

THE CSB OF MIDDLE GEORGIA'S PERSPECTIVE



Are you making your list and checking it twice? With the holidays quickly approaching, many people are finishing up (or just starting!) buying presents for all the special people in their lives. Deciding on, shopping for, and wrapping gifts can be mentally and physically draining—not to mention expensive! So here to make this task less daunting is your 2014 Gift Guide to help you find gifts you can give all year long to the people with whom you live, learn, work, and play!

Time. There are only 24 hours in a day. Some of them aren't discretionary; we spend some working, sleeping, eating, driving, cooking, and cleaning. For most of us, these aren't optional tasks; thus, the remainder of our waking hours is precious to us. Choose wisely how you spend them. Make a point to spend quality time with your family, friends, and loved ones. Mary Kay Ash once said, "Everyone has an invisible sign hanging from their neck saying, 'Make me feel important.' Never forget this message when working with people."

Grace. Holidays, while wonderful, can also be stressful times for many reasons. It's not unusual to be cranky and irritable when schedules are more hectic and your to-do list is even longer than usual. Choose to extend grace to everyone—family, coworkers, consumers, shoppers, fellow drivers... and yes, even to yourself. Be humble and remember you are human, too. Don't immediately presume others have a motive. Be understanding. Choose words to build people up, not tear them down. Focus on others' needs instead of your own. Freely offer forgiveness. Be willing to apologize. Don't keep score. Be an encourager. When you fail to meet your own expectations; give yourself a break, too.

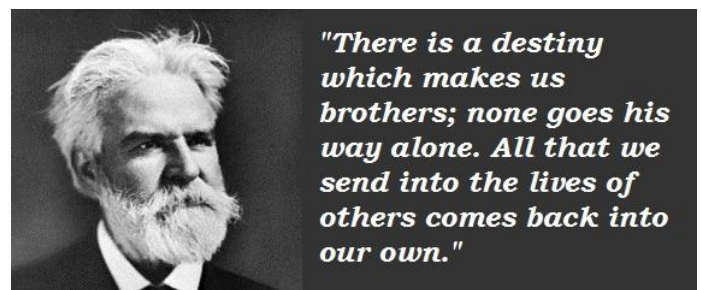
An ear. Listen to those around you. REALLY listen. Stop what you're doing and give your undivided

attention. This is such an important skill that there have been several schools of counseling that focus primarily on active listening. One of Stephen Covey's principles in The Seven Habits of Highly Effective People is "Seek first to understand, then to be understood"—a habit that requires focused listening. Many of the struggling people in our lives, personal and professional, don't really need us to "fix" them; they just need to feel *heard*!

A smile. Research shows that the simple act of smiling can transform you and your world. Smiles are contagious, make others perceive us as more attractive, lift our moods and others' moods simultaneously, and are even associated with a longer lifespan!

Time, grace, a listening ear, a smile... they're all valuable resources yet without a price tag attached. These gifts don't require you to head to crowded shopping malls. They're one-size-fits-all. And for once, you will be GLAD if someone "returns" your gift!

Have a safe, merry, and blessed holiday season! Enjoy this abbreviated edition of *Perspective* and come back next month to hear all about everyone's holiday activities!



"There is a destiny which makes us brothers; none goes his way alone. All that we send into the lives of others comes back into our own."

From the Director's Chair

By Denise Forbes, CEO



The month of December is one of the busiest times of the year for most of us, not only in our personal lives, but our work lives as well. For our Georgia Association of Community Service Boards, December is the month that our Benchmarking Committee encourages participation in the Organizational Climate Survey.

Dina McDonald has recently provided information through e-mail about the survey, and I want to encourage you to log onto the link and take a few minutes to answer the 25 questions that are provided. It generally takes less than 5 minutes to complete. **YOUR RESPONSES ARE COMPLETELY ANONYMOUS.** The survey is administered online, and your responses go directly to Behavioral Pathway Systems (an independent research entity) in Indianapolis, Indiana for analysis. You are not asked to provide your name.

The survey includes questions about staffing/co-workers; recognition and growth; leadership; compensation and benefits; physical environment; quality of services; and job satisfaction. The answers that our staff provide allows our managers and leadership to better understand our agency's work culture and organizational dynamics.

There is also a final comment section where you may submit narrative comments. Please feel free to share additional information, comments, or suggestions that you have which may not have been covered in the questionnaire. You are encouraged to share success stories that you have been a part of with respect to a project that your team has worked on, or in the lives that you have helped make better. If you do share any client success stories, please be generic in your descriptions and remember to detail this out **without** using any identifying information.

The results of the survey are also used to prepare a report for our agency where we can look across all of Georgia and see how we compare to the rest of

the GACSB, as well as how our numbers stack up against national data.

Each year that we participate in the survey, it is my hope to see our agency grow stronger and improve over time. As always, I want to thank each of you for the magnificent job that you do for the individuals and families that we serve!

Best wishes to all for a happy and blessed Christmas season.

Denise Forbes



Kudos to everyone for working so hard and helping to increase our encounters and billing! Keep up the great work!



My Christmas Wish For You
by Ruth Kephart



My Christmas wish for you, my friend
Is not a simple one
For I wish you hope and joy and peace
Days filled with warmth and sun
I wish you love and friendship too
Throughout the coming year
Lots of laughter and happiness
To fill your world with cheer
May you count your blessings, one by one
And when totaled by the lot
May you find all you've been given
To be more than what you sought
May your journeys be short, your burdens light
May your spirit never grow old
May all your clouds have silver linings
And your rainbows pots of gold
I wish this all and so much more
May all your dreams come true
May you have a Merry Christmas, friend
And a happy New Year, too



CSB Connection

Employee of the Month



Congratulations to **Kymberly Foster**, December 2014 Employee of the Month! Kymberly has been working with the C&A group program for a year and 2 months. She has a bubbly personality, hard country accent, and a smile that is infectious. Kymberly has been a great asset at Building 6. She is always willing to help others out when they are in need. Kym is very loyal and hardworking and dedicated to her C&A team.

Kymberly has the kind of work ethic where she takes on any challenge given to her, even last minute projects, and handles them with ease. So many times she volunteers to help with special Sources of Strength and Systems of Care projects for our consumers and other youth in the community. Kymberly is very efficient. When you give her a task; she is able to run with it without constant prompting, which is a great help to others.

Kymberly is a very loving mom to her son Cameron, 11; and she is married to Nick. She demonstrates that same care and concern to our kids at Building 6 as she does her family.



Mavis Hodges Williams died on 11/22/14 at the age of 91. She is survived by her husband, Carl S. Williams, her children, grandchildren, and great-grandchildren. Mrs. Williams was involved in several community organizations, including the John Laurens Chapter of the Daughters of the American Revolution (serving as Regent from 1992 - 1994).

She especially enjoyed serving on the DAR Good Citizen Committee which annually awards a deserving high school student the DAR Good Citizen Award. In 1987, Mrs. Williams was a member of the Sunday School class that initiated the establishment of Hospice of Laurens County and was one of the original patient caregivers. She was recognized in 2002 as the Outstanding Senior Citizen for the St. Patrick's Day Festival.

Mrs. Williams was a member of Henry Memorial Presbyterian Church where she was very active. For her outstanding service, she was awarded a life membership in Presbyterian Women. Mrs. Williams and her husband (along with Mr. and Mrs. Charles Williams, Mr. Charles Lang and Mr. Dee Cullen) were instrumental in the creation of the **John Williams Scholarship Foundation** in conjunction with Henry Memorial Presbyterian Church in honor of John Williams. The scholarships, awarded annually since 2003, are open to qualifying employees of the CSB who are working toward an advanced graduate degree within the Mental Health field. Additionally, funds are used to support Hearing Voices Training at the CSB. Mrs. Williams' funeral was held on 11/26/14.



The **Emerald City Express** has brought new staff to the CSB! Everyone, please give a warm welcome to **Deedra Hardrick** and **Marsha Wall**.

Also, a few employees have left the CSB. Farewell and good luck to **Charvett Miller**, **Debra Hatcher**, and **Angela Smith**.

Ella Dixon is also retiring at the end of December after many years with the CSB.

Enjoy your retirement, Ella!
We'll miss you!



CSB Chatter

2014 Employee of the Year

Who will it be?? Voting closes on 12/16/14, and the winner will be announced on Wednesday the 17th! EOTM winners eligible to win 2014 Employee of the Year are: **Mat Rainey, Marlena Dixon, Misty Selph, Marie Woodard, Susan Garin, Jennifer Sumner, Brenda Willis, Doretha Wright, Jennifer Woodall, and Kymberly Foster.** Good luck to all!



Battle of the Trees

The **Morale/Incentive Committee** is sponsoring a **Christmas Tree Decorating Contest**. Each building is encouraged to decorate its tree to reflect the activities that occur in that building; the goal is to be original and creative without spending money. Winners will be announced on 12/17/14.

The second annual **Christmas Extravaganza** is scheduled for 10:00 a.m. on Wednesday, December 17th in the cafeteria of Building 5. At this time the 2014 Employee of the Year and the winners of the Tree Decorating Contest will be announced.

This year a number of **door prizes** will be available. Some of the prizes that will be given away are tablets, gift cards, laptop, DVD player, and 50" flat screen TV. To be eligible for a door prize, staff need to purchase tickets for \$1 per ticket up to a maximum of 10 tickets per person. See any member of the Morale Committee for your tickets.



Oconee Fall Line Technical College held its annual Festival of Trees. **Marnie Braswell, Kymberly Foster, and Latoshia Thorpe** beautifully decorated a tree on behalf of the CSB and the Suicide Prevention Coalition of Dublin-Laurens, using the colors from **Sources of Strength**.



The photo to the left is the November project for the **Sources of Strength** team at West Laurens High School.



Don't Forget

Raffle tickets are still available for \$2 each for this beautiful reversible quilt to be raffled off at the SPC's masquerade ball. You don't need to be present to win. Tickets may be purchased from any SPC member.

CSB of Middle GA Wellness Events and News



Veterans' Day was celebrated in the United States on November 11 this year. In honor of their heroes, the **staff in Building 5** served the veterans a hearty breakfast; which consisted of grits, eggs, sausage, donuts, biscuits, and orange juice. Staff later provided the veterans with a foot-long chili dog, patriotic-themed cupcakes, and balloons. Tummies were stuffed, photos were taken, and appreciation was given to those who served our country.



The CSB is joining up with the GRI...no, not the FBI! The **GRI..Georgia Recovery Initiative**. Many state-level staff have been collaborating with CSB staff over the past few months. Pictured below with **Denise Forbes** is **Mark Baker**, Director of DBHDD's Office of Recovery Transformation. Check back in next month's newsletter to learn more about it!



A masquerade gala event honoring **Congressman J. Roy Rowland, M.D.** for lifetime achievements and to benefit The **Suicide Prevention Coalition of Dublin-Laurens**.

Reservations Required

No later than Friday, 1/16/15 - \$50.00 per person



Dance to the sounds of 8-Track Flash Back Band!

Enjoy buffet meal - carving station; pasta station; four meats served chafer style; seasonal fruits/vegetables; assortment of cheese/crackers/dips along with assorted miniature desserts.

Bring \$\$\$

- Tickets will be sold for a chance to win prizes during the event!
- The Dublin Country Club will provide a cash bar.
- Masks for the Ball are encouraged; but not required.
- Photographer will be present for group/individual photos \$5.00 each

Checks Payable To: Suicide Prevention Coalition of Dublin-Laurens c/o Dina McDonald



The **Dublin Day Reporting Center (DRC)** held their first DRC Lite graduation, honoring seven graduates in the ceremony held at Pine Forest United Methodist Church in Dublin Ga.

It was a great turn out as the graduates were recognized in front of a 70+ audience! Following the ceremony, the graduates and guests were treated to a full baked spaghetti dinner.

Congratulations to our graduates!!



Teddy Bear Drive

Please join the efforts of the **Child & Adolescents program** as they attempt to build a **teddy bear collection**. Their goal is to be able to give a teddy bear to every child that our program refers to a crisis stabilization unit. Going into a CSU can be an anxiety-filled time for a young person, and this small gesture can provide them with some comfort. Please contribute teddy bears to this very worthy cause!

Consumer Corner

Thank you to **Elizabeth Button**, Certified Peer Specialist and the CSB's Engagement Specialist, for her assistance in revising our mission and values to make them more recovery-driven. We appreciate you!



The Survey says...

In the last newsletter, some of the results of the Fall 2014 MHSIP (the CSB's consumer satisfaction survey) were shared. Several more have been received since that time, and below you can read some of the things our consumers wrote in the open comments section of the survey. Remember: **THIS IS WHY WE DO WHAT WE DO!**

From Dublin Therapy: "**Susan (Garin)** is a great therapist. I enjoy my appointments with her."

From Eastman Therapy: I am happy with all the help I've been given."

"I don't think I could make it without the service."

From Eastman Access: "I liked the doctor; very thorough."

"From the services I have received so far, I feel the mental health team will do their best to help me overcome the anxiety I have been living with for about 13 years."

"The staff here are nice and kind to me."

From C&A in response to the item "most helpful things": "Knowing my child is going to get better."

"The goals for my son to be a productive adult."

"Having someone to talk to about things happening in life."

"Everyone talking to my son and letting him know that he is not an idiot and that he is important!"