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# Help in Stormy Times

## Garrett County Lighthouse, Inc.

ISSUE 14

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### A Message From Our Executive Director

Mental Health Month has been observed in the United States since 1949. Mental health refers to our emotional and social well-being and impacts how we think, feel, and behave. It plays a role in connecting with others, making decisions, handling stress, and many other aspects of daily life. Everyone has mental health, and it deserves your attention just as much as your physical health does.



Join our organization and others throughout the community in celebrating Mental Health Awareness by wearing **GREEN** on Wednesday May 4th and/or Thursday May 5th.

# Psychiatric Rehabilitation Program

- Tenisha Thomas, BHT started her internship hours at Garrett County Lighthouse, Inc. , on January 25, 2022, for the Addictions Counseling Program through Garrett College.
- On January 26, 2022, Garrett County Lighthouse, Inc. staff and clients went to Simon Pierce to tak a tour/watch glass blowing.
- February 15, 2022 Garrett County Lighthouse, Inc. clients celebrated Valentine's Day with a dance, games, and lots of laughs!
- On March 1, 2022, Garrett County Lighthouse, Inc. staff and clients celebrated Mardi Gras.
- On March 16, 2022, Garrett County Lighthouse, Inc. staff and clients went on an offsite trip to the Aquatic Center.
- The nursing students, from Allegany College of Maryland, came to Garrett County Lighthouse, Inc . for their Mental Health rotations. The clients enjoyed meeting and interacting with them during our Psychiatric Rehabilitation Program (PRP).



## Client of the Quarter



**Congratulations to Thomas Mulliken for receiving the Garrett County Lighthouse, Inc. Client of the Quarter award! Thomas was nominated by two staff members for being helpful and caring towards other clients. Thank you, Thomas, for going above and beyond to support Garrett County Lighthouse, Inc.!**

# Treasure Chest

On Tuesday, May 3<sup>rd</sup>, 2022, we will have a Spring Sale. Be thinking about gifts for Mother's Day. We will have new, exciting items to share with all of you!

On Tuesday, July 5<sup>th</sup>, we will have our Christmas in July Sale. We will offer holiday items to display around your homes and gift ideas for your loved ones.

On October 7<sup>th</sup>, 2002, Garrett County Lighthouse, Inc. opened a "consumer shop" called The Treasure Chest where individuals could do their personal shopping. The Treasure Chest was founded by Bobby Andersen, the Garrett County Lighthouse Board President and also a Civic Club member. Bobbie Henderson, also a Civic Club member and Eleanor Plachta, a community volunteer and consultant set up the shop and were the first "volunteers". Eleanor was the Manager and Bobbie was the Assistant Manager of the shop. One year later, a second Civic Club volunteer came into our midst – Loretta Bailie. This year, we will celebrate our **20 years** serving our community with fun activities, unique sales opportunities and a day of celebration on **Tuesday, October 4<sup>th</sup>**. The hanging of a plaque in honor of our anniversary and a day dedicated to all of you will take place. We have been planning this day for almost a year now and look forward to celebrating the day with you.

Karen, Lisa and I look forward to seeing you every Tuesday. We enjoy our conversations immensely and assisting you to make wonderful purchases for yourself and your loved ones.

Fond Regards to All,

The Treasure Chest Volunteers,

Karen, Lisa and Melissa



## Residential Rehabilitation Program and Crisis Services

**REMEMBER WHY  
YOU STARTED**

Over the past quarter, crisis and residential services have done well at Garrett County Lighthouse, Inc. Residential remains one female bed shy of being full. Safe Harbor and Residential staff have really stepped up and are doing an awesome job caring for and working with all our clients to ensure that they can live their best life possible. Crisis services have grown over the past quarter and now will be working, in collaboration, with clients to access more resources and create a more goal-oriented program. Residential has also started an incentive program, for daily living, to help each client receive rewards for hard work and effort toward daily living goals!



# Meet Our Staff

## Employee of the Quarter

Congratulations to Maddison Hudson, Program Coordinator for receiving the Garrett County Lighthouse, Inc. Employee of the Quarter award. Maddison was nominated by three staff members for going above and beyond to provide excellent service and quality care. Maddison shows great compassion and assists our clients every day. Thank you, Maddison for your hard work and dedication to Garrett County Lighthouse, Inc.!



## New Hires

Tonia Guthrie	Behavioral Health Technician	January 3, 2022
Mark Shrout	Behavioral Health Technician	January 3, 2022
Dinah Bowman	Behavioral Health Technician	February 2, 2022
Brittany Jadick	Behavioral Health Technician	February 7, 2022
Ryan Van Nosedeln	Director of Residential Rehabilitation and Crisis Services	February 15, 2022
Codie Feather	Behavioral Health Technician	February 21, 2022
Kaitlynn Shrout	Behavioral Health Technician	February 21, 2022

## Work Anniversaries

Beverly Helbig	LPN	February 6, 2006 (16 Years)
Sherri Lucas	LPN	January 15, 2007 (15 Years)
Mathew Foley	Case Manager	March 14, 2012 (10 Years)
Jimmy Whitehair	Custodian	March 6, 2014 (8 Years)
Jeffrie Hughes	Behavioral Health Technician	March 26, 2018 (4 Years)

