



# Regional Handbook

*Risk and Protective Factors Impacting Region 11*



**2020**

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# About PRC 11

The **Prevention Resource Center 11 (PRC 11)** is a program of Behavioral Health Solutions of South Texas, funded by the Texas Health and Human Services Commission. PRC is part of a large network of prevention programs that **aim to reduce alcohol, tobacco, and other drug use among adolescents and adults** in the State of Texas. PRC 11 covers 19 counties in the South Texas known as Region 11 by the Health and Human Services Commission (HHSC).



There are eleven regional Prevention Resource Centers (PRCs) servicing the State of Texas. Each PRC acts as the **central data repository** and **substance abuse prevention training liaison** for their region. It is the task of PRC 11 to compile information relevant to behavioral health and develop a yearly **Regional Needs Assessment (RNA)** that aims to provide an overview and identify the needs of communities in the region. PRCs also provide access to **substance use prevention training resources to partner agencies or community organizations**.

The majority of information found in this handbook has been taken directly from the 2020 PRC 11 Regional Needs Assessment, which was created with the support of regional partner organizations and agencies. Any organization or individual interested in collaborating towards mobilizing communities in the battle against drugs may contact PRC 11 to find out how.

PRC 11 covers the 19 South-most counties of Texas:

1. Aransas
2. Bee
3. Brooks
4. Cameron
5. Duval
6. Hidalgo
7. Jim Hogg
8. Jim Wells
9. Kenedy
10. Kleberg
11. Live Oak
12. McMullen
13. Nueces
14. Refugio
15. San Patricio
16. Starr
17. Webb
18. Willacy
19. Zapata

# Purpose

PRC11's Regional Handbook is created by the PRC11 team and contains data derived from the Regional Needs Assessment (RNA), information from evidence based studies and local resources. The information in this document is meant to aid communication and support skills within families and communities with access to youth and young adults.

The Regional Handbook takes on a more personal approach to the data findings showcased in the RNA while focusing on communication with children, youth and young adults. Strengthening communication and support skills along with learning about local resources can help increase protective factors while potentially decreasing risk factors that can lead to substance use and misuse amongst young people.

Our team has categorized and detailed some of the most important factors of prevention with current and relevant data in our region. We hope that partners and community find this document useful and if further data assistance or prevention guidance is needed, feel free to contact the PRC 11.



# COVID-19 in Texas & Region 11

As our communities continue to be affected by COVID-19 and its' underlying results, it is our job to keep each other safe by following all suggested precautions by the US Centers for Disease Control and Prevention (CDC) as well as local government; such as staying at home, disinfecting areas that are touched on a regular basis, following social distancing recommendations whenever possible. Through these tough and uncertain times, stress and anxiety may spike among our population. Dealing with this new stress in a healthy manner may prevent risk factors associated with COVID-19 as well as substance use disorders. At the same time, as you are taking good care of your health, encourage someone else to do the same. Prevention is the first step our community should take towards battling the world's current situation. It is important to seek up-to-date and relevant data; the PRC11 has compiled COVID-19 related data for Texas and region 11 below.

- According to the Texas Department of State Health Services (DSHS), as of 08/13/2020, Texas had a total of **43,440** confirmed cases of COVID-19.
- Individuals between the ages of **30 to 39** reported the highest rate accounting for **21%** of Texas confirmed COVID-19 cases.
- In addition, the highest ethnicity rate (**40%**) were reported as **Hispanic** followed by **White (28%)**.



| County       | Cases  | Fatalities |
|--------------|--------|------------|
| Aransas      | 183    | 16         |
| Bee          | 1,303  | 13         |
| Brooks       | 143    | 4          |
| Cameron      | 17,316 | 506        |
| Duval        | 193    | 7          |
| Hidalgo      | 20,767 | 701        |
| Jim Hogg     | 65     | 1          |
| Jim Wells    | 802    | 18         |
| Kenedy       | 6      | 1          |
| Kleberg      | 471    | 12         |
| Live Oak     | 240    | 4          |
| McMullen     | 10     | 0          |
| Nueces       | 13,061 | 175        |
| Refugio      | 238    | 4          |
| San Patricio | 1,051  | 33         |
| Starr        | 2,294  | 81         |
| Webb         | 8,814  | 111        |
| Willacy      | 734    | 30         |
| Zapata       | 188    | 3          |
| Region 11    | 67,879 | 1,720      |

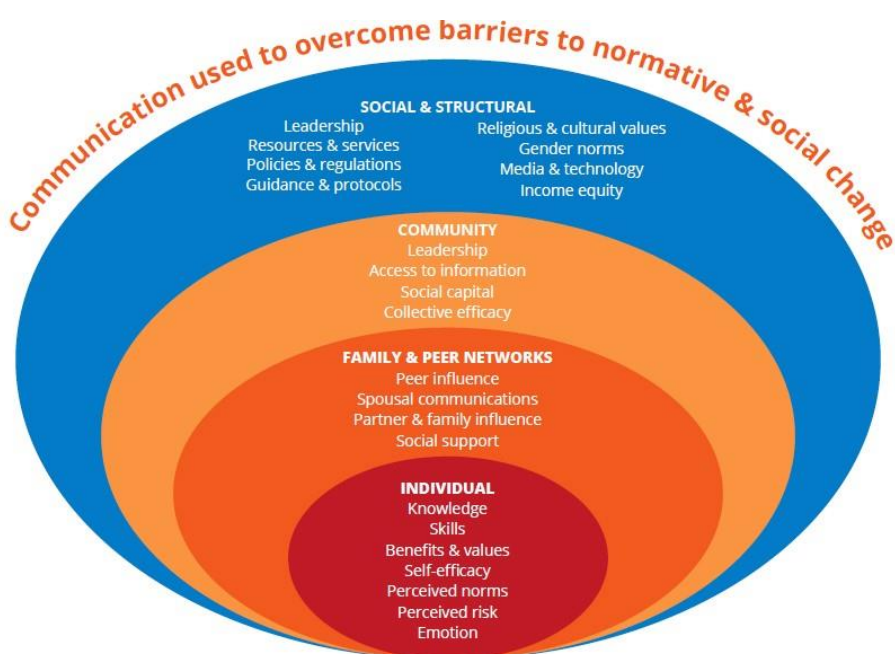
For up-to-date information on COVID-19, please visit the CDC website at [www.cdc.gov](http://www.cdc.gov) or the Texas Department of State Health Services website at [www.dshs.texas.gov](http://www.dshs.texas.gov)

# Risk & Protective Factors

The National Institute on Drug Abuse (NIDA) states “Risk Factors can increase a person’s chances for [substance abuse], while Protective Factors can reduce the risk.”<sup>1</sup>

## Risk

— Risk factors are “qualities of a child and [their] environment that can **adversely affect the child’s developmental trajectory** and put the child at **risk** for alter **substance abuse or other behavioral problems**.”<sup>1</sup>



There are **4 levels** of risk and protective factors.

A variety of risk and protective factors exist within each of these domains/levels, so it’s ideal to look at each level individually. The levels are **Society, School/Community, Family, and Individual/Peer**.<sup>1</sup>

In this handbook, we will not be covering the Society level.

## Protective

Protective factors are “qualities of children and their environments that **promote successful coping and adaption** to life situations to change... they may **reduce or lessen the negative impact** of risk factors.”<sup>1</sup>

**\*Factors differ across development\***

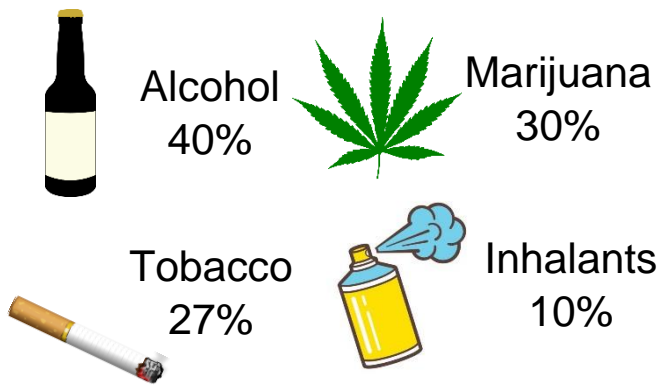
# Risk Factors in Our Community

Children, youth, and young adults in our community may be faced with multiple risk factors every day. The following are a few of those risk factors as they relate to our communities in Region 11.

## Community/School Risk Factors

### Drug Availability

Student responses to “**Somewhat Easy**” and “**Very Easy**” to access the following drugs:<sup>2</sup>



### School Drug Violations

In 2018, **41 students** received an **alcohol violation** and **2,971 students** received a **drug violation**.<sup>3</sup>

### Drug Seizures

In 2018, **399,255 pounds** of **marijuana** were seized. That’s the weight of a **blue whale**!<sup>4,5</sup>



In 2018, **2,601 pounds** of **cocaine** were seized. That’s the weight of **2 sail boats**!<sup>4,5</sup>



## Family Risk Factors

### Parental Involvement with School



In 2018, **more than half** (61%) of students reported that their **parent does NOT participate** in a Parent-Teacher Association.<sup>2</sup>

### Overcrowded Households



Region 11 has the **highest percent of population in overcrowded units**, 8%.<sup>6</sup>

### Parental Approval of Use

Adolescent students for the 2017-2018 school year responses to perceived parental approval of drug use:<sup>2</sup>



Alcohol  
3 in 10



Tobacco  
1 in 10

Marijuana  
1 in 10



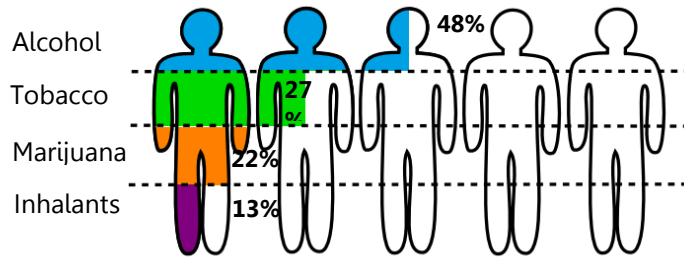


# Risk Factors in Our Community

## Individual/Peer Risk Factors

### Drug Use

Teen response to “**Ever Used**” of the following drugs:<sup>2</sup>



### Age of Initiation

Teens that use drugs reported they started using drugs between ages

**11 to 14 years old.**<sup>2</sup>

### Close Friends



**1 in 2 teens** reported having a close friend that **uses alcohol**, and **2 in 5 teens** reported that they have a close friend that **uses marijuana.**<sup>2</sup>

### Low Commitment to School



**46.1%** teens reported to have at least friend a that **wishes they could drop out of school.**<sup>2</sup>

### Substance Use Disorders



**3,587 youth** were **screened** for a **substance use disorder.**<sup>7</sup>



# Community/School Protective Factors

## Early Childhood

- Support for early learning
- Stable, secure attachment to child-care provider
- Low ratio of caregivers to children

In the 2017-2018 academic school year, there were **770,348** children enrolled in **Early Education, Kindergarten, and Pre-Kindergarten**.<sup>9</sup>

In Region 11, there are about **20 preschool students per one teacher**.<sup>10</sup>

A low ratio helps provide more attention to each individual child.



## Middle Childhood

### Class Objectives

- 100% of Students Pass Final EXAM
- 95% of Students Receive an A+ on Final EXAM
- Read 10 Novels by the End of School Year
- 100% of Students Master 100 Vocabulary Words

● **WE CAN DO IT!** ●

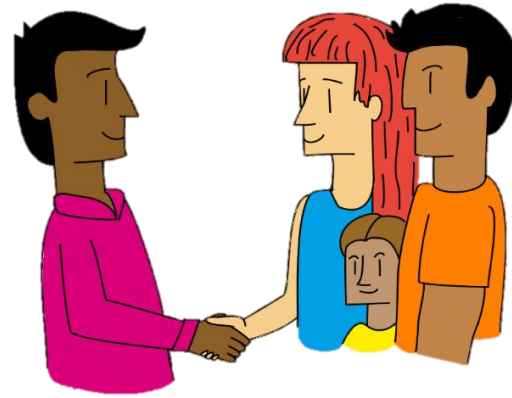
- High academic standards, strong leadership, concrete strategies to promote achievement

Region 11's 3<sup>rd</sup> to 5<sup>th</sup> grade students are overall **3% higher than Texas'** student **STARR performance** in 2017.<sup>10</sup>

# Community/School Protective Factors

- Positive partnering between school and family

In region 11, graduation rates increased from **89.4** in **2016** to **91.1** in **2018**. On the other hand, there was a decrease in dropout rates from **6.3** in **2016** to **5.2** in **2018**.

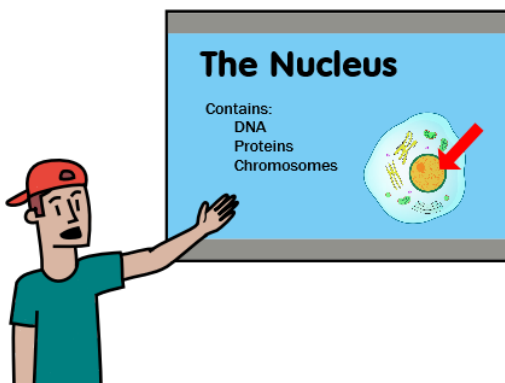


## Adolescence

- Physical and psychological safety
- Appropriate structure (limits, rules, monitoring, predictability)
- Supportive relationships
- Opportunities to belong (sociocultural identity formation, inclusion)

According to the County Health Rankings of 2019, **52% of people had access to exercise.**<sup>6</sup>

This gives the opportunity for teens to develop a healthy life style.



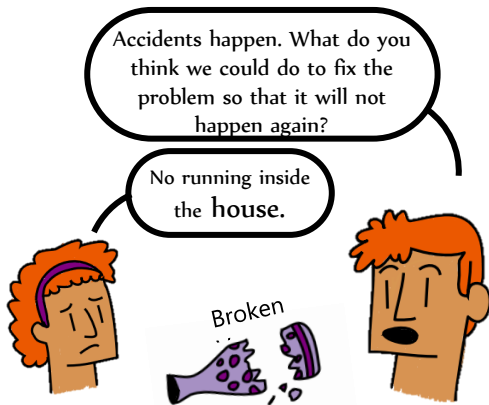
- Positive social norms (expectations, values)
- Support for efficacy and mattering
- Opportunities for skill building
- Integration of family, school, and community efforts

### Teens received Drug and Alcohol information from:<sup>2</sup>

|                               |   |                            |
|-------------------------------|---|----------------------------|
| School Health Class – 49.8%   | School Assembly Program – 44.9%         | School Nurse – 24.7%       |
| Student Group/Club – 18.0%    | Invited School Guest – 35.6%            | Guidance Counselor – 36.5% |
| Another School Source – 30.3% | Science or Social Studies Class – 29.0% |                            |

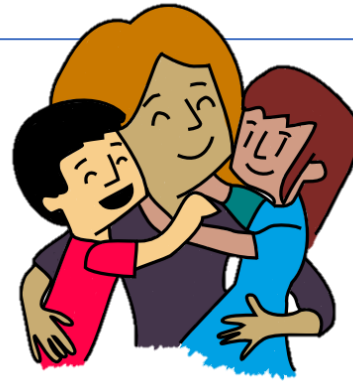
# Family Protective Factors

## Early Childhood



To keep children safe and healthy, it is ideal to prevent exposure to substance use.

In Region 11, **84% of adults do not excessively consume alcohol and do not smoke.**<sup>6</sup>



In 2018, **48.6%** of students reported that their **parents attend the Parent-Teacher Association (PTA) meetings.**<sup>2</sup>

Attending PTAs help parents and teachers to improve the wellbeing of the young person.

- Reliable support and discipline from caregivers
- Responsiveness
- Protection from harm and fears
- Affection
- Opportunities to resolve conflict

## Middle Childhood

- Time in emotionally responsive interactions with children
- Consistent discipline
- Language-based, rather than physically based, discipline

In 2016, **47.9%** of students reported that **most or all** of their friends **feel close to their parents.**<sup>2</sup>



# Family Protective Factors

- Extended family support
- Parental resources, including positive personal efficacy, adaptive coping, self-views high on potency, and life satisfaction



## Adolescence

- Physical and psychological safety
- Appropriate structure (limits, rules, monitoring, predictability)
- Supportive relationships from family members
- Opportunities to belong (sociocultural identity formation, inclusion)

How many teens **feel safe**...<sup>2</sup>  
 ... at school **84.3%**  
 ... in the neighborhood **88.7%**  
 ... at home **98.2%**



- Positive social norms (expectations, values)
- Support for efficacy and mattering
- Opportunities for skill building
- Integration of family, school/community efforts

*Research shows that setting clear rules and expectations helps prevent temptations to use drugs.*

Percent of **parents that strongly disapprove** their child using:<sup>2</sup>

Tobacco **78.9%**  
 Alcohol **64.3%**  
 Marijuana **77.5%**

# Individual/Peer Protective Factors

## Early Childhood

- School attendance and appropriate conduct
- Understanding of self and others' emotions
- Appropriate emotional inhibitions and expression



In Region 11, **78% of children** were **insured** in 2018.<sup>6</sup>

Insurance helps children get access to medical financial help when needed.

In the 2015-2016 academic school year, there was a **95% attendance rates**.<sup>10</sup>

The higher the attendance, the more opportunities to learn and develop social skills.



## Middle Childhood



5<sup>th</sup> Grade Students that **Met STAAR Standard Percentages**<sup>9</sup>  
 Reading – **81%**  
 Math – **89%**

- Learning to read, write, and basic mathematics
- Attending and behaving appropriately at school
- Getting along with peers

# Individual/Peer Protective Factors

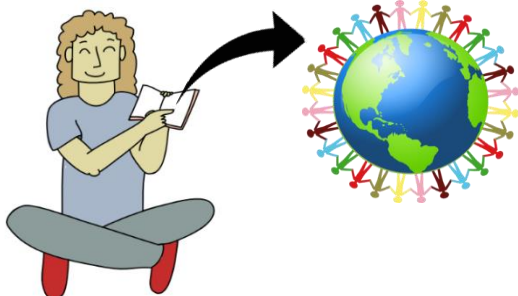
**Students in school activities and other clubs/organizations:**<sup>2</sup>

- Athletics – 52.6%
- Band/Orchestra – 24.2%
- Choir – 7.8%
- Drill Team/Cheer – 8.0%
- Student Gov./School Paper/ Yearbook – 5.8%
- Other – 21.7%
- Outside School Athletics – 30.3%
- Other Outside School – 26.2%

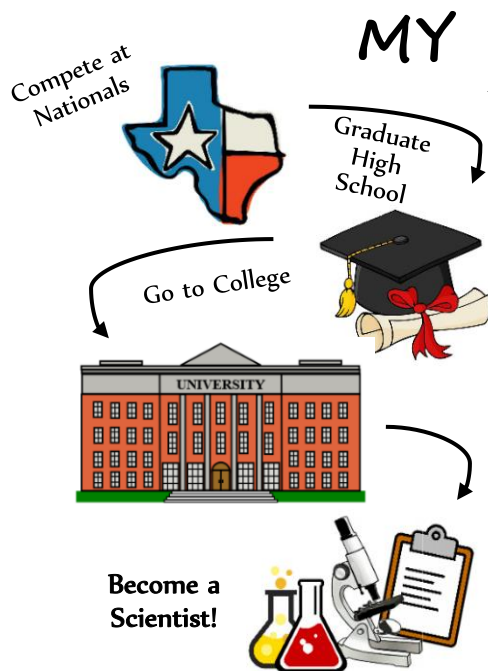


## Adolescence

**90.1% students** in the High School Class of 2017 **received their diploma** within the 4-year program.<sup>11</sup>



- **Positive psychological and emotional development** (self-esteem and self-regulation, coping, responsibility, problem-solving, motivation, achievement, morality, and values)
- **Positive social development** (connectedness to peers, family, community, and attachment to institutions)



In the High School Class of 2016, **8 in 10 students were College and Career Ready.**<sup>10</sup>

# Communication

The following communication guidelines are from evidence-based resources. Since each individual's point of view is unique, reactions to the conversation will vary. Use your best judgement as to what is the most appropriate way to discuss substance use with the young person. If you are in need of more assistance, view pages 18-19 for local resources.

Parent, guardian, and admired adults' behaviors and attitudes towards substance use is the **#1 influencer** in young person's decisions on substance use.

## Drug Information

It's important to be educated on current drug trends since they're always changing. To learn more about current drugs, **view page 20** and/or visit the following websites.

- [www.drugfree.org](http://www.drugfree.org)
- [www.samhsa.gov](http://www.samhsa.gov)
- [www.drugabuse.gov](http://www.drugabuse.gov)
- [www.stopalcoholabuse.com](http://www.stopalcoholabuse.com)

## The Appropriate Age and Time

**It's never too early to begin educating a young person** about substance use. You can start educating someone as early as 5 years old. It's important to keep the conversation age appropriate so that the person is better able to understand the information.<sup>12</sup>

**Example:** When they get sick and need medication, you can take this opportunity to explain to them the appropriate and inappropriate use of the medication.

**Example:** Take advantage of "teachable moments" such as TV shows or movies that deal with drug use. This also works with current events happening in the world/neighborhood.

## The Conversation

The best time to start the conversation is when the young person is willing to hear you out. Start with something simple as *"May I talk to you?"*<sup>12</sup>

### Be brief

Avoid long conversations, allow teen to speak, and ask open-ended questions

*"Why do you think people do drugs" or "How do you think drugs hurt people?"*

### Be positive

Stay upbeat, avoid blaming

*"You did a great job leaving that situation early. It shows you are an independent person, and I'm proud of you."*





# Communication

## Refer to specific behaviors

State what you want their behavior to be

*"I want you to be home by eleven o'clock." - NOT "Don't stay out late."*

## Label your feelings

Calmly state how you feel (not what you think)

*"I care about you and I worry when you aren't home on time."*

## Offer an understanding statement

Show some understanding of the young person's perspective

*"I want you to fit in with your friends..."*



## If a young person is using drugs...

**Act NOW if you think they are using drugs.** Your suspicion may be correct. Ask the young person directly. Here are some things to say to get the conversation going:<sup>12</sup>

- "I think you've got a problem and I need to talk with you about it."
- "You've scared me and broken our rules. Here's how we're going to help you."
- "Do you want to tell me what's going on?"

If teen is using drugs, it's **important to remain** calm and listen to what they have to say. Also, **do not have the conversation while adolescent is under the influence.** Have the conversation when they are sober.<sup>13</sup>

1. Show your concern
2. Keep cool
3. Be direct
4. Keep a calm, and relaxed tone of voice
5. Let the teen know you value their honesty
6. Try not to be defensive
7. Talk about your own memories and mistakes
8. Show your love and care, possibly through a hand on the shoulder or a hug
9. Give lots of praise and positive feedback. See beyond their mistakes.

**Seek assistance.** Contact school counselor, doctor, or find a local treatment facility listed on pages **23-24**.

# Communication



## Tough Questions & Statements<sup>14</sup>

### Difficult questions

Don't be afraid to answer with "I don't know." It's important to remain honest.

### "Did you ever use drugs?"

Make this a teachable moment. Tell the truth, but don't share details. Discuss what attracted you, why it's dangerous, and why you don't want them to make that mistake.

### "Everyone is doing it!"

Response: *"I'm not interested in what other kids are doing. I don't want you using drugs."*

### "My friend is using."

Response: *"I don't want you hanging out with kids who use drugs. You know that when you're around people who use drugs I'm afraid they'll try to pressure you to use drugs."*

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## Re-enforcing Refusal Skills

### Refusal Skills

Educate teen **why they are saying "no" to drugs** by informing them about the risks of use. Don't be afraid to answer with "I don't know." It's important to remain honest.

### Possible Responses for Youth to Use when Offered Drugs<sup>14</sup>

"No, thanks."

"Nah, I'm not into that."

"Nah, I'm ok. Thanks."

"No. I gotta go soon."

### Practice<sup>14</sup>

Act out a situation. Take the part of the persistent peer trying to get the young person to try drugs. Then, have the young person practice their responses.

### Promote Independence<sup>14</sup>

Encourage teen to take responsibility for their actions and to stand up for what is right even if it isn't always popular, but that it's important and brave to do so.

# Regional Data

## Demographics

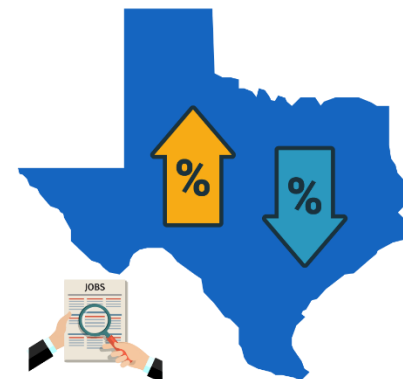
Among the 11 Public Health Regions in Texas, region 11 has the highest percentage of individuals aged between **0 and 18** years, **29.9%**. Zapata County had the highest percentage of individuals aged **0-18** in region 11.



- In 2019, there were **707 recipients per 100,000 persons** receiving **Temporary Assistance for Needy Families (TANF)** in Region 11. Counties ranged from **64 recipients per 100,000 persons** in **Duval** to **1,174 recipients per 100,000 persons** in **Hidalgo**.
- **Hidalgo County** had the highest percentage of uninsured adults (**42%**) followed by **Starr County** (**40%**). Meanwhile, **McMullen County** had the highest percentage of uninsured children (**18%**) followed by **Live Oak County** (**15%**).

- Similarly, compared to other regions, region 11 had the highest percentage of **Hispanics** with **82.2%** of the population
- Among the 11 Public Health Regions in Texas, region 11 had the highest percentage of limited English speaking households.
- In region 11, **Brooks County** had the highest percentage (**58%**) of single parent households; whereas **Kenedy County** has the lowest (**6%**).

In 2018, region 11 had the highest **unemployment** rate (**5.8**) compared to the other regions and compared to the state (**4.0**).



# Regional Data

## Environmental Risk Factors

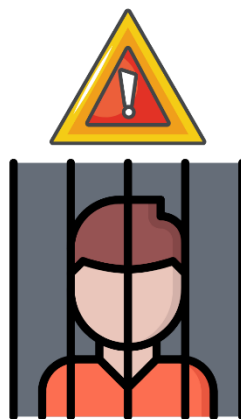
- In 2019, there were **59,619 alcohol permits** in the state of Texas and a total of **4,616 alcohol permits** in region 11.
- In 2019, there were **953 violations** in Texas and **98 violations** in region 11 reported to the Texas Alcoholic Beverage Commission.
- In 2019, there were **30,937 tobacco permits** in region 11.
- According to the Department of Public Safety, there was a total of **15,629 family violence incidents** in region 11. **Cameron, Hidalgo, Nueces** and **Webb** counties has the most incidents in 2018.



In 2019, there was a total of **339,135 drug apprehensions** in the Rio Grande Valley border crossing sector. **144,418** of those apprehensions were made to juveniles (**0-17 years**) and **109,895** of the apprehensions were juveniles accompanied by an adult.

## Consequences

In 2018, **4,498 juveniles** were referred to juvenile probation departments.



In 2019, the Sheriff's Office reported a total of **1,466 arrests** related to possession of drugs in region 11. **42** of these arrests were made to minors aged **17 years old**.

# Regional Data

## Consequences (cont.)



- In 2019, there were **1,648 incarcerations** in region 11.
  - According to the Uniform Crime Report, in region 11, there were **108 minors** and **15,120 adults** arrested for alcohol-related offenses in 2019.
  - For Region 11 there were a total of **1,946 accidents** where alcohol was involved. **Hidalgo County** had the highest amount of crashed for the three consecutive years.
  - In 2018, there was a total of **892 EMS runs for overdoses, poisoning or toxic ingestions** in region 11.
- In 2019, a total of **4,569 individuals received substance use disorder treatment** in region 11. Marijuana was the more frequent reported substance accounting for **24 percent** of all admissions, followed by Heroin with **22.3 percent** and Alcohol accounting for **21.4 percent**.
  - In region 11, **66 percent of males received substance use disorder treatment**; whereas only **33 percent of females** did. Since 2017, males have ranked higher in receiving substance use disorder treatment compared to females.
  - In 2019, **645 adolescents received substance use treatment** in region 11. Marijuana was the more frequent reported substance accounting for **73.4 percent**.
  - In 2019, there was a total of **3,016 substance use disorder screenings** in region 11.



# Drug Names and Definitions

| Name                       | Why Do People Misuse It?  | Street Names <sup>15,16</sup>  |
|----------------------------|---|--|
| <b>Adderall</b>            | Increase focus and energy for school and party longer.  | addys, uppers, beans, black beauties, pep pills, speed, dexies, zing, study buddies, smart pills   |
| <b>Bath Salts</b>          | Synthetic over-the-counter powder used to increase focus and energy for school and party longer.    | cloud 9, vanilla sky, white lightning, bloom, scare face, bliss, drone, energy-7, meow meow, pure ivory, blue silk, stardust, lunar wave, wicked X                     |
| <b>Cocaine</b>             | Short bursts of energy and euphoria.  | coke, blow, rock crack, yayo, snow, sniff, sneeze, white, nose candy, Bernice, toot, line, dust, flake   |
| <b>Cough Medicine</b>      | Contains dextromethorphan (DX) that gives a woozy type of high.                                     | dexies, drex, robo, rojo, red devils, poor man's ecstasy, orange crush, tussin, velvet, triplec, drank, purple drank, sizzurp (syrup and soda), triple c, CCC          |
| <b>Crystal Meth</b>        | Powerful stimulant for bursts of energy and euphoria.   | crystal, meth, Cristy, Tina, crank, Crissy, tweak, glass, ice, shards, GO, whizz, chalk  |
| <b>Ecstasy (MDMA)</b>      | Rush of dopamine (happiness and related sensations). Makes users feel more connected to each other. | X, E, XTC, molly, rolls, hug, hug drug, love drug, lover's drug, beans, Adam, clarity, moon rocks, happy pill, dancing shoes, Scooby snacks, candy                     |
| <b>Heroin</b>              | Painkiller drug including a numb and euphoric state.  | H, smack, dope, China white, horse, skag, junk, black tar, big H, brown sugar, mud, dragon, boy, Mexican brown, thunder, skunk, scag, antifreeze                       |
| <b>Inhalants</b>           | The umbrella term for inhaling fumes to get high.   | Huff, poppers, whippets, nitrous, laughing gas, moon gas, snappers, bold, rush, air blast, glad, hippie crack, Oz, discorama, whiteout, poor man's pot                 |
| <b>Ketamine</b>            | Provides tranquilizing effect (heart-rate and breathing slow down).                                 | K, KET, special K, vitamin K, green K, super C, super acid, special LA coke, jet, purple, kit kat, cat valium, honey oil   |
| <b>LSD</b>                 | Gives hallucinations and unpredictable/overwhelming journeys. Psychedelic.                          | Acid, L, Lucy, Lucy in the sky with diamonds, Cid, tabs, doses, blotter, California sunshine, yellow sunshine, window pane, battery acid, dots, looney toons, superman |
| <b>Marijuana</b>           | TCH (psychoactive chemical) released to feel relaxes, heightens senses, and is mild hallucinogenic  | weed, pot, hashish, hash, green, bud, grass, trees, reefer, herb, Mary Jane (MJ), ganja, hemp, dope, chronic, kush, sinsemilla, purple haze                            |
| <b>Mushrooms</b>           | Psychedelic hallucinations and euphoria.  | magic mushrooms, shrooms, boomers, cps, mushies, buttons, magics, blue meanies, liberty caps, cubes, liberties   |
| <b>Oxycodone</b>           | Narcotic painkiller – can lead to addiction and death.  | oxy, OC, O, ox, oxycotton, oxy 80s, blue, 512s, kickers, killers, hillbilly heroin   |
| <b>Ritalin</b>             | Increase focus and energy for school (writing papers and studying for exams).                       | vitamin R, R-Ball, rids, rit, diet coke, kiddie cocaine, kiddie coke, skippy, pineapple, kibbles and bits, skittles, smarties, poor man's cocaine                      |
| <b>Synthetic Marijuana</b> | Sold as a mix of "herbs" and same effects as marijuana, but single use could lead to death.         | spice, K2, K2 drugs, K3 drugs, bliss, black mamba, Yucatan fire, skunk, genie, Bombay blue, solar flare, zohai, joker, kush, kronic                                    |
| <b>Vicodin</b>             | Powerful painkiller that gives a relaxed and lucid feeling.   | vikes, vics, hydros, lorris, fluff, scratch, norco, idiot pills, tabs, tabs, Watsons, 357s   |
| <b>Xanax</b>               | Makes individual feel drowsy and out of it. More use can lead to serious side effects.              | xannies, bars, Z-bars, zanbars, xanbars, handlebars, planks, bricks, benzos, blue footballs, Upjohn, school bus, bicycle parts, yellow boys, white boys, white girls   |
| <b>PCP</b>                 | Anesthetic drug that causes disorientation and loss of control.                                     | angel dust, ozone, rocket fuel, love boat, embalming fluid, hog, superweed, wack, wet (a marijuana joint dipped in PCP)  |
| <b>Other (mixes)</b>       | Mixed drugs can highly increase the side effects and risks  | Crunk (drunk & high); Cheese/Cheesecake (black tar heroin & Tylenol PM); Candy Flipping (LSD/acid & ecstasy)   |

# Prescription Medication Drop Box Locations

Boxes are located strategically to prevent prescription medication drop box theft.

## NO QUESTIONS ASKED!

Dispose of prescription and over the counter medications. No liquids, needles or patches.

| County       | City              | Location                     | Address                      |
|--------------|-------------------|------------------------------|------------------------------|
| Cameron      | Brownsville       | Police Department (Main)     | 600 E. Jackson St.           |
|              |                   | Police Department 1          | 1763 US -281                 |
|              |                   | Police Department 2          | 2900 Southmost Blvd.         |
|              |                   | Autrey Pharmacy              | 1365 E. Ruben Torres Blvd.   |
|              |                   | Walgreens                    | 4490 E. 14 <sup>th</sup> St. |
| Hidalgo      | Alton             | Police Department            | 509 S. Alton Blvd.           |
|              | Donna             | Police Department            | 207 S 10 <sup>th</sup> St    |
|              | Edinburg          | CISD Police Department       | 1313 E. Schunior St.         |
|              |                   | County Constable Precinct #4 | 2814 S. Bus. Highway 281     |
|              |                   | County Sheriff's Office      | 711 E. Cibolo Rd.            |
|              |                   | Police Department            | 1702 S. Closner Blvd.        |
|              | La Joya           | Police Department            | 701 E. Expressway 83         |
|              | McAllen           | ISD Police Department        | 2112 N. Main St              |
|              | Mission           | Police Department            | 1200 E. 8 <sup>th</sup> St.  |
|              | Palmview          | Police Department            | 400 W. Veterans Blvd.        |
|              | Peñitas           | Public Library               | 1111 S. Main St.             |
|              | Pharr             | Police Department            | 1900 S. Cage Blvd.           |
| San Juan     | Police Department | 2301 N. Raul Longoria Rd.    |                              |
| Weslaco      | Police Department | 901 N. Airport Dr.           |                              |
| Nueces       | Bishop            | Constable Rivera's Office    | 115 S. Ash St.               |
|              | Corpus Christi    | Constable Boucher's Office   | 10110 Compton Rd.            |
|              |                   | County Sheriff's Department  | 901 Leopard St.              |
|              | Port Aransas      | Constable Sherwood's Office  | 705 West Ave. A              |
| Robstown     | Police Department | 430 E. Main Ave.             |                              |
| San Patricio | Ingleside         | Police Department            | 2425 8th St.                 |
|              | Portland          | Police Department            | 1902 Billy G. Webb Dr.       |
|              | Sinton            | County Sheriff's Department  | 300 N. Rachal St.            |
| Starr        | La Grulla         | Police Department            | 194 FM 2360                  |
|              | Rio Grande City   | Police Department            | 401 E. Main St.              |
|              | Roma              | Police Department            | 987 E. Grant St.             |
| Webb         | Laredo            | County Constable Precinct #2 | 1000 Houston St.             |
|              |                   | County Sheriff's Office      | 902 Victoria St.             |
| Willacy      | Raymondville      | Watson's City Drug           | 192 S. 7th St.               |
|              |                   | County Sheriff's Department  | 1371 Industrial Dr.          |
| Zapata       | San Ygnacio       | County Constable Precinct #2 | 1103 US Highway 83           |
|              | Zapata            | County Sheriff's Office      | 600 E. Hidalgo Blvd.         |

# Regional Resources



PRC11 team (left to right): Eduardo Salinas, Public Relations Coordinator; Karen R. Rodriguez, Data Coordinator; Elizabeth Urbina, Program Director; Daniel Rodriguez, Tobacco Coordinator



## Prevention Resource Center 11

5510 N. Cage Blvd. Ste. C,  
Pharr, TX 78577  
(956) 787-7111 ext. 245  
krodriguez@bhsst.org

## Community Coalitions

| Focus Area                   | Coalition  | Contact          | Phone Number               | Address  |
|------------------------------|--|------------------|----------------------------|--|
| Brownsville (City)           | Positive Community Impact (PCI)  | Alexandra Ybarra | (956) 346-4310             | 2100 Gregory Ave.,<br>Brownsville, TX 78526              |
| Cameron and Willacy Counties | Tobacco Prevention and Control Coalition (TPCC)                                    | Rosalie Tristan  | (956) 423-0018<br>Ext. 13  | 1617 E. Tyler Ave. Ste. D,<br>Harlingen, TX 78550        |
| Hidalgo County               | Uniting Neighbors in Drug Abuse Defense (UNIDAD)                                   | Vianca Vieyra    | (956) 783-7897<br>Ext. 224 | 5510 N. Cage Blvd. Ste. N,<br>Pharr, TX 78577            |
| La Joya and Peñitas Cities   | Alliance for Drug Abuse and Prevention (ADAP)                                      | Vianca Vieyra    | (956) 783-7897<br>Ext. 224 | 5510 N. Cage Blvd. Ste. N,<br>Pharr, TX 78577            |
| Nueces County                | Project Health Outreach Prevention Education (HOPE)                                | Oscar Elizondo   | (361) 814-2001             | 2882 Holly Rd., Corpus<br>Christi, TX 78415              |
| Nueces County                | The Council on Alcohol & Drug Abuse Costal Bend, Youth Continuum of Care Coalition | Armando Treviño  | (361) 854-9199             | 1801 S. Alameda St. Ste 150,<br>Corpus Christi, TX 78404 |
| Starr County                 | Starr County Community Coalition of Serving Children and Adults in Need (SCAN)     | Sandra Garza     | (956) 724-3177             | 1 S. Fort Ringgold, Rio<br>Grande City, TX 78582         |
| Webb County                  | Webb County Community Coalition of Serving Children and Adults in Need (SCAN)      | Veronica Jimenez | (956) 725-3177             | 1702 Hendricks, Laredo, TX<br>78041                      |
| Zapata County                | Zapata County Community Coalition of Serving Children and Adults in Need (SCAN)    | Sonia Sanchez    | (956) 765-3555             | 605 N. US Highway 83 Ste.<br>H, Zapata, TX 78076         |



# More Resources

## Prevention, Intervention, Treatment, and Recovery Resources

### Aransas County:

South Texas Substance Abuse Recovery  
Services, Inc. (STSARS)  
(361) 882-9979

### Bee County:

The Council on Alcohol and Drug Abuse –  
Coastal Bend  
Beeville (361) 854-9199

### Brooks County:

Behavioral Health Solutions of South Texas  
Falfurrias (361) 325-2892

### Cameron County:

Behavioral Health Solutions of South Texas  
Brownsville (956) 547-7003  
Harlingen (956) 423-0018

Mesquite Treatment Center, LLC  
Brownsville (956) 544-0868  
Harlingen (956) 428-2100  
San Benito (956) 361-6275

Origins Recovery of Texas, LLC  
South Padre Island (956) 772-9200

Recovery Center of Cameron County (RCCC,  
INC.)  
Harlingen (956) 428-7800  
Brownsville (956) 548-0028

Serving Children and Adults in Need, Inc.  
(SCAN)  
Brownsville (956) 544-3095  
San Benito (956) 428-5200

The GEO Group, Inc.  
Brownsville (956) 305-3070

Tropical Texas Behavioral Health  
Brownsville (956) 547-5400  
Harlingen (956) 364-7438

Smart Start  
Brownsville (844) 813-4398

### Hidalgo County:

Behavioral Health Solutions of South Texas  
Pharr (956) 787-7111  
Weslaco (956) 447-0223

Behavioral Wellness Center  
McAllen (956) 886-0655

Challenges and Change, PPLC  
La Joya (956) 664-0057  
McAllen (956) 664-0057

Infinite Recovery, LLC  
McAllen (512) 358-4088

Mesquite Treatment Center, LLC  
Donna (956) 464-1954  
McAllen (956) 971-4393  
Weslaco (956) 969-6916

Passages Counseling Group, PLLC  
Palmview (956) 897-5160

Pura Vida Counseling Services, PLLC  
Pharr (956) 227-5239

Raising Hope Behavioral Center, PLLC  
Edinburg (956) 627-1149  
Mission (956) 627-1149

McAllen Vet Center  
McAllen (956) 631-2147

Smart Start  
McAllen (844) 813-4398

Reset Counseling Center, LLC  
Mission (956) 205-2571

Serving Children and Adults in Need, Inc.  
(SCAN)  
Pharr (956) 318-2915

Tropical Texas Behavioral Health  
Edinburg (956) 289-7000  
Weslaco (956) 968-8551

Project Know: Understanding Addiction  
[projectknow.com/find/rehab/pharr-tx](http://projectknow.com/find/rehab/pharr-tx)

Outcry in the Barrio Center  
Pharr (956) 702-2781

Guardian Interlock  
McAllen (956) 280-0580

The Turning Point  
Pharr (956) 781-7200

Texas Interlock  
Pharr (956) 702-7233

# More Resources

## Prevention, Intervention, Treatment, and Recovery Resources

### **Jim Hogg County:**

Border Region Behavioral Health Center  
Mental Health Clinic  
Hebbronville (361) 527-5771

### **Jim Wells County:**

Liberty Lodge, Inc.  
Alice (361) 664-7555  
United Connections Counseling, Inc.  
Alice (361) 562-6876  
Alice (361) 661-1060  
South Texas Substance Abuse Recovery  
Services  
Alice (361) 387-0835

### **Kleberg County:**

Coastal Bend Outpatient Services, Inc.  
Kingsville (361) 661-1060

### **Nueces County:**

Avalon Corpus Christi Transitional Center,  
LLC  
Corpus Christi (361) 883-1004  
Charlie's Place Recovery Center  
Corpus Christi (361) 826-5350  
Coastal Bend Outpatient Services, Inc.  
Corpus Christi (361) 888-4188  
Coastal Bend Wellness Foundation, Inc.  
Corpus Christi (361) 814-2001  
Gulf Coast Rehabilitative Services, Inc.  
Corpus Christi (361) 882-1413  
South Texas Substance Abuse Recovery  
Services, Inc. (STSARS)  
Corpus Christi (361) 882-9979  
Robstown (361) 882-9979  
The Council on Alcohol and Drug Abuse –  
Coastal Bend  
Corpus Christi (361) 887-7070  
Corpus Christi (361) 854-9111

### **San Patricio County:**

South Texas Substance Abuse Recovery  
Services, Inc. (STSARS)  
Aransas Pass (361) 458-2350  
Shoreline, Inc.  
Taft (361) 643-6643  
The Council on Alcohol and Drug Abuse –  
Coastal Bend  
Taft (361) 854-9199

### **Starr County:**

Serving Children and Adults in Need. Inc.  
(SCAN)  
Rio Grande City (956) 263-1771  
Border Region Behavioral Health Center  
Mental Health Clinic  
Rio Grande City (956) 487-3748

### **Webb County:**

Border Region Behavioral Health Center  
Mental Health Clinic  
Laredo (956) 794-3000  
Serving Children and Adults in Need, Inc.  
(SCAN)  
Laredo (956) 724-3177  
(956) 723-0200  
Rio Bravo (956) 728-9131  
(956) 791-7800

### **Willacy County:**

Behavioral Health Solutions of South Texas  
Raymondville (956) 232-2300  
Mesquite Treatment Center, LLC  
Lyford (956) 347-3521

### **Zapata County:**

Serving Children and Adults in Need, Inc.  
(SCAN)  
Zapata (956) 765-3555  
Border Region Behavioral Health Center  
Mental Health Clinic  
Zapata (956) 765-9664

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