

Mental Health Matters Resource Fair and Conference

March 31-April 2, 2026

Mental Health Matters Resource Fair

When: March 31, 2026, from 10 a.m. – 2 p.m.

Where: Academic Building Mural Area, Skyline Lounge, ACAD 300

Who: STUDENTS, STAFF, AND FACULTY

About: This event will consist of community resources coming to UHD to provide information about mental health services, as well as career or internship opportunities. This event will also consist of student orgs and UHD departments tabling with a focus on health coping activities at their tables to show how each area supports mental health. This is a ‘come and go’ event.

Resources that will be there:

DePelchin Children’s Center: DePelchin Children’s Center supports and sustains children and the families who care for them. Some of our programs, such as parenting classes and counseling, preserve and strengthen families. Other services, such as foster care and adoption, ensure children have the care and support they need to overcome trauma, both now and in the future. Our work is driven by our belief that all children should be part of safe, loving homes. DePelchin has been serving children and families in the Houston area since our founding in 1892. Our programs and services have evolved throughout our history, but our commitment to helping children has never changed. Today we also provide services in and around Austin, Lubbock and San Antonio, and we gratefully receive support from individuals, foundations, corporations, and government grants.

The Harris Center for Mental Health and IDD: As the largest provider in Texas, The Harris Center for Mental Health and Intellectual and Developmental Disabilities (IDD) strives to provide high-quality, efficient, and cost-effective services so that persons with behavioral health and developmental needs may live with dignity as fully functioning, participating, and contributing members of our community. We do not deny services based on a patient’s inability to pay for any reason.

Kingwood Pines Hospital: Seeking out treatment for mental health issues doesn't have to be a scary process. Our North Houston psychiatric facility has inpatient and outpatient programs to help children, adolescents, adults and seniors get back on their feet. Whether one is in need of inpatient treatment or an intensive outpatient program, our team can help get patients of all ages the kind of psychiatric care they need.

Call [281-404-9887](tel:281-404-9887) if you or your loved one suffers from a psychiatric disorder or chemical dependency. We are available 24/7 to schedule [confidential, no-cost assessments](#), [assist referring professionals](#) and discuss treatment options. You can also send us a message by filling out the [contact form](#). In case of emergency, please dial 911 or seek the nearest emergency room right away.

AVDA – Aid To Victims of Domestic Abuse: AVDA is a nonprofit organization that has served the Houston community for over 45 years with the mission to end family violence by advocating for the safety and self-determination of victims, promoting accountability for abusers and fostering a community response to abuse. AVDA is dedicated to providing multilingual, transformational, life saving services to survivors of abuse and their families.

UT Health/HEROES: The Honor's HEROES program is designed for individuals seeking long-term recovery from opioid use disorder. We provide the following set of clinical and behavioral services at no cost in our program.

- Initial screening by a Physician Associate
- Physician appointment to discuss medication-assisted treatment options
- Same day Rx where medically necessary*
- Assistance setting up long term treatment
- Individual Counseling with Licensed Counselors
- Peer Recovery Coaching
- Peer Facilitated Support Groups
- Counselor Facilitated Educational Support Groups
- Recognition for milestones in recovery
- Peer Recovery Coaching

PaRC: PaRC offers a customized drug rehab program. Our substance use disorder treatment is individualized to meet the needs of our clients. Personalized drug and alcohol addiction treatment services include [medical detox](#), [residential](#), [partial day treatment](#) and [outpatient](#) levels of care. Additionally, PaRC offers an extremely far reaching [aftercare program](#) and [alumni network](#).

To ensure that the highest outcomes are met, PaRC offers several specialty programs to address the needs of individuals seeking treatment for drug or alcohol addiction. These programs include the [Adult Program](#), [Young Adult Program](#), [Teen Program](#), as well as the [Pain Recovery Program](#) and the [Professionals and Executives](#) program.

PaRC takes pride in ensuring that each individual patient receives the customized drug rehab treatment they require to provide optimal outcomes for each patient. In order to ensure the highest levels of individualized treatment, PaRC offers extended lengths of stay continuing beyond 30 days.

The length of stay during **treatment** is determined by the patient's progress and willingness to engage while in treatment. PaRC's multidisciplinary approach ensures that a patient's recovery needs are met and that each patient is provided a strong foundation for sobriety.

Greater Houston Counseling Services: At Greater Houston Counseling Services, PLLC, our mission transcends traditional therapy; it's about creating a beacon of hope in a world clouded by mental health challenges. We believe in championing every individual's journey, helping them harness their unique strengths to find personal well-being. Our commitment is two-fold: To provide empathetic support where every voice is heard and every story valued, and to continuously refine our practices to remain at the forefront of effective therapeutic solutions.

Grounded in our dedication to making mental health support both affordable and accessible, we strive to transform mental health from a luxury to a universal right. Our proactive community initiatives aim not only to provide care but also to break the chains of stigma, ensuring that everyone feels empowered to seek the help they deserve. We take pride in the diverse tapestry of professionals that make up GHCS, as they reflect the myriad of backgrounds and experiences in our community. Our approach isn't just about healing—it's about empowering our clients to thrive in the tapestry of life's challenges and joys. Join us on this transformative journey; together, we can light the path to a brighter, more balanced future.

T & R Recovery group: Founded in 2022 by Thomas Isbell and Roy M. Serpa, T&R Recovery Group is committed to revolutionizing the landscape of trauma, addiction, and mental health treatment. With deep-rooted connections to the industry, our founders are passionate about providing effective, quality care that addresses the root causes of these conditions.

Our network of treatment centers offers a variety of programs, including residential co-ed and gender specific recovery for trauma, mental health, and addiction, and Intensive Outpatient Programs (IOPs), both in person and virtual. We believe in a comprehensive approach that combines evidence-based therapies, support groups, and wellness activities to empower individuals on their journey to lasting recovery.

Pam Voyages Behavioral Health of Conroe: Empowering people through compassionate care, innovative programs, and a commitment to comprehensive behavioral health.

We provide a seamless and supportive admissions process to help you or your loved one to take the first step toward recovery and wellness.

Center for Discovery through the PaRC: With 25-plus years of experience in treating eating disorders and co-occurring conditions, our team understands how to create individualized recovery plans that are as unique as the people who trust us with their care. Thousands of patients have already formed healthier relationships with food, created more fulfilling lives for themselves and found lasting recovery through Center for Discovery. You have the power to change your life with the support of CFD.

The Montrose Center: The Montrose Center empowers our community—primarily lesbian, gay, bisexual, transgender, and queer (LGBTQ+) individuals and their families—to live healthier, more fulfilling lives. We envision a healthier society marked by permanent, positive changes in attitudes and behaviors toward the LGBTQ+ communities, and the ability of all LGBTQ+ individuals to realize their fullest potential.

Grief Recovery Center: We are a group of independent mental health professionals committed to helping you through the issues that bring you to counseling. We are compassionate about facilitating positive changes in our clients' lives. By providing a safe, confidential, and therapeutic environment, we collaboratively explore issues and develop effective coping skills with our clients.

Council on Recovery: The Council on Recovery is Houston's oldest and largest non-profit organization providing prevention, education, treatment, and recovery services to all who are adversely affected by alcoholism, drug abuse, other addictions, and co-occurring mental health disorders. Founded in 1946, we are the leading provider of support, information, and outpatient treatment for substance use disorders in Houston.

Fowler & Tidwell Counseling: A Houston-based therapy practice dedicated to helping individuals, couples, and families navigate life's challenges with compassion and evidence-based care. Founded on a commitment to accessibility and cultural inclusivity, the practice offers counseling for anxiety, depression, trauma, relationships, self-esteem, and more. Our diverse team of licensed counselors and supervised associates provides personalized support, integrating holistic approaches and specialized services such as parenting coaching, anger management, and LGBTQIA+ therapy. Our practice is built upon three core pillars that guide everything we do: culturally balanced staff, financial accessibility, and environmental stewardship.

LifeMind Therapy, LLC: LifeMind Therapy, LLC is a virtual-only practice exclusively for teens and young adults in TX, FL, and PA. We specialize in helping the next generation overcome anxiety, depression, trauma, grief/loss, suicide/self-harm, and sports performance issues to live good lives!

Wellness on Wheels: Wellness on Wheels, W.O.W., was started in 2020 by Mr. Rene Gonzalez. Rene created W.O.W. as a positive activity for all to discover and benefit

mentally and physically. W.O.W. provides individuals the opportunity to ride bikes with a group on organized rides, and exposure to the activity of cycling that can assist with managing mental and physical well-being. W.O.W. rides often include stops along the route for the opportunity to participate in a nature therapy activity, facilitated group activity, connect with other riders, or simply enjoy the nature that is around us!

Safe Zone: The SafeZone app gives you direct access to the fastest possible safety assistance regardless of where you are! The SafeZone app is free to all students, faculty and staff, and operates across all our campuses and facilities. Once installed, you can:

- Report safety concerns 24/7.
- Get connected quickly with mental health professionals if you are feeling depressed, anxious, or overwhelmed.
- Activate location sharing with authorities if alone and concerned for safety.
- Anonymously report incidents via text message, photograph, and location.
- Control your profile data and what is shared; location is only shared when you raise alerts, check in, send reports, or request assistance.

AllOne Health Employee Assistance Program: AllOne Health Employee Assistance Program (EAP) is a free service that offers a wide variety of counseling, referral, and consultation services. designed to assist in resolving work and life issues in order to live a happier, healthier, more balanced life.

Wounded Warrior Project: Every warrior has unique challenges and goals. That's why we provide a variety of veteran programs and services to help you take the steps that are right for you. What's more, thanks to the tremendous support of our donors, you never pay a penny to get the help you need to build the future you deserve. They offer supportive services such as physical health, mental health, and financial wellness.

VA Mental Health Department: VA has a variety of mental health resources, information, treatment options and more—all accessible to Veterans, Veterans' supporters and the general public. VA is here to provide and connect you with clinical resources and peer support so you can confront and manage any mental health challenge. We offer more treatment options and more ways to access treatment than ever before. VA mental health offers peer support groups focused on PTSD, addiction, domestic violence and various traumas, mental health retreats, and wellness programs.

Mental Health America: Mental Health America provides support for individuals with lived experience of mental health conditions through community education, screening and research, and advocacy and public policy.

Vet Center: We offer confidential help for Veterans, service members, and their families at no cost in a non-medical setting. Our services include counseling for needs such as depression, posttraumatic stress disorder (PTSD), and the psychological effects of military sexual trauma (MST). We can also connect you with more support in VA and your community.

Combined Arms: Combined Arms unifies access to veteran services by creating an interconnected network into one data-driven platform. Through collaboration with nonprofits and state and international organizations, our platform drives network-wide efficiencies and transparency, ultimately improving the well-being of veterans and military families.

FINANCIAL WELLNESS

Texas First Bank: Texas First Bank is a community-focused financial institution committed to helping individuals and families build strong financial futures. In addition to providing personal and business banking services, Texas First Bank supports financial education initiatives and community partnerships that promote financial literacy, responsible money management, and long-term financial stability.

PNC Bank: PNC Bank offers a variety of financial education resources designed to help individuals build healthy financial habits and make informed decisions about their money. Through workshops, digital learning tools, and partnerships with schools and community organizations, PNC provides guidance on topics such as budgeting, saving, credit management, and financial planning.

United Way THRIVE (United Way of Greater Houston): United Way THRIVE connects individuals and families with financial coaching, education, and supportive resources designed to promote long-term financial stability. Through partnerships with community organizations, THRIVE provides guidance on budgeting, credit improvement, debt reduction, and savings strategies to help individuals build financial security and achieve their financial goals.

Regions Bank: Regions Bank is committed to supporting financial wellness through community engagement and financial education programs. Through initiatives such as the Regions Next Step® financial education program, the bank offers free tools, workshops, and resources that help individuals learn about budgeting, saving, credit, and other key financial skills needed to build financial confidence and long-term financial success.

Mental Health Matters Conference

When: April 1, 2026, from 8 a.m. – 5:00 p.m.

Where: Auditorium, A300 & WSC

Who: STUDENTS, STAFF, AND FACULTY

About: This event is a full day of mental health presentations, activities, and panel discussions. Please RSVP to receive a swag bag at check in. If you cannot make all of the events, you are welcome to come as you can!

Register Here: <https://forms.office.com/r/ADF45Js8dB>

Agenda

8:00 AM - 8:55 AM - Check In & Breakfast - Skyline Lounge/Auditorium

9:00 AM - 9:10 AM - Welcome - Auditorium

9:10 AM - 9:20 AM - Morning Mindfulness - Auditorium

9:20 AM - 10 AM - Dr. Branston Harris - Auditorium

“The Reaction Point: The Intersection Between External Trauma, Mental Health, and Misbehavior”

10 AM - 11:30 AM - Walking Meditation and Soundbath to the Wellness and Success Center
- 3rd Floor Studio

11:30 AM - Lunch - A300

11:50 AM - Introduction of Keynote Speaker - A300

12:00 PM - 1 PM - Mark Berg, MA, LPC-S, CEAP, SAP, ACC, CCISM - A300

“The Journey We Go Through”

1 PM - 1:30 PM - SHSU Intern Presentation - Auditorium

“Pause, Breathe, Thrive: Seeking Life Balance through Mindfulness”

1:30 PM - 2 PM - UST Intern Presentation - Auditorium

“Always Online, Always Anxious”

2:00 PM - 2:15 PM - Break

2:15 PM - 3:15 PM - Panel Presentation - Auditorium

“Ask Me Anything: Questions for a Counselor? Feel free to ask!”

3:15 PM - 3:30 PM - Transition to A300

3:30 PM - 4:30 PM - Artistic Mindfulness – Skyline Lounge

“Paint Your Heart Out with Crafty Gator - Marceline!”

4:30 PM - Conclusion

QPR/Mental Health Gator-Aid & Pet-Assisted Therapy Workshops

When: Thursday, April 2, 2026, from 9 a.m. - 2 p.m.

Where: Wellness & Success Center Marsh Area

Who: STUDENTS, STAFF, AND FACULTY

About: Join us to become a certified Gatekeeper of the QPR Curriculum from 9-10:30 a.m. and then learn how to appropriately refer a student to the UHD resources that are here to support them by attending Mental-Health Gator Aid from 10:30-12 p.m. Also, join the fun of engaging with Major, the certified therapy dog presented by Texas Star Dog Training and his certified handler, JaNa Bickel from 11 a.m. - 2 p.m.