



Help In Stormy Times

Garrett County Lighthouse, Inc.

ISSUE 2

JULY 2018

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A Message From the Board of Directors

With change comes those we bid fond farewell but it is also a time of great anticipation and excitement. We are currently accepting and have received many applications for the next Executive Director of our beloved Lighthouse. Several board members in June began the interview process.

It has been the entire Board of Directors' privilege and pleasure, and particularly mine, to fully appreciate the daily critical, clinical decisions the Lighthouse staff must grapple with and solve. I am amazed and humbled with the caliber of staff assigned here and how astutely they make decisions for the betterment of the organization and especially each one of our consumers.

It has been my honor to work alongside the staff face-to-face, over the phone and on email each day. I am astounded by how unflappable all of you are amidst the changes we are undergoing. Our consumers are first and foremost in our minds while we make this transition and everyone is ensuring there is no interruption in customer service to them.

Each staff member cares deeply and actively engages each consumer and their family. You create a therapeutic, welcoming environment for them and remember to be a consumer advocate, build trust and respect and give them the best possible care. To a person, I have discovered all of you are compassionate, intelligent and competent.

I am going to personally miss the daily contact with all of you when our new Executive Director is selected.

The Board of Directors "tips our hats" to all of you!

Melissa A. Rank
Board President
Garrett County Lighthouse, Inc.



Psychiatric Rehabilitation Program (PRP)

Yard Sale

We held our 3rd Annual Yard and Bake Sale on June 14th and June 15th from 8am-2pm. All items were displayed indoors and door prizes were given away. All of the items sold at our yard sale were donated by people in the community and by our staff. The various bake sale items that were available for sale were made with love by our staff members. The money raised from this event went back to our clients via our client activity fund. Our client activity fund allows our PRP program to take our clients on additional trips or outings that are higher in cost. For example, previously we went to an Altoona Curves Baseball Game and a Western Maryland Scenic Railroad train ride. We also facilitated a Money Vault experience for Father's Day where our clients had a chance to win cash and other prizes. Furthermore, with the help of our staff, our clients put on their own **PROM**. Many of our clients have not had the opportunity to engage in these types of activities and voice their gratitude for these experiences. Along with our regular events, such as picnics and parks, our clients can delineate how this money is spent, thereby, having an opportunity to go on one big trip for the year or several smaller trips.



One Foot in Front of the Other

Since the weather in Garrett County has finally improved, we are ready to get our clients motivated and encourage them to lead a healthy lifestyle by giving them an opportunity to participate in a Fitness Challenge. Our clients will keep track of their exercise habits, healthy eating patterns, and will also encourage others to exercise. Each week our clients will be given a new weekly challenge to try and/or complete. Points are given for exercising, eating healthier, and for completing weekly challenges. The challenge will end on August 22nd and prizes will be given to the two clients who have earned the most points.

The Psychiatric Rehabilitation Program (PRP) will be closed for the following upcoming holidays:

July 4th & 5th - Independence Day



Client Events

PRP clients got a chance to paint the day away in collaboration with Sip N Dip Painting Parties by Angelina Glotfelty! Lunch, snacks, and punch were served during the painting event. Money from our client activity fund allowed 15 PRP clients to paint a picture of their choice. Everyone had a great time and enjoyed having the opportunity to have a painting hang on their wall or to give as a gift.



Other upcoming PRP events include:

July 11th: Funland Miniature Golf

July 16th - July 18th: Spirit Week

July 23rd: West Virginia Botanic Garden Tour and Picnic

July 31st: Christmas in July (Sponsored by The Treasure Chest)

PRP Client Accomplishments

- 1 client passed her Hunter's Safety Course
- 1 client obtained her CPR certification
- 8 clients became certified in the administration of Naloxone
- 1 client reported that she has not self-harmed in 6 months
- 1 client is working toward furthering her education through earning her GED
- 2 clients received their disability benefits
- 1 client began writing a poetry book
- 1 client agreed to financial counseling
- 2 clients have been adhering to their monthly budget
- 1 client plans to begin college in the fall
- 3 clients began working in the community
- 1 client was proud to express that she has not utilized a crisis and/or respite stay in over one year
- 2 clients increased community integration
- 1 client obtained needed in-home services



The Treasure Chest

The Lighthouse Treasure Chest welcomed from the St. Mark's Lutheran Church Knitting Group, hand-made washcloths with a large bar of soap tucked inside them. From January through March, shoppers were bestowed this beautiful gift to welcome in 2018. Since there are consumers who do not visit our shop, our volunteers moved about The Lighthouse making contact with each consumer and offering them these beautiful treasures from St. Mark's. We also were astounded to find in front of our door one Tuesday morning that St. Mark's had made colorful hand-knit lap blankets. We placed these lap blankets on sale to support our Treasure Chest Fund and we have sold all but two of these beautiful blankets. A hearty thank you to the St. Mark's knitting group for these treasures.



We prepared a gift for Mother's Day for our consumers and with Jessica Dodge's help, our Mother's Day treasure was given to one of our consumers. We did the same for Father's Day.

We did our part for the June Bake/Yard Sale too. We offered items we have been unable to sell and helped create two baskets of beautiful items from our shop for the raffles during the yard sale.

The Treasure Chest staff are looking forward to our Christmas in July Sale on Tuesday, July 31st and Tuesday, August 7th and an October Silent Auction during Autumn Glory.

We continuously aspire to please our shoppers with new ideas. We are grateful for the purchases by our shoppers but more so, we thoroughly enjoy their visits especially when they linger awhile with us. We are blessed to be a part of the incredible services offered at The Garrett County Lighthouse.



Residential Rehabilitation Program (RRP)

Residential Rehabilitation Program (RRP) services provided by Garrett County Lighthouse, Inc. promotes our clients' ability to engage and participate in appropriate community activities and in a supportive environment, enables our clients to develop the daily skills needed for independent functioning. Garrett County Lighthouse, Inc.'s Residential Rehabilitation Program (RRP) is located in the community and offers a home-like environment. RRP services provides goal directed psychiatric rehabilitation and integration into community life.

Garrett County Lighthouse, Inc. provides an activity for RRP clients to participate in monthly. These activities are meant to assist RRP clients with increasing their socialization skills. On May 26th, RRP clients chose to go bowling at The Alley. Our clients were able to bowl two games and enjoy pizza while they were there. For June, our RRP clients have decided to attend a movie of their choice at Garrett 8 Cinemas.



Residential Crisis Services (RCS) & Respite Services (RPCS)

Residential Crisis Services (RCS) are for individuals who are currently experiencing a mental health crisis. The individual may have other co-occurring disorders alongside of their mental illness such as substance abuse; however, the primary concern should be the client's mental health. An RCS referral may be completed for those who are homeless; however, homelessness cannot be the primary reason for a referral. All RCS stays are 10 days in length and the house is staffed 24/7. A referral to RCS must be completed by a licensed mental health professional.

Respite Services (RPCS) are for individuals who are in need of a temporary break from their living environment. This is a lower level of care than RCS. Respite services are comprised of a period of 12 days across a 3 month referral period. Garrett County Lighthouse, Inc. must prioritize Crisis over Respite. This means that individuals staying on Respite may have to be discharged if the need for a crisis bed arises.

During their crisis authorization, clients are required to establish person-centered goals. Clients are also required to work toward each goal. The following are the client accomplishments for April and May:

- 1 client was accepted into YMCA housing
- 3 clients obtained a therapist and/or psychiatrist
- 1 client obtained a primary care physician
- 1 client became a PRP client
- 1 client was accepted into nursing home placement
- 2 clients were accepted into Laura's Anchor
- 1 client was accepted into Archway



Civic Club Craft Group

The ladies of the Civic Club are enjoying the new space they have to work in. We appreciate the bright and airy room and a window to provide fresh air. We are currently working on the project for July - stars wrapped in red, white, and blue yarn that can be hung in the window. ~Jean Tumbarello



Pictured are (left to right) Rose Gordy, Jenny Schwartz, Jeannie Bailey, and Sandy Smith.

MEET OUR STAFF

Employee of the Quarter

Congratulations to Karen Clapper on receiving the Garrett County Lighthouse, Inc. Employee of the Quarter award. Karen was nominated by two staff for going above and beyond to provide excellent service and quality care.

Karen is a Case Manager at Garrett County Lighthouse, Inc. and shows tremendous compassion, knowledge, and communication. Karen is always seen with a smile on her face and always offers to help out, when needed.

We would like to take this opportunity to thank Karen for her hard work and dedication to Garrett County Lighthouse, Inc.!



Work Anniversaries

Mark Bennear	August 24, 2017	1 Year
Greg Carrico	June 1, 2017	1 Year
Michele Cosner	August 6, 2014	4 Years
Jessica Dodge	July 20, 2009	9 Years
Charity Francis	July 8, 2015	3 Years
Joy Haines	June 21, 2012	6 Years
Louann Kitzmiller	August 17, 2015	3 Years
Tiffany Ratliff	July 31, 2014	4 Years
Melissa Skiles	June 22, 2009	9 Years
Randall Winebrenner	July 29, 2015	3 Years

Welcome OUR NEW TEAM MEMBERS

New Hires

Jeffrie Hughes	Compass House BHT	March 26, 2018
Leona Glotfelty	Residential BHT	May 11, 2018
Holly Keller	Case Manager	June 5, 2018
Donald McDowell	Compass House BHT	June 20, 2018
Heather Bonner	Kitchen Aide	July 2, 2018



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Staff Directory

Staff Name / Title	Extension
Melissa Rank Board President Interim Executive Director	
Melissa Skiles Director of Health Care Quality	212
Stephanie Farber Certified Psychiatric Rehabilitation Practitioner Director of Behavioral Health Services	249
Tiffany Ratliff Certified Psychiatric Rehabilitation Practitioner Director of Residential Rehabilitation & Crisis Services	220
Charity Francis Director of Finance & Human Resources	217
Jennifer Kepple Human Resources Manager	219
Jessica Dodge Behavioral Health Service Manager	210
Beverly Helbig Licensed Practical Nurse	250
Sherri Lucas Licensed Practical Nurse	257
Karen Clapper Case Manager	247
Mathew Foley Case Manager	248
Holly Keller Case Manager	246
Jennifer Stemple Case Manager	204