



## Phoenix House Texas

DALLAS • AUSTIN • HOUSTON

### **Phoenix House Texas Advances Prevention-First Strategy Nonprofit Prioritizes Youth Mental Health to Reduce Substance Use**

For 30 years, Phoenix House Texas has supported youth, families, and communities affected by substance use and related mental health challenges by promoting health, resilience, and long-term well-being. Primarily serving underserved populations across the state, the organization has provided a full continuum of care — from early prevention to intensive residential treatment — never turning anyone away based on ability to pay.

Today, the nonprofit is sharpening its focus.

“Phoenix House Texas recognizes that the greatest opportunity to reduce health disparities is through positive prevention,” said President & CEO Drew Dutton. “We have intentionally pivoted to concentrate fully on substance use prevention and mental health education — addressing challenges before they begin by strengthening the well-being of underserved youth and communities.”

Meeting young people where they are, Phoenix House Texas delivers school- and community-based prevention programs for students in Pre-K through 12th grade in Houston, Austin, and Dallas. The organization’s strengths-based approach equips youth with practical skills to build resilience, make healthy choices, and thrive in their families, schools, and communities.

The shift comes at a critical time. With substance use concerns rising — particularly the deadly surge in fentanyl — early education and skill-building are more urgent than ever.

“We are expanding community workshops and training sessions across Texas to share clear, actionable strategies for prevention, early intervention, and treatment,” Dutton said. “By focusing especially on youth, we empower entire communities with the knowledge and tools to confront this complex issue.”

A leader in prevention and adolescent-focused care for more than a decade, Dutton is recognized for integrating positive psychology into mental health and addiction practices. Under his leadership, Phoenix House Texas has strengthened its reputation for evidence-based, measurable, and strengths-driven prevention programming.

Dutton holds a Master’s in Professional Counseling from TCU, an MBA from Baylor University, and a Master’s in Applied Positive Psychology from the University of Pennsylvania. He also serves as an adjunct professor at TCU and the University of Mary, teaching graduate students in addiction counseling.

Since 1995, Phoenix House Texas has served more than 250,000 Texans, advancing a prevention-first model grounded in science, compassion, and proven outcomes. To learn more about Phoenix House Texas and its Positive Prevention programs, email [admin@phoenixhousetx.org](mailto:admin@phoenixhousetx.org) or call 844-748-3927.