



Where People and Possibilities Come Together

November, 2018

Lamoille County Mental Health Ser- vices

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LCMHS Welcomes Genoa Pharmacy

Lamoille County Mental Health Services and Genoa Healthcare are excited to announce the grand opening of a full-service, on-site pharmacy located at LCMHS at 72 Harrel Street in Morrisville. We welcome pharmacist Tom Cooney!

LCMHS consumers will continue to have the ability to go to their pharmacy of choice. Having Genoa on site will make it easier for consumers to have their pharmacy needs filled while they seeing their providers, and will streamline all of their prescriptions into daily and weekly blister packs to minimize confusion that accompanies multiple containers. These convenient packs will eliminate the question, "Did I take my meds this morning?" Using Genoa will also help streamline refills and minimize gaps in prescriptions.

This relationship offer a unique on-site pharmacy setting based on the needs of LCMHS providers and consumers. Consumers benefit from the personal interaction they have with the pharmacist and the close working relationship between providers and the pharmacist.

Genoa Healthcare is the largest provider of pharmacy, outpatient telepsychiatry and medication management services. They are dedicated to serving the needs of those in the behavioral health and addiction treatment communities, and others who have complex, chronic health conditions. With over 15 years of experience, Genoa Healthcare serves more than 650,000 individuals annually across the United States. Genoa Healthcare has more than 400 pharmacies in 46 states and the District of Columbia. The Genoa pharmacy located at LCMHS is the organization's first Vermont location.

Although Genoa Healthcare is a nationwide company, they have retained the feel of a hometown pharmacy and the services that go along with it. Being on-site allows their pharmacists and technicians to work closely with LCMHS prescribers, nurses, and caseworkers, to provide the best possible care for their consumers.



Redwood Program Highlighted in Vermont Fish & Wildlife Department's Let's Go Fishing Publication

From: July Let's Go Fishing Newsletter
Vermont's Let's Go Fishing (LGF) program is administered by the Vermont Fish & Wildlife Department.

"The Redwood program, which is part of Lamoille County Mental Health Services, is a one-on-one Behavior Interventionist program which contracts with schools to provide support to the children who need it. Included in the Redwood Program is a six week summer camp, which 44 Redwood kiddos are attending. During this camp we offer a multitude of activities including trips to many state parks and museums as well as the Jay Peak Pump House, and this year we are pleased to be able to provide the Lets Go Fishing program as one of those activities!



The Children's Playground Takes Shape Thanks to United Way of Lamoille County, Community Members & Staff



OUT & ABOUT

Residents of our group home get natural crafting ideas at the Waterbury Art Festival and take a walk along the rail trail on a beautiful summer day.



The [Live Well Lamoille Blog](#), created by Copley Hospital and to which LCMHS is a participating organization, has been the recipient of two awards this summer:

The Gold Lamplighter Award, presented by the New England Society for Healthcare Communications. The Lamplighter Awards were established to showcase and honor excellence in healthcare communications (such as blogs, social media, and advertising campaigns) throughout the New England region. This is the second year in a row that we have been awarded with a Gold Award for the best hospital blog in New England!

We were also awarded the **Silver Digital Health Award**. The Digital Health Awards is a national awards competition that recognizes high-quality digital health resources. A panel of health technology professionals judges entries based on content, format, success in reaching our target audience, and overall quality.

LCMHS Welcomes Genoa Pharmacy, continued

For LCMHS staff, consumers, their families and support staff, Genoa Healthcare can:

- ⇒ Conveniently fill all medications on-site, saving them multiple pharmacy stops
- ⇒ Assist with insurance plans and questions, including Medicaid and Medicare
 - ⇒ Provide medication delivery options
 - ⇒ Dispense multiple medications in convenient multi-dose packaging so they're easier to take
 - ⇒ Provide prior authorization assistance
 - ⇒ Personalize services to fit their needs
 - ⇒ Transfer prescriptions from existing pharmacies to Genoa

If you are served by or work at LCMHS, please stop by to say hello Tom or give him a call to learn more about their services!

Genoa Healthcare Pharmacy

77 Harrel Street Morrisville, VT 05661 | Phone: (802) 917-0102 | Fax: (802) 448-1874

Convenient Pharmacy Hours: Monday-Friday: 8am-4:30pm

Support a Stronger Community

We would love to hear from you! Has LCMHS impacted your life? If you have a story you would like to share please contact Rebecca Copans at:

Rebecca.Copans@Lamoille.org

This year support from our donors is absolutely vital in ensuring that we continue to meet the growing needs of our community. Please consider making a donation to our annual fund. Your donation makes a difference and with your help we can build a stronger community!

Donations can be made to:

LCMHS
72 Harrel Street
Morrisville, VT 05661



The Oasis House's Mohamadou Ndione played with a bandmate from Jam at the LCMHS annual meeting on Oct. 17.

LCMHS LACiNg Up for Cancer Team Makes Strides Toward a Cancer-Free Future

The Care Bears team, comprised of 26 LCMHS staff, consumers, family & friends joined in this year's LACiNg Up for Cancer event on June 23rd to benefit the Lamoille Area Cancer Network. The theme was "Believe!" and celebrated the 16th anniversary of the event, which we have participated in every year. Despite the rainy weather, we persevered and had an awesome day! We remember those who have passed from cancer, and honor those survivors who inspire all of us. We also celebrate our diverse team, with no labels, no titles, no diagnoses, no stigma. We were all equal participants in this community event. Thanks to everyone who contributed money, time and energy, and for believing that a cancer-free future is possible!



-dialectical behavior therapy-

TEEN & PARENT DBT -dialectical behavior therapy- GROUP



WHERE

Lamoille County Mental Health Services

72 Harrell Street, Morrisville, VT

To enroll, contact Rose Poney:
888-5026 or Rose.Poney@lamoille.org

AGES 13+

WHAT IS IT?

A therapeutic group where teens and parents focus on learning new skills together but in separate environments.

GOALS

To increase success in peer and family relationships as well as overall life success. The goal of DBT is always to help you build a life that you feel is worth living.

DBT CAN HELP WITH:

- Impulsivity
- Intense Moods
- Lack of Self-Control
- Communication
- Self-Advocacy
- Tolerating Stress
- Increasing Focus
- Conflict Resolution
- Suicidal Thoughts
- Self-Harming

Parenting & Isolation

By Kimberly Hackett, Parenting Coach

Kimberly Hackett, MA, LMHC is the founder and creator of Parenting You, a way for parents to do the deeper work of parenting while they are parenting. To learn more - www.KimberlyHackett.com

I remember feeling isolated. Even though I had four kids and was never alone, I often felt apart from other adults, but mostly from myself.

If I'm honest. The more I made my life about my kids the more isolated I felt. It's pretty simple now to understand, but back then, it felt almost impossible to comprehend because I believed being a parent was my whole identity.

It felt like I had to choose and, of course, I chose my kids. Because I loved them more than I loved myself.

Later I would understand, I was hiding behind my "new" identity of "parent" and postponing the hard work of discovering me. It's easy to do when you're a young parent. Choosing my kids over me seemed natural and right.

In my mind, personal growth and parenting were not compatible. It took a while to figure out how to do both, but eventually, I did.

What became clear from the feeling that isolation spawned in me was that I had to make my needs a little more important than my kid's needs to be happy.

It came down to answering this question -

- "Am I willing to commit to me?"
- At the time, honestly, maybe not.
- "If it means being a better parent?"

Well, yes. I am, then. I'll do anything for my kids.

Well then. That's good enough motivation. Let's get going.

I stopped feeling isolated and picked up a few truths along the way.

1. Children are not here to save us, define us or meet our needs.
2. We must keep moving, dealing, growing, healing.
3. Being a parent is part of who you are, but not all of who you are.

It's okay to want more.



For the Love of Animals

Rebecca "Becky" Denutte has been participating in **therapeutic horseback riding lessons** with Janet Jones at the Woods, Sun, Winds Farm in Hardwick for over 6 years. "Each year I have watched Becky grow in her confidence and abilities in both caring for and riding her horse Mercedes," says LCMHS service coordinator Sarah Shirley-Eldred. "As you can see from her smile, she loves these lessons." Becky loves wildlife, especially owls and other birds that make their home in Vermont.

Strength and growth come only through continuous effort and struggle.

Napoleon Hill

Bright Spots

Congratulations to Jody Howe Xuereb, newest member of the Mobile Crisis Team (MCT), who has just received his certification as a Qualified Mental Health Professional (QMHP)! This is a requirement for all MCT staff, and guides staff in determining when individuals meet criteria for involuntary treatment and to initiate that process when appropriate.

Every summer, there are two separate camps provided through Children, Youth & Family Services (CYFS). The Redwood Program runs a 6-week summer camp for students enrolled in that program. CYFS also provides two week-long camps for children served by LCMHS.

The Redwood Summer Camp was a huge success. Having two different activities to pick from each day went extremely well, and the students and staff have really enjoyed the variety.

The Children's program ran its first week of our annual summer camp in late June and the second in August. The program served 30 children, providing them with opportunities to build self-identity and social skills while interacting in therapeutic activities both structured and in the community.

Clients were able to experience a variety of activities including touring a bird farm, taking a Lake Champlain cruise on the Spirit of Ethan Allen, and spending a day at the Pump House at Jay Peak. Clients built relationships with new staff and peers, practiced new skills, and supported each other to challenge themselves and have fun.

Summer camps are a cornerstone of our children's programming here at LCMHS. It is a time to focus intensely on social and skill building, while mitigating the "summer slide" and breaking down the achievement gap.

Mindfulness Exercise

can induce a relaxation response which is valuable in reducing the body's response to stress.

- **Step 1: Step out of "automatic pilot" to bring awareness to what you are doing, thinking, and sensing in this moment.**

Try to pause and take a comfortable but dignified posture. Notice the thoughts that come up and acknowledge your feelings, but let them pass. Attune yourself to who you are and your current state.

- **Step 2: Bring awareness to the breathing for six breaths or a minute.**

The goal is to focus attention on one thing: your breath. Be aware of the movement of your body with each breath, of how your chest rises and falls, how your belly pushes in and out, and how your lungs expand and contract. Find the pattern of your breath and anchor yourself to the present with this awareness.

- **Step 3: Expand awareness outward, first to the body then to the environment.**

Allow the awareness to expand out to your body. Notice the sensations you are experiencing, like tightness, aches, or perhaps a lightness in your face or shoulders. Keep in mind your body as a whole, as a complete vessel for your inner self.

If you wish, you can then expand your awareness even further to the environment around you. Bring your attention to what is in front of you. Notice the colors, shapes, patterns, and textures of the objects you can see. Be present in this moment, in your awareness of your surroundings.

When you are ready to finish the exercise, allow your eyes to open slowly and try to carry that mindfulness with you as you go about your day.



Summer adventures at the LCMHS Residential Group Homes at have included grilling up a feast, visiting the Waterbury Art festival and traveling to Lake Caspian.

UPCOMING EVENTS & DATES TO REMEMBER

- Nov 12: Agency closed
- Nov 14: Board Meeting, 5pm
- Nov 20: LCMHS Thanksgiving Dinner, 11am-1pm
- Nov 22: Agency closed
- Nov 23: Agency closed
- Dec 19: Board Meeting, 5pm
- Dec 24: Agency closes at noon
- Dec 25: Agency closed
- Dec 31: Agency closes at noon
- Jan 1: Agency closed

