

**AMAZING LOVE**

*Straight from the Heart*



**HEALTH SERVICES**

*Because we care*

n e w s l e t t e r

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# Choices in **RECOVERY**

**TAKING**

**STEPS**

**TOWARD YOUR**

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## GEORGES'S CORNER

**By Georges W. Ntemi**

President/CEO



Let me begin my column by wishing you all a great 2017 in which all your resolutions will be fulfilled through the grace and blessings of the Good Lord. Let me

also express my profound gratitude to the staff, doctors, and leadership of ALHS for our excellent accomplishments in 2016.

It is my privilege and pleasure to acknowledge that because we all care, I appreciate the excellent, diligent, and compassionate manner in which you executed your responsibilities that culminated in ALHS winning the Washington Award Program's best company award in allied health for the second year running.

Please keep up with the excellent work, and let the Ward 6 community in particular and District residents in general know that our best is yet to come. I am optimistic in my firm belief that if 2016 was good, 2017 will be better, yes, a whole lot better. In fact, I'll be remiss if I don't express my gratitude to Council member, Charles Allen (D-Ward 6) for taking time off his busy schedule to visit our premises to acquaint himself with our services to the community.

Our goal this year is to have the Department of Behavioral Health (DBH) lift the mandatory moratorium so that ALHS will live up to its promise and potential of adding core services to the services we are already providing. And, we intend to have the moratorium lifted through our continual commitment to providing excellent and quality services to our consumers.

At Thanksgiving, ALHS, once again, extended its compassion and concern to its consumers and the community at large with the distribution of dozens of turkeys to make the occasion a little sweet for them. We also participated in the Safeway Feast of Sharing at the Convention Center where we announced our services to visitors. This year, we hope to ascend to the next level of glory through our dedicated and fabulous services to the community.

May peace, joy, and blessings be with you all in 2017 and beyond.

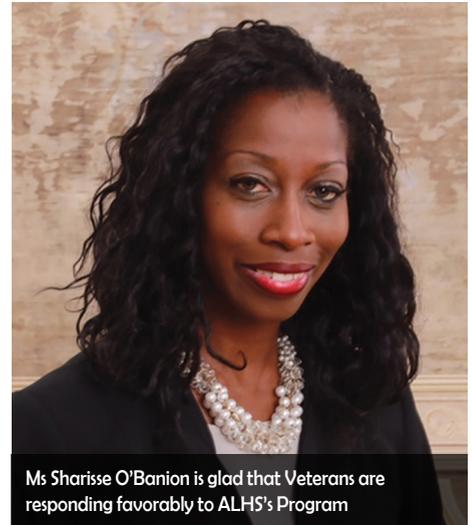
## ALHS extends services to assist Veterans through Sharisse O'Banion

**P**atriotism, as opposed to nationalism, is love of country, with the hope that in times of difficulty or some form of disability, your country, either federally or through service agencies, will not neglect you.

Indeed, there are a variety of reasons why many people enlist in the military, and these include serving one's country, continuing a family tradition, choosing the military as a career, enlisting because one wants to benefit from the GI Bill and get free college education, or enlisting to get a green card.

All these are laudable reasons that inform an individual's desire to honor a nation's patriotic needs. But, sometimes, the price one pays for that could demoralize the patriotic zeal of less inspired individuals, especially when the assistance one needs in times of difficulty and need, becomes hopelessly elusive.

Since World War I, other external wars this country has fought in were World War II, the Korean Conflict, the Vietnam War, the Kuwait War, and currently, the Iraq and Afghanistan Wars. Sadly, Veterans who defend the flag on the war front, are sometimes afflicted with post-war ailments such as Post Traumatic Stress Disorder (PTSD) and Traumatic Brain Injury (TBI), so they need help to ensure their reintroduction into living normal lives. In a stellar effort to contribute its fair share to helping Veterans reintegrate into society, ALHS has Ms. Sharisse O'Banion playing an excellent role to ensure the company extend its high quality, affordable services to them.



Ms. Sharisse O'Banion is glad that Veterans are responding favorably to ALHS's Program

"In TBI and PTSD cases, Veterans can be effectively taken care of by enrolling in our Bereavement, Loss, and Grief Counseling Program, where our excellent doctors will work with them throughout the recovery process," noted Ms. O'Banion. In addition, Ms. O'Banion identified areas where willing Veterans can be educated to enable them to return to the workforce, so she created learning hubs and partnered with Veterans' Services Organizations (VSOs) to train them. Ms. O'Banion chose some courses predicated on industry growth that are offered to Veterans and other military personnel and identified five organizations to help with the training.

Four of the organizations are Battlefield Resumes, The National Center for Missing and Exploited Children, Verizon, and Variq. "After identifying qualified facilitators to ensure the Veterans are effectively and well trained in courses that last from four to five weeks, participants are awarded certificates at the end of the course, and we help them obtain gainful employment." ■

ALHS Newsletter  
Staff Writer

# From Grief to Peace, Heshimu Pittman is Grateful to ALHS

**W**hen Mr. Heshimu Pittman was a young man in senior high school at Ballou in Southeast DC, all he dreamed of was graduating from high school and taking advantage of his reputation in his community as a talented track and field star to get a job and settle down with a family of his own. Heshimu didn't want to attend college because he felt he wouldn't be able to concentrate, the result of losing many family members and friends, people he constantly thought about. Heshimu's problem was compounded by the knowledge that any time he had an athletic meet and invited some of his family members, nobody cared enough about him to accept the invitation. The absence of family members to watch him excel as a track and field star hurt him so much that he couldn't focus, even on the tracks. That led to a string of injuries that eventually upended his high school athletic career.

"At Ballou, I was part of the All-Meet first team and all American relay team in track and field and honorable mention in the individual cross country team. Later, I suffered a disc slip in addition to other injuries, so it made me stop running,"



said Heshimu who graduated from Ballou in 1992. After high school, he worked at the United States Post Office, where he said he was fired after three years, thereby, killing his dream of marrying and settling down with a family. Since then, he has been working with various temp companies, but in 2014, he made a 180-degree turn around when his life went downhill after suddenly losing his mom, the only person in his life who was there for him when he needed somebody to lean on. Heshimu couldn't take it anymore, and he went into a deep depression. He mustered courage and came to ALHS in 2015, where he was diagnosed with chronic depression. "Amazing Love

Health Services has been a valuable asset to my life," says Heshimu. "I have lost many family members, including my mom whom I lost two years ago (2014), so life was almost unbearable for me." In Heshimu's moments of grief, he came to ALHS where the doctors turned his grief into hope with counseling and grief sessions. Among his therapeutic sessions are trauma recovery, anger management, building resiliency, and therapeutic group sessions for adults.

"Amazing Love Health Services is truly a blessing in my life. I will advise anyone who is going through grief or needs to change their life to attend these wonderful and healthy group sessions with ALHS. At these therapeutic meetings, you will meet psychiatrists, doctors, and counselors who are interested in the health and well-being of every client. The twelve therapeutic sessions will change your way of thinking and you will have peace of mind," says Heshimu. He noted that as soon as he completes the sessions, he'd get a job and settle down without worrying too much about departed souls again. ■

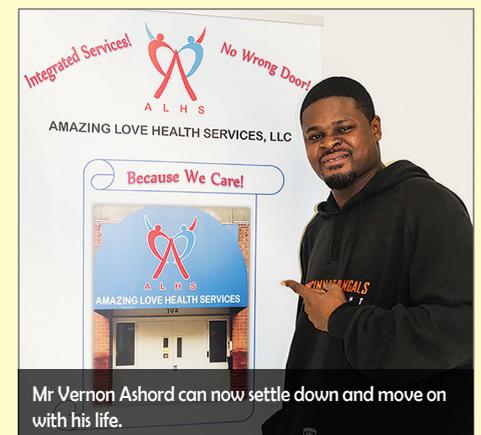
# ALHS Restores Hope in Vernon

**V**ernon is a 33-year-old man who came to Amazing Love Health Services (ALHS) in April of 2015, seeking consistency in prolonging his sobriety. Since becoming a consumer at ALHS, Vernon has embarked on a long, yet prosperous journey of recovery. "I was looking for answers," stated Vernon when asked about his decision to obtain services from ALHS. "I've never had a mental evaluation done or anything like that, so I decided to give Amazing Love a chance".

Before coming to ALHS, Vernon was unaware of the source of his men-

tal illness, and admitted that he didn't expect much from taking advantage of the services at ALHS. However, after attending several support groups and therapy sessions, Vernon was able to identify the reasons why he needed help and became more consistent with the services offered at ALHS. "I like being able to come to a place, where I could open up and speak without feeling any shame.

"In Vernon's plan to sustain his sobriety into a realm of permanence, he saw an opportunity that would reward him with a career, despite his condition. While a consumer at ALHS,



Vernon gained knowledge of a Virginia Commercial Driver's License school, and began taking classes to obtain a Commercial Driver's License (CDL).

"There were days when I didn't have funds to get to school, but ALHS assisted me with the transportation," ...

Vernon stated. During the process to obtain his CDL, ALHS encouraged and motivated Vernon until he successfully completed the program. Vernon confirms that he is a different man from what he was when he started at ALHS.

Today, he admits, "I'm sleeping a lot better; I'm able to think a lot clearer, and the thing that I credit this place most with, is that it literally helped me to stop drinking." Still, Vernon continues to be consistent with his treatment

plan here at ALHS, as he strives to be a provider for his family. ■

ALHS Newsletter  
Staff Writer

## A Soothing and Sobering Encounter with a **Clinical Psychologist**

**D**r. Sonya Clyburn is the only psychologist among the doctors at Amazing Love Health Services, and she is one of a kind. Always clad in an all-white outfit of sartorial brilliance, Dr. Clyburn is of the profound conviction that to achieve total wellness for individuals seeking help, the approach must be holistic, where the mental, physical, and spiritual aspects of the healing process are addressed.

The social stigmatization of mental illness that circumvents many of the afflicted from seeking help is particularly troubling to Dr. Clyburn. According to statistics, 20 percent of African Americans adversely suffering from one form of mental illness or another refuse to seek help for fear of being ostracized by society.

However, Dr. Clyburn argues that it is not only African Americans that refrain from seeking help but also many minority groups. "Social stigmatization is not high among only African Americans; it is high among all ethnicities. It denotes the difficulties arising out of cultural pressures brought about by institutional racism, discrimination, and the denial of opportunities to some of these minority groups," said Dr. Clyburn. Dr. Clyburn also revealed that many people suffering from mental cases don't know what the signs and symptoms are, so they live in total oblivion, unaware of their psychological problems. "Mental problems show up in individuals in different ways. The way it shows up in one person may be different from the way it shows up in another person, so

it takes proper diagnosis to determine the particular type of mental illness an individual is suffering from," noted Dr. Clyburn. For example, the signs and symptoms of depression or trauma in one person may differ from another person, based on one's biological anatomy, so it's always critical that any sign of changes in behavioral patterns has to be diagnosed by a professional for the proper care to be administered. Dr. Clyburn feels strongly about the need to draw awareness in minority communities about the importance of showing compassion to people suffering from issues associated with the mind and body through education.

The concern and compassion Dr. Clyburn has for people date all the way back to her high school days. Growing up, she wanted to be a pediatrician. But, one day all that changed when a psychologist came to her high school's Career Day in Maryland and revealed that some of the mental cases involving minorities were the result of misdiagnosis and under-diagnosis. "Misdiagnosis and under-diagnosis?" she thought. In other words, some doctors, in order to sustain stereotypes imposed on minorities, misdiagnose and under-diagnose their ailments to maintain the status quo while marginalizing the minority. That deliberate misdiagnosis and under-diagnosis got the young Sonya thinking and asking questions.

As a result, she started interning as a researcher with the psychologist that went to her school's career day regarding the topic. The lass's foray into research when she was still in high school delineates her passionate zeal for the problem

so that she could know more about why some minorities are branded as mentally ill when all that they might be suffering from could be behavioral problems.

The misdiagnosis and under-diagnosis create the perception that an individual is unfit to operate within the realm of normalcy in society, and that leads to stigmatization. This national problem compelled Sonya to major in psychology so that she could research more into it at Winston-Salem State University in North Carolina.

After earning her undergraduate degree, she returned to her home State and did graduate studies in Counseling Psychology at Bowie State University and her doctorate from the American School of Professional Psychology at Argosy University here in the nation's capital.

As a clinical psychologist with a vast knowledge and in-depth experience in the field, Dr. Clyburn's arena of clinical focus includes spirituality. Dr. Clyburn's inclusion of spirituality in her clinical interests stems from her belief that the physical, mental and spiritual dimensions of the individual must all be in commune with one another for total wellness to be achieved in the healing process. Thus, her therapeutic approach is integrative, allowing her to focus on psychodynamic and cognitive behavioral techniques.

"In fact, many health agencies are now moving toward the holistic approach because of its tremendous benefits," said Dr. Clyburn, as she got ready to take her next client through the holistic process. ■

# Residents Praise ALHS for its Concern for and Commitment to Welfare of Community



A consumer expresses his appreciation to Ms. Gwendolyn Hemphill after getting his turkey

**T**hanksgiving is not an occasion when anyone should go hungry, or even complain about hunger. If that should happen, it would defeat the aim, objective, and spirit of celebration of the iconic occasion. You see, the history of Thanksgiving Day is eerily similar to the exodus of Jews from Egypt.

History has it that when the Pilgrims in England were being persecuted by the Archbishop of Canterbury because of their religious beliefs, some of them decided to flee to the New World through the Netherlands. They saw the New World as their Promised Land flowing with milk and honey, a shining city on the hill, where they could also become land and property owners.

Toward that end, in 1620, just one

year after the first documented Negroes were brought to America, the Pilgrims landed in Plymouth, MA on the Mayflower instead of their intended destination in New York. On the way to America, weather conditions were reported to be so treacherous and devastating that instead of a couple of weeks, the journey took more than two months.

When the Pilgrims arrived, due to atrocious, inclement weather conditions, they had to stay on the Mayflower until conditions improved, by which time more than half of them had perished on the Ship through starvation and various diseases. When the weather ameliorated, some Native Americans came to their aid to help them settle down by giving them corn and other staples to plant and harvest.

Toward the end of 1621, the Pil-

grims rewarded the generosity of the Native Americans by hosting them and feasting together with them to celebrate their bountiful harvest; they continued to celebrate together until relations between the settlers and Native Americans became strained when some of the colonists started annihilating and plundering Native Americans for their land.

In spite of the seeming ingratitude and callousness of the greedy colonists, Thanksgiving became part of the DNA of American life. During the Revolutionary War, General George Washington asked for fasting and when America defeated the British, President Washington had the victory celebrated on Thanksgiving Day.

Later on, it was sparingly and sporadically celebrated by some of the States...

until 1863, when Emancipation also came with President Abraham Lincoln decreeing the last Thursday in November as Thanksgiving Day, a holiday celebrated in many homes with turkey, cranberry sauce, stuffing, apple pie, potato in mashed form, sweet potato, and many more.

So, when the management of ALHS decided to give away free turkeys a couple of days to Thanksgiving, not only to its clientele but also to anyone who might stop by, they joined in celebrating an important American religious tradition in remembrance of the original Pilgrims who landed in Plymouth in 1620.

The community appreciates ALHS's dedication to the welfare and spiritual well-being of residents. Valerie Murphy, who works in the area, was informed by a co-worker, who is also a community advocate that ALHS was giving away free turkeys, so she rushed there to get hers. "The presence of Amazing Love Health Services here is quite a blessing," said Ms. Murphy. "They are a tremendous blessing to this community. The turkey give-away is wonderful because many people can't afford to buy turkey for Thanksgiving."

To Ms. Gladys Mack, her main concern was that Donald Trump must not do away with the main provision in the Affordable Care Act (ACA) that mandates insurance companies not to discriminate against people with pre-existing conditions so that many people that need the services of companies like ALHS can still benefit from their existence. "Amazing Love Health Services is a blessing from God. I will pray to God for these services to be still around, and I hope Trump won't do anything to delegitimize and jeopardize their existence," said Ms. Mack, who also praised the ANC commissioner, Ms. Sondra Phillip-Gilbert for her hard work in the community but receives zero check.

Ms. Mack was particularly impressed with the effort Ms. Gilbert is making to ensure that gentrification that's impacting many quadrants in the District doesn't adversely affect her community. "With prices of houses in areas like Georgetown sky-rocketing, many people are moving from those high-in-

come areas to moderate and low-income communities like ours, and driving many people out. Sondra works for the underdog, and Amazing Love Health Services is looking out for this community. A lot of people need these health services and programs," concluded Ms. Mack.

Mr. Charles Barbour simply said, "It's good ; it's excellent. The turkey will make my Thanksgiving great. I'll invite a couple of my co-workers to come and cook it for me." Mr. Eric Trice was more forthcoming as he noted, "Amazing Love Health services is doing a wonderful thing in this community. I feel really wonderful. It's very important to help people in need, and ALHS is helping people with mental health programs. Giving out free turkeys for Thanksgiving is really great."

A few blocks away from where ALHS is located is the Department of Human Services (DHS). Some of the employees there heard of ALHS's compassion for the community, so they also came for their deserved turkeys. Officer Kela Butler is a security officer assigned to DHS. She commented, "What they're doing for the community is great. It's wonderful because some can't afford turkey for Thanksgiving."

Ms. Tenisha Pugh and Ms. Shauna Sutherland, both employees of DHS, observed that it was very nice on the part of ALHS to be giving out turkeys for Thanksgiving. "It's thoughtful on their part to help others out to make their Thanksgiving day," added Ms. Pugh.

Indeed, the gesture of the management of ALHS to obey the spirit of Thanksgiving and provide free turkeys to those who needed them fits perfectly into their Christianity mantra of giving to the needy since the founding members of ALHS, just like the Pilgrims, are all devout Christians, two of whom are pastors, one is a crusading evangelist, and the other is a church elder. Bravo to them! ■

*By Samuel O. Doku*



## LETTER TO THE CEO

Dear Mr. Ntemi,

I would like to take this opportunity to thank you, your organization "Amazing Love Health Services", and your community outreach representative, Ms. Gwendolyn Hemphill for providing over 50 families in the Rosedale community with fresh turkeys for their Thanksgiving dinner.

Your blessings helped to feed so many that were in need and appreciative. This was truly a blessing for me to have been a part of this outreach for the community during this season of sharing and being thankful.

I look forward in working closely with you all in the near future to continue to build a stronger relationship and healthier community.

Wishing you all a wonderful and bless Holiday Season !

Sincerely appreciated,

**Sondra Phillips-Gilbert,**  
6A07 ANC Commissioner

# ALHS Participates in Safeway Feast of Sharing in Commemoration of Thanksgiving



Visitors to the Safeway Feast of Sharing and invited guests enjoy themselves at the Convention Center

On November 23, 2016, Safeway continued with its 17-year-old tradition of giving back to the community through its Feast of Sharing event hosted at the Washington Convention Center in commemoration of Thanksgiving Day.

Amazing Love Health Services (ALHS) was among the businesses and non-profit organizations that graced the Convention Center with their services and products on Thanksgiving eve in honor of Mayor Muriel Bowser's call for a spirit of voluntarism to be unfolded at Thanksgiving. "Safeway

sponsors the Feast of Sharing event as a way of giving back to the community we serve and to provide a traditional Thanksgiving meal to those who might otherwise not have a Thanksgiving gathering to attend," said Ms. Beth Goldberg, Senior Manager of Community and Public Affairs.

As Ms. Gwendolyn Hemphill points out, "Amazing Love Health Services, LLC is pleased to participate, on an annual basis, in the Safeway Feast. We participate by sharing with citizens the services provided by ALHS. We provide materials that reflect what ALHS offers," said the PRO and Newsletter Coordinator.

At the stand of ALHS, Ms. Elisabeth Longtchi-Noutiji, the company's in-house clinical nurse was there to take the blood pressure and temperature of attendees. "On the need to check attendees' blood pressure and temperature, Ms. Longtchi-Noutiji said, "On occasions such as this, accidents can easily happen. Somebody might be walking around with an elevated blood pressure and may not know it. By coming here to check vital signs of attendees, we are able to avert any tragedy because if we check somebody's blood pressure and it's too high, we call the ambulance and the individual is rushed to the hospital."...

Fortunately, there was no need for Ms. Longtchi-Noutiji to call 911 because all those who came to have their blood pressure checked had their pulses operating within acceptable and reasonable limits, a 65-year-old woman, whose pressure was at an impressive 140/85. "I feel good. I have never had any problems with my blood pressure. All the same, I was glad when my blood pressure was measured and I saw the reading," said the lady-who confessed that she was on blood pressure medication and took it before going to the Convention Center.

A 58 year old woman's reading was excellent for her age. "I am happy that my blood pressure is good because I was sick from staying at a shelter. Best of all, I am happy to be here to have my blood pressure checked." Her blood pressure read 142/81.

When Ms. Longtchi-Noutiji is at ALHS, she checks vital signs, blood sugar levels of consumers to make sure they are physically stable before receiving mental health services and in case their readings are out of the

normal ranges, she confers with the psychiatrist for urgent follow up and stabilization of the consumer. She also educates the consumers on benefits and side effects of the medications the psychiatrists prescribe to the consumers. The consumers need to know the benefits of the medications in order for them to understand if it is helping them, and also when to alert the doctor of the undesirable effects of the medications. "We encourage patients to take their medications consistently because the benefits of taking your medications far outweigh the disadvantages," said the clinical nurse.

Other businesses and non-profits that participated in the Safeway Feast of Sharing were Events DC, SunTrust Bank, The Salvation Army, Unity Health Care Inc. Centerplate/NBSE, Projection, CBS Radio, NBC4, VA Medical Center, Metropolitan Baptist Church, YMCA,



and Digital Conventions. In addition, the Mayor's Office on Volunteerism, Breathe DC, DCMPD, and United Planning Organization (UPO) participated. "We are a community-action group, so any chance we get to participate in events like this and give back to the community, we take," said Ms. Ferrell of UPO. ■

ALHS Newsletter  
Staff Writer

## ALHS's Love and Compassion for Community Fueling Company to Greatness



When the founders of Amazing Love Health Services, LLC resolved, out of their compassion to serve the needy to establish a center to cater to people in need of mental health services, the motivation that became their quint-essential preoccupation was to devise an effective plan to ensure the company doesn't become a mere statistic in the annals of small business enterprises.

As a result, for weeks and months, Mr. Georges Ntemi and Dr. Richard OlomoweYE brainstormed, relying on

their years of accumulated experience together in the health sector to make sure they devised a working plan that would situate the company in the realm of providing excellent and high quality allied health services to consumers.

The more they brainstormed for ideas, the more confident and upbeat they became about the possibility of establishing a company that would meet the needs of people in dire need of caring, compassionate, and committed doctors and staff to attend to them.

In September of 2014, Mr. Ntemi and Dr. OlomoweYE, diligent and determined, came together to plan the establishment...

of a health care facility to contribute to the growing needs of mental health patients in the Washington, DC Metropolitan. Being men of integrity, they knew that they needed to establish a business preamble that would make honesty, sedulity, and teamwork the rampart of the company. From that perspective, they invited Ms. Mildred Tembunde who holds a master's degree in law to help plan and execute the modus operandus for the company.

Regarding a name for the company, after much brainstorming, during which many possible names were suggested, they finally settled on calling the company Amazing Love Health Services, LLC, in part, to delineate their love and zeal to extend their commitment, experiences, and diligence into the arena of a small business enterprise in the mental health category to help meet unmet needs in the District of Columbia. In a nation where more than 60 million people are reported to be afflicted with one form of mental issue or another—be it trauma, depression, psychosis, schizophrenia, brain traumatic injury, or post-traumatic stress disorder, to mention just a few—the need for a center like Amazing Love Health Services, LLC cannot be over-emphasized.

Four months after seeing the vision to start a health services center to cater to people in need of mental health services, including Veterans, Amazing Love Health Services opened its doors to District residents in the Ward 6 community in January 2015, and it is located at 702 15th Street, NE, Washington, DC 20002.

However, the beginning of any business undertaking is never easy, especially an audacious entrepreneurial venture like upstarting a mental health services center. In that sense, ALHS had its own initial problems to overcome. The founding members battled against the odds, and Ms. Tembunde led the onslaught to acquire and file the needed documents.

In that attempt, the founders met with some resistance, but they refused to take “No” to an inquiry, as they persevered from one office to another to ensure that



Dr. Richard Olowomeye is part of the leadership that has committed to ensuring that high quality health services become the trademark of ALHS.

the proper documents were secured for the business to begin its operations.

This month, ALHS is celebrating its second anniversary. From a humble and modest beginning, ALHS is gradually meeting expectations and fulfilling the fundamental purpose of its mission of providing quality mental health services to residents of the District of Columbia

**“We are waiting for the moratorium to be lifted by the District of Columbia Department of Behavior Health (DBH); then, we would apply to provide all CORE services.”**

and its surrounding jurisdictions.

The leadership of the company feels excited to have dedicated members of staff, who are committed to delivering excellent, high quality health care and wellness services to consumers. The diligence of the staff is augmented by a profound knowledge base rooted in years of invaluable, professional experience in the fields of mental health and wellness.

In April 2015, ALHS's concern for the social stigmatization associated with mental health issues resulted in its participation in a summit on Mental Health and Addiction. ALHS's commitment is accentuated by statistics released by Health and Human Services Office of Minority Health Services, which revealed that African Americans are 20 percent more likely to experience a serious mental health problem, with the possibility of the number doubling when one takes into consideration the fact that social stigmatization prevents many more from

seeking help. “Toward that end, at ALHS, experienced staff works with participants to help eradicate those barriers. With dignity and compassion, education and commitment to excellence, our staff makes resources available to assist those in need,” assures Mr. Ntemi, CEO and President of ALHS.

In fact, it is crucial to note that ALHS is well equipped to offer more services to consumers, but it is currently serving a moratorium that must be lifted before the needed services can be offered. As Vice-President, Dr. Olowomeye points out, “We are waiting for the moratorium to be lifted by the District of Columbia Department of Behavior Health (DBH); then, we would apply to provide all CORE services.”

The impending services to be provided by ALHS are Diagnostic Assessment, Medication/Somatic Counseling, Community Support, Rehabilitation Day Service, Intensive Day Treatment, Crisis Emergency, Community-Based Intervention, and Assertive Community Treatment. Currently, services offered by ALHS include these services under Freestanding Health Clinic : DDS, RSA, and Lab Tests.

In order for other communities to benefit from ALHS's quality services, Dr. Olowomeye noted that “the long term goal of ALHS is first to expand its services to cover the Washington, DC Metropolitan ; then, we intend to go national and if possible, international, so our goals and objectives are selflessly laudable.”

ALHS is working to ensure it provides excellent and honest mental health services to its consumers and make quality and excellent service its trademark. “It is remarkable that our founding members are all God-fearing individuals, with integrity and hard work being their focus. ■

ALHS Newsletter  
Staff Writer

## Full of Vitality and Assurance, Head of Human Resources at ALHS is Satisfied with Company's Excellence and Progress

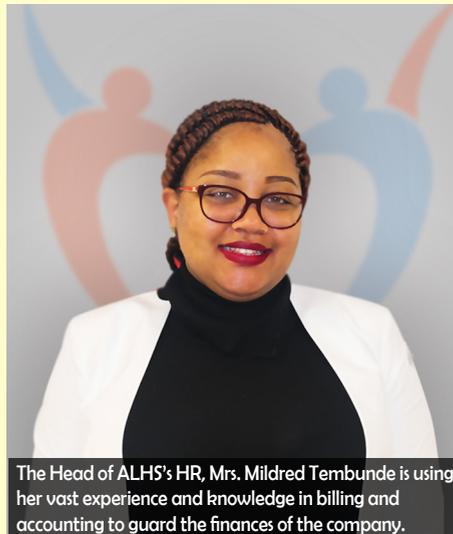
Mrs. Mildred Tembunde is not only a wife and a mother but also a phenomenal and successful woman who heads the Human Resources Department at Amazing Love Health Services

**G**rowing up, all the young Mildred wanted to be was an attorney. Coming from a military background, Mildred was all too familiar with the strict decorum and rigid obedience of military life, so she became an admirer of the unlimited liberty that lawyers have at their disposal, hence, her obsession to become a lawyer.

After earning an undergraduate degree in legal studies and pursuing a master's degree in law at George Mason University Law School, Mildred thought she was on the trajectory of realizing her life-long ambition. However, all that changed when she graduated.

"As a young girl, I always wanted to be a lawyer. Coming from a military family, I felt that being a lawyer would give me a great opportunity to help others. Very often I saw how people's rights were being violated; that's what steamed the desire to be the voice of those who cannot speak up for themselves. I always had a passion to help others cross over to the brighter side" said Ms. Tembunde philosophically.

Upon completion of her graduate degree and in anticipation of the bar, she accepted an assignment in the human resource department with a health care organization; although it was antithetical to her dream profession, it still maintained the core aspect of her passion, which was to help others, coining this passion in a different realm. "I worked with the HR department alongside billing for a few years, where I acquired an enormous experience in billing, dealing



The Head of ALHS's HR, Mrs. Mildred Tembunde is using her vast experience and knowledge in billing and accounting to guard the finances of the company.

with human resources issues, and also working as a liaison for the company. For me, that job was my grace to glory story because when Amazing Love Health Services was established, I was confident in the knowledge base I brought to the table and how it would be an asset for the company," noted Ms. Tembunde. She noted that ALHS hired its first employee in January of 2015 and they started working diligently to ensure that the vision of integrity, hard work, and good governance that the leadership of the company had would come into fruition. After working passionately to brand ALHS and announce it to the community, the company received its first certification in April 2015.

"Looking at how we started, we are getting close to realizing our dream. We have a strong and dedicated workforce of about 50 employees including four psychiatrists, two psychologists, and a client base of almost 800," commented Ms. Tembunde on the progress of ALHS. On some of the initial hiccups ALHS had

to overcome, Ms. Tembunde noted that the application process was long and tedious, and there was too much bureaucracy to overcome along the way.

"Due to the increasing need for Psychiatrists, it has been a hectic task trying to find the ones who share in our passion and vision. However, amidst all these struggles, we have been blessed to have the best psychiatrists, psychologists and social workers on our team," noted Ms. Tembunde.

On her expectations for ALHS, Ms. Tembunde compassionately noted that the primary goal of the company's leadership is the desire to help others. "We empathize with our constituents, who are dealing with mental health issues, and we want to help in every way we can but we are very limited now based on the Free-standing program's constraints. We

are constantly seeking to add more services that will be beneficial to our clients." The head of Human Resources is hopeful that this year (2017),

the Department of Health (DH) would lift the moratorium on core service agencies so that ALHS can become a participating provider and hence provide a wide array of services which will impact the lives of many. ALHS is adequately staffed and trained to offer core services and other services we have identified.

On what she feels mostly proud about the company's achievements in its short history, Ms. Tembunde glowed with a jaunty smile and said, "We have picked a fine bunch. We have put together an A team. Not a single doubt lingers in my mind about the excellence that ALHS offers her community. Every single employee is vested in our Passion and Vision and that alone is all that we need to reach our highest potential." ■

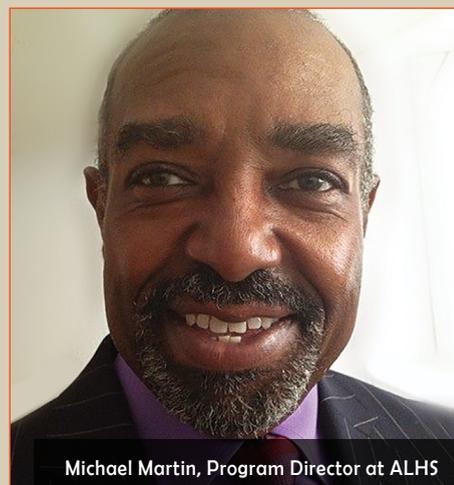
**"I always had a passion to help others cross over to the brighter side."**

**H**appy New Year! Another year has come and gone and it's time to provide service with a purpose, to ensure that each consumer is receiving the service that best fits their needs. The year 2017 is marked with many special dates dedicated and devoted to raising awareness about important emotional, physical and psychological health issues. Important days, weeks and months will be highlighted in coming newsletters. It takes one person to make a difference—just think of what thousands can do. Here is to a prosperous, giving, and life changing 2017 !

**“A life lived for others, is the only life worth living.” ~Albert Einstein**

It's important to know that many physical health ailments have mental health symptoms. For example, a thyroid imbalance can look like depression. Schedule a full health checkup at your doctor's office to screen for any potential health issue to including bloodwork. Amazing Love Health Service (ALHS) will complete a full mental health screening which will indicate where a person is mentally and emotionally.

The appointment schedule between the doctor's visit and the therapist can be grueling. On one hand, the medication may be helping and you may feel like you don't need the therapist anymore. On the other hand, the medication may not be helping enough, or at all, and it may be hard to wait. Make sure to utilize your support system which may include a few



Michael Martin, Program Director at ALHS

friends/family and support groups provided by ALHS. Calendars of all scheduled groups are located in the lobby of ALHS and on line. ■

**STEP 01**

**INTAKE SESSION**

The first session with ALHS is called the intake session. This is when the therapist will ask a series of background questions to fully understand who you are, where you're coming from, and what's happening. You may not even get to talk too much about the reasons behind needing therapy at the first session.

**STEP 02**

**THERAPY**

Therapy here at ALHS is a two-way street. Be open and honest with your therapist to make the most of your treatment and recovery. If your therapist makes suggestions that you don't like, be honest and request something else therapy here at ALHS is person centered. Also, if you are having difficulty focusing or remembering, you may want to ask a family member or friend to attend the therapy with you. Of course, the therapist will need to approve this.

**STEP 03**

**BE PROACTIVE**

Each individual should learn as much as you can about your potential illnesses, diagnoses, and treatments. If there is something specific that you would like to try (such as art, light, or hypnotherapy), bring it up with your therapist to be an active participant in your health care. As mentioned above, if you are unable to comprehensively help yourself, have a loved one or friend assist you. Remember, asking for appropriate help is wise. You have a disease that is treatable, so when a person is sick many times he or she needs another's assistance or referrals to become better and to improve upon the healing process.

**STEP 04**

**DEVELOP A SAFETY PLAN**

ALHS therapist will assist each person in creating a Safety Plan, safety plans were originally developed for individuals who have had thoughts of hurting themselves or someone else. However, safety plans are important for everyone to have. In the same way that we prepare for emergencies well before an emergency happens, everyone should have a safety plan in place well before it's needed. These steps are a good start to great treatment provided by ALHS, service with a purpose in 2017.



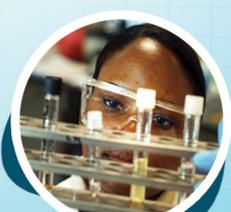
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