



Night to Shine is an unforgettable prom night experience, for people with intellectual and developmental disabilities (IDD), ages 14 and older. On Friday, February 10, hundreds of organizations from all over the world came together to celebrate people with IDD. Parents and caregivers were invited to attend and enjoy the night as well. Night to Shine was held in Texarkana, Longview and Marshall in East Texas. Over 500 individuals with IDD attended and over 1,000 volunteers served.

## Story-Changers in the Community

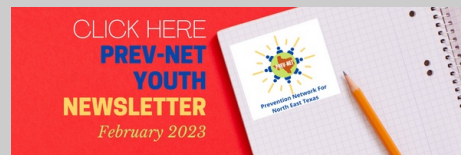


The CHC Community Health Workers at Mission Marshall sharing information about substance use disorder resources. Learn more about our NEW Community Health Worker program at <https://communityhealthcore.com/.../community-health-worker/>.



The Marshall Lions Club welcomed Patti Brady, Ken Hansen, Joy Lowe and Kasi Darragh who serve within East Texas Veteran Resource Center (ETVRC) on January 31.

### Newspaper Article



#### In These Newsletters:

- Community Spotlight: Boys and Girls Club of the Big Pines
- The Effect of Nicotine on the Heart
- Voices of North East Texas: Chad Patterson, CEO Boys and Girls Club of the Big Pines
- Youth Newsletter: Tips for Avoiding Substance Abuse

The Prevention Network for North East Texas (PREV-NET) serves youth ages 9-20 (and anyone that has access to these youth) across 12 counties: Bowie, Cass, Franklin, Gregg, Harrison, Marion, Morris, Panola, Red River, Rusk, Titus, & Upshur. We provide evidence-based programs like *Too Good for Drugs* and *Strengthening Families* at no cost, presentations, campaign materials, educational/activity sheets, and more! Learn more about PREV-NET at <https://communityhealthcore.com/services/prevention-network-for-north-east-texas-prev-net/>.



The Community Healthcore Foundation invites you to become a Youth Mental Health First Aider!

Youth Mental Health First Aid 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 a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.

***Trainings are provided FREE to the community through the Community Healthcore Foundation - Timothy Stewart Memorial for Suicide Prevention and Awareness.***

**SIGN UP BELOW!**

**February 24 - Longview**

**March 24 - Texarkana**

**April 28 - Marshall**

**May 19 - Atlanta**

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