



ALPHA NEWS

All Life's Problems Have Answers



MOMENTS WITH MARA

November 26th marks the sixth month anniversary of my return to The ALPHA Behavioral Health Center, and they have been a remarkably busy six months.

Returning right in the middle of the COVID-19 Pandemic was met with the challenge to get ALPHA fully operational while mitigating the risk of the virus.

Our ALPHA staff met that challenge without hesitation and has been in full swing meeting the even higher demands of our communities in Kershaw, Chesterfield and Lee counties. I cannot express how much the ALPHA staff mean to me personally and undoubtedly to the mission of the agency. There is something very magical about our staff that is hard to put into words. ALPHA embraces that each life that walks through our doors has the greatest potential for the best quality of life possible.

The staff lovingly, firmly, gently, professionally, knowledgeably, and passionately give their best to each person in need of services. But it does not stop there; I watch the staff take time to enjoy the companionship of their co-workers and truly work as a collaborative team. I hear the staff asking how we can do more for someone and grow our mission. Coming to work is one of my greatest enjoyments because of the staff.

Over the past six months, ALPHA has achieved so much despite the pandemic. ALPHA has been fully operational with the delivery of remote and on-site services, moved to a new facility in Kershaw County, expanded Chesterfield office with the addition of a new location, conducted a drive through health fair, expanded the Peer Support program, expanded tele-counseling services, continued to accept internship placements, and maintained the delivery of exceptional quality of care services. It is because of the ALPHA team that this was possible.

So, this holiday season, I am grateful for each person that chooses to come to work at The ALPHA Behavioral Health Center and to be a part of making a difference in the lives of our community.

Much love and appreciation to each ALPHA member.

Mara



CONTINUING TO GROW

The new building is completed and fully operational in Camden. An open house was held that was well attended by staff and community partners. Tours were given and a ceremony was held for the Building Dedication to honor Mr. Paul Napper and his achievements at The ALPHA Center including the construction of the new building.

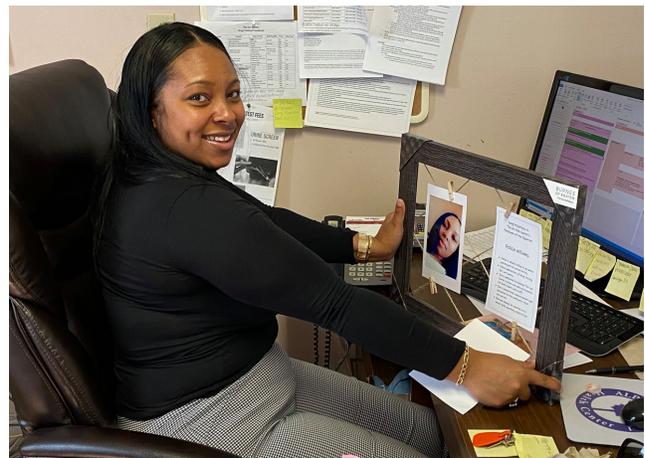
Many notable men and women spoke including: Exective Director, Mara Jones, Board Chairman Leon Prosser, The Honorable Alan Wilson, The Honorable Alfred Mae Drakeford, The Honorable Julian Burns, The Honorable Byron E. Gipson, SC DAODAS Chief of Staff, Lee Dutton, Congressmen Ralph Norman, Rep. Laurie Funderburk and Senator Vincent Sheheen. Afterwards, Rev. Steve Lee prayed a prayer of blessing and Mr. Napper shared remarks remembering how it all started and those that were a part of it all. We are so grateful for all the support and help to make this happen.



Chesterfield has also outgrown their building. Plans are in the works to be able to build in Chesterfield, but until then they will be leasing a second building to house some of the staff and groups.

EMPLOYEE OF THE QUARTER

Felicia Williams was named our very first Employee of the Quarter! She is our data coordinator in the Lee County office. Her warm smile and compassion are noticed by clients and staff.



DRIVE THRU HEALTH FAIR

The ALPHA Center hosted a Drive Thru Health Fair in Camden to provide a variety of information, promotional items, and food bags. Narcan and overdose prevention education was also available. We had great participation and support from our partnering agencies such as Kershaw Health, LiveWell, Sandhills Medical, United Way of Kershaw County, Access Kershaw, Joseph Dental Associates, and Hengst Automotive. We had over 100 individuals come through the booths including both clients and community members. .



STAFF RETREAT

We held our 2020 staff retreat in October. All staff enjoyed a time together from all three of our sites. It is always a great opportunity when our different locations are able to come together to get to know each other better and encourage each other in the work we do.

This year, we participated in a personality survey and Kathryn Johnson from LiveWell Coalition came and helped us understand the characteristics of our different personalities and how we can work better together being more aware of each others' traits and differences.



We had a wonderful lunch and fun prizes along with some very creative skits about ALPHA that staff teamed up to create. The day brought us all together and was an overall great day.



HISPANIC HERITAGE MONTH

The ALPHA Center observed Hispanic Heritage Month by celebrating the Hispanic culture and honoring all those who have contributed to our nation. Our Hispanic Coordinator, Lee, shared with us facts about different Hispanic countries, and we enjoyed different foods along with cooking demonstrations.

ACCESSIBLE SERVICES

While COVID-19 has provided us with a number of obstacles to overcome, it has also provided us with an opportunity to make our services more accessible through telehealth. Our clients are now able to utilize technology for their appointments for both group and individual sessions. As we returned back to in office appointments, we have continued to offer telehealth services as needed. Our goal is to keep our clients engaged and continue to make progress towards their goals without the barriers of transportation or feeling at risk due to health concerns.



MAKING A DIFFERENCE

Our Chesterfield office recently received a call from a previous client. He shared how grateful he was for our help and how great he was doing now. He had struggled with alcohol and contemplated suicide until he came here. It's messages like these that remind us of the importance of what we do. We never know how one conversation can change the life of an individual.

PEER SUPPORT

The ALPHA Center is proud to provide Peer Support services for clients in recovery. A Peer Support Specialist utilizes their own life experiences in recovery. Through shared understanding and respect, they try to help people stay engaged in the recovery process. They promote quality of life in recovery and connect clients with support services in their community (housing, meals, employment, etc). They also provide links to the recovery community (AA, NA, etc) and offer individual and group support in addition to their treatment services.



SEPTEMBER - RECOVERY MONTH

September is recognized as National Recovery Month. The ALPHA Center celebrated Recovery throughout the month with daily social media posts, motivational quotes posted at each office and every Friday we dressed for a different theme in recognition of those in Recovery.

We also had support from the community as we encouraged others to seek help in finding their path to and motivated those working towards Recovery.

Recovery is possible, but we know it takes a lot of hard work and support. We strive to provide skills and support to make that possible for our clients every day.



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