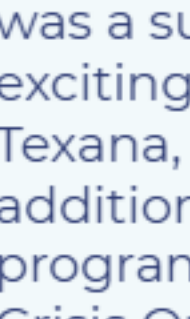


September 2026



Texana Center recently concluded

Fiscal Year (FY) 2026, and on September 1, 2026, began our 27th year of service to the community. FY 2026 was a successful and exciting year for Texana, marked by the addition of two new programs: the Youth Crisis Outreach Team (YCOT) and Outpatient Biopsychosocial Intervention (OBI), which is highlighted in this newsletter.

Along with this good news, we also faced an unexpected challenge. The HVAC system at the Local Intellectual and Developmental Disability Authority (LIDDA) Service Center building experienced a complete failure, and replacement parts were no longer available.

The building also houses our Early Childhood Intervention (ECI) Program. Following extensive consultation with architects and engineers, it was determined that the existing HVAC system needed to be replaced with a more reliable system.

This is a significant, year-long project that requires the relocation of all staff from the building while the work gets completed. Fortunately, we were able to relocate staff to two buildings previously occupied by the Behavioral Healthcare Services division.

The LIDDA and ECI programs are temporarily located at 4910 Airport Avenue, Buildings A and B.

We appreciate the flexibility and dedication of our staff as we navigate this project and look forward to returning to a fully renovated and reliable facility.

Another significant change for Texana is on the horizon. After 27 years of dedicated service as **Texana's Chief Financial Officer, Amanda Darr has made the decision to retire at the end of December 2026.** We are incredibly grateful that Amanda has graciously agreed to assist with the transition and train our new CFO.

Amanda's contributions to Texana Center are immeasurable. There is no doubt that Texana would not be the organization it is today without her exceptional financial leadership, guidance, and commitment.

Her stewardship has helped Texana achieve outstanding financial audit results for 26 consecutive years, a remarkable accomplishment. We wish Amanda every happiness and fulfillment as she begins this well-deserved new chapter in retirement.

We are pleased to welcome Anna Javier as Texana's new Chief Financial Officer. Anna has big shoes to fill, but she brings extensive experience and a strong background in community-based behavioral health services, including experience with another community center.

With Amanda's guidance and training during this transition, **we are confident that Texana's financial operations will continue to be in excellent hands.** Please join us in welcoming Anna to the Texana team.

This newsletter focuses on Suicide Prevention Awareness Month. As a Suicide Safer Care Center, Texana is committed to the belief that **suicide is preventable when warning signs and symptoms are recognized and addressed.** Through education, awareness, early intervention, and compassionate support, we can make a difference and help save lives.

I strongly encourage you to watch the video below where Texana Center staff share their experiences with suicide.

Thank you for your continued support of Texana Center and for being part of our journey as we begin our 27th year of service.

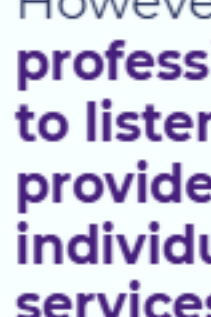
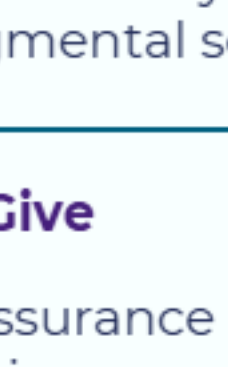
Shena Ureste
Chief Executive Officer



Inside This Issue:

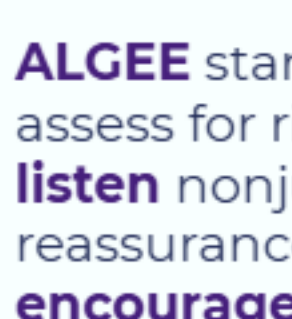
- Suicide Prevention Awareness Month: Let's Talk About It
- Help Is Available: Call or Text 988
- Understanding the Warning Signs & Symptoms of a Mental Health Crisis
- How to Respond in a Mental Health Crisis
- Texana Receives State Funding for New OBI Program Supporting Clients with Complex Needs

Suicide Prevention Awareness Month: Let's Talk About It



Texana staff from mental health services, intellectual and developmental disabilities (IDD) services, and autism services voluntarily shared their personal experiences of how suicide has impacted their lives, whether through their own experiences, a loved one, or someone they knew.

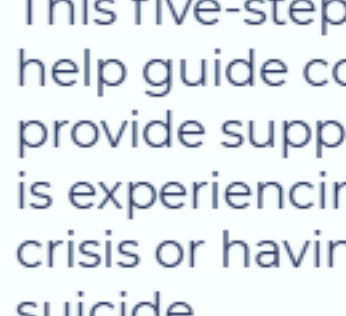
In honor of Suicide Prevention Awareness Month, we are not only raising awareness about the impact suicide can have on individuals, families, and communities, but also creating a safe and supportive space for people to be vulnerable, share their experiences, and learn how they can support someone who may be thinking about suicide.



Mental health can be a complex and difficult topic for many individuals.

However, **at Texana our trained professional staff are equipped to listen without judgment, provide support, and connect individuals with appropriate services** when they are experiencing a mental health crisis or navigating ongoing mental health challenges.

By speaking openly, listening nonjudgmentally, and knowing the warning signs, we can help ensure that no one feels alone and that those who are struggling know that help is available.



As the **Local Mental Health Authority (LMHA)**, we want

to leave you with the Mental Health First Aid (MHFA) Action Plan, ALGEE, developed by the National Council for Mental Wellbeing.

ALGEE stands for **approach**, assess for risk of suicide or harm, **listen** nonjudgmentally, **give** reassurance and information, **encourage** appropriate professional help, and **encourage** self help and other support strategies.

This five-step action plan can help guide conversations and provide support when someone is experiencing a mental health crisis or having thoughts of suicide.

Remember, ALGEE is nonlinear, meaning the steps do not have to be followed in any specific order. Every individual's needs, experiences, and circumstances are different, so it's important to use good judgment and respond with compassion when providing mental health support.

Use ALGEE as a guide to help you determine the most appropriate way to listen, offer support, and connect someone with the resources they need.

In MHFA, the goal is to **assess whether an individual is experiencing a mental health crisis** and to determine the appropriate level of support. If the individual is not in a crisis, you can continue with the next appropriate step in the MHFA Action Plan.

Step 1: Approach

Assess for the risk of suicide or harm, and assist.

If someone is at risk of suicide, remove any lethal means, ensure the individual is safe and then call 911 and ask for the Crisis Intervention Team (CIT).

Step 2: Listen

Listen nonjudgmentally

It's important to provide a safe space for a person to express how they feel in a nonjudgmental setting.

Step 3: Give

Give reassurance and information.

Example: "What you are experiencing is important, and support is available."

Step 4: Encourage

Encourage appropriate professional help.

Keep in mind that every individual's needs can vary. Professional support, treatment options, and medication when appropriate, are available for those who may benefit from them.

Step 5: Encourage

Encourage self-help and other support strategies.

Self-help and coping strategies can include:

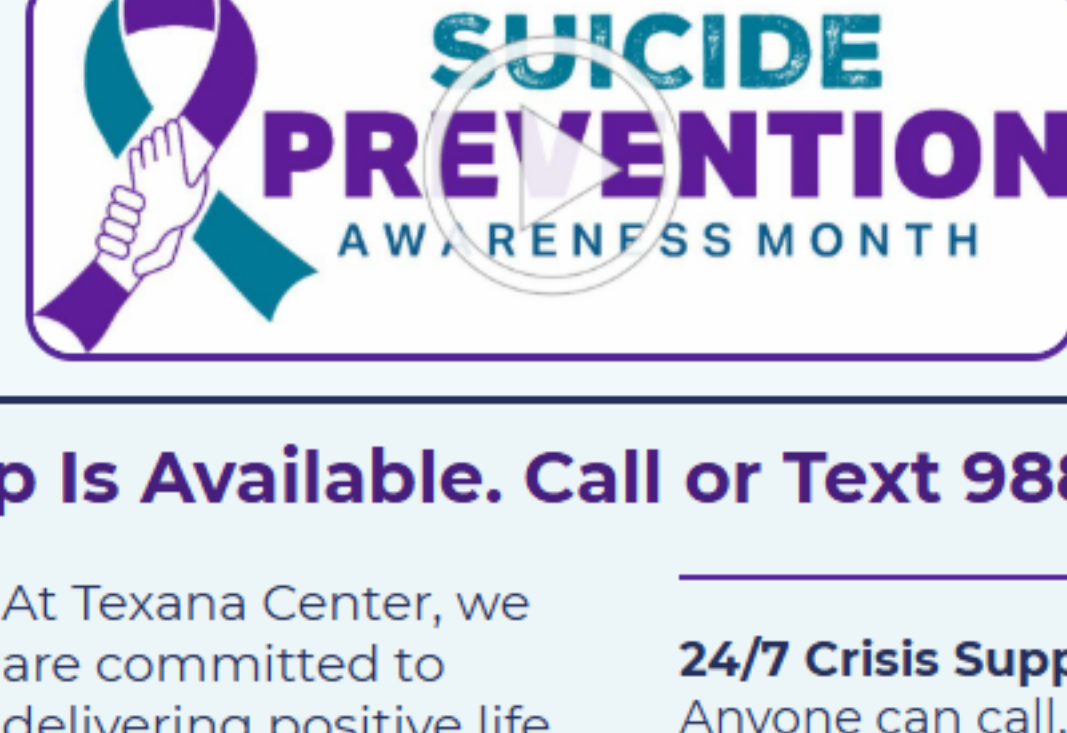
- Exercising
- Journaling
- Support Groups
- Meditating

At Texana, we want to equip our community with the knowledge, resources, and tools needed to **respond with compassion** and confidence when **someone is experiencing a mental health crisis.**

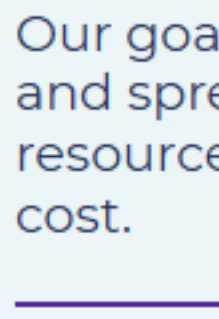
In this video, Texana staff members voluntarily chose to share their personal experiences and open up about how suicide has impacted their lives.

We kindly ask our viewing audience to watch with compassion, understanding, and respect for each individual who courageously chose to share their story.

Suicide can impact anyone. That why creating safe spaces for open and honest conversations is so important. By listening, showing compassion, and starting a conversation, we can help reduce stigma, encourage people to seek support, and remind those who are struggling that they are not alone.



Help Is Available. Call or Text 988



At Texana Center, we are committed to delivering positive life-changing services to children and adults with mental health

issues, autism, and developmental disabilities.

Our goal is to educate, support, and spread awareness about the resources available to you at no cost.

Finding resources that can benefit you and your family is important to us.

That's why it's our top priority to reassure you, that you are not alone and that we are here to support you along the journey to recovery.

24/7 Crisis Support:

Anyone can call, text, or chat **988 Suicide & Crisis Lifeline** at any time.

Free and Confidential:

Every conversation is private and free of cost.

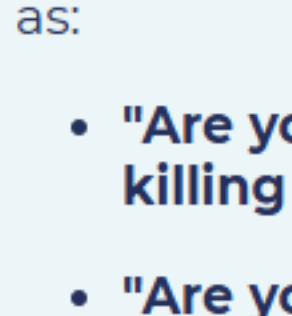
More Than Suicide:

Support is available for anxiety, depression, substance use, or general emotional distress.

Specialized Options:

Callers can press 1 for the Veterans Crisis Line or press 2 for Spanish-language services. **[1, 2, 3]**

Understanding the Warning Signs & Symptoms of a Mental Health Crisis



Understanding the warning signs and symptoms can be challenging when someone is not quite sure what to look for, what to do or what to say if someone is in a crisis.

Texana understands that a mental health crisis can be a frightening and overwhelming situation. Therefore, we want to help equip our community with the knowledge and resources needed to respond promptly, confidently, and effectively when someone may be experiencing a crisis.

If you believe someone may be at risk of harming themselves or others, or if you suspect they may have developed a plan, it's important to ask **direct, compassionate questions** such as:

- **"Are you thinking about killing yourself?"**
- **"Are you thinking about causing harm to yourself or others?"**
- **"Are you thinking about suicide?"**

A common misconception is that asking someone directly about suicide may put the idea in their mind. However, asking openly and compassionately can give someone who is struggling with their mental health an opportunity to open up about what they are experiencing and receive the support they need.

When looking for warning signs, it's important to pay attention to changes in a person's behavior patterns, communication, and body language. Someone experiencing suicidal thoughts may show changes that indicate they are struggling or may be at risk. Recognizing these signs can help us respond with compassion and connect them with professional help.

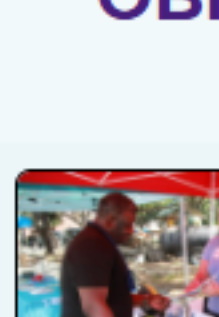
Warning Signs:

- Talking or writing about death, dying, or suicide.
- Threatening to hurt or kill themselves.
- Sharing alarming information on social media.
- Constant Mood Changes
- Substance Abuse
- Binge Drinking
- Feeling hopeless or trapped
- Cutting, bruises, or visible marks on the body
- Sleepless nights
- Sleeping long periods of time

It's important to connect the individual with professional help, and to follow up to remind them that they are not alone.



How to Respond in a Mental Health Crisis



During a crisis, your role is to:

Work together to keep everyone safe, until professional help arrives.

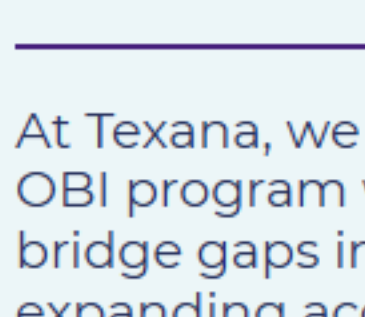
Use the MHFA Action Plan to help de-escalate the situation and connect the individual to appropriate professional help.

Be sure to remain calm, use positive affirming language, pause if needed during conversations, be aware of your surroundings, and pay attention to changing behaviors.

Remember: If the safety of the individual, others or yourself is at risk, get help immediately.

Call 911. Tell the dispatcher that the person is at risk for suicide, and ask for a mental health professional.

Texana Receives State Funding for New OBI Program Supporting Clients with Complex Needs



At Texana Center, we are proud to announce

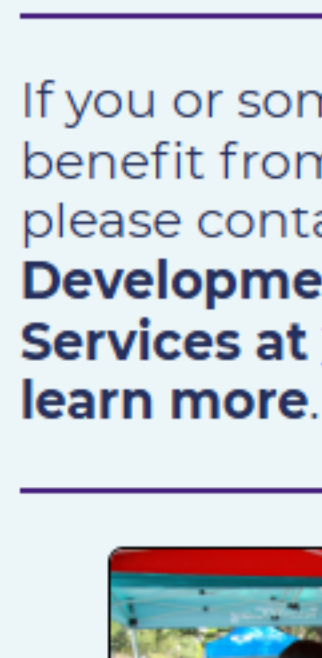
a new program that is funded through the state, **Outpatient Biopsychosocial Interventions (OBI).** The OBI program provides outpatient mental health services to individuals with intellectual and developmental disabilities (IDD) and co-occurring mental health or substance use needs.

People with IDD may experience complex needs throughout their lives, including mental health challenges that deserve to be recognized and addressed. There are a variety of factors that can affect the availability and accessibility of appropriate mental health care for individuals with IDD.

At Texana, we believe the OBI program will help bridge gaps in care by expanding access to mental health treatment and support for individuals with IDD. Rather than focusing solely on behavior management, OBI considers an individual's mental health needs, treatment options, and interventions that may otherwise be overlooked due to an IDD diagnosis.

Texana's OBI staff are grateful for the opportunity to make lasting impact on the lives of clients with complex needs. Through personalized support and guidance, they help individuals build skills, reach their goals, and improve their quality of life

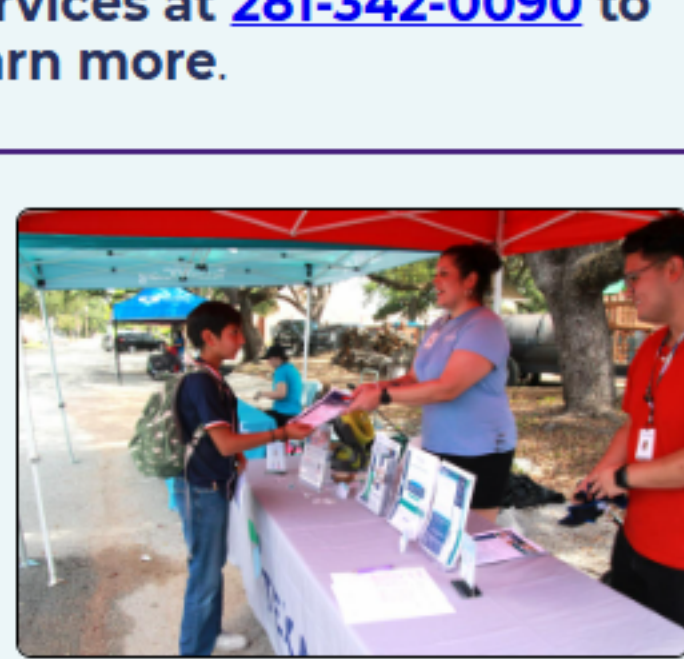
"I'm excited to be able to help individuals where they are in life, develop their skills, so they can have a better quality of life," Saul Zuniga Collaborative Care Coordinator said.



"I'm proud to help build a program that takes a whole-person approach to care, recognizing and addressing the individual's needs as a whole rather than focusing on just one aspect of their life," **Crystal Pope IDD Intervention Specialist Team Lead said.**

Pope said the OBI program will make a difference in the community by its integrated approach, providing both case management and skills training to support individuals with IDD.

If you or someone you know may benefit from this program, please contact Texana's **Developmental Disabilities Services at 281-342-0090 to learn more.**



24/7 Mental Health Crisis Hotline

800-633-5686
[Learn More](#)

Veteran's Crisis Hotline

988 (Press 1)
[Learn More](#)

988 Suicide & Crisis Lifeline

call, text, or chat
[Learn More](#)

