelve years.

Billy Pruett, of our Boards finance committee was elected Secretary of our Board of Trustees. Pruett has served on our Board for over nine years.

Congratulations to our newly elected Board Officers.

Did you know?

October is the tenth month in the Gregorian calendar.

It received its name from the Latin numeral "octo" meaning "eight", because in the first Roman calendar it was the eighth month.



October is Breast Cancer Awareness Month

Bulletin Board:

- Congratulations to Spindletop MHMR's Jerry Carnley & his IT Department for winning the Run Smarter Award! Go to <http://www.laserfiche.com/news/archives/2009/10/19/agile-ecm-engineered-with-laserfiche-and-sharepoint-makes-spindletop-mhmr-services-shine/> to read all about their amazing accomplishments!

- Spindletop MHMR's South County Campus in Port Arthur will be hosting a Fall Festival October 30. For more information please contact Dorothy Devine at 784-5605

- Spindletop MHMR's Board of Trustees will be touring center facilities between 9a.m. and 3 p.m. Friday October 30.
- Be on the look out for Apples. Spindletop MHMR's Consumer Care First (C.C.F.) Committee is sponsoring baskets of apples to be placed in each clinic for consumers to show our appreciation for them.

- If you or your department has something to post on the monthly newsletter bulletin board please submit your information to Erin Lacy at erin.lacy@stmhmr.org



Tips for avoiding the flu this flue season

1. Frequent hand-washing (well highlighted in all official communications).
2. "Hands-off-the-face" approach. Resist all temptations to touch any part of the face.
3. Gargle twice a day with warm salt water (use Listerine if you don't trust salt). H1N1 takes 2-3 days after initial infection in the throat/nasal cavity to proliferate and show characteristic symptoms. Simple gargling prevents proliferation. In a way, gargling with salt water has the same effect on a healthy individual as Tamiflu has on an

infected one. Don't underestimate this simple, inexpensive and powerful preventative method.

4. Similar to #3 above, clean your nostrils at least once every day with warm salt water. Blowing the nose hard once a day and swabbing both nostrils with cotton buds dipped in warm salt water is very effective in bringing down viral populations.

5. Boost your natural immunity with foods that are rich in Vitamin C. If you have to supplement with Vitamin C tablets, make sure that it also has Zinc

to boost absorption.

6. Drink as much of warm liquids (tea, coffee, etc.) as you can. Drinking warm liquids has the same effect as gargling, but in the reverse direction. They wash off proliferating viruses from the throat into the stomach where they cannot survive, proliferate or do any harm.

