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# **HHSC and the Whole Child**

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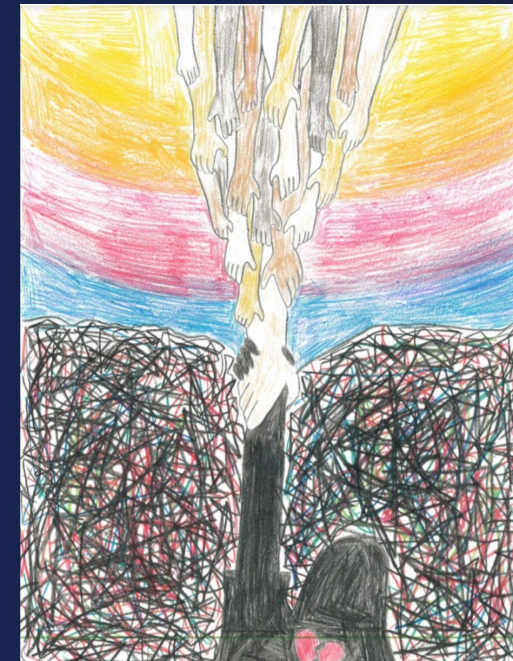
Gabrielle Rogers, Letisia Balderas  
MacDonald, Victoria Moreno  
Mental Health and Substance Use Programs  
Texas Health and Human Services

# Objectives



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- Learn about local mental health authorities (LMHAs) and local behavioral health authorities (LBHAs)
- Discuss new initiatives to support families
- Share resources



**WHAT MENTAL HEALTH  
MEANS TO ME**

**By Ruby E.**

**1st – Elementary Original  
Artwork (2021)**

# LMHAs and LBHAs (1 of 5)

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- Provide crisis services and access to specialized mental health care, including evidence-based practices, promising practices, and other supportive services for children with a serious emotional disturbance
- 37 LMHAs and 2 LBHAs in Texas



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# LMHAs and LBHAs (2 of 5)

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Children in Department of Family and Protective Services (DFPS) conservatorship are eligible for LMHA and LBHA services and support.



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- **98% of people receiving LMHA and LBHA services remain in the community and do not need inpatient care**
- **Serving children in an outpatient setting costs less than \$13 per day**

# LMHAs and LBHAs (3 of 5)



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- Call 2-1-1
- Visit Health and Human Services at [Find Your Local Mental Health or Behavioral Health Authority](#)
- Visit [MentalHealthTX](#)



# LMHAs and LBHAs (4 of 5)

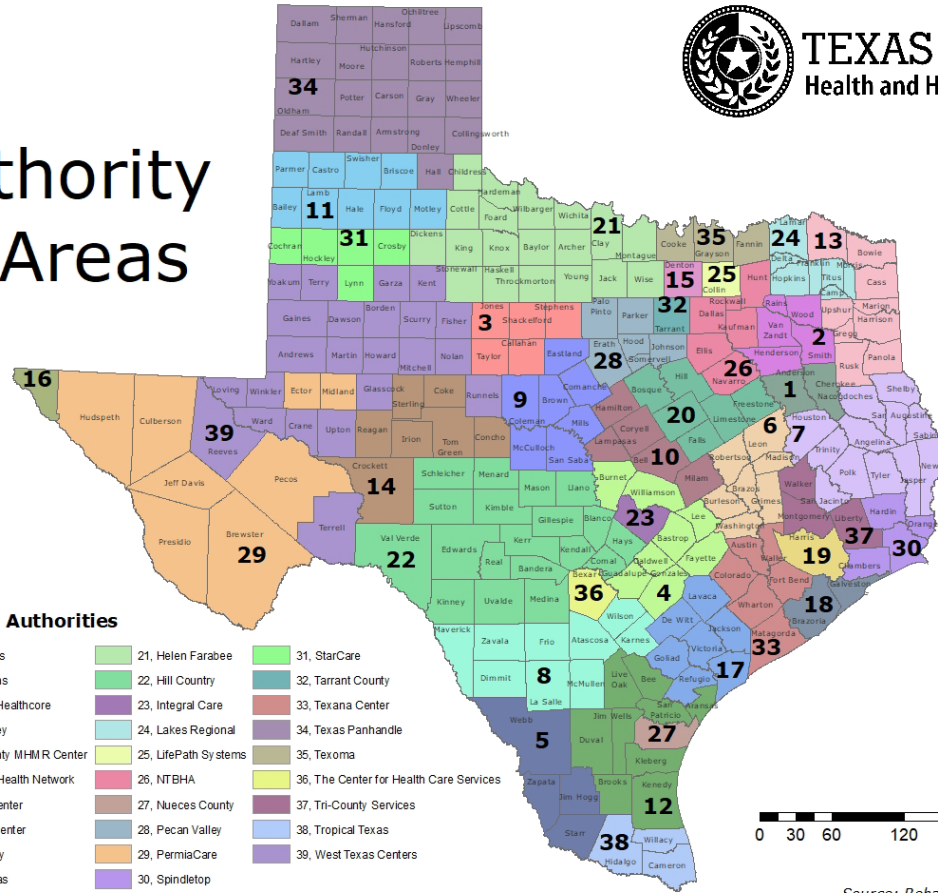


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## Local Authority Service Areas



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### Local Mental/Behavioral Health Authorities

- |                              |                              |                      |   |
|------------------------------|------------------------------|----------------------|---|
| 1, Access                    | 11, Central Plains           | 21, Helen Farabee    | 31, StarCare                            |
| 2, Andrews Center            | 12, Coastal Plains           | 22, Hill Country     | 32, Tarrant County                      |
| 3, Betty Hardwick            | 13, Community Healthcare     | 23, Integral Care    | 33, Texana Center                       |
| 4, Bluebonnet Trails         | 14, Concho Valley            | 24, Lakes Regional   | 34, Texas Panhandle                     |
| 5, Border Region             | 15, Denton County MHR Center | 25, LifePath Systems | 35, Texoma                              |
| 6, Brazos Valley             | 16, Emergence Health Network | 26, NTBHA            | 36, The Center for Health Care Services |
| 7, Burke Center              | 17, Gulf Bend Center         | 27, Nueces County    | 37, Tri-County Services                 |
| 8, Camino Real               | 18, Gulf Coast Center        | 28, Pecan Valley     | 38, Tropical Texas                      |
| 9, Center for Life Resources | 19, Harris County            | 29, PermianCare      | 39, West Texas Centers                  |
| 10, Central Counties         | 20, Heart of Texas           | 30, Spindletop       |   |

0 30 60 120 180 240 Miles

March 2022

Source: Behavioral Health Services

# LMHAs and LBHAs (5 of 5)

## Eligibility Criteria

- Ages three to 17
- Resident of Texas
- Diagnosis of mental illness or serious emotional disturbance (other than a single diagnosis of substance use or intellectual or developmental disability)
- Eligible through uniform assessment process

## Children's Mental Health Services



Texas Resilience and Recovery



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# Texas Resiliency and Recovery Model (1 of 5)

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The Texas Resiliency and Recovery (TRR) model is the service delivery system for community-based mental health services:

- Establishes eligibility for receiving mental health services
- Determines a recommended level of care (LOC)
- Provides guidance about LOC authorization



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# TRR Model (2 of 5)

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## TRR values

- Child-centered, family-focused
- Engagement
- Evidence-based practices
- Fidelity



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## TRR Model (3 of 5)

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- TRR LOCs are the building blocks of a system of care built on the foundational elements of resiliency and recovery.
- TRR LOCs include services that reflect the needs and strengths of the child and family.
- Intensity of services is determined by the Uniform Assessment, which includes the Child and Adolescent Needs and Strengths Assessment.



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# TRR (4 of 5)

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## Child and Adolescent Needs and Strengths Assessment:

- Supports decision making on eligibility for community mental health services
- Guides selection of the LOC, and recovery and treatment planning
- Completed upon intake for services and every 90 days thereafter
- Requires standardized training and certification to administer

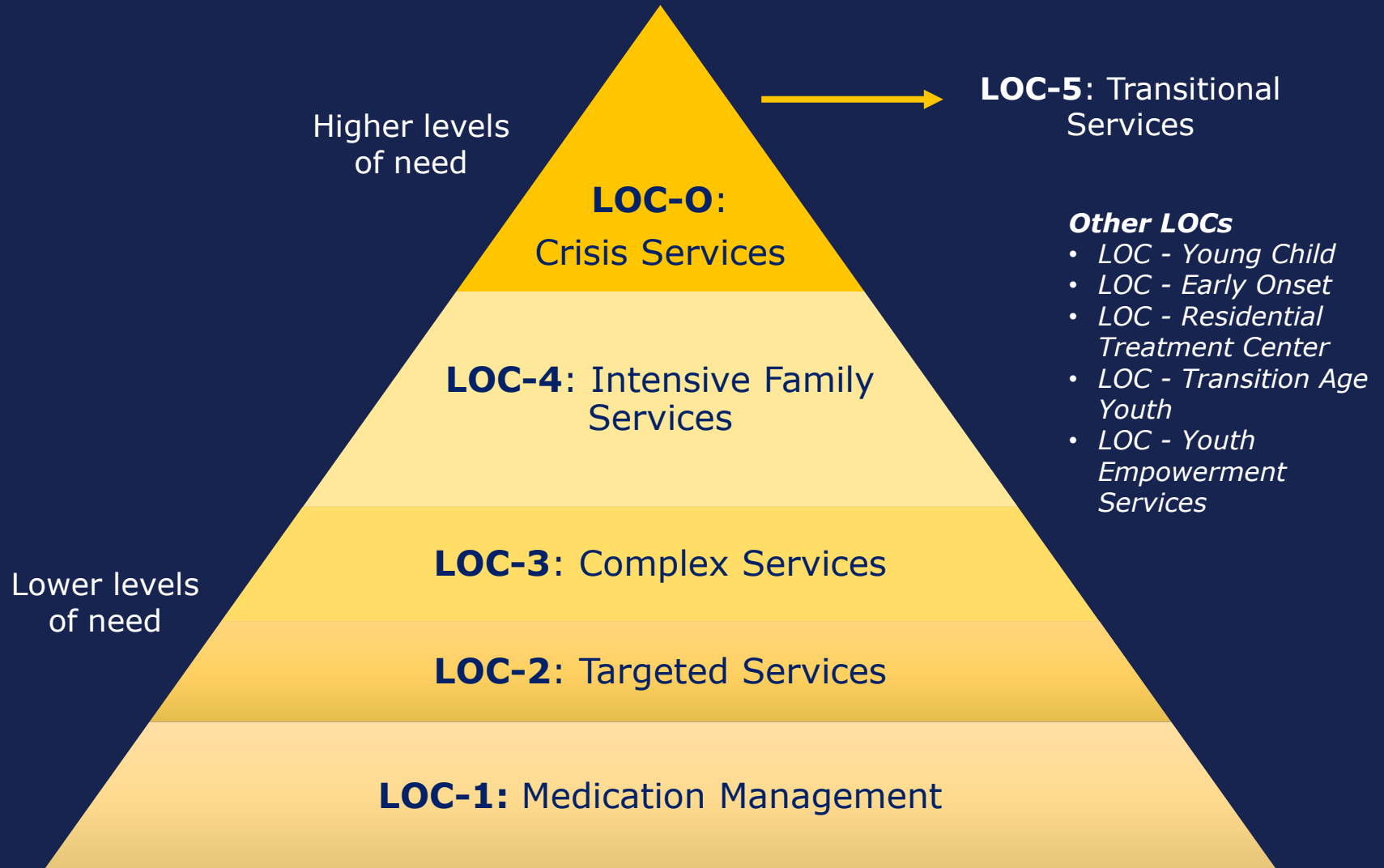


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# TRR (5 of 5)



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**Note:** People can transition from LOC-5 into any other LOC.

# LOC-0: Crisis Services

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## Crisis Services are available 24/7

- If appropriate, crisis services provide brief interventions to children experiencing a mental health crisis.
- Services are intended to resolve the crisis, avoid more intensive and restrictive intervention, and prevent additional crisis events.



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# Accessing Crisis Services for Children (1 of 2)

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- If a child is experiencing a mental health crisis, contact the LMHA or LBHA crisis hotline or current treatment team to request a crisis screening.
- If appropriate, the crisis hotline may deploy the mobile crisis outreach team (MCOT) to conduct a crisis assessment, which could include reviewing other clinical documentation already completed.



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# Accessing Crisis Services for Children (2 of 2)

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- After the crisis assessment is complete, MCOT provides a recommendation or referral for services.
- If appropriate, MCOT or current treatment team will work with guardian to connect the child to LMHA or LBHA services and other resources.



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# Inpatient Care Waitlist (1 of 2)

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## **Inpatient Care Waitlist (ICW)**

Used when LMHA or LBHA determines the child requires inpatient services, but no other inpatient treatment is available in the local service area and is intended to secure admission

## **Role of HHSC staff**

- Monitor ICW waitlist daily
- Connect with LMHA's or LBHA's ICW liaison to receive updates on each new child and provide support and technical assistance



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# ICW (2 of 2)

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## Role of LMHA or LBHA staff

- Conduct crisis assessment
- Consider all local resources, inpatient facility beds, and behavioral health treatment options prior to ICW determination
- May recommend state hospital admission
- Serve as primary contact for families, care coordinators, HHSC, and community partners



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# LOC-4: Intensive Family Services

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Intended to serve children with severe risk behaviors, threatened community tenure (including school), and risk of juvenile justice involvement.

Core services include

- Intensive case management (ICM) (Wraparound)
- Certified Family Partner support
- Counseling and skills training and development

ICM is used to develop a Wraparound -or ICM plan using the Wraparound process.



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# LOC- Youth Empowerment Services Waiver (1 of 2)

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Youth Empowerment Services (YES) Waiver:

- Serves children ages three through 18
- Provides an array of services to keep children out of institutions and prevent parental relinquishment.



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# LOC- YES Waiver (2 of 2)

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YES Waiver program goals:

- Reduce amount of time child is out of home and community because of a mental health need
- Expand available mental health services and supports
- Improve the lives of children and youth



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# LOC Early Onset (1 of 2)

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## Coordinated Specialty Care

- Evidence-based practice and specialized treatment approach for people ages 15-30 with first episode psychosis
- Available at 24 LMHA and LBHAs



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# LOC Early Onset (2 of 2)

LMHAs and LBHAs served 978 people in fiscal year 2022, exceeding the state's goal of 720.



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# Residential Treatment Center Project (1 of 4)

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Provides intensive support for families with a child:

- at risk of being placed into DFPS' custody because the family has exhausted their local community mental health service options; and
- require mental health treatment in a residential treatment center.



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# RTC Project (2 of 3)

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As of June 2021, families had more options:

- Families may contact their child's LMHA and LBHA to request a referral; or
- Families may contact DFPS at **1-800-252-5400** or [www.txabusehotline.org](http://www.txabusehotline.org).



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# RTC Project (3 of 3)

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## LOC-RTC

- Assigned to children enrolled in the RTC Project
- Ensures support to families before, during, and after residential placement through the RTC Project
- Services include:
  - ▶ Family case management
  - ▶ Certified Family Partner support



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# LOC: Transition Age Youth

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- Young adults discharging from children's mental health services into adult mental health services at the LMHA or LBHA have access to transition age youth (TAY) services.
- LOC-TAY allows young adults to continue accessing intensive case management services past age 17.
- Young adults may obtain skills necessary for success in transitioning to adulthood.



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# Family Support Services (1 of 2)

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- Provided by a Certified Family Partner (CFP), who is a parent or guardian who has lived experience raising a child with mental, emotional, or behavioral health challenges and who has at least one year successfully navigating a child serving system
- The LMHA or LBHA assists by connecting families to CFP services.



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# Family Support Services (2 of 2)

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A CFP assists parent or caretaker by:

- Introducing and engaging them with mental health treatment process;
- Providing guidance and modeling advocacy when navigating child-serving systems, including mental health, special education, juvenile justice, and child protective services;
- Assisting in identifying the family's natural supports and strengths; and
- Providing practical guidance in nurturing relationships.



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# New Initiatives to Support Families (1 of 2)

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## Children's Crisis Respite

Selected programs will address the mental health needs of children through crisis respite services.



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# New Initiatives to Support Families (2 of 2)

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## Children's Mental Health System Navigator

Positions will develop enhanced partnerships with local child-serving systems and resources to promote greater understanding and collaboration to support the provision of services and treatment for children.



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# COVID-19 Supplemental Funds (1 of 2)

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## Outpatient Capacity Expansion for Children

- Expands outpatient mental health services to address growing demand due to population growth
- Addresses funding disparities and local challenges

## Housing Support Line

- Available 24/7
- Provides mental health and substance use support to people at-risk of homelessness or experiencing homelessness



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# COVID-19 Supplemental Funds (2 of 2)

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## Coordinated Specialty Care Expansion

- Expands Coordinated Specialty Care services by adding an additional team at seven LMHA and LBHAs.
- An additional 17 sites will receive funding to increase capacity through staff training.



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# Additional Resources

## (1 of 4)

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Additional resources to help support children in need of services:

- <https://mentalhealthtx.org/the-statewide-behavioral-health-coordinating-council/agency-directory/>
- Mental Health Texas <https://mentalhealthtx.org>
- Family Guide (HHSC website) <https://www.hhs.texas.gov/services/mental-health-substance-use/childrens-mental-health>



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# Additional Resources

## (2 of 4)

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- TRR Utilization Management Guidelines- 2016 Version: Children and Adolescents  
<https://www.hhs.texas.gov/doing-business-hhs/provider-portals/behavioral-health-services-providers/behavioral-health-provider-resources/utilization-management-guidelines-manual>
- YES Waiver Services  
<https://www.hhs.texas.gov/services/mental-health-substance-use/childrens-mental-health/yes-waiver>

# Additional Resources

## (3 of 4)

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- Coordinated Specialty Care First Episode Psychosis  
<https://www.hhs.texas.gov/doing-business-hhs/provider-portals/behavioral-health-services-providers/coordinated-specialty-care-first-episode-psychosis>
- Residential Treatment Project  
<https://www.hhs.texas.gov/services/mental-health-substance-use/childrens-mental-health/childrens-mental-health-residential-treatment-center-relinquishment-avoidance-project>

# Additional Resources

## (4 of 4)

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- Training website for MH Wellness for Individuals with IDD (MHW-IDD)  
<https://training.mhw-idd.uthscsa.edu>
- Texas System of Care  
<https://txsystemofcare.org/>
- Community Resource Coordination Groups (CRCG)  
<https://crcg.hhs.texas.gov/>



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# Thank You

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[Childrens\\_MH@hhs.texas.gov](mailto:Childrens_MH@hhs.texas.gov)



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# **Prevention and Behavioral Health Promotion**

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**Victoria Moreno, MPH, CHES, APS**

**Prevention and Behavioral Health Promotion**

**Texas Health and Human Services**

# Introduction



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Prevention and Behavioral Health Promotion (PBHP) seeks to promote behavioral health and reduce use of the following substances:

- Underage alcohol;
- Marijuana and cannabinoid;
- Tobacco and nicotine products; and
- Prescription drugs.

Efforts are funded by the Substance Abuse Prevention and Treatment Block Grant.

# Previous Approach to Prevention

- Emphasizing the importance of making good choices;
- Teaching youth refusal skills, positive coping skills, and self-efficacy;
- Teaching parents how to talk to their kids about substances; and
- Presenting on the harms of substance use;





# Adopting the Upstream Approach



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# Program Frameworks/Models

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## **Preventing Substance use Effectively Requires Intentional Focus**

- Socio-Ecological Model
- Strategic Prevention Framework
- Center for Substance Abuse Prevention Strategies



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# PBHP Programs and Projects

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- COVID-19 projects
- Youth Prevention (YP) programs
- Community Coalition Partnerships (CCP)
- Prevention Resource Centers
- Statewide Media Campaign
- Texas Prevention Training



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# COVID-19 Projects

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- CCPs
  - ▶ Enhance behavioral health and wellness
  - ▶ Implement stress-reduction and trauma healing activities
- Texas Institute for Excellence in Mental Health
- Tobacco
  - ▶ Expansion of HHSC's tobacco prevention and education efforts in collaboration with Texas School Safety Center
  - ▶ Expansion of Synar Survey



# YP Populations of Focus

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- YP Universal (YPU): focus on the general population
- YP Selected (YPS): focus on subgroups of the general population
- YP Indicated (YPI): focus on people in high-risk environments



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# Youth Prevention Curricula

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- All-Stars (YPU and YPS)
- Botvin Life Skills (YPU)
- Curriculum-Based Support Groups (YPS and YPI)
- Project Towards No Drug Abuse (YPU, YPS, and YPI)
- Positive Action (YPU, YPS, and YPI)
- Too Good For Drugs (YPU)
- Strengthening Families Program
  - ▶ 7-session curriculum (YPU)
  - ▶ 10-session curriculum (YPU, YPS, and YPI)
  - ▶ 14-session curriculum (YPU, YPS, and YPI)

YPU = Universal  
YPS = Selected  
YPI = Indicated



# Community Coalition Partnerships

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- Use SAMHSA's Strategic Prevention Framework to encourage communities to mobilize
- Implement evidence-based environmental strategies to:
  - ▶ Change policies
  - ▶ Influence social norms

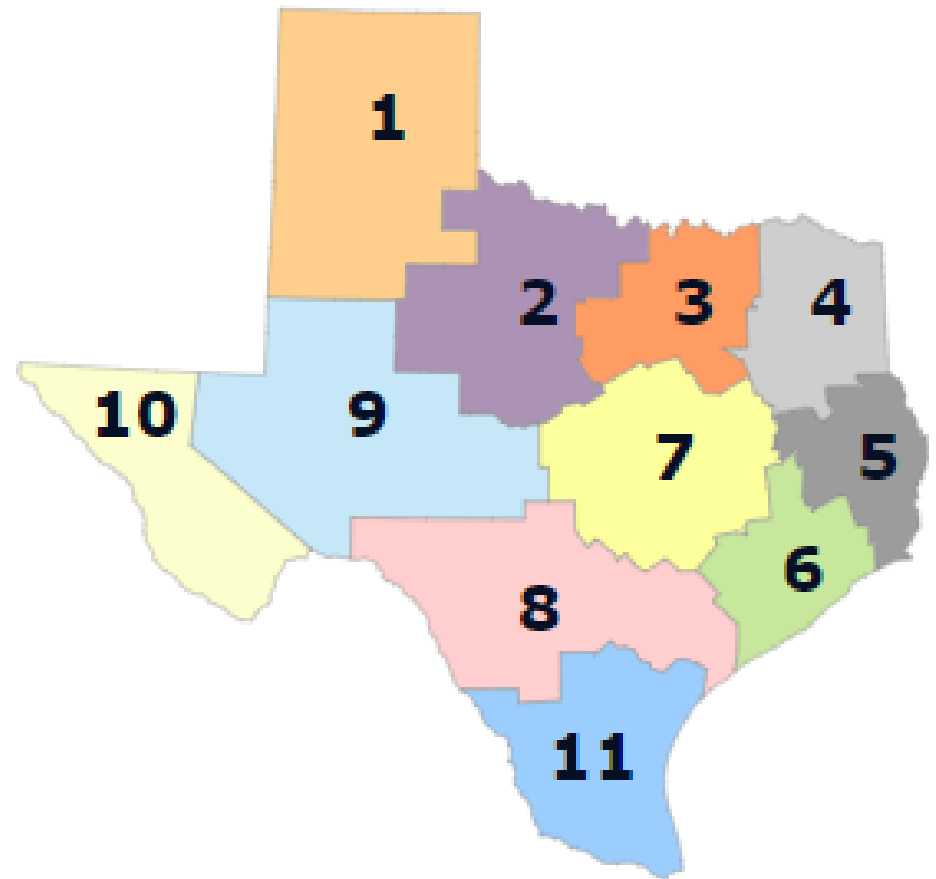


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# Prevention Resource Centers (1 of 2)

- Serve as data repositories for each of the 11 HHS regions
- Enhance community collaboration

Texas HHS Regions



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# Prevention Resource Centers (2 of 2)

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- Data core: maintain and serve as the primary resource for data
- Training core: build the prevention workforce capacity
- Media core: increase the community's understanding of substance use and misuse
- Tobacco prevention core: provide education and monitoring activities that address retailer compliance



# Statewide Media Campaign

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- Goal 1: Provide Texas youth, young adults, and parents and guardians with resources to cope with trauma, stress, and anxiety
- Goal 2: Inform Texas community leaders about risk and protective factors that contribute to substance use disorders
- HHSC requires all prevention providers to participate.
- Two external contractors conduct formative research, create concept and content, and evaluate the campaign.



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# Texas Prevention Training

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- Initiative includes core training for all funded prevention providers across the state.
- All trainings lead up to Certified Prevention Specialist certification through the Texas Certification Board of Addiction Professionals.



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# **Thank you**

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# **Substance Use Treatment for Youth**

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**Letisia Balderas MacDonald**

**Substance Use Intervention and Treatment Programs**

**Texas Health and Human Services**



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# Presentation Overview

- Substance Use Disorder (SUD) Defined
- Treatment for Youth Services
- Youth Recovery Community
- Outreach, Screening, Assessment, and Referral (OSAR) Program Resources

# Substance Use Disorder

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“The essential feature of a substance use disorder is a cluster of cognitive, behavioral, and physiological symptoms indicating that the individual continues using the substance despite significant substance-related problems.”



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*Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition, 2013.*

# Diagnostic Criteria for SUD (1 of 2)

- Each specific substance (other than caffeine) is treated as a separate disorder (e.g., alcohol use disorder, cocaine use disorder).
- Most SUDs are diagnosed based on the same 11 criteria over a 12-month period. The severity of an SUD is determined by the number of criteria met by the patient.



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**Mild**  
2 to 3 Criteria

**Moderate**  
4 to 5 Criteria

**Severe**  
6 or more Criteria

Addiction Policy Forum. Navigating Addiction and Treatment: A Guide for Families. August 2020.



# Diagnostic Criteria for SUD (2 of 2)

The 11 criteria for SUD are divided into four categories of behavior related to the substance use.

Impaired Control	Social Impairment	Risky Use	Physical Dependence
<ul style="list-style-type: none"><li>• Using more of a substance or using more often than intended</li><li>• Wanting to cut down or stop using but unable to do so</li></ul>	<ul style="list-style-type: none"><li>• Neglecting responsibilities and relationships</li><li>• Giving up activities they used to care about because of substance use</li><li>• Inability to complete tasks at home, school or work</li></ul>	<ul style="list-style-type: none"><li>• Using in risky settings</li><li>• Continued use despite known problems</li></ul>	<ul style="list-style-type: none"><li>• Needing more of the substance to get the same effect (tolerance)</li><li>• Having withdrawal symptoms when a substance is not used</li></ul>



# SUD Treatment Programs for Youth

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- Involve the youth and their family in recovery efforts through treatment and continuing care
- Serve male and female youth ages 13-17
- May admit young adults ages 18 to 21 if screening shows their needs, experiences, and behavior are like those of youth clients.



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# Residential Treatment Services

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- Licensed facilities provide treatment services for youth with an SUD and help them learn skills for recovery.
- Treatment includes counseling, case management, education, and recovery skills training.
- Options include:
  - ▶ **Intensive** residential treatment for high severity, which provides at least 45 hours per week at a licensed treatment center. Youth will attend school while in treatment; and
  - ▶ **Supportive** residential treatment for moderate severity, which provides at least 21 hours per week. Youth will attend school while in treatment.



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# Outpatient Services

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- Outpatient treatment services for lower severity is provided in a community clinic setting. Services are for youth who do not need a highly structured environment and can live at home.
- Treatment includes counseling, case management, education, and recovery skills training.



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# What Are the Benefits of Youth Treatment Services?

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Treatment helps youth improve:

- Ability to cope with life's challenges
- Logical thinking
- Decision-making
- Recreational choices
- Interactions with family and others



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# How Do I Get Youth Treatment Services?

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Services can be accessed at the following sites:

- [Find State Funded Substance Use Programs in Texas](#)
- [Find your local OSAR provider](#)
- [Find Your Local Mental Health Authority of Local Behavioral Health Authority](#)



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# Youth Recovery Community

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- Provides recovery support services to youth who have an SUD or want a substance-free environment that supports their life goals by providing peer support and engagement in drug-free activities
- Serves youth ages 13-18 and their families
- Includes local community organizations that allow all youth and families to participate regardless of where they are in their recovery
- Increases family participation and strengthens family ties



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# Youth Recovery Community Contacts

Region	Provider	Address	Phone Number
1	Cenikor Foundation	1001 Wallace Boulevard Amarillo, TX 79106	888-236-4567
3	Reach	208 S. 4th St. Midlothian, TX 76065	972-723-1053
4	Cenikor Foundation	1827 West Gentry Parkway Tyler, TX 75702	903-630-7461
5	Alcohol and Drug Abuse Council of Deep East Texas	304 N Raguet St, Lufkin, TX 75904	936- 634-5753
6	Unlimited Visions Aftercare, Inc.	5519 Lawndale Houston, TX 77023	713-923-1786
7	Austin Recovery, Inc.	4201 S Congress Ave # 202 Austin, TX 78745	512-697-8500
7	Cenikor Foundation	1205 HWY 123 suite 102, San Marcos, TX 78666	888-236-4567
8	Rise Recovery	10226 Ironside San Antonio, TX 78230	210-227-2634
10	Aliviane, Inc.	1626 Medical Center El Paso, Texas 79902	915- 782-4000
11	The Council on Alcohol and Drug Abuse Coastal Bend	1815 S Alameda St Corpus Christi, TX 78404	361-884-2272
11	Serving Children and Adults in Need, Inc.	1605 Saldana Ave. Laredo, TX 78041	956-724-3177



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# OSAR Services (1 of 3)

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- Available to anyone interested in information about substance use services in Texas
- Can be the starting point for people who want help accessing substance use services but are unsure where to begin
- Includes:
  - ▶ Substance use screenings and assessments
  - ▶ Referrals to substance use services
  - ▶ Education on substance use



# OSAR Services (2 of 3)

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## Eligibility:

- Must be a Texas resident
- OSAR services can determine if people are eligible for substance use treatment funded by the Texas Health and Human Services Commission on a case-by-case basis.



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# OSAR Services (3 of 3)

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- Screening and assessment services are based on the person's self-report.
- To be eligible, a person must meet two or more of the current diagnostic criteria within a 12-month period.
- Records involving substance use are subject to federal privacy laws.



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# OSAR Contacts (1 of 2)

Region	Provider	Address	Phone
1	StarCare Specialty Health System	1950 Aspen Ave., Lubbock	806-740-1421
2	Helen Farabee Centers	1000 Brook St., Wichita Falls	940-397-3391
3	North Texas Behavioral Health Authority	9441 LBJ Fwy, Suite 350, Dallas	844-275-0600
3	MHMR of Tarrant County	3840 Hulen Tower N, Fort Worth	817-569-4600
3	Life Path Systems	1515 Heritage Dr., Suite 105, McKinney	972-562-3647
4	Andrews Center Behavioral Healthcare System	2323 West Front St., Tyler	903-597-1351
5	Burke	2001 S Medford Dr., Lufkin	936-634-5753



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# OSAR Contacts (2 of 2)

Region	Provider	Address	Phone
6	Harris Center	9401 Southwest Fway, Houston	866-970- 4770
6	Gulf Coast Center	123 Rosenberg, 4th Floor, Galveston	844-704- 1291
7	Bluebonnet Trails Community Services	1009 N Georgetown St., Round Rock	844-309- 6385
8	The Center for Health Care Services	601 N Frio, Bldg. II-Entrance C, San Antonio	210-261- 3076
9	PermiaCare (Formerly Permian Basin Community Centers)	401 E Illinois St., Midland	844-420- 3964
10	Emergence Health Network	8500 Boeing Dr., El Paso	915-747- 3605
11	Tropical Texas Behavioral Health	1901 S 24th Ave., Edinburg	800-813- 1233

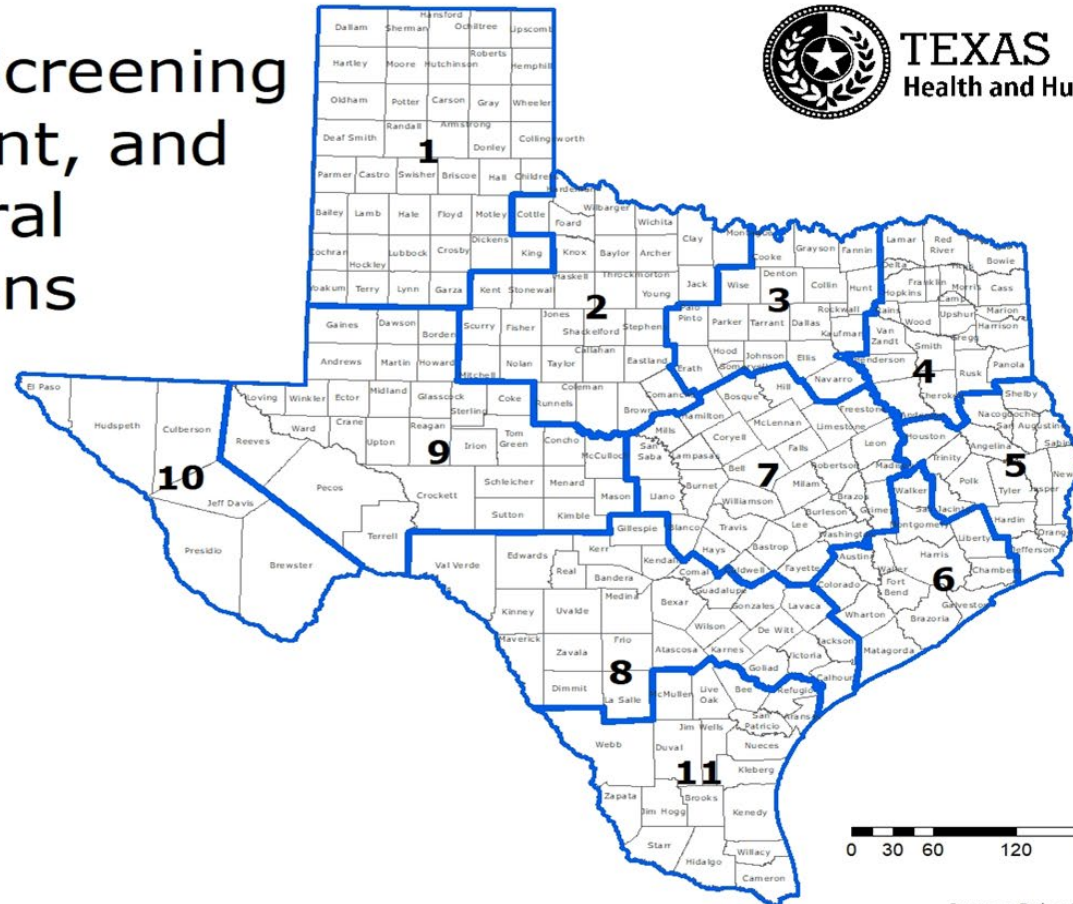


# OSAR Regions

## Outreach, Screening Assessment, and Referral Regions



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0 30 60 120 180 240 Miles

March 2022

Source: Behavioral Health Services



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**Thank You**

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**QUESTIONS?**

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