



Dignity Independence Dreams

September 2021 Newsletter

#BeThe1To <ul style="list-style-type: none">• ASK• BE THERE• KEEP THEM SAFE• HELP THEM CONNECT• FOLLOW UP	#BeThe1To ASK. When someone you know is in emotional pain, ask the tough question. Be direct. "Are you thinking about suicide?"	#BeThe1To BE THERE. If your friend is thinking about suicide, listen to their reasons for feeling hopeless and in pain. Listen without judgement and with compassion and empathy.
SEPTEMBER IS NATIONAL SUICIDE PREVENTION MONTH		
#BeThe1To KEEP THEM SAFE. Is your friend thinking about suicide? Ask if they've thought about how they would do it and separate them from anything they could use to hurt themselves.	#BeThe1To HELP THEM CONNECT. Help your friend connect to a support system, whether it's 800-273-TALK (8255), family, friends, clergy, coaches, co-workers or therapists so they have a network to reach out to for help.	#BeThe1To FOLLOW UP. Check in with the person you care about on a regular basis. Making contact with a friend in the days and weeks after a crisis can make a difference in keeping them alive.

Wear Yellow on September 10

World Suicide Prevention Day

Working Together to Combat Suicide

Let's join together to show our support for suicide prevention by wearing **YELLOW** on **Friday, September 10th**. We can spread hope and by showing our support.



CRISIS COUNSELING ASSISTANCE
AND TRAINING PROGRAM

NATIONAL SUICIDE
PREVENTION MONTH

It's okay not to feel okay!

You are not alone. Reach out to us today.

833-986-1919

Texans Recovering Together provides free counseling and linkage to resources for Texans of all ages that have been impacted by COVID-19.

**Contact Kim Durham for more information, 903-399-5202 or
kim.durham@communityhealthcore.com**



On October 1st, 2020, Episcopal Health Foundation (EHF) launched the Texas Accountable Communities for Health Initiative (TACHI), which is an \$8 million multi-year initiative to support the development of financial sustainability, multi-sector community health collaboratives in six Texas communities.

TACHI offers the six community collaboratives (Community Healthcore being one of the six) grant funding, technical assistance, and peer-learning opportunities around topics related to health equity, community engagement, governance, data infrastructure, strategy development, etc. that will position them to advance community-led, financially sustainable social determinants of health strategies that improve health outcomes.

Check out the TACHI newsletter highlighting Community Healthcore and the Gregg County project.

TACHI Newsletter

For more information about this project, contact [Steve Archer](#) or [Christy Cravey](#).

Vocational Apprenticeship Program



Did you know, only 14.7% of individuals with intellectual and developmental disabilities (IDD) are employed? Individuals with IDD should have the opportunity to work, just like you and I. Starting September 1, 2021, Community Healthcore will offer a Vocational Apprenticeship Program, funded by HHSC, to individuals with IDD. The program will offer opportunities for vocational training in a supported integrated environment. The 15-week program provides both classroom

education and work experience by partnering individuals in the work environment with area employers.

For more information about Vocational Apprenticeship Program, contact Sandra Taylor or Kathleen Newton.



 **Our Youth Need Us.**
Youth Mental Health First Aid.
Take 
To schedule a FREE class, contact us,
MHFA@communityhealthcore.com.

The Youth Mental Health First Aid (YMHFA) instructors at Community Healthcore trained over 400 people in the past 12 months to become Mental Health First Aiders.

Now more than ever, it's so important to know how to help youth and adolescents who need us the most!

What is YMHFA?

YMHFA is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing mental health or addictions challenge or is in crisis.

We are currently scheduling free classes for school districts and non-profit organizations.

For more information, contact Gina Mitchell, MHFA@communityhealthcore.com.

EMPLOYEE OF THE WEEK!

Congratulations to our August 2021 Employees of the Week!



Congratulations!
KRISTIE PRINCE
Qualified Mental Health Professional
Intensive Services Team (IST)
EMPLOYEE OF THE WEEK
AUGUST 23, 2021




Congratulations!
STEPHANIE TODD
Data Systems Coordinator
Early Childhood Intervention (ECI)
EMPLOYEE OF THE WEEK
AUGUST 30, 2021


COVID-19 TASK FORCE UPDATE



Community Healthcore COVID-19 Response Plan may be accessed [HERE](#).



Community Healthcore
PO Box 6800, Longview, Texas 75608
Intake & Services: 1-800-446-8253
Crisis Line: 1-800-832-1009

24 HOURS A DAY . 7 DAYS A WEEK MULTILINGUAL

