



Veterans Services

Veterans Helping Veterans

When soldiers return home from places like Iraq and Afghanistan, it can be hard to adjust to regular life again. Many veterans feel like people who haven't been through what they have don't really understand how they feel.

At Coastal Plains Integrated Health, we understand—because we've been there too.

Meet Jaime Cantu and Vincent Klus

Jaime and Vincent are veterans who now work full-time to help other veterans in the nine counties we serve. They have special training from the military to lead group discussions as "peer facilitators" and help others. Most importantly, they've gone through the same struggles, so they truly understand.

We are starting "In the Zone" support groups to help veterans connect with each other. These groups are a safe place where veterans can talk, listen, and help each other adjust to life at home. Over time, the goal would be for group members to also become "peer facilitators".

Want More Information?

Vincent Klus – 361-226-3022

Jaime Cantu – 361-592-6481

OUR VISION

Coastal Plains Integrated Health will be a leader in quality human services as defined by the people we serve.

OUR MISSION

Enhancing personal growth in our community through support, guidance, education, and advocacy.

24 Hour Crisis Hotline:
1-800-841-6467

YES Inquiry Line
1-800-831-6467

Visit our web site at www.coastalplainsctr.org

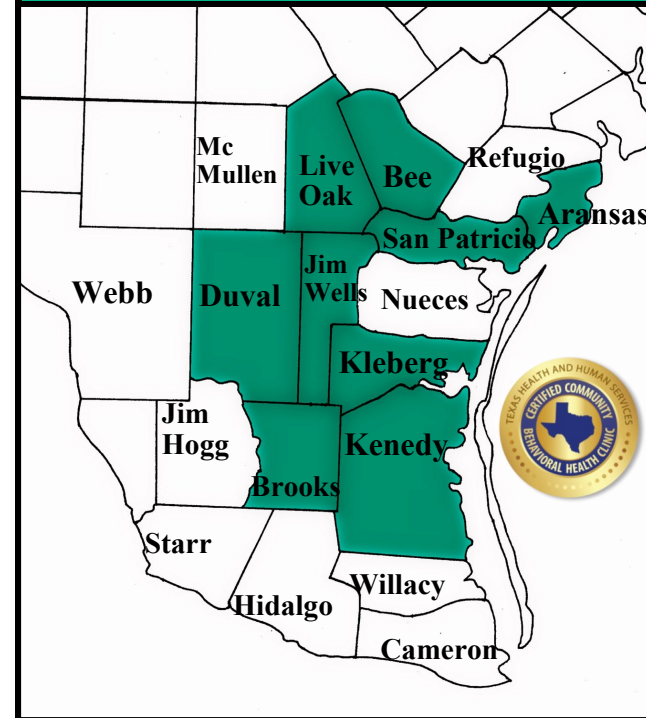
This brochure is published by the Community Relations Department of Coastal Plains Integrated Health

For further information please contact Sierra Zavala at 361-777-3991.



Coastal Plains
Integrated Health

**Providing Behavioral Health,
Integrated Health and
Integrated Substance Abuse
Services in Rural South Texas**



Aransas



Bee



Brooks



Duval



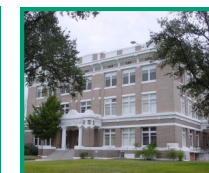
Jim Wells



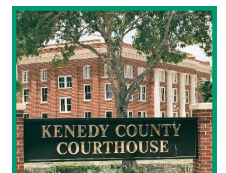
San Patricio



Live Oak



Kleberg



Kenedy

Adult Behavioral Health Services

Some adults have mental illnesses like schizophrenia, depression, or bipolar disorder. These illnesses can make it hard for them to think clearly, feel okay, or do everyday things.



Sometimes they need help right away in a crisis. Other times, they need support for a long time. This help can include talking to a counselor, taking medicine, or getting help with daily tasks.

Services:

Case Management – Helps make a plan and connect people to the services they need.

Psychiatric Services – Checks mental health, gives medicine, and watches how things are going.

Early Onset Program – Helps people ages 15–30 who are having their first big mental health problem.

Medication Education & Management – Nurses teach how to take medicine and stay healthy.

Skills Training & Psychosocial Rehab – Teaches people how to control their feelings and actions.

Peer Provider – A person who shares advice and support from their own experience.

Cognitive Behavioral Therapy (CBT) – A type of therapy that helps change bad thoughts and actions.

Respite – Gives a short break to caregivers so they can rest.

Supported Housing & Employment – Teaches skills to help people keep their home and job while dealing with mental illness.

Crisis Inpatient Care – A safe place for people having a serious mental health crisis.

Intellectual and Developmental Disability Services

Intellectual developmental disabilities (IDD) include but not limited to autism, cerebral palsy, and down syndrome. Requirements can include an IQ below 70, and a diagnosis before the age of 18. Family involvement is highly encouraged.

Services:

Screening and Intake - People who need IDD services have the opportunity to be referred for Intake to determine eligibility. This is determined by a psychologist.

Service Coordination - Connections to local resources to provide ongoing services and care.

Respite Services - Provide families with a temporary relief as caregivers, and to also give those families an opportunity to take a break from each other.

Individualized Skills and Socialization– Helps to improve self-help and living skills. This service is provided in the centers in a group setting.

Crisis Intervention Services – services for people with IDD who present in a psychiatric or behavioral crisis.

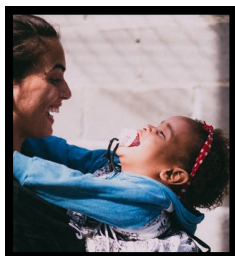
Crisis Respite - Supports people living with IDD who may be having a mental health crisis. Services can include: a safe place to stay, help managing stress, living skills, and caregiver education.

Community First Choice - provides home and community-based attendant services and supports to Medicaid recipients with disabilities.



Child and Adolescent Behavioral Health Services

Providing traditional outpatient services to children ages 3-17 who are experiencing symptoms of emotional disturbance.



Services:

Case Management – Helps make a plan and connects youth to services.

Psychiatric Services – Checks mental health and gives medicine if needed.

Medication Education – Nurses teach how to take medicine to stay healthy.

Skills Training – Teaches youth how to handle their feelings and behavior.

Parent Education – Helps parents understand their child's mental health and how to manage behaviors.

Family Partner – Supports families with tips and helps them find the right care.

Respite – Gives caregivers a break to stay healthy and rest.

TCOOMMI – Case managers and officers work together to help youth in trouble with mental health needs.

Community-Based Crisis Stabilization – A hospital stay for kids who need more help than usual care can provide.

24-Hour Crisis Services – A phone line and team to help anytime during a mental health emergency.

Youth Empowerment Services (YES) – Gives extra support to youth with serious emotional and behavior problems.

Integrated Health and Substance Abuse Services



People with mental health or drug problems can die many years earlier than other people. This is often because of health problems like high blood pressure, heart disease, being overweight, or diabetes. These problems get worse from things like not exercising, eating unhealthy food, smoking, or using drugs or alcohol.

It can be hard for some people to get medical help. Many don't have a regular doctor, or they don't know how to use the healthcare system. Most people go to a regular doctor first, even for mental health. That's why doctors need help and tools to care for both body and mind.

The best answer is integrated care.

Coastal Plains Integrated Health works with doctors and hospitals (like Spohn) to treat both physical and mental health. This kind of care gives the best results for people with many health problems.

Health services include:

Physical checkups

Lab tests

Care to stay healthy and prevent illness

These services are offered in: **Alice, Beeville, Kingsville, Falfurrias, and Taft.**

Substance abuse means using drugs or alcohol in a way that causes problems in your body, mind, or life. Coastal Plains works with the state (DSHS) to give better care for people who need help with drugs, alcohol, and mental health.

Substance abuse services include:

Intensive outpatient treatment

Group counseling

One-on-one counseling

Family support groups

Behavioral Health and Integrated Health Services Locations

How Do I Begin?
To access services call the Clinic nearest you.

Aransas County:

Rockport Clinic (*Behavioral Health Services*)
620 E. Concho
Rockport, Texas 78382
361-727-0988

Youth & Family Services
317 N. Pearl St.
Rockport, Texas 78382
361-727-0988

Aransas Pass Annex:

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

Bee & Live Oak Counties:

Beeville Clinic (*Behavioral Health, Healthcare & Substance Abuse Services*)
2808 Industrial Loop
Beeville, Texas 78102
361-358-8000

Brooks County:

Falfurrias Clinic (*Behavioral Health, Healthcare & Substance Abuse Services*)
101 W. Potts
Falfurrias, Texas 78355
361-325-3673

San Patricio County:

Taft Clinic (*Behavioral Health, Healthcare & Substance Abuse Services*)
201 Roots Ave.
Taft, Texas 78390
361-528-4516

Kenedy & Kleberg Counties:

Kingsville Clinic (*Behavioral Health, Healthcare & Substance Abuse Services*)
1621 East Corral
Kingsville, Texas 78363
361-592-6481

Jim Wells County:

Alice Clinic (*Behavioral Health, Healthcare & Substance Abuse Services*)
614 W. Front Street
Alice, Texas 78332
361-664-9587

Duval County:

San Diego Clinic (*Behavioral Health, Healthcare & Substance Abuse Services*)
409 E Gravis
San Diego Tx 78384
361-279-7296

24 Hour Crisis Hotline:
1-800-841-6467

Intellectual & Developmental Services Locations

How Do I Begin?
Call our Administrative Office and ask for IDD Services.

Home and Community-Based Services **and** **Texas Home Living** **Program**

Contact the Portland Office for more info:
200 Marriott Drive
Portland, Texas 78374
361-777-3991

Aransas & San Patricio **Counties**

Taft Center
201 Roots Ave
Taft, Texas 78390
361-528-4516

Bee & Live Oak Counties

Beeville Center
2808 Industrial Loop
Beeville, Texas 78102
361-358-8000

Duval & Jim Wells Counties

Alice Center
614 W. Front Street
Alice, Texas 78332
361-664-9587

Kenedy & Kleberg Counties

Kingsville Center
162 East Corral
Kingsville, Texas 78363
361-516-1067

24 Hour Crisis Hotline:
1-800-841-6467