

The Sun

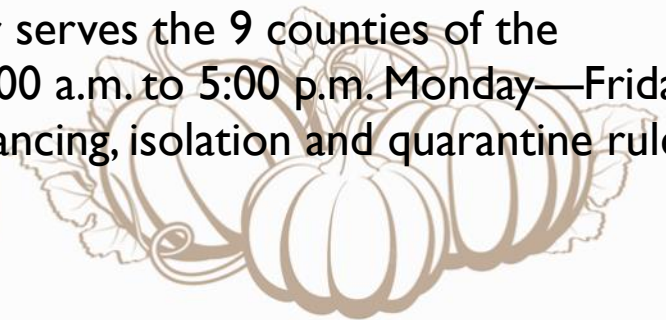
Fall Newsletter 2022



“Autumn whispered to
the wind, I fall; but
always rise again.”
Angie Weiland Crosby

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 continue to observe social distancing, isolation and quarantine rules as outlined by the CDC.





September

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

October

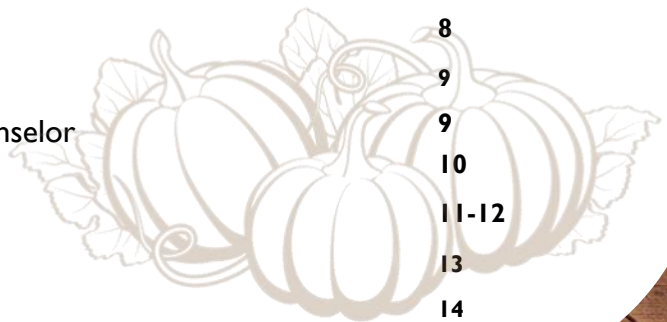
Down Syndrome Awareness Month
Emotional Wellness Month
National Breast Cancer Awareness Month
National Bullying Prevention Month

November

National Alzheimer's Disease Awareness
Month
National Family Caregivers Month
American Diabetes Month
Lung Cancer Awareness Month

Inside this issue:

Suicide Prevention Awareness Month	3
Substance Use Disorder (SUD) Program is Underway at Coastal Plains	4
A Farwell Remark to County Judge Jim Huff and County Commissioner Cindy Gonzales	5
Kingsville IDD Bar-B-Q	6
Nurses Day Celebration	6
Fall Festival	7
Elaine Farmer Self Determination Award	7
A Farewell to Mark Durand	8
Meet Our Psychiatric Consultant	9
Linda Perez, Licensed Professional Counselor	9
Company Picnic	10
Customer Service Awards	11-12
A Look Ahead	13
We're Here—Where you Live	14



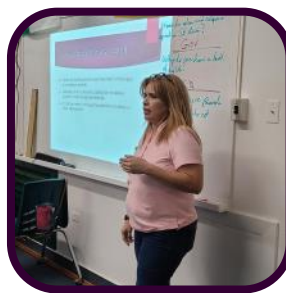


The Sun

Fall
2022



Suicide Prevention Awareness Month



988
SUICIDE
& CRISIS
LIFELINE

Suicide Hotlines
1-800-273-TALK (8255)
Video Relay Service:
1-800-273-8255
TTY: 1-800-799-4889
Crisis Text Line:
Text HOME to 741741
CPCC Crisis Hotline
1-800-841-6467

September is National Suicide Prevention Month. Every year this month is observed in order to spread awareness for our community through education and various resource events. Similar to Mental Health Awareness Month in May, Coastal Plains raises awareness on the topic of mental health with a focus on suicide prevention. Early intervention is a key step to prompting recover. We believe that starting a dialogue on the topic of mental health will encourage discussions within the family, teachers, and peers. Suicide is a sensitive topic with a common myth being the discussion will put the idea in the person's head. When we talk about suicide and mental health, we take care to mind the sensitivity of the audience. With this in mind, suicide is a topic that needs to be addressed out of concern for the individuals well being.

This year Coastal Plains came back full swing with presentations and participation with different awareness events across the coastal bend. Sierra Zavala (Community Relations Coordinator), Annette Quam (Mental Health First Aid Coordinator), Sylvia Castillo (Assistant Youth Program Director), Imelda Barra (Youth Empowerment Program Manager), and Linda Madrigal (Beeville Clinic Director) traveled across the Coastal Bend to deliver Suicide Prevention presentations and educational seminars to students of all ages.

Each grade level had tailored presentations to fit the sensitivity of the subject. Skidmoore Elementary specifically had a presentation geared toward emotions and knowing who to turn to when they need help such as teachers, police officers, parents, or someone they trust.

Falfurrias also received a specific seminar on the topic of Self Harm or Non Suicidal Self Injury. Coastal Plains also participated in Suicide Prevention Symposiums in Kingsville, and Corpus Christi. Coastal Plains was also provided class time to talk to Taft High School students about Suicide Prevention. This was over the course of 3 days.

The goal of these presentations were to promote a conversation in an effort to reduce the stigma associated with mental illness. Presenters highlighted emotions and symptoms regarding depression, anxiety and non mental health related factors that can lead to suicide.

Resources were also provided to the students and staff including the Coastal Plains Community Center Crisis Hotline, along with new the National Suicide Prevention Lifeline also known as 988.



Substance Use Disorder (SUD) Program is Underway at Coastal Plains

By Leonel B. Trejo Jr.

Coastal Plains has been providing SUD services through our contracted community partner, United Connections Counseling (UCC), for the last 13 years. Their CEO has provided licensed chemical dependency counselors (LCDCs) in each of our clinics to help our clients needing addiction care. In the last three years there has been some challenges keeping these LCDC staff contracted due to workforce shortages and changes within UCC. In order to continue to meet eligibility criteria as a Certified Community Behavioral Health Clinic (CCBHC) we decided that our best option moving forward would be to employ our own LCDC staff. Our Alice clinic was the first location we agreed to get licensed since there was such a high need of addiction care in that county. It took some time to meet the requirements, but eventually we were finally able to get our SUD license. A few months later, we were able to employ our first LCDC staff who is now screening clients for substance use. Those clients that agree to SUD treatment and get enrolled into our program will be scheduled to meet with our nurse practitioner-Mrs. Norma Vela. Mrs. Vela is certified to prescribe medications used to treat addictions and for uniformity will be the primary provider for clients enrolled in our SUD program.

We have also recently purchased land adjacent to our existing Alice Clinic. This land is almost an acre in size and by the end of FY 2023 we plan to build a 3,000 square foot building that will serve as a SUD Center for Jim Wells and Duval County residents. In addition, the building will also function as a Crisis-Drop in Center for those needing crisis care. The additional space provided by the new building will also help with our current office shortage dilemma in our Alice clinic. Our Center's goal over the next three (3) years' is to get three (3) additional clinics licensed to provide SUD services. Our timeline includes licensing two (2) northern clinics and one (1) additional southern clinic. In order to make this happen we will need to invest some money to remodel a designated area in these clinics to ensure they meet the requirements needed for an addiction program. Providing this new type of service will definitely be a challenge for us. However, I firmly believe our dedicated staff will rise to the occasion and ensure the program is successful.



A Farwell Remark to County Judge Jim Huff and County Commissioner Cindy Gonzales



On December 13, Live Oak County Judge Jim Huff and Kenedy County Commissioner Cindy Gonzales will attend their final Coastal Plains Community Center Board Meeting as they approach retirement. County Judge Jim Huff has been in office since January 1st of 1987 and has been a part of the Coastal Plains Community Center Board of Directors since its inception in 1999. Chief Executive Officer (CEO), Leo Trejo, states, "Judge Huff has served as a board member for the Center for over 20 years. He was a founding Board Member, provided great leadership as Chairman and was always supportive of our mission."

As services have expanded out to rural areas such as George West, and Three Rivers, Huff expresses that Coastal Plains has made a positive impact with mental health services for their community. He also remarks meeting with Linda Madrigal (Beeville Clinic Director) whose clinic serves Live Oak, has always been a positive experience. Although Coastal Plains had to close the George West Clinic due to change of ownership, any time the Judge needed to approach her with an important matter, Linda was able to work until the matter was resolved. Judge Huff and Leo Trejo (CEO) have been in discussions to build a mental health facility in Live Oak county in the near future. He states, "We have always had a very workable relationship with each CEO the board had selected. Charles Sportsman, Mark Durand, Leo Trejo. I couldn't be prouder of the way they have conducted business with Coastal Plains and I look forward to another mental health facility being established."

Cindy Gonzales has also served on the Board of Directors since 2007 and is planning on retiring as County Commissioner for Kenedy County as well. When she joined the Board of Directors, she was introduced to Coastal Plains MHMR which helped her understand how important the need for resources is for persons with mental health challenges and substance use challenges. This was all within her first year of being an elected officials with Charles Sportsman as the CEO. Over the years she feels our expansion of clinics and services has been greatly beneficial to the rural areas. Cindy remarks, "There is great work being done. I think that Charles, Mark, and Leo are outstanding people. They always have the best interest of the clients, and I am very proud of how they have run the Center."

Leo Trejo (CEO), had this to say about our board members, "Mrs. Gonzales was definitely someone we could always count on to be present at our Board Meetings. She was passionate about advancing mental health and offered invaluable support during our meetings. Commissioner Cindy and Judge Huff will be greatly missed by all of us who worked closely with them."

Signs You Need A Mental Health Break

1. You lose interest in things you enjoy.
2. You take everything personally.
3. Short tempered
4. Constant overthinking
5. Emotionally Overwhelmed
6. Always exhausted
7. Lose concentration
8. You turn to unhealthy outlets for comfort.

Take Care and Take A Break



Kingsville IDD Bar-B-Q

Veterans Peer Support Coordinator, Jamie Cantu, volunteered his time to make a Bar B Q for the clients in our IDD program at the Kingsville Center. Jaime Cantu works in our Veterans Program which is dedicated to connecting with local veterans in need of resources and support. Jaime Cantu never fails to show his kindness towards the people with mental health or intellectual disabilities. "I wanted to change up the routine for them and I'm glad they were able to come out and enjoyed the food."

Nurses Day Celebration

On July the 29th Coastal Plains held their annual Nurses Day Celebration. This is a day for all of CPCC nursing staff to come together, eat, play games and be recognized. We want to take these opportunities to recognize the many nurses who serve our clients faithfully. This years celebration as held at the Kleberg Bank community room in Kingsville Texas. Staff participated in fun games such was a nacho eating contest, sombrero musical chairs, and bean cup. Each winner received a gift card donated by Yvonne Flores.

Nurses play an important role in all of our centers and it is important that they are seen and given recognition for their efforts. Administration also attended this function to show support for our staff. This years theme was "Nacho Average Nurse."



Fall Festival



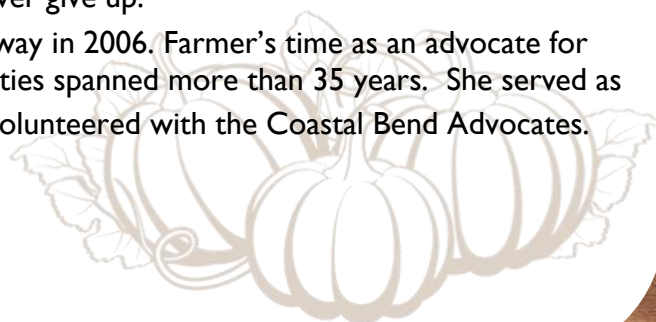
Elaine Farmer Self Determination Award



Allen Rothberger of the Coastal Plains Community Center (CPCC) Taft Center received the 15th Annual Elaine Farmer Self Determination Award during the 2022 Fall Festival at Welder Park in Sinton, TX. With the Fall Festival's return clients were excited to come back with games, music, and a costume contest. The Elaine Farmer Award was also reintroduced this year after pandemic delays halted previous celebrations. Annually an individual who receives IDD services is nominated for the award. The recipient of the award demonstrates their ability to advocate for themselves and others based off skills learned to become more independent. Allen was chosen because his transition after losing his father this past year. Allen had to move away from his family into the

Kingsville group home and he has mentioned how hard it was after losing his father. Even through the hardships he faced Allen still smiles and says "never ever give up."

The award is named for Elaine Farmer who passed away in 2006. Farmer's time as an advocate for individuals with intellectual and developmental disabilities spanned more than 35 years. She served as the Director of Quality Management for CPCC and volunteered with the Coastal Bend Advocates.



A Farewell to Mark Durand



On August 31st, Coastal Plains said goodbye to a dedicated senior staff member and former Executive Director who has been with CPCC since 1999. Mark Durand has played an integral role in the formation of what we know today as Coastal Plains Community Center. Mark along with our previous and current staff brought Coastal Plains to earn many achievements and milestones in the behavioral health field. One of our greatest achievements involves CPCC becoming a Certified Community Behavioral Health Clinic (CCBHC).

Mark Durand began his career in the early 1970s at the Corpus Christi State Supported Living Center (formerly Corpus Christi State School). While there he served in various positions including staff development trainer, counselor, client care coordinator, and unit director. Mark came into Corpus Christi Supported Living Center pursuing his degree in Psychology from Texas State University.

One of his first positions with the Supported Living Center was behavioral health moderator. After he graduated with his Bachelors of Arts, he went on to pursue a Masters degree in Psychology from Corpus Christi State University and second in Guidance and Counseling from Texas A&M University Corpus Christi. With these certifications he became a masters level counselor.

Around 1996, Mark served the State Supported Living Center as Deputy Executive Director until 1999 when Coastal Plains MHMR started to root. Coastal Plains was established to serve the rural counties surrounding Nueces, Mark held the role of Deputy Executive Director until 2013. With the retirement of Charles Sportsman, Mark was promoted by the board of directors to become Executive Director. This became effective December 1, 2013. Mark Durand has contributed to the foundation and expansion of Coastal Plains Community Center as we know it today. In 2021, Mark Durand formally stepped down as Executive Director, passing the torch to Leo Trejo, current Chief Executive Officer. Mark continued to serve Coastal Plains Community Center as the Chief Administrative Officer where he, along with other senior staff, coordinated work groups to ensure that CPCC had the proper policies and credentials in place to earn our CCBHC certification.

On August 16th, the staff of Portland Center held a farewell luncheon for Mr. Durand as he prepared to make his exit from the Center. Leo Trejo presented him with the Outstanding Leadership Award to honor him.

Mark Durand states, "The Executive Director is just one person. Our success is based on the people who are working together as a whole at Coastal Plains."

Mark continues, "So much of my life as been invested in helping others whether it was with developmental delay or mental illness, it is integral to what I wanted to achieve in my life. I'm gonna sincerely miss being here. It's not the walls, or the carpet, or the light fixtures that I'm going to miss. It's the people. I have formed so many great relationships over all those years and now I'm going spend time at home helping my family and be with my grandchildren."

Meet Our Psychiatric Provider



Since 1992, Dr. Krishnaiah Rayasam has been involved with the Coastal Plains Community Center (CPCC) fulfilling Psychiatric Services working alongside Dr. Umamaheswara Rao Maruvada and Dr. Murthy Mangipudi. Dr. Rayasam serves most of the northern clinics from our 9 county catchment area. Dr. Rayasam graduated from Andhra Medical College in 1972 and practiced General Medicine, well as, Industrial Medicine as a Chief Medical Officer.

Dr. Rayasam completed his residency program with Duke University in 1982 where he was training in his specialty in Psychiatry. This residency was in combination with the State of North Carolina Mental Health System State Hospitals where he not only participated in Academic Medicine and Psychiatry, but he also supervised medical student residents. He also held a position as an Assistant Professor for 30 years.

In 1992, Dr. Rayasam relocated to Texas and joined the South Texas Psychiatric Associates alongside Dr. Maruvada. By 1995, Dr. Mangnipudi joined Maruvada and Rayasam to provide care to various mental health agencies in the Coastal Bend. This included Coastal Plains Community Center, Nueces MHID as well as various hospitals. Initially, Dr. Rayasam would cover a range of CPCC centers while filling in where they are needed with in the Coastal Plains catchment area. As Continuity of Care was established, each doctor was dedicated to each clinic with Dr. Rayasam primarily serving previous Sinton location, Taft, Beeville, and Aransas Pass. They also used to cover acute care, a level of health care in which a patient is treated for a brief but severe episode of illness, for the Coastal Plains clients within the hospital system.

During the pandemic, telemedicine became more prominent. Dr. Rayasam was able to continue providing services during this difficult time. Rayasam remarks, "Our goal is to prevent the spiral of mental health by taking care of conditions quickly as they occur and getting people into our integrated program. Because of the chronic conditions that many experience, continuous community support, family support, and staff support is necessary to maintain stability. This is a good indication that we are providing quality services."

Linda Perez, Licensed Professional Counselor



Obtaining a long life goal is an amazing feeling. Years ago, I set out to complete all my course work to one day be an LPC. Each time I witnessed a CPCC staff successfully receive their LPC, I would use positive self-talk by saying "this year will be the year to be a Licensed Professional Counselor." Well, a lot of busy demands (my choice) both at home, community and work were more of a priority. As I look back and think where has the time gone. I cannot explain how quickly minutes turned into days, days turned into months and the months turned into years. Although my goal to achieve this license would almost be extinguished with life demands, my passion would blaze when I would meditate and evaluate where I was in life. Being an LPC was never extinguished, it was merely tucked away. Through the grace of God, support of my husband, family and colleagues, I fulfilled my goal of being an LPC in August 2022. As I reflect back, 24 years seems like such a long time. When I think about it, 24 years does not seem that long ago because it was spent with my loved ones and doing what I have been doing here at CPCC. Now with a LPC title next to my name, it is not only Great but Remarkable! A word of advice to all, never give up on your goals and dreams. It may take some time and effort to accomplish these goals. However, always remember that its not always about achieving your goals but enjoying this thing called life. This is what's most important.

Company Picnic

On November 4th, 2022 Coastal Plains Community Center held our annual Company Picnic at the Rockport Saltwater Pavilion. This outing provides the staff with the opportunity to socialize and engage in friendly competition...and SOME GOOD BAR-B-Q.

This year's picnic games consisted of horseshoes, dart ball, basketball, pumpkin decorating, salsa, noodle race, loteria and a costume contest to top it off. Oh, and of course SPIRIT AWARD.

This year Leo Trejo and Jonathan Heyward took the title as Horseshoe champions with Sarah Gutierrez dominating both the basketball and dart ball tournaments. Isaac Lopez won the salsa contest. Loraine Huerta, April Ochoa, Irene Sanchez and Marissa Lafuenta won the noodle race. Isabella Vasquez's Vampire Pumpkin took home Scariest Pumpkin with Samantha Jeter winning Most Creative with her awesome Genie pumpkin with music to boot.

This year was hard to judge as all our centers turned up with spirit representing their centers. The Spirit Stick is won by representing your service area in a positive team building collaboration. Alice took home the Spirit Stick this year and they also found Waldo.

Speaking of costumes, this year's costume contest had one of the largest participations we've had since we moved our picnic season. We had Rosie the Riveter, Cruella and her Dalmatians, Encanto, Grease and the T Birds. On the Single Categories we had Medusa, Mrs. Pacman, Ghostbusters and a Mushroom Fae. Encanto and Medusa took home Best Costumes while Grease and Mushroom Fae walked away with Most Creative Costumes.

The Company Picnic also serves as a moment to recognize staff for providing excellent customer service. While we commend all our staff for everything they do for our agency, these individuals were honored for going above and beyond to serve their community. Chief Executive Officer Leo Trejo and administrative staff presented awards to Lilia Jones, April Samora, Sylvia Castillo, Andrew Tomas, Celina Utley, Mary Zavala, Sierra Zavala, and Melanie Garcia.

Coastal Plains Community Center would also like to thank Denise Bryans who has been coordinating the Company Picnic since its inception in 2001.



Customer Service Awards



Mary Zavala

Mary and I had the greatest adventure of all this year. I had received a call on crisis on a client that was having a psychotic break due to drugs. The report stated that the client was violent and case managers should not go alone. I asked her "Hey you, want to go on an adventure!?" She said, why, what's happening? I said, law enforcement wants us to go brief them. So, we go in a room full of law enforcement and plan the way we will enter the ranch and who would enter first. We are looking at each other in excitement. We finally sorted the plan with law enforcement and take off on "hot pursuit" out to the ranch to assess the individual. We all enter together with Mary and I standing in the back and were actually able to assess the individual with no problems. With the help of Mary, her being by my side even if it was for the ride, deserves an award of excellence for never telling me no, no matter how the situation is.

Nominated by Erica Ramirez

Lilia Jones

Lilia has always gone above and beyond for her clients. Hard work has always been in Lilia's nature and her work ethic has never gone unnoticed. I have had the honor of being Lilia's Supervisor for a little over a year now and have got to witness her compassion towards people in many situations. There was one specific case that I will never forget. Lilia's client is an older man who recently had gone through a divorce and lost almost everything. He has a fixed income and his living situation was not ideal. Lilia went out to meet with the client and called me from his travel trailer in disbelief. She was upset because she learned that the client had a plumbing issue and his landlord was refusing to help him. She reported that he had a mess in the restroom because of his plumbing issue and the RV was unlivable. A few days later I received a call from the client in tears to tell me what Lilia had done for him. He told me that his travel trailer was unlivable and his landlord was taking advantage of him by charging him rent and refusing to fix the plumbing. He said that he paid a plumber money to fix it and they took advantage of him for being in a vulnerable situation and didn't fix anything. He said that Lilia was like an angel from heaven. He said she called the landlord and plumber to advocate for him. He stated that Lilia then left to the store and came back to fix his plumbing problem. He laughed and said that Lilia even had a tool belt that she pulled out of her car. He said that within that week, he and Lilia had found a nice affordable apartment with an amazing landlord who was willing to work with his first deposit and rent to be able to move in before the month was up. He said that no one has ever done so much for him and he wanted me to know that Lilia was not just a great Case Manager, but a great person. She goes above and beyond her scope of duties for her clients. The best part of this situation was when I told Lilia that he called, her response was priceless.... she just shrugged her shoulders and said, "yea... I know a little about plumbing." She has a heart of gold. She wasn't expecting any type of praise..

Nominated by Linda Madrigal

Celina Utley

Celina Utley is being nominated, not just for her work as a Clinic Director for Falfurrias, but a team player. She takes on task to ensure that her clinic runs smoothly regardless of what her life situation has. Celina demonstrates leadership as well as compassion for those in need. When we say that she is a team-player, Celina definitely takes it for the team. An example: we had a client who walked into the office, very manic, not suicidal or homicidal, but emotionally distraught as she felt no one wanted to help. Celina spent 2.5 hrs with this client crying, screaming, laughing, and then crying some more, talking to her, calming her, and then providing the best resources she knows to help the client.

Another demonstration of leadership and team-player demonstrated by Celina is her way of linking and collaborating this clinic with the local authorities. Celina has paved a bridge with local law enforcements and our clinic to form a unity so that the community is provided with the best mental health care for those in this rural area. Her communication skills and compassion to help those in distress allows the effectiveness of this clinic to run smoothly.

Nominated by the Falfurrias Staff

April Samora

April always puts the clients first. She is caring and thoughtful of the clients. There was a time when the Kingsville group home was short staffed and one of the group home clients was not feeling well and she had worked night shift and her morning shift. I recommended that client go to ER to be evaluated. She did not have staff and was not able to find staff to take client to ER so she left home and came to group home and picked up client to take him to ER. April did not complain about staying with client until 10pm in the hospital she kept me informed about client's status the whole time she was with him. She takes great care of the Kingsville group home clients.

Nominated by Irene Sanchez



Customer Service Awards



Sierra Zavala

This past year as well as the years before, Sierra has done a commendable job in ensuring Youth Mental Health Awareness is celebrated all month. Sierra ensures that there is activities going on from May 1st through may 31st. When there was an in house celebration, there was not one clinic that is left out. Sierra also ensures that Youth Mental Health Awareness is acknowledged through proclamations in all nine county service area. These last two years, Sierra has orchestrated the door decorating contest for the entire agency. I would also like Sierra to be acknowledged for going over and beyond her scope of duty and sharing that CPCC is well represented in the community by participating in educational and health fair events. I have to say in the last 30 plus years tenure with CPCC, there has not been a more passionate and dedicated community relations staff such as Sierra. Last but not least, Sierra is a mental health first aid instructor who has been the one staff who is always available to train education personnel instructors and community partners. One may see Sierra as a quiet or a shy individual. I must say I have witnessed her presentation and she is a heck of an instructor.

Nominated by Linda Perez.



Andrew Thomas

Andrew Thomas had recently helped me with clearing up a diagnosis error that would not allow future calculations. Andrew has been very helpful to me on several other computer issues in the time that I worked at CPCC. He is very clear and concise on what needs to be done and I don't have to figure it out all on my own (which is a big deal to me). I just want Andrew to know that he is appreciated and I would not be able to do my job effectively without him in the position he is in. Not only is he an asset to my position but other staff as well.

Nominated by Michelle Hlavik



Sylvia Castillo

Throughout May 2022, Sylvia assisted me with staying in contact with a client who had been initially reported as a missing person. Sylvia worked many hours and weekends assisting me with staying in contact with the client while he ran away from home and was in an active crisis situation. Sylvia never complained and was always a great help when I had any questions along the way. Sylvia didn't think twice when she, myself, and the mother of the client got approval to go to Austin, TX to pick the client up to hopefully resolve the crisis situation. I believe she deserves a customer service award for going above and beyond for the client and IDD team. I also think she is a great asset to CPCC.

Nominated by Brooke Guild



Melanie Garcia

I would like to nominate Melanie Garcia for the customer service award. Melanie has worked with both youth and adult clients in the agency. Melanie is always on the go whether it is helping her clients fill out applications for services within the community, assisting them with the food bank, emailing those in need of clothing or furniture, or providing skills training with them. Melanie is not only available for her clients but for her coworkers too. Melanie opens the door to her office for those who have questions or need help. She will help her coworkers with correcting errors or brainstorming on how to help their clients. She volunteers to help with screenings or crises even if it is not her "call" day. She makes time in her schedule to update clients paperwork even clients who are not on her case loan to ensure they get the care that they need. Melanie has never had the "it's not my job" attitude and that goes a long way when providing patient care. Team player. Is always ready no matter the task from door decorating to pumpkin carving, bulletin ideas, costumes, and luncheons. She doesn't exclude anyone and always has a positive attitude. She is an amazing person with a heart of gold and a passion for the field of work that she is in. If you can be anything be a Melanie!!!

Nominated by Sylvia Escobedo



A Look Ahead...

Coastal Plains holds annual Angel Tree Donations for Group Home Clients. Gifts are donated anonymously.

Coastal Plains officially purchases land in Alice, Texas in order to expand the Alice Center and enhance Substance Use Services.

A.S.I.S.T.



In August, Stephanie McCoy (TCOOMMI Director), Timothy Johnston (Aransas Pass Clinic Director), and Meagan Blanco (Program Administrator) traveled to the Tropical Behavioral Health Center in Weslco, Texas for a week long training to become certified as A.S.I.S.T. Instructors. A.S.I.S.T. is a 2-day, interactive, skills-based workshop that prepares people to provide suicide first aid using a unique 6-task model. During this workshop, personnel would learn how to prevent suicide by recognizing signs, providing a skilled intervention, and developing a safety plan to keep them safe for now. On November the 10th and 11th the group held their first training with center staff. A second training is scheduled for January 2023.

January

Cervical Health Awareness Month
National Birth Defects Prevention Month
National Glaucoma Awareness Month
National Volunteer Blood Donor Month

February

American Heart Month
Age-Related Macular Degeneration
Awareness Month
Black History Month
National Cancer Prevention Month

March

National Developmental Disabilities Awareness Month
Bleeding Disorders Awareness Month
Brain Injury Awareness Month
National Kidney Month





Find us on Facebook
Coastal Plains Community Center

@CPCCMHIDD

Visit our website at:
www.coastalplainsctr.org



We're Here-Where You Live

Aransas County

Rockport Mental Health Clinic

620 E. Concho
Rockport, TX 78382
361-727-0988

Aransas Pass Mental Health Center

1010 S. Commercial
Aransas Pass, TX 78336
361-226-3022

San Patricio County

Taft Center for Integrated Health & IDD

201 Roots Ave.
Taft, TX 78390
361-528-4516

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

Jim Wells Center for Integrated Health & IDD Services

614 W. Front St.
Alice, TX 78332
361-664-9587

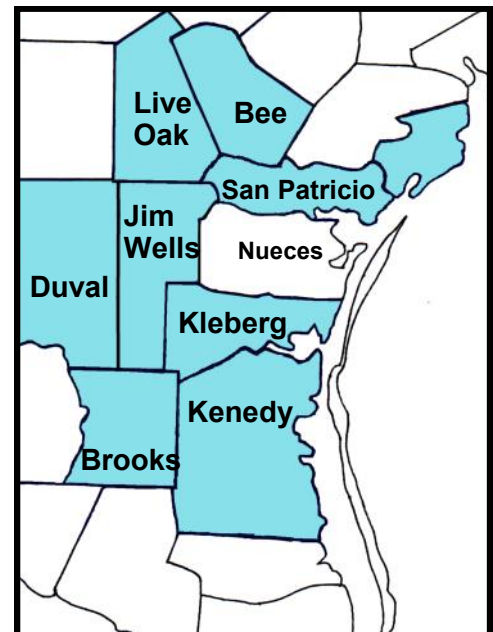
San Diego Mental Health Center

409 E Gravis
San Diego, Tx 78384
361-279-7296

Kenedy and Kleberg Counties

Kleberg Center for Integrated Health & IDD Services

1621 East Corral
Kingsville, TX 78363
351-592-6481



Coastal Plains Community Center
200 Marriott Dr.
Portland, TX 78374
Phone: 1-888-819-5312
Fax: 361-777-0571
www.coastalplainsctr.org

COMMENTS

Have questions or comments about the newsletter? Please email Sierra

Zavala at:
szavala@coastalplainsctr.org

Coastal Plains Community Center
200 Marriott Drive
Portland, Texas 78374
1-888-819-5312
coastalplainsctr.org

