



Looking Forward to the Next 50 Years!  
Helping People Achieve Dignity,  
Independence, and their Dreams.

## March 2021 Newsletter



MARCH IS  
**DD AWARENESS  
MONTH**  
#DDAwareness2021

March is National **Developmental Disabilities Awareness Month**, an opportunity to promote respect for people with intellectual and developmental disabilities and to increase awareness of the daily obstacles faced by these individuals and their families. Developmental Disabilities Awareness Month is also a chance to provide understanding, encouragement, and opportunities to help people with developmental disabilities lead productive and fulfilling lives.

**What action will you take this month to make a difference in your community for people with developmental disabilities?**



Follow our social media pages during National Drugs and Alcohol Facts Week! Prev-Net will share information on drugs, alcohol, and drug use, including drug and alcohol effects, how to help friends or family that are abusing drugs, and what causes addiction. The week will be full of fun activities, giveaways, and contests engaging teens, parents, and CHC staff.

Help us **"SHATTER THE MYTHS"** about drugs and alcohol!



## IDD Day Habs prepare for Phase 1 of reopening!

IDD Day Hab Programs are preparing for Phase 1 of reopening locations in Longview, Texarkana, Marshall, Atlanta, Clarksville, and Carthage.



This is an exciting time for our day habs, especially for the individuals we serve.

COVID-19 precautions will be enforced. For more information or questions, contact [Sandra Taylor](#).



Congratulations to Steve Archer, Director of Behavioral Health on **25 Years of Service** with Community Healthcore! Steve brings a remarkable amount of talent and passion to the Center. We are very grateful for his dedication to the Center and for the people we serve.

## The More You Know! Learn about CHC Programs!



Prevention Network For  
North East Texas

[Check Out Our Newsletter!](#)

Prev-Net and Parents as Teachers (PAT) offer valuable resources for children and parents in our communities. Click on the boxes below to learn more about each one of these programs.



**Parents as Teachers®**

[Learn More about PAT!](#)





# CORE

## HEALTH SYSTEMS

A PROGRAM OF COMMUNITY HEALTHCARE

### CORE CLINICS:

Longview - 1300 N. Sixth St.

Clarksville - 106 N. MLK Dr.

Texarkana (Children) - 1911 Galleria Oaks Dr.

Texarkana (Adults) - 2435 College Dr.

[Visit our website](#)

Interested in a CORE Health t-shirt?

Contact [Christy Cravey!](#)

Texans Recovering Together, a COVID-19 Crisis Counseling Program is hosting weekly wellness webinars on topics such as stress and anxiety, isolation, six types of self-care series, and how to help children cope in times of uncertainty, to help us all cope during these challenging times.

Join them every Wednesday at noon and receive **2 Wellness Challenge credits!**

### Upcoming Webinars:

March 10 - How to Practice Mindfulness

[https://zoom.us/webinar/register/WN\\_M7WE5UN7SfWgKtey0T02aQ](https://zoom.us/webinar/register/WN_M7WE5UN7SfWgKtey0T02aQ)

March 17 - Building a Social Support

[https://zoom.us/webinar/register/WN\\_WSu2z6oDQqyMsHwi5JC1ew](https://zoom.us/webinar/register/WN_WSu2z6oDQqyMsHwi5JC1ew)

## Wellness Wednesday Webinars



# #STORYCHANGER

DO YOU KNOW AN INDIVIDUAL OR GROUP THAT HAS MADE OR IS MAKING MAJOR CONTRIBUTIONS TO IMPROVE THE LIVES OF PEOPLE WITH MENTAL ILLNESSES, SUBSTANCE USE DISORDERS, OR INTELLECTUAL AND DEVELOPMENTAL DISABILITIES IN OUR COMMUNITIES?

NOMINATE THEM!

**#STORYCHANGER OF THE MONTH!**



[Nominate a #STORYCHANGER](#)



# *Employee of the Week*



**Employee of the Week Nomination**

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## **COVID-19 RESPONSE PLAN**



**2.26.2021 - 3.05.2021**

Revised 2.26.2021

The current Response Plan may be accessed [HERE](#).

Community Healthcore | [www.communityhealthcore.com](http://www.communityhealthcore.com)

