



The Sun

Spring Edition 2024

"Where flowers bloom, so
does hope."
-Lady Bird Johnson

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





March

National Developmental
Disabilities Awareness Month
National Social Work Month
Women's History Month

April

Autism Acceptance Month
National Sexual Assault Awareness
and Prevention Month
National Alcohol Awareness Month

May

Mental Health Awareness Month
Military Appreciation Month
Family Wellness Month

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Mental Health Awareness Activities

Coastal Plains Integrated Health (CPIH) campaigned for Mental Health Awareness month by hosting celebrations, contests, and trainings throughout the Coastal Bend. The goal of Mental Health Awareness Month is to encourage our community members to continue to pursue new knowledge around mental health while also learning to accept that anyone can face a mental health challenge. While many people may have an awareness of what a mental health challenge can look like, individuals may struggle to accept themselves or someone they know who is facing those challenges. By providing outreach efforts, CPIH hopes to reduce the stigma surrounding mental health.

Adults, children, and adolescents of all ages and backgrounds can face a mental illness and many are unsure if they should ask for help or how they should treat it. The reason behind this can be linked to a lack of knowledge regarding mental health or a lack of encouragement to discuss it. The stigma around the topic mental health can make it difficult for one to seek treatment for themselves and other family members. This may come from a fear of backlash or criticism from family, peers, and society along with other barriers.

In order to encourage the discussion around mental health, CPIH staff coordinated with several independent school districts (ISD) to host presentations for today's youth. Headed by Community Liaison Sierra Zavala, CPIH presented to ISD's such as, Ricardo ISD, Alice ISD, Taft ISD, and Falfurrias ISD. These presentations were tailored by grade level and presented in a manner that was easy to comprehend for younger age groups. The primary presentation titled "Mental Health: Recognize and Support," consisted of describing the signs, symptoms, risk factors, and resources for people presenting a mental health challenge. CPIH presents the most common signs and symptoms that can be present in other varying mental health disorders. Younger age groups such as kindergarten – 2nd grade, the presentation "Words Matter" was provided to focus more on emotional wellness and telling someone they trust when they do not feel okay. On top of this, Coastal Plains also attended the Ingleside Special Education Resource & Transition Fair. Along with visiting local school districts, the Coastal Plains Mental Health First Aid program also held a symposium teaching multiple classes for the Texas A&M University Kingsville Office of Student Access. More information regarding this event can be found on page 4.

This year Coastal Plains hosted their annual Youth Mental Health Celebrations in each clinic. Youth consumers and their families were invited to celebrate their successes or recovery with games, activities, and food. Youth of all ages attended with CPIH staff present.

A Door Decorating Contest was also held in each clinic and judged based on its message and craftsmanship. This would be its 4th year the contest was held following the theme of *Movement: Moving More for our Mental Health*. The intention of

these contests are to uplift our clients when they visit the clinics. It doesn't need to feel like another doctor's office. CPIH staff wants to connect with our community and show them they are here for support.

This year's grand prize went to Melissa Campos (Clinical Trainer) of the Portland Clinic. Photos of the Door Decorating Contest 1st place winners can be found on page 7.

Coastal Plains also put together a 6 person team to run the 47th Annual Beach to Bay Relay Marathon promoting, "Making Strides Towards Mental Health Awareness." More information regarding this event can be found on page 6

On May 2nd, AS+K Gatekeeper training and CALM training were provided by Vincent Klus (Veterans Peer Coordinator) for the Coastal Bend College Student Services.

From directors to case managers, many different CPIH staff were able to utilize their time and resources to make this month a success. They ensure all events go off without a hitch and are ready to help when obstacles arise. CPIH thanks all staff who dedicated time, coordinated and worked together to make this year's Mental Health Awareness Month possible. CPIH staff never fail to advocate for the acceptance of mental health which plays an enormous part in our day to day lives.





Mental Health Awareness Month

By Leonel B. Trejo Jr.

This year our Center was involved in several events commemorating Mental Health Awareness month. Mental Health Awareness month has played a vital role in addressing the challenges faced by millions of Americans living with mental health conditions. Several organizations such as NAMI, SAMHSA, and others have worked hard over the years to eradicate stigma, identify supports, and provide education in order to improve the well-being of individuals and families affected by mental illness. Over the years we have made great strides on improving mental health and expanding resources. However, most Americans still do not have access to the high quality, comprehensive care and treatment they need.

Please see statistics below provided by National Council for Mental Wellbeing:

- 1 in 5 U.S. adults experience mental illness each year.
- Only 47.2% of U.S. adults with mental illness received treatment in 2021.
- 1 in 20 U.S. adults experience serious mental illness each year.
- Only 65.4% of U.S. adults with serious mental illness received treatment in 2021.
- 1 in 6 U.S. youth have a mental health condition, but only half receive treatment.
- 50% of all lifetime mental illness begins by age 14, and 75% by age 24.

As a Certified Community Behavioral Health Clinic (CCBHC) we have also done our part to expand resources, educate, and provide awareness involving mental health within our nine (9) counties. We currently serve over 2300 adults and over 650 youth who have been diagnosed with a mental illness. We also provide services to 380 clients diagnosed with intellectual or developmental disabilities (IDD). As a CCBHC we work closely with the schools, hospitals, and local law enforcement agencies in our nine (9) counties to provide supports and education on signs and symptoms of mental illness. In the month of May we had several staff take part in community events. Our community relations staff enlisted youth case managers and supervisors to help her put together mental health workshops at four (4) different school districts. The focus was on recognizing and supporting mental health. During these workshops our staff met with teachers and over 1500 students. Our team at Coastal Plains is dedicated to helping individuals dealing with mental illness. Our focus has always been to serve as advocates for mental health and do our part to help create a brighter, more promising future of mental health care.

Mental Health First Aid Summit

On May 9th, 2024, Coastal Plains Integrated Health held their first Mental Health First Aid Summit for Texas A&M University Kingsville (TAMUK) Office of Student Access. The Summit was held at the Caesar Kleberg Wildlife Center near the University.

Composed of TAMUK staff, programs involved included Pre-Collegiate Programs such as Upward Bound, Veterans Upward Bound, Talent Search, Educational Opportunity Center and Educational Opportunity Center Rural. Collegiate Programs also included Ronald E. McNair Program, Lopez Scholars Program, Student Support Services (SSS) and SSS-STEM. Instructors Isaac Lopez, Imelda Barrera, Sierra Zavala and Ben Damien provided both Adult and Youth Mental Health First Aid simultaneously. These trainings help enhance awareness around the topic of mental health by learning to recognize the signs and symptoms of a mental health challenge and connecting the person to appropriate professional help. This training also covered sensitive topics such as Crisis Scenarios: suicidal ideations, psychotic symptoms, and substance overdose.

As the Mental Health First Aid Program continues to update and improve it is Coastal Plains' goal to provide this training to as many resources and community members free of charge. This is a needed service to raise the awareness that anyone can face a mental health challenge.



Coastal Plains Primary Care Program Testimony - Sandra Shipp



Coastal Plains Integrated Health's (CPIH) Primary Care Program has only continued to improve since its inception in 2013. CPIH makes quality primary care services accessible to clients who may have no other access to medical care and are currently enrolled in Mental Health services. By offering a range of different integrated health services all under one roof, community members are able to access assistance catered to their overall health needs.

A current client who has seen progress thanks to both the Adult Mental Health and Primary Care programs includes Sandra Shipp. Sandra came into services around 2016 and was recommended after an extensive search for assistance that didn't require insurance. After her husband was diagnosed with a serious medical condition that prevented him from working, any income that was received would be used for his treatment leaving the couple with limited options. Sandra needed help accessing her diabetes medication and this led her to Coastal Plains Integrated Health, formally Coastal Plains Community Center at that time, not just for primary care but also for help with trauma she had endured during childhood. Upon arrival she expressed that her A1C was concerning high and her health was not optimal.

When she started meeting with Dr. Krishnaiah Rayasam (Board Certified Psychiatrist) she saw a lot of improvement with her mental health. "We got started with Dr. Rayasam and he is amazing. I'm very blessed to have Coastal Plains. I feel so comfortable there and they really go out of their way to try to make things better. More recently, I was calling to see if they had received my medication yet and they said no but then 30 minutes later they called back to make sure I would be able to get my medicine. They didn't have to do that. My A1C has been at a really good level since I started with Coastal Plains."

Sandra also recalled a time after Hurricane Harvey when she was temporarily left without residence she was still able to work with the staff to be able to retrieve her medications while her home was being rebuilt. With the Primary Care Program she has been able to received her medication with little to no interruptions. She stated, "All those people are assets to Coastal Plains. Everyone one of them...because they care about what they are doing."

Diabetes Wellness Classes

Diabetes Wellness Classes have resumed in 5 of our local clinics. Conducted by Yvette Hasette (Care Coordinator), topics can include but not limited to: Understanding the Human Body, Understanding Risk Factors For Diabetes, Monitoring Your Body, Diabetes & Physical Activity, and Management of Diabetes through Meal Planning Diabetes. Additionally complications and medications are also discussed. To learn more about your local Diabetes Wellness Class talk to your Case Manager about attending a course.

Schedule:

Kingsville Office: 1st Thursday 10:00 a.m.—11:00 a.m.

Alice Office: 2nd Thursday 10:00 a.m.—11:00 a.m.

Taft Office: 3rd Tuesday 10:00 a.m.—11:00 a.m.

Beeville Office: 3rd Thursday 10:00 a.m.—11:00 a.m.

Aransas Pass Office: 4th Thursday 10:00 a.m.—11:00 a.m.



Making Strides Towards Mental Health Awareness

On May 18th, 2024, Coastal Plains Integrated Health participated in the 47th Annual Beach to Bay Relay Marathon. The Beach to Bay Relay Marathon is a six-person relay running event that totals 26.2 miles from Padre Island to Shoreline Blvd in Corpus Christi, Texas. Beach to Bay is currently the largest relay marathon in the United States. The race is traditionally held on Armed Forces Day to proudly honor the men and women serving in our United States Military.

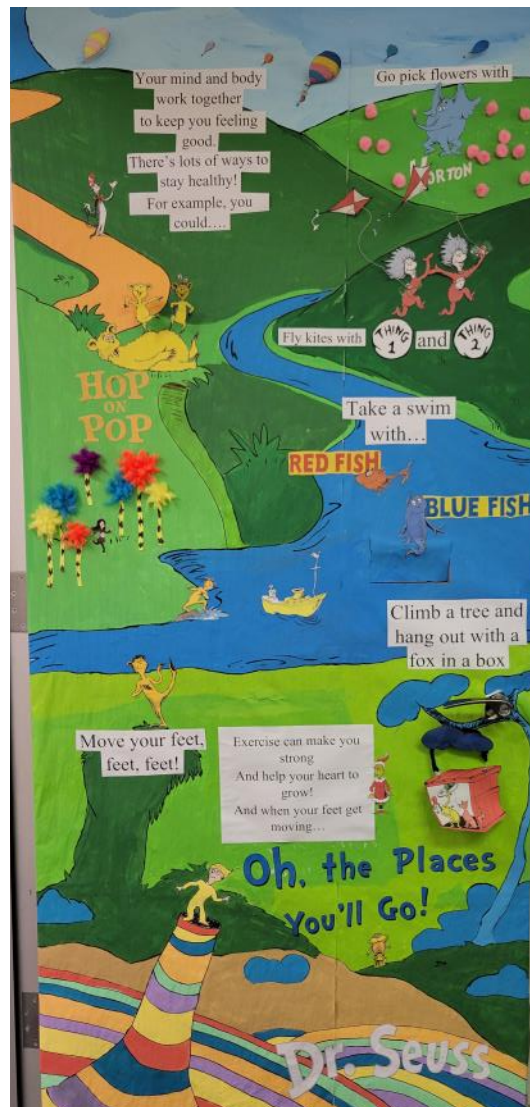
This year Coastal Plains Integrated Health and the Mental Health First Aid Program (MHFA) proudly sponsored 6 staff to run this year's marathon. The runners included (in order of legs ran) Jonathan Heyward (Adult MH Director), Sierra Zavala (Community Relations Coordinator), Jorge De Los Santos (QM Director), Olga Garcia (IDD Crisis Intervention Specialist), Kate Ramsey (Purchasing Officer), and Aeneva Flores (Adult MH Case Manager). As this event took place during Mental Health Awareness Month, shirts were created to promote MHFA and "Making Strides Towards Mental Health Awareness."



Grand Prize Winner

Best Door

Melissa Campos



Portland



Alice 1st Place
Jennifer Flores



Taft 1st Place
Amy Higuera



Beeville 1st Place
Susie Diaz



Kingsville 1st Place
JoAnna Mora



San Diego 1st Place
Sylvia Rodriguez

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. Their purpose is to protect and to speak up for your rights.

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

Meet Our Most Tenured Employee



Maria Elena Rodriguez is currently the longest serving employee originally coming onboard with the Rio Grande State Center (RGSC) before its transition Coastal Plains MHMR in 1998.

In September 1972, Maria applied for her position in the Freer Mental Health (MH) Center after previously pursuing career with Head Start. Around the time she was brought on, she was also asked to provide support to the Falfurrias Mental Health Center Right from the start Maria was ready to provide assistance to our centers and adapt as locations were shifted. As the duty stations changed, she has been the constant. In moving from Freer to San Diego, to Alice, and finally back to San Diego in 2019, Mrs. Rodriguez has always been there to help

clients and staff.

From a time of typewriters and beepers to the newest Millennium Electronic Medical Records, Maria has been present for to see Coastal Plains build itself from the ground up to what it is today. Maria has always gone above and beyond her position. Her duties have consisted of providing transcriptions, delivering medication, keeping medical records, transportation, as needed, and would travel with the case manager if the client would need to transport a client to RGSC.

After 52 years Maria Elena Rodriguez was placed in the newest location of the San Diego Clinic for Coastal Plains. She remarked, "I've continued this far because you learn a lot and you learn to appreciate what you have at home...and even though we can feel overwhelmed other people have a lot of problems too and we try to help them in the best way we can. It also gives us some insight to what is out there to help our children to what they can experience. I get jokes sometimes 'Maria Elena you still here' and I say well yes you want me to leave? 'No ma'am.' You've been here so long, the clients remember you even if you haven't seen them for years and I think that says something. You have people that can come in and they are having a bad day but then you also have people come in and say 'God Bless you.' When you help a person go forward with their lives that's a blessing and I feel that's why the good Lord has me here"

Thank you Maria Elena Rodriguez for your contributions and dedication to Coastal Plains Integrated Health. You are a shining example of the commitment CPIH has to supporting the communities we serve.



Assemble an Emergency Kit

- First aid supplies
- A flashlight, with extra batteries
- Non-perishable foods
- 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

DO YOU HAVE A PLAN

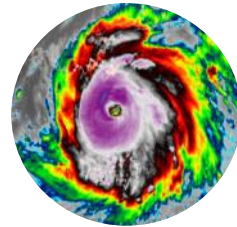
The State Of Texas offers the option to register with the STEAR program, a free registry that provides local emergency management planners and responders with information related to your needs during an emergency. Available services will vary by community. This program is free to individuals residing in local communities. 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 client of Coastal Plains Integrated Health and need assistance registering . Talk to your case manager.

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.



MVPN Community Partner Recognition Award



On April 23rd, 2024, former U.S. Marine Raul Rudy Vega was celebrated for the Outstanding MVPN Community Partner Recognition Award. Mr. Vega was recognized in front of his peers for his efforts and work with the Military Veterans Peer Network. Presenting him with the award was Jamie Cantu (Veterans Peer Coordinator) and Mary Zavala (Kingsville Clinic Director) at the Lowes Home Improvement Store in Kingsville, Texas.



A Look Ahead...

Coastal Plains Integrated Health plans to begin construction on the Substance Use Facility adjacent to the Alice Clinic mid summer. Substance use services are currently available provided within the Alice Clinic and this expansion will help to facilitate those services.

Portland Administration Building Drone Photos Donated by

Benjamin Tucker Productions



Summer Observations



June

PTSD Awareness Month
Men's Mental Health Month
Pride Month

July

Minority Mental Health
Awareness Month
Social Wellness Month
UV Safety Awareness Month

August

Back to School Month
National Breastfeeding Month
National Immunization Awareness Month

Be A Voice For



Coastal Plains

Integrated Health

**Planning and Network Advisory Committee
(PNAC)**

Seeks New Members

Are you the ideal PNAC member?

Join us to find out

The PNAC committee provides input to Coastal Plains staff and Board of Trustees on what the needs and priorities of the community are, in relation to mental health and intellectual developmental disability issues.

Talk to your case manager or contact Amy Stratton at 361-777-3991 for more information.





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 Integrated Health

@CPIHMHIDD

Visit our website at:

www.coastalplainsctr.org



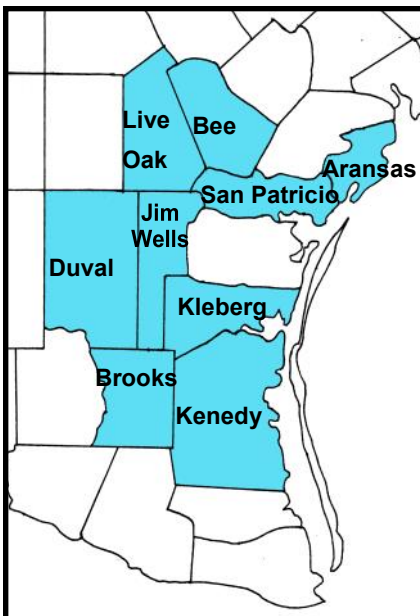
Portland Administrative Office

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 Integrated Health

200 Marriott Drive

Portland, Texas 78374

1-888-819-5312

coastalplainsctr.org

