

# Greetings from StarrVista



## Quality News from the Quality Department

StarrVista successfully submitted the annual report to the Department of Health, Veterans & Community Wellness. Here are some fantastic figures for StarrVista staff, youth and families, and other stakeholders.

StarrVista's recidivism rate for FY 2016 was 10.65%. Our 10 year average recidivism rate is 17%.  
85% of StarrVista youth remained in continuous services throughout the entire fiscal year.  
75% of released StarrVista youth did so a successful completion status.



### COA Corner

StarrVista received its official re-accreditation plaque proudly displayed on the wall as one enters the building. StarrVista has achieved another 4 year re-accreditation. The highlighted COA standard is JJCM 3.

#### **JJCM 3.01**

A service plan is developed in a timely manner, and expedited service planning is available when needed.

#### **JJCM 3.02**

Youth, their family members, and relevant personnel are involved in developing service plans.

#### **JJCM 3.03**

During service planning the organization explains:

- the range of services available;
- how the organization can support the achievement of desired outcomes;
- how youth and their progress will be monitored;
- any special terms or conditions, including conditions ordered by the court or public authority with jurisdiction over the youth;
- benefits to be gained if the plan is fulfilled; and
- possible consequences of noncompliance.

#### **JJCM 3.04**

The service plan is based on the assessment and includes:

- desired goals and outcomes, and timeframes for achieving them;
- services and supports to be provided, and by whom;
- any unmet service and support needs;
- the level of supervision needed, including the number and type of contacts required; and
- the signature of the youth and a parent or legal guardian.

#### **JJCM 3.05**

The organization encourages family involvement by:

- including family members in scheduling decisions;
- allowing participation through teleconferencing;
- assisting with transportation and childcare, as needed and to the extent possible; and
- helping personnel develop and maintain positive relationships with family members



## Walking for a Purpose

NAMI is the National Alliance on Mental Illness, the largest grassroots mental health organization dedicated to improving the lives of persons living with serious mental illness and their families.

NAMIWalks is the nation's largest and most successful mental health awareness and fundraising event. In 2015, 79 NAMIWalks events raised nearly \$11 million to support local programs and initiatives that improve the lives of persons affected by mental illness.

StarrVista participated in the NAMIWalk at Belle Isle on Saturday, September 24<sup>th</sup> and sponsored a kilometer of the walk route.



## 5 THINGS YOU CAN DO NOW TO STRESS LESS ABOUT THE HOLIDAYS

**Schedule your holiday activities now.** Put everything on your calendar, including school programs, parties, and performances. It's good to have a clear idea of what you'll be doing during the holiday season.

**Plan your gift giving.** Make a list of all of the gifts you'd like to give during the holiday season. That way, you can start making homemade gifts or go shopping with a clear plan and a set budget.

**If you're sending holiday cards, get them ready early.** There's no reason why you can't order photo cards, address envelopes, or write a holiday update right now. You can save your finished cards, and mail them out in December.

**Make treats and freeze them for later.** If you traditionally make cookies or other sweets that are easily freezable, make up a few batches now. It will save you time in November and December.

**Start to get your home ready.** If you know you want to hang pictures, have your carpets cleaned, or invest in a small home repair before the holidays, take care of it now.

Reprinted from allthingsmamma.com site

### HARVEST LOAF CAKE

½ cup butter	1 cup sugar	2 eggs	1 ½ cups flour	1 t baking soda
1 t cinnamon	½ t salt	½ t nutmeg	¼ t ginger	¼ t cloves
¾ cup canned pumpkin	1 pkg (6 oz) semisweet chocolate chips		1 cup chopped walnuts, DIVIDED	

Cream butter and sugar. Add eggs, beating well. Stir together flour, soda, cinnamon, salt, nutmeg, ginger and cloves. Add to butter mixture alternately with pumpkin, beginning and ending with dry ingredients, beating well after each addition. Stir in chocolate chips and ¾ cup of the chopped walnuts. Pour batter into greased 9 x 5 x 3-inch loaf pan. Sprinkle with remaining ¼ cup of chopped walnuts. Bake in a 350-degree oven for 65 minutes or until cake tests done. Cool cake. Drizzle glaze over cake.

(Note: recipe will easily double, triple or quadruple to make more cakes)

### GLAZE

½ cup sifted confectioners' sugar	2 T light cream	Dash each of nutmeg and cinnamon
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Stir together sugar, cream, nutmeg and cinnamon. Drizzle over cooled Harvest Loaf Cake.

Recipe courtesy of staff member, Daren Jones.