

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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2018

Brings new Services to ALHS as a Core Service Agency

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GEORGES'S CORNER

By **Georges W. Ntemi**

President/CEO



We have been blessed with another New Year and a new season. First, we extend to all of you a healthy and prosperous New Year. As we begin this New Year,

we at Amazing Love Health Services, LLC (ALHS) have much to be thankful for. Our prayers for the year 2017, was to have the Department of Behavioral Health (DBH) lift its mandatory moratorium on core services. Because we care, ALHS wanted to improve the services we were providing to our consumers by adding core services. Thanks to the dedication and hard work of the ALHS leadership, doctors and staff, ALHS has accomplished the goal we set forth to have the DBH moratorium lifted. What does this mean for our consumers, Ward six residents and the community-at-large? ALHS is now a Core Service Agency and Specialty Provider of Mental Health Rehabilitation Services.

In addition to providing these services, ALHS has become an integral part of the neighborhood and the community-at-large. As such, this is the third consecutive year that ALHS has maintained its presence in the community by supporting the following: Through our sharing program ALHS gave Thanksgiving turkeys to our consumers and partnered with the Ward six ANC Commissioners to give turkeys to Ward six families. The ANC Commissioners appreciate ALHS' presence in the community for being a good neighbor.

For the third consecutive year ALHS Participated in the 18th annual Safeway Feast of Sharing and presented a gift certificate on behalf of ALHS had an exhibit table of ALHS materials and Nurse Elizabeth Longtchi, administered blood pressure tests. More than 5000 DC residents, including ALHS consumers, attended the Safeway Feast of Sharing for the Thanksgiving meal. Because we care, we continue to present our services at health fairs and all public venues.

Again, we wish you all a wonderful New Year.

2018 NEW YEAR'S RESOLUTIONS STRIVING FOR BETTER MENTAL AND PHYSICAL HEALTH

New Years is a time of rebirth, a chance to start anew, and, most importantly, a time to change your behavior. New Year's Resolutions can help you do all of those things.

Before you read further you may be wondering, "What is a New Year's Resolution?" A New Year's Resolution is a planned course of action to do things differently in the future, and a resolute decision to change the way we act and behave. The key is to look at what you want to accomplish concerning your mental and physical health, your lifestyle and well-being. You must think about the changes you want to make, look at what can be done about it and make a commitment.

At Amazing Love Health Services, LLC we encourage you to work on Resolutions to improve your mental and physical health needs. Once you have made the commitment to change you must set clearly defined, realistic goals for your Resolutions. With the supportive structure you have in place it will be easy to keep your Resolutions to change bad habits and enjoy life by practicing the following points :

• KEEP YOURSELF MOTIVATED CHOOSE ONE THING TO FOCUS ON

Everything cannot be done at once. Pick one area to begin. Be realistic and recognize what changes you need to make. For example, it could be that you will be consistent with your medical and therapy appointments and regroup.

• ACCEPT FAILURE

To help avoid problems, make a list to identify what you may think those problems could be. Identify certain situations that might trigger potential problems. recognize the triggers that may cause you not to keep your appointments.

• PICK A START DATE THAT WILL WORK FOR YOU

Pick a date when you know you will be ready to make the changes. Make sure your whole mind and body are ready to make the change to meet this challenge.

• NOW MAKE THE COMMITMENT

You are ready to make the commitment. Again, write it down for positive reinforcement. Your commitment may read – I will keep all of my medical appointments, I will control myself under stress, and I am fully committed to making these changes.

• ACCEPT FAILURE

Again, if you do fail remember to make note of the triggers that caused the set-backs and learn a lesson from them. Try again. Keep trying and you will succeed.

ALHS SUPPORTS YOU. THIS YEAR - 2018, YOU WILL BREAK BAD HABITS. YOU WILL KEEP ALL MEDICAL APPOINTMENTS. YOU WILL LEARN NEW SKILLS. YOU WILL KEEP THIS YEAR'S RESOLUTIONS.

BREAKING NEWS

Amazing Love Health Services, LLC is Certified as a CORE SERVICE AGENCY

*Amazing Love Health Services, LLC (ALHS) was certified to provide **Mental Health Rehabilitation Services** to Adults as a Core Service Agency and also as a Specialty provider for **Assertive Community Treatment**.*



Amazing Love Health Services is pleased to provide the following added services :

→ Diagnostic/Assessment

Is an intensive clinical and functional evaluation of a consumer's mental health condition that results to the issuance of a diagnosis following the ICD 10 Codes guidelines.

→ Medication/Somatic Treatment Services

Include but are not limited to prescriptions and supervisions or administration of mental-health related medicine; monitoring the side effects and interaction of medications, medication teaching to consumers; interpret-

ing laboratory diagnostic procedures related to mental health medication and medical interventions needed for effective treatment.

→ Counseling/Psychotherapy Services

Are individual, group or family face-to-face services for symptom and behavioral management, development, restoration or enhancement of adaptive behaviors and skills or maintenance of daily living skills.

→ Community Support Services

Are rehabilitation and environmental support considered essential to help the consumer in achieving rehabilitation and recovery goals; while focusing on building and maintaining a therapeutic relationship with the consumers.

→ Assertive Community Treatment (ACT)

Is an intensive, integrated, rehabilitative, crisis treatment and mental health rehabilitative community support provided by an interdisciplinary team for adults with serious and persistent mental illness who have histories of non-compliance.

Because we care, ALHS provides a holistic approach to serving consumers with a wide range of mental symptoms by providing a skilled team of Psychiatrists, Licensed Independent Clinical Social workers, Therapists, Registered nurses, Rehabilitation counsellors, and Addiction Counsellors. In addition, there is a Clinical laboratory on site to facilitate the provision of quality and timely services; and RSA (Rehabilitation Service Administration) to facilitate quality, individualized employment services to prepare Consumers for job placement and a successful re-entry into the workforce community.

Please, refer to the box outlining the Hours of Operation effective 2018.

MONDAY 9:00am - 9:00pm

TUESDAY 9:00am - 9:00pm

WEDNESDAY 9:00am - 6:00pm

THURSDAY 9:00am - 9:00pm

FRIDAY 9:00am - 6:00pm

SATURDAY 10:00am - 2:00pm



A L H S

AMAZING LOVE HEALTH SERVICES

RSA

REHABILITATION SERVICES ADMINISTRATION

Job Placement Services

We provide high quality, individualized employment services to prepare residents in the District of Columbia for job placement, and successful re-entry into the workforce community.

Our scope of Services includes but is not limited to :

- ➔ Intake and Assessment
- ➔ Job Readiness
- ➔ Job Placement
- ➔ Resume Writing
- ➔ Interviewing Techniques
- ➔ Employment Follow-up and Counseling
- ➔ Job Coaching/Job Retention

Because We Care

FOR MORE INFORMATION : Visit us at www.alhs-health.com

702 15th Street, NE, Washington DC. 20002

☎ 202-388-8500 🖨 202-388-8509 📞 1-844-388-8500

Ref: 08312017

Annelise Dougal

"The Warmth I have received from ALHS helps me continue to keep my appointments and attend groups"

My name is Annelise Dougal. I am a consumer at Amazing Love Health Services. My Mother was born and raised on the Island of Berlice in the Caribbean. I was eight years old when my Mother brought my sister and me to the United States. When we arrived in the United States my Mother was not a citizen, therefore, my sister and I were home schooled. Because of difficulties in my home I left home at 17 and began taking care of myself. Shortly after leaving home I got married and had two daughters. My life was not much better with my husband because of domestic violence. As a result, I left my husband and raised my children alone. I worked hard and was very successful. I was doing so well I was able to purchase my own home.

During the next few years I was doing very well but suddenly I had a financial crisis and needed financial help. I contacted a friend of mine and after telling him the problem I was having he offered to help me. I was so happy because I could see an end to my problem. I was so wrong. But things were so out of control and I was so desperate I agreed to do what he asked me to do in order to receive the financial help.

I was helped but my actions resulted in my being picked up by U.S. Immigration and Enforcement Agency, ICE.



Since I was from Belize. ICE immediately began the process required to deport me. I was detained in Texas for one year, three months and sixteen days. By the Grace of GOD I was not deported so I guess it was because I came here as a young child I was sent

"My goal is to have a better lifestyle and I believe that if I continue to come to Amazing Love Health Services this will happen".

back to Washington DC. But when I returned to Washington, DC my home and all my belongings were gone. I became depressed, I had low self-esteem and I was ready to give up. I wondered why the people who said they

would watch my home and belongings for me did not do that. I decided to see a doctor who, after discussing my situation and my depression, recommended that I go to Amazing Love Health Services for help.

After some hesitation, I decided to take the doctor's advice and I have been coming to Amazing Love Health Services for one year. I believe that is the best decision I could have made. I am beginning to feel better about myself. As a result, of attending the groups and meeting with my

therapist I have hope again. My goal is to have a better lifestyle and I believe that if I continue to come to Amazing Love Health Services this will happen.

I am now ready to meet with the Director of RSA to begin my job search. Another staff person introduced me to the Academy of Hope to get my GED. Because I am a DC resident I can attend for free. I am so encouraged with the help I am receiving from ALHS. I see a brighter future the warmth I have received from ALHS helps me continue to keep my appointments and attend groups.

Thank you, Amazing Love Health Services, for your help and assistance. Because of you one day I will be whole again and I will be able to return the kindness.

ALHS Newsletter Team

2017 AMAZING LOVE HEALTH SERVICES COMMUNITY OUTREACH

A L H S



Because We Care



Amazing Love Health Services, LLC Employment Opportunities

We are constantly seeking

well seasoned professionals to join our team to continue impacting the lives of many.

We are looking to fill the following positions :

- Licensed Clinical Social Worker
- Clinical Nurse
- Clinical Psychologist
- Driver
- Registered Nurse
- Company Support Worker
- Addiction Counselor
- Front Desk Receptionist

Because We Care

For more information on the job specs and how to apply please visit the careers page on our website at www.alhs-health.com/careers



ALHS CONGRATULATES

The Outstanding Employee of the Quarter

MR. ALAIN DIN DIN



AMAZING LOVE HEALTH SERVICES, LLC
A L H S

Amazing Love Health Services, LLC (ALHS) is committed to the health and wellness of our veterans. ALHS provides services to veterans in partnership with the Veterans Administration's Choice Program. The program allows veterans to receive health care in their communities rather than waiting for an appointment at the Veterans Administration.

AMAZING LOVE HEALTH SERVICES, LLC WELCOMES YOU !

CONTACT US AT **202-388-8500**

WALK-INS ARE ALSO ACCEPTED.

WE ARE LOCATED AT **702 15TH STREET, NE WASHINGTON, DC 20002**



The staff at ALHS provides the following health services :

- Emotional and Behavioral Health Services
- Case Management
- Grief Counseling

AMAZING LOVE HEALTH SERVICES, LLC

Honors and recognizes
ALL VETERANS



A L H S

AMAZING LOVE HEALTH SERVICES, LLC

CORE SERVICE AGENCY & ASSERTIVE COMMUNITY TREATMENT (ACT)

CERTIFIED

SPECIALTY PROVIDER OF MENTAL HEALTH REHABILITATION

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**Monday - Friday
9:00am - 5:30pm**

