

We encourage readers to continue learning about Texana Center, a trusted governmental entity.

Since 1999, Texana Center has proudly served as the Local Mental Health Authority (LMHA) and the Local Intellectual and Developmental Disability Authority (LIDDA).

As we recognize **Mental Health Awareness Month**, we invite you to learn more about the positive impacts we're making, especially in the area of mental health.

May marks Mental Health Awareness Month, an annual observance established by Mental Health America in 1949.

This important initiative serves to underscore the significance of mental wellbeing, enhance public understanding, reduce the stigma associated with mental health conditions, and promote crucial support for those affected.

This edition of our newsletter will highlight Texana Center's enduring commitment to this vital area and commemorate our **25th Anniversary** of providing essential services to our community.

For a quarter of a century, Texana Center has been a cornerstone in our six-county service area, dedicated to serving **low-income, uninsured, and Medicaid** individuals facing serious and persistent mental illness, as well as children and adolescents with serious emotional disturbances.

Our comprehensive services encompass:

- medication management
- provision
- care coordination
- case management
- skills training
- counseling
- crisis intervention

While ongoing outpatient services are primarily accessible to individuals without dedicated funding sources, our crisis services are available to any resident within our service area who is experiencing a mental health emergency.

Texana Center's foundation was established on September 1, 1999, through the strategic merger of Riceland Regional Mental Health Authority and the Central Gulf State-Operated Community Center.

Since its inception, Texana Center has prioritized the development of a robust infrastructure for crisis services, impacting various community sectors, including law enforcement, correctional facilities, and hospital emergency departments.

A key early initiative was the establishment of our Mobile Crisis Outreach Team, providing immediate support to individuals experiencing a mental health crisis through our **Crisis Hotline at 1-800-633-5686**.

This was followed by the development of the Texana Crisis Jail Diversion Center, offering a vital alternative to inpatient psychiatric hospitalization during times of crisis.

Beyond comprehensive mental health outpatient services, Texana Center has strategically developed specialized programs over the years, supported by state funding, to address the more intensive needs of both adults and youth. These include the **Youth Empowerment Services (YES Waiver)** and the **First Episode Psychosis (FEP)** program.

Recognizing the **strength of community partnerships**, Texana Center has collaborated with local agencies to implement programs for justice-involved individuals through funding from the Texas Correctional Office on Medical and Mental Impairments, as well as a matching grant from the Health and Human Services Commission (HHSC) with Fort Bend County for a SB 292 project.

We **understand** the invaluable role of peers and family partners in fostering engagement in services. To **strengthen** this support network, Texana Center has strategically added staff dedicated to these crucial efforts.

Acknowledging the intrinsic link between physical and mental health, Texana Center has added an integrated a primary care program into our service delivery model.

A significant milestone was achieved three years ago when Texana Center became a **Certified Community Behavioral Health Clinic (CCBHC)**.

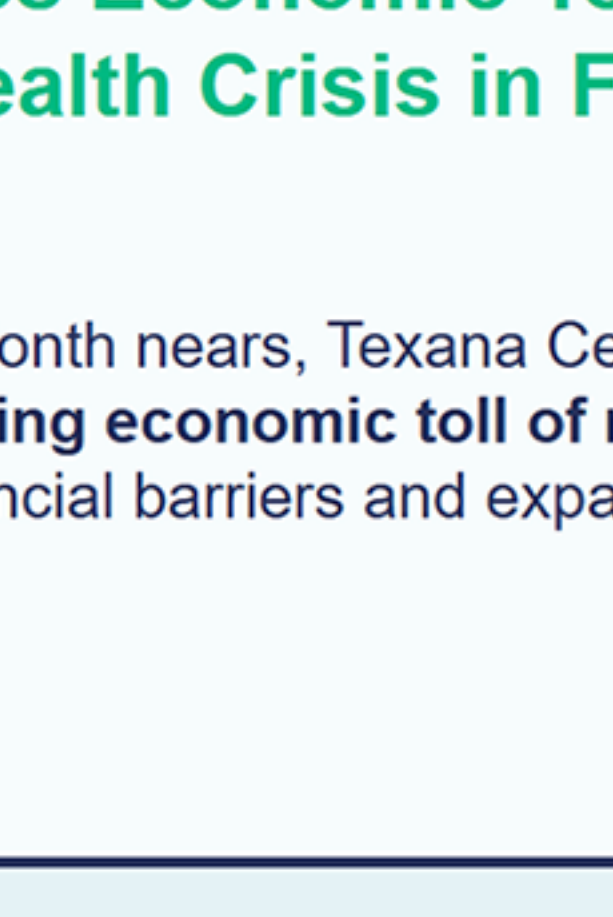
This designation has **enhanced** our ability to coordinate care for the individuals we serve with our extensive network of local partners, including veterans. Furthermore, this certification enabled us to become a licensed provider of Substance Use Disorder Services at one of our facilities.

The Texana Center **Behavioral Healthcare** division has **increased** from a budget of \$10,602,256 in 2000 to a budget of **\$34,296,000 in 2025**. Unduplicated clients served in 2000 were 4,765 and **increased to 8,415 in 2025**.

Texana Center remains steadfast in its **commitment** to collaborating with stakeholders to identify service gaps and unmet needs, and to develop targeted programs with available funding to address these challenges.

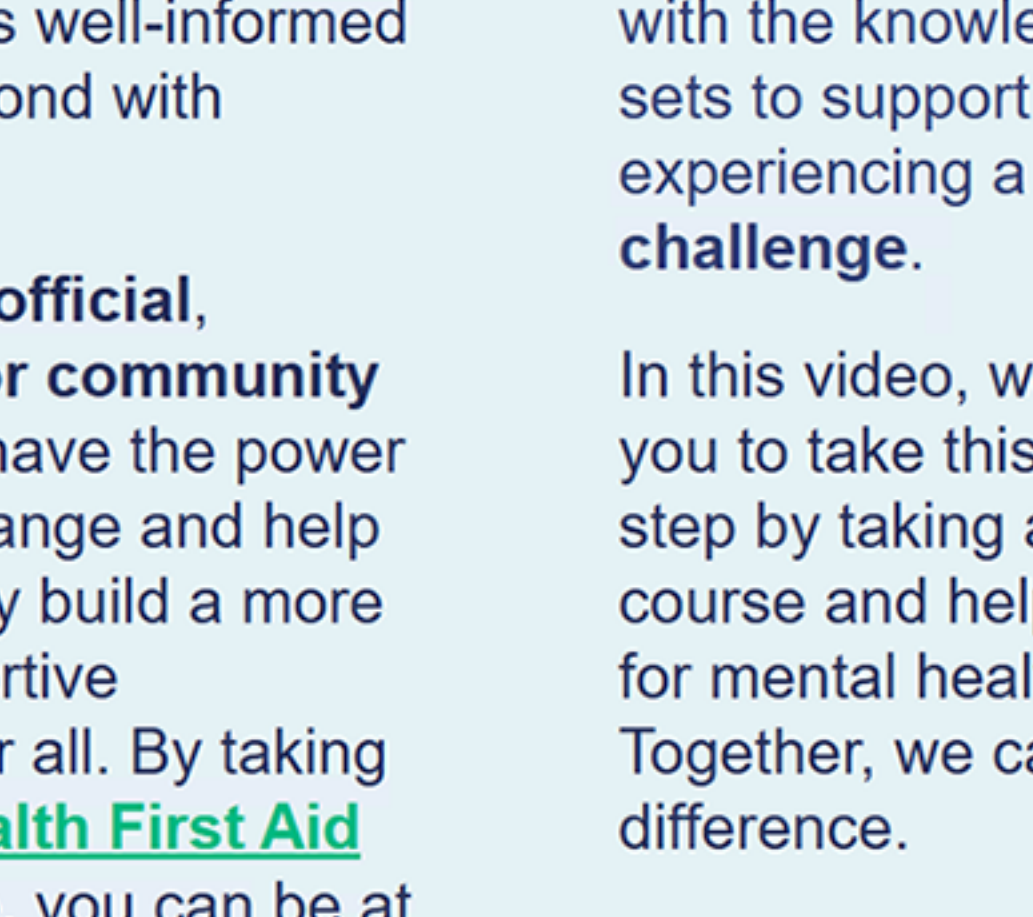
By **working together**, we can continue to support the **most vulnerable** members of our communities. Texana Center looks forward with anticipation to another 25 years of dedicated service and **positive impact**.

Shena Ureste
Chief Executive Officer



In this issue, you will find highlights on:

- Mental Health Crisis in Fort Bend
- Understanding Mental Health First Aid
- Crisis Strategies and Suicide Response
- Texana Center and AFSP Team Up for Suicide Prevention
- Homelessness and Mental Health



Texana Center Tackles Economic Toll of State-Wide Mental Health Crisis in Fort Bend County

As Mental Health Awareness Month nears, Texana Center in Fort Bend County addresses the **rising economic toll of mental illness**, working to remove financial barriers and expand access to care.

[Read More](#)

May is Mental Health Awareness Month: Learn About Mental Health First Aid

Mental health affects **every corner of our state**—whether it's in our schools, workplaces, or local communities. By **understanding how to respond effectively** to mental health crises, you can make a **lasting impact** on the lives of your constituents.

Imagine the difference you could make by being the person who recognizes the signs of mental health struggles and is well-informed on how to respond with compassion.

As an **elected official, stakeholder, or community member**, you have the power to influence change and help your community build a more resilient, supportive environment for all. By taking the **Mental Health First Aid** (MHFA) course, you can be at the forefront of this movement.

Anyone can be a mental health advocate with the proper training, you can provide support to those in need. At Texana Center, we are committed to fostering inclusivity and community support, and we invite you to join us in creating a more resilient and hopeful future for all Texans.

Mental Health First Aid (MHFA) prepares individuals with the knowledge and skill sets to support those experiencing a **mental health challenge**.

In this video, we encourage you to take this transformative step by taking an MHFA course and help lead the way for mental health advocacy. Together, we can make a difference.



Crisis Center Provides Key Strategies for Suicide Prevention and Crisis Response

Texana's Crisis Center works to provide **immediate support** for individuals facing a mental health crisis, reinforcing our unwavering commitment to community well-being.

Our 24/7 access to crisis services ensures that distressed individuals feel heard and supported at all hours, recognizing the urgent need for empathy and care during challenging times.

If you know someone who is in a mental health crisis, please call our **Crisis Hotline at 1-(800) 633-5686** or dial the **Suicide and Crisis Lifeline at 988**.

Our team represents a **vital lifeline** for individuals seeking immediate support and providing reassurance in a mental health crisis.

Suicide Prevention Tips

- **Recognize the Warning Signs:** Look for changes in behavior, mood, or personality, such as withdrawal from social activities, increased substance use, or talking about feeling hopeless or trapped.
- **Create a Safety Plan:** Create a safety plan for someone at risk, which can include emergency contacts and steps to take when feeling overwhelmed.

Suicide Response Tips

- **Stay Calm and Listen:** Approach the person with empathy and non-judgment. Let them express their feelings and concerns.
- **Follow Up:** After the crisis has passed, continue to check in on the person to ensure they receive ongoing support and care.



Texana Center and American Foundation for Suicide Prevention Unite to Bring Hope and Save Lives

Texana Center is deeply grateful to participate in and support the American Foundation for Suicide Prevention (AFSP).

Each year, Texana joins the Fort Bend Hike for Hope to honor those lost to suicide and to stand with survivors and advocates for mental health.

This year, our organizational goal was to raise \$1,000. Thanks to the generosity of our supportive community and dedicated employees, we **surpassed that goal**—raising a total of **\$1,147**.

If you're interested in supporting this cause, visit **AFSP.org** to learn how you can make a difference in your community.

Texana Center hopes this inspires you to be the change and help make a **positive, life-changing impact** in someone's life!

Confronting Homelessness and Mental Health in Fort Bend County

Crisis Services Manager Cherie Steinberg draws from her professional experience in the mental health field to address the homelessness **rise** in Fort Bend County.

"Some people are just one paycheck away from homelessness," Steinberg said.

The Coalition for the Homeless, reports show more than **23,000 people** in Fort Bend, Harris, and Montgomery counties accessed some type of homeless services.

"I think it can be difficult in Fort Bend County to find affordable housing," Steinberg said.

In this **video**, Steinberg highlights the need for more mental health resources, emphasizing that homelessness can affect anyone and has a far-reaching economic impact on us all.

You will gain insight into the challenges faced by individuals with mental illness and hear why she calls on the community to collaborate by providing better resources to support those in need.

Resources to Share with your Network

24/7 Mental Health Crisis Hotline
1 (800) 633-5686
[Learn More](#)

988 Suicide & Crisis Hotline
988
[Learn More](#)

Youth Empowerment Services (YES) Waiver
(281) 239-1485
[Learn More](#)

Mental Health America (MHA)
(703) 684-7722
[Learn More](#)

National Alliance on Mental Illness (NAMI)
(713) 970-4483
[Learn More](#)