

Who We Are...

Family Life Center Inc., is a not-for-profit Community Mental Health Center providing a full range of mental health and substance abuse services to clients of all ages. We are driven by a commitment to serve unmet behavioral healthcare needs in the area and work closely with local agencies to provide the best care possible. Reaching over 2,000 people annually, each and every day we focus on treating the whole person and in turn, building a healthy community in Cherokee County.

Coming Soon...

May is Mental Health Month and FLC is gearing up to bring you information all about it in our next issue of *Outreach*. With the latest news on Mental Health Month activities as well as tips, tools and resources, FLC wants to equip readers with timely information and share ways to promote and protect mental health, spreading the message about the importance of mental health and wellness during May and beyond.

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620-232-9100
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familylifecenter.org

Spotlight-Adult Services

Teaching clients to be a vital part of the community, to be part of a strong social network, and to possess strong interpersonal skills and coping strategies is the focus of FLC's Psychosocial Groups. A place where clients can go for help, the groups provide a place for people to learn how to rebuild their social skills, decrease isolation, develop coping skills, improve functioning and more. Peer Support Groups are also available to take clients one step further toward their mental health recovery. These groups provide a network to plan, set goals and get back to the business of living a complete, balanced life.



"These groups are an incredible way for clients to enhance their social skills in a supportive setting," FLC Adult Services Supervisor Richele Babbitt said. "These programs assist the client by increasing functioning in society and enhancing their self-esteem."

All adult services groups are available to clients as long as necessary. To learn more go to www.flcks.org.

Retiring Board Member Recognized

After 21 years, Janet Lazenby has retired from her duties on the FLC Board. Serving with a strong compassion for anyone experiencing mental health problems, with a special concern for victims of child abuse and neglect, Lazenby worked tirelessly for more than two decades to expand the services FLC offers to the community.

"She has always been here to cheer us on and celebrate our successes," FLC Director Scott Jackson said. "And more than that,

she always encouraged us to do more for our clients and the people of Cherokee County."

During Lazenby's tenure she watched FLC grow from an organization with 11 employees, 4000 service hours each year and an annual budget of \$325,000 to where it is today with 84 employees, a budget of \$3.5 million and over 40,000 service hours reaching 2000 people annually.



Lazenby, who served three terms as President during her years of service, was formally recognized for all of her outstanding contributions, her leadership and her hard work on December 2, 2008. Scott Binns, President of the Board, wished her the best and personally thanked her for all of her help. "It is with your guidance, and that of the other dedicated Board members that we have been able to grow to where we are today," he said.

Everyone at FLC can say without a doubt that Lazenby, with her unwavering commitment and support, will be greatly missed!

Family Life Center Inc.

OUTREACH

Winter 2009

www.familylifecenter.org

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From The Director January 2009

As 2008 comes to an end, we look back at all the services we have provided and the lives that have been changed because of the willingness of our clients to allow us to help. The first step in asking for help is often very difficult and requires courage and faith.

Courage is accepting that we need someone other than family and friends to help us understand our problems and focus on solutions. Every one of us will reach a point at least once in our lives where we need outside professional help, because of the complex and fast-paced world we live in. Professionals can assist us to understand ourselves better, to create a plan to overcome barriers in

our lives and support us in implementing needed changes. Faith in our ability to make positive changes in our lives is also necessary. In difficult times we can lose faith in ourselves and our spiritual faith can suffer too. Both of these are critical to positive behavior changes and successful living.

For those who have taken that first step and contacted us for assistance, we thank you for placing your trust in us. We look forward to continuing to offer caring and professional services to you and your families in 2009.

Scott Jackson
Executive Director

Tips on Dealing With Seasonal Affective Disorder

Seasonal affective disorder (SAD) is a common form of depression that tends to occur, and recur, as the days grow shorter in the fall and winter months. Believed to be due to decreasing amounts of daylight and colder temperatures, it is estimated that 14 million Americans suffer from SAD, or about 1 in every 25 people, and for reasons not yet known, women have SAD four times as often as men.

The symptoms of SAD include tiredness, fatigue, depression, crying spells, irritability, trouble concentrating, body aches, loss of sex drive, poor sleep, decreased activity level and overeating. However, those symptoms can often be easily treatable through regular exposure to light that is bright, the first choice would be sunlight, but indoor light, such as strong florescent or full spectrum lighting can also improve the symptoms for many.

With mild SAD symptoms, that is if they don't interfere too much with your daily living, you may want to try light therapy or experiment with adjusting the light in your surroundings with bright lamps and scheduling more time outdoors. However, if depressive symptoms are severe enough to significantly effect daily living, a mental health professional should be consulted and an appropriate treatment determined.

That's where FLC comes in, with both individual therapy and psychiatry options, a person doesn't have to suffer with the problems associated with SAD. There are numerous treatment options available and our success rate in working with persons affected by SAD are high. Don't go through the winter in the dark, we are standing by to help.

FLC and Carpino Ford Give Away

Ron Simpson of Columbus was holding the winning ticket for a 2008 Ford Focus SES on Saturday, December 12, at Carpino Ford in Columbus. Part of FLC's 2008 Capital Campaign, the Giveaway was made possible through the generous donation of the car by Mike Carpino Ford.

"All proceeds from this event are earmarked to build the new Community Health and Wellness Center," said FLC's Development Director Melissa Cromwell. "We are so pleased that Mike (Carpino) called us with the idea and we have been very happy to partner with him on this project."

The Giveaway generated a great deal of interest, a heightened awareness of FLC services and a lot of needed funds, all to benefit the future of the entire community



Alcohol and Drug Safety Action Program

With drug and alcohol arrests, accidents, and issues on the rise, FLC offers ADSAP, the Alcohol and Drug Safety Action Program, providing alcohol and drug evaluations, all which must be court ordered, for individuals who are arrested for driving under the influence (DUI), and other alcohol and drug related offenses in the Eleventh Judicial District. ADSAP evaluations are used to determine if an individual is at risk and in need of substance abuse treatment and/or education.



The number of referrals to ADSAP for evaluations has decreased steadily since 2001 (from 631 to just under 300 as of November 2008) despite the nearly 13,000 drunk driving fatalities and countless other injuries nationwide in 2007 reported by the National Highway Traffic Safety Administration. Appointments for an evaluation can be scheduled through the ADSAP office by calling 620.232.9100, and can take place in Pittsburg, Parsons, Columbus and Riverton, as well as in area correctional centers.

Community Health Education and Wellness Center Update

2008 was a banner year in terms of our Capital Campaign, *Building Healthy Communities in Cherokee County*. With approximately \$600,000 raised to date, the community and numerous organizations have lent their support to FLC's latest venture, the Community Health Education and Wellness Center.

The Center will not only be a way for FLC to integrate physical and mental health goals into their client treatment plans, there will also be numerous activities for the entire community. The state-of-the-art facility will provide wellness classes, exercise, indoor walking, afterschool programs and more in addition to everything from a preschool to a new FEMA certified storm shelter and an emergency disaster site for the entire community.

With floor plans being finalized now, FLC hopes that the support continues and they can break ground on the new facility in May, 2009.



Mrs. United States To Kick Off Mental Health Month with FLC

If there is one thing that Gariane Gunter, the current Mrs. United States, is serious about, it is eliminating the negative stigma of mental illness. A psychiatrist by profession, Gunter uses her Mrs. United States crown as an opportunity to be a voice across the nation for patients with mental illness and their families.

Introducing *Breaking the Silence – Teaching the Next Generation About Mental Illness*, Gunter is visiting schools across the country educating children about mental illness to shed some light on the stereotypical view of people with mental illness as being dangerous,

incapable or lazy so that they may be seen for who they truly are – our neighbors, family and friends.

May is Mental Health Month and FLC is thrilled to have Southeastern Kansas as one of Mrs. United States stops to help kick it off. Gunter will be hosted by Jenifer Bingham, a former Mrs. Kansas, at Galena School on Friday evening, April 17 as well as at a luncheon to be held on Saturday, April 18. For updates on the events, go to www.flicks.org

