

TEXANA TALKS



Texana May 2016 - Issue 85

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2016 TEXANA TEE OFF



If we want to break down discrimination and stigma surrounding mental illnesses we need to start talking about mental health. Everyone knows a little about mental health issues but knowing the facts about mental illness can help you to educate others and reject stigmatizing stereotypes.

Mental illness is not the result of personal weakness, lack of character or poor upbringing. Understanding mental health isn't only about being able to identify symptoms and having a name for these conditions but dispelling many false ideas about mental health conditions as well. Mental illnesses are common and treatable, and help is available.

During the month of May across the U.S. Behavioral Healthcare Organizations are bringing awareness to mental health. Each year they fight stigma, provide support, educate the public and advocate for equal care. Each year, the movement grows stronger.

10 Facts about Mental Illness:

1. Approximately **1 in 5 adults** in the U.S. experiences mental illness in a given year.
2. **1.1% of adults** in the U.S. live with schizophrenia.
3. **2.6% of adults** in the U.S. live with bipolar disorder.
4. **6.9% of adults** in the U.S. had at least one major depressive episode in the past year.
5. **18.1% of adults** in the U.S. experienced an anxiety disorder such as post-traumatic stress disorder, obsessive-compulsive disorder and specific phobias.
6. An estimated **26% of homeless adults** staying in shelters live with serious mental illness.
7. Only **41% of adults** in the U.S. with a mental health condition received mental health services in the past year.
8. Serious mental illness **costs America \$193.2 billion** in lost earnings per year.
9. Suicide is the **10th leading cause of death** in the U.S. and the **2nd leading cause of death for people aged 15–24**.
10. Each day an estimated **18-22 veterans die by suicide**.

To change these statistics our community must promote acceptance and actively challenge social stereotypes. It is only through powerful words and actions that we will shift the social barriers for those living with mental illness by encouraging acceptance and understanding.

Join the National Alliance on Mental Illness' movement and [Take the Pledge to be Stigma Free](#)

CENTRAL FORT BEND CHAMBER LEADERSHIP CLASS



Texana Center had a packed house when the 2016 Central Fort Bend Leadership Class visited our autism program in Rosenberg. George Patterson, CEO welcomed the class, showed a video and then Kate Johnson-Patagoc took the reins telling them about Texana's applied behavior analysis (ABA) autism program. The group was then taken on a tour of the program.

As 1:68 children are diagnosed with autism spectrum disorder, Texana acknowledges the importance of every upcoming leader having awareness regarding the advantages of early intervention with ABA and the savings the community will realize in the long-term, if we provide this treatment.

[For more photos click here](#)

TEXANA TEE OFF



The Texana Tee Off could not have taken place on a more beautiful day, with the sun shining bright at Weston Lakes Country Club we had a host of happy golfers! The event was a great success raising over \$31,000 towards the 'Forward Together in Fulshear Capital Campaign' to build an additional Texana Campus in Fulshear.

1st Place Team - Trudie's Janitorial Services

2nd Place Team - AG/CM Incorporated

3rd Place - First National Bank of Bellville

The winners received trophies which were handcrafted by Texana Decor & More... a program in our Learning Center for adults with intellectual disabilities. Thank you to everyone who participated in our golf tournament and we look forward to seeing you next year for another fun event!

[For more photos click here](#)

TEXANA AUTISM & INTELLECTUAL DISABILITIES CONFERENCE



Memorial Hermann Sugar Land Hospital once again sponsored Texana Autism & Intellectual Disabilities Conference which took place in April during Autism Awareness Month.

The conference was well attended with educators, service providers and parents in the audience. The participants gave the conference an excellent rating through their evaluations, as the presenters, all Texana employees, talked about the; Prevention of challenging behaviors; Intervention for challenging behaviors and skills building for fun and life. They gave examples and even did some role playing. Thank you to everyone who attended.

[For more photos click here](#)

SPECIAL NEEDS TRUST PRESENTATION



Roberts Markel Weinberg Butler Hailey (RMWBH) hosted lunch at their Sugar Land offices for a presentation about Special Needs Trusts. Kelley Bentley, Senior Associate, delivered a very informative talk to parents and caregivers of adults with intellectual disabilities. There were lots of questions and the participants walked away with a greater knowledge about these trusts and the things to think about when setting them up.

Kelley Bentley is a member of the Texana Community Advisory Board whose practice focuses on elder law, estate planning, trust administration, probate and guardianship. If you would like to learn more about Special Needs Trusts and how you can protect your child's future, you can call Kelley Bentley at Phone 281.207.7697 or 800.713.4625 and set up a consultation at no cost.

TEXANA AND THE UNITED WAY DAY OF CARING



Texana believes in helping our clients' with intellectual disabilities learn about the joy of giving through volunteerism. Several clients from the Learning Center at Bay City joined nearly 100 volunteers during Matagorda County United Way's 7th Annual Day of Caring.

Matagorda County Judge Nate McDonald and United Way Board Chair Michael Arnold welcomed volunteers at a gathering where assignments were given out.

The United Way received 74 applications requesting a variety of services including; people needing wheelchair ramps repaired or installed, safety equipment such as; hand rails and bathroom grip bars; as well as repair of window screens and screen doors, window cleaning, and yard maintenance. Other applicants needed porches painted, houses power washed, flowers planted, and spring cleaning. The Texana client volunteers were assigned to clean up the yard of an elderly person's home. They were so proud of the work they completed and knowing that they had helped someone else. They also enjoyed being part of a community project and loved their United Way t-shirts, too!

L to R: Elizabeth Vick, Jason Gephart, Tamra Earles, and Abel Hernandez. Not pictured is Jacinto Mendoza, who also worked on the project.



ITALIAN MAID'S DINE FOR A CAUSE

Italian Maid at Cross Creek Ranch hosted 'Dine for A Cause' on Friday April 8 and donated 10% of their proceeds to the *Forward Together in Fulshear Capital Campaign* to build a Texana campus. Local Entertainer, Gail Best, provided entertainment on the patio which really made for a special evening. Mayor Tommy Kuykendall and his wife, Rhonda, stopped by for dinner.

Pictured L to R: Gail Best, Lanie Alvarez with Italian Maid and Tracey Shaw.

[For more photographs click here](#)

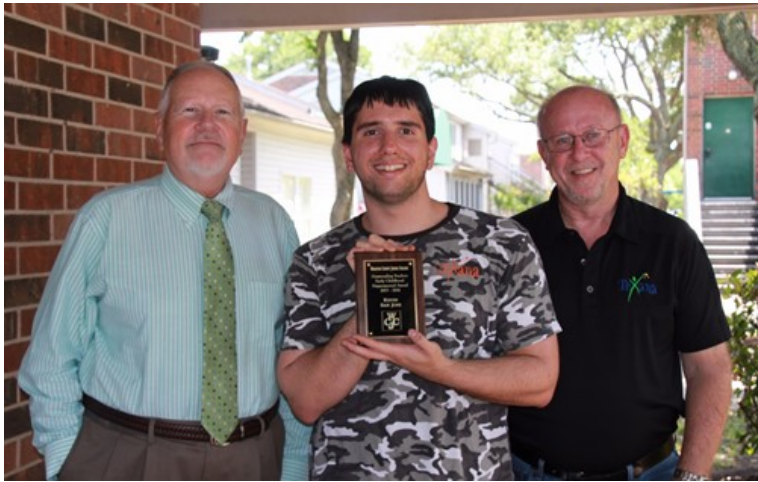


SUGAR LAND EXCHANGE DONATES \$4,000

The Exchange Club of Sugar Land recently presented a check to Kate Johnson-Patagoc a check for \$4,000 to purchase iPod Touches for the Behavior Stabilization Program. Texana Center plans to use these to improve efficiency in data collection by our Behavior Analysts and also to use as motivators for the children and teens that we serve. The program serves people age 6 and up that have problem behaviors due to an intellectual or developmental disability.

Kate was also given the opportunity to speak to the club about Texana's Programs. The Exchange Club raises funds through its Annual Spaghetti Dinner.

Pictured: Kate Johnson-Patagoc and Kevin Barker, President



KEVIN SAN JOSE - OUTSTANDING STUDENT

Kevin San Jose was once a client of Texana's social skills program, now he works 20 hours a week as a Behavior Technician in the autism after-school program. He is a remarkable young man and this week he was given Wharton County Junior College's Outstanding Student Early Childhood Departmental Award 2015-2016. Kevin will be able to add this to his growing collection which includes; the Texana Volunteer of the Year and Fort Bend County Judge's Volunteer of the Year awards which he won because of his 1,400+ hours of volunteering with Texana, prior to becoming an employee. He is an inspiration to the anyone with autism. Congratulations Kevin, Texana Center is proud of you!

Pictured L to R: George Patterson, Kevin San Jose & David Whitcher



ROSENBERG ROTARY CLUB

The Rotary Club of Rosenberg invited Tracey Shaw, Director, Development & Community Relations to speak about Texana Center and the services provided in the community. The presentation included video about Texana; many in the audience were surprised at the depth of services provided and asked a lot of questions. The Rotarians also asked how they could help Texana and they learned about the need for a new playground structure for the younger children (2-5 yrs.) in the autism program in Rosenberg. Thank you for inviting Texana to speak.

Pictured L to R: Tracey Shaw & Rotary President, Hugh Conway

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LEGACY FORD

Check out our Community Partners, [Legacy Ford](#), they help us in many different ways.

Legacy Ford is a past winner of the Texana **Major Supporter of the Year Award** and the **Company of the Year Award**.

We are social



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SAVE THE DATE

Texana 7th Annual Reaching for the Stars Awards will take place on Tuesday, May 17 at 6:30 PM in the Community Room at Cross Creek Ranch in Fulshear.

This is always a fun evening as we acknowledge ten winners who have helped Texana and their clients to "reach for the stars"

Texana Talks Newsletter

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