

### Prevention:

- Coalition – UNIDAD (Uniting Neighbors in Drug Awareness and Diversion) focuses on topics such as underage drinking, binge drinking, marijuana & synthetics, and prescription medication misuse.
  - Serving Hidalgo County
- PRC11 – central data repository for Region 11 health data ([prc11.org](http://prc11.org)), also provides an annual Regional Needs Assessment for public health needs in the region, and publishes a Handbook on how to use the RNA and the data provided
- Youth Prevention – these programs address risk factors and strengthen protective factors around youth and substance use. They provide presentations, alternative activities, and conduct curriculums in schools and youth-serving orgs to build self-esteem, confidence, build drug refusal strategies, and more
- \*NEW\* Valley Salud - mission is to serve youth (ages 9-17), young adults (ages 18-25), parents/caregivers, and members of their support system from underserved or marginalized communities in Cameron, Hidalgo, and Willacy Counties who have a history of trauma, use substances, experiencing mental health concerns, and who are at high risk for developing behavioral health conditions.

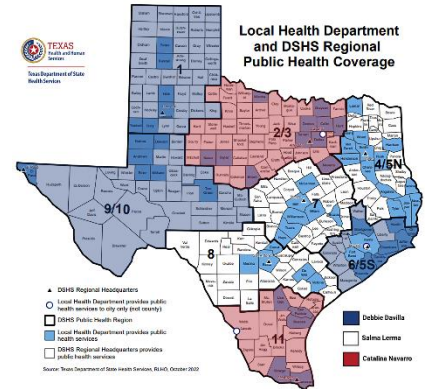


Figure 1 - map of Texas Public Health Region 11

### Intervention:

- Caring For Mommies/PADRES - provides access to parenting education, child development & safety, & substance use & overdose awareness. The PADRES program seeks to promote a healthy lifestyle & foster parent/child bonding skills. This program supports both youth & adults & both females & males. PADRES serves Hidalgo, Cameron, Willacy, Brooks, & Starr County; Caring for Mommies currently serves Cameron.
- Empowering Communities – is a Rural Border Interventions program, provides prevention & intervention services to youth, adults & families living in rural border areas. who are at risk for substance use & mental health disorders. The program seeks to provide awareness; education, & access to community resources to best assist the needs of our youth & adults. This program serves Brooks, Cameron, Duval, Hidalgo, Jim Hogg, Starr, Webb, Willacy, & Zapata Counties.

### Treatment:

- Community Counseling & Wellness (CCW) - provides screening, referrals, & mental health counseling for all healthcare providers affected in any way by the COVID

pandemic. Our licensed counselor provides a trauma-informed approach in both individual & group counseling. Both virtual & in person services available.

- Fueling Hope and Empowering Hope - Substance Use Outpatient Treatment Programs which seek to enhance access to treatment services for adults (18+) in Cameron & Hidalgo Counties. This program provides a comprehensive approach to meet & address our client's needs. In-person & Virtual services available.
- Monarch – same as Fueling Hope but for youth 13 to 17.
- \*NEW\* Nueva Start - mission is to help people who are in prison and dealing with substance use issues.
  - Services Provided:
    - Transitional planning for individuals recently released or soon to be released from incarceration
    - Screening, assessment, and transition of individuals at risk of a probation/parole violation
    - Comprehensive, person-centered case management
    - Periodic health screenings and referral to medical treatment as necessary
    - Serving Hidalgo County

### **Recovery:**

- \*NEW\* Access 2 Care - enhances the availability of treatment and support services for people struggling with substance use disorders (SUD) within our current legal system, particularly in drug courts. This program acknowledges the importance of offering treatment rather than imprisonment for individuals dealing with SUD. Through these awards, individuals caught up in the legal system due to their SUD will have access to a comprehensive range of care services. This includes everything from prevention and harm reduction to treatment and recovery support.
  - Serving Hidalgo County
- Door 2 Recovery - helps adults initiate & sustain long-term recovery from drugs & alcohol. The program provides a safe, welcoming, & judgement-free environment for individuals seeking to begin or continue their recovery journey from where ever they find themselves through our virtual services.
  - Serves all of Region 11
- Recovery United - helps adults initiate & sustain long-term recovery from drugs & alcohol. The program provides a safe, welcoming, & judgement-free environment for individuals seeking to begin or continue their recovery journeys. Virtual services are available!
  - Recovery United offers:
    - Development of healthier coping skills
    - Different pathways to recovery based on individual's needs & recovery plan
    - COVID assistance
    - Family inclusion

- Blessing Bags distribution

**Additional Support:**

- CARE Project - serves young adults (18 to 24) in the RGV area, specifically Cameron County, who have a history of trauma & may have, or are at high risk for substance use, HIV/AIDS &/or HCV.
  - CARE Project offers:
    - HIV screenings
    - Case management
    - Community outreach
    - Wellness awareness activities
- Bringing Alcohol & Other Drug Research to Primary Care (R25) – is a collaborative project between Behavioral Health Solutions of South Texas & Baylor College of Medicine. The goal of this program is to disseminate the latest applicable research on alcohol & other substance use to primary care clinicians & practices & to provide implementation resources & support.