



# Behavioral Health Solutions of South Texas

**2018  
Annual  
Report**

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



## CONTENTS

Organizational Information .....	4
Defining Success: A letter from the CEO .....	5
<b>2018 Snapshot</b> .....	6
<b>2018 Community Impacts</b>	
Recovery Programs .....	7
Treatment Programs .....	10
Intervention Programs .....	12
Coalitions .....	15
Prevention Programs .....	20
Planning & Communications .....	24
Operations .....	25
Finance .....	26
Kind Regards .....	27
Contact Information .....	28

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## ORGANIZATIONAL INFORMATION



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*As a leader of behavioral health and wellness, **Behavioral Health Solutions of South Texas**'s mission is to reduce substance abuse and related co-existing conditions in our communities, encourage healthier lifestyles related to at risk public health behaviors, and promote stronger families.*

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**Our Vision** "One life, one family, one community in a culture of behavioral wellness."

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## **Our Core Values**

**Learning Environment:** The continuous process of professional development and cultural competency based on the belief that every individual shares a journey of growth and every moment in life offers us an opportunity to experience a deeper understanding of ourselves, others, the environment, and our faith and beliefs.

**Responsibility to self and others:** The beneficence and protection against harm recognizes the boundaries of service in individual, group and community responsibility and competence to the good of all in fairness and justice.

**Integrity of work:** Promoting fidelity to our mission goals, and objectives under the guidance of policies, leadership, and accountability; and through the implementation of our strategic plan and Quality Management Plan. (Includes our grants and contracts statement of work and performance measures.)

**Listening Spirit:** The building of relationship through collaborations, partnerships, and in the daily professional practice and recognition for the person, team, and work environment to meet the needs of all involved: participants, clients, customers, employees, and the broader society; promoting an environment of health and well-being, spiritual awareness, growth, and success through advocacy, empowerment and ownership.

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## DEFINING SUCCESS: A LETTER FROM THE CEO



Defining success in fiscal year 2018 initiated the year with the Annual Board training focused on “Behavioral Health Industry in Texas” presented by Dr. Francisco Fernandez, Professor, Department of Psychiatry, Neurology, and Neuroscience University of Texas Rio Grande Valley School of Medicine presented to the Board and management team. Planning for the future recognizes the transformation within the State of Texas from the Department of State Health

Services to Health and Human Services Commission and the integration of behavioral health care with primary health care as one of the driving forces.

BHSST strategic planning has established key stakeholders in the community with primary health care clinics, University of Texas Rio Grande Valley Department of Family and Preventive Medicine, Baylor College of Medicine, and Culture of Life Ministries health clinic to promote an integrated system of care within our communities.

Financial Success included the “unmodified” opinion from the Independent Single Audit. This year marked successful utilization of funding in the delivery of services, support for the employee retirement fund contributions, merit based performance bonus, and continuation of financial stability in program funds through grants and contracts. It also marked another year of recognition from our annual fundraiser Noche Inolvidable Casino Night.

Operational Success marked improvement in our Quality Assurance process and tools development to assist in identifying areas for improvement and providing benchmarks for success. Technology continues to ensure growth in capacity and security is covered with BHSST expansion. Human Resources risk management and plant management was a successful year in safety prevention evidenced by few incident reports.

Programs success exceeds beyond in its achievement evidenced by exceeding in its performance measures established for each program. Staff exhibit the values of BHSST in their service building stronger communities in prevention, intervention, treatment, recovery, and research. Together we succeed!

We recognize and thank our Board members for their leadership and contribution to the growth and sustainability of BHS with over 75 years of combined service. Together we define success and excel beyond.

To all, THANK YOU.

*Don. Jose G. Gonzalez, LCSW*

Chief Executive Officer

# 2018 SNAPSHOT

**37,361 ADULTS SERVED**  
through prevention,  
intervention, treatment, and  
recovery support services.



**87,334 YOUTH SERVED**  
through prevention,  
intervention, and recovery  
support services.



**338 VOLUNTEERS  
SUPPORTED OUR  
EFFORTS**



Proudly serving South Texas



*Established in 1991, BHS  
has provided behavioral  
health and wellness  
services for 27 years.*

**19,005 Volunteer HOURS\***



*\* Volunteers consist of community members,  
parents, youth, and undergraduate student  
interns, graduate student interns and MD  
Residents*

## 2018 COMMUNITY IMPACTS

### Recovery Programs

## RECOVERY SUPPORT SERVICES (RSS)

Serving: Hidalgo and Cameron Counties

Program Director: Blanca E. Martinez

Program Coordinator: Rick Salazar

Recovery Coaches: Monica Champion, Stephen Allie, Samuel Diaz

#### RSS Services:

- ✓ Peer Support Groups
- ✓ Wellness Groups
- ✓ Family Engagement Activities
- ✓ Educational & Vocational Support
- ✓ Financial Assistance
- ✓ Referral services
- ✓ Community Collaborations



Recovery support services are available to adults currently in recovery, or who are seeking recovery from a substance use disorder or addiction. The Peer Advisory Council who meet to determine social events, skill building, and wellness activities appropriate for their peers in recovery guides activities coordinated by RSS program team members. Case management, vocational preparation, and recreational activities offered focus on engaging participants and their family members in building skills to support their journey of recovery.

The RSS Recovery Coaches provided recovery support services to 665 adults. Of the 665, 70% participated in education services.



***Social activities help strengthen communication, team building, and networking skills***

## BELIEVE IN CHANGE (BIC)

Serving: Hidalgo County

Program Director: Blanca E. Martinez

Program Coordinator: Erika Salinas

Peer Recovery Leaders: Cindy Saucedo & Aaron Jamison

### YRC Services:

- ✓ Peer Support Groups
- ✓ Wellness Groups
- ✓ Family Engagement Activities
- ✓ Educational & Vocational Support
- ✓ Financial Assistance
- ✓ Referral services
- ✓ Community Collaborations



Believe In Change is a Youth Recovery Community project of the Texas Health & Human Services. Youth recovery services available through this project target youth ages 13-18 and young adults ages 19-21 currently in recovery or who are seeking recovery from a substance use disorder or addiction. Peer Recovery Leaders work to provide groups, case management, education and vocational support, recreational activities, and transportation to access recovery services. Recovery services aim to engage participants in reaching their recovery goals and strengthening relationships with their family members.

In 2018, Peer Recovery Leaders provided recovery support services to 62 youth and young adults. The BIC Peer Recovery Leaders also rolled out groups for family and friends focused on providing them with information and skills to help maintain their own wellness while supporting a loved one in recovery.

***Blessing Bags initiative help reinforce  
caring for and giving to others***





***Volunteering helps reinforce the benefits of being of service to others***



***Interactive activities serve to build team building, communication, and***

**Treatment Programs**  
**EMPOWERING HOPE**

Serving: Hidalgo County  
Program Director: Blanca E. Martinez  
Counselor: Jesus Rodriguez

Empowering Hope Services:

- ✓ Outpatient Substance Abuse Treatment Groups
- ✓ Individual Sessions
- ✓ Referral Services
- ✓ Follow-Up Services



The Empowering Hope program provides outpatient substance abuse treatment services for adults. The program implements motivational interviewing, experiential learning, and cognitive behavioral techniques to support clients in meeting their substance abuse treatment goals. The Empowering Hope Counselor rendered services to 68 adult women and men in 2018.

Testimonials received from clients in 2018 include the following:

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*Love the classes understood everything very well.*

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*I felt comfortable and my self. Thank you for making me a better person than I was before.*

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*This Behavioral Health Solutions classes has helped me a lot on my life and choices. I'm making it known in the future.*  
*Thanks.*

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*I learned so many new helpful ways to understand a situation.*

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*Changing a person's perspective is not always the easiest of things to accomplish. You have made a change in my life style and greatly appreciate it. Keep making a difference.*

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*Es un buen programa ame en lo personal si me gusto y me ayudo.*

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## FUELING HOPE TREATMENT ACCESS PROGRAM

Serving: Cameron and Hidalgo Counties

Program Director: Blanca E. Martinez

Program Lead: Janese Mason

Counselors: Stephanie Villarreal & Abel Sanchez

Recovery Coach: Samuel Diaz



Fueling Hope Services:

- ✓ Pre-Treatment Services
- ✓ Outpatient Substance Abuse Treatment Groups
- ✓ Individual Sessions
- ✓ Recovery Support Groups
- ✓ Referral Services
- ✓ Follow-Up Services

The Fueling Hope Treatment Access program is funded through the Substance Abuse and Mental Health Services Administration. Service enhancements and expansion efforts are focused on establishing this program as a resource for Substance Use Disorders treatment, recovery, and HIV/Hepatitis related services in the Rio Grande Valley. The consistent engagement in accessing services is anticipated to lead to clients completing treatment and engage in recovery support services. In addition, increased awareness and access to risk reduction resources, medication assisted treatment services, recovery, and treatment information/resources has been provided and will continue to be priorities.

In 2018, 109 clients were engaged in risk reduction strategies. Through outreach efforts completed by team members 600 individuals were reached with 150 risk reduction kits disseminated. 57% of clients engaged in pre-treatment services continued participated in outpatient treatment services.



## Intervention Programs

# PARENTING AWARENESS & DRUG RISK EDUCATION (PADRE)

Serving: Cameron & Hidalgo Counties  
Program Director: Blanca E. Martinez  
Intervention Specialist: Patrick Martinez



### PADRE Services:

- ✓ Intensive Case Management services
- ✓ Nurturing Families curriculum services
- ✓ Life Skills services
- ✓ Referral services
- ✓ Outreach
- ✓ Community Collaborations

The PADRE program provides intensive case management, parenting and life skills classes, home visits, and referrals to adolescent and adult fathers and expectant fathers at risk for a substance use disorder. PADRE program staff focus on engaging fathers and expectant fathers through experiential learning activities. Activities reinforce educational services rendered promoting father-child bonding, enhancing communication skills, and conflict resolution. PADRE program clients also learn ways to engage in age-appropriate play to increase opportunities to bond and parent their children. PADRE program staff also work to connect participants with resources targeting unmet needs.

PADRE program provided services to 92 males in 2018 and improved access to services by completing home visits and intensive case management services.



***Interactive activities  
strengthening  
communication &  
parenting skills***



***Family bonding skills  
development***



## CARING FOR MOMMIES

Serving: Cameron & Hidalgo Counties

Program Director: Blanca E. Martinez

Intervention Specialists: Tanya Prado & Beatrice Sanchez

Caring for Mommies Services:

- ✓ Intensive Case Management services
- ✓ Nurturing Families curriculum services
- ✓ Mother & Infant bonding classes
- ✓ Car Seat Safety
- ✓ Life Skills services
- ✓ Referral services
- ✓ Outreach
- ✓ Community Collaborations

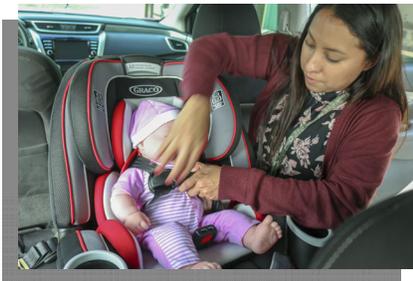


Caring For  
Mommies

Caring for Mommies program team members provide adolescent and adult pregnant females and mothers with youth below the age of 18 months or 6 years of age if involved with the Department of Family Protective Services with intensive case management services, parenting and life skills classes, home visits, and referrals services.

Caring for Mommies provided services to 130 adults and 72 youth in 2018 and improved care and access to services for women at risk for or diagnosed with an opioid use disorder.

The NAS Task Force continues to work to increase awareness of the opioid abuse epidemic in the Valley along with identifying resources to help RGV professionals, community members, and individuals enhance prevention, intervention, and support services.



## RURAL BORDER INTERVENTION

Serving: Brooks, Duval, Jim Hogg, Starr, Willacy, and Zapata Counties

Program Director: Blanca E. Martinez

Program Coordinator: Janie C. Hernandez

Intervention Specialists/CHW: Christina Pena & Gloria Cortez



### RBI Services:

- ✓ Family focused curriculum services
- ✓ Case Management services
- ✓ Alcohol & Other Drugs Alternative Activities
- ✓ Community Mobilization Efforts
- ✓ Community Collaborations

The Rural Border Intervention (RBI) program focuses on providing youth and adults residing in remote rural border communities with services aimed at preventing and intervening in substance use/abuse behaviors and increasing access to substance abuse and mental health treatment services. RBI program services include outreach throughout communities in the six targeted counties; referral linkages to substance abuse and mental health treatment services; implementation of evidence-based approaches focused on reducing risks and enhancing protective factors related to substance abuse, and other risk factors.

RBI program team members implement the Strengthening Families Program, an evidence-based curriculum focused on enhancing communication skills, coping skills, and offering family bonding opportunities. In 2018, RBI program staff provided curriculum-based services to 200 youth and 154 adults. In addition, 725 youth and 606 adults were engaged in substance abuse prevention alternative activities designed to assist participants in mastering new skills and promote a sense of belonging and bonding with peers, family and community.

Collaborative efforts and networking activities with community organizations, schools, and other providers enabled RBI program team members to connect or refer 190 youths and 531 adults to needed resources.

The RBI program has strengthened community bonds, enabled adults and adolescents to develop life skills, and established information exchange and interaction within their family units and communities. In 2018, RBI program team members served 1,075 youth and 1,246 adults.

Coalitions

POSITIVE COMMUNITY IMPACT  
COALITION



Serving: City of Brownsville  
Program Director: Violeta Davila  
Coalition Coordinator: Alex Ybarra  
Coalition Specialist: Cristian Garcia

PCI Services:

- ✓ Environmental Strategies & Changes Implementation
- ✓ Alcohol & Prescription Drug Abuse Prevention Presentations
- ✓ Alcohol & Prescription Drug Abuse Prevention Alternative Activities
- ✓ Community Mobilization Efforts
- ✓ Community Collaborations

The PCI Coalition is focused on building collaborations to prevent underage drinking and prescription drug use among youth and young adults in the city of Brownsville. PCI Coalition staff conduct prevention presentations, disseminates information, and mobilizes members to coordinate and implement environmental strategies and changes specific to preventing underage drinking and prescription drug abuse.

Prevention presentations conducted by PCI Coalition team members focused on enhancing protective factors while others targeted ways to reduce risk factors. 98 AOD presentations were conducted reaching 2,534 individuals. To date, PCI Coalition Members have established 4 prescription drug drop boxes that collected 706 pounds of unwanted, unused, or expired medications in 2018. Coalition staff also distributed 332 prescription drug disposal pouches through community events and educational efforts.



## ALLIANCE FOR DRUG ABUSE PREVENTION COALITION

Serving: Cities of La Joya & Peñitas  
Program Director: Violeta Davila  
Coalition Coordinator: Rudy Rodriguez  
Coalition Specialist: Vianca Vieyra



### ADAP Services:

- ✓ Environmental Strategies & Changes Implementation
- ✓ Alcohol & Prescription Drug Abuse Prevention Presentations
- ✓ Alcohol & Prescription Drug Abuse Prevention Alternative Activities
- ✓ Community Mobilization Efforts
- ✓ Community Collaborations

The ADAP Coalition is focused on building collaborations to prevent underage drinking and prescription drug use among youth and young adults in the cities of La Joya and Peñitas. ADAP Coalition staff conduct prevention presentations, disseminate information, and mobilize members to coordinate and implement environmental strategies and changes specific to preventing underage drinking and prescription drug abuse.

Prevention presentations conducted by ADAP Coalition team members focused on enhancing protective factors while others targeted ways to reduce risk factors. 49 AOD presentations were conducted reaching 1,130 individuals. ADAP Coalition Members succeeded in establishing the first prescription drug drop box in the target area that collected 30 pounds of unwanted, unused, or expired medications in 2018. Coalition staff also distributed 329 prescription drug disposal pouches through community events and educational efforts.



## TOBACCO PREVENTION & CONTROL COALITION

Serving: Cameron & Willacy Counties

Program Director: Violeta Davila

Coalition Coordinator: Rosalie Tristan

Coalition Specialists: Daisy Board



TPCC Services:

- ✓ Environmental Strategies & Changes Implementation
- ✓ Tobacco Cessation & Prevention Presentations
- ✓ Tobacco Cessation & Prevention Alternative Activities
- ✓ Tobacco Prevention Curriculum Services
- ✓ Community Mobilization Efforts
- ✓ Community Collaborations
- ✓ Worksite Consultations related to Non-Smoking Policies

For the past 5 years, the TPC Coalition focused on establishing tobacco prevention and cessation resources in Hidalgo County. By August 2018 all but 2 cities in Hidalgo County established smoke-free ordinances and entities throughout the county established policies increasing access to tobacco cessation resources for employees, as well as, measures to safeguard employees from secondhand smoke. In September 2018 the TPC Coalition transitioned its focus to Cameron and Willacy Counties. The coalition remains focused on building collaborations to increase tobacco cessation among youth and adults in Cameron and Willacy Counties. TPCC engages in environmental strategy development, increase of awareness, education, and enhancement of tobacco related prevention efforts. In 2018, TPC Coalition Specialists implemented the tobacco prevention curriculum services with 222 youth. In addition, 1,469 adults and 4,817 youth engaged in tobacco prevention activities and 85 entities participated in tobacco prevention and cessation consultations.



# COMMUNITIES AGAINST SUBSTANCE ABUSE COALITION

Serving: Willacy County

Program Director: Violeta Davila

Coalition Coordinator: Liz Urbina

Coalition Specialist: Ashlyn Wall



Communities Against Substance Abuse (CASA) Services:

- ✓ Environmental Strategies & Changes Implementation
- ✓ Alcohol & Other Drugs Prevention Presentations
- ✓ Alcohol & Other Drugs Alternative Activities
- ✓ Community Mobilization Efforts
- ✓ Community Collaborations

The CASA Coalition continues to focus on building collaborations to prevent underage drinking, marijuana use, and prescription drug abuse among youth and young adults in Willacy County. CASA Coalition staff conduct prevention presentations, disseminate information, and mobilize members to coordinate and implement environmental strategies and changes. The CASA Coalition has been mobilizing Willacy County residents to action against substance abuse related issues since 2004.

Prevention presentations conducted by CASA Coalition team members focused on enhancing protective factors while others targeted ways to reduce risk factors. 1,917 adults and 2,487 youth were reached through prevention activities. To date, CASA Coalition Members have established 2 prescription drug drop boxes that collected 345 pounds of unwanted, unused, or expired medications in 2018. Coalition staff also distributed 534 prescription drug disposal pouches through community events and educational efforts.



## UNITING NEIGHBORS IN DRUG ABUSE DEFENSE COALITION

Serving: Hidalgo County

Program Director: Violeta Davila

Coalition Coordinator: Melissa Alviar

Coalition Specialist: Vianca Vieyra

Uniting Neighbors In Drug Abuse Defense (UNIDAD) Services:

- ✓ Environmental Strategies & Changes Implementation
- ✓ Alcohol & Other Drugs Prevention Presentations
- ✓ Alcohol & Other Drugs Alternative Activities
- ✓ Community Mobilization Efforts
- ✓ Community Collaborations



The UNIDAD Coalition is focused on building collaborations to prevent underage drinking, marijuana use, and prescription drug use among youth and young adults in Hidalgo County. UNIDAD engages in environmental strategy development, increasing awareness, and enhancing prevention efforts throughout Hidalgo County (excludes the cities of La Joya and Peñitas).

Prevention presentations conducted by UNIDAD Coalition team members focused on enhancing protective factors while others targeted ways to reduce risk factors. 1,642 adults and 2,062 youth were reached through prevention activities. To date, UNIDAD Coalition Members have established 10 prescription drug drop boxes that collected 4,137 pounds of unwanted, unused, or expired medications in 2018. Coalition staff also distributed 430 prescription drug disposal pouches through community events and educational efforts.



## Prevention Programs

# PREVENTION RESOURCE CENTER REGION 11

Serving: Southernmost 19 Counties in Texas

Program Director: Violeta Davila

PRC 11 Regional Evaluator: Karen Rodriguez

PRC 11 Community Liaison: Daniel Rodriguez

Prevention Specialists: Martha Gutierrez & Ashlyn Wall



PRC Services:

- ✓ Serves as the Regional Data Repository
- ✓ Mobilizing communities in data collection and data sharing efforts
- ✓ Retail Store Education

PRC 11 program staff collaborates with school districts, law enforcement agencies, universities, substance abuse prevention/intervention/treatment providers and other organizations to promote data gathering and sharing specific to intervening variables, trends, risk and protective factors related to behavioral health. Services provided include collection strategies, training, and network development.

In 2018, PRC 11 mobilized community coalitions throughout South Texas to collaborate on holding symposiums focused on increasing awareness and data sharing specific to drug abuse epidemics. PRC 11 also supported coalitions by providing data collection and data sharing related trainings and participating in town hall meetings held throughout the region.

PRC 11 also facilitated regional epidemiological (Epi) workgroup meetings focused on enhancing data collection and data sharing efforts. Epi workgroup members received training, guidance and support from PRC 11 staff comprised of access to resources, data factsheets, and access to the regional needs assessment.

PRC 11 mobilized 647 entities in data collection and sharing efforts. PRC11 program staff disseminated data products inclusive of county fact sheets and regional needs assessment to over 578 individuals and organizations. In addition, Prevention Specialists complete site visits with 1,622 retailers to comply with the Texas Tobacco Laws.



## YOUTH PREVENTION INDICATED

Serving: Cameron, Hidalgo & Willacy Counties

Program Director: Violeta Davila

Team Lead: Norma Galvan

Prevention Specialists: Sheila de Salinas, Zuliema Lugo, Mike Zuniga, & Jennifer Espino

*Indicated Prevention: Designed to identify individuals who are experiencing early signs of substance abuse and other related problem behaviors associated with substance abuse. The individuals identified at this stage, though experimenting, have not reached the point where clinical diagnosis of substance abuse can be made.*

YPI Services:

- ✓ Evidence-based Curriculum Implementation
- ✓ Prevention Information & Referral
- ✓ Alcohol, Tobacco & Other Drugs (ATOD) Prevention Presentations
- ✓ Alcohol, Tobacco & Other Drugs (ATOD) Prevention Interactive Activities
- ✓ Community Collaborations

YPI Prevention Specialists conducted 35 groups implementing Positive Action, an evidence-based curriculum with Middle and High School youth. In total, YPI Prevention Specialists succeeded in implementing the Positive Action curriculum with 511 youth. The overall success rate for youth participating in curriculum services was 95%.

Prevention presentations conducted by YPI Prevention Specialists focused on enhancing protective factors while others targeted ways to reduce risk factors. 159 ATOD presentations were conducted reaching 2,949 youth and 1,105 adults.

Interactive activities coordinated by YPI Prevention Specialists included a back-to-school event, low ropes activities, healthy hobbies, and other experiential learning activities focused on family bonding, improving communication skills, conflict resolution, bullying prevention, teambuilding, and refusal skills. Prevention Specialists engaged 4,660 youth and 2,457 adults in ATOD prevention activities.



## YOUTH PREVENTION SELECTIVE

Serving: Cameron, Hidalgo, Jim Hogg, Kenedy, Kleberg, Willacy & Zapata Counties

Program Director: Violeta Davila

Program Coordinators: Juan Hernandez, Lori Ruiz, Mary Huerta

Prevention Specialists: Nora Guerra, Sheila de Salinas, Ralph Cepeda, Omar Del Bosque, Daniel Diaz & Mike Zuniga

Selective Prevention: *Prevention strategies target subgroups of the general population that are determined to be at risk for substance abuse.*

YPS Services:

- ✓ Evidence-based Curriculum Implementation
- ✓ Alcohol, Tobacco & Other Drugs (ATOD) Prevention Presentations
- ✓ Alcohol, Tobacco & Other Drugs (ATOD) Prevention Interactive Activities
- ✓ Community Collaborations

YPS Prevention Specialists conducted 49 groups implementing Positive Action (PA) and 48 groups implementing the Project Toward No Drug Abuse (PTND), both evidence-based curricula. Curriculum implementation services were rendered to Middle and High School youth. In total, YPS Prevention Specialists succeeded in implementing the Positive Action curriculum with 964 youth and the Project Toward No Drug Abuse curriculum with 688 youth. The overall success rate for youth participating in curriculum services was 97% for both PA and PTND.

Prevention presentations conducted by YPS Prevention Specialists remained focused on enhancing protective factors while others targeted ways to reduce risk factors. Prevention Specialists reached 4,893 youth and 2,717 adults through 261 ATOD presentations conducted in 2018.

Interactive activities coordinated by YPS Prevention Specialists included community resource fairs, back-to-school events, awareness events, Christmas in August, experiential learning activities, and other skill enhancing activities focused on improving communication with the family, teambuilding, refusal skills, and healthy coping strategies. Prevention Specialists engaged 8,102 youth and 5,926 adults in ATOD prevention interactive activities.



## YOUTH PREVENTION UNIVERSAL

Serving: Cameron, Hidalgo, Jim Hogg & Zapata Counties

Program Director: Violeta Davila

Team Leads: Jackie D'Arrigo & Marcy Huerta

Prevention Specialists: Susana Lopez & Samantha Garcia

Universal Prevention: *Designed to reach the entire population, without regard to individual risk factors and are intended to reach a very large audience.*

YPU Services:

- ✓ Evidence-based Curriculum Implementation
- ✓ Alcohol, Tobacco & Other Drugs (ATOD) Prevention Presentations
- ✓ Alcohol, Tobacco & Other Drugs (ATOD) Prevention Interactive Activities
- ✓ Community Collaborations

YPU Prevention Specialists conducted 28 groups implementing Positive Action, an evidence-based curriculum with Elementary through High School youth. In total, YPU Prevention Specialists succeeded in implementing the Positive Action curriculum with 367 youth. Our passionate staff members strive to empower our youth to continue using positive actions in their everyday lives. The overall success rate for youth participating in curriculum services was 98%.

Prevention presentations conducted by YPU Prevention Specialists focused on enhancing protective factors while others targeted ways to reduce risk factors. 122 Alcohol and Other Drugs (ATOD) presentations were conducted reaching 1,128 adults and 2,440 youth. Presentations were conducted at schools, social service agencies, church organizations, civic organizations, coalitions, and criminal justice organizations.

Interactive activities coordinated by YPU Prevention Specialists included a back-to-school event, low ropes activities, experiential learning activities, and other fun activities focused on improving communication skills, bullying prevention, teambuilding, and refusal skills. Prevention Specialists engaged 5,097 youth and 3,848 adults in ATOD prevention interactive activities.



## PLANNING & COMMUNICATIONS

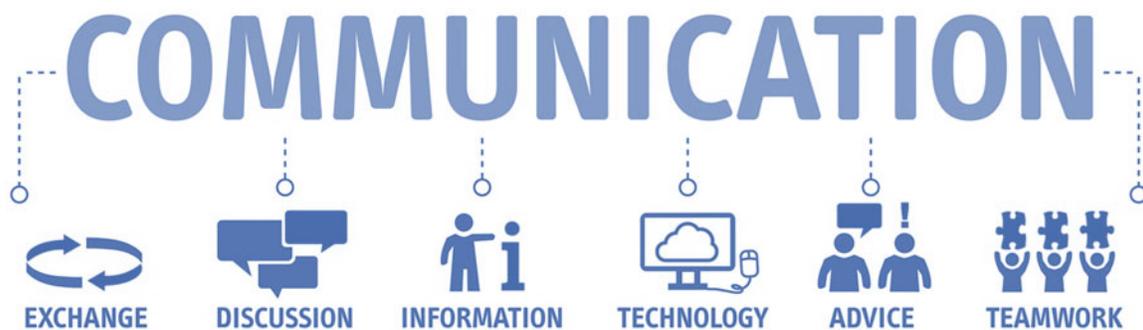
Director of Planning: Irwin Mendoza

Media Specialist: Eric Masten

Managing the planning and communication functions involves strategizing, implementing, monitoring, and maintaining channels of communication within the organization, and between organizations. Aspects of communication management include developing communication strategies, designing products, and managing the flow of information. In addition, communication functions include staying abreast of technological trends in an effort to maintain consistent innovation efforts. Components of planning functions include supporting strategic planning, quality assurance, organizational events, grant preparation and planning, and liaison efforts.



Visual identity is also a focus for Planning & Communications and is the basis of branding and ensuring our organization has a consistent message promoted to our stakeholders. The Planning & Communication team has been working on a comprehensive visual identity package inclusive of logo usage, letterhead, power point presentation templates, program postcards, business cards, and standards for other visuals.



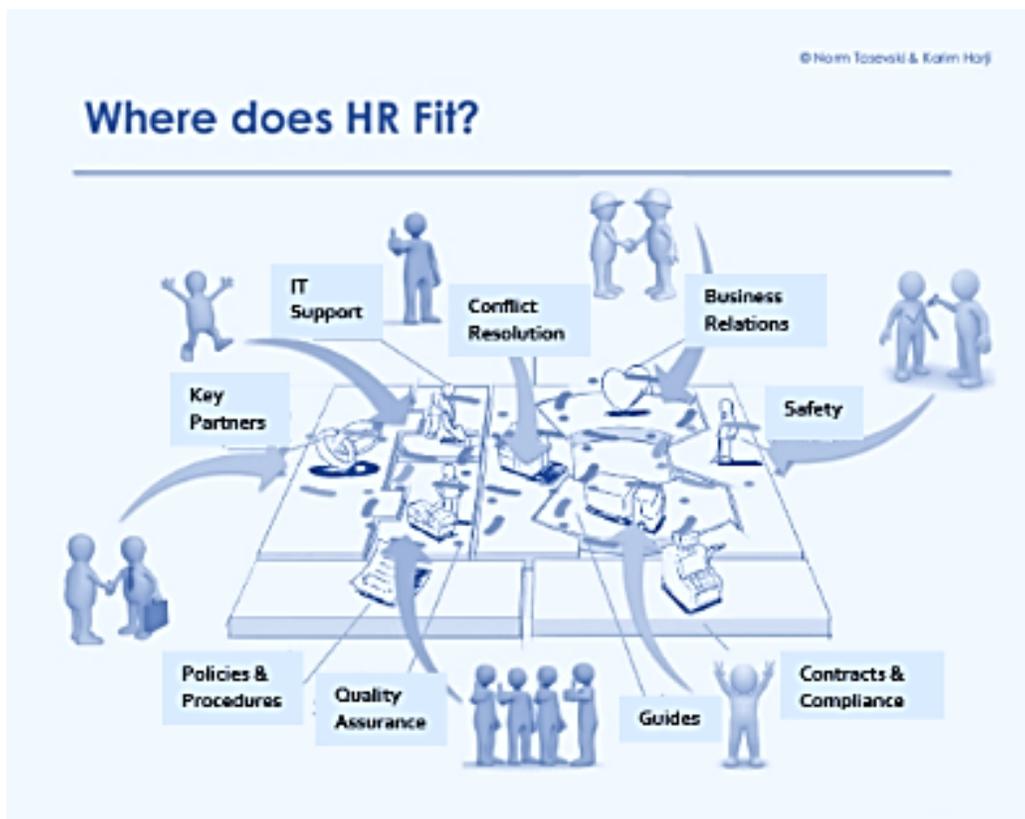
## OPERATIONS

Director of Operations: Sylvia Gonzales

Information Support Specialist: Nora A. Torres

Executive Assistant: Karen De Anda

The Operations Department is a critical instrument for organizational success. Operational functions support program sites, including finance, office management, human resources, technology, performance management, and quality assurance efforts. The Operations department team members maintain an organized and transparent system for collecting job applications, resume screening, and an equitable and competitive compensation assessment process. They ensure legal compliance in all areas of recruitment, hiring and retention and facilitate a structured policy and support system for how employees should approach and resolve problems, as well as, an organizational culture that enables and supports open communication and effective feedback.



Throughout 2018, the operations department team members facilitated safe work environments at all sites, problem solved IT issues efficiently, processed volunteer and student intern applications, effectively conducted orientations and responded to human resources related matters.

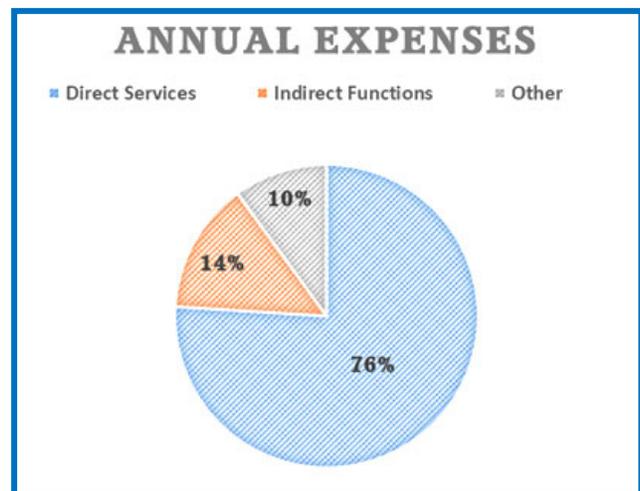
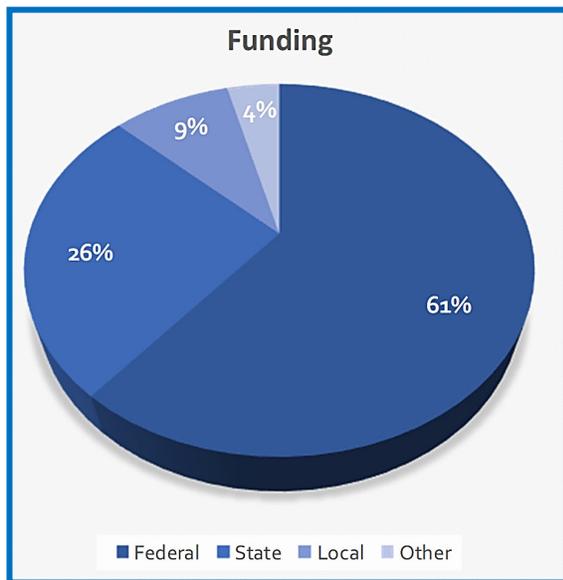
## FINANCE

Finance Director: Victor Fraga

Accountant: Manuel Chapa

Bookkeeper: Lori Garcia

Financial activities and decisions function to further direct services and administrative efforts. Throughout 2018, the finance department maintained cash receipts, cash disbursements, accounts receivable, accounts payable, and payroll. Team members abide by procedures and verifications that protect assets, detect errors, prevent mistakes or the misuse of funds, and provide protection from liability for the organization. They work with external accounting experts to assist in developing, implementing and monitoring an appropriate system of financial controls. Furthermore, team members work with an independent accounting firm to examine the organization's financial statements and the documents supporting fiscal efforts. Behavioral Health Solutions continues to be recognized as an "unmodified" low risk auditee.



Direct services are provided directly to children, adults, and/or families by trained personnel and may be rendered at an individual or group level. Services are offered at BHS offices or in partnership with schools, community centers, and other external agencies. Direct services implemented apply evidence-based approaches and focus on preventing and/or reducing drug-related issues.

Indirect functions include activities such as human resources, accounting functions, organizational strategic planning, information and technological support. Functions serve to provide support and guidance for personnel providing direct services.

Other functions and services relate to additional efforts supporting direct services such as employee wellness activities and fundraising to offset additional costs.

## KIND REGARDS

Monica has been a great coach. Showing understanding and always letting us know about availability for our well-being.

I have been very pleased with the openness and direction provided by Stephen. Hearing others with difficulty helps me realize I am not alone.

I'm thankful that Caring for Mommies helped me know more about parenting skills. I feel I'll be more confident with my child.



I really like the family meetings



The program was an amazing program which made me look at things in different ways.

Great program! Students enjoyed and participated on all activities provided by Ms. Jackie. They looked forward to her coming to class. Thank you!

Amazing program!

The Prevention Specialist helped me understand that I have my own way of coping and that it's okay. He showed me support and made me look forward to coming to school.

Honestly, this program really changed my perspective on some things.

I really loved this project, and I feel that every student should know about this program and be a part of it!

I learned a lot of things, for example on how to manage the problems, not to be frustrated really quick.

Cool class wish we had it for a longer time.

This class made me change how I would act at home, school, or other places. Yes I really do enjoy this class a lot.

It's life changing!

10/10 would recommend to others!

Con Ms. Guerra aprendi muchas cosas nuevas. Me motive a nunca hacer drogas o alcohol y me dijo sus consecuencias. Estoy agradecido de haber tenido esta oportunidad de aprender con una maravillosa persona como Ms. Guerra.

This program taught me a lot, and was really fun to be a part of.

This program has shown me stuff about myself I've never known.

The Prevention Specialist was extremely understanding.

This program was very helpful.

I think this program is great. I liked everything that we did in this program. I really had so much fun and learned several things.

I've been through a lot over the years but going to this program every week was really helpful and informational to me.

You really helped me out a lot and now my history grades are much more better. Overall, things have been great and thank you for everything.

## CONTACT US

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