

Texana Center staff and members of its Board of Trustees attend the annual conference hosted by the Texas Council of Community Centers each June.

This year's conference was held last week in San Antonio and brought together community center leaders, trustees, and professionals from across Texas.

The multi-day conference featured expert-led sessions focused on key topics including public policy, integrated healthcare, recovery-oriented care, and Mental Health First Aid (MHFA).

Board members also participated in sessions specifically designed to strengthen governance and leadership, such as Trustee Roles and Responsibilities.

Additional presentations addressed timely and important issues impacting community centers statewide, including emergency detention practices in Texas, with sessions led by the Judicial Commission on Mental Health.

Beyond the educational opportunities, **Texana Center staff and board members engaged in valuable networking and collaborative discussions with peers from across the state.**

These conversations provided insight into innovative programs, best practices, and strategies other counties are using to **address community needs and close service gaps.**

Participation in conferences such as this is one of the many ways **Texana Center's Board of Trustees and staff remain informed about emerging trends, policy developments, and best practices, enabling them to better serve the individuals, families, and communities who rely on Texana Center's services.**

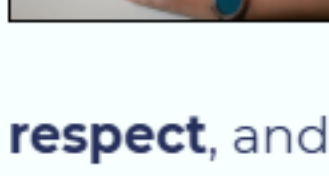
Shena Ureste
Chief Executive Officer



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Integrated Pharmacy Services Supporting Mental Health and Wellness



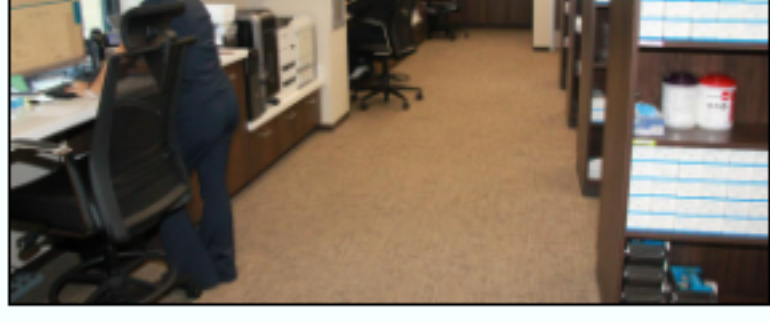
At Texana's Pharmacy, we focus on **collaboration, accountability, respect, and excellence (C.A.R.E.)** and with that we ensure that our staff live up to those very core values.

We understand that mental health treatment is not just about medications. It's about supporting individuals on their journey toward stability, wellness, and independence.

Our pharmacy team works closely with clients, providers, and caregivers to ensure that every person receives personalized attention, education, and support tailored to their unique needs.

Texana Pharmacy Manager, Sara Khafipour, PharmD, RPH said building stronger client relationships, can **help shape a healthy environment where individuals feel respected, heard, and comfortable asking questions about their medications.**

Our staff dedicate their time to helping clients better understand their medications, potential side effects, and the importance of medication adherence in a supportive, judgment-free environment. This approach helps reduce barriers to treatment and empowers individuals to make informed decisions about their mental health care.



The pharmacy **fills an average of 180 to 230 prescriptions a day**, so staying consistent with medications and timely refills is essential for maintaining both overall health and mental wellness. She said for many individuals, **medications play a key role in managing symptoms, improving daily functioning, and supporting long-term stability.**

Khafipour informs clients that missing medication doses or experiencing gaps in treatment can reduce medication effectiveness and lead to worsening symptoms, setbacks in recovery, or preventable health complications.



For **individuals** who may be **struggling with reliable transportation**,

especially those living in our rural catchment areas.

Texana works to ensure that access to medications and ongoing care has a smooth and supportive process. Each client has a dedicated care coordinator who helps **connect them** with the **resources and support they need**, including assistance with medication access and coordination of care services.

Our care coordinators work closely with clients, families, providers, and the pharmacy staff to help address barriers that may interfere with treatment, including transportation challenges.

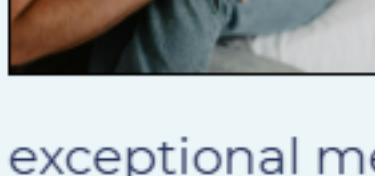
Texana pharmacy staff is here to provide guidance, answer questions or concerns, and offer compassionate support to help make managing mental health needs feel less overwhelming.

Khafipour and her staff are always pleased to serve their community with C.A.R.E.

"Showing up everyday because we care deeply about the people we serve and the responsibility we must carry. It's about the people and their health, their families, and the trust they place in us during the most important times in their lives. Seeing our clients make progress, gain stability, and feel supported is what continues to inspire our team each day," Khafipour said.



Texana Provides Mental Health Specialized Services for Children, Adolescents and Adults



At Texana Center, we are committed to delivering

exceptional mental health services tailored to meet the unique needs of children, adolescents, and adults experiencing mental health challenges.

Our specialty programs are supported by dedicated teams of experienced mental health professionals who provide individualized, evidence-based care. In this video, we highlight several of our specialized programs, including Youth Empowerment Services (YES Waiver), the Texas

Correctional Office on Offenders with Medical or Mental Impairments (TCOOMMI), Assertive Community Treatment (ACT), and First Episode Psychosis (FEP).

Each program is designed with a person-centered approach, empowering individuals to achieve stability, independence, and long-term recovery.

The **Youth Empowerment Services (YES) Waiver** is a Texas Medicaid program that provides intensive, community-based services and supports for children and youth ages 3 through 18 who experience severe emotional, behavioral, or mental health challenges. The program uses a team based "Wraparound" approach to keep children living safely at home with their families rather than being placed in residential treatment or psychiatric facilities.

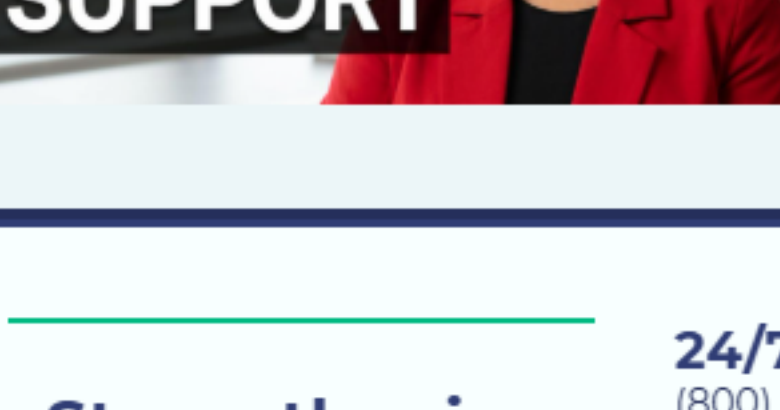
Texas Correctional Office on Offenders with Medical or Mental Impairments (TCOOMMI) provides intensive services and case management for individuals with mental health conditions who are involved in the criminal justice system. The program focuses on maintaining treatment engagement, supporting compliance with probation or parole requirements, reducing hospitalization and recidivism, and promoting successful community reintegration

Coordinated Specialty Care for First Episode Psychosis (FEP) is an early intervention program serving individuals ages 15 to 30 who have been diagnosed with a psychotic disorder. Through a comprehensive treatment model, the program provides clinical care, education, family support, and recovery-focused services that help individuals achieve their personal goals and improve long-term outcomes

Assertive Community Treatment (ACT) is a multidisciplinary clinical team that provides intensive, community-based support for individuals with serious and persistent mental illness. Services may include psychiatric care, medication management, employment assistance, housing support, transportation coordination, and access to community resources.

The ACT team collaborates with each individual to develop a personalized recovery plan that promotes symptom stabilization, increased independence, and improved quality of life.

If you or someone you know may benefit from these specialty services, please contact **Texana Center at 281-239-1300 to learn more.**



Strengthening Our Community through Shared Resources

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

Children's Center for Autism
CCAAdmissions@texanacenter.com
[Learn More](#)

988 Suicide & Crisis Lifeline
call, text, or chat
[Learn More](#)

IDD Intake and Referral
(281) 239-1363
IDD.Intake@texanacenter.com