

# Region 8 Regional Resource Directory

REGION VIII: PREVENTION RESOURCE CENTER

PROGRAM OF THE SAN ANTONIO COUNCIL ON ALCOHOL AND DRUG  
AWARENESS (SACADA)

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## HOUSING, RENT, & UTILITY RESOURCES

County	Housing Resources	Rental Assistance	Utility Assistance
<b>Atascosa</b>	Atascosa County Housing Authority (local affordable housing)	Workforce Solutions Alamo - Emergency rent/utilities: <a href="http://workforcesolutionsalamo.org">workforcesolutionsalamo.org</a>	CEAP (Community Council South Central TX): <a href="http://ccsct.org">ccsct.org</a>
<b>Bandera</b>	Bandera Housing Authority / local affordable housing	Local nonprofits and United Way referrals via 211: <a href="http://211texas.org">211texas.org</a>	Bandera Electric Cooperative assistance programs: <a href="http://banderaelectric.com">banderaelectric.com</a>
<b>Bexar</b>	San Antonio Housing Authority: <a href="http://sanantonio.gov/housing">sanantonio.gov/housing</a>	CPS Energy Rental Assistance Program: <a href="http://cpsenergy.com">cpsenergy.com</a>	CPS Energy Utility Assistance: <a href="http://cpsenergy.com">cpsenergy.com</a>
<b>Calhoun</b>	Gulf Bend MHMR affordable housing programs ( <a href="http://gulfbend.org">gulfbend.org</a> )	Local nonprofits, 211 Texas referrals: <a href="http://211texas.org">211texas.org</a>	Gulf Bend MHMR utility assistance programs: <a href="http://gulfbend.org">gulfbend.org</a>
<b>Comal</b>	Comal County Housing Authority / Guadalupe Valley Housing Authority	Workforce Solutions Alamo - rent/utilities: <a href="http://workforcesolutionsalamo.org">workforcesolutionsalamo.org</a>	Hill Country MHDD utility assistance: <a href="http://hillcountry.org">hillcountry.org</a>
<b>DeWitt</b>	Local housing authorities or rural housing programs	Gulf Bend MHMR referrals and 211 Texas: <a href="http://211texas.org">211texas.org</a>	Gulf Bend MHMR utility assistance: <a href="http://gulfbend.org">gulfbend.org</a>
<b>Dimmit</b>	Local housing programs and Rio Grande MHMR assistance	Rio Grande MHMR rental assistance referrals: <a href="http://rgmhm.org">rgmhm.org</a>	Rio Grande MHMR utility assistance programs: <a href="http://rgmhm.org">rgmhm.org</a>
<b>Edwards</b>	Local rural housing programs	Hill Country MHDD or local 211 referrals	Hill Country MHDD utility programs: <a href="http://hillcountry.org">hillcountry.org</a>
<b>Frio</b>	Rio Grande MHMR housing support	Rio Grande MHMR rent assistance: <a href="http://rgmhm.org">rgmhm.org</a>	Rio Grande MHMR utility assistance: <a href="http://rgmhm.org">rgmhm.org</a>
<b>Gillespie</b>	Hill Country MHDD housing programs	Hill Country MHDD referrals and 211 Texas	Hill Country MHDD utility assistance: <a href="http://hillcountry.org">hillcountry.org</a>

<b>County</b>	<b>Housing Resources</b>	<b>Rental Assistance</b>	<b>Utility Assistance</b>
<b>Goliad</b>	Gulf Bend MHMR housing programs	Gulf Bend MHMR referrals	Gulf Bend MHMR utility assistance: <a href="http://gulfbend.org">gulfbend.org</a>
<b>Gonzales</b>	Gulf Bend MHMR housing programs	Gulf Bend MHMR referrals	Gulf Bend MHMR utility assistance: <a href="http://gulfbend.org">gulfbend.org</a>
<b>Guadalupe</b>	Guadalupe County Housing Authority / MHMR referrals	Guadalupe County rental assistance programs	Guadalupe County utility assistance via MHMR or 211: <a href="http://211texas.org">211texas.org</a>
<b>Jackson</b>	Gulf Bend MHMR housing programs	Gulf Bend MHMR referrals	Gulf Bend MHMR utility assistance: <a href="http://gulfbend.org">gulfbend.org</a>
<b>Karnes</b>	Karnes County Housing Authority / Karnes Electric Coop referrals	Workforce Solutions Alamo / local nonprofit referrals	Karnes Electric Cooperative assistance: <a href="http://karnesec.org">karnesec.org</a>
<b>Kendall</b>	Hill Country MHDD housing programs	Hill Country MHDD referrals	Hill Country MHDD utility assistance: <a href="http://hillcountry.org">hillcountry.org</a>
<b>Kerr</b>	Hill Country MHDD housing programs	Hill Country MHDD referrals	Hill Country MHDD utility assistance: <a href="http://hillcountry.org">hillcountry.org</a>
<b>Kinney</b>	Rio Grande MHMR housing support	Rio Grande MHMR rental assistance	Rio Grande MHMR utility assistance: <a href="http://rgmhmr.org">rgmhmr.org</a>
<b>La Salle</b>	Rio Grande MHMR housing support	Rio Grande MHMR rental assistance	Rio Grande MHMR utility assistance: <a href="http://rgmhmr.org">rgmhmr.org</a>
<b>Lavaca</b>	Gulf Bend MHMR housing programs	Gulf Bend MHMR referrals	Gulf Bend MHMR utility assistance: <a href="http://gulfbend.org">gulfbend.org</a>
<b>Maverick</b>	Rio Grande MHMR housing support	Rio Grande MHMR rental assistance	Rio Grande MHMR utility assistance: <a href="http://rgmhmr.org">rgmhmr.org</a>
<b>Medina</b>	Hill Country MHDD housing programs	Hill Country MHDD referrals	Hill Country MHDD utility assistance: <a href="http://hillcountry.org">hillcountry.org</a>

<b>County</b>	<b>Housing Resources</b>	<b>Rental Assistance</b>	<b>Utility Assistance</b>
<b>Real</b>	Hill Country MHDD housing programs	Hill Country MHDD referrals	Hill Country MHDD utility assistance: <a href="http://hillcountry.org">hillcountry.org</a>
<b>Uvalde</b>	Rio Grande MHMR housing support	Rio Grande MHMR rental assistance	Rio Grande MHMR utility assistance: <a href="http://rgmhm.org">rgmhm.org</a>
<b>Val Verde</b>	Rio Grande MHMR housing support	Rio Grande MHMR rental assistance	Rio Grande MHMR utility assistance: <a href="http://rgmhm.org">rgmhm.org</a>
<b>Victoria</b>	Gulf Bend MHMR housing programs	Gulf Bend MHMR referrals	Gulf Bend MHMR utility assistance: <a href="http://gulfbend.org">gulfbend.org</a>
<b>Wilson</b>	Guadalupe County Housing Authority / MHMR referrals	Guadalupe County rental assistance programs	Guadalupe County utility assistance via MHMR or 211: <a href="http://211texas.org">211texas.org</a>
<b>Zavala</b>	Rio Grande MHMR housing support	Rio Grande MHMR rental assistance	Rio Grande MHMR utility assistance: <a href="http://rgmhm.org">rgmhm.org</a>

## FOOD RESOURCES

County	Food Resources	Links / Contacts
<b>Atascosa</b>	Atascosa County Food Pantry, Atascosa County Christian Help	<a href="#">Atascosa County Christian Help</a>
<b>Bandera</b>	Bandera County Food Pantry, Bandera Community Pantry	<a href="#">Bandera County Food Pantry</a>
<b>Bexar</b>	San Antonio Food Bank (largest in region), multiple pantries, Meals on Wheels	<a href="#">San Antonio Food Bank</a>
<b>Calhoun</b>	Calhoun County Food Bank, Gulf Bend Food Pantry	<a href="#">Calhoun County Food Bank Facebook</a>
<b>Comal</b>	Comal County Food Bank, New Braunfels Food Bank	<a href="#">Comal County Food Bank</a>
<b>DeWitt</b>	DeWitt County Food Pantry, local church pantries	<a href="#">DeWitt County Food Pantry</a>
<b>Dimmit</b>	Dimmit County Food Bank, local pantry programs	<a href="#">Dimmit County Food Pantry Facebook</a>
<b>Edwards</b>	Edwards County Food Pantry	Typically local church pantries or community organizations
<b>Frio</b>	Frio County Food Pantry, Pearsall Food Bank	<a href="#">Frio County Food Pantry Facebook</a>
<b>Gillespie</b>	Gillespie County Food Pantry	<a href="#">Gillespie County Food Bank</a>
<b>Goliad</b>	Goliad County Food Pantry	<a href="#">Goliad County Food Pantry Facebook</a>
<b>Gonzales</b>	Gonzales County Food Pantry	<a href="#">Gonzales County Food Pantry Facebook</a>
<b>Guadalupe</b>	Guadalupe County Food Bank, Seguin Community Food Pantry	<a href="#">Guadalupe County Food Bank</a>
<b>Jackson</b>	Jackson County Food Pantry	<a href="#">Jackson County Food Pantry Facebook</a>
<b>Karnes</b>	Karnes County Food Pantry, local church pantries	<a href="#">Karnes County Food Pantry</a>

<b>County</b>	<b>Food Resources</b>	<b>Links / Contacts</b>
<b>Kendall</b>	Kendall County Food Pantry	<a href="#">Kendall County Food Pantry</a>
<b>Kerr</b>	Kerr County Food Pantry, Kerrville Community Food Pantry	<a href="#">Kerr County Food Pantry</a>
<b>Kinney</b>	Kinney County Food Pantry	Local church pantries
<b>La Salle</b>	La Salle County Food Pantry	Usually coordinated through Rio Grande Valley Food Bank
<b>Lavaca</b>	Lavaca County Food Pantry	<a href="#">Lavaca County Food Pantry Facebook</a>
<b>Maverick</b>	Maverick County Food Bank (Del Rio)	<a href="#">Maverick County Food Bank</a>
<b>Medina</b>	Medina County Food Pantry	<a href="#">Medina County Food Pantry Facebook</a>
<b>Real</b>	Real County Food Pantry	Often church-based
<b>Uvalde</b>	Uvalde Food Bank, Uvalde County Food Pantry	<a href="#">Uvalde Food Bank</a>
<b>Val Verde</b>	Val Verde Food Bank (Del Rio)	<a href="#">Val Verde Food Bank</a>
<b>Victoria</b>	Victoria Food Bank	<a href="#">Victoria Food Bank</a>
<b>Wilson</b>	Wilson County Food Pantry	<a href="#">Wilson County Food Pantry Facebook</a>
<b>Zavala</b>	Zavala County Food Pantry	Usually coordinated with Rio Grande Food Bank

<b>Food Bank</b>	<b>Counties Served</b>	<b>Website</b>
<b>San Antonio Food Bank</b>	Bexar, Atascosa, Bandera, Comal, Guadalupe, Wilson, Kendall, Kerr, Medina, and others	<a href="http://safoodbank.org">safoodbank.org</a>

<b>Food Bank</b>	<b>Counties Served</b>	<b>Website</b>
<b>Gulf Coast Food Bank</b>	Calhoun, DeWitt, Goliad, Gonzales, Jackson, Karnes, Lavaca, Victoria, and others	<a href="http://gulfcf.org">gulfcf.org</a>
<b>Rio Grande Valley Food Bank</b>	Dimmit, Frio, Kinney, La Salle, Maverick, Real, Uvalde, Val Verde, Zavala, and others	<a href="http://rgvfb.org">rgvfb.org</a>

## EMPLOYMENT RESOURCES

Workforce Board	Counties Covered	Website
Workforce Solutions Alamo	Bexar, Atascosa, Bandera, Comal, Guadalupe, Wilson, Kendall, Kerr, Medina, Guadalupe	<a href="http://workforcesolutionsalamo.org">workforcesolutionsalamo.org</a>
Gulf Coast Workforce Solutions	Calhoun, DeWitt, Goliad, Gonzales, Jackson, Karnes, Lavaca, Victoria, Wilson	<a href="http://gulfcf.org">gulfcf.org</a>
Rio Grande Workforce Solutions	Dimmit, Frio, Kinney, La Salle, Maverick, Real, Uvalde, Val Verde, Zavala	<a href="http://rgvjobs.com">rgvjobs.com</a>
Hill Country Workforce Solutions	Bandera, Edwards, Gillespie, Kendall, Kerr, Medina, Real, Uvalde, Guadalupe	<a href="http://hillcountry.org">hillcountry.org</a>

County	Employment Resources	Unemployment Resources
<b>Atascosa</b>	Workforce Solutions Alamo (covers Atascosa): <a href="http://workforcesolutionsalamo.org">workforcesolutionsalamo.org</a>	Texas Workforce Commission Unemployment (statewide): <a href="http://twc.texas.gov">twc.texas.gov</a>  Phone: 1-800-939-6631 (Unemployment Benefits)  Apply online or find local offices via their site.
<b>Bandera</b>	Workforce Solutions Alamo (also serves Bandera): <a href="http://workforcesolutionsalamo.org">workforcesolutionsalamo.org</a>	
<b>Bexar</b>	Workforce Solutions Alamo (San Antonio area job center): <a href="http://workforcesolutionsalamo.org">workforcesolutionsalamo.org</a>	
<b>Calhoun</b>	Gulf Coast Workforce Solutions: <a href="http://workforcecegps.org">workforcecegps.org</a>	
<b>Comal</b>	Workforce Solutions Alamo	
<b>DeWitt</b>	Gulf Coast Workforce Solutions	
<b>Dimmit</b>	Rio Grande Workforce Solutions: <a href="http://rgvjobs.com">rgvjobs.com</a>	
<b>Edwards</b>	Hill Country Workforce Solutions (Hill Country MHDD area): <a href="http://hillcountry.org">hillcountry.org</a>	

County	Employment Resources	Unemployment Resources
<b>Frio</b>	Rio Grande Workforce Solutions	
<b>Gillespie</b>	Hill Country Workforce Solutions	
<b>Goliad</b>	Gulf Coast Workforce Solutions	
<b>Gonzales</b>	Gulf Coast Workforce Solutions	
<b>Guadalupe</b>	Workforce Solutions Alamo or Guadalupe County Workforce: <a href="http://workforcesolutionsalamo.org">workforcesolutionsalamo.org</a>	
<b>Jackson</b>	Gulf Coast Workforce Solutions	
<b>Karnes</b>	Gulf Coast Workforce Solutions	
<b>Kendall</b>	Hill Country Workforce Solutions	
<b>Kerr</b>	Hill Country Workforce Solutions	
<b>Kinney</b>	Rio Grande Workforce Solutions	
<b>La Salle</b>	Rio Grande Workforce Solutions	
<b>Lavaca</b>	Gulf Coast Workforce Solutions	
<b>Maverick</b>	Rio Grande Workforce Solutions	
<b>Medina</b>	Hill Country Workforce Solutions	
<b>Real</b>	Hill Country Workforce Solutions	
<b>Uvalde</b>	Rio Grande Workforce Solutions	
<b>Val Verde</b>	Rio Grande Workforce Solutions	
<b>Victoria</b>	Gulf Coast Workforce Solutions	

<b>County</b>	<b>Employment Resources</b>	<b>Unemployment Resources</b>
<b>Wilson</b>	Workforce Solutions Alamo	
<b>Zavala</b>	Rio Grande Workforce Solutions	

**BEHAVIORAL/MENTAL HEALTH & SUBSTANCE USE TREATMENT**

<b>Authority</b>	<b>Counties Served</b>	<b>Contact / Website</b>
<b>MHMR of Bexar County</b>	Bexar and some surrounding counties	<a href="http://mhmrbc.org">mhmrbc.org</a>
<b>Hill Country MHDD Centers</b>	Bandera, Comal, Gillespie, Kendall, Kerr, Medina, Real, Edwards, Uvalde (some overlap)	<a href="http://hillcountry.org">hillcountry.org</a>
<b>Gulf Bend MHMR Services</b>	Calhoun, DeWitt, Goliad, Gonzales, Jackson, Karnes, Lavaca, Victoria, Wilson	<a href="http://gulfbend.org">gulfbend.org</a>
<b>Rio Grande MHMR</b>	Dimmit, Frio, Kinney, La Salle, Maverick, Uvalde, Val Verde, Zavala	<a href="http://rgmhmr.org">rgmhmr.org</a>
<b>Guadalupe County MHMR</b>	Guadalupe, Wilson (limited, shares with Gulf Bend and MHMR of Bexar)	County health department coordination

<b>County</b>	<b>Behavioral Health &amp; Mental Health Providers</b>	<b>Substance Use Treatment Resources</b>	<b>Regional Authorities / Agencies</b>	<b>Helplines &amp; Support</b>
<b>Atascosa</b>	Atascosa County MHMR or affiliated providers (may contract with region services)	Local outpatient clinics; referrals to San Antonio or regional centers	<a href="#">MHMR of Bexar County</a> (covers many nearby counties)	<a href="#">Texas Behavioral Health Helpline</a> 1-866-342-6892 <a href="#">SAMHSA Helpline</a> 1-800-662-HELP (4357)
<b>Bandera</b>	<a href="#">Hill Country MHDD Centers</a> – outpatient mental health & counseling	Outpatient treatment, substance use counseling, peer support	Hill Country MHDD Centers	Same as above
<b>Bexar</b>	<a href="#">MHMR of Bexar County</a> – multiple mental health & substance use treatment clinics	Comprehensive outpatient & inpatient treatment facilities, detox, recovery homes	MHMR of Bexar County	Crisis Hotline: (210) 223-7233 (SAMMinh)

<b>County</b>	<b>Behavioral Health &amp; Mental Health Providers</b>	<b>Substance Use Treatment Resources</b>	<b>Regional Authorities / Agencies</b>	<b>Helplines &amp; Support</b>
<b>Calhoun</b>	<a href="#">Gulf Bend MHMR Services</a> (region 3) – outpatient clinics	Outpatient substance use counseling, referrals to treatment programs	Gulf Bend MHMR	Same as above
<b>Comal</b>	Hill Country MHDD Centers	Outpatient counseling and substance use services	Hill Country MHDD Centers	
<b>DeWitt</b>	Gulf Bend MHMR Services	Outpatient counseling, substance use referral	Gulf Bend MHMR	
<b>Dimmit</b>	<a href="#">Rio Grande MHMR</a> (region 8)	Substance use outpatient and residential treatment	Rio Grande MHMR	
<b>Edwards</b>	Hill Country MHDD Centers	Outpatient mental health and substance use treatment	Hill Country MHDD Centers	
<b>Frio</b>	Rio Grande MHMR	Substance use outpatient, counseling	Rio Grande MHMR	
<b>Gillespie</b>	Hill Country MHDD Centers	Outpatient counseling and substance use treatment	Hill Country MHDD Centers	
<b>Goliad</b>	Gulf Bend MHMR Services	Outpatient counseling and substance use services	Gulf Bend MHMR	
<b>Gonzales</b>	Gulf Bend MHMR Services	Outpatient counseling, referrals	Gulf Bend MHMR	
<b>Guadalupe</b>	MHMR of Guadalupe County (in partnership with neighboring agencies)	Outpatient and inpatient services, substance use programs	Guadalupe County MHMR (limited); often served by	

<b>County</b>	<b>Behavioral Health &amp; Mental Health Providers</b>	<b>Substance Use Treatment Resources</b>	<b>Regional Authorities / Agencies</b>	<b>Helplines &amp; Support</b>
			MHMR of Bexar or Hill Country	
<b>Jackson</b>	Gulf Bend MHMR Services	Outpatient substance use counseling and referrals	Gulf Bend MHMR	
<b>Karnes</b>	Gulf Bend MHMR Services	Outpatient counseling and substance use services	Gulf Bend MHMR	
<b>Kendall</b>	Hill Country MHDD Centers	Outpatient mental health and substance use treatment	Hill Country MHDD Centers	
<b>Kerr</b>	Hill Country MHDD Centers	Substance use outpatient and counseling	Hill Country MHDD Centers	
<b>Kinney</b>	Rio Grande MHMR	Substance use outpatient counseling	Rio Grande MHMR	
<b>La Salle</b>	Rio Grande MHMR	Outpatient counseling and substance use treatment	Rio Grande MHMR	
<b>Lavaca</b>	Gulf Bend MHMR Services	Outpatient counseling, substance use referral	Gulf Bend MHMR	
<b>Maverick</b>	Rio Grande MHMR	Outpatient substance use counseling, residential treatment	Rio Grande MHMR	
<b>Medina</b>	Hill Country MHDD Centers	Outpatient counseling and substance use treatment	Hill Country MHDD Centers	

<b>County</b>	<b>Behavioral Health &amp; Mental Health Providers</b>	<b>Substance Use Treatment Resources</b>	<b>Regional Authorities / Agencies</b>	<b>Helplines &amp; Support</b>
<b>Real</b>	Hill Country MHDD Centers	Outpatient counseling and substance use services	Hill Country MHDD Centers	
<b>Uvalde</b>	Rio Grande MHMR	Outpatient substance use counseling, residential treatment	Rio Grande MHMR	
<b>Val Verde</b>	Rio Grande MHMR	Outpatient counseling, residential substance use treatment	Rio Grande MHMR	
<b>Victoria</b>	Gulf Bend MHMR Services	Outpatient and inpatient substance use treatment	Gulf Bend MHMR	
<b>Wilson</b>	MHMR of Guadalupe County or neighboring services	Outpatient counseling, substance use referral	Guadalupe County MHMR or Gulf Bend MHMR	
<b>Zavala</b>	Rio Grande MHMR	Outpatient counseling, substance use treatment	Rio Grande MHMR	

## REGIONAL & STATEWIDE DATA RESOURCES

Data Type / Topic	Resource / Source	Relevant Link	Coverage
<b>Texas Demographic Data</b>	Texas Demographic Center	<a href="http://txsdc.utsa.edu">txsdc.utsa.edu</a>	Statewide, county-level
<b>U.S. Census Bureau (American Community Survey)</b>	U.S. Census Bureau data, detailed population, housing, income data	<a href="http://data.census.gov">data.census.gov</a>	National, county, tract level
<b>Texas Health Data</b>	Texas Department of State Health Services (DSHS)	<a href="http://dshs.texas.gov">dshs.texas.gov</a>	State and county health indicators
<b>Behavioral Risk Factor Surveillance System (BRFSS)</b>	Texas BRFSS data on health risk behaviors	<a href="http://dshs.texas.gov/brfss">dshs.texas.gov/brfss</a>	State and regional
<b>Texas School Data</b>	Texas Education Agency - Public School Data	<a href="http://tea.texas.gov">tea.texas.gov</a>	School districts and counties
<b>Texas Criminal Justice Data</b>	Texas Department of Criminal Justice	<a href="http://tdcj.texas.gov">tdcj.texas.gov</a>	State and county corrections data
<b>Texas Workforce Data</b>	Texas Workforce Commission - Labor Market Info	<a href="http://tracer2.com">tracer2.com</a>	Employment, unemployment, workforce stats
<b>County Health Rankings</b>	Robert Wood Johnson Foundation / Univ. of Wisconsin	<a href="http://countyhealthrankings.org">countyhealthrankings.org</a>	National, county-level
<b>Local Health Departments</b>	County Public Health Departments & Regional MHMR	Check county websites or MHMR regional sites (links below)	Local health data and reports

## ADDITIONAL ECONOMIC & SOCIAL DATA

<b>Resource</b>	<b>Link</b>	<b>Description</b>
Texas Comptroller's Economic Data	<a href="http://comptroller.texas.gov">comptroller.texas.gov</a>	County and regional economic indicators
Texas Open Data Portal	<a href="http://data.texas.gov">data.texas.gov</a>	Various datasets from state agencies
Feeding Texas (Food Insecurity Data)	<a href="http://feedingtexas.org">feedingtexas.org</a>	Regional food bank data and statistics