



# NOVEMBER 2021

## MISSION STATEMENT

To provide quality substance abuse treatment and education services to adults in Texas

To make effective contributions to communities we serve by providing evidenced-based treatment to persons with substance abuse and addictive disorders

To educate community leaders about the health, legal and economic issues associated with substance abuse

To promote change in attitudes towards persons seeking and living a recovery lifestyle.

## SERVICES - VIRTUAL

*Intensive Outpatient Program*

*Supportive Outpatient Program*

*Substance Abuse Evaluations*

*Moral Reconciliation Therapy*

*Anger Management – November 8th*

*Corrective Thinking – November 13th*

*Marijuana Intervention – November 20<sup>th</sup>*

*Theft Intervention – November 29th*

## Now Accepting Insurance

*Blue Cross and Blue Shield*

*Aetna*

*Friday Health Plans*

*Magellan*

*Traditional Medicaid*

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*“Don’t let the past steal your present.” ~Terri Guillemets*

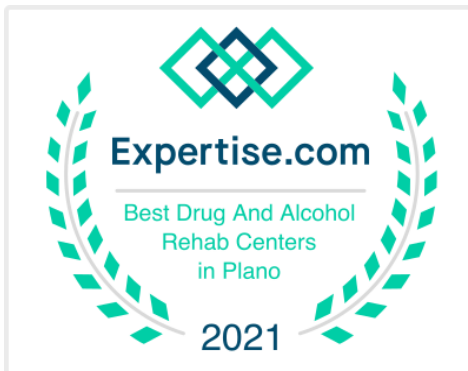
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## COUNSELORS CORNER – BOB ALTERMAN, LCDC

Mental health disorders are a growing concern as COVID-19 continues to impact our daily lives. Those with untreated mental health issues often end up in the criminal justice system. As mental health concerns and needs continue to rise, Texas is once again last in the nation for access to mental health care, according to [The 2022 State of Mental Health in America](#), Mental Health America's [MHA] annual national report released in October. Previously, Texas ranked #50 of 51 on access to mental health care in 2020 and 2021 in that report. Equally troubling, MHA's August 2021 report, [The Severe Depression and Covid-19: Communities in Need Across the US](#) scored Dallas County #6 nationally in suicidal ideation and #10 in severe depression among large counties. Moreover, just this past week, Dallas County is in the top 20 large counties with post-traumatic stress disorder risk

per MHA's [TRAUMA AND COVID-19: Communities In Need Across the US](#) report. The PTSD and trauma data indicate acute and long-lasting mental health effects, including chronic anxiety and depression. Individuals or caregivers needing immediate mental health counseling and services can call the North Texas Behavioral Health Authority [NTBHA] 24/7 Crisis Hotline 866-260-8000 or 24/7 COVID-19 Mental Health Support Line 833-251-7544. And nationally, text "MHA" to 741-741; the Crisis Text Line is free, anonymous, and provides 24/7 connection with a trained Crisis Counselor. For life-threatening emergencies, including threats or injury to self or others, call 911 immediately.

Awarded to ATR



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