



The Sun

Winter Edition 2023-24

**“It seems like everything
sleeps in Winter, but it’s
really a time of renewal and
reflection”
– Elizabeth Camden**



We Are Open

Coastal Plains Integrated Health serves the 9 counties of the Coastal Bend. Normal hours are, 8:00 a.m. to 5:00 p.m. Monday—Friday.



Coastal Plains
Integrated Health



Winter Observations



December

Worldwide Food Service Safety Month
National Human Rights Month
National Drunk & Drugged
Driving Prevention Month

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

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The Sun

Newsletter

Winter 2023-2024

Mental health crisis signs can include:

- Rapid mood swings
- Aggressive behavior
- Confused thinking or irrational thoughts
- Verbally stating, writing, or insinuating they'd harm themselves or someone else
- Talking about death or dying
- Extreme energy or lack of energy
- Withdrawing from typically attended social situations
- Hallucinations, delusions, and/or paranoia

Crisis Hotlines

CPIH Crisis Hotline:

1-800-841-6467

National Suicide Prevention Lifeline:
988

TTY: 1-800-799-4889

TrevorLifeline (LGBTQ+):
1-866-488-7386

Crisis Text Line:
Text HOME to 741741
Veterans Crisis Hotline:
1-800-273-8255

Crisis Intervention—Mental Health Deputies

Coastal Plains Integrated Health and San Patricio County Constable Kody Fahrenthold collaborated to establish the Mental Health Deputy Program to enhance crisis response to the local rural populations. San Patricio County assisted in funding this program through the American Rescue Plan Act (A.R.P.A.).

The purpose of the Mental Health Deputy Program is to help improve crisis response by diverting people needing behavioral health crisis services from hospitals, E.R.s and jails to community-based alternatives that provide effective behavioral health treatment. Constable Kody Fahrenthold and Deputy Constable Mark Lemons have been trained to respond to an active mental health crisis situation, and emergency detention. They are also able to provide transportation, and provide follow-up appointments after a crisis. Working in conjunction with CPIH's Mobile Crisis Outreach team, the MH Deputies will respond to calls regarding active mental health crisis situations that may require law enforcement intervention.

In addition to crisis response, MH Deputies will also provide Crisis Intervention Training to various law enforcement offices such as the Taft Police Department, Sinton Police Department, and the Police Academy.

Both MH Deputies are active as of January 1st and housed at the Aransas Pass Clinic location. Funding has also allowed for the purchase of 2 units for the MH Deputies to utilize as they serve San Patricio County. Deputy Constable Ron Howe is also undergoing training to provide services for San Patricio County.

This program marks the initial phase in CPIH's efforts to strengthen crisis response. CPIH's long-term goal is to extend this program to all remaining counties and ensure comprehensive coverage.





Clinical Services Division

By Leonel B. Trejo Jr, Chief Executive Officer

The Center recently created a Clinical Services Division to improve clinical care provided by Coastal Plains Integrated Health. The first step needed to get this division underway was to create a Chief Clinical Officer (CCO) position that would oversee this new program. I posted the position internally and ended up hiring Mr. Joel J. Johnson who has been employed with the Center for over 26 years. Mr. Johnson is a license professional counselor-supervisor (LPC-S) and transitioned into his new role in the month of January 2024. His charge is to provide oversight to our Center's license professional counseling (LPC) staff who provide intake services and cognitive behavioral therapy (CBT). His goal over the next several months will be to improve access to care and create a uniform intake process at each location. LPC staff who provide intake services are the gatekeepers to care and their scheduling has been as far out as three months in some locations. Our CBT program has also had a waiting list that has grown over the past year and the CCO will be expected to reduce the amount of time it takes to see a therapist at our Center. In addition, the CCO will also be in charge of our Center's crisis intervention team (CIT). Mr. Johnson's focus will be on minimizing turnover for this program and creating a uniform crisis approach to care. Mr. Johnson will work closely with our Center's Quality Assurance department to provide feedback regarding these critical services and improvements that have been made over time. As a Texas Certified Community Behavioral Health Clinic (T-CCBHC) our emphasis is on integrating primary care and substance use into our mental health care setting with the goal of improving health outcomes. As a T-CCBHC we must meet stringent criteria around timeliness of access in order to remain eligible for this credential. The timing for this new division couldn't be better since we have our recertification coming up next year.

CPIH senior staff collaboration with Health and Human Service Center for Texas CCBHC Initiative. Staff present include Leo Trejo (Chief Executive Officer), Jorge De Los Santos (Quality Management Director), Jonathan Heyward (Adult Mental Health Service Director), Joel Johnson (Chief Clinical Officer), Linda Perez (Children's Mental Health Service Director), Sarah Melecki (Director, Integrated Care Strategy) and Kenneth Placke (Data and Quality Lead, Integrated Care Strategy)





Overcoming Challenges Together

Ramiro Longoria Jr. came to Coastal Plains in 2018 to seek help for his behavioral health. Following an injury that left him disabled, Mr. Longoria had to leave his occupation as a welder, leaving him at a loss for supporting his family. Due to this event from this event and other ongoing issues, Mr. Longoria had a lot of distress that would lead to altercations with family, school staff, and other individuals. After an altercation, Mr. Longoria was brought to the center by his family, and he was enrolled in services with Kelly Huynh-Scott. He explained that he did not remember the first few months he entered services. Mr. Longoria recalls, "I was different back then. I was in a dark place. From what they told me, I wouldn't make eye contact and could be very standoffish." While initially hesitant to

receiving mental health services, Mr. Longoria expressed gratitude towards those who supported him and encouraged him to seek help when he needed it the most. "When I came into to service, I thought this place was a joke. Kelly and my family helped me get back on track. She brought me back to reality," he stated.

Mr. Longoria has a strong support system with his family who help him stay on track. After his separation, his sister bought him some land where he could reside and raise animals with his son. His family has been very supportive of his mental health journey, helping him keep up with his treatment and medication. They also help him keep track of his finances and help with his son when they can. His older children check in on him and assist him when he needs help.

Due to his experience with Coastal Plains, Mr. Longoria decided to enroll his son, Ramiro Longoria III, in Youth and Family Services. Mr. Longoria's son was having behavioral problems that would present themselves in the classroom, becoming very disruptive. The school had called Coastal Plains for crisis, after which Mr. Longoria decided to enroll him into the program. After his enrollment, his son started seeing Dr. Maruvada (Medical Director) and Mary Lisa Duarte (Psychiatric Nurse Practitioner) and was able to receive counseling and medication. By having regular meetings with his Case Manager, Janie Sanchez, his son proceeded to succeed academically, even coming out the top of his class with an A honor roll. He is top in reading, finished all his 1st-grade math curriculum in 12 weeks, and has moved on to learning 2nd-grade math. While he is currently assigned a shadow at school who helps him when he's having trouble, the school anticipates him being more independent when he reaches junior high.

Mr. Longoria enjoys bonding with his son, helping him grow with 4H, and even helping other kids in 4H when they are struggling. He remarks, "When I was going through all of this, I thought to myself, who was going to help my kid with all this? Everything that I'm doing, I'm doing for him." Last year, Mr. Longoria and his son raised goats for 4H. This year, they have chosen to raise rabbits. They hope to continue to raise more animals as he teaches his son responsibility. Mr. Longoria hopes that by sharing his and his son's successes, they will encourage anybody who has doubts in receiving mental health services to seek help when needed.

Mr. Longoria was asked to join the Planning Network Advisory Committee this year. The committee consists of Coastal Plains clients who review and provide input on service updates for Coastal Plains. Coastal Plains is glad to receive his feedback and the company commends both him and his son for their continued progress towards recovery.

YES Graduation—Congratulations Jonathan Billington

By Imelda Barrera, YES Waiver Program Manager



Jonathon Billington graduated from the YES Waiver Program on December 27, 2023, after four years of intensive case management, wraparound service, community living skills, and recreational therapy.

While Jonathon was in the YES Waiver Program, he worked on self-care and wellness. The program provided Jonathon with Recreational Therapy. Community Living Skills and traditional skills improved Jonathon's welfare and his success in the YES Waiver Program led to his graduation into a less intensive Level of Care.

Jonathon chose a pizza party for his graduation and played one of his favorite games, UNO. He was presented with a

Certificate of Accomplishment by Children's Director Linda Ramos-Perez, YES Waiver Program Manager Imelda Barrera-Garcia, and YES Waiver Facilitator Jen Garcia. It was an emotional day for Jonathan, his mother, Nikki, and grandmother, Jackie, as they watched Jonathan give a thank you speech to everyone on the Wraparound Team. Jonathan told his team he would miss his Case Manager, Jennifer, and his Recreational Therapist, Lexis Vallejo. Jonathon continues services with Coastal Plains Integrated Health and continues making progress.

Staff Accomplishments



On February 22, 2024, Virginia Delgado, Coastal Plains Human Resource Director, was appointed Vice President of Professional Development for the Coastal Bend Society for Human Resources Management (CBSHRM). The CBSHRM is a local chapter that provides networking opportunities, up-to-date HR information, and quality professional development in an effort to improve the HR profession and enhance the professional value of collaborating members.

As Vice President of Professional Development, Virginia will oversee the development and delivery of career-oriented programs such as Certification Preparation and Programming conducted at all regular meetings of the members, social functions, and any workshops and/or seminars sponsored by the Chapter as determined by the President and the Board. The VP of Professional Development shall oversee activities of the Committees under her purview and she will appoint the Director of each Committee.

Whoville Christmas

On December 13th, 2023, Coastal Plains Integrated Health Early Onset program hosted a Hot Chocolate and Goodie Drive Thru. This event was held at the Aransas Pass location and was open for the community to come by for a sip of sweetness.

The event was organized by Maribel Lara who is the Early Onset Program Supervisor and carried out by AP center staff. Veterans Peer Service Coordinator Vincent Klus also joined the fun as Santa Claus and also had a special visit by the Grinch himself, Roger Flores.

Resource information was distributed with each cup to encourage the community to take care of their mental health this winter.



Parade of Lights

On December 4, 2023, Coastal Plains staff participated in the Parade of Lights in Portland, Texas. The vehicle that was used was decorated by the Quality Management Department which included Jorge De Los Santos (Quality Management Director) Melissa Campos (Clinical Trainer), Sierra Zavala (Community Relations Coordinator) Brooke Guild (Quality Assurance Specialist). Staff volunteering to walk the parade also included Sierra Zavala, Melissa Campos, Isacc Lopez (MHFA Coordinator), Maribel Lara (Early Onset Supervisor), Olga Garcia (Crisis Intervention Specialist), Elida Real (HR Assistant), Daniel Lopez (Chief Accountant) and Jonathan Heyward (Adult MH Director of Services). This event helped spread awareness of CPIH and the services we provide.

If you or anyone you know would like to get involved with your community though CPIH, please contact Sierra Zavala for more info.



IDD Angel Tree

Coastal Plains Integrated Health Intellectual Developmental Disability (IDD) Services held their annual Angel Tree for IDD clients. Each year CPIH has several staff from any department choose a person from the angel tree and make a Christmas wish come true. Wish Lists are created for the angel tree that are items a person would want for the holiday.

All staff and clients are kept anonymous to each other to remain in compliance with HIPPA. The heartwarming joy the individuals show helps CPIH organize this event every year.



Know Your Rights

You have the right to make a complaint about services.
You have the right to be told about Disability Rights for both inpatient and outpatient care.

Have a Complaint?

Call the Rights Officer
Amy Stratton 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



In Memory of
Planning Network
Advisory Committee
Member

Jorge Luis "Georgie"
Perez

1979 - 2024

A Look Ahead...

May is Mental Health Awareness Month. Coastal Plains Integrated Health plans to promote awareness through community outreach, seminars and social media campaigns.

Coastal Plains will host the annual interoffice Door Decorating Contest to celebrate Children's Mental Health Awareness Month.

Spring Observations



March

National Developmental Disabilities
Awareness Month
Women's History Month
Bleeding Disorders Awareness Month
Brain Injury Awareness Month

April

National Autism Awareness Month
National Child Abuse Prevention Month
Alcohol Awareness Month
Sexual Assault Awareness Month

May

Mental Health Awareness Month
American Stroke Awareness Month
National Brain Cancer and Brain
Tumor Awareness Month



Meet the Author
Sierra Zavala

Community Relations Coordinator
Have questions, suggestions or comments

about the newsletter?
Please email Sierra Zavala at:
szavala@coastalplainsctr.org



Find us on Facebook
Coastal Plains Integrated Health

@CPIHMHIDD

Visit our website at:
www.coastalplainsctr.org



Coastal Plains Integrated Health

200 Marriott Dr.
Portland, TX 78374
Phone: 1-888-819-5312
Fax: 361-777-0571
www.coastalplainsctr.org
Crisis Hotline: 1-800-841-6467

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

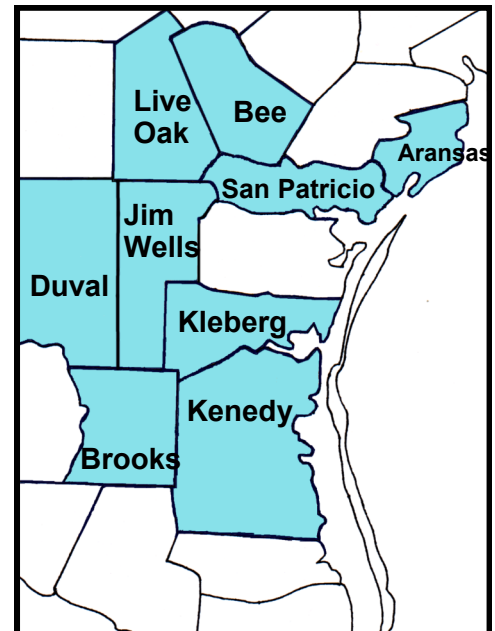
Jim Wells Center for Integrated Health & IDD Services
614 W. Front St.
Alice, TX 78332
361-664-9587

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 Integrated Health
200 Marriott Drive
Portland, Texas 78374
1-888-819-5312
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