



TEJAS TALK

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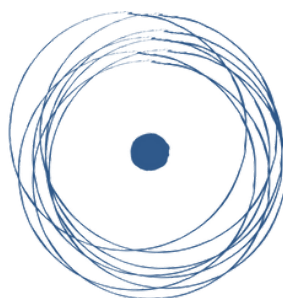
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TEJAS Health
Management

As always, we appreciate the continued partnerships we have with each of you and look forward to more great things to come in the new year.

We continue to grow our team and invite you to learn a little about our newest team member, Ricardo Marroquin, who joined our IT department in May of this year as a Shared Developer/Analyst.

We're excited to announce that we are in the early stages of building a cybersecurity program in the next several months and are actively seeking a highly qualified candidate to join the Tejas team early next year. We will be reaching out to see if these are services that could benefit your organization in the near future.

In addition to our focus on growth in information technology and our support services, we are also expanding our population health management programs through our Next Health organization, headed up by Lori Ann Dyess. She, along with Richard Flores, are seeking opportunities for us to provide evidence-based programs to an expanded population across Texas in the coming years.

As always thank you for your support and for all that you do for our community! We look forward to more opportunities to connect in the future.

Sincerely,

Hollie Chenault
CEO



Tejas Employee Spotlight Welcomes IT Developer & Analyst



Ricardo Huerta Marroquin

Bobby Simmons, Ricardo's supervisor, commented the following:

"Ricardo is a gifted individual with well-rounded skills in business and technology. He joined the IT Services team in May of last year and since then has demonstrated professionalism and tenacious competence at every turn."

"We are thankful to have him as part of the team here at Tejas and we look forward to his future with Tejas Health Management with great expectations."

"Hello, my name is Ricardo, I joined Tejas Health Management in May 2024. I hold a degree in Applied Mathematics from the Polytechnical Institute of Mexico.

Before joining the Tejas team, I worked as a Senior Data Analyst at AeroMexico where I specialized in behavioral analysis and data solutions to increase customer loyalty.

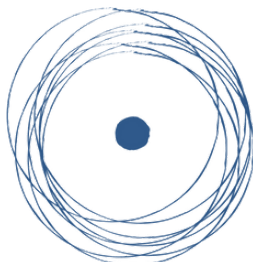
My expertise also includes developing ETL processes, ensuring data accessibility, and supporting marketing initiatives.

While my degree is in Applied Mathematics, I have always had a passion for healthcare. I am grateful for the opportunity to create data-driven solutions that improve healthcare for Texans.

Fun facts about me.....

In my free time, I enjoy swimming, traveling, and reading books about health, science, and education.

Submitted by: Ricardo H. Marroquin Tejas IT Department and Bobby Simmons-Tejas IT Supervisor



TEJAS Health
Management

"The Coach's Corner"

-Stories from the field-

Tejas Healthy at Home is a care transition program developed to support individuals being discharged from a hospital or other higher level of care and is designed to decrease their probability of readmission. Patients who suffer from a health condition that can be successfully addressed in the community are eligible for entry into the program. Our health coaches come with a vast amount of experience and education ranging from a master's to bachelors' level education in the fields of behavioral health, physical health and social services.

Testimonies:

Health Coach: Patti reports that she worked with a member and his legally authorized representative to help him navigate the first month of being sober. She checked in with them multiple times a week and helped guide him on some options for sober housing in his area. At the end of the month, the member and legally recognized representative reported that Patti was a blessing on the member's road to recovery.

Health Coach: MacKenzie was successful in helping a family with various community resources that they needed. The mother of a youth member needed help and support for finding area resources beyond mental health resources. The mother reported that she needed help finding assistance for pregnancy related supplies. Coach MacKenzie researched and provided the mother with that support she needed. With the help of Coach MacKenzie, the members mother voiced that she was able to help her child better in their recovery because she had less stress.

Ms. Lori Dyess, President of Tejas-Next Health:

"Hello from Tejas Next Health"

Next Health is a Non-Profit Physician Corporation that was created to focus on projects that serve to improve and develop the abilities of the public through the delivery of healthcare, population health interventions, and related areas.

From January through October, we enrolled and assisted over 4700 members with their transition from a facility back into their homes. We have made a difference in the lives of many people- both old and young. We were able to address medication issues, housing insecurities, food insecurities, transportation issues, as well as assist caregivers with navigating the education system for our large youth population.

I am regularly analyzing the impact Healthy at Home has on the members it serves and how we can expand that impact to benefit additional populations. This next phase finds us exploring those possibilities and narrowing down those opportunities that fall into our area of expertise. It is a very exciting time indeed and I look forward to sharing updates with you soon.

Submitted by: Ms. Lori. A. Dyess-MBA Pres. of Tejas-Next Health-Dir. of Pop. Health Tejas HMA





Tejas IT-News

Cybersecurity



As organizations face increasingly sophisticated cyber threats, it's essential to have a robust security framework to protect sensitive data and ensure operational continuity. Our tailored services aim to help customers enhance their Cybersecurity initiatives by addressing vulnerabilities, strengthening defenses, and fostering a culture of security awareness.

Potential Services:

1.Strategic Planning and Consultation

- Collaborate with leadership teams to develop a long-term Cybersecurity strategy.
- Help design a roadmap for integrating security into all aspects of the organization.
- Offer guidance on budgeting and resource allocation for Cybersecurity investments.

2.Cybersecurity Assessment

- Identify vulnerabilities in systems, applications, and networks.
- Review risk assessments reports by insurance or other third parties with prioritized recommendations.

3.Compliance Support

- Assist organizations in meeting regulatory and industry compliance standards (e.g., HIPAA, HITRUST, PCI DSS).
- Guide the development and documentation of policies and procedures to align with standards.

4.Threat Detection and Response

- Implement tools for real-time threat detection and monitoring.
- Offer 24/7 Security Operations Center (SOC) support for incident response and management.
- Train internal teams on effective response protocols to mitigate risks.

5.Security Training

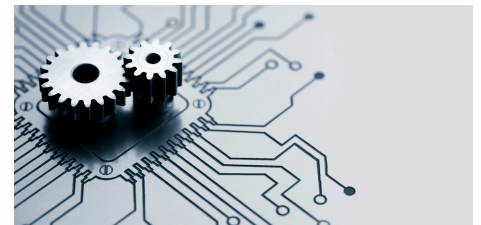
- Deliver customized workshops featuring simulated cyber-attacks to evaluate and enhance response strategies.
- Promote best practices for password management, secure communication, and data handling.

6.Advanced Cybersecurity Solutions

- Deploy cutting-edge tools for endpoint protection, data encryption, and secure access management.
- Offer expertise in implementing multi-factor authentication (MFA) and zero-trust architecture.
- Provide ongoing maintenance and updates to ensure defenses remain strong.

7.Vulnerability Management and Penetration Testing

- Conduct regular vulnerability scans to identify weaknesses before they are exploited.
- Perform simulated attacks to test the robustness of defenses and provide actionable insights.



Tejas HMA Value Proposition:

Our Cybersecurity services are designed to help organizations stay ahead of evolving threats while maintaining operational efficiency. By partnering with us, customers gain access to:

Expertise: Experienced professionals specializing in Cybersecurity.

Customization: Solutions tailored to fit unique organizational needs.

Proactive Measures: Strategies to prevent incidents and minimize downtime.



Tejas HMA-Next Health News

This issue we find Tejas Health Management initiating a new revitalization of the company. CEO, Ms. Hollie Chenault, has decided to take the company to new heights of growth and expansion into FY25 and beyond.

Like many companies, Tejas has realized the need for expansion into new uncharted waters but keeping the focus of preserving the “support services” compliment of products that we currently have. Consumer and partnership needs have grown exponentially in the healthcare world with Behavioral Health leading the charge. No more are the days when a patient would be seen in a physician’s office and walk out with a prescription to solve their health concerns.

Social Determinants of Health or Health Related Social Needs have now become a main component to that medical visit and has changed the whole dynamic and conversation for all patients and consumers. In identifying this need, Tejas has taken the challenge to provide a more robust line of products to fill this void.

With that, Tejas has decided to expand its *Population Health Management* division to incorporate a broader range of programs that would offer a complimentary suite of programs to address those social concerns. Evidenced-based Interventions or programs have long been a staple of the Centers for Medicaid and Medicare services on a federal level. These programs often address chronic illnesses or multiple co-morbidities that occur with many patients both physically and mentally.

Couple this with the need to address social drivers that impact the health journey of that patient, you have a recipe for potential hospital readmissions or a visit to a Skilled Nursing or Rehab facility. Tejas is exploring implementing these types of programs within the Tejas Next Health arm of Tejas Health Management Assoc.

Tejas Next Health is a Non-Profit Physician Corporation that was created to focus on projects that serve to improve and develop the abilities of the public through the delivery of healthcare, population health interventions, and related areas.

Possible Evidenced-based curriculums/programs include:

- Chronic Disease Self-Mgmt. Program
- Diabetes Self-Mgmt. Program
- Care Recipient & Care Giver Program
- Falls Prevention
- Etc.

Stay tuned for the next update!

Article by: R. R. Flores-Director of Marketing and Customer Relations-Tejas HMA





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[Past Newsletters:](#) (right click to link)



CALENDAR OF EVENTS 2024-2025

- Tejas Board of Directors Strategy Meeting: 12/12
- Christmas Holiday-12/24 &25-office closed
- New Year's Day-1/1/2025- Office closed
- Tejas Team Retreat-1/15/2025-Austin
- Tejas Board of Directors Meeting- 1/22/2025

TEJAS MEMBER CENTERS

We would also like to thank our member centers who have been a vital part of our success. We are grateful and thankful for everyone's partnership and confidence in us to provide quality services.



THE CENTER
FOR HEALTH CARE SERVICES
Mental Health & Substance Use Solutions

Where hope and healing begin.



**Caring People Dedicated to
Quality Service**



TROPICAL
TEXAS BEHAVIORAL HEALTH

Bluebonnet  **Trails**
Community Services