

## Central Counties Services pledges to Take Texas Tobacco Free



Central Counties Services is an active participants in Taking Texas Tobacco-Free.

Taking Texas Tobacco-Free is an initiative funded by the Cancer Prevention Research Institute of Texas. The project will provide assistance to Local Mental Health Authorities (LMHA's) across the state of Texas in their effort to become tobacco-free.

Tobacco use leads to 17 different types of cancer, and is linked to 90% of lung cancer deaths. Increasing tobacco cessation is critically important to the advancement of cancer prevention in Texas, especially among subgroups of the population with higher than average tobacco use rates, including persons with mental illness and their care providers at community mental health clinics.

Additionally, the Department of State Health Services mandated that all LMHA's adopt a tobacco-free campus policy over the next two years.

Project leaders Dr. Cho Lam (MD Anderson Cancer Center) and Dr. Lorraine R. Reitzel (University of Houston) will be working closely with Dr. Bill Wilson of Austin Travis County Integral Care (ATCIC) to disseminate the ATCIC's Tobacco-Free Workplace Program, which has been shown to reduce tobacco use among their employees and consumers, to other LMHA's in Texas.

The prevention award will provide over \$1 million dollars over the next three years to help achieve a reduction in tobacco use among targeted Texans. Investigators will assist the leadership, staff, and consumers of LMHA's to adopt a comprehensive, evidence-based, multicomponent tobacco-free workplace program, and will involve the surrounding community to help support these changes.

For more information: <http://www.cprit.state.tx.us/>

Find us at: [centralcountiesservices.org](http://centralcountiesservices.org)



And on Facebook and Twitter

**Central Counties Services  
Board of Trustees  
Meets at 6:30 p.m. on the  
fourth Tuesday of every  
month.**



# Centerline

Quarterly Newsletter

## Microcephaly resulting from Zika virus manageable, ECI can help

The Zika virus, spread by mosquitoes and sexually transmitted, is in the recent news because it appears to cause microcephaly, a birth defect resulting in abnormally small skull development in newborns.

During pregnancy, a baby's head grows as the baby's brain grows. Microcephaly occurs because a baby's brain has not developed properly during pregnancy or has stopped growing after birth, resulting in a smaller head size. Microcephaly can happen with no other major birth defects or in combination with other major birth defects.

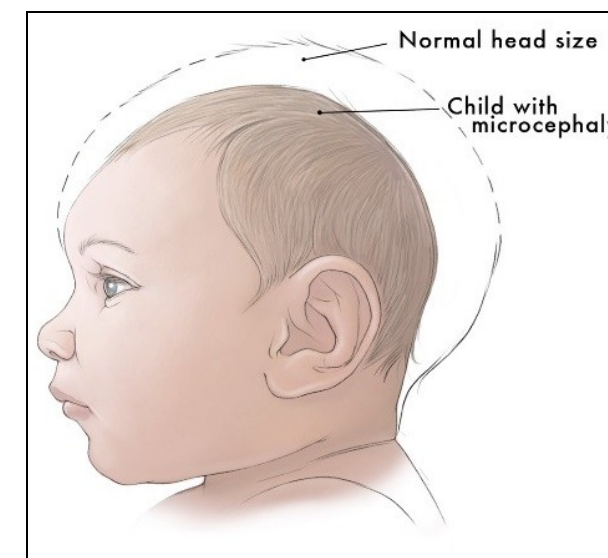
Babies with microcephaly can have a variety of other problems, depending on the severity of the condition. Microcephaly has been linked with the following problems:

- Seizures
- Developmental delay, such as problems with speech or other developmental milestones such as sitting, standing, and walking
- Intellectual disability (decreased ability to learn and function in daily life)
- Problems with movement and balance
- Feeding problems, such as difficulty swallowing
- Hearing loss
- Vision problems

These problems can range from mild to severe and can last a lifetime, as well as be life-threatening. Because it is difficult to predict at birth what problems a baby will have from microcephaly, babies with microcephaly often need frequent regular medical check-ups to monitor their growth and development. Early intervention services can minimize or overcome the effects of this developmental disorder. Central Counties Services Early Childhood Intervention can help. ECI provides developmental services, education and support to children 0-3 years old with developmental delays and their families.

Services available to address individual needs are occupational, physical and speech therapy, specialized skills training, counseling, family education, social work and case management, nutrition and nursing. ECI providers work with the child's caregivers in the natural environment building intervention strategies into their everyday routines, thus optimizing the child's opportunities for growth and development.

Eligibility for ECI services is based strictly on the child's developmental delay or medical condition. ECI shares in the cost of services with families who are able to pay based on a sliding fee scale. Services that have no cost to families are evaluation, plan of care (IFSP) development, case management and translation. Referrals or requests for more information can be made at 254-773-6787 or [Childteam.org](http://Childteam.org).





## CCS Adult Mental Health has Peer Support Specialists to help

Central Counties Services has Peer Support Specialists who support their peers both individually and in small groups:

### The Peer Specialist:

- Helps peers create recovery goals and steps to achieve those goals
- Uses recovery-oriented tools to help their peers address changes
- Assists others to build their own self-directed wellness plans
- Supports peers in decision-making
- Offers a sounding board and a shoulder to lean on...and more!



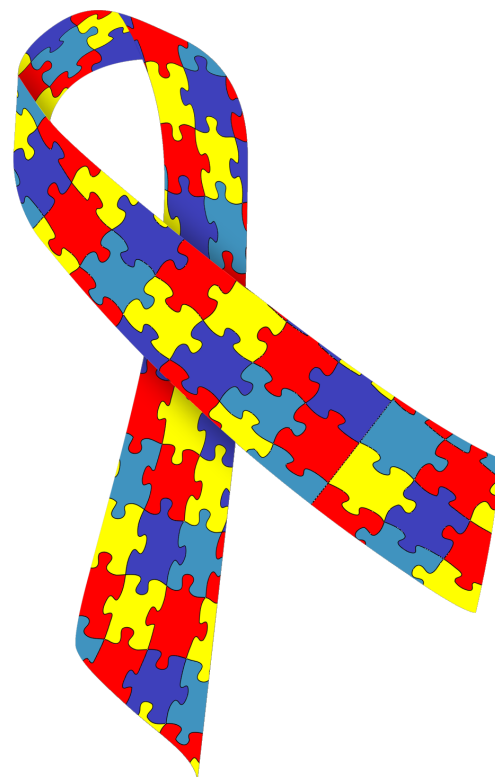
As a person who has traveled a similar path, Peer Specialists foster hope for recovery and role models that reality to the peers they serve.



Peer Support Groups meet in all Central Counties Services Adult Mental Health Clinics.

Inspire + Empower + Support = Hope & Recovery

For more information, contact Damon Russell at (254) 298-7054.



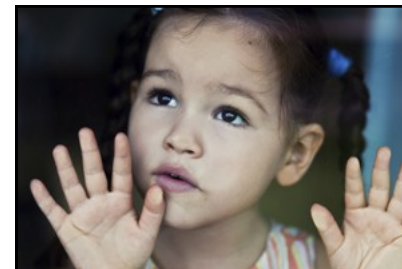
## ASD Parent/Family Member Support Group meets at Breakthru Central

Breakthru Central of Central Counties Services now offers an Autism Spectrum Disorder Parent Support Group meetings to parents and family members of Central Texas teens and adults with ASD.

Meetings are held monthly on the third Tuesday of each month at Breakthru Central, 2420 South 37th Street in Temple. .

For more information, contact Donna Flanery at (254) 298-7192 or Donna.Flanery@cccmhmr.org.

## Say “yes” to the YES Waiver and get support at home



Parents caring for a child with a serious emotional disturbance may feel they have reached or exceeded their financial, emotional, or health care resources, and are unable to fully meet their child’s mental health care needs. They need help.

The Health and Human Services Commission (HHSC) and the Department of State Health Services (DSHS) developed the Youth Empowerment Services (YES) Waiver, a 1915(c) Medicaid Home and Community-Based Services Waiver which provides comprehensive home and community-based mental health services to youth between the ages of 3 and 18, up to a youth's 19th

birthday, who have a serious emotional disturbance. The YES Waiver not only provides flexible supports and specialized services to children and youth at risk of institutionalization and/or out-of-home placement due to their serious emotional disturbance, but also strives to provide hope to families by offering services aimed at keeping children and youth in their homes and communities.

If you are caring for a child with a serious emotional disturbance and need help, call 1-844-815-6221 for more information.



## Five Central Texans graduate from Breakthru Finishline



Five Central Texans successfully completed Central Counties Services’ fourth Breakthru Finishline work adjustment training class, graduating on Friday, January 15, 2016 at the Belton Goodwill Learning Center.

Four of the five graduates have accepted job offers and are already working. One program graduate was unable to attend the ceremony because he was already employed, which is a first-time occurrence on a graduation day for Breakthru Finishline.

Since December 2014, Breakthru Finishline makes a difference in the lives of the clients they serve by providing them with tools and resources to find jobs and stay employed.

About 80-percent of participants that complete Breakthru Finishline training have sustained competitive employment. The training program work adjustment training classes happen every twelve weeks.



WALK IN

Walk-in Requests for Services available in the Temple Main clinic Monday through Friday 8:00 am – 5:00 pm.

For information about accessing services, please contact us at **254-298-7171** or toll-free at **844-815-6221**.

## CENTRAL COUNTIES SERVICES



We are ready to assist you  
24 hours a day, 7 days a week

**CRISIS HOTLINE**  
**TOLL FREE 800-888-4036**