Happy New Year! Yes, we’re a little beyond the New Year by now; but it’s the first Perspective of the year! The end of 2014 and the beginning of 2015 have passed in a blur for many of us.

A cursory Google search for the origin of the quote “A picture paints 1000 words” reveals that there is not a definitive answer to that question. We can all probably agree, though, that looking at pictures of something can sometimes give us an understanding of things that we haven’t experienced in person.

Lots of things are going on at the CSB of Middle Georgia! Core Redesign initiatives coming from the Department of Behavioral Health & Developmental Disabilities at the state level are causing us to reexamine our services, strategies, and overall business model. At the same time, many other projects continue to be started and affect some or all of our programs.

One of these projects that you will be hearing much more about in the coming weeks is Middle Georgia’s selection as one of four pilot programs within the state by the Georgia Recovery Initiative (GRI). This project will be featured in the next newsletter. The CSB has been designated as the fiscal agent for a regional symposium that will be held in Dublin at the First Baptist Church Family Life Center on Friday, April 10th. Stay tuned for more details about the symposium and ways you can help!

You’ve been hearing about the SPC’s “Unmasking the Darkness” masquerade gala for months. Now we can finally show and tell you about the fruits of this effort! A significant portion of this newsletter is devoted to showing you through words and pictures how this event turned out.

All of the aforementioned projects are fairly large in scope. It’s sometimes the smaller things that mean the most to our consumers…with “consumers” including us staff, the internal consumers, as well. The Morale/Incentive Committee plan activities year-round for the benefit of the employees. Christmas is a time of year that gives this committee a golden opportunity to shine! Another large portion of this newsletter showcases some of the employee recognition and appreciation events that have occurred over the last two months.

We hope that by giving you glimpses into what different programs and projects entail, you will feel more a part of the overall agency and have a better understanding of what all the programs do to improve the lives of our consumers. This newsletter is meant to be informative, educational, inspiring, and encouraging. What you do DOES matter. Thank you for the part you play!
From the Director’s Chair

By Denise Forbes, CEO

Some of you may know that I am the past Chairperson of the Suicide Prevention Coalition of Dublin-Laurens. Our Coalition’s mission is to provide education, resources, and support for individuals at risk of suicide, to those who actually survive this tragedy, and to their families. Meeting regularly since August 2010, we have focused our efforts on what we can do to impact and reduce these deaths in our community, in promoting education, awareness, resources and tools for individuals and families who are struggling with these difficult challenges in life, and in seeking out volunteers to support the efforts of the Coalition.

The Coalition would not be effective without the involvement of our community partners, stakeholders, and individual citizens who have a sincere and heartfelt dedication to individuals at risk and family survivors of this tragedy.

I would like to recognize our SPC-DL officers: Tina Clements, Chairperson; Ellise Tapley, Vice-Chair; Gloria Bowen, Secretary/Projects Coordinator. On Saturday, January 24th the Coalition held its first major fundraiser, an “Unmasking the Darkness” masquerade gala event, at the Dublin Country Club. I would like to recognize and thank Dina McDonald, Special Projects Coordinator for our agency, and Ellise Tapley for their tireless efforts in coordinating this wonderful event, as well as Gloria Bowen for helping keep our subcommittees organized as our plans unfolded.

The Coalition honored one of our own that night, Dr. J. Roy Rowland, who also has the distinction of being one of the founding members of the Coalition. We were excited about the opportunity to publicly thank Dr. Rowland for his many contributions to our Coalition, our agency, and our community. Henry King provided music at the piano while the guests, all dressed up and many in ornate masks, were arriving. Judge Donnie Gillis, another of our Coalition’s founding members, presented Dr. Rowland a plaque from the Coalition as well as a letter of appreciation from Governor Nathan Deal, who was unable to attend. A short video of some of Dr. Rowland’s career highlights, put together by his grandson, was shown. At the conclusion of Dr. Rowland’s presentation, Jackie Curtis (Executive Director of Communities in Schools and a member of our Coalition) brought the Invocation, after which the attendees headed for the buffet line while the Eight Track Flash Back band began their first set. The scrumptious menu included: deep fried Cajun turkey breast served with silver dollar rolls at the carving station, an assortment of Italian dishes at the chef-attended pasta station, southern chicken tenders with sauces, steamed pork pot stickers with sesame dipping sauces, crab stuffed mushrooms with mornay sauce, miniature beef wellington with mushroom demi, fresh seasonal fruits, vegetable and cheese with crackers and dip, and a wonderful assortment of miniature desserts!

Guests enjoyed the dance floor as well as had the opportunity to purchase raffle tickets for several nice items generously donated to the Coalition, including a hand-made quilt given by Ms. Kathy Teal.

We hope that “Unmasking the Darkness” was a magical night for Dr. and Mrs. Rowland, their family, our Coalition, and our many friends and supporters who will share these memories with the Rowlands. I encourage all of you to continue to lend your time, talents, and energies toward this most important of causes as we continue the crucial work of helping our community heal. On behalf of our Coalition, I would also like to acknowledge and thank our Corporate Sponsors, Table Hosts, and patrons from our community who gave their support to this worthy cause. (Editor’s note: check the next Perspective for a full listing!)

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Highlights of the Life of Congressman J. Roy Rowland, M.D. - YouTube
This video showcases some of the career highlights of Congressman J. Roy Rowland, M.D. Dr. Rowland, Medical Consultant to the CEO at the Community Service Bo...

The video of Dr. Rowland’s career highlights can be viewed at https://www.youtube.com/watch?v=j3T94TnY0lc
The **Emerald City Express** has brought a number of new employees to the CSB over the last couple of months! Everyone be sure to give a warm welcome to: Connie Laminack, Ruby Houser, Kentra Guyton, Holley Barrick, Kizzy Oliver, Angela Boynton, Lind Jo Watson, Kevin Harvard, Tina Newsome, Denise Register, and Lance Henson.

Goodbye and best wishes to our former coworkers, Erin Patterson and Katrina Veal!

It looks like our Woods Way consumers had a merry Christmas! Maybe those smiles had something to do with that yummy holiday spread there!

Building 8 consumers did spend some of their time thinking of others over the holidays, though, as evidenced by the fruit baskets they prepared for local nursing home residents!

Holiday and seasonal décor & activities make our consumers’ lives a little brighter at Building 8! They’re getting ready for Valentine’s Day!

What a beautiful Valentine’s wreath and tree!

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**Employee of the Month**

Tune in next month for January and February winners!

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**Congratulations!**

Mat Rainey!

**Mat Rainey**, Certified Peer Specialist, was voted **2014 Employee of the Year** by his co-workers. In 2013 Mat implemented Whole Health and Wellness services in the Peer Supports Program. He was later selected CPS on the Community Support team, at which time he trained another CPS to carry on his work as a Health Coach. In addition to his duties on the CST, Mat is on the schedule each month to provide education about recovery during new employee orientation. He is a valued member of the CSB. Congratulations, Mat!

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Congratulations to **Leslie “Katy” Hood** for completing her Bachelor of Arts degree in Psychology! She is now pursuing a Master’s degree in Family, Youth, & Community Sciences at the University of Florida! Katy works in Building 5 in the Developmental Disabilities program.
CSB Chatter

**Christmas Tree Contest**

Many of the tree ornaments were made in Building 8’s wood shop! Building 8 was the first place winner!

Building 2’s tree theme was “Sprout Up for Recovery,” representing the role medicine and positive affirmations play in recovery. Old pill bottles and medicine cups were decorated and owls used to symbolize wisdom. Building 2 was the 2nd place winner!

Building 4’s tree showcased their Project Teddy Bear, which aims to give a teddy bear to all children sent to a CSU. Building 4 was the third place winner!

Building 5’s tree was decorated with ornaments fashioned from their newspaper recycling program!

Building 6’s angel tree had kid-friendly, kid-crafted ornaments made from empty tissue rolls and popsicle sticks!

Step One’s tree had the theme of “A Sweet Winter Candy Land,” and all ornaments were hand-made!

Quentin’s Place’s tree had the theme of “Stars of Recovery” and was decorated with hand-made stars with encouraging messages on them!

**Other Christmas Sights**

Prizes & winners being announced... people (like the Woods Way group home staff) going out to eat... people bringing yummy things to work to eat... people (like Ellise Tapley) sneaking out to nab a bite in the hall when “no one” was looking... 😊
On January 24th, the Suicide Prevention Coalition of Dublin-Laurens held its first annual Unmasking the Darkness Masquerade gala. If you weren’t there, you missed a M’mm M’mm good time!
Highlights were the:

Mingling...

Man of the Hour...

Masks...

Music...

Munching...

Mambo? Moonwalk?...
“Mugging” for the Camera...at and away from the Photo Opportunity Station...

Making Memories...

In the next edition of Perspective we’ll tell you how Unmasking the Darkness fared in the “Making Money” category and tell you about the corporate sponsors who helped to make this event possible. Hope you’ve enjoyed a glimpse of the event in these pictures provided by several of those who attended!
Congratulations to Mr. Edwin Lee (standing) for being recognized at the January 2015 Citizens' Advisory Council for the CSB for “loyal support, dedication, and leadership as chairman.” His award is being presented by Lawson Geiger. Phil NeSmith, to his right, is the incoming chair.

Friday February 6th was the 13th annual National Wear Red Day, started by the American Heart Association to increase awareness of heart disease and stroke among women. Here are some of the CSB staff who participated this year! (Top: Building 1, middle: Building 5, bottom two: Building 6)

ATTENTION

The Safety/Risk Management Team issued the following directive: Effective immediately, no vans are allowed to enter a drive-through at fast food establishments.

If you or your programs have any kind of special event, please send your photos to dmcdonald@CSBMG.com for possible inclusion in a future newsletter! The pre-Valentine’s Day party photo by the Woods Way Way guys can give you some inspiration!
Since we all work in our own genres here, there are times when one area is aware of issues that others are not. Working in the Child & Adolescent (C&A) unit, we know of many traumatic issues that children, adolescents and families face. In an ever changing technological world, everyone, especially children, is exposed to more and more. So each month C&A would like to have a voice in our newsletter- to get the word out, make others aware, and stamp out turmoil that is causing emotional issues for kids, adolescents and families.

**JANUARY 10th** through **16th, 2015** is HUMAN TRAFFICKING AWARENESS WEEK.

Human trafficking is a form of modern-day slavery where people profit from the control and exploitation of others. As defined under U.S. federal law, victims of human trafficking include children involved in the sex trade, adults age 18 or over who are coerced or deceived into commercial sex acts, and anyone forced into different forms of "labor or services," such as domestic workers held in a home, or farm-workers forced to labor against their will. The factors that each of these situations have in common are elements of force, fraud, or coercion that are used to control people. Then, that control is tied to inducing someone into commercial sex acts or labor or services. Every year, human traffickers generate billions of dollars in profits by victimizing millions of people around the world, and here in the United States. Human trafficking is considered to be #1 of the fastest growing criminal industries in the world.

**sexual slavery** may involve single-owner sexual slavery, ritual slavery, sometimes associated with certain religious practices, slavery for primarily non-sexual purposes but where non-consensual sexual activity is common;

**forced labor or forced prostitution** [Forced (involuntary) prostitution or sexual slavery that takes place as a result of coercion by a third party.]

**commercial sexual exploitation for the trafficker or others**

**for the extraction of organs or tissues** & including surrogacy and ova removal

**for providing a spouse in forced marriage.**

Under U.S. federal law, "severe forms of trafficking in persons" includes both sex and labor trafficking

**Sex trafficking** is the recruitment, harboring, transportation, provision, or obtaining of a person for the purposes of a commercial sex act, in which the commercial sex act is induced by force, fraud, or coercion, or in which the person induced to perform such an act has not attained 18 years of age.

**Labor trafficking** is the recruitment, harboring, transportation, provision, or obtaining of a person for labor or services, through the use of force, fraud, or coercion for the purposes of subjection to involuntary servitude, peonage, debt bondage, or slavery.

The National Human Trafficking Resource Center is a national, 24-hour toll-free hotline by calling 1-888-373-7888 or texting BeFree (233733).

If we don’t arm ourselves with the information, our community, families and children will never have a fighting chance. Take a stand today and BE AWARE.