Introducing Baby Booty Bucks

Wilson County welcomes the new Baby Booty Bucks, a voluntary program that provides the participant one free pack of diapers or two free packages of wipes. To be eligible for the diapers and/or wipes, one simply gets four signatures on a Baby Booty Buck by completing any of the acceptable activities and then exchanging it at the Wilson County Health Department. Days for Baby Booty Bucks are Tuesday thru Friday.

The new program is provided by grant funding from the Blue Cross Blue Shield of Kansas Foundation and is organized by My Family and Wilson County Health Department.

Allowable Activities:
- Annual Well Woman Visit
- Attend a Parenting Class
- Attend WIC Appointment (Health Department)
- Attend Wilson County Community Baby Shower
- Car Seat Inspection by Certified Car Seat Technician
- Consult with Certified Lactation Consultant (Health Department)
- Enroll in Free Education Activities (My Family)
- Fluoride Application (Health Department or Dentist)
- Follow-Up Postpartum Checkup
- Immunizations
- KAN Be Healthy/Well Child Checkup
- Keep Appointments with Parents as Teachers or Early Head Start
- Obtain GED or Diploma
- Participate in Early Childhood Coalition Community Events
- Participate in Lamaze/Birthing Class
- Participate in Maternal Child Health Home Visiting (Health Department)
- Participate in Story Time at Local Library
- Attend a pre-natal Visit
- Sign Up for KansasWorks

*If unable to obtain signature please obtain documentation of services.

Keeping Ourselves and Loved Ones Safe

According to Kansas Coalition Against Sexual and Domestic Violence, at least one in four women has been beaten, coerced into sex or otherwise abused during her lifetime. On average, more than 1,000 women are murdered by their husbands or boyfriends in this country every day.

These statistics are alarming and deserve our attention. Domestic violence is the leading cause of injury to women between the ages of 15 and 44 and it is important for us to not only acknowledge this problem, but work to do something about it. What can you do? Be aware, observe, and act.

Healthy relationships do not include physical coercion such as hitting, restraining, pushing, or making aggressive displays (punching walls, breaking things).

Victims say being abused isn’t even the physical injuries they sustain but the longstanding verbal and emotional abuse from put downs, controlling behavior and assaults on their abilities to care for themselves, their children, or anyone else that would love them. Our children need education about abusive relationships. Parents should be a good role model for their children and those around them and demonstrate healthy relationships. Teach children that controlling behaviors from a boyfriend or girlfriend such as limiting who they can talk to, what they wear, or needing to know where they are at all times, is wrong and unhealthy.

Become aware of people in your life (loved ones, friends, work co-workers, church members) who may be in an abusive relationship and offer them your support as someone to talk to. Stand by and watch or listen to someone being abused.

Mental Health Matters

With the hustle and bustle of the holiday season soon approaching and the stores already adorned with holiday decorations, along with advertisements in the media, and long lists of “wants”, it is easy to be thinking more about “getting stuff” than about the true meaning of giving. With all the commercialism during this time of year, it is important to remember that presents are just things, and that real holiday gifts are those that come from the heart, and symbolize the love and caring between people.

Gifts don’t have to cost a lot of money, and can be used as an emphasis for changing the focus of the season for all ages. Grandparents will be enthused about a gift of personal artwork from small children, as would the residents of a local nursing home or care facility, who could probably use some holiday cheer. Consider giving a gift that lasts all year, such as mowing the neighbor’s yard and shoveling their snow, or becoming a pen pal to someone in the military overseas.

The true spirit of giving comes with the action, not necessarily with the cost or value of the item. True giving should be unconditioned; when there is no expectation of getting something back.

In the Spirit of Giving

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giving - to present voluntarily and without expecting compensation; bestowed people make someone else feel good through the act of giving, they also experience a good feeling in return. Studies show that people who give of their time in volunteer work for others tend to have positive attitudes, good health, and strong relationships with family and friends.

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Stomp Out Bullying

One of every three students is bullied. Bullying, an intentional behavior that hurts or harms someone, either physically or emotionally, is a serious issue that directly impacts thousands of students every day.

Bullies at school are in hallways, playgrounds, bathrooms, P.E. classes, cafeterias, and on school buses. Bullies may think bullying will make them more popular. Scaring or hurting others may make kids feel powerful. We all need to learn how to stand up against bullying.

Signs that a child may be being bullied might be that the child comes home with cuts or bruises or with damaged or missing property. The child might have few friends or low self-esteem; they might have failing grades or have stopped liking school.

We Salute the Military and Their Families

As conflicts take our loved ones away from their families, each member of the family may experience varying amounts of grief and fear. Nobody is unaffected by war. In military families, however, there is the added fear for the safety of loved ones who may be or become deployed, as well as the potential challenges of coping as a single parent. Be optimistic about the challenges ahead. Try to maintain a positive outlook. Remember that our nation has survived other difficult times. Stay in touch with your spirituality, if you find it comforting. Talk with others, particularly other military families, to help you relieve stress and realize that other people share your feelings.

Alzheimer’s Disease

Alzheimer’s disease is the most common type of dementia. It affects memory, thinking, and behavior problems. It is the sixth leading cause of death in elders. Symptoms usually develop slowly and get worse over time. Patients may need to interfere with daily tasks. Patients become unaware of their environment and may no longer be able to carry on a conversation. Memory loss is normal the older one gets, but Alzheimer’s is not a normal part of aging. Once their symptoms become noticeable, Alzheimer’s patients typically live an average of eight years, but can survive for as many as 20 years depending on other health factors. Although those ages 65 and older are more likely to develop Alzheimer’s disease, there are thousands of others under the age of 65 who have early-onset Alzheimer’s.

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Staff Anniversaries

Congratulations to Four County staff on these milestone anniversaries. Thank you for your commitment to Four County and the patients we serve.

20 Years of Service
Ginger Hill
20 Years of Service
Monica Beard
Lacy King
Michele VanWinkle
15 Years of Service
Dianna Boening
Sandra Johnson
Kelly Oneslager
5 Years of Service
Paul Murphy

Don’t Be Ashamed of your story. IT WILL INSPIRE others.

Large Mental Health Grants Flow Into Cowley

Traveler 10/13/2018 by Rebecca McCutcheon

The Community Health Center in Cowley County, Four County Mental Health and Cowley County Community Corrections are working together to help address the behavioral health needs of people with substance abuse disorders.

Two large grants received recently by the Community Health Care and Community Corrections will help increase the reach of these programs.

Community Corrections received a $428,424 Adult Drug Court Discretionary Grant from the U.S. Department of Justice and its related grant from the Four County PARI Grant Program, spread out over four years, will be used to enhance the Cowley County Drug Court program and increase its capacity, according to a project abstract from Mary Read, community corrections director.

The grant will help increase the drug capacity from 30 to 40 participants. Funds will also be used to help increase drug testing for program participants, pay for the defense attorney, compliance officer and coordinator who work on the drug court team, and help offset medical costs for participants.

Drug court staff will work with the staff at Community Health Center in Cowley to provide behavioral and medical services.

The health center also received a grant to expand access services for people with substance abuse or mental health disorders, and also to provide trauma counseling to family members.

The mental health services would be provided by staff at Four County, which has an office in Stroter Field.

The grant is $247,500 for the first year, with $100,000 for every subsequent year of the grant. The expanded services will be targeted at people identified by the local criminal justice system, according to a copy of the project description provided by CHCCC director David Brazil.

Funds for both grants will be available after Jan. 1.

The collaboration is part of a larger effort between CHCCC and Four County to integrate mental and primary health care. This model, known as behavioral health integration (BHI), makes it easier for primary care providers to include mental and behavioral health screening, treatment and specialty care as part of the primary care experience.

“Getting the providers to work together increases efficiency and productivity,” said Mike Alford, director of program development for Four County Corrections.

“Integrated care is a holistic approach that can provide treatment for issues ranging from sleep disorders to depression,” said Brazil.

The integrated model can make it easier to catch health problems. “For example,” said Alford, “if a person feels depressed for no apparent reason, their doctor can do a checkup and might find a physical health problem that needs treatment.”

Likewise, if a person has high blood pressure, it could be a sign of stress in their life that can be dealt with through counseling.

In July, CHCCC announced its partnership with Four County Mental Health to provide behavioral and mental health services to health center patients.

The health center now has a counselor on site five days a week. The counselor helps with referrals and provides counseling and brief interventions. Brazil said the health center wants to expand this program.

“A drug and alcohol counselor also helps with Cowley County Drug Court,” Read said. Drug court counselors work on the drug court team, and counseling and brief interventions can provide treatment for issues ranging from sleep disorders to depression.”

Brazil said support from U.S. Sen. Jerry Moran, R-Hays, was instrumental in helping community corrections get the Justice Department grant.

The funds will help people in the drug court program offset the initial copy costs so they can get medical assessments done at the CHCCC.

With the grant funds and health care integration, “I think we have a real chance of having an impact and improving health outcomes,” Brazil said.

Mark Your Calendars

November
11-17* Nurse Practitioner’s Week
22-23* Thanksgiving (holiday)
*Four County offices will be closed

11 - Veterans Day

December
24-25* - Christmas (holiday)
*Four County offices will be closed
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Seeking mental health care is a not a sign of weakness but a sign of strength. Every military family makes sacrifices daily so that we can be free and live the lives we live. Four County Mental Health takes this time to thank our military and their families for all they do.

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“A drug and alcohol counselor also helps with Cowley County Drug Court,” Read said. Four County Court also has a drug and alcohol disciplinary program, involving not just the criminal justice system but also health, mental health and family resources.

With the grant money, drug court can provide counseling service not only for participants, but also for their children and other family members.

“Hopefully, it can provide those children with the armor to make different decisions,” Brazil said.

Read said support from U.S. Sen. Jerry Moran, R-Hays, was instrumental in helping community corrections get the Justice Department grant.

The funds will help people in the drug program off the initial copay costs so they can get medical assessments done at the CHCCC.

With the grant funds and health care integration, “I think we have a real chance of having an impact and improving health outcomes,” Brazil said.
The true spirit of giving comes with the action, not necessarily with the cost or value of the item. True giving should be unconditional; when there is no expectation of getting something back. Discussion and thought should go into the reasons why people exchange gifts, and the symbolic importance of giving and receiving.

Gifting, compassion and gratitude are closely related. Not only do people make someone else feel good through the act of giving, they also experience a good feeling in return. Studies show that people who give of their time in volunteer work for others tend to have positive attitudes, good health, and strong relationships with family and friends.