



COMMUNITY COUNSELING CENTER

December 2016/January 2017

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December—Impaired Driving Prevention Month

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With the holiday season approaching, it is the perfect time to bring up that December is National Impaired Driving Prevention Month. December 16, 2016, through January 1, 2017 there will be a national Drive Sober or Get Pulled Over campaign to help keep impaired drivers off the roads (<https://www.trafficsafetymarketing.gov/get-materials/drun-driving/holiday-season>).

Although, this campaign is important as there is an increase in impaired driving during this time of year, prevention is something we should strive for everyday.

In 2012, more than 10,000 people died in alcohol-impaired driving crashes - one every 51 minutes (<https://www.nhtsa.gov/Driving-Safety/Impaired-Driving>). In addition, the most recent National Roadside Survey of Alcohol and Drug Use by Drivers (2013-2014) showed a 16% increase for drugged driving since 2007. There is no doubt that the prevention of

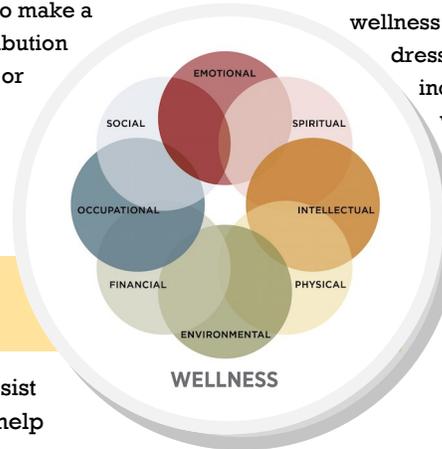
impaired driving is an important topic as this can lead to devastating consequences for the offenders, their victims, and the families of all involved. Please visit the links provided for more information.

Mental Wellness can be defined a variety of ways. The World Health Organization defines it as “a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her com-

munity.” The above definition describes a level of wellness that could be impacted by several aspects. In fact, SAMHSA (see below) has identified 8 dimensions that should be considered when discussing overall wellness. For information on

wellness strategies to address these dimensions, including wellness worksheets to help you self-evaluate your overall wellness, please visit:

<http://www.samhsa.gov/wellness/>



Featured Program—Outpatient Therapy

We would like to recognize our outpatient therapy department in this issue. Over the past year, CCC has focused on incorporating evidence-based therapy practices throughout our outpatient treatment. In the last year, we have trained several therapists in Eye Movement Desensitization and Reprocessing (EMDR), Motivational Interviewing, and Trauma Focused-Cognitive Behavioral Therapy which all emphasize the importance of considering previous trauma when working with clients. Therapists have been trained on a variety of specialized techniques to ease the client's experience

during treatment as well as assist client's with learning tools to help them obtain and maintain their recovery. In addition, we now have a therapist trained in Parent-Child Interactive Therapy (PCIT) which allows the therapist to coach caregivers on the application of specific therapy skills through a one way mirror, using a “bug-in-the-ear” system to communicate with the caregiver while they are interacting with their child. For more information about our outpatient therapy services, including admission criteria, please contact Victoria Dormeyer at 573-334-1100.

Employee of the Month

Congratulations to **Paula Johnston** who was selected by the Human Resources Committee as Employee of the Month for the month of **September**. Paula is a Therapist in the Cape and Marble Hill offices. She was nominated because of her approach to team work, interactions with our clients, and positive representation of the agency.

Congratulations to **Lisa Manetz** who was selected by the Human Resources Committee as Employee of the Month for the month of **October**. Lisa is a Community Support Caseworker in the Perryville office. She was nominated because of her dedication to her clients and the encouragement she offers them throughout their recovery. Lisa has been with CCC for almost 20 years and has proven to be an important part of our team.

Recognizing our Community Partners

County Mental Health Boards

The mental health and rehabilitation services our Center provides depends on active, individual partnerships with many organizations. These partnerships make our service possible. A vitally important partnership that helps plan and support our services are the Mental Health Boards in Cape Girardeau, Perry, and Ste. Genevieve counties.



Without this support, we would not be able to provide necessary services. These local Boards have been active with our Center for over 40 years. These Boards have been the best of advocates for persons in need of care and have provided the funding to sup-

port services throughout Cape Girardeau, Perry, and Ste. Genevieve counties. Again without the work of these Boards, we would not be able to provide the services we currently offer.

Thank you!!!

Partnering with our Individual Placement Support (IPS) Program

Community Counseling Center believes that employment is an essential part of adult living. IPS is an evidence-based practice for individuals living with a serious mental illness who need assistance and support to become employed competitively in the community.

Featured Business

Interstate Cleaning Corporation

Our IPS program could not be successful without the partnerships we have developed with local businesses that have placed our clients in competitive positions within their companies. We want to recognize Interstate Cleaning Corporation as they have employed 4 our of IPS participants.

Updates on our Current Projects/Initiatives

Breaking Ground—Facility Relocation

Ridgeway House is one of our 24/7 Intensive Residential Treatment Services group home. This all female facility specializes in providing direct service and support to, up to 7 female clients, living with a serious mental illness. We are proud to announce that we have officially broke ground for a new facility which will offer approximately 4000 sq ft of living space, almost doubling our current facility. Our facility staff and clients were able to provide input into the development of this facility.

myStrength Available to You!!!

myStrength is an online and mobile application increasing access to evidence-based resources to help individuals better manage symptoms and overall wellness. myStrength will be available to our consumers in January, but this program also offers an opportunity for community members to learn about a variety of mental health issues as well as access tools anyone can use to improve overall health and wellness. You can view a short informational video as well as sign up at www.mystrength.com. Please use MOCCCcommunity as the access code when setting up an account.

Other Announcements...

CARF Accreditation

We received our CARF Survey Report outlining the results of our recent survey visit. CCC is proud to announce that we have again, earned a Three-Year Accreditation, the highest possible outcome, through CARF International.

Case Manager Appreciation

The week of October 10th was National Case Manager Appreciation Week. CCC hosted an Appreciation Breakfast/Luncheon at each of our office



locations as a way to say thank you to our case managers for their continuous efforts to help our consumers. This group of staff have extremely difficult positions but show their dedication every day.



Agency website: www.ccntr.com

24 Hour Crisis Line: 1-800-356-5395

TLC Warm Line: 573-651-3642