



# The Sun

Summer Edition 2024

“Even in The Darkest of  
Night The Sun Will Rise  
Again.”

Victor Hugo

## We Are Open

Coastal Plains Integrated Health 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**  
Integrated Health



# 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

## Inside this issue:

Coastal Plains Integrated Health Summer Program	2
Meet Our Directors	3
A Strong Finish to a Challenging Year	4
Veterans Mental Health Summit	5
Veterans Services and Support Services	5
YES Graduation	6
Spiritual Care Belly of the Whale Conference	6
Back to School Season	7
Seeking Jobs?	8
A Look Ahead	9
We're Here-Where You Live	10



# The Sun

Summer  
2024

## 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

## Have a Complaint?

Call the Rights Office at  
361-777-3991 or  
1-888-819-5312  
[RightsOffice@coastalplainsctr.org](mailto: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 Integrated Health Summer Program*

In Summer of 2024, the Coastal Plains Integrated Health (CPIH) Summer Program was held for clients enrolled in the Youth and Family Program. The Summer Program ran from May until the end of August. The purpose of the CPIH Summer Program was to enhance youth services to promote resiliency by working with overall health and well-being.

After observing the success from last years program, CPIH continued to build upon current services to engage with youth and adolescent clients. By working closely with the parents, services were delivered outside of the traditional office or school based setting to improve socialization. Rehabilitation skills training were conducted in various out of office settings such as parks or other natural environments.

CPIH also partnered with the Aging and Disability Resource Center to sponsor and promoted respite Summer Camps. Respite Services are geared towards providing the caregiver with assistance or relief to avoid caregiver fatigue.

In August, marking the end of the CPIH Summer Program, final field trips were rewarded to 17 youth and adolescents who completed the program. Escorted by CPIH staff, the groups were taken Hurricane Alley Waterpark in Corpus Christi, Texas.





## *Meet Our Directors*



### *Jennifer Hinojosa*

Jennifer Hinojosa is the new Clinic Director for the Beeville clinic that serves Bee and Live Oak County.

Jennifer graduated from Texas A&M University-Kingsville with a Bachelor of Arts majoring in Psychology and Sociology and began working with Coastal Plains Integrated Health in 2006.

Jennifer has held various positions within the agency such as Youth & Family Case Manager, Adult Case Manager (I, II, III, IV) and Care Coordinator. She has assisted with Coastal Plains' Primary Care program; enrolling clients into the program and ensuring their medical needs were met by working closely with the clients and medical staff. She has also assisted with PASRR's (Preadmission Screening and Resident Review) in local nursing facilities. Jennifer currently oversees the Housing Grant for Coastal Plains Integrated Health in her new role.

Jennifer brings a valuable experience by working directly with clients and their families as well as many community agencies. Coastal Plains looks forward to her success. .



### *Elda Plake*

Elda Plake has transitioned from the Beeville Clinic to the Aransas Pass Clinic and the Rockport Clinic as Clinic Director. Originating from Mexico City, Elda has a Bachelor's in Social Work from Instituto Politécnico Nacional de México. She worked in social work for approximately 4 years for Correctional Institutions. When Elda came to the United States, she went to Del Mar College to become a Medical Assistant then LVN. She is also a Licensed Podiatrist. She started her career with Coastal Plains in 2016 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 Assistant Program Manager for the Integrated Healthcare Expansion Project (IHEP). Elda has proven to be a great asset to Coastal Plains.



## *A Strong Finish to a Challenging Year*

*By Leonel B. Trejo Jr., CEO*

This past fiscal year was definitely a challenging one. We started off the year struggling to meet productivity goals then got hit with a cyberattack in November that impacted services and billing for a couple of months. With the help of our IT department and a contracted cyber team we were able to overcome this cyberattack without having to meet the demands of the threat actor. In the end, total expenses for this cyberattack will cost the Center over \$250,000.00. In addition, revenue in the first two quarters of this year was impacted significantly as a result of the cyberattack. Each quarter the Center was operating in the red, and it wasn't until our 3rd

quarter that we finally jumped into the black and presented a more stable financial picture to our board. A big reason for the change was our service providers and managers. Productivity, corrections, and overlaps all improved over the last several months which helped improve our financial picture at the end of quarter 3. This momentum carried over into quarter 4 and with the help of our charity care pool federal dollars, we ended up closing the year with positive earnings of almost 2.7 million! This strong finish helped us provide all eligible staff another end of year merit totaling 10.5% of their gross annual salary. This year's merit has been the highest the board has approved for staff and cost the Center almost 1 million dollars.

We also made changes to our fringe package that will benefit all full-time employees (FTEs) in FY 2025. When we initially met with our agent of record and our health insurance carrier we were looking at a 7% increase to our fixed health insurance costs. That would have been almost a \$100,000.00 annual increase. Our team met with our carrier multiple times over the summer and together made changes based on claims from our previous year. These changes helped to decrease our fixed costs by 9%. With this decrease we were able to cover health insurance costs, increase benefits to our vision and dental plans for all FTEs. In the end, employees will be receiving a much better fringe package this fiscal year than our previous year. We definitely had our challenges this past year, however, our resiliency as a Center helped us to overcome these adversities and achieve our end of year goals. Great job staff.

## *Veterans Community Mental Health Summit*

On August 23rd 2024, the VA Valley Coastal Bend HCS held a Veterans Mental Health Summit geared towards promoting outreach of resources to our local veterans community and how they can help prevent veteran suicide.

Various veteran resources were invited to attend and take part in the summit including Coastal Plains Integrated Health's Veterans Peer Coordinator, Vincent Klus. Vincent participated in "Veterans Recovery Talk" which included veterans from the Vietnam War to veterans who have recently been discharged. The veterans on the panel spoke towards their experience before, during and after discharge. They discussed how they navigated the Veterans Affairs system, struggles, success and other interactions with mental health or veterans resources. Vincent Klus spoke to his experience navigating the system and assisting others with his current position as Veterans Peer Coordinator. Vincent served as Quarter Master First Class in the United States Navy. Vincent is currently based in the Aransas Pass Clinic and holds support group meetings for the local veterans populations. He also coordinates with other local Veterans Resources in the area and collaborators. In addition to Veterans outreach, he also provides ASK Training (Ask About Suicide to Save a Life) and CALM Trainings (Counseling on Access to Lethal Means).



## *Veterans Services and Supports*



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. Coastal Plains Integrated Health Veteran Peer Services Coordinators are Jaime Cantu, and Vincent Klus. Our coordinators bring a very real understanding of the problems and obstacles facing returning veterans. In addition, they have been trained by the military as a "peer facilitator." Peer Support groups are proved by Jaime Cantu for the southern counties and Vincent Klus in the northern counties of CPIH's 9 county catchment area. These support groups are designed to help returning veterans get "back in the zone" and make a successful transition to civilian living. The goal is to develop several strong support groups with members of each group eventually becoming peer facilitators.

The Veterans Services and Supports Project will assist local veterans and their families in accessing resources available within the community including food, housing, counseling, health care, job searches, etc.

**South**  
**Jaime Cantu:**  
**Phone: 361-592-6481**

**North**  
**Vincent Klus:**  
**Phone: 361-226-3022**



## YES Graduation



Dailyan Moreno came into services in May of 2023, soon followed by his brother Gregg Moreno in June 2023. Dailyan and Gregg were recommended for the Youth Empowerment Services (YES) by Jennifer Garcia, YES Waiver Facilitator and Myra Hernandez, Children's MH Case Manager. Through YES they had gained access to more programs such as Community Living Supports, Music Therapy, Cognitive Behavioral Therapy, and Respite Services. By utilizing these programs their goals were to manage concerning

behaviors, regulate their emotions, and impulses in and out of their home environment.

After a year of progress, Dailyan and Gregg became eligible to graduate from YES into a less intensive Level of Care. To commemorate their success, Coastal Plains held a YES Graduation Ceremony for the brothers on June 6<sup>th</sup> with family and staff at the Aransas Pass Clinic. The brothers were presented with a Certificate of Accomplishment by Children's Director Linda Ramos-Perez, YES Waiver Program Manager Imelda Barrera-Garcia, and YES Waiver Facilitator, Jennifer Garcia. The family was also treated to a pizza party to celebrate the brothers.

Jennifer had this to say about her experience with the boys, "When I started working here, they were just starting the program. As we both began this journey, I was able to see their progress throughout the year. Watching them accomplish their goals showed that the work that we do really does make a difference in peoples lives. YES made the difference. It was a really good time to watch them graduate and celebrate their achievements."

## Spiritual Care

### Belly of the Whale Conference



On August 30th, Linda Madrigal (Substance Use Director) and Jennifer Flores (Licensed Chemical Dependency Counselor) attended the Spiritual Care Belly of the Whale Conference in Corpus Christi, Texas. The purpose of this conference was to connect individuals that are seeking help to receive much-needed assistance for treatment for themselves or a family member utilizing a faith based approach to wellness. The conference addressed mental health and addiction issues of all ages and discussed available resources in the area. Rehabilitation hospitals, psychiatric hospitals, and various community supports were invited to discuss the needs of the area and what they could provide.

Linda Madrigal was asked to speak for Coastal Plains Integrated Health and the programs offered. Linda explained how mental health and substance use services are utilized by clients and also explained how primary care is integrated to achieve overall wellness of the individual. She also discussed some of the goals of Coastal Plains as services continue to expand such as the extension of a Substance Use satellite clinic.

### Substance Use Disorder

Substance use disorder (SUD) is a treatable mental disorder that affects a person's brain and behavior, leading to their inability to control their use of substances like legal or illegal drugs, alcohol, or medications. Symptoms can be moderate to severe, with addiction being the most severe form of SUD.

### Signs and Symptoms of SUD

- Having cravings
- Aggressive behavior
- Use interferes responsibilities such as work or family
- Changes in physical health
- Changes in appearance
- Mood Swings
- Changes in appetite or weight
- Withdrawing or spending more time alone
- Needing more of the same substance to feel the same effect.
- Bloodshot or glazed eyes.



## *Back to School Season*

Summer is a time of both rest and preparation. Coastal Plains Integrated Health recognizes the importance of supporting students as they further their education. Coastal Plains acknowledges many families in the community may financially struggle with back to school shopping. This is why every year Coastal Plains makes it a point to attend as many school supply giveaway events as possible.



This year, several different schools districts in the Coastal Bend had changes in their school calendars which lead to an early Back to School season. Starting as early as June, Coastal Plains Integrated Health participated in 10 different Back to School Supply events including the Beeville Back to School Bash, Falfurrias Back to School Bash, Gregory Portland ISD W.I.N. Fair, Jim Wells County Back to School Bash, Taft Back to School Drive and more. These events were hosted by various agencies such as Driscoll Health Plan, Coastal Bend Wellness Foundation, and County Officials. During these events, Coastal Plains donated various school supplies such as glue sticks, pencils, pens, and various mental health resource information for families. Coastal Plains Integrated Health donated approximately \$700 worth of school supplies.





# Seeking Jobs?

## We're Hiring

Looking to begin a career in behavioral health? Coastal Plains Integrated Health is a great place to start. Coastal Plains is seeking Case Managers, Licensed Professional Counselors, Licensed Vocational Nurses, Service Coordinators and more. Coastal Plains Integrated Health 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/](http://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](mailto:vdelgado@coastalplainsctr.org) or [sacevedo@coastalplainsctr.org](mailto:sacevedo@coastalplainsctr.org)



## Coastal Plains Integrated Health



### 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 Anniversary*

The Annual Company Picnic will take place this Fall on October 25th. This is a company only event that celebrates staff achievements and dedication through games, awards 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 and Recovery Month are in September and CPIH will promote awareness by providing outreach within the local Independent School Districts and hosting a community event called Making Movements Toward Recovery. This event will take place September 21st.

Coastal Plains Integrated Health will also celebrate their 25th Anniversary Sept 1st, 2024.

## Fall Observations



### **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



### Meet the Author

**Sierra Zavala**

**Community Relations Coordinator**

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

[szavala@coastalplainsctr.org](mailto:szavala@coastalplainsctr.org)



Find us on Facebook

Coastal Plains Integrated Health

@CPIHMHIDD

Visit our website at:

[www.coastalplainsctr.org](http://www.coastalplainsctr.org)



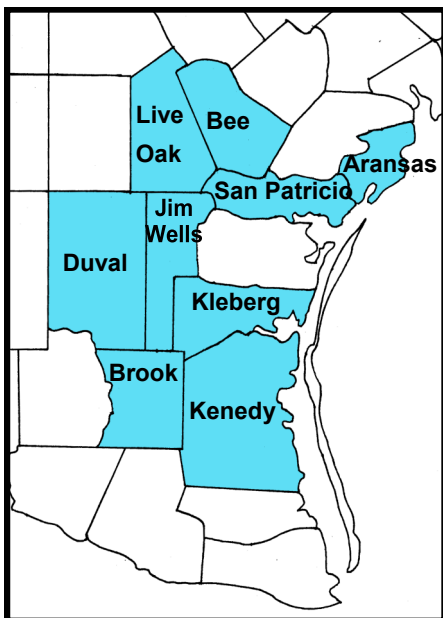
Portland Administrative Office

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 County

Alice Center Integrated Health & IDD Services

614 W. Front St.

Alice, TX 78332

361-664-9587

### Duval County

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](http://coastalplainsctr.org)

