

January 2025

National Mentoring Month

In January, we celebrate individuals who have guided others to success through mentorship, raising awareness about the significant impact they have. This observance was originally established by the Harvard T.H. Chan School of Public Health and MENTOR: The National Mentoring Partnership in 2002, and it has gained considerable recognition.

Great ways to promote this month include sharing your own mentorship stories, reaching out to someone who has mentored you to express your gratitude, or sharing your experiences online!



CCBHC Corner

We are thrilled to announce that Legacy's Lowndes County location is now designated as a Certified Community Behavioral Health Clinic (CCBHC) after successfully meeting SAMHSA's rigorous certification criteria! This means that Legacy provides the nine required core services - with a focus on 24-hour crisis care, evidence-based practices, care coordination with local primary care and hospital partners, and integration with physical health care. CCBHCs provide individualized, recovery-oriented care to anyone who requests mental health or substance use services, regardless of their ability to pay. Legacy is proud to partner with so many of your organizations, which share a common goal of providing services for those in need in our communities. While we have accomplished our objective of compliance with CCBHC criteria, there is still work to do! Legacy will focus efforts in the new year on expanding our CCBHC services to the entire 10-county service area. There are great things to come in 2025 and we look forward to sharing them with you – our valued community partners!

Upcoming Events

Jan 4th

Community Disaster Recovery Resource Fair @ VLPRA Admin Office

Jan 22nd

Mental Health Day @ The Capitol

Feb 26th

Valdosta Veteran & Community Job Fair @ WorkSource GA Career Center

Feb 27th

Community Resource Fair @ Goodwill Career Center

If your organization would like Legacy to be present at upcoming events, please contact Lauryn Winger at lwinger@bhsga.com

How to Contact



LBH has three outpatient clinics located in Lowndes, Tift, and Cook Counties. We also have a 24/7 Crisis Center located in Valdosta

Tifton Clinic: (229) 391-2300
Adel Clinic: (229) 896-4559
Valdosta Clinic: (229) 671-6170
BHCC: (229) 671-3500

www.legacysga.com

Mission

Empower hope and wellness through exceptional, personalized care.

Vision

LBH envisions communities free of stigma built on compassion and hope; bridging mental and physical health

Values

- ✿ People
- ✿ Access
- ✿ Accountability
- ✿ Quality
- ✿ Collaboration

In the Limelight HIV Testing Program



The best way to start the new year is to know your status! Legacy Behavioral Health provides fast, free, and confidential HIV/Hep C testing for everyone in the community 18 years or older. Testing is done at all three locations on certain days; every Monday and Thursday in Lowndes, every Tuesday in Tift County, and every second Wednesday in Cook County. If the test comes back positive in the lab, the nurse will coordinate care with a referral to someone who will provide further testing as well as medication. Although there is no cure, there is an HIV treatment that can reduce your chances of transmitting it to others while also keeping you healthy for many years.



New Year, Better Me

One of the best parts of the new year is creating enjoyable resolutions. However, some resolutions can become overwhelming and consume our thoughts. Here are some tips from SAMHSA for managing your resolutions for 2025 while also taking care of your mental health.

- Pick a Goal that Motivates You
- Break Down your Big Goals Into Smaller, More Manageable Goals
- Focus on Progress, Not Perfection
- Lean on Others for Support
- Practice Self-Compassion
- Don't Compare Yourself to Others
- Know When to Ask for Help

Out and About



LBH had the honor of attending Fentanyl and Georgia: A Conversation, hosted by Bridgeway Recovery Center and The Georgia Council for Recovery.

We had the opportunity to attend and provide information on resources at The Good Beyond the Storm, hosted by Goodwill.

