



The Sun

Summer Edition 2022

“Sometimes carrying on, just
carrying on, is the superhero
achievement.”



-Albert Camus

We Are Open

Coastal Plains Community Center serves the 9 counties of the Coastal Bend. Normal hours are, 8:00 a.m. to 5:00 p.m. Monday—Friday. We encourage all staff and consumers to wear masks and sanitize as necessary. We continue to observe social distancing, isolation and quarantine rules as outlined by the CDC.



Coastal Plains
Community Center

Summer Observations

June

PTSD Awareness Month
National Safety Month
LGBTQIA Pride Month
Men's Health Month

July

National Minority Mental Health
Awareness Month
Juvenile Arthritis Awareness Month
UV Safety Month

August

National Back to School Month
National Breastfeeding Month
National Immunization Awareness
Month

September

National Suicide Prevention Month
National Recovery Month
Childhood Cancer Awareness Month
Blood Cancer Awareness Month

Mental Health Fact

What is Resilience?

Psychologists define resilience as the process of adapting well in the face of adversity, trauma, tragedy, threats, or significant sources of stress—such as family and relationship problems, serious health problems, or workplace and financial stressors. As much as resilience involves “bouncing back” from these difficult experiences, it can also involve profound personal growth.

While these adverse events, much like rough river waters, are certainly painful and difficult, they don't have to determine the outcome of your life. There are many aspects of your life you can control, modify, and grow with. That's the role of resilience. Becoming more resilient not only helps you get through difficult circumstances, it also empowers you to grow and even improve your life along the way. - American Psychological Association





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Mental Health Acceptance Month



May was National Mental Health Awareness Month. After many years of promoting Mental Health Awareness to the public, we feel a shift is needed. In May of 2022, Coastal Plains Community Center (CPCC) celebrated Mental Health ACCEPTANCE Month with presentations, contests, proclamations, and a virtual series for the community. The purpose of these activities is to encourage not only awareness for individuals facing mental health challenges but acceptance for children and adults. It is CPCC's goal to educate the community, reduce stigma, and encourage conversation about mental health and issues that arise.

Children and adolescents of all ages face mental illness and may be unsure of how or what to do for treatment. The reason behind this can be linked to a lack of knowledge regarding mental health or a lack of encouragement to explore it. The stigma surrounding mental health often leaves families ashamed or fearful to seek treatment for their child. They may fear backlash or criticism from family, peers, and society.

This year we bounce back from pandemic delays with various in person outreach events and presentations. These events continued to aid in reducing the stigma associated with mental health issues, thus making families and children more open to seek services for their emotional needs.

Proclamations were made by the majority of the counties we serve declaring May as Children's Mental Health Acceptance Month. Schools were also involved by participation in seminars with students. This involved educational presentations and the distribution of green ribbons to raise awareness. Schools involved can include Taft ISD, Falfurrias ISD and Beeville ISD. By raising public awareness and gaining support, our staff from directors to case managers, are making a positive impact promoting the month. They not only encourage a better understanding of resources, but also advocate for the acceptance of the mental health conversation.

Many of these activities would not have been possible without the creativity and dedication of Youth Peer Specialist, Ryan Trevino and Sierra Zavala, Community Relations Coordinator who came with new ideas and projects. Ryan's contributions are highlighted in "Not Your Average Peer" on page 5. One of these projects included the Read With A Cop Virtual Series published



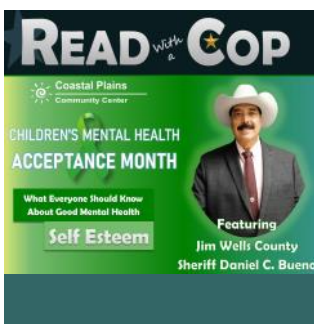
on Facebook and the CPCC website. These videos were targeted towards children to discuss "Everything You Should Know About Good Mental Health." Law enforcement from across the Coastal Bend were invited to participate. Featuring officers such as Jim Wells County Sheriff Daniel C. Bueno, Beeville School Resource Officer Nathan Morin, and many more.



This year Coastal Plains brought back our annual Youth Mental Health Celebrations. Each clinic invited youth consumers to celebrate their success, show support, and play games.

This year a Door Decorating contest was held in each clinic and judged based on its message and craftsmanship. The Theme for the Month was "Be A Mental Health Hero." The goal of these contests was to uplift our consumers so when they visit our clinics, it doesn't feel like another doctor's office. CPCC staff wants to connect with our community and show them they are here for support. You Are Not Alone. This year's grand prize went to Melanie Gracia of the Alice Clinic.

Photos of the Door Decorating Contest can be found on page 10-11.





Not Your Average Peer

Ryan Trevino is Youth Peer Specialist for Coastal Plains and has been brought on board through the System of Care Program. Ryan has shown to be a remarkable youth peer specialist utilizing not only his experience but his resourcefulness and dedication to help the youth, adolescents and young adults we serve.

Linda Perez remarks on Ryan's work, "From the moment Ryan was selected as CPCC first every Youth Peer Provider, Ryan has hit the floor running. Ryan performs his job duties with extreme passion. His ultimate goal is to ensure that the voice of the youth is heard and organizations both in house and in the community are in place to assist individuals to motivate towards recovery and become resilient. Ryan has also been instrumental in educating the center on the different cultural celebration/awareness campaigns through out the 9 county catchment area."

As mentioned within *Mental Health Acceptance Month*, Ryan has played a large part in organizing activities and events for Coastal Plains Community Center. This included collaboration with the Mental Health Month Planning Committee to hold Door Decorating Contests to bring awareness to this mental health. "- working with kids coming into an agency like Coastal Plains, they feel like they're walking into a "doctor's office." And so to make it more relatable to them I had our staff decorated doors to show that we actually represent what they're going through and that we have support for them." Ryan Trevino has also organized the Door Decorating Contest this year as well. Ryan has also proven to be a team leader by organizing school drives in which school buses were built and filled with supplies to donate to families in need.

A large contribution from last year, Ryan reached out to young celebrities including, Netflix Actor, Colin Ford, Dylan Kingwell and Disney Actress, Gabriella to make various Resource Tip Videos. All of which can be viewed on our website under Resources. Coastal Plains had never accomplished such a feature for Mental Health Awareness Month and thanks to Ryan we have connected with our community in ways we had yet to succeed in. Ryan coordinated and produced these videos which were shared on Facebook. Coordinating with our teams Ryan also contributed to the Read with A Cop Virtual Series.

As a Youth Peer Specialist Ryan uses his lived experience to help connect with youth. Peer Support has proven to show positive results when youth work with people similar in age and relatability. Ryan's ability to connect with the client has shown with a young adult he continues to see weekly. After facing incarceration and aggression, Ryan has been able to connect with the individual where they have been hesitant to work with others. Ryan remarks, "we're not sure why but with me they are very open so I'm able to go in there and calm them down whenever they have a crisis. We're currently working at looking for jobs for them." Another Success Story includes a client diagnosed with schizophrenia. Before Ryan came on board, the individual was being admitted into the hospital almost on a monthly basis. After meeting with the client, getting them settled and stable, the individual has not had any hospitalizations since. Ryan and facilitators were able to get them on a path that allowed them to have their own independent living arrangement, including getting them an ID to open a bank account. They are currently living on their own, stable and creating a family. Ryan states that the greatest compliment he had received was when a client from Coastal Plains told him: "Sir, because of you I don't feel stuck. You came into my life and made me feel like things were possible again. I didn't think I had a future. Now I do."

Ryan shares resources with staff including monthly informational articles focusing on the different cultural backgrounds of the people we serve. Some of these resources do include education on how to speak with the people who identify with LGBTQ+ community, the African American community, and as well as the Hispanic community.

This year the Texas System of Care honored Ryan as a Mental Health Hero and was asked share his story with the State of Texas Children's Behavior Health Sub-committee. Ryan is a prime example of being able to utilize their lived experience to uplift others and be a role model.



DYLAN KINGWELL
TEEN ACTOR, NETFLIX



ORBIT
MLB MASCOT, HOUSTON ASTROS



ALISON FERNANDEZ
TEEN ACTRESS, DISNEY



TORO
NFL MASCOT, HOUSTON TEXANS



GABRIELLA GRAVES
TEEN ACTRESS, DISNEY



COLIN FORD
ACTOR, NETFLIX



New Kids On The Block



Timothy Johnston has been promoted as the Aransas Pass Clinic Director previously held by Jorge De Los Santos. Tim holds a Bachelors of Science degree in Psychology from Arizona State University. Tim also holds a Masters in Clinical Mental Health Counseling is currently working on his Licensed Professional Counselor (LPC) hours as a LPC-Associate. After working as a Case Manager in Phoenix, AZ by 2019, Tim had relocated to Texas. He also volunteered for the Phoenix Fire Department as a Crisis Advocate. He currently oversees the Early-Onset program as the Team Lead.



Elda Plake has taken the position of Rockport Clinic Director. Originating from Mexico City, Elda has a bachelor's in Social Work from Instituto Politécnico Nacional de México. Working in social work for approximately 4 years for the jail. Elda came to the United States and went to Del Mar College to become a Medical Assistant then LVN. She is also a Licensed Podiatrist. Elda started her career with Coastal Plains in 2016 where she began as a Secretary out of the Taft Center. She transitioned to the Rockport/Aransas Pass Center as an Eligibility Specialist and led to her becoming the Assistance Program Manager for the Integrated Healthcare Expansion Project (IHEP). Elda has proven to be an asset to Coastal Plains. She is currently endeavoring towards a Masters in Business Administration. Elda currently along with Tim Johnston head the Early-Onset program for Coastal Plains.



Melissa Campos has filled the role of Clinical Trainer for the QM Department. Melissa Campos graduated Magna Cum Laude from Texas State University at San Marcos with Bachelor's in Psychology. She came to Coastal Plains in 2016 applying for IDD Service Coordinator. She became a Quality Management technician in 2017 before she transitioned to Rights Officer. Melissa is a team player in the QM Department and often organizes different activities such as events for our Company Picnic. She previously led the PNAC community in coordination and also served as an adult instructor for Mental Health First Aid. In 2019, Melissa served as the Continuity of Care Program Manager up until March 2022.

Know Your Rights

You have the right to make a complaint about services.

You have the right to be told about Disability Rights Texas for both inpatient and outpatient care. They are a federally required agency, independent of DADS and DSHS. Their purpose is to protect and to speak up for your rights.

Amy Stratton

Rights Protection Officer

361-777-3991

rightsoffice@coastalplainsctr.org

If you have questions or complaints about your rights or center services, please contact the rights office



Coastal Plains is Now a Certified Community Behavioral Health Clinic

By Leonel B. Trejo Jr.

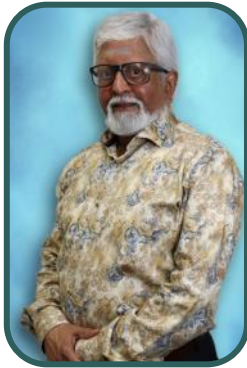


I am happy to announce that our Center is now a Certified Community Behavioral Health Clinic (CCBHC). For the last six months Center management staff worked long hours to ensure we met the criteria for this credential. We created a team led by our QA Director, Ms. Katy Shetter, who worked tirelessly with staff compiling information in order to meet our goal and timeline. Some of you may still be wondering what this means for our Center or clients served. The primary focus of this model of care involves providing a comprehensive range of mental health and substance use disorder services to vulnerable individuals. CCBHC's must provide nine components that includes the provision of 24-hour crisis care, services to members of the armed forces, patient-centered care, evidenced based practices, care coordination with local primary and hospital partners, and physical-behavioral health integration. In addition, CCBHC's are available to any individual in need of care, including (but not limited to) people with serious mental illnesses, serious emotional disturbance, long-term chronic addiction, mild or moderate mental illness, substance use disorders, and complex health profiles. CCBHC's provide care regardless of ability to pay, thus removing the long posed financial barrier affecting Americans' access to health care.

We are excited with the prospect of being able to provide improved health care to individuals in our counties. We have started to implement new CCBHC services in a few of our clinics. In our Alice clinic we recently received our substance use disorder (SUD) license which allowed us to add a SUD program in that county. Over the next three years we plan to work on getting a SUD license for three (3) additional clinics, and plan to hire a licensed chemical dependency counselor, and a licensed professional counselor to help provide services for individuals seeking addiction care. We have also begun to implement care coordination in two of our clinics. Our healthcare navigators have started transitioning into this new role and have received training in care coordination. We plan to hire additional care coordinators to help build our network with community partners in order to achieve more effective care for our clientele. In May, I worked with our senior management team and applied for a CCBHC expansion grant. If approved, this grant will bring in an additional four (4) million dollars to the Center over the next four (4) years! These additional dollars will provide the Center the needed funding to hire additional staff to help with our CCBHC expansion programs. These are definitely exciting times for our Center and with the changes to come it will only get better.



Meet Our Medical Director



Dr. Umamaheswara Rao Maruvada has been involved with the Coastal Plains Community Center since 1988 leading our Psychiatric Services. He is currently acting as the Medical Director for Coastal Plains. Dr. Maruvada began his contracted practice working in the Kingsville clinic in 1989. After a few months he started going to the Alice Clinic where he would work almost 16 hours a day until additional psychiatrists were brought on board. Some of the additional psychiatrists included Dr. Krishnaiah Rayasam, Dr. Murthy Mangipudi as well as Dr. Kotturappa Kumar. Additional clients were brought from Falfurrias to Kingsville to see him.

At the time of his entry, the Kingsville Clinic and the 5 southern counties were still part of the Rio Grande State Center System. As the center became independent and grew in coverage, Dr. Maruvada would expand to cover the Sinton, Rockport, and Beeville locations as well. When Dr. Rayasam joined his practice in 1992, he covered the Northern Clinics while Dr. Mangipudi began to cover Alice and Rockport in 1994.

Originally hired to work with the Youth and Family services, Dr. Maruvada has dedicated his career to ensuring services are provided for effectively. Dr. Maruvada has always had a strong work ethic and states, "If one of us was falling behind, we would work hard to accomplish the task. Everyone needs to have the spirit, the energy, and the value of commitment to prove that those who contracted with us didn't go wrong." Chief Executive Officer, Leo Trejo, has this to say about his commitment: "Dr. Maruvada has done an outstanding job as our Center's Medical Director. He has provided great leadership in helping our Center advance integrated care these last 12 years. Dr. Maruvada has also served as a mentor for other clinicians within the Center and always makes time to assist with other administrative duties when needed. His work ethic is second to none!" Dr. Maruvada continues to see both youth and adults working closely with our administration, clinic directors, and program managers.

Graduating from Andhra Medical College in India, Dr. Maruvada served in the Indian Army served as a Regimental Medical Officer from 1970-1977. In May 11, 1981 Dr. Maruvada came to America in 1982 where he joined a Psychiatric Residency at Norwich, Connecticut. In 1988, Dr. Maruvada was offered a 1 year residency with Driscoll Hospital in the Pediatrics Program. This residency paid considerably less than his residency in Connecticut, but Dr. Maruvada would not lose this chance to gain his eligibility. This residency provided him the opportunity to apply for the Psychiatric Board. After his residency, he began to look for different employment opportunities when Charter Hospital reached out to start his private practice in Alice, Texas. In 1994, Dr. Maruvada established the South Texas Psychiatric Associates where he worked independently and contracted for 26 years along with Dr. Krishnaiah Rayasam, and Dr. Murthy Mangipudi. They provide care to various mental health agencies aside from Coastal Plains including Charter Hospital, Gulf Bend MHMR, Nueces MHID and more. South Texas Psychiatric Associates officially closed in June 2020. However, Dr. Maruvada, Dr. Mangipudi and Dr. Rayasam continue to contract with Coastal Plains as separate practices. Dr. Maruvada is currently established as Maruvada Psychiatric Associate. As of July 1st, 2022 Dr. Maruvada will have practiced psychiatry for 41 years.

During the COVID-19 Pandemic, Dr. Maruvada saw his patients virtually while also beginning the process of relocating to Houston. In order to reassess his caseload, and to prioritize his personal life, Dr. Maruvada has scaled back his reach to our southern clinics and continues to use virtual appointments to contact clients and staff. He continues to commute to our centers for various appointments such as Board Meetings.

What is Care Coordination?

Care Coordination will play a large role of enhancing referrals to and from Coastal Plains Community Center. Care Coordination is an activity rather than a service. Care Coordinators will involve organizing care activities among different services and providers, and across various centers. This deliberate organization of care also requires sharing information among all of the participants concerned with a client's care to achieve safer and more effective care. The sharing of private information between Coastal Plains and other parties need to be in compliance with HIPPA. In order to accommodate this Coastal Plains has established Memorandums of Understandings to outline the purpose of partnerships as well as the expectations of each entity.

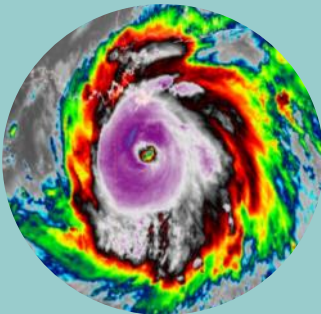
Various outside entities that Care Coordinators can expect to contact for referrals include local resources such as the housing authorities, law enforcement agencies, school districts, urgent care facilities, and veterans resources.

To provide effective care, the client's needs and preferences must be known ahead of time. These must be communicated at the right time to the right people. This information can then be used to provide safe, appropriate, and effective care for the individual.



Assemble an Emergency Kit

- First aid supplies,
- a flashlight, extra batteries,
- non-perishable foods and water,
- towels
- medications.
- Battery or hand crank radio
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Manual can opener for food
- Local maps
- Cell phone with chargers and a backup battery



BEFORE A HURRICANE



Listen to local area radio, NOAA radio or TV stations for information.



Be prepared to evacuate and know your routes and destinations.



Check your emergency kit and replenish as needed.



DO YOU HAVE A PLAN

State of Texas Emergency Registry

STEAR

The State Of Texas offers the option to register with the STEAR program, a free registry that provides local emergency management planners and responders with information related to your needs during an emergency. Available services will vary by community. This program is free to local governments and individuals. For more information on how your community will use information in the STEAR registry, contact your local emergency management office.

How to Register • <https://STEAR.tdem.texas.gov> • Dial 2-1-1 or use your video phone relay option of choice to contact 211 • Printed or electronic forms (Contact your local government)

If you are a consumer of Coastal Plains Community Center. Talk to your case manager about how to register.

Who Should Register?

- People with disabilities
- People who are medically fragile.
- People with functional needs. Such as:
 1. Limited mobility
 2. Communication barriers
 3. Require additional medical assistance during an emergency event
- Require personal care assistance
- People who require transportation assistance.





Best Door Grand Prize



Melanie Gracia
Alice Center

Staff Only: All submissions can be viewed [HERE](#)



Portland 1st Place
Melissa Campos



Taft 1st Place
Hannah Heasley



San Diego 1st Place
Angelica Biscarro



Beeville 1st Place
Melanie Jones



Kingsville 1st Place
JoAnna Mora



Rockport 1st Place
Abby Rodriguez



Falfurrias Group
Submission

Trainings

AS+K

AS+K? About Suicide To Save A Life (Basic) provides participants with an overview of the basic epidemiology of suicide and suicidal behavior, including risk and protective factors. In this one hour e-learning based course, participants are trained to recognize warning signs—behaviors and characteristics that might indicate elevated risk for suicidal behavior—and the initial intervention steps to support a person they think might be at risk for suicide. Please note this course is designed for public health information purposes only and is not designed to assess, screen, diagnose or treat any mental or physical health condition. If you or someone you know may be at risk of suicide, contact the National Suicide Prevention Lifeline at 800-273-8255 (TALK) to receive qualified support and care. If you are in a crisis situation, do not wait. Call 9-1-1 or your mental health provider.

texasuicideprevention.org

ask?
ask about suicide
to save a life



Meet Our Veterans

Veterans returning from Iraq and Afghanistan often face issues of reintegration and readjustment that can sometimes seem insurmountable. Most would agree that a person who has never been in their situation, really can't understand what they are going through. The Veterans Services program is dedicated to connecting with local veterans in need of resources and support. Our Peer Service Coordinators Jaime Cantu and Vincent Klus bring a very real understanding of the problems and obstacles facing returning veterans. Much of the success could not have been possible without the additional contributions of Joe Lozano and Timothy Dominguez.

The Veterans Service program also provides various trainings to inform the public on veteran related mental health matters such as Mental Health First Aid, Ask About Suicide (AS+K), and Counseling on Access to Lethal Means (CALM).

Jaime Cantu

Jaime Cantu has provided services for Coastal Plains since 2011. As more coordinators have been integrated into the program, Jaime primarily oversees the southern counties. Serving in the United States Army from June of 1982 to June 2005, Jaime held several positions including legal specialist and a recruiter as a Career Counselor for the Army. Jaime retired from the United States Army with the rank of Sergeant First Class. After retirement, Sergeant Cantu has managed the local boxing club when he saw the job offer in the local paper. Jaime recollects, "I realized that I had the ability to do the job and it needed somebody who was very passionate. I was willing to give this civilian company just as much as I did the military." Jaime regularly connects with veterans, not just those enrolled for services, to assess their needs and offer support. He utilizes the boxing gym to host support group sessions for veterans in the Kingsville area. At his gym, veterans are able to join for free, and if they are able to, Jaime invites them to become volunteer trainers for the youth. "A lot of veterans who are currently having different issues such as mental abuse, lack of drive, and motivation. I've seen tremendous impact on a lot of veterans working with the youth who are very appreciative in return. The thanks is so rewarding for the veterans that it makes the veteran realize he still can impact individuals."

A success story told by Jaime Cantu comes in the form of a veteran who has been in and out of the hospital almost monthly. After Jaime started working with him, he never returned to the hospital and was even recruited to work as a volunteer trainer where he saw great progress. The family of this individual expressed gratitude to Jaime for connecting with their son unlike any other.

Vincent Klus

Vincent Klus joined the Veterans Services program in April 2022. Vincent entered the Navy in December



Jaime Cantu

Vincent Klus

Joe Lozano

1969 where he became a Submarine Sailor. After receiving education in Drug Abuse Counseling, he became a counselor in Lakeview, New Jersey for the Navy. He has spent two years underwater on both the Lincoln FBM (Fleet Ballistic Missile) and the Benjamin Franklin submarine. He exited the military as an E6 Quarter Master in 1977. His service brought him to various locations such as Scotland, England, and Spain.

Vincent is currently settling into his role providing service to the Northern Counties. He is currently based in the Aransas Pass Clinic and contacting various sites to establish support group meetings. This includes coordinating with other local Veterans Resources in the area and collaborators. He is also currently working on his certification to provide ASK and CALM Trainings.

Joe Lozano

Joe Lozano has been a part of Coastal Plains Community Center since December of 1990 after working in Texas Rehab for 2 years. Vietnam Veteran, Joe joined the United States Army from 1962 to 1968. Upon exiting the military, he got involved with the American Legion where he served as State Chaplin. This is a position Joe still currently holds as he is also involved with the United Burial Association conducting military funerals across the Coastal Bend.

Joe Lozano has made it his mission to support individuals with disabilities and help connect with our local veterans in and out of Coastal Plains. Before working with Veterans Services, Joe Lozano has been actively working with veterans on a volunteer basis, establishing support groups and eventually serving as peer coordinator as of September 2021.

He also continues to connect with local veterans in and outside of work by incorporating the Buddy System into his work. This system allows veteran groups to call other vets to check in on them when they have small circles or no familial support. This group contacts approximately 8 to 10 people everyday. Joe also promotes Veteran Affairs on the Radio from time to time.

"The work that our peer service coordinators perform is a very valuable service that helps veterans in the area meet their needs in all aspects of daily living by peers who understand their challenges. Jaime Cantu, Vincent Klus and Joe Lozano will continue to do an outstanding job in working with the needs of our local veterans in the 9 county area." - Mary Zavala, Kingsville Clinic Director and Veterans Program

A Look Ahead...

Return of The Picnic and New Foundations

Last year saw the return of the Annual Company Picnic and once again this Fall we invite staff to engage with their fellow coworkers in games, brisket and contests. Customer Appreciation Awards will be announced to recognize staff who have gone above and beyond in their field to serve their community. This is a CPCC Staff event only.

Coastal Plains is currently identifying locations to lay the foundation for a new center in Live Oak county. Ambitions point toward 2023.

In addition Coastal Plains is also looking toward expanding the Alice Center to further expand CCBHC services.

Fall Observations



October

Down Syndrome Awareness Month

Emotional Wellness Month

National Breast Cancer Awareness
Month

National Bullying Prevention Month

November

National Alzheimer's Disease
Awareness Month

National Family Caregivers Month

American Diabetes Month

Lung Cancer Awareness Month



Find us on Facebook

Coastal Plains Community Center

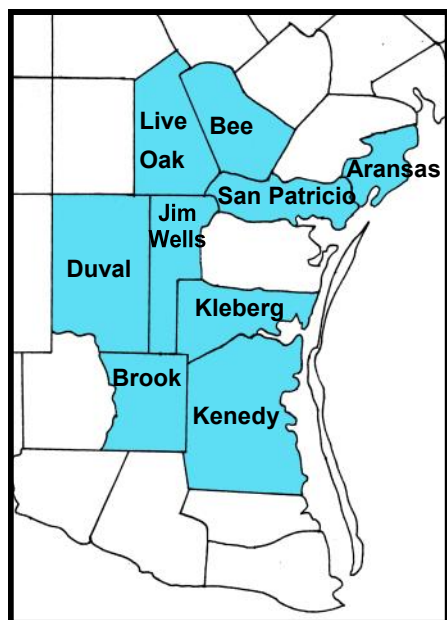
@CPCCMHIDD

Visit our website at:

www.coastalplainsctr.org



We're Here-Where You Live



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Fax: 361-777-0571
www.coastalplainsctr.org

COMMENTS

Have questions or comments about the newsletter? Please email Sierra Zavala at:

szavala@coastalplainsctr.org

Aransas County

Rockport Mental Health Center

620 E. Concho

Rockport, TX 78382-1446

361-727-0988

Aransas Pass Mental Health Center

1010 S. Commercial

Aransas Pass, TX 78336

361-226-3022

Bee and Live Oak Counties

Beeville Center for Integrated Health & IDD Services

2808 Industrial Loop Blvd.

Beeville, TX 78102

361-358-8000

Brooks County

Falfurrias Center for Integrated Health & IDD Services

101 W. Potts

Falfurrias, TX 78355

361-325-9776

Jim Wells & Duval Counties

Alice Center for

Integrated Health & IDD Services

614 W. Front St.

Alice, TX 78332

361-664-9587

San Diego Mental Health Clinic

409 E Gravis

San Diego Tx 78384

361-279-7296

Kenedy and Kleberg Counties

Kingsville Center for

Integrated Health & IDD Services

1621 East Corral

Kingsville, TX 78363

361-592-6481

San Patricio County

Taft Center for Integrated Health & IDD

201 Roots Ave.

Taft, TX 78390

361-528-4516

Children's Mental Health Acceptance Month

By Sarah Gutierrez, Secretary IV

Children are like flowers, so
beautiful and sweet.

We see them grow and bloom,
It's such a Treat!

But sometimes in the midst of
growing they might hit barriers
that stop their shine.

Be their source of water and sun.

Don't leave them behind.

As these little flowers face the world,

We will hold them by their hand.

We will guide them and offer them advice
about their mental health so they can understand.

We will love them, embrace them,
and always here the little flowers out.

They will make our future so beautiful
without a doubt!!!

Coastal Plains Community Center

200 Marriott Drive

Portland, Texas 78374

1-888-819-5312

coastalplainsctr.org

