

Help In Stormy Times

Garrett County Lighthouse, Inc.

ISSUE 1

MARCH 2018

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Executive Director's Overview

It has been my honor to have served Garrett County Lighthouse, Inc. since July 1992 and I am looking forward to celebrating our 26th Year Anniversary in July 2018. Garrett County Lighthouse, Inc. is a private, non-profit 501 ©3 corporation established in 1992 and has been approved and licensed to provide behavioral health services, in Garrett and Allegany counties, through the Department of Health and Mental Hygiene.

Garrett County Lighthouse, Inc. has provided the following services throughout the years: **1) Psychiatric Rehabilitation Program (PRP)** services to improve or restore skills needed to live, work, learn, and participate in the community; **2) Residential Rehabilitation Program (RRP)** services to enable clients to live in a supportive environment that assists them to develop daily skills for independent living; **3) Residential Crisis Services (RCS)** which offers short term intensive mental health services and support to prevent psychiatric inpatient admissions; and **4) Respite Care Services (RPCS)** where a client with behavioral needs can stay briefly away from home with specially trained individuals that provide enhanced support.

Throughout the years, our Board of Directors and our dedicated staff have done an incredible job in fulfilling Garrett County Lighthouse, Inc.'s mission which is to provide personalized psychiatric rehabilitation services to those with severe and persistent mental illness through empowerment and integration into community resources while advocating for clients' personal growth through ethical practice.

Garrett County Lighthouse, Inc. envisions a future where individuals with mental illness can engage in informed choices and shared decision-making through receiving necessary community supports and quality psychiatric rehabilitation services without fear of judgment or mental health stigma.

This fiscal year, Garrett County Lighthouse, Inc. obtained a Three-Year Accreditation through the Commission on Accreditation of Rehabilitation Facilities (CARF). The Board of Directors, and Garrett County Lighthouse, Inc. staff are very proud of this accomplishment.

Garrett County Lighthouse, Inc. and the Board of Directors have also been busy with relocation plans for our Residential Rehabilitation Program (RRP). We were able to purchase two new homes in the community for said relocation and completed necessary paperwork to CARF for accreditation. We received a report stating that the relocations had been reported and is now accredited and reflected in CARF's records.

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Executive Director's Overview (con't)

Throughout the years, Garrett County Lighthouse, Inc. staff continues to diligently work towards achieving our organizational goals and advocate with community and state leaders for increased support for behavioral health care services.

Garrett County Lighthouse, Inc. works in collaboration with many other groups including, but not limited to, other non-profits, hospitals, physicians, advocacy, and government agencies. We believe that by continuing to do so, this enables us to provide a better future for those we serve and, at the same time, strengthen our community as a whole.

As in the past, Garrett County Lighthouse, Inc.'s commitment to our clients and the community we serve will always be in the forefront, looking to the future with strength and confidence, building on the past to create an even better future.

I have had the pleasure to work throughout the years with an outstanding Board of Directors, the Treasure Chest (see article on pages 3 - 4), and Garrett County Lighthouse, Inc. staff who are committed to the mission and vision of Garrett County Lighthouse, Inc. At this time, I would like to thank all of them for the opportunity to work with and beside them to provide quality behavioral health care services for those we serve.

Garrett County Lighthouse, Inc. wishes you all a good **Spring!**



Psychiatric Rehabilitation Program (PRP)

Exciting Events: Our PRP involves a variety of classes, discussions, and activities such as shopping malls, parks, local functions, etc. Keeping our clients busy goes past the classroom. Through PRP, our clients participate in activities they otherwise may not have the opportunity to do. After raising funds from our first annual yard sale, in 2016, our clients went to an Altoona Curves baseball game and with the same funds, a train ride at Western Maryland Scenic Railroad, in August 2017. To end the year having a little more fun within the building, our clients and staff put on a "Rockin' In Paris" Prom. Prom was an event many had not participated in during high school. Our clients are involved in all aspects of the activities that we do as far as choosing topics, leading discussions, decorating, and fundraising for extra happenings. Our staff enjoy participating in community activities to increase the awareness of mental illness and educating individuals about the services provided within our program.

Community and Beyond: For two years, we have been part of a display at Southern High School to help educate students. The Ruth Enlow Library in Oakland has an entire window that we have utilized for the past two years as well. Furthermore, a donation was given to Brenda's Body Shop in support of Cindy's Fund to assist with their community dance project titled, "Wiggle It Just A Little Bit". The Health Fair is a good time for us to welcome individuals to learn more about our services and look at our display. To spread our love outside of the community, 22 shoe boxes were filled, by staff and clients, for the Operation Christmas Child.



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

March 30, 2018 - Good Friday

May 28, 2018 - Memorial Day

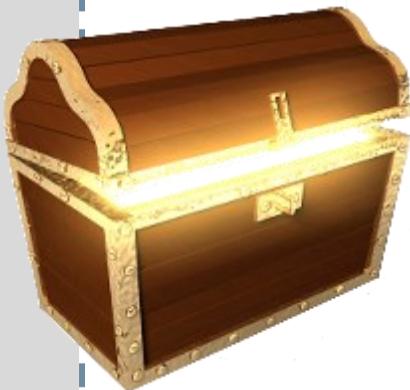
PRP Client Accomplishments

- 7 clients obtained independent housing within the community
- 2 clients made progress toward their goal of financial solvency
- 2 clients established outpatient mental health therapy
- 2 clients made progress toward improving their social and communication skills
- 2 clients began employment within the community
- 1 client is working toward furthering her education through earning her GED
- 1 client quit smoking cigarettes
- 2 clients increased community integration



The Treasure Chest

The Lighthouse operates a small gift shop called the Treasure Chest and it is open every Tuesday from 9 a.m. – 1 p.m. It is staffed by four volunteers. The Treasure Chest volunteers devoted 791 hours of their time to the shop in 2017. Some of the items in the gift shop are purchased to meet specific needs of our shoppers, but most items are donated by local organizations such as the Oakland Women’s Civic Club, Alpine Lake Resort, St Paul’s United Methodist Church, St. John’s Lutheran Church, and also by individuals who contribute generously to the gift shop. Our sales items consist of jewelry, cosmetics, gift items, toiletries, and household items. Prices are kept very low so they are affordable for our shoppers.



The Treasure Chest uses all of our earnings from purchases to support Lighthouse activities or meet individual needs. Last year, the shop supplied Treasure Chest gift cards valued at \$1.00 and \$2.00 during various holidays, offered incentive coupons to purchase Treasure Chest items for achieving health and personal goals, and provided gifts for special occasions such as Mother’s Day and Father’s Day.

Additionally, a Treasure Chest Fund is in place to meet educational and extracurricular activities and fulfill urgent, special needs of those the Lighthouse so proudly serves. These funds are disbursed to assist with medication co-pays, the purchase of items for our crisis/respite and residential homes, to acquire much-needed clothing, to pay for urgent vehicular requirements, to pay security deposits, to fulfill transportation needs, and to offer incentives for meeting Behavior Intervention Plans.

The Treasure Chest sponsored a Christmas in July Sale last year that earned \$76.51; an October Silent Auction that reaped \$120.22; donated clothing, food, and beverages for shoppers; assisted with a Back-to-School Blast clothing giveaway in late summer; and donated items to the summer Annual Lighthouse Yard Sale.

A volunteer of the Treasure Chest provided a one-hour presentation on Chronic Heart Failure. This was an educational request made by those we serve.

Treasure Chest volunteers assisted in sponsoring a day outing for a boat ride and a picnic for those interested. This was also a special request we were able to fulfill.

This year, the Treasure Chest moved to a larger room graciously offered to the staff by the Lighthouse. This room accommodates the display of more gift items for our shoppers to consider and is more spacious for the volunteers.

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The Treasure Chest (con't)

The Treasure Chest staff are looking forward to another wonderful year ahead. Another Christmas in July Sale is scheduled and another October Silent Auction will take place. We are continuously looking for ideas and ways that will delight our shoppers. We are grateful for their purchases, fully knowing all we earn at the Treasure Chest returns to meet their individual needs and group activities and events. We are thrilled to be a part of the incredible services offered at Garrett County Lighthouse, Inc.

Residential Rehabilitation Services (RRP)

Garrett County Lighthouse, Inc. is proud to announce the purchase of two new Residential Rehabilitation Program (RRP) houses. The purchase of these two homes was intended to provide our RRP program with a more spacious living area within the community. Garrett County Lighthouse, Inc. agreed to name these houses with lighthouse names. They are named Dutch Island and Grand Haven. The Residential Rehabilitation Program utilizes one house as a female house and the other as a male house. Each house has a maximum capacity of three beds. Both of our residential houses are currently full; however, we continue to accept referrals for our waiting list. For more information please contact Tiffany Ratliff, DRRCS at Garrett County Lighthouse, Inc.

Civic Club Craft Group

The Civic Club of Oakland has been in existence for over 100 years, supporting the community in many different ways. The club originally formed in 1911 to clean up the dirty streets of Oakland. From there it continued to grow to what it is today – an organization of women committed to helping the community and local non-profits through volunteerism and philanthropy. We ‘raise money and then we give it away’ is usually what I tell people when they ask what the Civic Club does, but it is so much more than that.

One of our committees is a craft group. For many years we have been making small ‘tray favors’ for holidays and have delivered them to local nursing homes, assisted living facilities, Salem school and most recently, Meals on Wheels clients. The facilities distribute the favors to their residents/clients on the holiday and they love them. It is not unusual to see the favors displayed in patient rooms – they don’t toss them after the holiday is over. The favors are not difficult to make and we try to reuse or recycle simple items into a cute craft. Popsicle sticks and toilet paper rolls are items that can be made into lots of different things.

A flood in our old craft room early last year left us without a ‘home’ to meet and make our crafts. We had a lot of inventory with no place to put it. Over the summer we met at a member’s home and eventually put out notice that we needed a new place to gather.

Enter Melissa Rank and the Lighthouse – they came to our rescue!

The timing was right because the Treasure Chest was moving to a larger room, leaving the old room available for our craft group. We can’t thank Melissa and the Lighthouse enough for facilitating this move. We are so happy to be in a light filled, clean room with lots of space to store our craft items and gather to make our favors. We are most grateful for your generosity in providing us with this space to work.

Jean Tumbarello

President, Civic Club of Oakland



Relias Learning System

Garrett County Lighthouse, Inc. was very excited to start implementing the Relias Learning system in January 2018 as our main resource for the annually required trainings for both COMAR & CARF. Staff are also able to read Garrett County Lighthouse, Inc. policies and procedures to ensure all employees are up to date and understand the policies of the organization and the procedures to follow on a day to day basis. This training system allows the administration to keep track of staff trainings effortlessly and saves time and money by not having to travel long distances as we've had to in the past to keep up with the latest trainings in our field. Feedback so far has been very positive. The staff has found the system to be very user friendly and seems to enjoy the information learned from the trainings.



Our Staff

Employee of the Quarter

Congratulations to Jessica Dodge on receiving the Garrett County Lighthouse, Inc. Employee of the Quarter award. Jessica was nominated by three clients and one staff for going above and beyond to provide excellent service and quality care.

Jessica is the Behavioral Health Service Manager at Garrett County Lighthouse, Inc. and shows excellent leadership and team work. Jessica has been an outstanding employee since 2009.

We would like to take this opportunity to thank Jessica for her hard work and dedication to Garrett County Lighthouse, Inc. Jessica will receive a \$25 Visa Gift Card in honor of this award and her accomplishments.



Work Anniversaries

| | | |
|-----------------------|-------------------|----------|
| Beverly Helbig, LPN | February 6, 2006 | 12 Years |
| Sherri Lucas, LPN | January 15, 2007 | 11 Years |
| Mathew Foley, SCII | March 6, 2014 | 4 Years |
| Vickie Bierman, BHT | March 30, 2015 | 3 Years |
| Britney Logan, BHT | February 3, 2016 | 2 Years |
| Karen Clapper, SCII | February 10, 2016 | 2 Years |
| David Cunningham, BHT | March 29, 2017 | 1 Year |

Staff Accomplishments

- Randall Winebrenner, RC earned his Certified Peer Recovery Specialist credential on November 17, 2017
- Tiffany Ratliff, CPRP, DRRCS earned her Certified Psychiatric Rehabilitation Practitioner credential on January 1, 2018

- The following employees became certified in the administration of Naloxone on January 26, 2018:

| | | | |
|---------------------|-----------------------|---------------------------------|----------------------------------|
| Vickie Bierman, BHT | Faith Friend, BHT II | Britney Logan, BHT | Jennifer Stemple, SCII |
| Troy Brant, BHT | Robert Funk, BHT | Jessica Loughrie, BHT | Roxana Tasker, BHT |
| Karen Clapper, SCII | Joy Haines BHT | Melissa Loughry, BHT | Constance White, Receptionist |
| Joya DeWitt, BHT | Linda Houser, FSC | Sherri Lucas, LPN | Jim Whitehair, Custodian |
| Tammy Evans, BHT | Louann Kitzmiller, KA | Teresa Ohler, BHT | Randall Winebrenner, RC |
| Mathew Foley, SCII | Mandy Likens, BHT | Tiffany Ratliff, CPRP, DRRCS | |

- Melissa Skiles was promoted to Director of Health Care Quality, Corporate Compliance Officer, and Accreditation Officer on January 31, 2018

- The following employees earned their CPR certification on February 16, 2018:

| | | |
|-------------------|------------------|------------------|
| Mark Bennear, BHT | Joya DeWitt, BHT | Robert Funk, BHT |
|-------------------|------------------|------------------|

- Randall Winebrenner was promoted to Rehabilitation Coordinator at Compass House on February 23, 2018
- Charity Francis was promoted to Director of Finance and Human Resources on February 26, 2018
- Charity Francis graduated with her Master’s degree in Business Administration on March 1, 2018

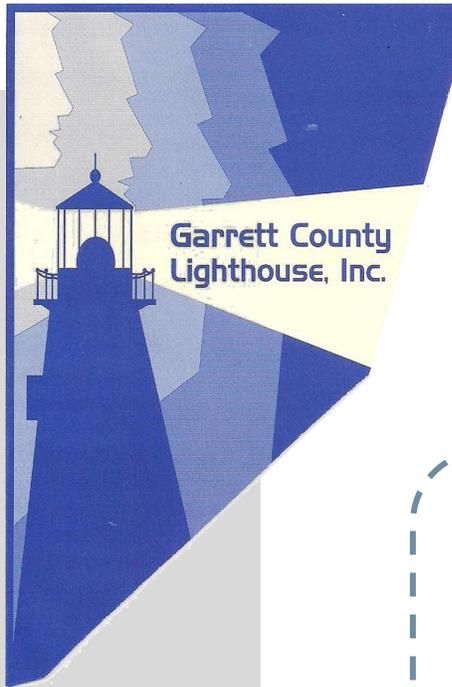


New Hires

Teresa Lipscomb, BHT (1/3/18)

Teresa Ohler, BHT (1/17/18)

Flora Becker, BHT (1/19/18)



Garrett County Lighthouse, Inc.

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www.garrettcountyighthouse.org

Staff Directory

| Staff Name / Title | Extension |
|---|-----------|
| Donna Gregory Executive Director | 221 |
| Melissa Skiles Director of Health Care Quality, Corporate Compliance Officer, & Accreditation Officer | 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 Administrative Assistant | 219 |
| Jessica Dodge Behavioral Health Service Manager | 210 |
| Beverly Helbig Licensed Practical Nurse | 250 |
| Sherri Lucas Licensed Practical Nurse | 257 |
| Karen Clapper Support Counselor II | 247 |
| Mathew Foley Support Counselor II | 248 |
| Leona Glotfelty Support Counselor II | 246 |
| Jennifer Stemple Support Counselor II | 204 |

