

Alcohol Screening takes place at Cowley College

National Alcohol Screening Day was recognized April 8th by Cowley College and Cowley County Mental Health by conducting student screenings for alcohol/substance abuse issues.

Jeannie Laymon, Darci Weiland of CCMHCC and Roy Reynolds of CCCC completed the screens held at the college. There were 126 students screened, 30 of the screens (24%) positive. This means that a student was at

risk of developing alcohol and substance abuse. The purpose of the screenings is to raise awareness and educate students of abuse signs and encourage students to seek help before the problem escalates.

Roy Reynolds said "this was the best alcohol

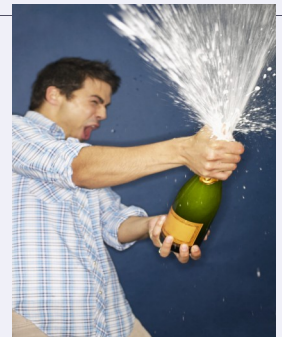
screening day to date." The college and CCMHCC began collaborating on screenings in 2003. Through this partnership a total of 1,853 screens have been completed. Of those screens, 385 were completed this academic year.

Both CCCC and

CCMHCC consider this year's screening a success and will continue to partner to educate students and our community on the dangers of substance abuse.

CCCC and CCMHCC have collaborated on 18 screening days and 1,853 screens have been completed to date.

126 Students were screened for alcohol/substance abuse at Cowley Community College in recognition of National Alcohol Screening Day



Ark City Middle School Conference

"Looking Good From the Inside Out"

Cowley County Mental Health & Counseling Center took part in the Ark City Middle School Conference, "Looking Good From the Inside Out". Forty-three students attended the one day conference held at Cowley Community College organized by Judy Groves, Denton Arts Center Dr. Jan Voss, USD 470 and Susan Aldridge, CCMHCC Marketing Coordinator.

The students attended sessions on Healthy Hair by Cuttin' Up the Town Salon; Healthy Skin by Arbonne Representative, Carla Brake; Hygiene by RN, Cindy Freeland and Happiness by Jessica Demaree, CCMHCC therapist and Michael Hayes, Children's Case Manager. Special guest, Miss Kansas 2009 Becky Ronen, delivered an inspirational message to the students during lunch. Each student was treated at the end of the day to a make over by Cowley County Cosmetology students.

The workshops focused on health, nutrition and wellness from the inside out. The hope was to give students not only the tools to staying healthy but make the connection between reaching their goals through self confidence from the inside out.

Other community partners contributing to the success of the conference were: AC Rotary, Soroptimist, Roger's Family Dentistry, Graves Drugs, AC Chamber, Christie Lungren, KSOK, Denton Arts Center, Niles Family Dentistry and Ark City Middle School Staff.

September 27th is Family Day ...enjoy a meal with your kids

Family day was established in 2001 by the National Center for Alcohol and Substance Abuse at Columbia University. This awareness campaign is a national movement to encourage families to take the time to sit down regularly for family dinners. The hope is to encourage parents to engage with their children and to demonstrate positive communication skills. Ongoing communication between children and their parents has shown to be an effective tool in not only helping keep children substance free but they do better in school and over all better socially.

Kansas Family Partnership (KFP), a statewide non-profit organization specializing in prevention education for youth and families, implemented the Family Day campaign in 2002. KFP, along with various partners, are continuing to build the movement in the state to educate Kansans that parental involvement is an effective method against substance abuse. Children gain a sense of security from their parents. When parents are regularly involved with their child's life, statistics show they are less apt to become involved with substance abuse.

Cowley County Mental Health is also involved with promoting September 27th, Family Day. Whether you sit at home around the dinner table or visit a restaurant, CCMHCC encourages families to sit down and share a family dinner at least three times a week. It can be breakfast, lunch or dinner; it is the time you spend together that is important. Also, involving the whole family in the planning and preparation of the meal can extend family time. These special times can make memories that will last a life time.

Tips For Quality Family Meals

- Make family meals a priority
- Aim for 3 or more meals a week together
- Shop for food and cook together
- Work towards a happy and relaxing time
- Turn the TV off
- Do not allow cell phones at the table
- Let the answering machine pick up telephone calls



CCMHCC Offers Parent Support Services: Helping To Better Understand a Youths' Diagnosis

Cowley County Mental Health and Counseling Center offers a Parent Support Service with a primary focus to assist parents and families with seriously emotionally disturbed (SED) children. The services the Parent Support Specialist provides include both individual and group services which focus on: helping parents to understand their child's diagnosis, providing support to parents during educational meetings, help parents to determine how to better work with their child, crisis stabilization for parents and on going support meetings.

CCMHCC Specialists attend state and national trainings and workshops. This enables them to stay current on new methods, medications and other important information which may help parents better understand their SED child. Meetings can take place in the home or a community setting such as a park or restaurant. Parents may also choose to meet with a Specialist at the time their child is in their therapy session.

Parents with SED children are encouraged to talk to their child's Targeted Case Manager if they are interested in accessing this service.

**CCMHCC provided 36,517
Community Based Services
for Children in 2009.**

**Out of 2,275 clients served,
910 (40.6%) were under the
age of 20.**

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Meet Linda Brinigar, Receptionist
A warm, compassionate person that
always has a smile to greet the
clients.

Linda Brinigar started with CCMHCC in June 1998. She has worked as receptionist all but four years when she did data entry. Linda says she enjoys meeting and caring for people so her job as receptionist allows her to do both.
Linda has been married to John Brinigar for 38 years and has three grown children, nine grandchildren and nine great grandchildren with another one on the way.
During her free time, Linda enjoys spending time with her family and working with her church. Linda says "I am getting ready to start a new adventure in my life on July 1st, my husband will be retiring! While this doesn't seem quite fair, I know my time will come. What a time of enjoyment to be able to do more things with our family."
Linda also enjoys spending time at Wal-Mart and getting her Vanilla Cokes and sweet tea at Sonic.

**Upcoming
Events**

July, August, September

- July**
- 4th Honoring our Military and Proud to be an American
 - National Make a Difference to a Child Month
- August**
- School Enrollments Look for CCMHCC's informational booth and material: dates to be announced at a later time.

- September**
- 25th Winfield Health Department Health Fair Fairgrounds
 - Alcohol/Drug Recovery Month
 - 5th-11 Suicide Prevention Week
 - 27th Family Day Share a meal together.

Drug Court Graduation

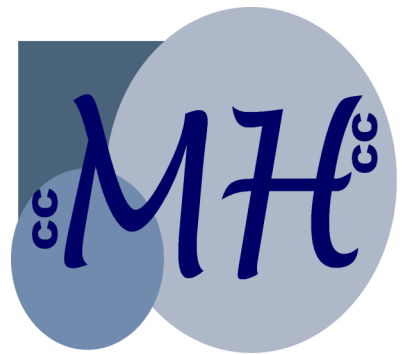
Cowley County just held the first drug court graduation in May. Five participants completed a year long program put on between various county agencies including CCMHCC. Participants were given this opportunity to become substance free and stay out of jail. Graduates received gift cards and recognition for their hard work.

Grant Awarded

A recent grant awarded to the center will allow a part time person to be added to the medication management area. The hope is to hire another PA/ARNP to work one day a week to handle new clients. This will help Dr. Richard Wallace and Tobe Schneider (ARNP) that are currently booking new consumers up to 8 weeks out.

- Executive Staff**
- Linda Young, Executive Director
 - Patricia Helms, Risk Manager
 - Rick Yaussi, Chief Financial Officer
 - Dr. Richard Wallace, Medical Director
 - Jennifer Joseph, CSS & Addiction Director
 - Alan Smith, Children Based Service Director

- Board of Director**
- Jon Von Achen, President
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 - Melanie Burnett, Secretary/Treasurer
 - Jim Hinegardner
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