

THE PRAIRIE PRESS

July 2025



SAME DAY

Mental Health Services

8:30 a.m. – 2:30 p.m.

*1901 E. 1st St.
Newton, KS 67114*

*1102 Hospital Dr.
McPherson, KS 67460*

*508 S. Ash St.
Hillsboro, KS 67063*



Prairie View

Pet of the Month



KARRIGAN

Human:
Ashleigh Hollis

Favorite Activity:
Barking her heart out!

Favorite Food:
Bananas

Think your pet
deserves to be Pet of
the Month?
Send their cutest pics
to Whitney at
woodwardwf@pvi.org!

EMPLOYEE SPOTLIGHT



Julian Curiel

SCHOOL-BASED COMMUNITY CASE MANAGER

JULIAN'S JOB RESPONSIBILITIES:

Providing students with the tools necessary to be able to manage their behaviors in the classroom and at home. Sometimes this means sitting in class and keeping them on track, other times finding a coping skill and discussing what led up to the behavior and how they can manage, or rolling on the floor and discussing milkshake flavors we would like to see. Making good connections with the students is very beneficial in their treatment. Other responsibilities include attending meetings with school social workers to discuss students and needs, assisting with intakes for new referrals, service reviews and of course documentation.

WHAT TV SHOW/PODCAST/BOOK ARE THEY CURRENTLY OBSESSED WITH?

I honestly do not watch a lot of television outside of sports and SNL. So I get to watch whatever my kids or wife are watching which is usually My Little Pony, a series on Netflix, or lately shows with people looking for vacation homes

WHAT TOPIC COULD YOU GIVE A 45-MINUTE TED TALK ON WITH NO PREP?

I would say children's mental health and the benefits of early detection and supports. I could also speak about the foster care system and changes I would like to see. As a foster parent I have seen the good and the bad of the system and its effects on both the biological and foster families.



SUMMER MENTAL HEALTH TIPS



Summer can bring sunshine and fun—but it can also pose unique challenges for our mental health. Here are a few tips to help you stay well during the warmer months:



BE HEAT-AWARE WITH MEDICATIONS

Some medications, including certain antidepressants, can make it harder for your body to regulate temperature. This can increase your risk of heat exhaustion or heat stroke. If you're taking medications, stay hydrated, avoid peak sun hours, and talk to your provider about any summer-specific concerns.



KEEP A SLEEP ROUTINE

Longer days and disrupted schedules can throw off your sleep. Try to go to bed and wake up at consistent times. Sleep is foundational for mental wellness!



STAY HYDRATED & NOURISHED

Dehydration and low blood sugar can both mimic or worsen anxiety and mood symptoms. Make it a point to drink plenty of water and eat balanced meals, even when it's hot.



TAKE MENTAL BREAKS

Vacations aren't always possible, but short breaks like unplugging for a few hours or spending time in nature can still refresh your mind.



REACH OUT IF YOU'RE STRUGGLING

Isolation can happen even in summer. If you're feeling low, overwhelmed, or disconnected, don't wait to reach out. Help is here when you need it.



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The BEST Banana Bread Ever!

Ingredients

- 2 large eggs, beaten
- 1 cup mashed bananas
- ½ cup vegetable oil
- ⅓ cup buttermilk
- 1 ¾ cups all-purpose flour
- 1 ½ cups white sugar
- 1 teaspoon baking soda
- ½ teaspoon salt
- ½ cup chopped pecans (Optional)

Directions

Step 1: Gather all ingredients. Preheat the oven to 325 degrees Fahrenheit. Grease a 9x5-inch loaf pan.

Step 2: Mix eggs, bananas, oil, and buttermilk together in a large bowl until well combined.

Step 3: Sift flour, sugar, baking soda, and salt into a separate large bowl.

Step 4: Stir flour mixture into the banana mixture until combined. Gently fold in pecans.

Step 5: Pour batter into the prepared loaf pan.

Step 6: Bake in the preheated oven until a toothpick inserted in the center comes out clean, 1 hour and 20 minutes.

Step 7: Cut into slices and enjoy!



PRTF VS STAFF

Softball



Prairie View staff and youth from the Psychiatric Residential Treatment Facility (PRTF) hit the field for a friendly softball game filled with teamwork, laughter, and a few surprise home runs. The game was a great way to build connection, encourage healthy competition, and show that healing can happen both on and off the field.

PRAIRIE VIEW IN ACTION



**Bailey Blair, LMSW,
President of the Kansas
Suicide Prevention
Coalition, recently spoke
at the Coalition's meeting
held at the Cosmosphere
in Hutchinson.**

**Key Prairie View staff and
stakeholders came
together to review
progress, discuss
strategic goals, and
explore opportunities for
continued growth and
community impact.**



**Thank you to everyone
who joined our Town Hall!
Prairie View's impact as a
CCBHC is transforming
lives through faster crisis
response, expanded
school services, and
increased access to care.**



PREPARING FOR Back to SCHOOL!



Emotional Wellness

Help your child ease into the transition with a few simple steps:

- **Talk it out:** Let your child share what they're excited or nervous about. Reassure them that it's okay to feel both.
- **Practice routines early:** Shift bedtime and morning schedules gradually to match the school rhythm.
- **Name the feelings:** For younger children, practice identifying emotions with books or visual aids.
- **Model calm confidence:** If you're feeling stressed, talk about it in a healthy way to show it's manageable.

Prairie View is at Your School!

We offer services including:

- One-on-one mental health counseling
- Social-emotional learning groups
- Classroom behavioral support
- Crisis intervention and de-escalation
- Collaboration with teachers and parents

Reach Out for Help

Prairie View Admissions

800-992-6292

24/7 Crisis Line

800-362-0180

Call or Text

988

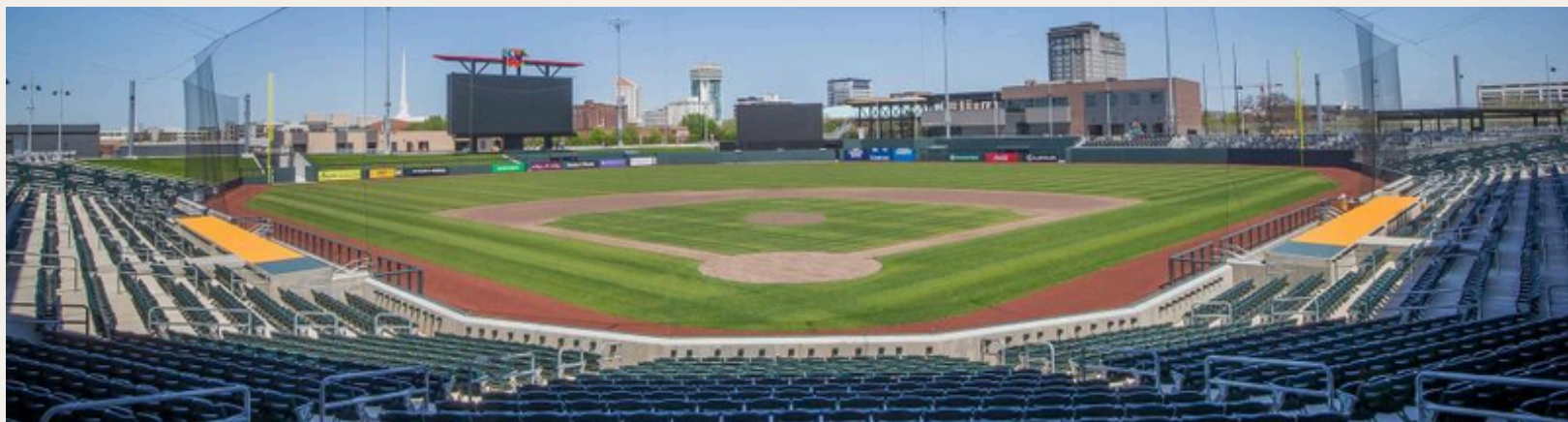


Take Me Out to the Ballgame!

Join Us

Sunday, August 10 at 1:05 PM at Equity Bank Park as the Wichita Wind Surge take on the Northwest Arkansas Naturals! It's Family Funday—bring your friends, family, and coworkers for an afternoon of summer fun.

Tickets bought through our link help support Prairie View, so you'll be giving back while you kick back.



[Buy Tickets Here!](#)

Bringing 20+ people? Contact Alissa at **abasabe@windsurge.com** or **316-221-8023** to sit together.

Let's show up big for a great game and a great cause!





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WE ARE HIRING!

MULTIPLE POSITIONS OPEN!



**APPLY
NOW**

