

LEGACY NEWS

Newsletter for Legacy Behavioral Health Services Consumers

The 2019 hurricane season officially began June 1st. As a coastal state, Georgia is at risk for hurricanes that form in the southern Atlantic Ocean, Caribbean Sea and Gulf of Mexico. Hurricanes can cause catastrophic damage even hundreds of miles inland, so every resident needs to understand their risks and should plan what to do in the event of an evacuation.

Take these steps to prepare you and your loved ones from dangerous weather.

- **Have an Emergency Plan**
- **Stock up on Supplies**
- **Follow Emergency Instructions**
- **Have an Evacuation Route**



Emergencies happen. Are you ready?



Quality Corner



Outpatient treatment programs provide culturally and linguistically appropriate services that include, but are not limited to, individual, group, and family counseling and education on wellness, recovery, and resiliency. These programs offer coordinated, and defined services that may vary in level of intensity. Outpatient programs may address a variety of stressors, family relations, interpersonal relationships, mental health issues, life span issues, psychiatric illness, and substance disorders and other addictive behaviors.

During FY19, outpatient services served over 7000 adults and 1800 children which was a 4% increase from the previous year.

* Indicator	Results
Average time from intake to scheduled appointment (0-4 days)	LBHS average time was 1.79 days
No show rate not to exceed 15%	Average percent of no-show rate was 11.9%
Average time from intake to provider appointment (0-14 days)	Average time from intake to provider appointment was 5.23 days
Minimum of 75% of individuals discharged from hospital seen by therapist within 7 days	80.4% of individuals discharged from hospital seen by therapist in 7 days

*Goals established by DBHDD

Supported Employment



Supported Employment (SE) services are available to eligible individuals who express a desire to work. Services include counseling, which consists of supporting the individual to identify vocational skills and interests, to develop and implement a rapid job search plan. This plan encourages the individual to obtain competitive employment based on their strengths, preferences, abilities, and needs. The Supportive Employment team can currently service up to 80 individuals. At this time, all 80 slots are filled with individuals being placed on a waiting list. Individuals must express a desire to work and must have an axis one mental health diagnosis classified as severe and persistent. Individuals that are interested in supported employment services can speak to their doctor, therapist or case manager to see if they meet the criteria to be referred.

Self-Care Tips

Anxiety disorders are the most common type of mental illness in the United States, affecting 40 million adults each year. Yet only 36.9 percent of people living with anxiety disorders receive treatment. The good news? In addition to seeking professional treatment, there are self-care tools you can use daily to manage symptoms of anxiety.

Learn how to deal with anxiety using these four self-care tips from Mental Health First Aid USA:



- **Relaxation training.** Relaxing certain muscle groups can help you voluntarily relax when anxiety is running high. Start at your toes and work your way up through your body to help prompt a state of relaxation.
- **Exercise.** Getting up and moving for at least 30 minutes a day may help mitigate some symptoms of anxiety when they arise or can help prevent anxiety before it starts.
- **Self-help books based on cognitive behavioral therapy.** Cognitive has been shown to be effective for a wide variety of mental health disorders, including anxiety disorders.
- **Meditation.** Learning to clear your mind through meditation can be a great tool to alleviate anxiety and stay present.

Contact Us



If you or someone you know is having suicidal thoughts pleas call one of these hotlines:

- **G-CAL:** 1(800) 715-4225
- **Suicide Prevention Hotline:** 1 (800) 273-8255
- **Depression Hotline:** 1(888) 640-5174
- **Crisis Text line:** Text "Hello" to 741741

Berrien Clinic: (229) 494-9416
Cook Clinic: (229) 896-4559
Lakeland Clinic: (229) 896-4559
Lowndes Clinic: (229) 671-6170
Tift Clinic: (229) 391-2300

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