



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

## May 2021 Newsletter

**MAY IS**

**MENTAL  
HEALTH  
MONTH**

**#TOOLS2THRIVE**

**MHA**  
Mental Health America

**LEARN MORE**  
[mhanational.org/may](https://mhanational.org/may)

**TOOLS  
2  
THRIVE**

**Screening is a tool  
you can use as  
you work on your  
mental health.**

Visit [mhascreening.org](https://mhascreening.org)  
to check your symptoms. It's  
free, confidential, and  
anonymous.

**Take a Mental Health Test**

Online screening is one of the quickest and easiest ways to determine whether you are experiencing symptoms of a mental health condition.

Mental health conditions, such as depression or anxiety, are real, common and treatable. And recovery is possible.

**DEPRESSION TEST**

**POSTPARTUM DEPRESSION TEST**

**ANXIETY TEST**

**PSYCHOSIS TEST**

**THIS IS A MENTAL HEALTH TEST**

**MHA**  
Mental Health America

**LEARN MORE**  
[mhanational.org/may](https://mhanational.org/may)

## Join us for the 1st Annual Champions for CHANGE

**Virtual** COMMUNITY HEALTHCORE FOUNDATION  
**Champions for CHANGE**

**TUESDAY, MAY 18, 2021  
6:00PM - 8:00PM**

**Mental Health Panelists**

**Shawn Walters**

**Cindy Thomas**

**Steve Archer**

**Keynote Speaker**

**Dr. Temple Grandin**

**Register to Attend!**

## May 5th is World Hand Hygiene Day!

We've learned so much about hand hygiene over the past year. Hand hygiene is one of the most effective actions to reduce the spread of pathogens and prevent infections, including COVID-19.

Are you cleaning your hands properly? Are you protecting yourself and your loved ones from infections? Take the Clean Hands Self-Assessments to find out!

[LEARN MORE](#)



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## Nurses' Week is May 6-12, 2021

May 6th -12th is Nurses Week and we want to take this week to say **THANK YOU** to all of the CHC nurses for your passion and dedication to the Center and to the people we serve. Your compassion, optimism, and kindness does not go unnoticed.  
**We appreciate you!**



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## Congratulations, Longview on 150 Years!

**Happy Birthday, Longview!**

Let's help Longview celebrate by creating



Happy Birthday!  
May 17, 2021

LongviewTexas.gov/150

#Longview150 • #HBDLongview

a video congratulating them on this milestone!

Click the link below the image to record your message.

Keep it short...." happy birthday, Longview", Community Healthcore loves Longview, Happy Birthday". Please keep your recordings to **5-10 seconds**.

<https://share.vidday.com/b-k8s68c>

## Congratulations, Dr. Michelle Vess Doctor of Medical Science Psychiatry



## Texans Recovering Together COVID Counseling and Support

**BURN BRIGHT,  
NOT OUT...**

CALL US!  
**903-399-5202**  
FREE COVID Mental Health Support.



**TEXANS  
RECOVERING  
TOGETHER**  
CRISIS COUNSELING ASSISTANCE  
AND TRAINING PROGRAM

### What is Burnout??

According to [HelpGuide.org](https://www.helpguide.org/), **Burnout** is a state of emotional, physical, and mental **exhaustion** caused by excessive and prolonged stress. It occurs when you feel overwhelmed, emotionally drained, and unable to meet constant demands.

**What are you doing to avoid burnout during these challenging times?**

Share your tips to:

**[CCP@communityhealthcore.com](mailto:CCP@communityhealthcore.com)**

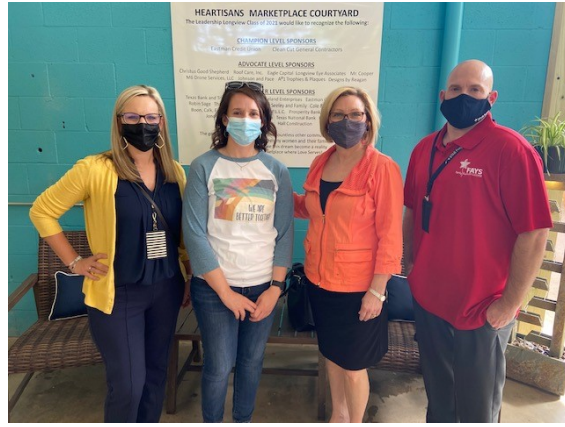
**You will be entered into a drawing for a \$20 Starbucks gift card!**

CHC in the Community!





Early Childhood Intervention at Pine Tree Primary's Parent Connect event.



From left to right, Patti Brady, Kim Reagan, Laura Jordan, and Bobby Mangham at the Leadership Longview 2021 project ribbon cutting at Heartisan's Marketplace.

## Blood Drives in Marshall, Longview & Texarkana!



**Wednesday, May 12th** - 9:00am -1:00pm  
Marshall Clinic - 401 N. Grove Street

**Thursday, May 13th** - 9:00am - 1:00pm  
Longview Clinic - 1300 N. Sixth Street

**Friday, May 21st** - 9:00am - 12:00pm  
Texarkana College - 1401 Richmond Rd.

SIGN-UPS will be posted on e3 soon!

## Drive-Thru Health Fair in Texarkana!



COMMUNITY HEALTHCORE

# Drive-Thru Health Fair

MAY 21, 2021

9 a.m. - 12 p.m.  
1401 Richmond Rd.  
Texarkana

Make your health always your priority.  
Participate in this year's exciting activities and  
take steps towards a better lifestyle!






Please submit your Wellness Challenge credit for the month of **April 2021!**

We're currently in FY21, Quarter 3!

[Submit Here!](#)



**CHC COVID-19 RESPONSE PLAN**  
**4.30.2021 - 5.10.2021**  
Revised 4.30.2021

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

## CORE Health Pediatrics @ Galleria Oaks



Forget to order a CORE Health Pediatrics t-shirt? We have a few extras available for purchase. Email [Brittany Brooks](mailto:Brittany.Brooks).

CORE Health Systems Pediatric Clinic at Galleria Oaks in Texarkana is **NOW OPEN!**

Currently, CORE Health Systems Primary Care Clinics are **OPEN EXCLUSIVELY** for the people served by Community Healthcore.

Want to know more about the affordable and convenient services available for the people you serve?

**Contact the CORE team for a short presentation for your team!**

Kelley Thurston - Longview Care Team Manager  
[kelly.thurston@communityhealthcore.com](mailto:kelly.thurston@communityhealthcore.com)

Brittany Brooks - Texarkana (Adult & Pediatric)/Clarksville Care Team Manager  
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Community Healthcore  
PO Box 6800, Longview, Texas 75608  
**INTAKE/ADMISSION: 1-800-4-INTAKE**  
**1-800-446-8253**  
**CRISIS LINE: 1-800-832-1009**  
24 HOURS A DAY . 7 DAYS A WEEK MULTILINGUAL

