



The Sun

Newsletter Winter 2020-21



“Just because no one else can heal or do your inner work for you doesn't mean you can, should, or need to do it alone.”

-Lisa Olivera

We Are Open

Coastal Plains Community Center continues to remain open to the 9 counties of the Coastal Bend. Normal hours are 8:00 a.m. to 5:00 p.m. Monday—Friday. We are encouraging everyone to wear masks and sanitize as necessary. We continue to observe social distancing, isolation and quarantine rules as outlined by the CDC.



Coastal Plains
Community Center

Winter 2020 Observations

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

March

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

What is Psychosis?

Psychosis is a term used to describe a collection of symptoms that result in some loss of contact with reality. During a period of psychosis or a psychotic episode, a person's thoughts and perceptions may be distorted and the person may have difficulty understanding what is real and what is not. Symptoms of psychosis include delusions and hallucinations. Other symptoms can include incoherent speech, and inappropriate behavior. A person in a psychotic episode may also experience depression, anxiety, sleep problems, social withdrawal, lack of motivation, and difficulty functioning overall. Mental illnesses that are associated with psychosis include Schizophrenia, Bi-Polar Disorder (may have periods of mania), and Schizoaffective disorder. To learn more about psychosis visit The National Institute of Mental Health webpage or <https://www.nimh.nih.gov/index.shtml>



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Coastal Plains Community Center

Newsletter

Winter 2020-2021

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What The Future Holds for Coastal Plains Community Center

By Leonel B. Trejo Jr, Chief Executive Officer



I would like to begin this message by thanking Mr. Mark Durand for all the guidance and wisdom he shared with me over the last eight years which have helped prepare me for this new role as the Center's Chief Executive Officer.

I have been working with Coastal Plains for over 23 years and feel it would be appropriate to share with you a little history on my background with the Center. I graduated from the University of Texas at Austin in 1995 and received my Masters in Psychology from Texas A&M University-Kingsville in 1999. While I was working on my Masters' degree I was able to complete my practicum hours with Coastal Plains Community Center. I worked in the Kingsville and Alice clinics. As I completed my practicum and got a chance to work with several staff members, some of whom are still here today, I realized that I needed to get hired on with this agency. A few months after I received my Masters' degree I was hired on as a case manager for the Sinton Clinic. I worked as a case manager for two years then got hired on as the Assertive Community Team (ACT) supervisor.

For those of you not familiar with ACT, it involves working with chronic adult patients who require intensive supports very similar to the Youth Empowerment Services program. After two years with the ACT team I was hired on as the Kingsville/Falfurrias Clinic Director and did this for 12 years. I gained a lot of experience managing two clinics and helping with various projects that senior management handed down to me.

In 2012, I was offered the Integrated Services Director position and worked side by side Mr. Mark Durand. This role provided me the opportunity to help expand and improve our Behavioral Health program. I was also able to make changes in management and build a team that shared the same passion for helping others and making a difference in our nine counties. Together we were able to bring in over 6 million additional dollars to the Center. We were also able to successfully implement our Center's primary care and substance abuse program which has made a significant difference in the lives of our clients.

As your new Chief Executive Officer I plan to continue to improve the type of care we provide and adhere to our Center's Vision of being a leader in quality human services as defined by the people we serve. We are currently working on making changes to our policies and programs so we can meet the requirements involved in being credentialed as a Certified Community Behavioral Health Clinic. This new credential will allow for new funding and additional resources for clients enrolled into care. Additionally, I plan to continue to look for grants that align with our Center's goals to help address unmet needs in our communities. As we move forward in this second half of the fiscal year I am confident that as a Center we will overcome new challenges as we did with COVID-19, work toward improving virtual/telephonic care and meet our Center's 2021 fiscal goals.

Promotions

2020 was a year of change. While service delivery was adapted to accommodate safety during the pandemic, Coastal Plains Community Center saw growth in leadership. Following the promotion of Leo B. Trejo Jr., former Integrated Service Director, now Chief Executive Officer, we acknowledge the advancements of our administrative staff.



Jonathan Heyward

Jonathan Heyward has been promoted as Adult Mental Health Services Director. Mr. Heyward has worked for Coastal Plains for 20 years and has held the title of Quality Management Director. Jonathan has also served as the Clinic Director for Rockport, Texas serving Aransas County.



Linda Perez

Linda Ramos Perez has been promoted the Children's Mental Health Services Director for all 9 counties. Linda Perez has served Coastal Plains for 31 years and has served as Director Of Youth and Family Services for about 21 years and has previously served as the Clinic Director for the Alice, Falfurrias, Kingsville and San Diego Locations. Mrs. Perez has also previously served as Psychosocial Rehab Director.



Amy Welch



Amy Pina



Selina Millan

Amy Welch has been advanced as the Director of IDD Provider Services after serving as the Coordinator of Day Services IDD Taft/Beeville

Amy Pina has been promotion the Clinic Director of the Taft Location after serving as Children Mental Health (CMH) Program Manager.

Selina Millan has advanced to Children Mental Health Program Manager.

Moderna

What is the Moderna Vaccine?
Moderna's official name is mRNA-1273 and is manufactured by Moderna TX, Inc.

2 shots, are required with one month or 28 days required between doses Based on clinic trials the Moderna vaccine was 94.1% effective at preventing laboratory-confirmed COVID-19 illness in people who received two doses who had no evidence of being previously infected.

Common Side Effects

- **Tiredness**
- **Headache**
- **Muscle pain**
 - **Chills**
 - **Fever**
 - **Nausea**

Most side effects were mild to moderate. However, a small number of people had severe side effects—defined as side effects affecting a person's ability to do daily activities.

For More Information visit
<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines.html>



Vaccination Outreach

What a year. After a year of social distancing, facial coverings, and safety precautions established to reduce exposure to the COVID-19 (Coronavirus), vaccines have been made available to the public. Organized vaccination distribution sites have been established across the United States including South Texas.

Out of concern for staff safety, Coastal Plains Community Center's (CPCC) Mary Zavala, Kingsville Clinic Director, Celina Utley, Falfurrias Clinic Director and Roy Camacho, Beeville Clinic Director had organized and helped to register CPCC staff to receive both the Moderna and the Pfizer vaccines.

On December 30th with the help of the Kleberg County Emergency Management Coordinator, Thomas Sanchez, along with Frances Garcia at the Kleberg County Judges office, they were able to accomplish 30 vaccines at the Kingsville HEB initially for some staff at the Alice office and Kingsville office. Kimberly Olivarez also contributed by collecting staff information and submitting to various vaccination sites. After the first round of vaccinations were submitted, more distribution events were organized.

Coordinating with HEB, Spohn Health Network, Kleberg County and Community Action Corporation of South Texas, more lists were generated of staff who were interested in vaccinations. Staff were encouraged to reserve a time slot for vaccines while supplies were limited. This was a voluntary event.

While initial outreach for vaccinations were targeting first responders, behavioral health



workers were categorized as an essential service to the public and therefore qualified for reservations. This also included receiving the required second dose of their corresponding vaccine.

Not all counties had the vaccines available at the same time which presented a problem. While realizing Kingsville was not the only location needing vaccines for staff, Mary, Kimberly and Celina coordinated to have staff attend from other counties.

Coordinating these vaccinations for Coastal Plains staff is seen as a progressive step towards reopening for regular services and improving the quality of service. CPCC Staff regularly interact with each other for various services. While centers primarily delivery services telephonically, staff will still see consumers on a case by case basis. As stress for exposure is reduced, productivity is expected to increase as we progress towards normalcy. Approximately 100 CPCC staff were vaccinated.

A goal that our center would like to achieve is developing a plan to reserve and transport CPCC consumers to receive their vaccination. Consumers with disabilities may lack the means to transport themselves to receive the vaccine. This would of course be voluntary as well.

Pfizer-BioNTech

Pfizer's official name is BNT162b2 and is manufactured by Pfizer, Inc., and BioNTech. 2 shots are required 21 days apart or approximately 3 weeks. Based on evidence from clinical trials, the Pfizer-BioNTech vaccine was 95% effective at preventing laboratory-confirmed COVID-19 illness in people without evidence of previous infection.

Common Side Effects

- | | |
|----------------------|-----------------|
| • Tiredness | • Chills |
| • Headache | • Fever |
| • Muscle pain | • Nausea |

Most side effects were mild to moderate. However, a small number of people had severe side effects—defined as side effects affecting a person's ability to do daily activities.

TIC TALK

Indirect Trauma and Response

Significant events that directly influence a person's physical or psychological wellbeing, play large role in the how the individual responds to different stimuli. Whether these events are beneficial or negative, everyone will process differently, producing a variety of responses. Does an event directly impacting the wellbeing of a person, have a similar psychological effect on an observer or a witness? For example: A family member. A close friend. A bystander.

Indirect trauma is also used to refer to, vicarious trauma, secondary traumatic stress, compassion fatigue, and burnout.

According to TIP 57: Trauma-Informed Care in Behavioral Health Services, there are two ways an individual can experience trauma indirectly. Witnessing the traumatic event to start with. For instance, witnessing a violent act inflicted on another. Because individuals can have a range of reactions to trauma, one would need to analyze the factors that played a role in their trauma. Should the trauma be ongoing or a moment, we ask how many people were involved, did the witness know the victim, what was the individual's proximity to the event, was the moment in or out of the witness's control, and what were the results of the event. Another example can include witnessing a loved one suffer from illness such as cancer. (SAMHSA, TIP 57, pg. 50.) It is common to experience grief should you lose a loved one. While loss can cause public displays of grief, it is more often a private experience.

Another way one may experience trauma indirectly would historical trauma. Also known as generational trauma. This type of trauma follows the events that have lasting consequences that are felt by those with emotional, racial, or familiar ties

to the event and the people involved. Historical Trauma affects families, communities, and cultures for multiple generations. Atrocities such as the persecution and extermination of millions of Jews and others in Europe during World War II; the enslavement and lynching of African Americans; the forced relocation of Native Americans onto reservation are examples of historical trauma. (TIP 57, pg 51) The weight of these events is felt as generations struggle with, depression, grief, traumatic stress, domestic violence, and substance abuse, as well as significant loss of cultural knowledge, language, and identity. (SAMHSA, TIP 57, pg 40)

Resilience can be produced from these experiences. Resilience can result from varied factors and pathways, including 'self-enhancement', coping strategies and personal beliefs. When working with individuals, counselors focus on building on clients' resilience to promote growth. Reinforcing resilience can prevent further development of trauma-related symptoms and disorders from developing such as short-term to chronic physical health concerns or mental health concerns including depression, anxiety and so on. For younger individuals, trauma may affect development, attachment, emotional regulation, life assumptions, cognitive interpretations of later experiences, etc. (SAMHSA, TIP 57, pg 56) Trauma can also increase attention to perceived emotions, and environmental cues. This increase in awareness could improve the ability to recognize, understand, and react appropriately to these states in others facing similar symptoms or faced with a similar trauma.

Work Cited

U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration, Center for Substance Abuse Treatment. (2014). Trauma-informed care in behavioral health services. Rockville, MD.



An Appreciation of Mark Durand

On December 31, 2020, Mark Durand served his last day as Executive Director for Coastal Plains Community Center. Mark Durand has served Coastal Plains Community Center formally known as Coastal Plains State-Operated Community Services since 1996 and has served as Executive Director since January 2013.

Passing the torch to Leo Trejo, now serving as Chief Executive Officer, a small gathering of appreciation organized to honor Mr. Durand for his dedication and years of service to Coastal Plains Community Center.

A Certificate of Appreciation was presented to Mr. Durand and he continues to serve Coastal Plains as the Director of Staff Services.

TIC TIP

Strategies To Build Resilience Strategy

Strategy #1: Help clients reestablish personal and social connections. Access community and cultural resources; reconnect the person to healing resources such as mutual-help groups and spiritual supports in the community.

Strategy #2: Encourage the client to take action. Recovery requires activity. Actively taking care of one's own needs early in treatment can evolve into assisting others later on, such as by volunteering at a community organization or helping military families.

Strategy #3: Encourage stability and predictability in the daily routine. Traumatic stress reactions can be debilitating. Keeping a daily routine of sleep, eating, work, errands, household chores, and hobbies can help the client see that life continues. Like exercise, daily living skills take time to take hold as the client learns to live through symptoms.

Strategy #4: Nurture a positive view of personal, social, and cultural resources. Help clients recall ways in which they successfully handled hardships in the past, such as the loss of a loved one, a divorce, or a major illness. Revisit how those crises were addressed.

Strategy #5: Help clients gain perspective. All things pass, even when facing very painful events. Foster a long-term outlook; help clients consider stress and suffering in a spiritual context. and appreciate these enhances the client's outlook and helps him or her persevere.

(SAMHSA, TIP 57, pg 121)

Freezing Weather TIPS

We Are Built For Hurricanes Not Blizzards

February was an unusually cold month for the state of Texas with record breaking freezing temperatures. The recent winter storm of 2021 left our state “frozen” as far as preparedness was concerned. While some Texans were able to prepare their homes and families for the coming weather, many Texans were unable to anticipate the severity of the situation. Power outages were wide spread, generators malfunctioned and many homes lacked running water. Resources were limited as well. People flocked to the stores to stocked up on supplies similar to those who have prepared for a hurricanes.

Spring is upon us and while this event may have been rare for Texas here are some Winter Storm Tips to keep in mind should we face another freeze.

- Stock up on fuel for the generator.
- Charge your phones, electronics, rechargeable batteries, and power banks.
- Make sure flashlights are easily accessible.
- Fill your gas tank.
- Stock up on non-perishable foods and toilet paper.
- Bring your pets and plants inside.
- Make sure your fireplaces and stoves are clean and in working order.
- Insulate water pipes with newspapers or other insulation materials.
- Open Cabinets so air can circulate around your pipes
- Stay inside. Limit travel to emergencies only.
- To keep pipes from freezing, let faucets slowly drip.
- Wear dry or waterproof clothes.
- If your power goes out dress in layers.
- If your power goes out, put towels at the bottoms of doors that have gaps and cover single paned or drafty windows with blankets. Close doors to un-needed rooms.
- Unplug any important electrical equipment to avoid a surge when power is restored.
- Never run a generator in an enclosed space

FEMA ASSISTANCE

How to Apply for Federal Disaster Assistance After the 2021 Winter Storm

If you have suffered losses from the winter storm damages, apply for FEMA Assistance. You can apply at www.disasterassistance.gov and selecting “Apply Online.” Specify the cause of damage as snow/ice. If you have insurance and are applying for disaster assistance, you must file a claim with your insurance company as soon as possible. FEMA cannot cover losses that are covered by your current insurance. If insurance will not cover all damages, federal assistance may be available . For more information visit www.fema.gov

When applying for be sure to have the following information available:

- A current phone number where you can be contacted.
- Address at the time of the Winter Storm
- Current Address
- Social Security number*
- A general list of damage and losses
- Bank Account Information
- Insurance policy number, and the agent or company name

*if available

Note: photos of damage may be requested.





CRGG Shining Star Award

The State CRGG Office at the Texas Health and Human Service Commission honors Coastal Plains Children's Mental Health Service Director, Linda Perez, and Yolanda Cruz, YES Program Manager, with the 2020 CRGG Shining Star Award. Linda Perez, and Yolanda Cruz lead the Brush Country CRGG.

Nominated by Seana Towler, Mrs. Perez, and Ms. Cruz are recognized for their outstanding leadership collaboration, and professionalism.

What is CRGG? The Community Resource Coordination Groups are groups of local partners and community members that work with parents, caregivers, youth, and adults to make a service plan. This service plan helps a person with special needs receive services and benefits. The Brush Country CRGG regularly meets with a diverse group of local partners in our southern catchment area every 2nd Wednesday of the Month with Mrs. Perez organizing each meeting. Here, local partners network and connect with persons in their community. Persons with special needs have the opportunity to discuss options with their local resources that they may have not considered. Follow up meetings for the referred are organized until the referred is either no longer able to attend or until their need has been met.

Healthily Living Tips

- Eat a variety of foods
- Base your diet on plenty of foods rich in carbohydrates
- Replace saturated with unsaturated fat
- Enjoy plenty of fruits and vegetables
- Reduce salt and sugar intake
- Eat regularly, control the portion size
- Drink plenty of fluids
- Maintain a healthy body weight



Crisis Hotlines

National Suicide Prevention Lifeline:
1-800-273-TALK (8255)
TTY: 1-800-799-4889
TrevorLifeline(LGBTQ+):
1-866-488-7386
Crisis Text Line:
Text HOME to 741741
CPCC Crisis Hotline:
1-800-841-6467
Veterans Crisis Hotline:
1-800-273-8255

A Letter to Leo Trejo, By Dr. Umamaheswara Maruvada



A young man came to our clinics in Alice and Kingsville as a Practicum student and observed the psychiatric interview, while actively participating in discussions, typical of a student. After some time he completed his requirements to graduate and he was hired by what would be the current Coastal Plains MHMR as a case manager in 1997. He worked in Sinton clinic for 2 years. In 1999 He worked as the ACT team Supervisor along with, RN Barbara Giovanni and myself, Dr. Maruvada. He was very active, approaching patients with right attitude and manners, caring and compassionate. He worked with patients addressing all aspects of their family dynamics, environmental and social obstacles. He did his job very well being a liaison between patients and the medical team. He was very enthusiastic, extremely reliable and trustworthy. He carried out his duties very well, earning compliments from his superiors and colleagues.

With a great work ethic and sincerity he advanced in rank and file and became the Kingsville Clinic Director in 2001. As Clinic Director, he performed his duties in an exemplary manner. His work ethic and efficiency made him top candidate for the Integrated Service Director in 2012.

His leadership and expertise were evident in handling tough situations like hurricanes, computer malfunctioning due to virus and the unprecedented global pandemic havoc due to COVID-19. He was always available for advice, compassionate and transparent in the way he discharged his duties. He maintained collegiate relationships with everyone he worked with.

In January of 2021, he earned the top post of CEO of Coastal Plains Community Center. His name is Leonel B Trejo and his story is not necessarily a situation of "Rags to Riches" but excellent example of a young man starting at entry level and rising to the top position in the same company in a span of 23 years. I'm pleased to see this natural transformation of a talented gentleman into the CEO of our organization. Let us all wish him to continue to accomplish his goals and realize his dreams. Blessings to you Mr. Leonel B Trejo.

A Letter to Yvonne Flores By Dr. Umamaheswara Maruvada

Coastal Plains Community Center's Director of Nursing is Ms. Yvonne Flores. She is an excellent example of one having a specific goal and achieving it. She worked as an LVN for over a decade in the Kingsville Clinic. She has always been hard working, conscientious and caring for patients. She performed her duties meticulously, in spite of personal hardships. She wanted to further her opportunities by going back to school for RN degree. Because of that she had to quit her job with Coastal Plains. She did, however, indicate that she planned to come back to replace the then Director of Nursing Barbara Giovanni. At the time it appeared like she was joking but clearly she never gave up on that goal. She completed her RN degree and it was as if God knew her goal and thru Ms. Giovanni's retirement created the much needed vacancy. It was like being in right place at the right time and Yvonne was hired as Director of Nursing in 2019. Congratulations to Yvonne for fulfilling her dream. She is doing an excellent job in her position. Let us wish her continued success.

Kindness in the Freeze



In response to the 2021 Winter Storm, Sonya Trevino, LVN, organized a donation to the people she serves by making care bags to give to Kingsville consumers. Sonya Trevino self funded these care bags with the intent to distribute to consumers who facing homelessness or in need of resources.

While face to face contact with consumers has remained limited each care packages was distributed safely to those who requested one. Each bag contained essential products such as a blanket, hand warmers, hand sanitizer, wipes, toothpaste, and soap. Consideration to gender was made as each bag contain either a grooming kit or feminine sanitation products.

When asked if Sonia would like to participate in donations again in the event of a disaster she expressed she was glad to help those that are less fortunate. During her previous employment in Corpus Christi as a Private Duty Nurse she would make similar donations to the homeless population residing there.

A Look Ahead...

Effective March 15th, Coastal Plains Community Center Lobbies will be opened at all clinic locations

Any individuals who present at our clinics will be required to wear a face covering and that includes Center staff who are traveling from one clinic to another. Social distancing is still encouraged with lobby chairs distanced 6 feet from each other. Centers will continue to provide care via telehealth or telephonically should individual feel unsafe or unable to wear a facial covering.

All consumers entering Center lobbies will be screened for fever and complete a questionnaire regarding general health.

This request is outlined in Governor Abbot's executive order G.A. 34 dated March 2, 2021 and Health and Human Services infection control practices

For upcoming Coastal Plains Community Center events visit Facebook or Twitter [@CPCCMHIDD](#).



Spring 2020 Observations



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

June

PTSD Awareness Month
National Safety Month
LGBTQIA Pride Month
Men's Health Month



Find us on Facebook & Twitter
Coastal Plains Community Center

@CPCCMHIDD

Visit our website at:
www.coastalplainsctr.org



We're Here-Where You Live

Aransas County

Rockport Mental Health Clinic

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

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

George West Mental Health Center

504 Houston St. Suite B
George West, TX 78022
361-447-2212

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

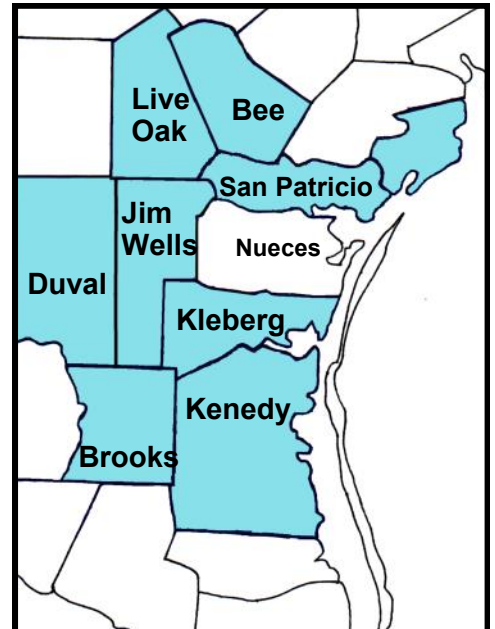
San Diego Mental Health Clinic

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



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COMMENTS

Have questions or comments
about the newsletter?

Please email Sierra Zavala at:
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