

## HOTBHN Mission Statement

We strive to deliver accessible, caring, and responsive support services to individuals and families coping with mental illness, intellectual and developmental disabilities, developmental delays, and emotional conflict.

## KCF Mission Statement

Through caring relationships and a commitment to service, we empower children and families to improve the quality of their lives.



### Contact Information:

**Brenna Sanford**  
Regional/SUD Program Manager  
(254) 265-5234

**Elizabeth Andrews**  
YPU Program Manager  
(254) 867-6550

### Business Hours:

Monday-Thursday 7:30 a.m. - 5:00 p.m.  
Friday 7:00 a.m. - 5:00 p.m.

[www.hotbhn.org](http://www.hotbhn.org)



## YOUTH PREVENTION UNIVERSAL



### Klaras Center for Families (KCF)

P.O. Box 890  
Waco, TX 76703  
Telephone: (254) 752-7889  
Toll-Free (866) 752-3451

## About Us:

The Heart of Texas Behavioral Health Network (HOTBHN), in partnership with the State of Texas Health and Human Services, will implement Substance Use Prevention and Mental Health Education Services to equip youth, families, and communities to make healthy choices and improve their well-being now and in the future.



## Goals of Prevention:

1. Educate about mental health, stress tolerance, and substance use and misuse.
2. Raise awareness about substance use and mental health concerns.
3. Create positive changes in the lives of individuals, families, and the community.

## Prevention Services:

- Certified Prevention Specialists
- Education Groups
- Family Support Services
- Family Nights
- Positive Alternatives
- Summer Programming
- School-based Prevention Curriculum

## Counties Served:

