

Upcoming

Ten Basic Steps What Happens When I'm Gone

Join us for an insightful session as we learn about the basic financial steps and tools:

- Best possible future
- Avoid unnecessary emotional & financial strain



Our guest speaker, Cody Sutton is a Special care planner with over 9 years of experience. He regularly helps families plan to create a better life for loved ones with disabilities through tailored plans and one-on-one advising.

Register with the QR below.



My next webinar will be in partnership with
Cody Sutton from Stonewater Financial



April 1, 2025

5:30 PM CST



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.

Webinars for Families

Workforce Solution Partner Webinars are Recorded and Housed at:

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



VR Services Across the Lifespan

- Vocational Rehabilitation Services-is a partner within the Texas Workforce System that supports eligible adults and students with cognitive, medical, physical or visual conditions prepare for, find, retain or advance in employment
- Vocational Rehabilitation (VR) counselors work closely with job seekers to determine an employment goal, and then identify and arrange services that lead to employment.
- Vocational Rehabilitation (VR) services are available to eligible individuals across Texas and some VR staff are co-located within many Workforce Solutions Offices.

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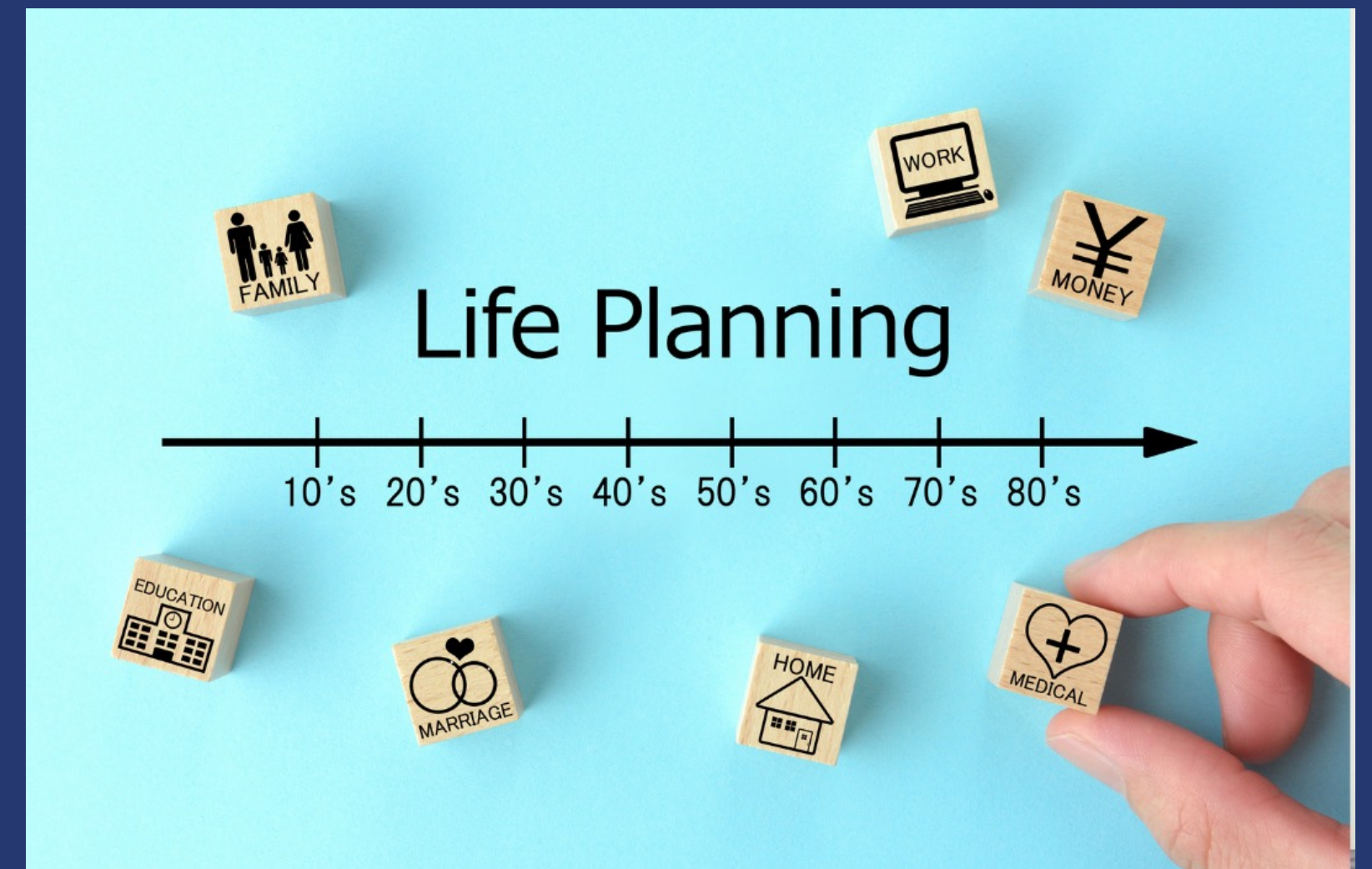


Example of Services

- Medical and Psychological Assessment
- Vocational Evaluation and Planning
- Career Counseling and Guidance
- Training and Education After High School
- Job-Site Assessment and Accommodations
- Job Placement
- Job Coaching
- On-the-Job Training
- Supported Employment
- Assistive Technology and Devices
- Time-limited Medical and/or Psychological Treatment
- Work readiness training



What does your best life plan look like for your clients?



Vocational Rehabilitation Supports Students Goal:

Students –
establish plan to
obtain, maintain
or advance in
meaningful
employment.

School-
Partner to
establish IPE Plan
and goals that are
concrete,
measurable, and
portable.

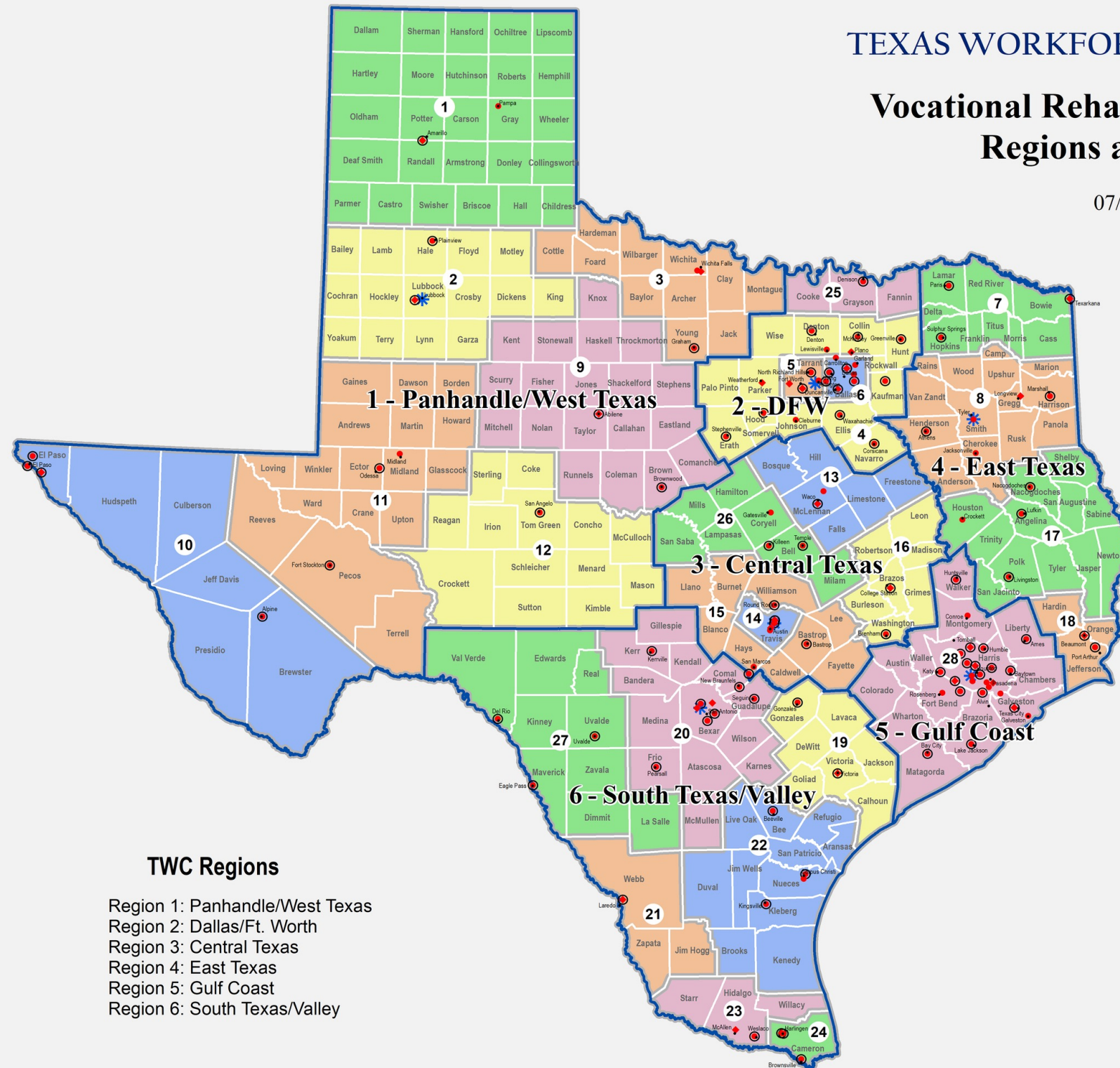
Families-
Continuous
partner to
coordinate
activities high
school to college.

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



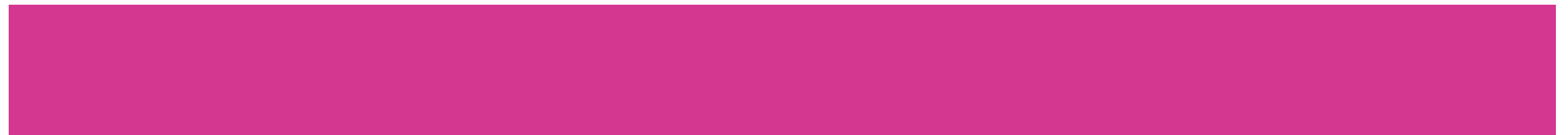
Vocational Rehabilitation

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



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>

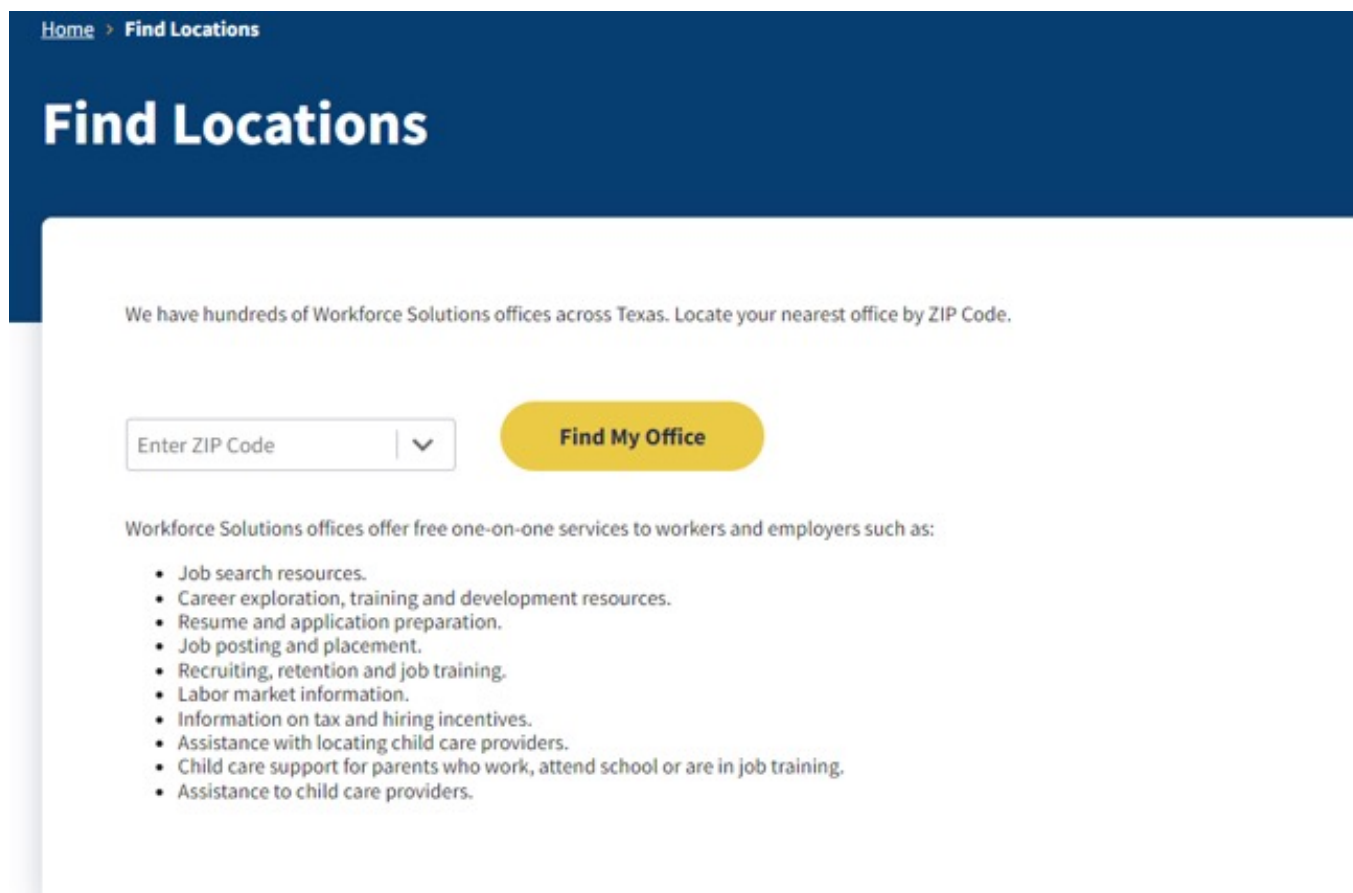
#	O*NET/ SOC Code*	Occupational Title	Average Wages	Annual Demand	
				Texoma WDA	State of Texas
1	13-2011	Accountants and Auditors	\$38.46	53	14,156
2	49-3011	Aircraft Mechanics and Service Technicians <i>{NEW Emerging Occupation Added 5.18.22}</i>	\$33.89	2^	1,626
3	43-3031	Bookkeeping, Accounting, & 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

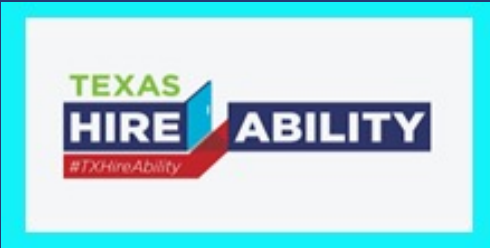
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What if I am not in Texoma?

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
Email: april.martin@wfstexoma.org

transition-services-twc

WHAT COMES AFTER HIGH SCHOOL?
Are you a parent of a student with disabilities between 14 and 22 years of age? Do you and your young adult have a plan for what they'll do after high school?
Texas Workforce Solutions-vocational Rehabilitation Services (TWS-VRS) and Vocational Transition Services can help you prepare a plan for life after high school.

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SERVICIOS DE REHABILITACIÓN - VOCACIONAL SOLUCIONES DE LA FUERZA LABORAL DE TEXAS

vocational-rehabilitation-services-spanish-twc

What happens when I'm gone?
We'll examine:
Government Benefits
Social Security

10 Basic Steps 9.19.24 (3)

Partner Webinars Disability Video Resources

- Educational Options After High School
- Communication Skills
- Overview of Programs & Services for the Center on Disability at Texas A&M
- Government Benefits 2024 for Special Needs
- Essential Financial Steps for Caregiver
- 504 Plans
- Hiring, Retaining, Supporting
- Should I open an ABLE Account?
- Why Do I Need a Special Needs Attorney and Special Needs Planner?
- Letter of Intent
- Accessing Open-Source College
- Top 5 Legal Documents Needed for Special Needs

Science, Technology, Engineering & Math
Can you imagine YOURSELF here?
Explore your future with THE FOUNDATION HIGH SCHOOL PROGRAM
STEM Endorsement

Public Service
Can you imagine YOURSELF here?
Explore your future with THE FOUNDATION HIGH SCHOOL PROGRAM
PubService Endorsement

Multidisciplinary Studies
Can you imagine YOURSELF here?

Padlet



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



Meet the Speaker

Veronica Riera-Gilley

- 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



GET A KIT SAVE A LIFE

N A L O X O N E T R A I N I N G

Presented by



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

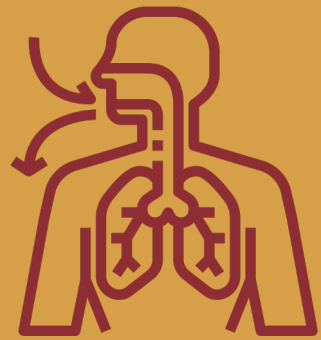


Drowsiness

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

Methamphetamines
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

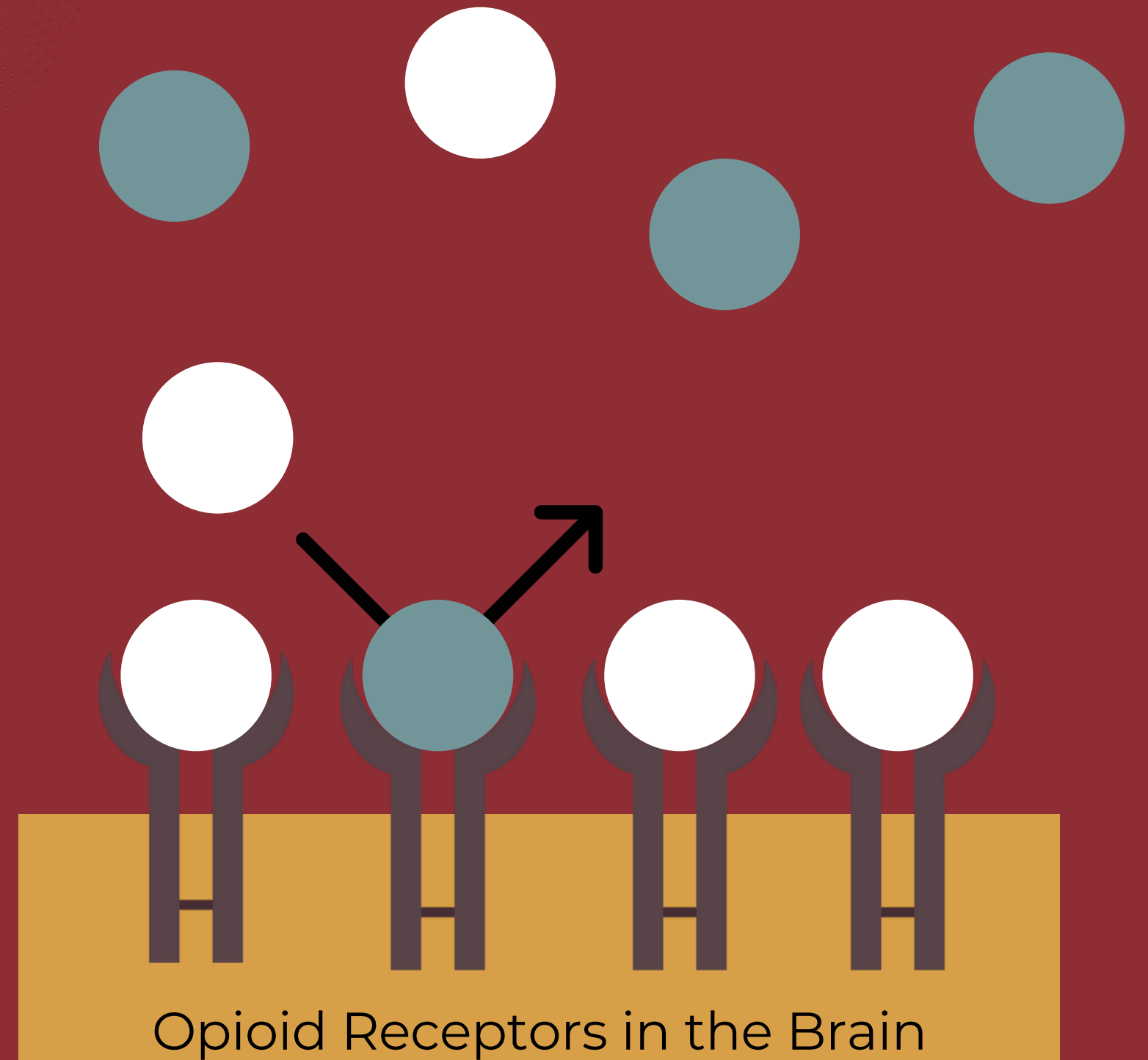
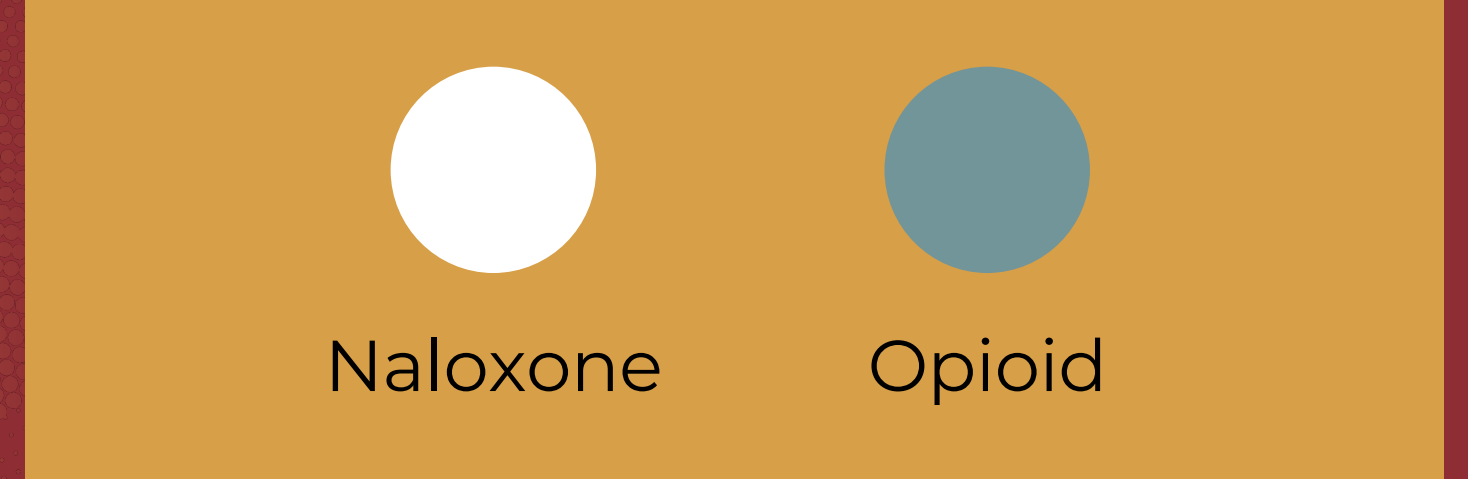
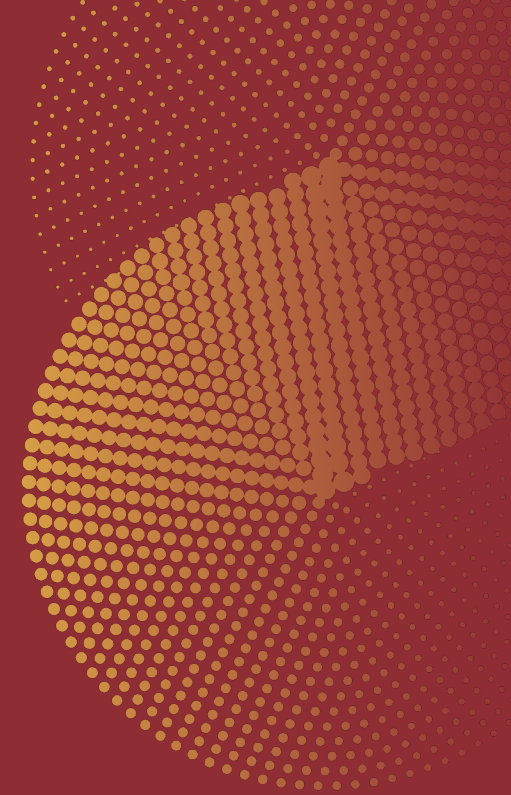
May last 30 to 90 minutes



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
- 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.dea.diversion.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

SUMMARY

1. Most accidental drug poisonings occur with prescription pain medication
2. Pinpoint pupils, low to no breathing, pale skin/blue lips, low heart rate, drowsiness or unconsciousness are signs of accidental drug poisoning
3. Narcan is the opioid reversal agent that you can keep in your first aid kit
4. Store pain medications securely and dispose of unused medications properly

QUESTIONS ?

Poison Prevention

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



Percentage of Poisoning by Substance and Age Group

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



Sports Drink or Cleaning Product?



Candy or Medicine?



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



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



National Take Back Initiative Collection(s) Site Search Result

Saturday, April 26, 2025
10:00 am - 2:00 pm

Search Again

Take Back Day: Saturday, April 26, 2025 10:00
am - 2:00 pm

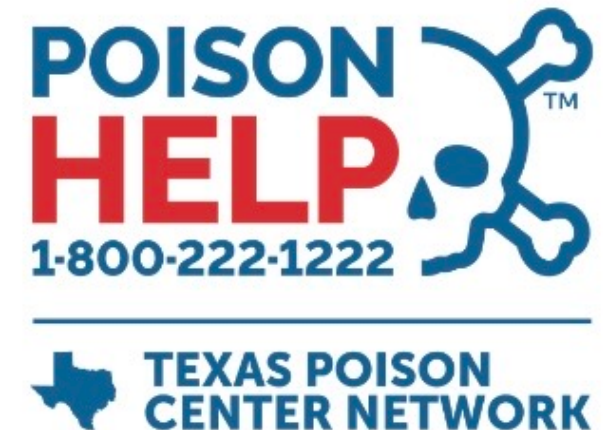
COLLECTION SITE	~DISTANCE	
If you do not find a collection site near you, please check back frequently, sites are added every day.		
SHERMAN POLICE DEPARTMENT SHERMAN POLICE DEPARTMENT	0miles.	Map
ANNA POLICE DEPARTMENT ANNA POLICE DEPARTMENT FRONT LOBBY OF THE MUNICIPAL COMPLEX	25miles.	Map



<https://www.dea.gov/takebackday#collection-locator>

Summary

- Almost anything can be a poison
- Household cleaners are the most common poison for children
- Medications are the most common poison in teens and adults
- Prevent poisoning with proper storage of cleaners and medications
- Prevent poisoning with proper disposal of unused medications



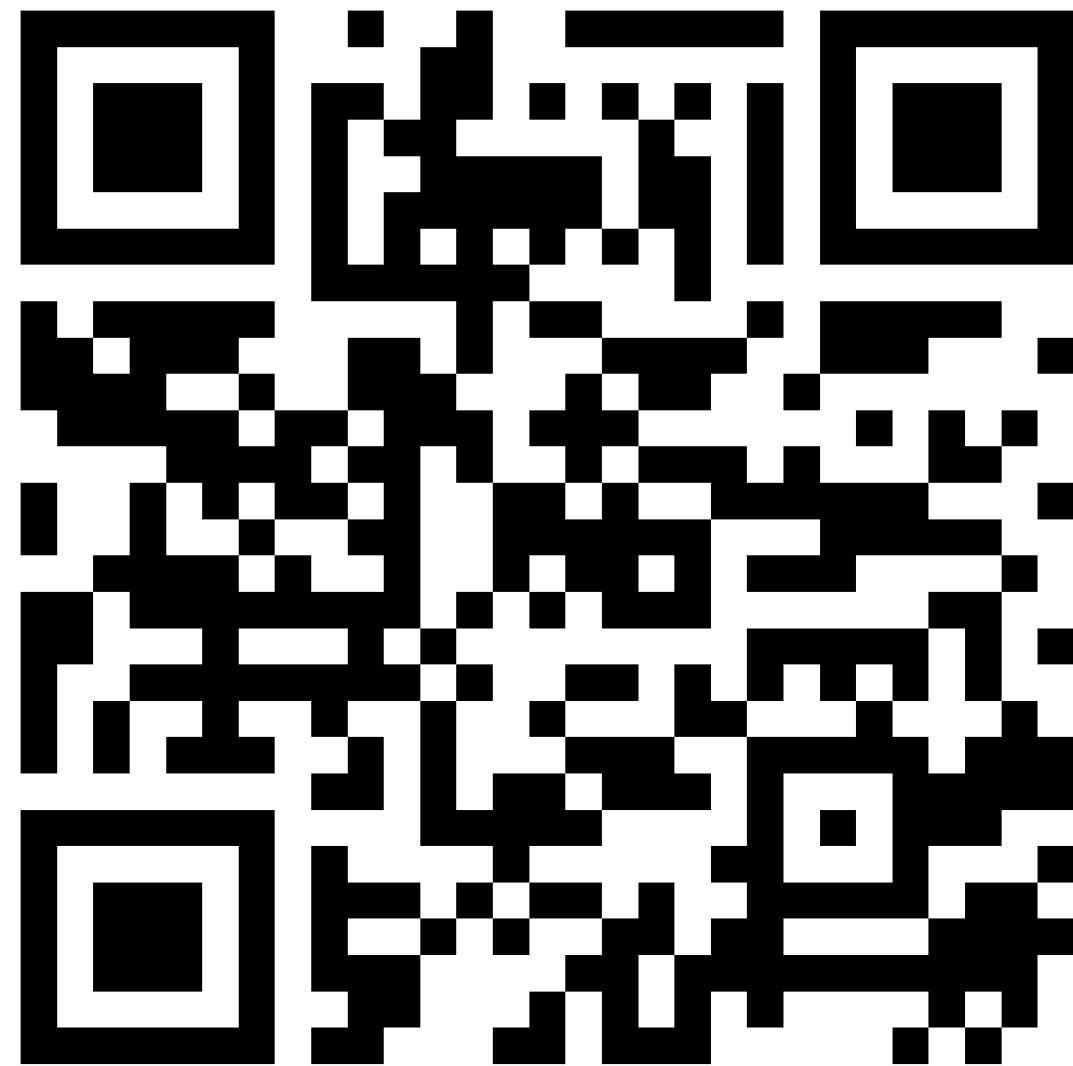
Questions?



PRAIRIE FIRE



PHARMACY
CONSULTING



Scan for Contact Information

Veronica Riera-Gilley

Doctor of Pharmacy

Board Certified Geriatric Pharmacist

Certified Functional Medicine Practitioner