

OUR  
COMMITMENT TO  
**YOU...**

***"At South Texas Rural Health Services, Inc., we offer professional and confidential mental health services delivered in a manner which respects the values, culture, and language of our patients."***

**SERVICE HOURS**

Monday – Friday  
8:00 a.m. to 5:00 p.m.

*closed most holidays*

**Mental Health &  
Substance Abuse  
Programs**

Sliding Scale for Mental Health  
Limited DSHS State Funding  
*Available for Adults.  
Reasonable Payment Plan  
For private pay*

Jerry Weisinger, PS  
Debra Winger, BA LCDC  
Cortney Shifferly, LPC-I

1815 Garner Field Rd  
Uvalde, TX 78801  
Tel: (830) 591-1822  
Fax: (830) 591-1826

***Other services available in:***  
Adolescent  
Substance Abuse Counseling  
&  
Prevention Programs

**\*SE HABLA ESPAÑOL\***

**South Texas Rural  
Health Services, Inc.**



*"Your Health is our Mission"*

**Behavioral Health  
Program**

# BEHAVIORAL HEALTH SERVICES

*Family, economic, marital, health, and occupational stressors at times produce significant impairment in a person's ability to cope with the demands of everyday life. When this happens, our normal problem-solving skills become overwhelmed and our mental health is compromised.*

*Our array of services is designed to help you manage your stressors and return to your optimal level of performance. Some of the diagnostic and therapeutic modalities employed are:*

## Diagnostic Assessment

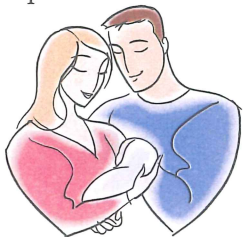
The counselor gathers information about your concerns, conducting a brief mental status exam, establishes a provisional diagnosis, and suggests a plan of treatment, which may include referring you to other agencies in the community.

## Individual Counseling

Meeting with the counselor on a one-to-one basis, the emphasis is on helping you obtain insights, which can enhance your problem-solving and coping skills.

## Family Counseling

Our goal is to strengthen families by helping them learn to better problem-solve, improve communication, and increase their ability to understand and support each other's continued growth and development.



## Marital Counseling

Counseling helps the couple negotiate differences and strengthen their relationship without either losing their identity. The emphasis is on maintaining respect, even when the decision is to end the relationship.

## Group Therapy

This form of treatment is characterized by a great deal of confidential and honest communication that can lead to behavioral and/or attitudinal changes required for greater life satisfaction. Group members themselves play an active role in each other's treatment.

## Play Therapy

In working with young children, the therapist utilizes various toys, games, and art to help the child become aware and come to terms with their emotional issues.

## Substance Abuse Assessment

The counselor determines if the patient has a diagnosable substance abuse disorder and, if so, what level of care and type of referral is required.

## Support Groups

These groups come together for mutual encouragement and support, and to prevent a sense of isolation in their struggle with a common problem.

## Educational Services

The counselor provides information to individuals or groups wishing to better understand their particular problem relating to mental health, parenting, or substance abuse.

## ACCESSING SERVICES

To receive services, a person must first be registered as a patient of STRHS, Inc. You may request services on your own or your doctor may refer you. We also accept referrals from outside agencies.

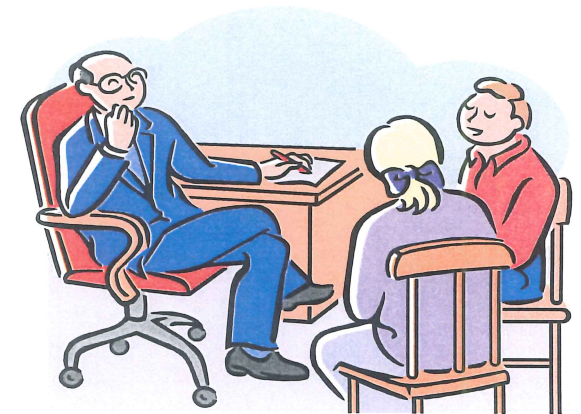
## FEES & PAYMENTS

STRHS, Inc. is a provider in several HMO plans and accepts many forms of health insurance including:

- Private health insurance
- Medicaid
- Medicare\*

*For patients not covered by health insurance, STRHS, Inc. has a sliding fee scale based on your family income and family size.*

*\*For Medicare patients, the deductible is waived and co-pay will be charged according to the Center's sliding fee scale.*



Do you or someone you know suffer from two or more of the following symptoms:

- Anxiety
- Low self-esteem
- Confused thoughts
- Suicidal thoughts
- Depression
- Failing memory
- Irritability
- Verbal abuse
- Isolation
- Paranoia
- Hallucinations
- Delusions
- Have you recently lost a loved one?



If you have answered "yes" to any of the list above, then Crossroads is here for you.

"I've learned that you have to talk about your feelings and not bottle them up."  
• a patient (January 2010)

The Crossroads Program for Senior Adults is an outpatient mental health program provided by Uvalde Memorial Hospital for senior adults. The program provides the opportunity to improve the quality of life for senior adults who suffer from psychiatric, behavioral, and emotional disorders. The program allows the patient to reduce their distress and increase their ability to function independently in the least restrictive environment and are able to return home each evening.

### THE STAFF

"The staff has always made me feel I have someone I can talk to; doesn't matter the time."  
• a patient (January 2010)

The Crossroads Program offers psychiatric intervention with a certified staff which include: a Psychiatrist, Social Workers, Licensed Professional Counselors, Certified Therapist and Mental Health Technicians.

### PROGRAM INCLUDES:

Group/Family/Individual Therapy, Coping/Positive Learning Skills, Greif and Loss Resolution, Cognitive Stimulation, Reminiscence and Validation Therapy, Stress Management, Assertiveness Training, Education (Medication Management, Health and Wellness Training, and Leisure Planning)

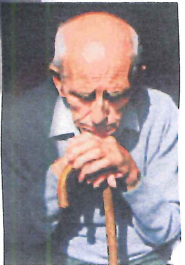
"I've learned from the program who I really am."  
• a patient (June 2010)

### ADMISSION

Referral to the program are open to physicians, health care professionals, human services agencies, clergy and/or family and friends who are concerned with the well being of their loved ones. A psychiatrist, in collaboration with the family physician, will determine the diagnosis and recommend the appropriate treatment prior to any admission to the program. Payment for the services of the program are Medicare and most private insurance plans.

## UMH CROSSROADS PARA LOS ADULTOS MAYORES

100 Royal Lane  
Uvalde, Texas 78801  
830-278-8144



**Paul D. Flores**  
CASE MANAGER

Crossroads Program for  
Senior Adults

Geriatric Psych.  
100 Royal Lane  
Uvalde, TX 78801



(830) 278-8144  
(830) 278-1018  
Fax: (830) 278-8227

Conoces a alguien que sufre a partir de dos o más de los síntomas siguientes:

- Ansiedad
- Autoestima baja
- Pensamientos confusos
- Pensamientos suicidas
- Depresión
- Memoria que falla
- Irritabilidad
- Abuso verbal
- Aislamiento
- Paranoia
- Alucinaciones
- ¿Ha usted perdido recientemente a alguien cerca de usted?



Si usted ha contestado "Sí" a cualquiera de los síntomas arriba, entonces Crossroads está aquí para ayudarle.

"He aprendido que usted tiene que compartir sus sentimientos, no reprimirlos."  
• un paciente (enero 2010)

El programa Crossroads para los adultos mayores, es proporcionada por el hospital de Uvalde Memorial para los adultos mayores. El programa proporciona la oportunidad de mejorar la calidad de la vida para los adultos mayores que sufren de desórdenes psiquiátricos, del comportamiento, y emocionales. El programa permite que el paciente reduzca su señal de socorro y aumente su capacidad de funcionar independientemente en el menos ambiente restrictivo y puede volver a casa cada tarde.

## EL PERSONAL

"El personal siempre me ha hecho sentir que tengo alguien con que puedo hablar, no importa el tiempo."  
• un paciente (enero 2010)

El programa Crossroads ofrece la intervención psiquiátrica con un personal certificado que incluyen: un siquiatra, trabajadores sociales, consejeros profesionales licenciados, terapeuta certificado y técnicos mentales de la salud.

## EL PROGRAMA INCLUYE:

Terapia del grupo/de la familia/individual, habilidades que hacen frente y que aprenden positivas, resolución de la pena y de la pérdida, estímulo cognoscitivo, terapia de la reminiscencia y de la validación, gerencia de la tensión, entrenamiento de asertividad, educación (gerencia de la medicación, entrenamiento de la salud, y planeamiento del ocio)

"He aprendido del program realmente quien soy."  
• un paciente (junio 2010)

## ADMISIÓN

La remisión al programa está abierta a las médicos, profesionales del cuidado médico, agencias de los servicios del ser humano, clero y/o la familia y los amigos que se refieren al bienestar de su amados. Un Siquiatra, en la colaboración con su médico, determinará la diagnosis y recomendará el tratamiento apropiado antes de cualquier admisión al programa. El pago para los servicios son Medicare y la mayoría de los regimens de seguro privados.

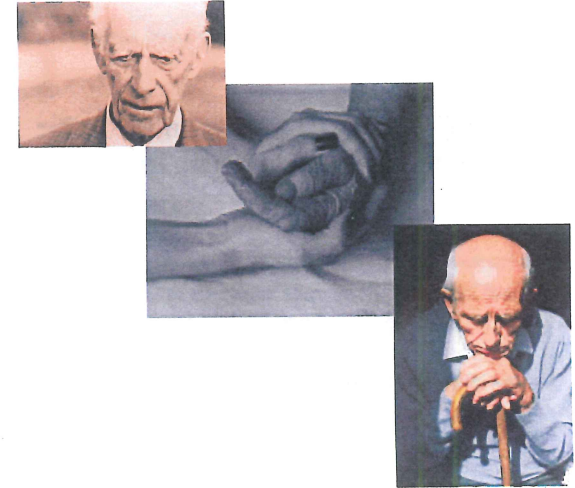
UMH

## CROSSROADS PROGRAM

FOR

## SENIOR ADULTS

100 Royal Lane  
Uvalde, Texas 78801  
830-278-8144



"So often we dwell on the things that seem impossible rather than on the things that are possible."

-Marian Wright Edelman

## Most Insurances Accepted

Call us today to see if your insurance is accepted and/or about payment options.

## Hours of Operation:

### HOURS OF OPERATION:

MONDAY:	CLOSED
TUESDAY-FRIDAY	8:00AM – 3:00PM
SATURDAY:	9:00AM – 4:00PM

ELITE COUNSELING SERVICES  
718 S. GETTY ST  
UVALDE, TX 78801  
(830) 591-2250

Se habla Español

The logo for Elite Counseling Services features a solid brown circle on the left. To its right, the words "Elite Counseling" are written in a large, elegant, black cursive font. Below this, the word "Services" is written in a smaller, black cursive font.

*Elite Counseling  
Services*

718 S. Getty  
Uvalde, TX 78801

Phone: (830) 591-2250

Fax: (830) 591-2743

[www.elitecounselingservices.com](http://www.elitecounselingservices.com)

## About Us

Everyone experiences stressors of different types. The way in which we cope greatly affects our overall functioning at school, work and in our personal lives. Because sometimes coping seems difficult and overwhelming, *Elite Counseling Services* is available to help and lend support during times of need.

Our services are personalized to assist you with managing stressors in order to achieve desired outcomes. At *Elite Counseling Services*, your well-being and confidentiality is of utmost importance. We believe in respect, trust, and strive to provide quality treatment.

*Elite Counseling Services* provides assistance to Children, Adolescents, Adults, Senior Adults, Couples, Families and Groups.

## Counseling Services Offered

- Diagnostic Assessment - Information is gathered to identify needs and to assist with treatment planning.
- Individual Counseling - Assistance is provided on a one-to-one basis for an array of issues.
- Family Counseling - Assistance is provided to all family members with a desire to achieve the same goal(s).
- Marriage/Couples Counseling - Assistance is provided to help strengthen and improve the quality of the relationship.
- Play Therapy - The concept of "play" is incorporated into the Counseling session, when deemed appropriate, to facilitate progress with desired outcomes.

### ADDITIONAL SERVICES OFFERED

Group Therapy - Assistance is provided in a group setting in which the participants share same goals and lend support to one another.

Chemical Dependency Counseling - Assistance is provided to individuals (ages 12 - adults) with a desire to overcome certain addictions.\*\*

Mental Health Consultations - Services provided to assess an array of mental health issues within a school setting.

EAP - Our Employee Assistance Program provides Counseling/support services, contracted through your Employer, for a specified amount of sessions, at a reduced fee.

## Assistance Provided For:

- Adjustment Disorders
- Anger Management
- Anxiety Disorders
- Attention-Deficit/Hyperactivity Disorder (ADHD)
- Behavior Issues
- Chemical Dependency Issues\*\*
- Conduct Disorders
- Dependency Issues
- Depression
- Divorce/Separation
- Family Conflict(s)
- Grief/Loss
- Parenting Issues
- Self-Esteem Issues

## Questions about Counseling?

If you are unsure if Counseling is the appropriate route for you and/or your loved one, please do not hesitate to contact our office to discuss your situation and options.

\*\*Chemical Dependency Issues treated at an outpatient level.

[Camino Real Community MHMR Center](#)

404 S Pecan St  
Pearsall, TX  
(830) 334-0075

[Muzquiz Iris-Mental Health & Mental Rtrdtn](#)

315 N 1st Ave  
Crystal City, TX  
(830) 374-5801

[Uvalde County Mental Health](#)

328 Crystal City Hwy  
Uvalde, Texas 78801  
830-278-1243

[Roman Maria-Camino Real MHMR Maverick](#)

757 E Rio Grande St  
Eagle Pass, TX  
(830) 773-5696

[Val Verde County MH Center](#)

906 E. 11th Street  
Del Rio, TX 78840  
Toll free: 1-800-826-6268 Phone: (830) 774-8702

[Texas Child Abuse Hotline](#)

1-800-252-5400

[24 Hr. Crisis Call Center](#)

1-800-272-8255

[National Domestic Violence Hotline](#)

1-800-799-7233

[Family Life Center in Frio County – Pearsall](#)

1-830-334-4556

[Women’s Shelter in Maverick County- Eagle Pass](#)

1-800-363-9441

[Family Life Center Medina County- Hondo and Castroville](#)

1-830-426-5131

[Uvalde County Family Life Center –Uvalde](#)

1-830-278-1067

[Val Verde Family Violence Center – Del Rio](#)

1-888-774-1067