
"During times of crisis, mental health support becomes a lifeline for individuals and communities facing significant challenges. The Resiliency Team plays a crucial role in providing compassionate and effective services to help those impacted by both natural and manufactured disasters."

- Sarah Mai
Team Lead

"Having the right resources can lead to healing, growth, and resilience... If you or someone you know is struggling, don't hesitate to reach out for help."

-Crystal Williams
Clinical Team Lead


## About The Harris Center

The Harris Center is the state-designated local mental health and intellectual and developmental disability (IDD) authority serving Harris County, Texas.

Our vision is to empower people with behavioral health and IDD needs to improve their lives through an accessible, integrated and comprehensive recovery-oriented system of care.

**The Harris Center's Crisis & Access Line**
**713-970-7000**
Crisis Line Counselors are available 24/7/365

www.TheHarrisCenter.org

The HARRIS CENTER for Mental Health and IDD

RESILIENCY TEAM
The HARRIS CENTER for Mental Health and IDD
EST 2023
TRANSFORMING LIVES

# The Harris Center's Resiliency Team

## The Resiliency Team

The Resiliency Team responds to critical incidents in the community, provides crisis counseling and Critical Incident Stress Management (CISM) to anyone experiencing trauma as a result of the event. Our members also provide follow up and referrals for additional treatment when needed.

The Resiliency Team is composed of a diverse group of professionals, including Licensed Practitioners of the Healing Arts (LPHAs), Peer Support Specialists, Care Coordinators, and Master Level Clinicians. The team includes therapists trained in Trauma Informed Care and Eye Movement Desensitization and Reprocessing (EMDR). Additionally, the entire team has undergone training in Critical Incident Stress Management (CISM), and other relevant areas to enhance their crisis response capabilities.

## About Trauma

A wide range of disasters, both natural and human-caused, can trigger the need for mental health services. These include natural disasters like hurricanes, floods, and wildfires, as well as human-caused events such as mass violence, terrorist attacks, and public health emergencies like disease outbreaks. The severity and nature of the disaster, along with individual risk and resilience factors, will influence the extent and type of mental health services needed.

People who have experienced trauma (a psychological and physiological response to a deeply distressing or overwhelming event that exceeds an individual's coping abilities) often feel fear and anxiety, have trouble concentrating, feel confused, irritable or angry, and may have flashbacks or intrusive thoughts of the event. They may feel numb, lose their appetite or be nauseous, and have trouble sleeping.

## Recovering from Trauma

People who have experienced a traumatic incident should do the following to help them recover from their ordeal:

- **Acknowledge Your Feelings**: It's important to accept and validate your emotions during this time.
- **Prioritize Self-Care**: Focus on getting adequate sleep, eating nutritious foods, staying active, and staying hydrated.
- **Practice Deep Breathing**: This can help reduce stress and promote relaxation.
- **Reach Out**: Connect with friends or loved ones who are willing to listen and support you.
- **Seek Mental Health Services**: Don't hesitate to reach out to a mental health professional for additional guidance and support.
- **Reestablish Routine**: Getting back to your daily activities can provide a sense of normalcy.


*If you need counseling or support processing your trauma, please contact The Harris Center's Resiliency Team.*

## Contact Us

You can reach The Harris Center's Resiliency Team by email at: ResiliencyTeam@theharriscenter.org

Call The Harris Center's 24/7 Crisis & Access Line at 713-970-7000 for more information on our programs, or to speak with a crisis line counselor if you are in crisis.