

# Webinars for Families

## Workforce Solution Partner Webinars are Recorded and Housed at:

Click the area above each  
webinar for pdf and slide  
deck resources.



# Upcoming

## Special Needs Trust

Join us for an overview of special needs trusts, including their benefits and types. Cody Sutton, a Special Needs Financial Planner, will discuss funding options, choosing a trustee, how to get started, and potential issues that may arise without a trust.

Register with the QR below.



My next webinar will be in partnership with  
**Cody Sutton**

**November 5, 2024**

**5:00 PM CST**

# Upcoming

## Seven Cognitive Abilities for IEP Consideration

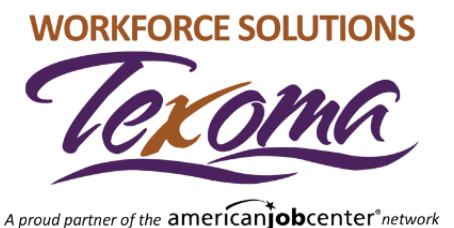
Join us as we partner with Stacey McGraw, M.Ed, Educational Diagnostician to learn about the seven cognitive abilities that should be considered when determining an eligibility during a Full and Individual Evaluation (FIE) and learn how each cognitive ability can impact learning in the classroom.

Register with the QR below.



My next webinar will be in partnership with  
Bonham Public Library and Stacey McGraw

**November 6, 2024**  
**10:30 AM CST**



# Upcoming

## ADHD Better Achievement Through Healthy Choices

TBA

Register with the QR below.



My next webinar will be in partnership with  
Prairie Fire Pharmacy

January 14, 2025

10:00 AM CST

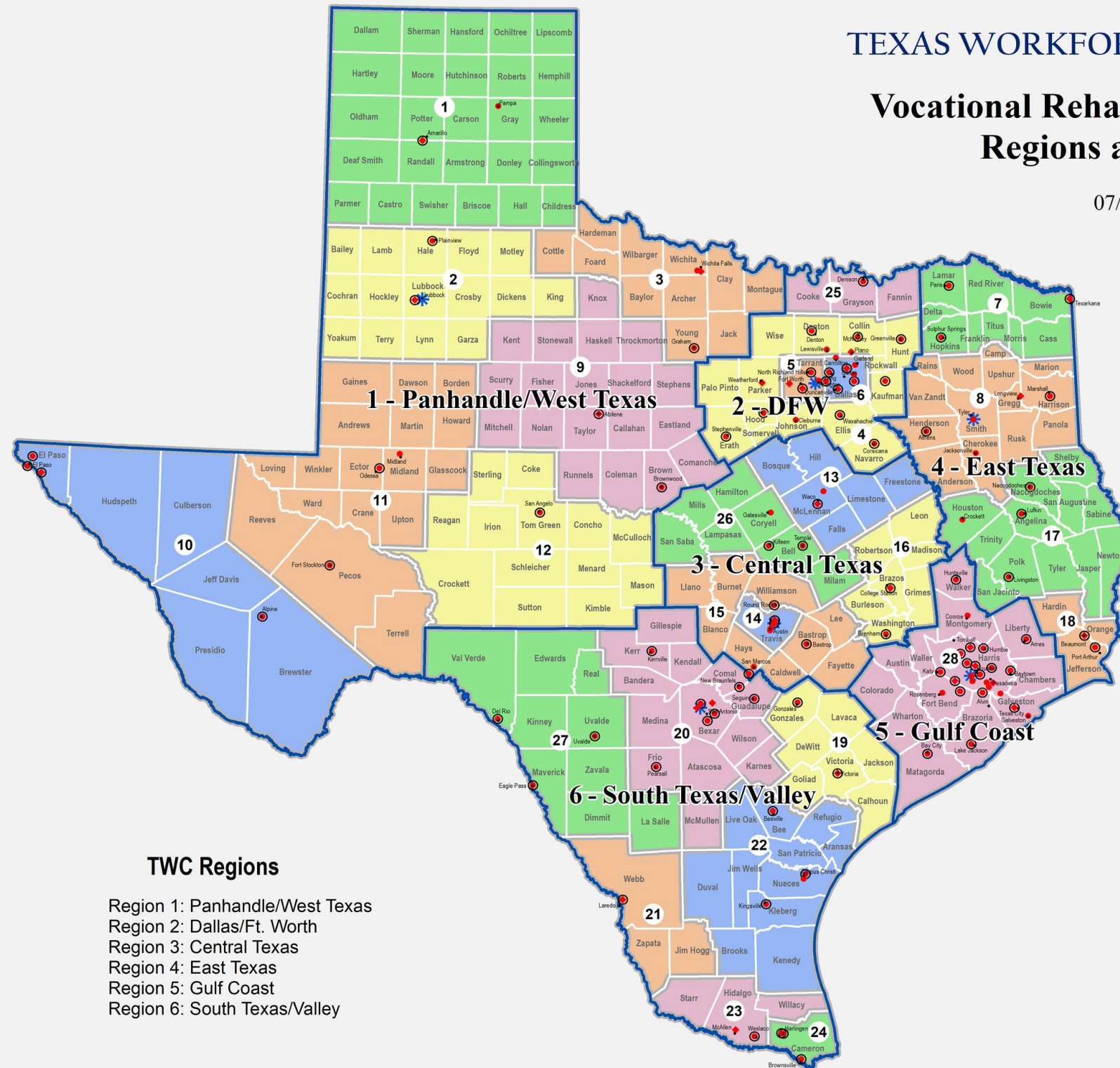


# VR & Workforce Offices

## TEXAS WORKFORCE COMMISSION

### Vocational Rehabilitation Division Regions and Offices

07/29/2021



#### TWC Regions

- Region 1: Panhandle/West Texas
- Region 2: Dallas/Ft. Worth
- Region 3: Central Texas
- Region 4: East Texas
- Region 5: Gulf Coast
- Region 6: South Texas/Valley

#### Local Workforce Development Areas

- |                       |                            |
|-----------------------|----------------------------|
| 1 Panhandle           | 15 Rural Capital           |
| 2 South Plains        | 16 Brazos Valley           |
| 3 North Texas         | 17 Deep East Texas         |
| 4 North Central Texas | 18 Southeast Texas         |
| 5 Tarrant County      | 19 Golden Crescent         |
| 6 Greater Dallas      | 20 Alamo                   |
| 7 Northeast Texas     | 21 South Texas             |
| 8 East Texas          | 22 Coastal Bend            |
| 9 West Central Texas  | 23 Lower Rio Grande Valley |
| 10 Borderplex         | 24 Cameron County          |
| 11 Permian Basin      | 25 Texoma                  |
| 12 Concho Valley      | 26 Central Texas           |
| 13 Heart of Texas     | 27 Middle Rio Grande       |
| 14 Capital Area       | 28 Gulf Coast              |

**TWC VR  
Locator**



**Workforce  
Solutions  
Board  
Websites**



# Vocational Rehabilitation

## How do I contact VR?

- Contact local VR office (See previous slide.)
- Call the TWS-VRS statewide contact center at 512-936-6400
- Online self-referral “Start My VR” located: [Bit.ly/StartMyVR](https://bit.ly/StartMyVR)
- Find your local VR Office at:  
<https://stats.twc.texas.gov/views/VRProviderLocator/ProviderbyZipCode?%3Aembed=y&%3AisGuestRedirectFromVizportal=y>
- Email us at: [VR.office.locator@twc.texas.gov](mailto:VR.office.locator@twc.texas.gov)

# Texoma Workforce Centers

## Cooke, Fannin, & Grayson Counties

Employment  
Specialist

Board Target  
Occupations List

Childcare  
Assistance

**Career Planning & Job Services**

Resume  
Assistance

Accessible  
Workstations  
and Printers

Training  
Scholarship  
Assistance

## General Services

- Job Leads & Career Resources
- Help with WorkInTexas.com
  - statewide database to look for a job
- Resume Assistance
- Interviewing Assistance
- Target Occupations List - jobs that are most in demand in each Workforce area.
- Job Fairs & Hiring Events
- Labor & Market Information
- Video Resources:
  - <https://www.workforcesolutionstexoma.com/video-resources-english>
  - <https://www.workforcesolutionstexoma.com/video-resources-spanish>
- Employer Assistance:
  - <https://www.workforcesolutionstexoma.com/employer-services>
  - Recruiting, screening, referring candidates
  - Interview and Meeting Space
  - Tax Credits and Incentives
  - Labor Market Information
  - Layoff and Layoff Aversion Services

## Partner and Specialized Services

- Childcare Assistance
- Veteran's Services
- Job Search and Scholarship Assistance through WIOA-Workforce Innovation and Opportunity Act
- Vocational Rehabilitation (VR) Services provided by the Texas Workforce Commission
  - VR helps people prepare for, find or retain employment and youth to prepare for post-secondary and employment options.
  - VR also helps employers and businesses recruit, retain, and accommodate employees with disabilities.
  - Disability Video Resource Library
    - <https://www.workforcesolutionstexoma.com/disability-videos/>
- Adult Education and Literacy (AEL) Services provided by Grayson College
  - High School Equivalency Assistance / GED
  - Refresher (Reading, Writing, Language and Math)
  - ESL (English as a Second Language)
  - Citizenship
  - TSI Prep ([Texas Success Initiative Assessment](#))
  - ASVAB Prep ([Armed Services Aptitude Battery](#))



# Target Occupation List

List that identifies fast growing occupations in your area.

WORKFORCE SOLUTIONS TEXOMA  
 TARGET OCCUPATIONS LIST  
 Revised 05/17/2023



Workforce Center  
 Information & Locations:  
<https://www.workforcesolutionstexoma.com>

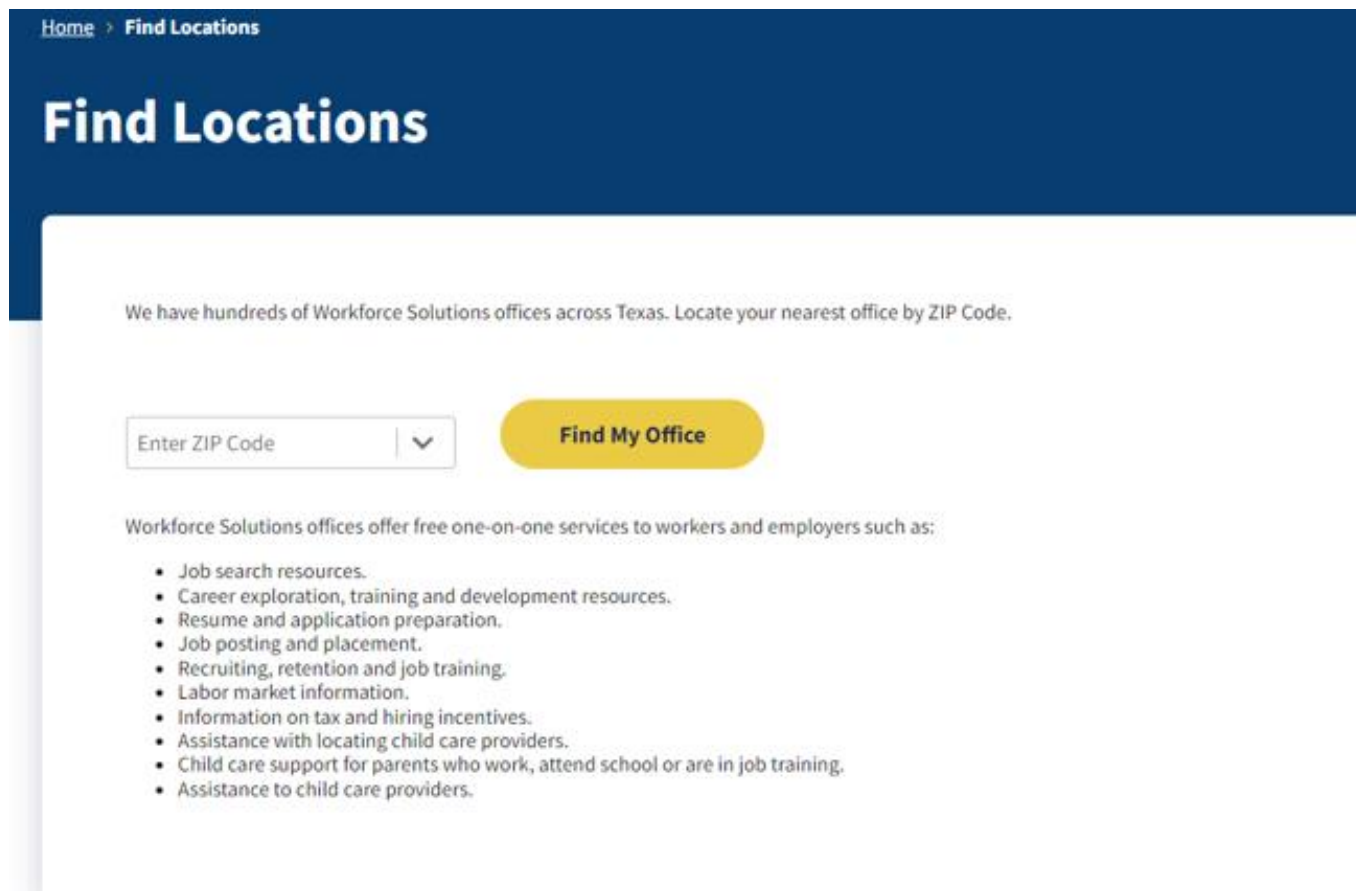
#	O*NET/ SOC Code*	Occupational Title	Average Wages	Annual Demand	
				Texoma WDA	State of Texas
1	13-2011	Accountants and Auditors	\$38.46	53	14,156
2	49-3011	Aircraft Mechanics and Service Technicians <i>{NEW Emerging Occupation Added 5.18.22}</i>	\$33.89	2^	1,626
3	43-3031	Bookkeeping, Accounting, & Auditing Clerks	\$20.87	96	21,323
4	39-9011	Childcare Workers	\$11.15	72	14,598
5	31-9091	Dental Assisting/Assistants	\$18.61	54	5,665
6	17-3023	Electrical & Electronic Engineering Technologists & Technicians <i>{NEW Emerging Occupation Added 5.17.23}</i>	\$33.37	8^	1,186
7	47-2111	Electricians	\$25.19	49	8,839
8	25-2021	Elementary Teachers, Ex. Special Education	\$27.45	98	12,270
9	11-1021	General and Operations Managers	\$44.42	172	40,516
10	49-9021	Heating/Air Conditioning/Refrigeration Mechanics & Installers	\$23.41	29	4,250
11	53-3032	Heavy and Tractor-Trailer Truck Drivers	\$24.09	160	32,096
12	49-9041	Industrial Machinery Mechanics-including Programmable Logic Controller Technician	\$28.41	36	5,326
13	29-2061	Licensed Practical and Licensed Vocational Nurses (LPN / LVN)	\$24.62	46	6,387
14	51-4041	Machinists	\$23.61	35	3,148
15	31-9092	Medical Assistants	\$17.16	65	12,465
16	43-6013	Medical Secretaries	\$18.46	55	8,897
17	25-2022	Middle School Teachers, Ex. Special & Career/Technical Education	\$28.85	46	5,787
18	31-1131	Nursing Assistants-including Patient Care Technician & Certified Nursing Assistant (CNA)	\$14.57	124	13,443
19	29-2052	Pharmacy Technicians	\$18.41	23	3,895
20	47-2152	Plumbers, Pipefitters, and Steamfitters	\$24.38	41	5,712
21	29-1141	Registered Nurses (RN) {including LVN to RN Bridge & RN to BSN}	\$36.88	130	17,269
22	25-2031	Secondary School Teachers, Ex. Special & Career/Technical Education	\$29.42	68	8,793
23	51-9141	Semiconductor Processing Technicians <i>{NEW Emerging Occupation Added 5.18.22}</i>	\$17.21	16^	621
24	29-2055	Surgical Technologists	\$27.26	7	856
25	51-2092	Team Assemblers	\$17.88	83	9,825
26	51-4121	Welders, Cutters, Solderers, and Brazers	\$23.51	52	6,453

Workforce Solutions Texoma is an equal opportunity Employer/Program. Auxiliary aids and services are available upon request to individuals with disabilities. Individuals with speech and/or hearing impairments may call 711 for assistance. 100% Federally Funded.

# What if I am not in Texoma?

Find your local Workforce Solutions Center by:

There are hundreds of Workforce Solutions Centers throughout Texas. You can locate your nearest office by entering your zip code in the locator on the Texas Workforce Commission's website – see below.





# Follow Up Resources

**VR for Students & Families**  
Vocational Rehabilitation Services Resources for students and their families.

**Vocational Rehabilitation Services Transition Students**

**Speakers**

**Adult VR**

**Webinars & Resources**

**Endorsements**

April Martin Student HireAbility Navigator Workforce Solutions Texoma (Grayson, Cooke, Fannin Counties)  
Phone: [903.957.7408](tel:903.957.7408)  
Web: [workforcesolutionstexoma.com](http://workforcesolutionstexoma.com)  
Email: [april.martin@wfstexoma.org](mailto:april.martin@wfstexoma.org)

TEXAS WORKFORCE SOLUTIONS - VOCATIONAL REHABILITATION SERVICES  
PDF  
transition-services-twc

TEXAS WORKFORCE SOLUTIONS - VOCATIONAL REHABILITATION SERVICES  
PDF  
vocational-rehabilitation-services-twc

PDF  
Key Steps to Tran. 9.4.24 CPG

Science, Technology, Engineering & Math  
PDF  
STEM Endorsement

WHAT COMES AFTER HIGH SCHOOL?  
PDF  
flyer-vr-pre-ets-students-english-twc (1)

SERVICIOS DE REHABILITACIÓN - VOCACIONAL SOLUCIONES DE LA FUERZA LABORAL DE TEXAS  
PDF  
vocational-rehabilitation-services-spanish-twc

What happens when I'm gone?  
PDF  
10 Basic Steps 9.19.24 (3)

Public Service  
PDF  
PubService Endorsement

TEXAS WORKFORCE SOLUTIONS - VOCATIONAL REHABILITATION SERVICES  
Creating opportunities for your abilities  
Start My VR

TEXAS WORKFORCE SOLUTIONS - VOCATIONAL REHABILITATION SERVICES  
Partner Webinars Disability Video Resources

Multidisciplinary Studies  
PDF  
Can you imagine YOURSELF here?

Padlet



<https://padlet.com/aprilmartin3/vr-for-students-families-jf21i7wtd4zvie9o>

# Poison Prevention

Veronica Riera-Gilley PharmD, BCGP, CFMP

Doctor of Pharmacy

Board Certified Geriatric Pharmacist

Certified Functional Medicine Practitioner





# Veronica Riera-Gilley

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- Doctor of Pharmacy
- Board Certified Geriatric Pharmacist
- Certified Functional Medicine Practitioner
- Certified Yoga Instructor, 200 hour
- Founder of Prairie Fire Pharmacy Consulting
- Faculty at Evidence in Motion
- Former Co-Host of SeniorRx Radio, Podcast of American Society of Consultant Pharmacists
- Internationally recognized presenter
- Based in Sherman, Texas

# What we will learn today...

- What are poisons?
- Which type of poisoning is most common in each age group?
- Who can I call for help in a poisoning situation?
- How can I prevent poisonings at home?



# Almost Anything Can Be a Poison

- A poison is any product or substance that can harm someone if it is used in the wrong way, by the wrong person, or in the wrong amount.
- The dose makes the poison



# Almost Anything Can Be a Poison

## •5R's of Medication Safety

- Right drug
- Right dose
- Right route
- Right patient
- Right time





# Percentage of Poisoning by Substance and Age Group

	<b>Hazardous Household Chemicals</b>	<b>Plants</b>	<b>Drugs</b>	<b>Alcohol</b>	<b>CO</b>	<b>Total</b>
<b>Children</b>	58.9	0.5	30.3	3.4	6.1	100%
<b>Teens</b>	20.2	1.6	52.5	20.8	4.9	100%
<b>Adults</b>	22.2	3.7	50.0	11.1	13.0	100%
<b>Elderly</b>	25.9	1.2	52.9	7.1	12.9	100%



# Sports Drink or Cleaning Product?

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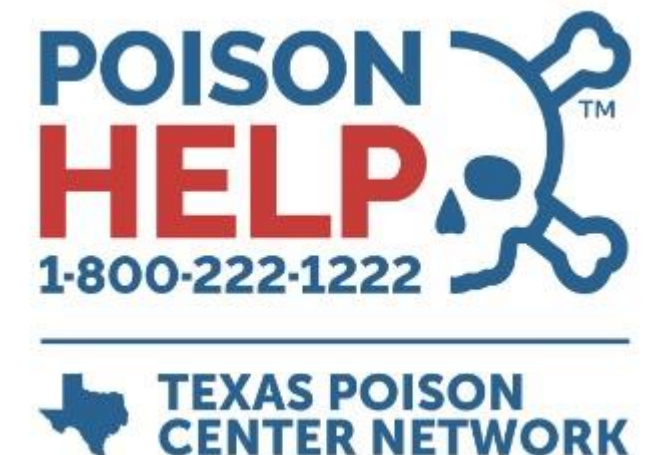
# Candy or Medicine?

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Ibuprofen	Good N' Plenty®	Multivitamin	Good N' Fruity®	Amitriptyline	Cinnamon Candy
					
Dolobid®	Good N' Fruity®	Ferrous Sulfate	Red Hots®	Tegretol®	Smarties®
					
Children's Vitamins	Tangy Bunnies	Depakene	Good N' Fruity®	Pseudoephedrine	Cinnamon Candy
					
Ferrous Gluconate	M&M®	Amantadine	Good N' Fruity®	Bethanechol	Sweetarts®
					
Aspirin	Skittles®	Mesoridazine	M&M® (small)	Simethicone Chewable	Altoid® Mint
					
Tylenol®	Tic Tac®	Ephedrine	Good N' Plenty®	Phenelzine	Skittles®

# If you think someone has been poisoned...

- Call poison control 1-800-222-1222 right away
- Do not wait for the person to look or feel sick
- Do not try to treat the person yourself
- If someone is unconscious or not breathing, call 911



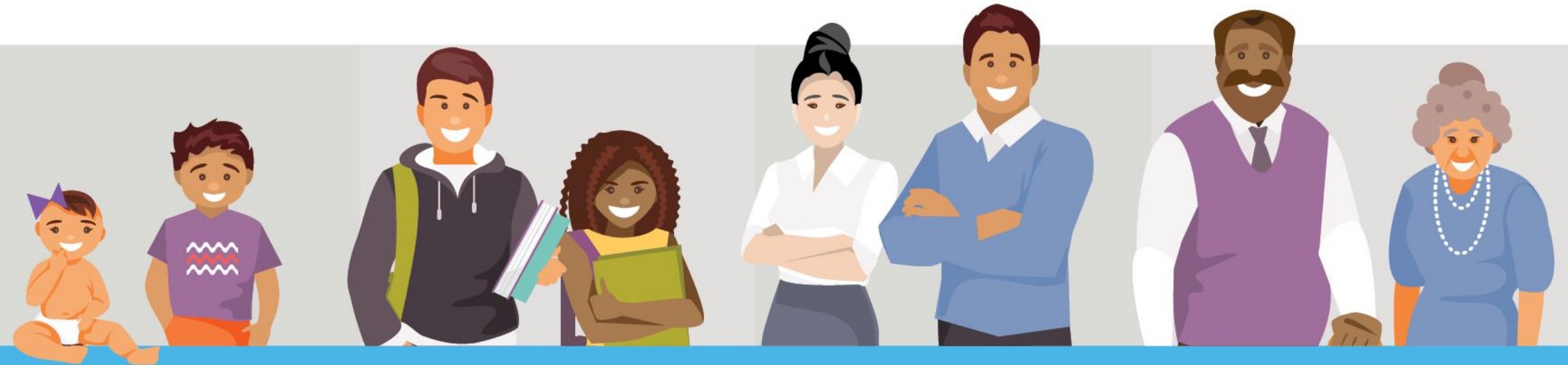
# Poison Centers Are for ~~Kids~~ **EVERYONE.**



Fast. Free. Expert. 24/7,  
confidential help.

Poisonings  
can happen  
to anyone.

Just under half of calls  
to poison control centers  
are about children—but  
poisonings in teens,  
adults, and older adults  
are usually more serious.



## MOST COMMON POISON EXPOSURES:

### YOUNG CHILDREN

- Cosmetics & personal care products
- Household cleaners
- Pain medicines

### TWEENS & TEENS

- Pain medicines
- Antidepressants
- Foreign bodies & toys (ages 6-12)

### ADULTS

- Pain medicines
- Sleep medicines & anxiety/mood medicines
- Antidepressants

### OLDER ADULTS

- Heart medicines
- Pain medicines
- Sleep medicines & anxiety/mood medicines

Other common poison exposures include: household products, plants, mushrooms, pesticides, bites & stings, and carbon monoxide.

# Poison Prevention



## Store potential poisons out of reach of children and pets

- Upper cabinets
- Cabinets with child locks
- In a locked room
- In locked box or other secure storage area
- In their original labeled containers



## Potential poisons

- Household cleaners
- Batteries
- Perfume
- Lawn chemicals
- Gasoline
- Antifreeze
- Medications
- Vitamins



Check Each Room for Potential Poisons

Kitchen

Bathroom

Garage

Family  
Room

Bedroom

Laundry  
Room

# Secure Medication Storage Ideas

ASA-1200 LOCKMED Combination Lockbox - SMALL



Locking Boxes

ASA-700 LOCKMED LOCKBAG with Combination Lock - SMALL



Locking Bags



# Unused or Expired Medication Disposal

- **DO NOT FLUSH** medications down the toilet
- Take medications to a drug disposal box
  - Located inside Albertson's in Sherman
  - Located inside the Sherman Police Department
- Take medications to a Drug Enforcement Agency (DEA) Take Back Event
  - Occurs every October and April
  - Visit website for dates and locations
  - <https://www.dea.gov/takebackday#collection-locator>

# Questions?

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# Get a kit

# Save a life



N a l o x o n e   T r a i n i n g

Presented by

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Veronica Riera-Gilley  
Doctor of Pharmacy

# What we are learning today...



1. How often do accidental drug poisonings (overdoses) occur and who is at risk for accidental drug poisoning with opioid pain medications?
2. What are the signs that someone may be experiencing an accidental drug poisoning with opioids?
3. What is the reversal agent available to stock in your first aid kit to help in the event of an accidental drug poisoning with opioids?
4. How can I prevent accidental drug poisoning at home?

One Pill can kill





# Accidental Drug Poisoning Facts



80  
%



75  
%



40  
%

# Signs of Accidental Drug poisoning

Slow Breathing  
Gurgling, No Breathing



Cool/Clammy Skin

Blue Lips  
Pale, grey color  
to the skin



Low Heart Rate  
Low blood pressure

Pin-Point Pupils

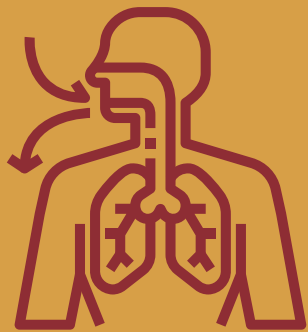


Drowsiness  
Unconsciousness





# How do opioids kill?



01

Breathing  
slows



02

Breathing  
stops



03

Lack of oxygen  
Brain damage



04

Heart stops



05

Death





# What is Naloxone/Narcan ?

Naloxone is a life-saving medication that REVERSES accidental drug poisonings (OVERDOSES) from opioids.

It buys time until emergency medical personnel arrive.





# What Does Naloxone Reverse ?



## Prescription Opioids

Fentanyl  
Hydrocodone  
Morphine  
Oxycodone  
Tramadol

Illicit  
Opioids  
Fentanyl  
Heroin



## Other Medications

Alcohol  
Alprazolam  
Gabapentin  
Pregabalin

Illicit  
Drugs  
Methamphetamine  
Cocaine

# How does Naloxone work?



Knocks the opioid off the receptor

No Opioid = No Effect



Quickly Restores Breathing

Usually Effective in 1 to 3 minutes

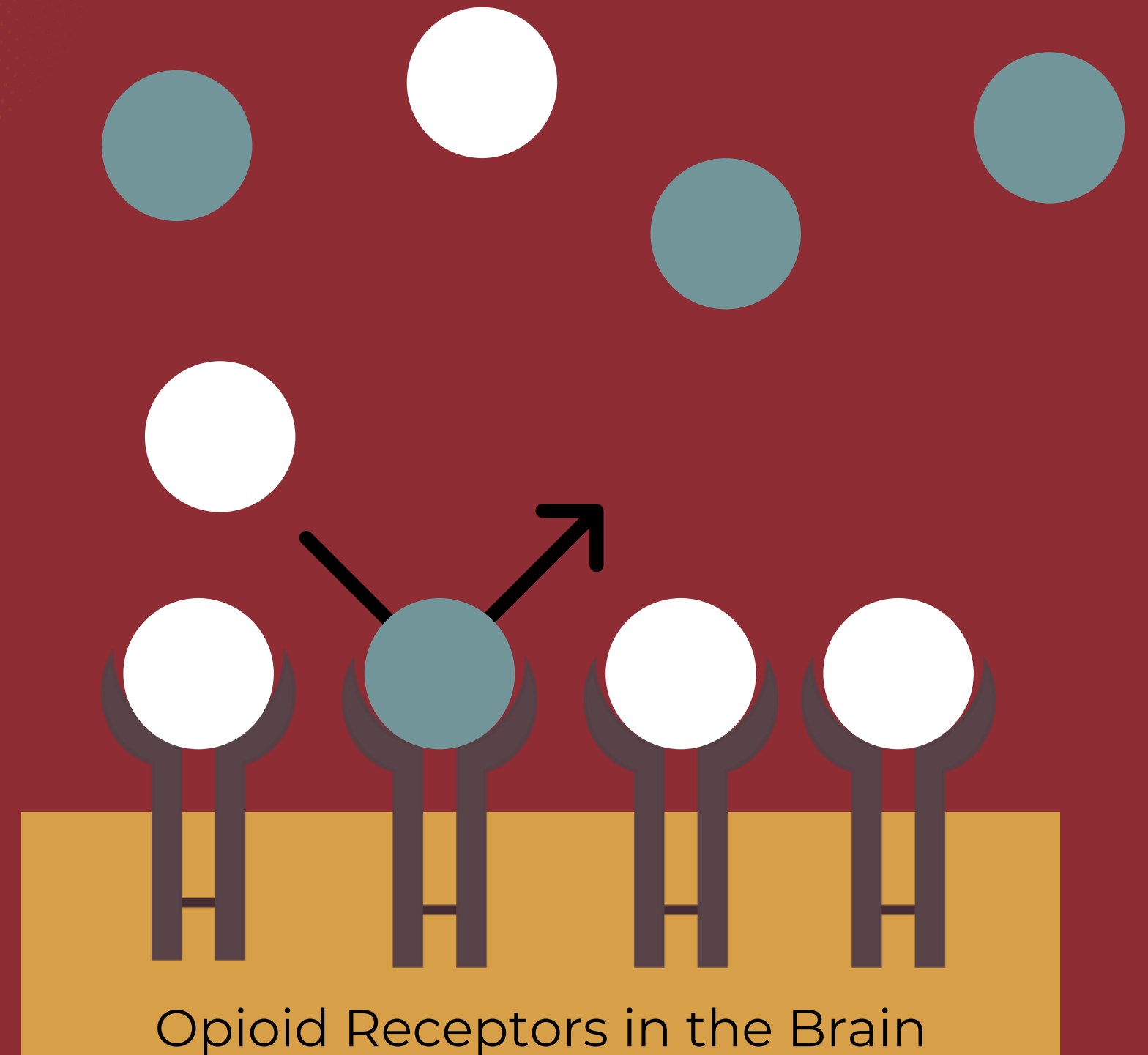
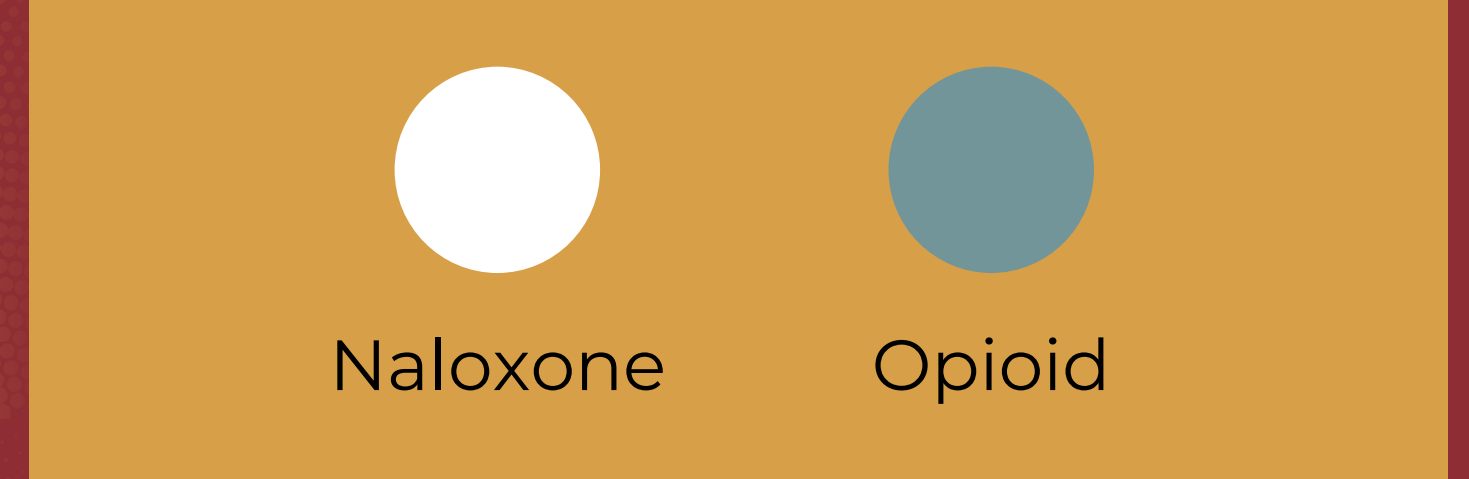
May last 30 to 90 minutes



Safe

Cannot be used to get high

Not harmful if the person receiving naloxone does not have opioids in their system



# Steps for using Naloxone



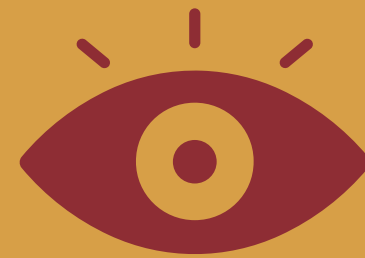
01

Administer  
nasal spray\*



02

Call 911



03

Keep person  
awake



04

Lay person  
on their side



05

Remain with  
them until  
help arrives

\*The 1 before 911

# Time is critical



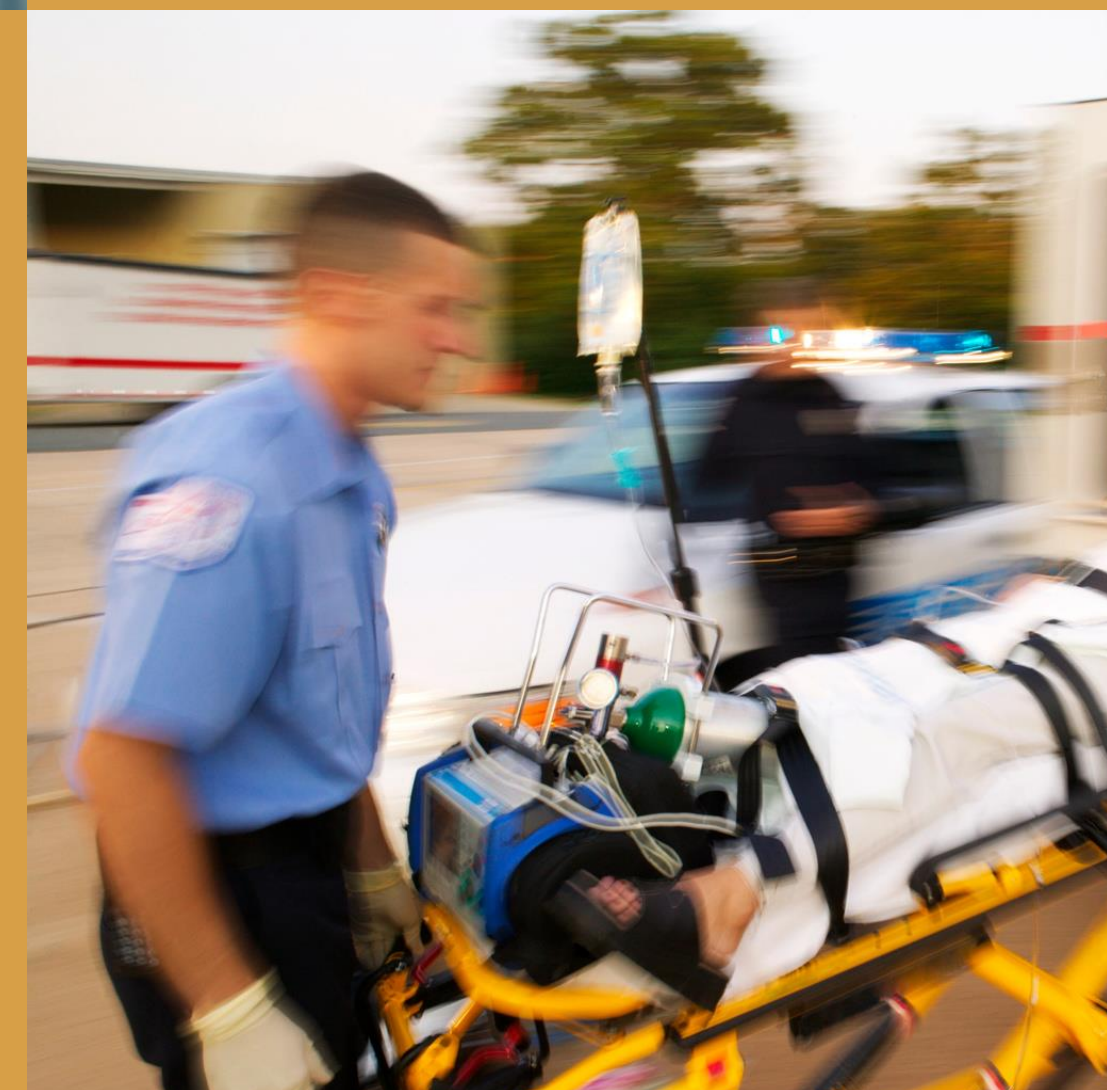
4 minutes

Average time to brain damage after breathing stops



7 minutes

Average Emergency Response Time



# Who is at greatest Risk for accidental drug Poisoning ?

- Having recently been in jail or drug treatment program
- Using IV Drugs
- Taking high dose prescription opioids pain
- Taking anti-anxiety meds or sleeping pills plus opioids
- Taking alcohol plus opioids
- Taking opioids when you have other chronic health conditions
  - COPD
  - Sleep Apnea
  - Dementia
  - Kidney Disease
  - Liver Disease
  - Schizophrenia





# Who needs a kit?

EVERYONE

- Anyone with opioids in the home
- Anyone who takes opioids
- Anyone with a history substance use disorder
- Anyone who has experienced accidental opioid poisoning in the past
- Anyone who uses recreational drugs
- Anyone who uses IV drugs
- Anyone who may be in a position to help someone suffering from drug poisoning

# Where to get Narcan

## Local Pharmacies

- Most can dispense naloxone kits
- Request a kit from your pharmacist
- Many insurances will cover naloxone kits
- Available in a generic
- Now available over-the-counter

## Grant Program for Texas

- [www.morenarcanplease.com](http://www.morenarcanplease.com)
- Fill out the online request
- Receive 1 free kit in the mail
- Repeat requests are accepted as the supply allows

# Poison Prevention Tips

## Adults

- Store medications in original packaging
- Store medications in a secure location
- Limit the number of people who know where your medications are stored
- Do NOT share medications
- Dispose of unused or expired medications

## Kids

- Never share your medicine with someone else
- Never use someone else's medicine
- Read and follow the label every time you take medication
- Only take medicine under the guidance of your parent or guardian

# Drug DISPOSAL

## Drug Collection Sites

- Visit the DEA Website to search for permanent collection sites
- <https://apps.deadiversion.usdoj.gov/pubdispsearch/spring/main?execution=e1s1>

## At-Home Disposal Kits

- Dispose Rx
  - Add Powder packet and water to vial to inactivate pills
  - Safe for disposal in household trash with this method
  - Available for purchase at local pharmacies

Questions ?

# PRAIRIE FIRE



# PHARMACY CONSULTING



**Scan for Contact  
Information**

## Veronica Riera-Gilley

Doctor of Pharmacy

Board Certified Geriatric Pharmacist

Certified Functional Medicine Practitioner