

September 2022

FEATURED NEWS



Suicide Prevention Month

The staff of The Harris Center play a crucial role in preventing suicide in Harris County. Not only is there staff available 24/7 through the Access & Crisis Line, but others that work to address stigma and make the topic less frightening so that they may ask for help or guide others to help, if needed.

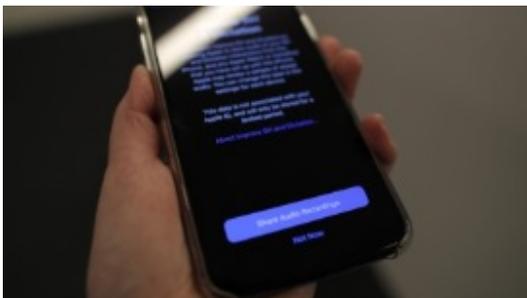


We can all prevent suicide!

- Understand the issue
- Help others in crisis
- Change the conversation around suicide

[Learn How](#)

The Harris Center in the Media



Nearly 40 percent increase in calls after rollout of 988 suicide and crisis hotline in Houston



Suicide prevention: The unsuspecting demographic that's at-risk

Sept. 6, 2022 – KPRC

The Harris Center for Mental Health, which houses the call center covering Southeast Texas, said calls have spiked 38 percent in the first six weeks of its launch. This is compared to calls during the same time last year to the 1-800 suicide prevention number — the main crisis hotline before this summer.

September is suicide prevention month and the issue has never been more forefront than now. In Houston, teens and young adults die by suicide at the highest rates compared to other age groups, according to the Harris Center for Mental Health and IDD. At the same time, one adult age group is growing as an at-risk group.

[Click here](#) to read the full article.

[Click here](#) to read the full article.



Preventing suicide in Houston: These are resources everyone needs to know

Sept. 12, 2022 – KPRC

If you need help now, call the crisis line at 9-8-8. If you prefer to text, text home to 741-741. You can also chat at 988lifeline.org.

[Click here](#) to read the full article



Vaccine Clinic for Clients

The Harris Center has partnered with Randall's to offer a vaccine clinic to the people we serve at our four outpatient mental health clinics.

The following vaccines will be offered at this vaccine clinic: Flu (Standard), Flu (Egg-Free, Adult), Flu (Senior, 65y+), Covid-19, Hepatitis B (Adult), Pneumonia, Shingles and Tdap.

Clients can register contacting their treatment team. Participants should bring copies of Medical and Prescription Insurance Cards, if applicable.

There are no out-of-pocket expenses to receiving the vaccine.

Help us spread the word
Download and share the event fliers

The flier is for a vaccine clinic. At the top is the logo for The Harris Center for Mental Health and IDD. Below it is the text 'TRUST OUR PHARMACY PROFESSIONALS'. The main title is 'VACCINE CLINIC' in large yellow letters. Below that, it says 'At The Harris Center's Outpatient Mental Health Clinics'. There are four boxes listing dates and times: Friday, Oct. 21, 2022 (Southwest Clinic, 9 a.m. to 1 p.m.), Thursday, Oct. 27, 2022 (Northwest Clinic, 9 a.m. to 1 p.m.), Wednesday, Oct. 26, 2022 (Northeast Clinic, 9 a.m. to 1 p.m.), and Friday, Oct. 28, 2022 (Southeast Clinic, 9 a.m. to 1 p.m.). A yellow box lists the vaccines offered. Below that, it says 'Sign up by contacting your Treatment Team.' and 'Bring copies of medical and prescription insurance cards, if applicable. There are no out-of-pocket expenses to receiving the vaccine.' The Randall's logo is at the bottom.

Vaccine Flier in English

The flier is for a vaccine clinic. At the top is the logo for The Harris Center for Mental Health and IDD. Below it is the text 'CONFÍE EN NUESTROS PROFESIONALES DE LA SALUD'. The main title is 'EVENTO DE VACUNACIÓN' in large yellow letters. Below that, it says 'En las clínicas ambulatorias para la salud mental de The Harris Center'. There are four boxes listing dates and times: Viernes, Oct. 21, 2022 (Southwest Clinic, 9 a.m. a 1 p.m.), Jueves, Oct. 27, 2022 (Northwest Clinic, 9 a.m. a 1 p.m.), Miércoles, Oct. 26, 2022 (Northeast Clinic, 9 a.m. a 1 p.m.), and Viernes, Oct. 28, 2022 (Southeast Clinic, 9 a.m. a 1 p.m.). A yellow box lists the vaccines offered. Below that, it says 'Regístre con su equipo de tratamiento.' and 'Participantes deben traer copias de sus tarjetas médicas y farmacéuticas (si aplica a su situación). No habrá cargos adicionales para recibir su vacuna.' The Randall's logo is at the bottom.

Vaccine Flier in Spanish

Early Childhood Intervention Groups



Starting Oct. 10, 2022
Every Monday from 9 to 10 a.m.
9401 Southwest Freeway, Room 109

Specialized Skills Training Group

- Parents and children 28-36 months old
- Establishing structure and routine, compliance training, & language development
- Exposure to same age peers
- Preparing children for transition to the classroom

Specialized Skills Training and Speech Therapy Group

- Parents and children 28-36 months old
- Facilitate articulation strategies to encourage overall speech and language development, school readiness skills, and peer interaction

Email Rhonda.Mcdonald@TheHarrisCenter.org for more information.



September is Recovery Month

Recovery Month celebrates the gains made by those in recovery from substance use and mental health, just as we celebrate improvements made by those who are managing other health conditions such as hypertension, diabetes, asthma, and heart disease. The Harris Center’s MH Projects Department, Adult Mental Health clinics and YES Waiver are participating in the celebration.

The theme is "Every Person. Every Family. Every Community." The Harris Center's MH Projects Department, Adult Mental Health clinics and YES Waiver are participating in the celebration. The programs will be providing information and promotional materials to the people we serve and their families promoting recovery of substance use and mental health.

The Recovery Month promotional materials will remind people in recovery and those who support them, that recovery belongs to all of us, and is always person-first. It will also educate others about recovery from mental health, substance use, and co-occurring disorders, the effectiveness of treatment and recovery support services, and that recovery is possible. By asserting that "Recovery is for Everyone," it will reduce the stigma surrounding people with substance use or mental health disorders.

GETTING IT RIGHT

An All-Inclusive Emergency Planning Workshop Series

October 4 - 6, 2022

Getting it Right: An All-Inclusive Emergency Planning Workshop Virtual Series

Tuesday October 4th: Collaborative Solutions for Assisting Vulnerable Populations Before, During, and After a Disaster with Noah Patton - Policy Analyst at the National Low Income Housing Coalition.

Wednesday October 5th: Disaster Law, Disaster Legal Services and Building Resiliency with Stephanie Duke, Attorney at Disability Rights Texas and member of the American Bar Association, Disaster Legal Services

Thursday October 6th: University of Houston Social Vulnerability & Natural Disasters: 5 Years after Hurricane Harvey with Professor Pablo Pinto Ph.D and Research Associates Savannah Sipole, Ph.D and Maria Perez Arguelles, Ph.D

Brought to you by the Mayor's Office for People with Disabilities and the Houston Urban Area Security Initiative, this workshop is intended for emergency managers, planners, people in operational positions, the disability community and advocates, non-profit partners, VOAD, social services organizations, and clinicians.

ASL Interpretation, CART, Services and simultaneous, Spanish translation will be available.

[Register](#)



During Hispanic Heritage Month (Sept. 15 - Oct. 15), we celebrate the rich vibrant culture and contributions of people with roots from Spain, Mexico, the Caribbean and Central and South America. At The Harris Center, we value providing culturally responsive services all year long.

The rich diversity among Latinos/Hispanics also includes a wide variety of cultural experiences that can impact mental health. Mental Health America has curated [a list of great tip sheets](#) for different mental health topics, and many of these are in Spanish.

A graphic for Hispanic Heritage Month. On the left is a black vertical bar containing the "HISPANIC HERITAGE MONTH" logo in colorful, stylized letters and the logo for "The HARRIS CENTER for Mental Health and IDD". The right side is a solid orange background with the text "Hablamos Español & Es un placer servirte" in white and yellow, and the phone number "713-970-7000" in white. At the bottom right, there is a colorful illustration of a bird and flowers.

MORE INFORMATION

Do you want to learn more about The Harris Center?

Visit our website to learn more about our programs and services or view our [FY2022-2024 Strategic Plan](#) to see how we're working to transform lives in Harris County and beyond.

[Visit The Harris Center's Website](#)

Questions? Contact Communications@TheHarrisCenter.org.



The Harris Center for Mental Health and IDD | 9401 Southwest Freeway, Houston, TX 77074

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