



Coastal Plains SUN

Winter, 2011/2012

Coastal Plains Community Center

Center Begins Construction of Two Facilities

Coastal Plains Community Center is currently starting construction on two new buildings.

Work is now under way on a new group home in Beeville. The 1,800 square foot home will have 4 equal-size bedrooms and 2½ baths. It will provide a permanent home for 4 Coastal Plains consumers with intellectual and developmental disabilities.

The home is being built by the Center to meet the specific needs of the consumers. A completion date of May is anticipated.

Construction will soon begin on a new clinic building to serve the counties of Kleberg and Kenedy. The new building will be built on Corral Street in Kingsville. Both mental health consumers and persons with intellectual and developmental disabilities will receive services at the new site.

The 14,000 square foot brick building is scheduled to break ground in March. Move-in date will be January 2013.

The new Kingsville clinic will also include space to accommodate a primary care area to be staffed by Community Action Corporation of South Texas.



Architect's drawing of new Kingsville Clinic to be located on Corral Street.



Construction begins on new IDD group home in Beeville.

Coastal Plains Classes Stress Healthy Living



Wesley nurse Billy Scoggins (left) and Alma Corpus prepare chicken for a recipe during class in Alice. See story on Page 2.

Cooking Classes Designed To Promote Healthy Living For Consumers

Coastal Plains consumer Yvonne Heldenfels has taken on some new reading habits lately. She has started reading about fat content, carbohydrates, calories, sodium and a whole list of ingredients found on the labels of the food she eats.

Yvonne, as well as other participants in the Healthy Cooking classes currently being held at Coastal Plains clinics, is learning more about cooking and eating healthy foods as part of a Healthy Bodies & Healthy Minds initiative.

She is among the approximately 20 consumers enrolled in the AgriLife Extension classes being held at the Taft clinic. The first class met January 25th. Felicia Espinoza of the Texas A&M AgriLife Extension Service facilitated the first meeting. In addition to preparing and serving a breakfast of French toast, Espinoza also discussed the nutritional value of various ingredients and prepared foods.

Yvonne is part of the Home and Community-based Services of Coastal Plains. She lives in an apartment in Taft. Gracie Aguirre works with Yvonne as a human service technician. A trip to the grocery store is part of their weekly routine. But now Yvonne has added reading to that routine shopping trip, "She now looks at the labels and we talk about the amount of sugar, salt, calories, etc. before we put it in the basket," states Aguirre.

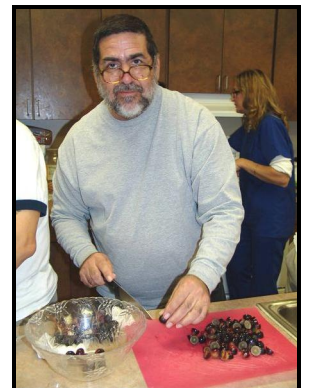
"I'm learning a lot," adds Yvonne. When asked what she looks for on the labels she quickly responds with "no salt. no sugar. I definitely want to keep going to the class," she adds.

Similar classes are also being held at the Alice clinic. The Alice classes are part of the Do Well, Be Well program provided by the Wesley Nurse Health Ministries. Wesley nurse Billy Scoggins, RN, conducts the classes. In addition to cooking instructions, participants also receive tips on food shopping with an eye on staying within a budget.

Class members are encouraged to bring their own recipes and share them with other members. In addition to cooking classes, diabetes education classes are also being taught at the Alice clinic. The classes are designed to help those with type 2 diabetes learn the skills needed to understand and manage diabetes. These skills include eating the right foods and managing symptoms.



Yvonne Heldenfels (right) helps AgriLife Extension Service Program Assistant Felicia Espinoza prepare French toast during the first cooking class at the Taft clinic.



Victor Garcia cuts olives for a recipe during a cooking class at the Alice clinic.

The Coastal Plains Community Center SUN is published quarterly by the Community Relations Department of Coastal Plains. We are located at 200 Marriott Drive in Portland, TX. You may contact Community Relations Coordinator Kay Pickett at: **(361) 777-3991**

Abuse/Neglect And Exploitation

All cases of suspected abuse, neglect, or exploitation must be verbally reported to the Texas Department of Family and Protective Services no more than one hour after the incident.

Abuso/Descuido And Explotacion

Caso sospechosos de abuso, descuido o explotacion deben ser reportados verbalmente dentro de una hora al Departamento de Familia Y Proteccion servicios de Texas.

Call Toll Free 1-800-647-7418

Case Manager Exemplifies 110% Award With Dedication To Consumer's Needs

Every Coastal Plains employee has a job description. Everyone knows what his or her duties and responsibilities are. But to many Coastal Plains employees the job doesn't stop there.

These employees go above and beyond to assist fellow employees and to insure that Coastal Plains' consumers receive the best services possible.

Forty-seven such employees and contract providers recently received 110% Awards for doing just that. Among those Kingsville Case Manager Ana Rodriguez probably most exemplifies the true meaning of giving 110%.

LPHA Lucy Williams nominated Rodriguez. Her nomination begins with the statement: "There are angels among us." Williams tells of Rodriguez's devotion to a consumer over a period of many years. The consumer had a severely limited support system and faced serious medical complications.

Rodriguez's concern and devotion to the consumer culminated in a trip to the hospital emergency room on Christmas Eve. Just as Rodriguez was beginning Christmas Eve activities with her family she received the call that the consumer had been taken to the hospital. With no hesitation she rushed to the hospital. Unfortunately the consumer died before she could get there. She stayed and attended to the necessary paperwork. She then paid her final respects at the funeral.



Ana Rodriguez

Executive Director Charles Sportsman presented the awards during the Center's semiannual meeting held during February.

Prior to distributing the 110% Awards, Executive Director Sportsman also updated all employees on issues facing the Center and answered questions from employees.

All employees receiving the 110% Award are listed below.

Alice

- Anna Norman
- Margie Elizondo
- Angelica Flores
- Prisilla Fullen
- Melba Garcia
- Armida Gonzalez
- Cindy Gonzalez
- Mary Rose Gonzalez
- Anna Guerra
- Joel Johnson
- Shirley Jones
- Christopher Muse
- Linda Ramos-Perez
- Maria Elena Rodriguez
- Yvonne Ruiz
- Melissa Ryan
- Roxanne Saenz
- Patsy Harden
- (Senior Tx Employment Plan)
- David Pollard
- (LPC, Alice Counseling Center)

Rockport

- Jonathan Heyward

Beeville

- Rosanna Barrientos
- Angelita Hinojosa
- Juan Jimenez
- Mary Noel

Portland

- Sylvia Acevedo
- Mary Grace Aguirre
- Mark Durand
- Micheline Hodge
- Carolyn Koepf
- Tammy Nuñez
- Laura Rick
- Andrea Tippit

Kingsville

- Joel Perez
- Ana Rodriguez
- Leo Trejo
- Mary Zavala

Aransas Pass

- Lorrie Monroe

Odem Group Home

- Ana Hinojosa

Falfurrias

- Noelia Benavides

Taft

- Liza Bradley
- Holly Gross
- Amy Piña
- Annette Quam
- Robert Quinones
- Debra Saenz
- Kimberly Tamez
- Russell Weir

Rachel Farias Honored By Employer



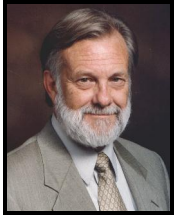
Alice Pizza Hut Manager Belinda Perez (left) presents a certificate and five year pin to Rachel Farias for her work at Pizza Hut.

Prior to working at Pizza Hut, Rachel worked 14 years for Pizza Inn before Pizza Hut bought it out.

"Rachel does a great job for us," states Perez. "Plus, we really like having her around. The customers all know her and enjoy talking to her."

Decision In Forensic Waiting List Lawsuit Will Impact Our Counties

Charles Sportsman Executive Director



In 2007 a lawsuit was filed against the Department of State Health Services (DSHS) on behalf of individuals in county jails waiting for admission to state mental health hospitals for competency restoration. The lawsuit contended that the six-month average waiting period for admission violated their due process rights in the Texas Constitution.

On February 2, 2012, Judge Orlanda Naranjo of the 419th District Court issued a Final Judgment in favor of the plaintiffs. The judgment requires DSHS to admit any jailed person, who has been determined to be incompetent to stand trial, to a state hospital within 21 days of the date it receives notice of a criminal court's commitment order. The judgment gives DSHS 60 days to prepare to meet the court's 21-day requirement for new detainees and 120 days to complete the admission of the 249 persons currently in jail awaiting admission to a state hospital.

It is hard to argue that this was not a good and just decision by the court. The problem is that the state hospital system in Texas is already struggling to meet the demand for admission in a rapidly growing state. In the past 20 years the population of Texas has grown by over 8 million, an increase of 46%. But, the beds available in our state hospitals have decreased during this same period by over 1,000 . a 30% decrease.

Texas has been able to manage this increasing divergence between population and state hospital capacity because of its investment in the public mental health system. However, without significant new resources to the public mental health system the expectation is that this ruling to accommodate persons on the forensic waiting list will, in the near term, leave the state with a very limited capacity to serve all other persons needing state or private psychiatric hospital admissions.

The unanswered questions are apparent. Where will those persons go until a hospital bed can be secured for them? What if the wait becomes days or weeks? Within 60 days our local sheriff departments, local hospital emergency rooms and our crisis response services will need to be able to answer these questions.

Law Enforcement Personnel Receive Mental Health Training

Twelve members of area law enforcement agencies recently received certification in Mental Health First Aid following a course offered by Coastal Plains Community Center.

The 12-hour course was taught over a period of two days at the Jim Wells County Sheriff's department. Attendees included jail administrators and personnel from the counties of Jim Wells and Bee.

Coastal Plains Director of Utilization Management Barbara Giovannone taught the course, with assistance from Nueces County MHMR Director of Mental Health Services America Contreras. The course was developed to increase understanding and improve treatment of persons with mental illness.

"We need this training because of the recent changes in the way we do things in the jail," states Yvette Loera, L.V.N. for Jim Wells County jail. "We need to know more about how to identify an inmate with a mental problem . hopefully at the time of booking," Loera adds. "Once an inmate is in custody we need to know how to proceed in order to keep the inmate safe . as well as other inmates and our staff. We want to be able to keep an inmate with a mental illness in a safe environment."

Recent changes require that jail personnel be able to recognize mental illness and know how to respond, according to Giovannone. Class participants learned about the potential risk factors and warning signs for a range of mental health problems. They were taught how to assess the situation and provide appropriate intervention until professional help can be attained.



Jim Wells County Law Enforcement personnel Tomas Torres, Barbara Garcia and Yvette Loera discuss the course with America Contreras.

Spotlight On Consumer Responsibilities

By Andrea Tippit
Rights Officer & Director of Quality Management

Being a Responsible Consumer

I received a call the other day from a doctor's office, reminding me of my appointment that week. They informed me that if I needed to cancel, I must do so 24 hours before the appointment. If I did not show up for the appointment or if I did not cancel 24 hours in advance, I would be charged for not showing up for the appointment. Wow! So I looked at my appointment card and it said the same thing. I began to ponder how we addressed this issue at our mental health clinics, as we provide professional services, to include doctor (psychiatric) services and counseling services.

I found the following process at our clinics:

- Appointment cards are provided to all people with dates/times of their next appointment.
- Someone calls the most current phone number we have at least a day before the appointment as a reminder of the doctor's appointment.
- We do not charge people for missed appointments.
- Our services are based on a sliding scale fee set by the state authority and based upon the person's financial assessment (or if the person has insurance with a co-pay, they are required to pay the co-pay). We send a bill in the mail after the service is provided.

What I also found out was that because so many people do not call to cancel their appointments (they just don't show up) that the clinic directors now "book" extra people to ensure that that doctors are continually providing services and there are so many people that need to see the doctor. I also discovered that because of unpredictable "no shows" and the need to book extra people, we end up with a longer wait time to see the doctor for the people who do show up for their appointments.

How can you, a consumer or family member help the system of care?

- Show up for your appointment on time.
- Call at least a day before, if you cannot attend your appointment, to have appointment re-scheduled.
- Understand that if you do not call and cancel your appointment, you will have to be "worked into" the schedule the next time you need to see the doctor. The wait time could be very long. Not only that, but people coming in as "work ins" results in extending wait times for others.

Consumer's Letter Describes Service As "Above and Beyond" At Kingsville Clinic

I and/or my children have been going to MHMR Kingsville for over 20 years. I am on Medicare now and can go to a private provider if I choose. However, I am very sure I would not receive better care elsewhere.

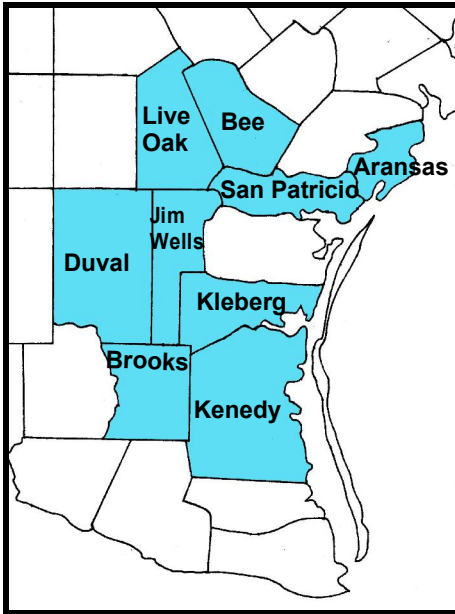
I wish I had written down how each of my caseworkers went above and beyond to help me when I needed it. One caseworker, Mary, even waded down my driveway thru dirty, dirty water, in rubber boots, carrying a stick to push away any snakes that might get near her. (I live in the country, and the whole area was flooded for weeks.) When I burned my leg she brought me rubber boots to wear so I could go see my M.D.

Recently I was having very painful back problems. In trying to relieve my pain the M.D. changed some of my medications ordered by Dr. Maruvada. I call my M.D. office and explained the side effects I was having and they said I could not be seen until the following week. I called Lydia (case manager Lydia Casillas) and explained the situation. She could have told me that I should insist on seeing the M.D. since he changed the medications or whatever. But she did not. She went above and beyond her job requirements and had me come in right away. She took the time to listen and is smart enough to see a serious problem

Lydia got me to see Dr. Maruvada who also went above and beyond to help me.

MHMR avoided a hospitalization, saving the taxpayers thousands of dollars and gave me the help I really needed.

Connie Martin



We're Here - Where You Live!

Aransas and San Patricio Counties

Taft Center for MH & IDD
 201 Roots Ave.
 Taft, TX 78390
 361-528-4516

Rockport Mental Health Clinic
 620 E. Concho
 Rockport, TX 78382-1446
 361-727-0988

Aransas Pass IDD Center
 1010 S. Commercial
 Aransas Pass, TX 78336
 361-758-4043

Bee and Live Oak Counties

Beeville IDD Center
 2808 Industrial Loop Blvd.
 Beeville, TX 78102
 361-358-8248

Beeville Mental Health Clinic
 2808 Industrial Loop Blvd.
 Beeville, TX 78102
 361-358-8000

MH - Mental Health
 IDD - Intellectual & Developmental Disabilities

Brooks County

Falfurrias Center for MH & IDD
 101 W. Potts
 Falfurrias, TX 78355
 361-325-9776/361-325-3673

Jim Wells & Duval Counties

Alice Mental Health Clinic
 614 W. Front St.
 Alice, TX 78332
 361-664-9587

Alice IDD Center
 614 W. Front St.
 Alice, TX 78332
 361-664-9587

Kenedy and Kleberg Counties

Kingsville IDD Center.
 924½ E. Fordyce
 Kingville, TX 78364
 361-516-1067

Kingsville Mental Health Clinic
 914 E. Fordyce
 Kingsville, TX 78364
 361-592-6481

Home & Community-Based Services

may be contacted at our administrative headquarters located at:

200 Marriott Dr. - Portland, TX 78374
 361-777-3991

Or Toll Free at 1-888-819-5312

Visit our web site at
www.coastalplainsctr.org

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