

“At South Texas Rural Health Services, Inc., we offer professional and confidential behavioral health and substance abuse services delivered in a manner which respects the values, culture, and language of our patients.”



South Texas Wellness Center Uvalde

1815 Garner Field Rd.
Ph: (830) 591-1822
Fax 830-591-1826

**Lorenzo Ortiz, LPC-S, NCC
Leticia Martinez, BA, CI
James Valdez, LCDC
Jerry Weisinger, PS**

**Carrizo Springs
902B S. 5th Street
(830) 876-2050
Fax 830-876-3776**

**Fred Cervantez, BA, CI
Ricky Tijerina, BA, CI**

***We can counsel students in the school
or in our clinic**

SERVICE HOURS

M-F 8:00 am to 5:00 pm
Lunch- 12:00 to 1:00 pm

South Texas Rural Health Services, Inc.



“Your Health is our Mission”

Behavioral Health and Substance Abuse Programs

BEHAVIORAL HEALTH SERVICES

Family, economic, health, peer, environmental, and school stressors at times produce significant impairment in a student's ability to cope with the demands of everyday life. When this happens, a student's normal problem-solving skills become overwhelmed and his or her well-being could be jeopardized.

Our array of services are designed to help students manage their stressors and return to their optimal level of functioning and success. Among the diagnostic and therapeutic modalities employed are:

Diagnostic Assessment

The counselor gathers information about your concerns, conducts 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

The goal here 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.

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.

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 or substance abuse.

Accessing Services

To receive services, a person must first be registered as a participant of services at STRHS, Inc. You as a student may request services on your own, or your parent, or teacher may refer you. We also accept referrals on your behalf from outside agencies. If you ask for services and you are under the age of eighteen we must have a parent's permission to work with you and he or she must sign consent.

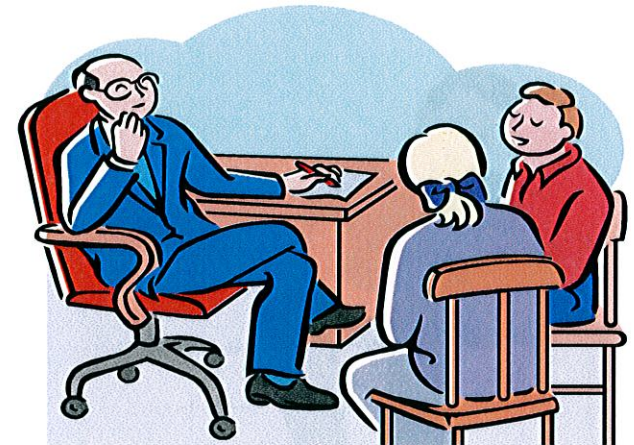
Fees and Payments

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.*



OUR COMMITMENT TO YOU....