

Work Samples

Please find the following work samples in the pages below...

Not An Illness Story (YouTube)

I produced this video on behalf of Betty Hardwick Center, featuring the eye-opening and inspirational story of one of our peer service providers.

External Newsletter (Q1 2022; via Mailchimp)

Sample Press Release: ***Abilene's Innovative Community Response Team Expands With "CRT2"***

I wrote this and distributed this press release to local media and it received local news coverage.

One-Sheet Resource Guide

Quick reference designed to be used in outreach efforts and to provide recipients with basic contact information and how to enroll in our services.

50th Anniversary Timeline Project

I created this poster which we used in a variety of ways to commemorate our Semicentennial.

Social Media & Graphics Examples

Sample post in the "Did You Know" style. This series of posts was designed to leverage facts and figures from our newsletters for public information and social engagement.

Suicide Prevention Infographic Series

Sample post in the "Did You Know" style. This series of posts was designed to leverage facts and figures from our newsletters for public information and social engagement.

COVID-19 "Who To Call" Guide

I made this COVID/Mental Health resource guide which was picked up and used by similar centers throughout the state. Other centers were able to substitute their own contact information in place of BHC's.

Not An Illness Story - This is a recovery story, not an illness story. One of our peer providers shares some of his experiences dealing with mental illness and offers words of hope for those working towards recoveries of their own.

(YouTube link) <https://www.youtube.com/watch?v=r3edQrgEY0k>



Q1 2022 External Newsletter

(Mailchimp Link) <https://mailchi.mp/42d57a9c76bd/bhcs-quarterly-newsletter-q1-2022?e=343dd49311>



January 7, 2021



Dedicated to People | Committed to Care

FOR IMMEDIATE RELEASE

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Abilene’s Innovative Community Response Team Expands With “CRT2”

Abilene’s second Community Response Team, dubbed CRT2, has been officially up-and-running since December 14th, 2020. This new team, launching a few months after the 1-year anniversary of the initial CRT, allows for expanded operating hours and greater coverage of crisis calls in the area.

Each CRT consists of an Abilene Police Department officer, an Abilene Fire Department paramedic and a mental health clinician from Betty Hardwick Center to provide tailored assistance to those in crisis. CRT2 comprises Jake Allred (APD), Joanna Hargrove (AFD) and Mariana Guevara (Betty Hardwick Center). The two teams will overlap Tuesday through Thursday, while covering later into the evenings and allowing for Monday coverage — neither of which were previously possible.



"It’s been about a year in the working," said Mariana Guevara, of her preparation for CRT2.

"I’ve gotten to see what [CRT1 is] doing and it’s amazing what they’ve been able to do. There’s not a lot of teams like this, so it’s pretty cool to be here at the start of it."

The new team has worked closely with the first since its inception by undergoing the same training and serving as alternates when team members were out. Ride-alongs were also instituted in the run-up to CRT2 going live. Abilene’s CRT initiative is only the second of its kind in Texas and one of three nationwide. Abilene’s model has been presented to agencies in larger cities, such as Chicago and Philadelphia, in the process of developing their own teams.

"It’s cool for Abilene to be talked about nationally and in a positive way," said Guevara.

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About Betty Hardwick Center: Betty Hardwick Center is the Local Mental Health Authority for Taylor, Jones, Callahan, Shackelford and Stephens Counties and serves as the primary provider for Mental Health First Aid efforts in this region. In partnership with Region 14 ESC, hundreds of public-school employees have received Mental Health First Aid training, as well as local university personnel, students, and other community agencies.



One-Sheet Resource Guide



Resource Overview — Betty Hardwick Center has been helping to empower people to live their best lives since 1971. We are the local Mental Health and Intellectual & Developmental Disabilities authority in and around Abilene, TX, including Taylor, Callahan, Jones, Stephens and Shackelford counties. Most services are available at reduced rates based on ability to pay.

bettyhardwick.org | **24/7 crisis line: 1-800-758-3344**

Child and Adult Behavioral Health Services

24/7 Crisis Services

Our Crisis Hotline is available 24/7, 365 days a year and staffed by Qualified Mental Health Professionals (QMHPs) to provide screening, assessment and intervention.

Are you experiencing a crisis? The local hotline number is **1-800-758-3344**.

Adult Mental Health Services

Services include Case Management, Counseling, Rehabilitative Skills Training, Psychiatry and Peer Support.

Anyone can call our **24/7 Intake Hotline: 1-800-758-3344**

Walk-in intake is also available **Monday – Friday from 8 a.m. – 3:30 p.m.***

*new-patient paperwork is available on our website and may be completed in advance

Child and Adolescent Mental Health Services

This program specializes in counseling and other Mental Health services for children (ages 3-17) with a qualifying diagnosis.

Anyone can call our **24/7 Intake Hotline: 1-800-758-3344**

Walk-in intake is also available **Monday – Friday from 8 a.m. – 3:30 p.m.***

*new-patient paperwork is available on our website and may be completed in advance

Elm Creek Psychiatry

Elm Creek Psychiatry is a unique, private clinic, open to adults. We accept Medicaid, Medicare, most third party insurance, and private pay. Please submit new patient paperwork prior to first appointment. Paperwork can be found on our website.

For questions or appointments, contact us by phone (**325-691-2011**) or email (ElmCreek@bettyhardwick.org)

Veteran Services

We have developed a Military Veteran Peer Network (MVPN) to connect Service members, Veterans, and their families with local, state or national organizations. This includes peer support, mental health awareness, and advocacy. We also offer a Veteran Counseling Program.

Contact MVPN: **Ann McKee (325-670-4818; amckee@bettyhardwick.org)**

Veteran Counselor: **Jim Reynolds (325-670-4817; jreynolds@bettyhardwick.org)**

Mental Health First Aid

Learn to “Be The Difference” for those in your life struggling with mental health. Different courses are available for Teens and Adults.

MHFA Coordinator: Sandra Lang (**325-691-2061; slang@bettyhardwick.org**)

Intellectual and Developmental Disabilities Services

Intellectual and Developmental Disabilities

Betty Hardwick Center contracts with Health and Human Services Commission to provide a variety of services to individuals with a qualifying diagnosis.

For more information or to schedule an intake appointment, call **325-690-5182** or **325-691-2068**.

Early Childhood Intervention

ECI is a statewide program for families with children (from birth to age 3) who have disabilities and developmental delays. ECI supports families to help their children reach their potential through a variety of services and therapies.

To request an intake assessment, please call **325-627-0908**. For additional assistance, email eci@bettyhardwick.org. Our ECI Referral Form is available on our website.

bettyhardwick.org

24/7 crisis line: 1-800-758-3344

50th Anniversary Timeline Project

Betty Hardwick Center — Empowering people in our community to live their best lives since 1971!



1971: The Center began delivering services as "Abilene Area Center for MH/MR"	1973: Services were extended to Jones and Callahan Counties; the Center was renamed "Abilene"	1977: The Board of Trustees voted to join the Texas Council of Community MH/MR Centers
1979: The Alcohol and Mental Health halfway houses were combined at the 618 Cedar St. location	1981: ECI established as "Advancing Babies Chances" with a grant from the Developmental Disabilities Office	1981: Two newly built Intermediate Care facilities began housing residents
1984: Substance Use, IDD Dual Diagnosed, and Horizons workshop all opened, expanding the Center's	1987: The Center debuted Destination Dignity, a public awareness project that was later observed statewide	1988: A 26-bed MH residential facility opened on Orange St., named after Executive Director Russell B. Evans
1988: The Resource Management Assistance Program was implemented to manage clients' resources and ensure	1988: A Mental Health Crisis Intervention Team was established to provide 24-hour crisis intervention	1991: The Center celebrated its 20th anniversary in new facilities (2616 & 2626 S. Clack St.)
1991: Fort Recover Recycling Center was opened as a component of the Center's vocational program	1992: MH Child & Adolescent Services began through a grant from the Texas Children Mental Health Plan	1992: The Client Advisory Council was founded to provide advocacy services to MH/MR
1992: Betty Hardwick received the Frank M. Adams Award for Outstanding Volunteer Service	1997: Establishment and implementation of Planning Advisory Committee	1998: Services were expanded to Shackelford County
2000: The Center was renamed after Betty Hardwick, who served the Board for 20 years	2001: BHC celebrated its 30th anniversary with a gala affair starring actor Chris Burke from the ABC sitcom, <i>Life Size</i>	2002: Betty Hardwick Center expanded services to Stephens County (Breckenridge)
2004: Supported Employment Services replaced the existing sheltered employment workshop	2005: Development of Jail Diversion Program; videoconferencing added to Big Spring State Hospital	2006: FEMA grant allowed a Crisis Counseling team to serve the 200+ households impacted by wildfires
2008: Upgraded the Mobile Crisis Outreach Team (MCOT) with accredited hotline and purchase of crisis stabilization	2008: BHC expanded services to clients living in state supported living centers through Community Living Options Information Process (CLOIP)	2010: Military Veteran Peer Network (MVPN) was established through funding from Veterans' Behavioral Health Services
2012: The 1115 Transformation Waiver allowed BHC to expand Psychiatric services and provide 24/7 Mobile Crisis Outreach	2014: BHC worked with Taking Texas Tobacco Free (TTTF) to provide tobacco cessation services and establish a tobacco-	2015: Opening of Elm Creek Psychiatry; first availability of YES Waiver program
2017: BHC began implementing Trauma Informed Care principles center-wide	2019: Partnered with Taylor County Sheriff to create two new Jail Navigator positions; partnered with Abilene Fire and Police to create Community Response Team (CRT)	2020: BHC became a certified Community Behavioral Health Center (CCBHC); provided crisis counseling during COVID-19 pandemic through FEMA
2021: BHC celebrates its 50th anniversary by taking over operation of Abilene's Adaptive Recreation program; and launching a new Community Health Worker program and Rural Crisis Diversions effort in partnership with law		



Examples of Social Media Posts & Graphics

Community Health Worker Team Update

Our Community Health Workers engage directly with those in our five-county community facing a variety of challenges including mental illness, substance use and homelessness.

Here is a look at what the CHW team has been up to recently (Sept. 2022 — March 2023):

- engaged with **1,758** clients
- distributed 253** hygiene kits
- distributed 419** overdose reversal/NARCAN kits
- reported 5** lives saved by NARCAN kits
- distributed 151** "bleach and teach" kits
- distributed 122** safer sex kits
- housed 14** homeless neighbors
- provided \$4,730** sober living assistance for **20 people**
- provided 408** individuals with Substance Use Assistance

Referrals

- 315** for Mental Health Services
- 260** for Medical Services
- 341** for other Community Resources
- 2** for inpatient services



What you need to know about...

988: The National Suicide & Crisis Prevention Lifeline

- Lifeline activated in July 2022
- Texas's goal for in-state answer rate is to reach 90% by 2024
- Nationally, 90% of Lifeline calls do not require an emergency response and are resolved over the phone with resources or emotional support.
- Emergent and urgent calls requiring local crisis response are transferred to BHC's Crisis Hotline:

1-800-758-3344 should continue to be used as the direct line to crisis services in our area.



A Semester Unlike Any Other

- + COVID-19 is impacting all college campuses
- + free, anonymous support is available



need help?
call **1-833-986-1919**






betty hardwick center

Looking for a great job? **APPLY NOW**

Members of our team enjoy the following:



- 20 days of paid leave in the first year
- 13 holidays
- Tenure payments that increase over time
- Flexible, family-friendly work schedules
- Competitive benefits including health, dental, vision and retirement
- BHC is culturally competent, trauma-informed and celebrates diversity

Browse our job openings at bettyhardwick.org/jobs/



Did You Know...


In 2021, our Crisis Hotline received 5,502 calls for our five-county area, and responded with mobile crisis assessments in 1,494 of those instances.

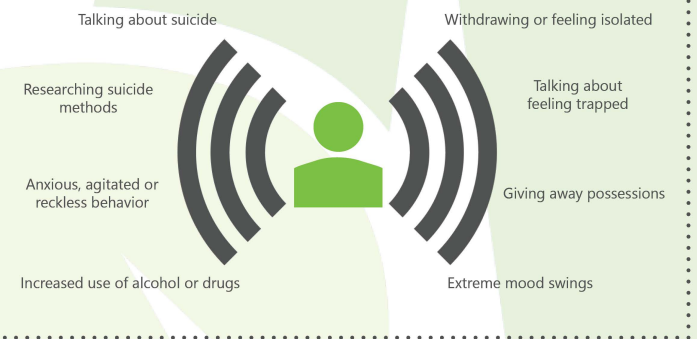
Suicide Prevention Infographic Series

suicide prevention month 2020


+ warning signs
+ factors
+ infographics

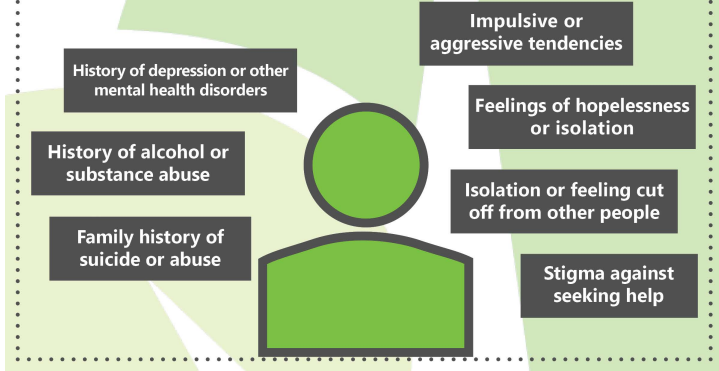
 **need help?**
call 1-800-758-3344

 **Warning Signs of Suicide**
#SuicideAwareness #SuicidePrevention




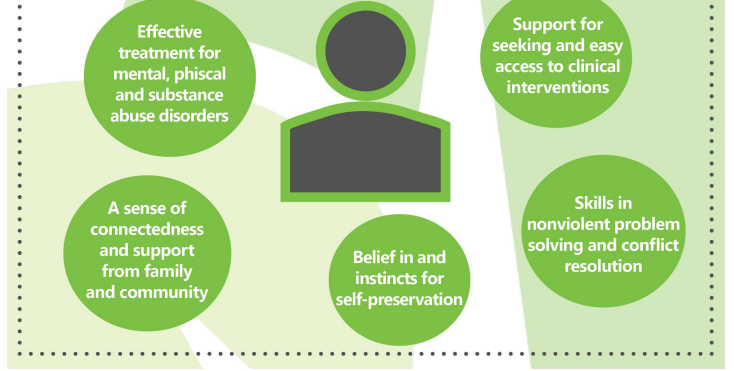
- Talking about suicide
- Withdrawing or feeling isolated
- Talking about feeling trapped
- Giving away possessions
- Extreme mood swings
- Increased use of alcohol or drugs
- Anxious, agitated or reckless behavior
- Researching suicide methods

 **Common Risk Factors for Suicide**
#SuicideAwareness #SuicidePrevention





- History of depression or other mental health disorders
- History of alcohol or substance abuse
- Family history of suicide or abuse
- Impulsive or aggressive tendencies
- Feelings of hopelessness or isolation
- Isolation or feeling cut off from other people
- Stigma against seeking help

 **Protective Factors for Preventing Suicide**
#SuicideAwareness #SuicidePrevention



- Effective treatment for mental, physical and substance abuse disorders
- Support for seeking and easy access to clinical interventions
- Skills in nonviolent problem solving and conflict resolution
- Belief in and instincts for self-preservation
- A sense of connectedness and support from family and community

 **Adverse Life Events**
The Importance of Screening for Trauma
#SuicideAwareness #SuicidePrevention



- Presence and impact of adverse life events are not always evident from direct observation
- Most people will not spontaneously disclose adverse life events
- People with adverse life events do not usually see a connection between those events and current challenges
- We can make mistakes when we don't understand the role that trauma may be playing in the lives of our patients

Do you know who to call in a crisis?



24-Hour Crisis Hotline

1-800-758-3344

Call to access local behavioral health or psychiatric emergency assistance.

- **24-Hour Crisis Intervention Hotline**

This hotline accepts crisis calls from or about persons experiencing a behavioral health crisis. Hotline workers will attempt to resolve the crisis or refer to a higher level of care.

- **Mobile Crisis Outreach Team**

In response to a crisis hotline call, the Center may staff to perform a behavioral health screening.

- **Other Crisis Services**

Crisis personnel may recommend Crisis Respite Care, voluntary or involuntary inpatient hospitalization, substance abuse care, expedited outpatient services, or other care as appropriate.



Dial 2-1-1 for local information, referrals and community resources.

Good to Know...

- 2-1-1 calls are going statewide, so callers may speak to 2-1-1 operators elsewhere across the state of Texas.
- Callers and potential callers are encouraged to visit 211texas.org to seek information that way when possible.
- The "Find Help" tool is keyword guided and filters by zip code.



It is natural to feel stress, anxiety, grief, and worry during and after infectious disease outbreaks. Everyone reacts differently, and your own feelings will change over time. Notice and accept how you feel. Taking care of your emotional health during an emergency will help your long-term healing. If you or someone you know is feeling stressed or overwhelmed, get support by accessing the COVID-19 Mental Health Support Line at:

COVID-19 Mental Health Hotline

1-833-986-1919