VISION STATEMENT
The Vision of McIntosh Trail Community Service Board is to promote and support community cultures in which those who have or experience disabilities are visible, valued, participating, and contributing members.

MISSION STATEMENT
The Mission of McIntosh Trail CSB Board is to offer individuals experiencing symptoms associated with mental illness, addictive disease and/or developmental disability the hope for optimal functioning by providing quality behavioral health services and supports.

April 2016

Butts County DD Housing Awarded Grant
By: Bunny Steinka

Staff Facility VII DD Housing is happy to announce we recently received a grant from Central Georgia EMC for handicapped accessible flooring for our group home on Joe Lane Road in Jackson. This is the second time EMC has come through to help make life the best it can be for the individuals.

One of our main goals is to enable the individuals to be as independent as possible. Through this generous grant from EMC, we were able to purchase flooring to replace the carpet in two of the bedrooms of individuals who are in wheelchairs. The carpet made it difficult for them to propel their own wheelchairs while the new flooring now enables them to come and go from their bedrooms freely when and if they choose to do so. It encourages independent choices of socialization by being able to wheel themselves into the living room, or return back to the privacy of their room. It also encourages range of motion and exercise. It is clean and free of allergens which makes their home a healthier place to live while its wood tones enhance the homey atmosphere we strive to achieve.

We would also like to thank Affordable Floors by Chip for doing an outstanding job quickly and efficiently as to not interrupt the individual’s lives more than necessary.

Staff Facility VII is the only DD group home “owned” by McIntosh Trail CSB. It sits on a very peaceful 10 acres surrounded by nature, providing a safe and beautiful environment for individuals to enjoy. We are responsible for all repairs, maintenance, etc. We are so grateful to be part of a community that cares enough to reach out to us and make us part of it by assisting and supporting us.

Picture on next page
Standing left to right are: Bunny Steinka, Pauline Solan, Amanda Brown (all holding check) and Franklin Ogletree. Seated left to right are Eugene Ray and David Grant.
Ethics (Above All, Do No Harm)

Written by: Wendell Jordan

Ethics is that branch of philosophy which deals with systemic approaches to moral issues, expectations of behavior or standards of conduct.

McIntosh Trail CSB adheres to and promotes the following code of ethical behavior and integrity which may be found in policies 1017 and 2023. McIntosh Trail CSB cites eleven codes of ethical behaviors and integrity and within this issue of Guardrail we will spotlight two of the codes.

Physicians are asked to take the Hippocratic Oath upon successfully completing testing for licensure to practice. Each healthcare profession has some type of ethical creed to uphold within the profession. In a more generalized view of the various disciplines of healthcare we all subscribe to the notion of “above all do, no harm.” The excerpt, “above all, do no harm” is widely believed to be a part of the Hippocratic Oath, but it is not. However, the meaning goes hand-in-hand with:

6. Remain aware of personal skills and limitations. Accept responsibility for continuing education and training in your field(s).

7. Be willing to recognize when it is in the best interest of individuals to be released or refer them to another program or professional.

Article continued on next page
What should the cited codes of ethics mean to healthcare professionals?

First as a respected provider you should know your limitations and operate within the scope of such limitations. It is sad, but true that we have all heard of individuals who have suffered from a provider attempting to be a hero, or a provider focused on greed, or simply allowing his/her pride to exceed their base of knowledge and training. We should take inventory of ourselves and ask the difficult question of whether we are doing our best and we should all know at what point we should refer the individual to a better skilled/trained provider or one that is more advanced so that we always keep the well-being of the individual forefront in our minds. These are truths that regardless of the profession we are in, we are entrusted with as providers serving individuals who need our care and support. In our mission statement we are directed to offer hope for optimal functioning by providing quality behavioral health services and supports.

Secondly, licensed providers should persistently seek continued growth which begins with the prescribed continuing educational units needed to maintain the respective licenses. These trainings are much needed for practical reasons such as staying abreast of current practices within the profession, knowing what trends and issues may be on the horizon, being knowledgeable of evidence-based methods to address the needs of an individual, and not to be forgotten simply as a refresher. We should not dismiss the need for refresher training/education because in our respective roles we may lose sight of things. So as we reflect on these and other codes of ethical behaviors and integrity remember “above all, do no harm.”

If you have any questions or concerns about possible ethical violation(s) first always confer with your supervisor or your Rights and Ethics Resource Team.

The Rights and Ethics Committee

Janet Robinson           Kenyatta Walker           Jenna Parker
Macy Ott                Wendell Jordan
Well, it’s finally here!  **Our CARF survey will be April 13-15, 2016.**

There will be 5 surveyors, and one will stay at admin while the other four will visit sites and programs.

The surveyors will be accompanied by hosts who are

- Bill Preston
- Amanda Brown
- Kathy Selph
- Kathy Calderon
- Kenyatta Walker
- Penny Burnett

**Don’t expect the host to do the talking though, their role is to transport the surveyors to the sites, YOU will be talking to them.**

By now you’ve all had CARF training and experienced a mock survey so I’m confident that we are READY!!

It’s natural to be nervous when talking to surveyors (I am too!!) but everyone should be able to talk to a surveyor if approached.  Just remember to talk about what you do every day and you’ll be fine. Overall we do a fantastic job and this is our opportunity to toot our own horn!

Please take time to straighten up, clean up, and spruce up your sites.  If you have questions or concerns about the CARF survey, you may contact me or Penny Burnett.

Thanks for the great work y’all do every day!  My next CARF Corner will be announcing our 3 year accreditation I’m certain!!

Janet Robinson

Accreditation Coordinator
What is accreditation?
Accreditation is a process that demonstrates a provider has met standards for the quality of its services. CARF International establishes these standards to guide providers in offering their services and also uses the standards to evaluate how well a provider is serving people and how it can improve.

What is a survey?
As a step toward accreditation, a provider invites CARF International to send a team of professionals, called surveyors, to visit its site and evaluate its services for quality. The surveyors consult with staff members and interview people who use the provider’s services. Based on the surveyors’ review, the provider may be awarded accreditation for a term of one or three years for CARF accreditation and five years for CARF–CCAC accreditation. In some cases, the provider may need to improve its services before it can become accredited.

CARF International
(888) 281-6531

www.carf.org

*The CARF International group of companies, including CARF, CARF Canada, and CARF Europe, is an independent, nonprofit accreditor of health and human services. Founded in 1966 as the Commission on Accreditation for Rehabilitation Facilities, the accrediting body is known as CARF.
Small Change

By: Penny Burnett, Director of Utilization Management

This month the focus is on Spring Cleaning!

✓ Keeping your caseloads and information current is always important.

✓ It is equally important to close out any charts that are no longer needed because this keeps down caseload numbers, and also helps when information is needed.

✓ Review information that is in our system on individuals and make sure Releases of Information are current and accurate, as well as information in the screens for the Related Individuals.

✓ Make sure addresses, phone numbers, insurance information, pictures and other essential information are current in the client details screens.

✓ All of this necessary information and closure of charts is important to the Utilization Management Department.

✓ Accurate numbers of individuals served is very important to our agency, and to you managing your cases.

✓ Liability issues are also another consideration in having individuals on your caseload that are no longer receiving services.

Current information is correct information!

Take the time to Clean out the old, and spruce up the new!
RETIREDMENT PARTY
For
Bill Preston
&
Kathy Selph

Friday, April 29, 2016
Area Administration Office
Drop in from 2-5 pm, presentation and parting words
from Mike Hubbard, CEO at 3 pm

Two of our favorite people are retiring from McIntosh Trail
and they have decided to have their party together.
Everyone is encouraged to come share pictures, tell stories
and bid goodbye to these two very special folks.
WHAT TO DO WHEN YOUR JOB IS SERIOUSLY STRESSING YOU OUT.

Workplace stress is a serious subject. So how do we regain our sanity and take back our lives? We have to learn to let go of the “Invincibility” Myth. Remember when we were teenagers and thought we were invincible? We did stupid things like drive too fast, drink too much, and play with fire literally. At some point many of us started to realize we aren’t actually invincible. People we know die. We stop doing the blatantly stupid stuff and start doing more adult stuff, such as working long hours, stressing over how great our front yard looks, or lying awake worrying about missing a deadline at work. We are not invincible. We burn out. We get sick. We are vulnerable. We work 60 hours plus, as if there are no consequences. We get stretched thin with obligations, deadlines, and trying to prove our worth. Stress contributes to heart disease, diabetes, obesity, and autoimmune diseases.

In other words stress shouldn’t be ignored. To effectively manage stress, we need to address it in at least three areas of our lives: our physical health, our mental health, and our sense of purpose.

PHYSICAL HEALTH: We should eat whole foods, nourish your body. Exercise regularly, physical activity releases feel-good, stress relieving chemicals. You can stretch, run in place, dance, or walk around the office or building. Doing so gets your blood and endorphins flowing, makes you happy, and turns off your flight or fight stress response.

GET ENOUGH SLEEP: Aim for 8 hours of sleep each night. Sleeping well can help you solve problems with a clearer mind and even boost your intelligence. Work stressors are magnified when we’re sleep deprived and foggy brained.
Stress begins in our minds via a thought or belief. De-Stress your mind by: Cultivating gratitude. We can take the sting out of these negative events by focusing on what’s great in our life.

Meditate regularly. The next time your boss adds another task to your already overflowing to-do-list, stop and take a breath. Shake out your body, sit back down and meditate for five minutes.

Learn to say no. Negotiate priorities. Being overbooked, overworked, and over committed will lead to stress.

Don’t Lose Sight of Your Purpose: When our life is full of nothing but work and obligations, we begin to feel bitter, resentful, depressed, and even angry. Schedule quality social time, disengage from work and reengage with those that matter. Get creative, get out the scissors and glue stick and just play. Get spiritual. Connecting with your spiritual roots through prayer, meditation, chanting or other rituals is an excellent way to get perspective on what’s stressing you and relieve that pressure. We cannot eliminate or escape stress at the workplace. It is a fact of modern life. Yet we can neutralize stress in all areas of our lives by fueling our lives with meaningful actions, thoughts, and beliefs. We all deserve to live a happy, contented life.
Health and Wellness Corner

The Biggest Health Fear Women Have In Their 60s

By: Erin Schumaker

http://www.huffingtonpost.com/entry/health-fears-of-60-somethings_us_55a53ed2e4b0b8145f73aa12

The perks of being a 60-something

When we informally surveyed our readers about their health fears, we were pleasantly surprised with the positive outlook that many older women — particularly those in their 60s — had about their health.

And there’s a lot to be thankful about once you’ve reached age 60. “There’s so much anxiety about reproductive health,” said Dr. Cheryl Iglesia, who specializes in pelvic medicine and reconstructive surgery at the Med Star Washington Hospital Center. “First, you’re in your teens and 20s trying to prevent [pregnancy], then you’re in your 30s and 40s not being able to get pregnant. It causes a lot of distress. After your 50s — que sera, sera — you’ve accepted it. Either you’ve had it or not, and you don’t have to worry about it anymore. It’s nice.”

Preparing for what’s to come

Our readers did express worry about aging, however, particularly over the prospect of losing independence and mobility in their twilight years, and becoming a burden on their loved ones should they no longer be able to take care of themselves.

In Iglesia’s opinion, the best way to guard against fears about losing independence is to create an advanced directive: a legal document detailing end-of-life care decisions long before they actually need to be put in place. Iglesia — whose own living will (created with her husband and an attorney) includes the couple’s wishes regarding respirators, feeding tubes, long-term care insurance and power of attorney — stressed the importance of creating a plan as soon as you have children, then updating it each decade thereafter.

“It’s so much easier on your family to have that plan in place,” she said. “You never know when you are going to die.”
Chronic pain and arthritis

Women in the United States are living longer than ever, with those who reach the 65-year benchmark expected to live until age 86 on average, two years longer than their male counterparts. Of course, day-to-day aches and pains, as well as more serious health conditions, tend to get worse as you age.

With age comes arthritis, the most common cause of disability, which affects 53 million adults, according to the Centers for Disease Control and Prevention. It’s a health condition that can quickly snowball. If joint pain prevents women from getting enough physical activity, they run a greater risk of developing additional chronic conditions, like Type 2 diabetes and heart disease. And while it might seem counterintuitive, the primary antidote to arthritis pain is movement.

“People control their pain by doing less physical activity,” Dr. Jungwha Lee, a biostatistician at Northwestern University’s Feinberg School of Medicine, told the New York Times in April. “But being more active can delay the functional decline that accompanies aging. Any activity is better than being sedentary.”

Small lifestyle changes — like parking farther away at the grocery store and making an effort to avoid sitting for long periods of time — can make a big difference, as can maintaining a healthy body weight. Excess body weight puts stress on your joints, so muscle strengthening and healthy weight loss can go a long way toward delaying arthritis and staying mobile for years to come.

What You Should Know About Your Health At Every Age:  
http://www.huffingtonpost.com/entry/what-you-should-know-about-your-health-at-every-age_us_55a54face4b0ecece71bd2890

Tips for Good Health in Later Life: For Older Men:  
Optical Illusions

This ambiguous image shows either a lady peering at herself in her mirror, or a grinning skull. To see the skull, back up a distance from the picture.

Entitled "All Is Vanity", this certainly is one of the most famous optical illusions of all time. Drawn by Charles Allen Gilbert in 1892, the illustration was not seen by the mass public until 1902 when it appeared in a magazine. It has been published many times and to this day prints of it are still sold.

This antique advertisement for flour is a topsyturvy picture; the faces in it can be viewed two different ways.

As-is, the picture shows the faces of five little girls. But flipping the picture upside down the girl’s faces become the faces of five strange looking bearded men.
➤ Summit Racing Equipment Atlanta Motorama  
Saturday, April 16 - Sunday, April 17, 2016  9:00 AM - 5:00 PM  
http://www.atlantamotorspeedway.com/motorama/tickets/  

Spectators can enjoy two full days of family friendly motoring fun at the Summit Racing Equipment Atlanta Motorama. Tickets are affordably priced at $12 per day, $5 for ages 6-11 and free for ages 5 and under and include access to all areas of the show including the vendor midway, show car garage, extreme motorsports and so much more.

➤ The Barnesville BBQ & Blues Festival  
April 21-23, 2016  
http://barnesville.org/bbq-and-blues/festival-info/  

Join us for our 12th annual BBQ event where we will have food, fun, and entertainment! The Custom Auto and Truck Show will feature cars, trucks, motorcycles, or any year custom vehicle or race cars. Please scroll through the site to check out everything we have going on.

➤ Morning Botanic Hike and Afternoon Barks and Rec  
Saturday, Apr 30, 2016 10 AM to 2:30 PM  
http://gastateparks.org/info/233747?c=8155370  
Admission: $ 5 per person for hike, $5 per dog for toy making  
Parking fee: $5  

A guided botanic hike around the parks spectacular granite outcrops highlighting the diverse plant and wildlife. Hike begins at 10 am and is a one mile easy loop. At 1 pm we'll teach you how to craft your dog a new toy using 2 old t-shirts (bring your own shirts), then we'll go on a dog pack hike. Your dog will love you for it. Please preregister

➤ Amazing Scavenger Hunt Adventure at Centennial Olympic Park  
General Admission: $ 24.00  
Sign up online at www.UrbanAdventureQuest.com.

Turn Atlanta's Centennial Park and surrounding areas into a giant game board with this fun scavenger hunt adventure. Combine the excitement of the Amazing Race with a two-hour tour. Guided from any smart phone, teams make their way among well-known and overlooked gems of the city, solving clues and completing challenges while learning local history. Available 365 days a year, sunrise to sunset. Start when you want and play at your pace. Save 20%- Only $26 for a team of 2-5 people after Promotion Code: ATLANTACVB.
MC Trail’s Hall of Fame

Congratulations! The following McTrail staff have been inducted into our Hall of Fame. We applaud you for your hard work and dedication. Pat yourself on the back!

Congrats to Christine Hunter on becoming a LAPC!!

Note: Please send me stories of staff going the extra mile. I know there are many stories out there and they deserve recognition.

Up Close and Personal

Name and Credentials: Kathy Selph, Director of Community Support Services
Work location: Lamar
Pet Peeves: People who are habitually late
Hobbies: Reading, Team building
Favorite Food: Barbeque
Favorite Place: The Mountains
How to improve the world: Live as Jesus commands us
Best part about your job: Coaching new staff to be effective Case Managers
Dreams: Work at Dollywood

If you would like to be featured in Up Close and Personal, please Email Laura Doering
## APRIL TRAINING SCHEDULE

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<thead>
<tr>
<th>TRAINING</th>
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<tr>
<td>New Employee Orientation</td>
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## MAY TRAINING SCHEDULE

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MAY TRAINING SCHEDULE CONTINUED

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MORE CLASSES WILL BE ADDED AS THEY ARE SCHEDULED. CHECK SHAREPOINT FOR DATES AND TIMES.
Register for classes by e-mailing Janet At jrobinson@mctrail.org

"It's the latest innovation in office safety. When your computer crashes, an air bag is activated so you won't bang your head in frustration."
MAY BIRTHDAYS:

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MCINTOSH TRAIL’S FAITHFUL SERVICE AWARDS
Thank you for your faithful service to our individuals and employees.

Cindy Murdock          15 Years          FCO
Lenora Allen            20 Years          Medical Staff

WELCOME
We are so glad to have you!

Danielle Baskerville-Thomas          Area Wide
Lavurn Billups                  HCCC
Brandi Harris                   BCCC

GOOD-BYE AND GOOD LUCK
We hope you find success in your future endeavors.

Dawn Deaton                  HCCC
Kiara Douglas                HCDD
Betsy Hanley                 UCCC
Valvese Knight               New Choices
Ashley Wallace                HCCC
Emma Wallace                 FCCC

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