

# Help in Stormy Times

## Garrett County Lighthouse, Inc.

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### A Message From Our Executive Director

As the weather gets warmer, we here at GCLH, are excited about our Mental Health Awareness activities planned for May. May is mental health Month, we want to encourage everyone to join us in encouraging acceptance, celebrating recovery, and promoting mental well-being in our community. We have a Craft Show and Color Walk/Run planned for Saturday, May 18<sup>th</sup>. We hope everyone turns out for this fun day. There will be door prizes, food, craft vendors and a ton of fun.

I am also very excited to announce that GCLH, Inc. has been selected for FY 2024 Congressionally Direct Spending bill, that was recently passed by Congress into law by the President. These funds will help support our Crisis Facility. We are also finishing up our Governors Grant that also helps support our Crisis facility. The support we have received from the Community has been greater than we ever imagined.

As announced previously, GCLH is in the transition mode. We are planning to have our merger with Archway Station in Allegany County completed by July 1, 2024. This is going to bring a larger presence and footprint for our psychiatric rehabilitation programs to Garrett and Allegany Counties. This is an exciting time for staff and clients and will open new opportunities for both agencies.

Our days are also getting longer which means our sleep schedules over the winter maybe changing. If you are finding it hard to get your sleep, consider decaffeinating for sleep. If you are struggling to fall and stay asleep at bedtime, look at your entire caffeine intake and see how much is getting into your system and start to reduce or eliminate as much as possible. There are hidden sources of caffeine everywhere, including in chocolate, workout drinks, body washes, and face creams. Read the ingredients and give yourself at least 6 hours to clear your system of caffeine.

Get out and enjoy the sunshine!



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# *Psychiatric Rehabilitation Program (PRP)*

Maddison Shaffer became our new Wellness and Recovery Center Manager on February 1<sup>st</sup>, 2024. Maddison's duties include developing and leading on-site classes for PRP service users, as well as planning off-site trips.

Some of the many classes and activities provided during on-site services in recent weeks include urge surfing to aid in working through emotional responses, social skills roleplaying, teaching impulse control strategies, addressing ADLs such as cleaning and organizing, and engaging in positive self-talk.

A Valentine's Day dance was held in February to celebrate the holiday of love and connection. A special meal was provided by our kitchen staff, and games were organized by our Wellness and Recovery Center Manager.

A talent show was held in late March to showcase service users' unique gifts of performance. The audience was treated to singing acts, skit comedy, and poetry readings.

Lighthouse PRP service users are looking forward to an upcoming shopping trip to Uniontown and a Memorial Day picnic in May!

## Client accomplishments:

One service user obtained housing.

One service user obtained disability benefits.

One service user obtained full-time employment.

Three service users are pursuing employment with assistance from Appalachian Crossroads and encouragement from PRP Rehabilitation Coordinators.

Multiple clients reported an increased interest in improving social skills and independent living skills.

Two new clients began PRP services, both in March.



## *Client of the Quarter*



Congratulations Laura P. for receiving the Garrett County Lighthouse, Inc. Client of the Quarter award!

You were nominated by staff for going above and beyond!

"Laura is always lending a helping hand to her peers daily! She is pleasant and friendly to all."

Thank you for all you do for the Garrett County Lighthouse, Inc. and keep up the GREAT work!!

# Treasure Chest

Greetings All,

On Tuesday, May 7<sup>th</sup>, we will host our Mother's Day Sale. This sale is an annual tradition at The Treasure Chest! Be thinking about gifts for Mother's Day. We will have new, exciting items to share with all of you!

On July 2<sup>nd</sup>, 2024, we will have our Christmas in July Sale. We recently received the most beautiful holiday items and are so excited to show them to you at the sale.

Thanks for thinking of us first when you are needing items for yourself, friends and family. All sales go directly into The Treasure Chest Fund which is used to purchase toiletries at Dollar Tree for you and also to fulfill your urgent needs when they arise.

All of us look forward to our volunteer work at The Treasure Chest. We especially enjoy our conversations and passing the time with all of you. We enjoy helping all make wise choices for yourself and your loved ones.

Fond Regards to All,

The Treasure Chest Volunteers,

Karen, Lisa, Joan, Louise and Melissa



## *Residential Rehabilitation Program (RRP) and Crisis Services*



Garrett County Lighthouse's Residential Rehabilitation Program (RRP) continues to be a thriving program within our community. Recently, GCLH had the pleasure of bringing a new client into the RRP program. Staff and clients have been working in unison to adopt more daily activities and routines. Thus, giving the clients more skills to help with their integration into independent living. Staff strive to establish new coping skills for the clients so that the clients can continue to advance their rehabilitation and their adult daily living skills.

Our Crisis Center, Safe Harbor, is still at full occupancy and going strong. With the help of staff, clients are able to get established primary care physicians, obtain identifications and other personal identifying documents, securing sources of income, therapy groups, residency, and the list goes on. With the guidance and direction received at Safe Harbor, clients continue to make progress with their goals and their independent living skills as well. All of which helps in the client's rehabilitation and preparation for their integration back to independent living within the community.

# *Youghiogheny Youth Club/ Adolescent Program*



Can you believe it is finally Spring?!?! With the new season we have added a new face in our program, Luke Popiel. Mr. Luke has joined us just in time. Ms. CJ Smith has retired and we will miss her and wish her well in retirement. Luke is our new Rehabilitation Coordinator and will work with the youth that are currently enrolled in our program. He has been out and about and has had meetings with all the youth and has made quite a connection with several. We are lucky to have him as a part of our team.

We are planning some fun things for Summer with our youth! We are going to go fishing, and hiking, and take advantage of all the beautiful days coming up! We are surely going to be soaking up as much Vitamin D as we can!

In February, we had a "Love Yourself" Valentines Day Dance and the youth had a lot of fun. We danced and did some singing, crafts, and ate some very yummy snacks. There were 6 youth who participated in our "Love Yourself" activity and they each had a great time.

We currently have 10 kids enrolled and have referrals for 2 more. We are in the process of completing their paperwork and that will bring our total youth to 12! We couldn't be more excited to watch our program grow and to watch the progress our youth are making. As always, we are still accepting Referrals for kids ages 7-17.

## *Non-Emergency Medical Transport (NEMT)*

The NEMT program offered by the Garrett County Lighthouse, Inc. continues to be a success as it serves the transportation needs of the residents of Garrett County. Our recently hired drivers hit the ground running, or should we say driving, and are adjusting well to the varying transportation needs of our clients. This additional staff has allowed us the ability to accommodate the additional requests for transportation throughout the county. We continue to provide transportation for both wheelchair and ambulatory clients to appointments throughout the surrounding area. If you, or anyone you know, need ambulatory and/or wheelchair transportation, please contact the Garrett County Health Department at 301-334-7727 to schedule a ride.



# Meet our Staff



Congratulations Youghiogheny Youth Club, Amber M. and Luke P. for receiving the Garrett County Lighthouse, Inc. Employees/Team of the Quarter!

The work that the Youghiogheny Youth Club (YYC) has done to provide a Psychiatric Rehabilitation Program (PRP) for our community's youth has been nothing but noteworthy. Your hard work and dedication to filling a gap in the lack of services has been a labor of love. The team's commitment has been evident in the feedback from the providers and parents/guardians.

Thank you for all you do for the Garrett County Lighthouse, Inc., our community, and keep up the GREAT work!!



## Work Anniversaries



Amber Martin	Rehabilitation Coordinator/ Adolescent	April 11, 2023 (1 year)
Sheila Jeffreys	PRP Driver	April 11, 2023 (1 year)
Lisa Arguijo	Crisis Rehabilitation Assistant	May 8, 2023 (1 year)
Benjamin Jeffreys	Director of Health Care Quality/ Corporate Compliance Officer	June 3, 2020 (4 years)
Joey Helmich	NEMT Driver	June 12, 2023 (1 year)
David Platter	Rehabilitation Coordinator/ Adult	June 30, 2021 (3 years)
Kimberly Piercy	Executive Assistant	June 30, 2021 (3 years)