



The Sun

Summer Edition 2023

"And still, I rise."
Maya Angelou

SMZ
Photography

We Are Open

Coastal Plains Community Center provides integrated mental health and intellectual developmental disability services to the counties of Kleberg, San Patricio, Aransas, Kenedy, Bee, Live Oak, Brooks, Duval, and Jim Wells.

Office Hours:

Monday—Friday 8:00 a.m. to 5:00 p.m.



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
Hispanic Heritage Month
Blood Cancer Awareness Month

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Coastal Plains Community Center



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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

Have a Complaint?

Call the Right Office at
361-777-3991 or
1-888-819-5312
RightsOffice@coastalplainsctr.org

If you believe that you have been abused or neglected, you should report this to:
Texas Department of Family and Protective Services (DFPS)
1-800-647-7418

Coastal Plains Community Center Summer Program

In Summer of 2023, the Coastal Plains Community Center Youth and Family Program ran a Summer Program from May or until most schools were released until the end of August. The Summer Program enhanced services to promote resiliency by working with overall health and well-being. After the pandemic, observations saw an increase of anxiety and depression and a reduction of socialism in the community. As a result many youth utilize virtual settings for socialization.

The Summer Program sought to improve socialization by utilizing youth mental health services in out of office settings. Coastal Plains sponsored trips such as providing rehab skills training in parks, or other natural environments. CPCC wanted to step out of the classroom environment, and so by working closely with the parents services were delivered outside of the traditional office or school base setting. Through partnership with the Ageing and Disability Resource Center, CPCC was provided \$45000 to sponsor and promoted respite Summer Camps. Respite is a service that is geared towards giving the care giver relief. The relief came in the form the children to Summer Camps at the Aransas Pass Aquatic Center. 12 individuals participated in these Summer Camps with a final field trip to Hurricane Alley in Corpus Christi Texas.



Farewell Denise Bryeans



On August the 25th, Coastal Plains Community Center celebrated the retirement of beloved Staff Development Coordinator Denise Bryeans. Friends family, and coworkers gathered to celebrate and show appreciation to one of Coastal Plains most dedicated staff.

From 1983 to August 2023, Denise Bryeans has served as an integral part of Coastal Plains from serving as coordinator at the Corpus Christi State School to the development of Coastal Plains Community Center as we know it today. When someone begins their career with Coastal Plains Community Center, the first face they would see would be Denise. As Staff Development Coordinator, she would welcome newcomers by educating them in the services that CPCC offers, policy procedures, HIPPA, and more. Denise gave staff insight on the type of work environment tone can expect starting a career with CPCC. Aside from introduction or orientation, Denise has provided various trainings such as Mental Health First Aid Training, CPR First Aid, and PMAB. All trainings that are essential to staff when entering the field. She is also a certified ASIST Trainer and wore many other hats when it at coastal plains. One of the biggest hats she held was organizing the CPCC Annual Company Picnic. Denise has coordinated the past 20 CPCC company picnics which is a day of celebration for staff to come and play games, eat together and recognize their accomplishments.

“Denise has always been a delight to work with. She has taught generations of CPCC staff and has always made us feel welcome to call on her when we have questions or need of guidance. I'm going to miss wishing her a good morning everyday, talking about our fur babies and listening to her stories of her years here at the center.”- Sierra Zavala, Community Relations Coordinator.

Denise graduated from Arkansas State University with her undergrad degree in Psychology. By 1980, she received her Masters in Rehabilitation Counseling before moving to Texas with her husband in 1981. Settling in Ingleside, TX, Denise began her career with the Corpus Christi State School in 1983 in the education department. Denise recalls “When I was in orientation, I met this lady by the name of Amy Mendoza. She’s also still working with us. When we finished our orientation together, I told her that this is where I want to work, this is what I want to do and after 11 months in the education department, I started to work in staff development.” Denise was brought on board in 1997 to help create the staff development program for the Coastal Plains Community MHMR Center. Utilizing the skills and resources she developed from her previous position, Denise made this position her own and took on many roles. Coastal Plains wishes Denise Bryeans a Happy Retirement.





Expanding Crisis Services

By Leonel B. Trejo Jr., CEO

Our Center has been expanding its' crisis program over the last 3-4 years to help provide additional supports to other staff. Historically, we had case managers carry a caseload and rotate to cover crisis calls in each of our counties. Over time the quality of care and time spent on caseloads suffered due to the influx of crisis calls that we were receiving in each of our counties. I realized at that point that we needed to make some changes since our goal has always been focused around providing quality care to individuals we serve. Initially, I was able to find funding from Methodist Healthcare Ministries to fund 2 crisis staff for our Center. A couple of years later our team and I were able to secure funds from 2 HHSC grants that funded an additional 5 crisis staff. These three grants provided us the opportunity to finally create a specialized crisis unit for our Center that consists of a supervisor and 7 crisis staff. This

specialized crisis unit is responsible for taking on the burden of providing crisis services each day for our nine counties so traditional case managers are relieved of this duty.

Over the last few years, crisis services have become more complex and the need for law enforcement's presence has increased. This year we were given an opportunity to partner with Constable Kody Farenthold (San Patricio county precinct 6) on a grant involving mental health deputies. It has been a goal of mine to add mental health deputies to our existing crisis team. These officers have specialized training in mental health and crisis intervention provided by the Texas Commission on Law Enforcement. The intent of these officers is to work collaboratively with the community and the local mental health authority's crisis intervention team to improve the way law enforcement interacts with individuals experiencing a mental health crisis. Constable Farenthold is in the process of hiring 2 officers and we are hoping to provide training for these officers by October. Once trained these officers will be housed in our Aransas Pass clinic and will respond to crisis calls out the community with our northern crisis team. The team's focus will be on improving response time to crisis calls, and diverting individuals from the criminal justice system into appropriate mental health services. Our long-term goal will consist of sustaining this grant and acquiring additional funding to help expand this crisis model to other counties served by Coastal Plains.

Farewell to Nancy Glasson Rose



On August 29th Nancy Glasson Rose celebrated her retirement with Coastal Plains Community Center. Friends, family and staff gathered to show their support and appreciation as she entered a new phase in her life.

Nancy studied for her Bachelors in Sociology at the Texas A&M University of Corpus Christi in 1997. In November of 2000 she came into Coastal Plains in the Intellectual Developmental Disability (IDD) program as an IDD Service Coordinator. In June 2003 Nancy had left Coastal Plains and returned as Family Partner for Youth Services in 2013. Originally applying for Service Coordinator Nancy filled this role under the supervision of Linda Perez (Children's Mental Health Director) having a family member whom has experienced a mental health disorder. In 2015 under the supervision of Belia Garza, Nancy transitioned back into IDD services as Service Coordinator where she contributed 8 more years to IDD Service. As Service Coordinator Nancy's days consisted of advocating for clients in need, helping to identify and access resources, and coordinating with nursing homes.

Nancy dedicated 23 years to Coastal Plains Community Center. As her journey with Coastal Plains comes to a close we wish her a happy, relaxing and exciting retirement. May this new chapter bring you even more precious joy and memories.

When asked what Nancy is most looking forward to during retirement she states "I'm going to go visit my first grand baby and spend time with my family."



Individualized Skills & Socialization (ISS)

In March of 2023, Day Habilitation transitioned to be renamed Individualized Skills & Socialization (ISS). Coastal Plains Community Center's ISS program exists to insure that those with IDD continue to learn and develop the skills necessary to enhance their independence and their lives in the community.

On and Off Site services are offered through this program to promotes an individual's development of skills and behavior that support independence and personal choice. This can also include transportation between an on-site location and an off-site location and between off-site locations.

Current ISS services are provided Taft IDD Center, Alice IDD Center, and Kingsville IDD Center



Integration Program - Meet Our Primary Care Team

Coastal Plains Community Center's Integration Program continues to make quality primary care services available to consumers by hiring Rachael Loudon-Castillo (Licensed Nurse Practitioner) and Chester Bolinger (Licensed Vocational Nurse). Contracting with Dr. Octavio J. Rodriguez (Primary Care Medical Director), Coastal Plains primary care services are now provided by Coastal Plains Staff as of August 2023

Primary care services are available to individuals who may have no other access to medical care. The medical clinic provides a range of services including preventative care and early intervention of health problems along with management of existing health problems. Follow up, continuity of care, medication assistance and supportive services are designed for each individual consumer.

Primary Care Services are offered to Coastal Plains consumers actively enrolled in Mental Health services. Primary Care Services are offered twice a month per clinic at the following Coastal Plains clinics on the designated day.

AP 1st and 3rd Tuesday

Beeville 1st and 3rd Wednesday

Alice 1st and 3rd Thursday

Rockport 2nd and 4th Tuesday

Kingsville 2nd and 4th Wednesday

Taft 2nd and 4th Thursday



What Is A CCBHC?

A Certified Community Behavioral Health Clinic (CCBHC) ensures access to coordinated comprehensive behavioral health care and serving those who request mental health or substance use care.

What Services Does a CCBHC Require?

- Crisis Services
- Treatment Planning
- Screening, Assessment, Diagnosis & Risk Assessment
- Outpatient Mental Health & Substance Use Services
- Targeted Case Management
- Outpatient Primary Care Screening and Monitoring
- Community-Based Mental Health Care for Veterans
- Peer, Family Support & Counselor Services
- Psychiatric Rehabilitation Services

What is a Mental Health Crisis?

A mental health crisis is any situation in which a person's behavior puts them at risk of hurting themselves or others and/or prevents them from being able to care for themselves or function effectively in the community.—Nami

A Mental Health Crisis can look different from person to person.

Mental health crisis signs can include:

- Rapid mood swings
- Aggressive behavior
- Confused thinking or irrational thoughts
- Verbally stating, writing, or insinuating they'd like to hurt themselves or someone else
- Talking about death or dying
- Extreme energy or lack of energy
- Changes in completion of daily tasks
- Withdrawing from typically attended social situations
- Changes in diet
- Hallucinations, delusions, or paranoia
- Losing touch with reality

Mental Health First Aid

Coastal Plains Community Center offers Mental Health First Aid (MHFA) training for the Coastal Bend. Funded by the National Council of Mental Wellbeing, MHFA training introduces participants how to recognize the signs and symptoms of a mental health and substance use disorder. This course can be utilized to recognize when someone may be in crisis and in need of connected to appropriate professional health. MHFA utilizes the 5-step action plan that includes: Assess for risk of suicide or harm. Listen non-judgmentally. Give reassurance and information. Encourage appropriate professional help. Encourage self-help and other support.

There are 3 ways the training is delivered which can include: In-person where learners receive a 6 to 8 hour instructor-led session. Blended where learners complete a 2-hour, self-paced online course, and participate in a 4.5- to 5.5-hour, instructor-led training. This Instructor-led Training can be a video conference or in-person class.

The Coastal Plains MHFA program currently offers both Youth MHFA and Adult MHFA. This training is offered to the public with the primary audience being adults who work children or other public services such as educators, first responders, healthcare workers, law enforcement and more.

Coordinated by Annette Quam, Mental Health First Aid Coordinator, Coastal Plains currently has 9 active trainers in Adult and Youth Curriculum.

For more information on upcoming trainings

Contact:

Annette Quam

Mental Health First Aid

Coordinator

Phone 361-777-3991

Toll Free: 1-888-819-5312



**Mental Health
FIRST AID**

from NATIONAL COUNCIL FOR
MENTAL WELLBEING



Youth MHFA Instructors Ben Damien and Sierra Zavala provide Youth MHFA to Fris Baptist Academy in Portland Texas

Seeking Jobs?

We're Hiring

Looking to begin a career in behavioral health? Coastal Plains Community Center is a great place to start. Coastal Plains is seeking case managers, licensed professional counselors, licensed vocational nurses, service coordinators and more. Coastal Plains Community Center offers great employee benefits such as health, dental, vision insurance, retirement benefits, license supervision much more.

Coastal Plains updates current job listings every Friday on our career page (coastalplainsctr.org/careers/)

Seeking internship or practicum hours? Call our Volunteer Coordinator Sierra Zavala at 361-777-3991

Want to Apply?

Scan our QR code and download the application.

Applications and resumes can be sent to vdelgado@coastalplainsctr.org



Coastal Plains Community Center



A Great Place to Work



Paid Training
Opportunities



Performance
Awards



Health
Insurance



Employee Assistance
Program



Retirement
Benefits



Availability for
License Supervision



Career
Ladders



Fun Days



Wellness
Program



And Much
More

A Look Ahead...

Company Picnic, Suicide Prevention Month and New Foundations

The Annual Company Picnic will once again take place this Fall on October 27th. This is a company only event that celebrated staff achievements and dedication through 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.

National Suicide Prevention Month is in September and CPCC will promote awareness by attending various Suicide Symposiums and provide outreach within the local Independent School Districts.

Coastal Plains plans to expand the Alice Center to enhance the Substance Use Disorder (SUD) 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



Meet the Author

Sierra Zavala

Community Relations Coordinator

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

szavala@coastalplainsctr.org



Find us on Facebook

Coastal Plains Community Center

@CPCCMHIDD

Visit our website at:

www.coastalplainsctr.org



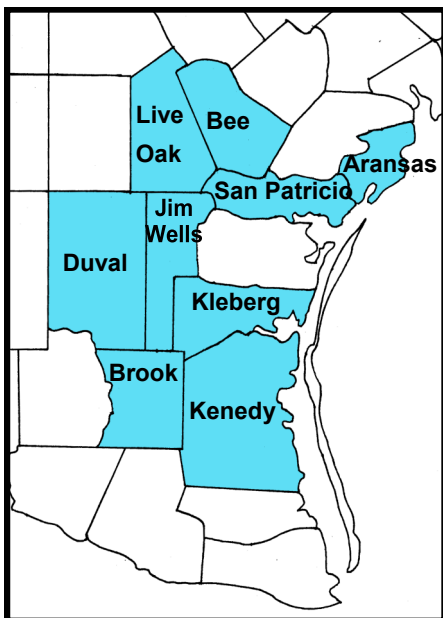
Portland Administrative Office

200 Marriot Drive

Portland, Texas 78374

361-777-3991

We're Here-Where You Live



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

Coastal Plains Community Center

200 Marriott Drive

Portland, Texas 78374

1-888-819-5312

coastalplainsctr.org

