

THE SUN

Newsletter



From community connections to important updates, there is always something happening at Coastal Plains Integrated Health. Explore the latest highlights, accomplishments, and stories that showcase the people and partnerships helping us make a lasting impact.

Summer
2026
Edition



Coastal Plains

Integrated Health

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OUR MISSION

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

Every day, our employees, clients and community partners help bring this mission to life.

Reflecting On This Past Year and Looking Ahead

By
Leonel B. Trejo Jr.



As another fiscal year ends, Coastal Plains Integrated Health is taking a moment to reflect on a year marked by growth, dedication, and continued commitment to the individuals and families we serve in our nine-county area.

Throughout the year, our services remained focused on providing accessible, compassionate, client-centered care to those experiencing mental health challenges. Our dedicated staff worked each day to connect individuals with the services and resources they needed to improve their quality of life. We provided a total of 102,459 MH services, 8,125 crisis services and 27,492 IDD services. We did have some challenges with a couple of our contracted outcomes; however, we did manage to meet most of them through the efforts of our staff. This past year also brought important milestones for our organization. We expanded our community partnerships along with our services to better address the behavioral health needs of our community. We had a groundbreaking ceremony in Live Oak County on September 24, 2026. This new building represents our commitment to building a stronger and more accessible integrated healthcare system in the communities we serve.

This year, we also expanded our Mental Health First Aid (MHFA) program by increasing the number of classes offered throughout our community. This expansion allowed us to reach more individuals with the knowledge and skills needed to recognize the signs and symptoms of mental health challenges. Our current MHFA annual budget is \$135,050 that we were able to pull down from grants. With these dollars we successfully trained a total of 865 individuals on MHFA in our community. Of those trained, 529 were teachers and 177 were service members, veterans, or family of service members.

As we look ahead to the new fiscal year, we recognize that the need for quality mental health services continues to grow. Accountability and collaboration will remain central to this work. Our employees, community partners, board members, clients, and families each contribute to the success of our mission. We remain committed to responsible stewardship of our resources while finding opportunities to strengthen and expand the services available to the communities we serve. Our focus remains the same, to continue making a meaningful difference in the lives of those we serve and in the health of our community.

Supporting our Youth Clients

BACKPACK HANDOUT

This back-to-school season, Coastal Plains Integrated Health had the opportunity to give back to the youth we are honored to serve. Throughout July, Coastal Plains staff visited each of our clinics to provide youth clients with backpacks filled with school supplies to help them prepare for the new school year.

This first ever back-to-school giveaway was made possible through a generous \$5,000 donation from H-E-B, which allowed us to purchase backpacks and school supplies for our youth clients. We are incredibly grateful for H-E-B's support and commitment to helping children and families in our community.

Behind the scenes, our Public Relations Coordinator, with the help of numerous Portland Administrative staff, spent many days organizing, sorting, and filling backpacks. There was plenty of work involved, but seeing the excitement on our youth clients' faces made every moment worthwhile.

We know the start of a new school year can bring both excitement and stress for children and families. While a backpack filled with school supplies may seem like a small gesture, it was one way for Coastal Plains to ease some of that stress and remind our youth clients that their success matters to us, both inside and outside of our clinics.



This effort reflects our mission to “Enhance personal growth in our community through support, guidance, education and advocacy.” By coming together with the support of H-E-B, our staff were able to turn that mission into action and give our youth clients a little extra encouragement as they began a new school year.

We are thankful to H-E-B and to every staff member who helped make this giveaway possible. Most importantly, we hope each backpack served as a reminder to our youth clients that they are supported, valued, and have their Coastal Plains family cheering them on!



Showing Up for Our Community

Summer is always a busy time in our communities, and this year Coastal Plains Integrated Health was proud to be part of several events focused on supporting children and families. From summer meals to school supplies, our staff spent the summer getting out into the community, meeting families, and sharing information about the services available through Coastal Plains.

We kicked off the summer at the Beeville ISD Summer Meals Kick-Off Event, where Public Relations Coordinator Jackie Perez and LCDC Stacey Sanders joined families and community members to help get the summer started. Events like this give us a chance to step outside of our clinics, meet people in their own communities, and spend time visiting with the families we serve.

As the summer continued, our staff attended events throughout the Coastal Bend. Clinic Director Elda Plake and CM IV Kristin Morgan participated in the Backpacks and Blue Jeans 2026 event in Rockport, where they connected with local families, shared information about Coastal Plains, and helped provide resources to children getting ready for the upcoming school year.

Our team also joined the Back-to-School Bash at HMK High School, where Children's Mental Health Services Director Linda Ramos-Perez, Clinic Director Mary Zavala, and Youth & Family Administrator Christina Ramirez spent time visiting with children, parents, and community members. They also had the opportunity to speak with KISD Board members, making connections with local school leaders and sharing more about the work Coastal Plains does to support children and families in the community.

Public Relations Coordinator Jackie Perez also attended community events in Kingsville, Aransas Pass, and Taft throughout the summer. At these events, she handed out school supplies, talked with families, and shared information about Coastal Plains services. These conversations may seem small, but they are an important part of letting people know who we are, what we do, and where they can turn when they need support.

We are thankful to all of the schools, organizations, and community partners who welcomed Coastal Plains Integrated Health to their summer events. We enjoyed meeting so many families, seeing familiar faces, and making new connections along the way. As summer comes to an end and children head back to school, we are reminded that our work doesn't end when the school supplies are handed out. Coastal Plains Integrated Health is here for children, families, and our communities throughout the year and we are always grateful for the opportunity to be a part of the communities we call home.



Color Wars

Building a Stronger, Healthier, Brighter Future



One of the highlights of Coastal Plains Integrated Health's community outreach this summer was our Back-to-School Safety Bash: Color Wars, held on August 8 at the Jim Wells County Fairgrounds. The event brought together youth, parents, caregivers, and community partners for an afternoon focused on education, prevention, healthy choices, and, of course, plenty of fun.

The event was organized by our Substance Use Disorder Services Director, Linda Madrigal, with the goal of creating an engaging space where young people could learn about important topics while connecting with their community. Color Wars focused on three important areas: substance use disorder prevention, mental health awareness, and physical health.

Rather than simply telling young people what choices to make, the event created opportunities for them to ask questions, learn, participate, and connect with adults and community organizations that are there to support them. Educational breakout sessions included topics such as Naloxone training, Mental Health First Aid, and vaping and drug trends, giving youth and families information they can take with them beyond the event.

Coastal Plains also partnered with the Coastal Bend Regional Advisory Council (CBRAC), who provided Stop the Bleed training for the children attending the event. The hands-on training gave youth an opportunity to learn basic lifesaving skills and understand what they can do in an emergency. Having community partners like CBRAC join us helped make the event even more meaningful by giving children practical knowledge they can carry with them.

The afternoon also included games, giveaways, a resource and vendor fair, and opportunities for youth to show their school spirit. Each grade was assigned a color, creating a fun atmosphere while encouraging students to participate and connect with one another.

At the heart of Color Wars was a message that goes beyond the start of a new school year: young voices matter, parents and caregivers are welcome, and communities are stronger when we work together.

We are grateful to everyone who helped make Color Wars possible, including our staff, CBRAC, community partners, vendors, volunteers, parents, caregivers, and, most importantly, the youth who came out and participated.

By creating a space where young people could learn, ask questions, have fun, and connect with others, Color Wars showed that prevention and education can be engaging, meaningful, and empowering. We hope the lessons shared that day continue to make a difference long after the colors have washed away.



Coastal Bend Food Bank

Coastal Plains Integrated Health had the opportunity to partner with the Coastal Bend Food Bank to provide meals to more than 50 families in the Alice area. On August 19, 2026, we held our first food distribution, it was truly rewarding to see the impact this partnership had on the families we serve.

At Coastal Plains, we are always looking for ways to support our clients beyond the services we provide every day. We understand that caring for the whole person sometimes means helping meet needs outside of behavioral health services, and we are proud to be part of a community that comes together to help those in need.

We would also like to extend a special thank you to Whataburger of Alice for donating reusable bags to help with the food distribution. Their generosity helped make the process easier for our staff and families while providing a reusable resource that can continue to be used beyond the distribution.

We look forward to continuing our partnership with the Coastal Bend Food Bank through upcoming food distributions, with hopes of eventually bringing these opportunities to our other clinics throughout the communities we serve.

A special thank you also goes to the Coastal Plains staff who continue to show up, lend a helping hand, and give their time to support our clients. Your willingness to give back and go the extra mile is what makes efforts like these possible. We are grateful for the heart and compassion our staff bring to the communities we serve.

As we continue this partnership, our goal is to create more opportunities to connect families with resources that can make a meaningful difference in their everyday lives. We are excited to see where this partnership takes us and the families we will be able to reach along the way.



Supporting Housing Stability, Building Brighter Futures



At Coastal Plains Integrated Health, we understand that stable housing can play an important role in an individual's overall well-being and ability to move forward. Through our Supported Housing & Rental Assistance Program, eligible clients have received financial assistance to help address housing related expenses and maintain stability.

During the last fiscal year, Coastal Plains Integrated Health provided Supported Housing assistance to 120 clients, helping individuals with expenses such as rent, utilities, and electricity. This assistance provided much needed support during times when financial challenges could have placed their housing stability at risk.

But the impact of this program goes beyond helping with a monthly bill.

One client's journey is a powerful example of what this support can make possible. Through the continued use of Supported Housing funds over the years, the client was able to make progress toward paying off their home. Ultimately, they paid off their home and officially became its owner, receiving the title to their property.

What began as assistance to help maintain housing stability became part of a much bigger success story, helping an individual achieve the dream of homeownership and gain greater financial stability.

Stories like this demonstrate why access to supportive resources matters. At Coastal Plains Integrated Health, our goal is not only to help individuals navigate challenges in the present, but also to connect them with resources that can support their long-term goals and independence.

The Supported Housing & Rental Assistance Program is one of the many ways Coastal Plains Integrated Health works to address barriers that can affect the individuals we serve. While assistance may begin with something as immediate as helping with rent or utilities, the ultimate goal is to help clients build stability and work toward a brighter, more independent future.

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



HI, CPIH STAFF YOU'RE INVITED TO

THE ANNUAL COMPANY PICNIC

FRIDAY | **16** | OCTOBER

10:00 AM - 3:00 PM

810 SEABREEZE DR,
ROCKPORT, TX 78382



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

Duval County

San Diego Mental Health Center
 409 E Gravis
 San Diego Tx 78384
 361-279-7296

Jim Wells County

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

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



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 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 the Author



Jacqueline Perez

Public Relations Coordinator

Have questions, suggestions or
comments about the newsletter?

Please email Jacqueline at:
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