

Services and Supports Available to Students, Educators, and Families



Meet Our Panelists



Luanne Southern
Texas Child
Mental Health
Care Consortium



Jeff Carr
Texas Tech
University Health
Sciences Center



Dorothy Z. Garza
Communities In
Schools of
Central Texas



Teneisha Kennard
JPS Health
Network

Education and Outreach Services

School-Based

Jeff Carr, MS

Sr. Program Director

Education and Outreach Services

Department of Psychiatry

Texas Tech University Health Sciences Center



TEXAS TECH UNIVERSITY HEALTH SCIENCES CENTER.

**CAMPUS ALLIANCE FOR
TELEHEALTH RESOURCES**

Supported by TCHATT



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Texas Child Health Access
Through Telemedicine



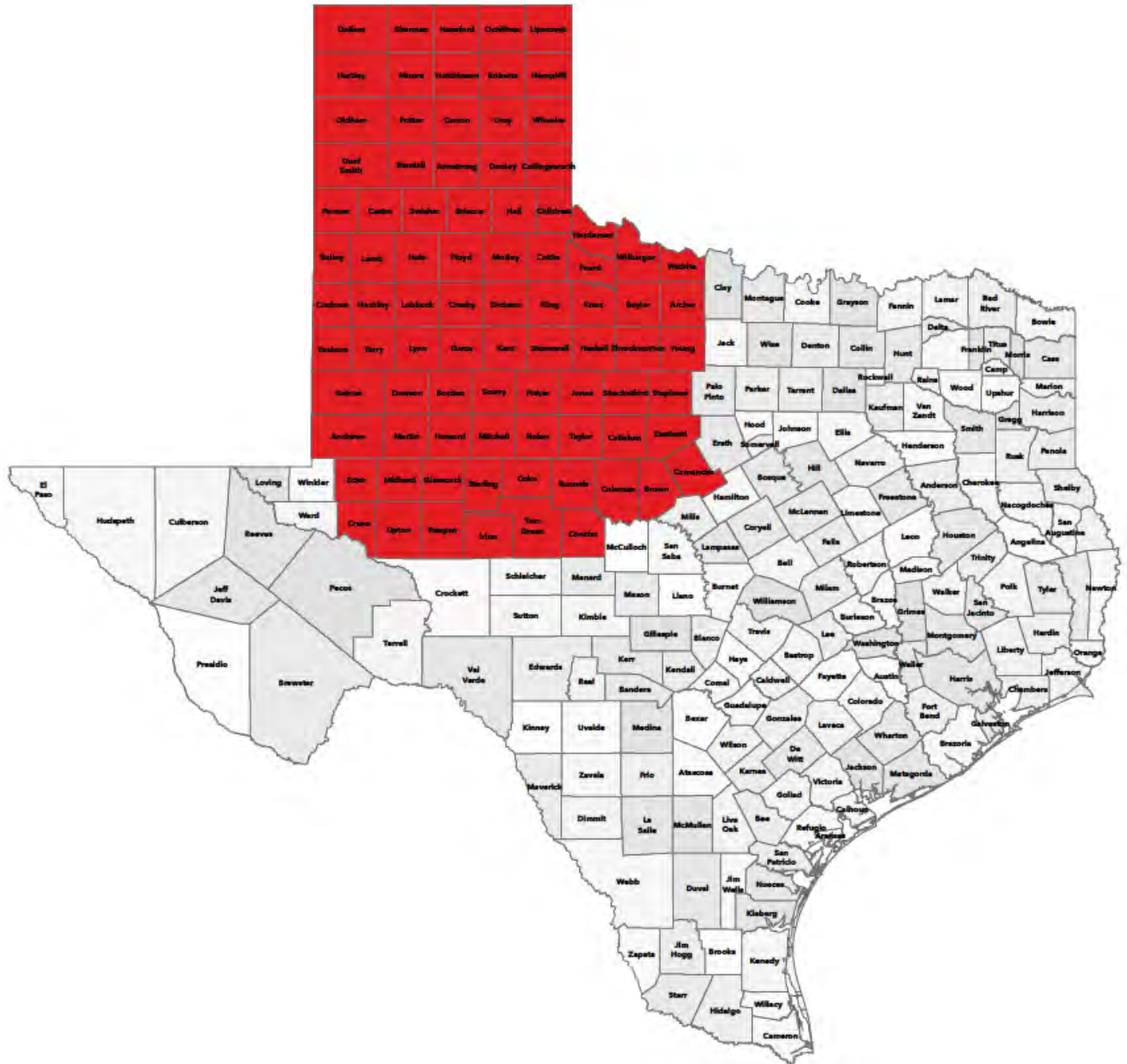
CPAN

Child Psychiatry
Access Network



tcmhcc

Coverage Area



Coverage

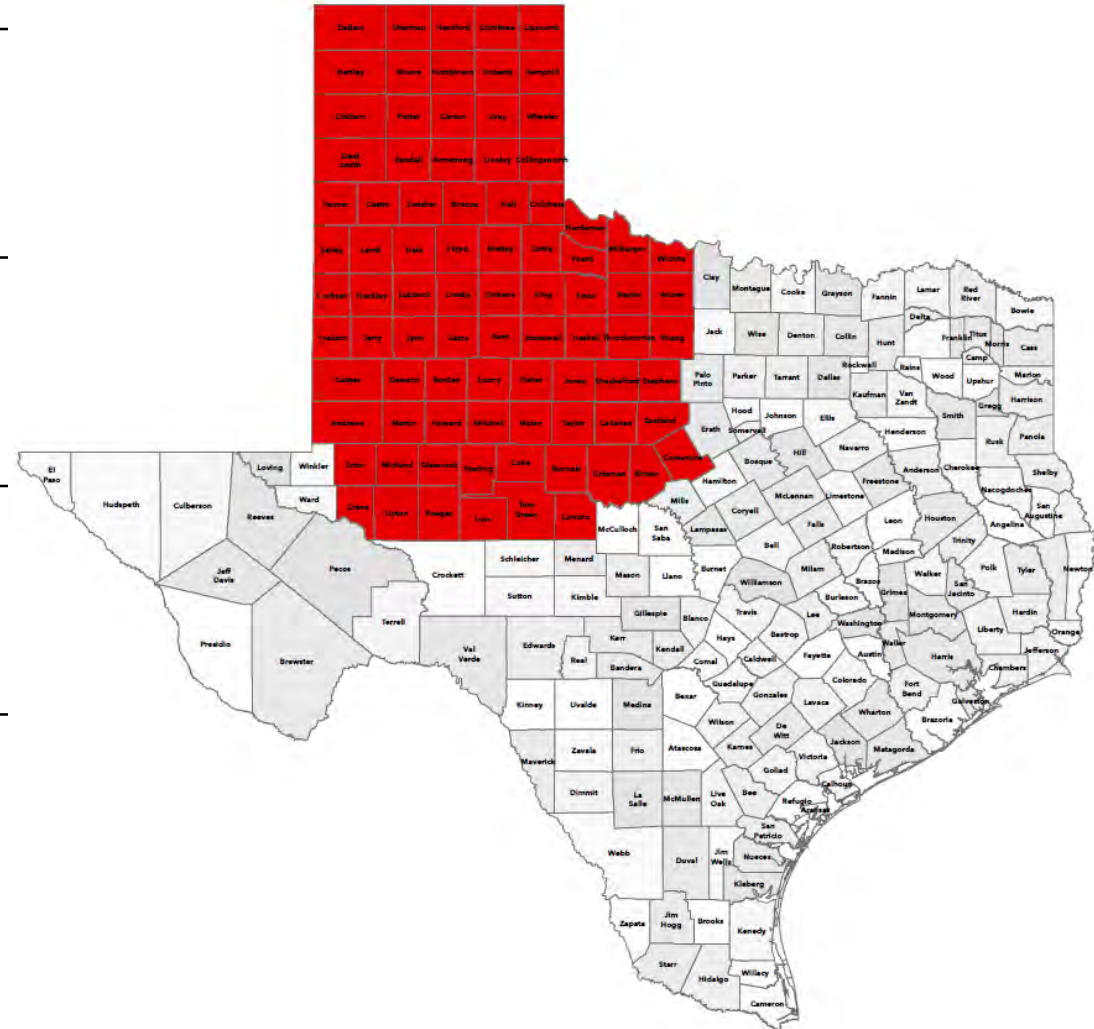
(August 1, 2020-September 30,2022)

161 Districts Enrolled

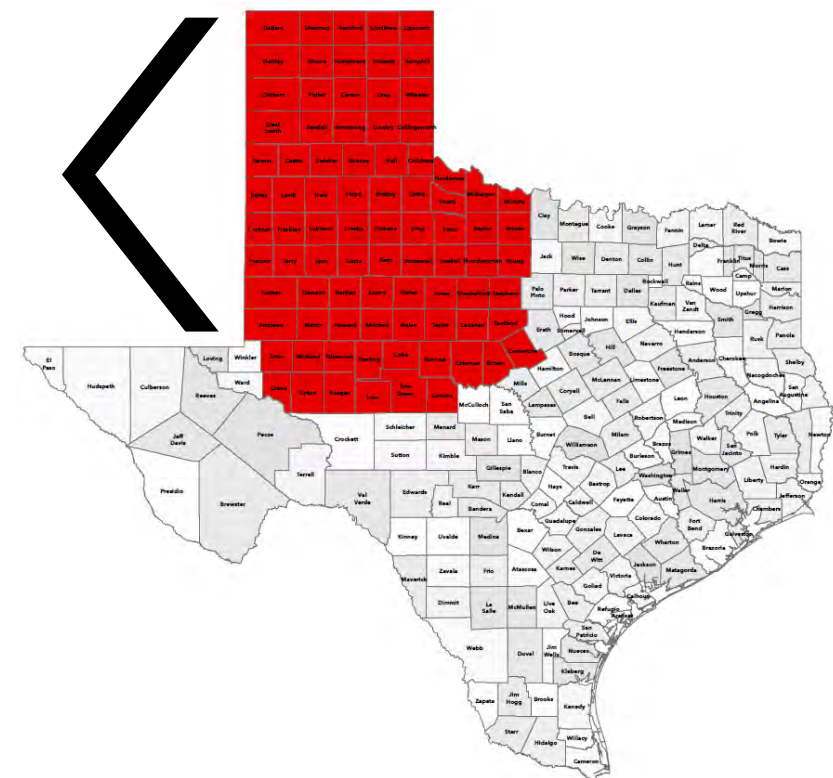
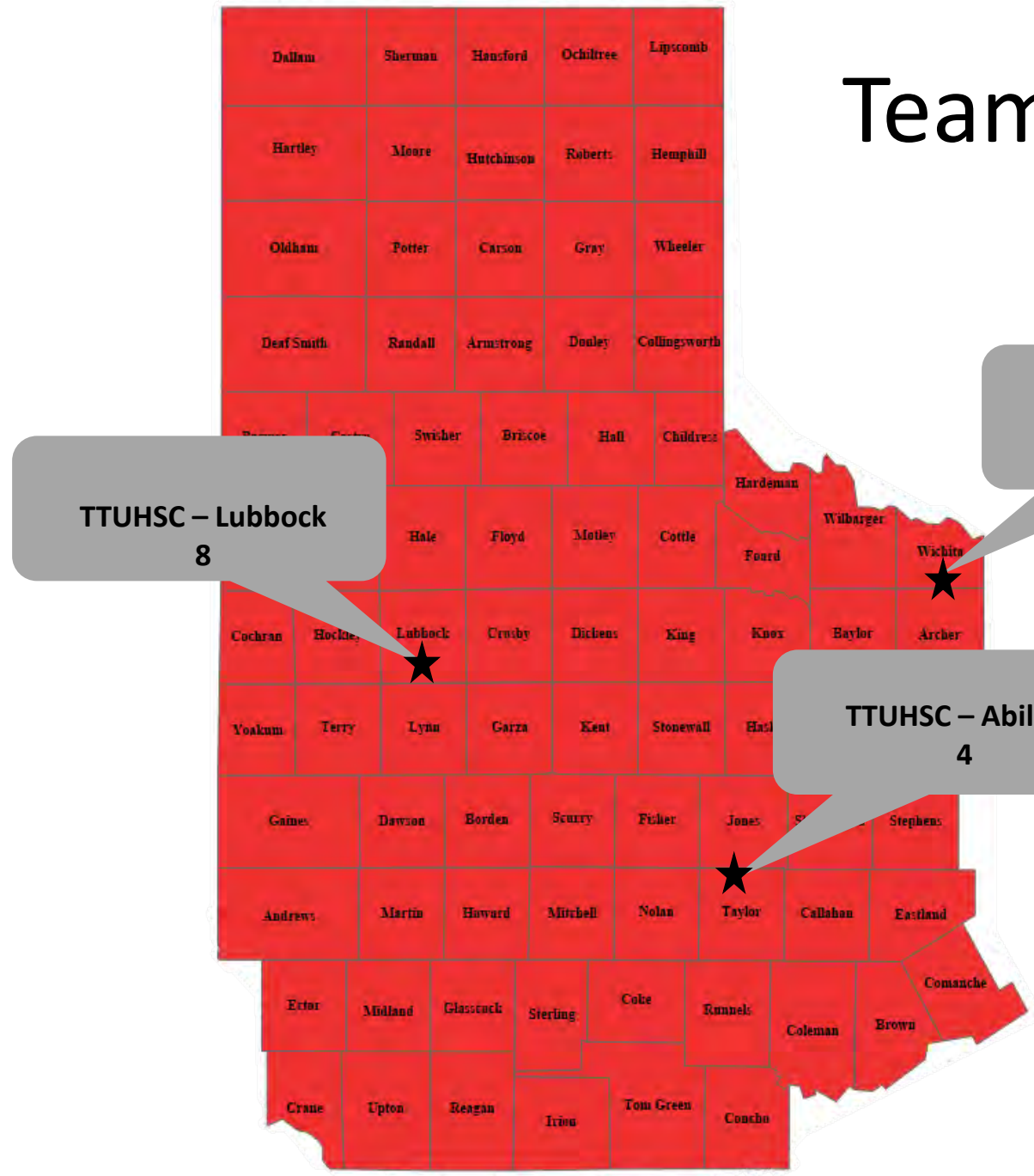
718 Total Schools

299,394 Covered Lives

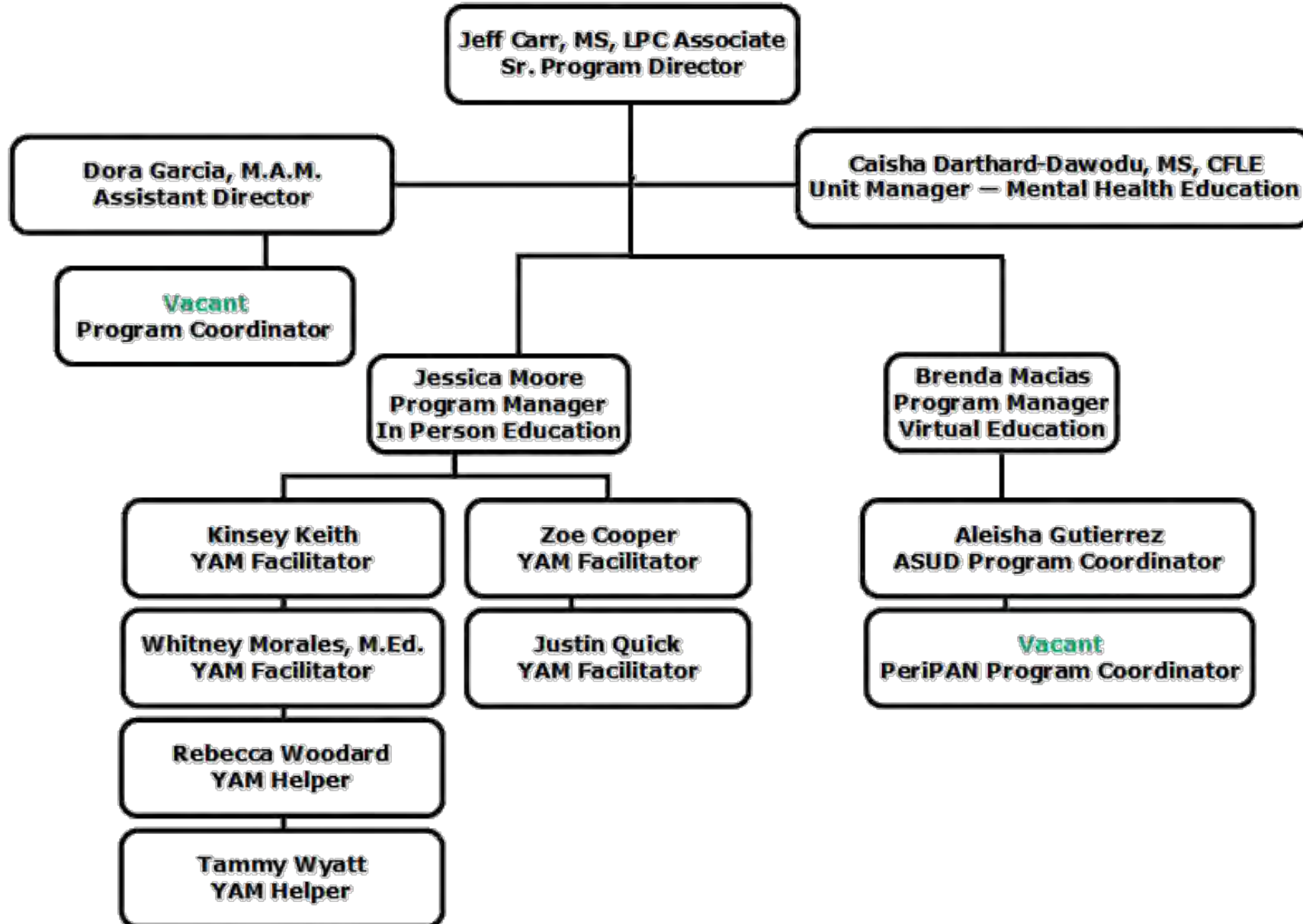
Pre K – 12th Grade



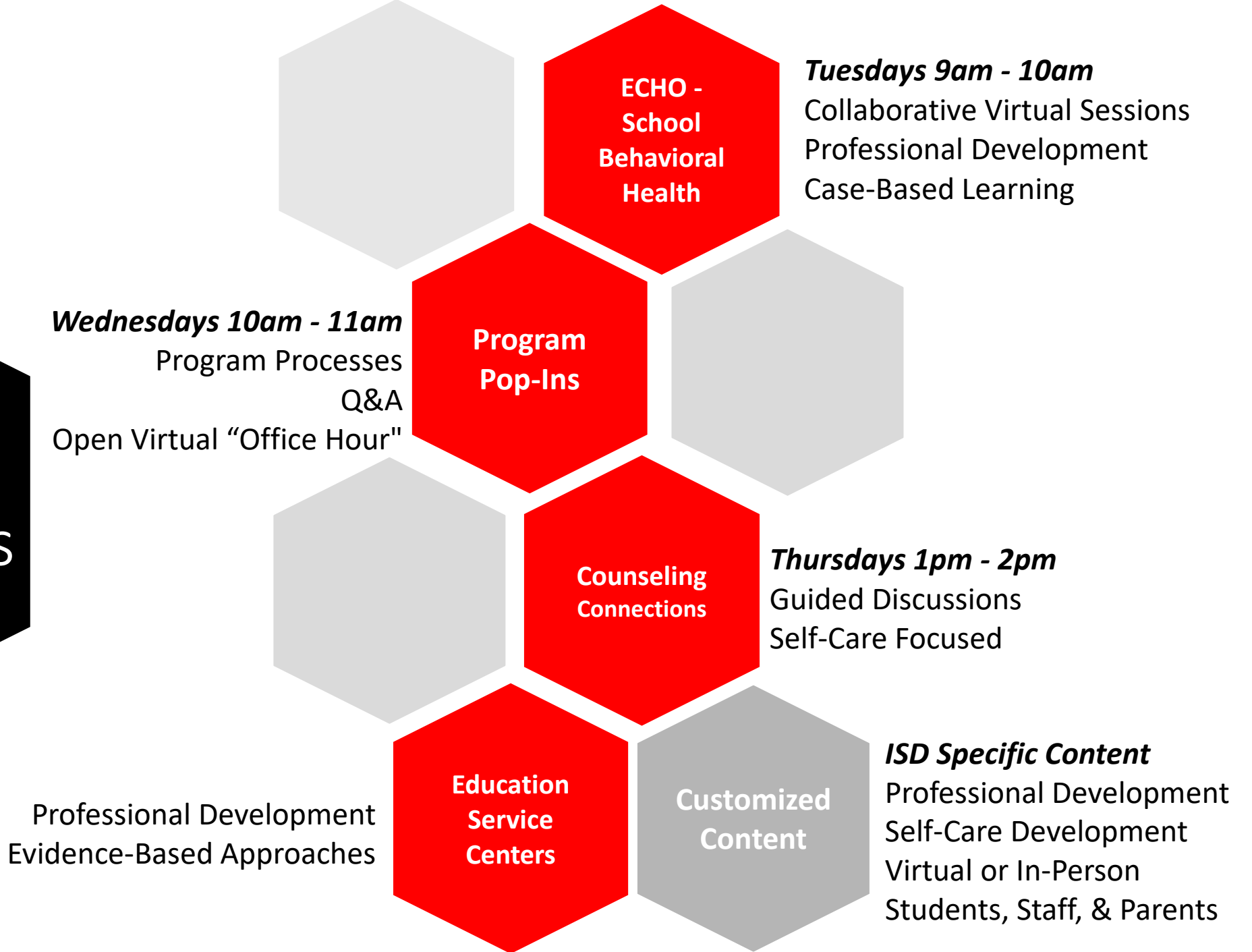
Team Structure & Locations

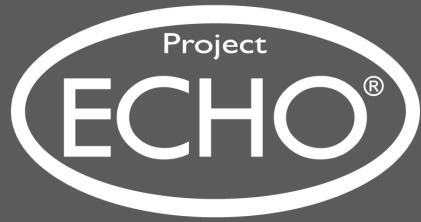


Team Structure



Learning Opportunities





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What is ECHO®?

- The Extension for Community Healthcare Outcomes (ECHO®) model is a free, virtual learning collaborative with school staff. The goal is to democratize knowledge, reduce variations in care, and increase knowledge as well as confidence in child and adolescent behavioral health.

Why participate?

- Real-time review of student cases submitted by participants.
- Collaborate with experts in behavioral health with a focus on evidence-based strategies.
- Increased access to care for students.
- Increased skills and self-efficacy for school-based professionals.
- Free TEA approved CPE credits

School-Based Case Presentation Process



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Student
Identified
(PreK-12th)

Counselor
Completes Case
Presentation Form;
cases de-identified
& pre-screened for
PHI prior to
presentation.

CATR-TCHATT
ECHO contacts
Counselor to
verify request
and schedule

Counselor
presents case
at ECHO
session.

Feedback,
resources, & case
considerations
discussed with
Hub, Spokes, &
Expert Panel.

CATR-TCHATT
ECHO will send
Resources and
Case
Considerations
Form to Counselor.

If needed, follow-
up case
presentation will
be scheduled.

Customized Content

- In-Person (most popular) and Virtual Workshops
- Staff (all levels), Students, and Parents
- Mental Health Literacy, Peer Support, Help-Seeking Behaviors

Sample Workshops:

- Anxiety and Depression
- Suicide and Non-Suicidal Self-Injury
- Student Engagement
- Substance Use
- Vaping Prevention
- Coping Strategies
- Mental Health Awareness
- Bullying Behaviors
- Self-Care Strategies
- School Counselor Ethics
- CATR-TCHAT Program Overview



Counseling Connections

- Thursdays – Virtual 1-hour sessions
- Self-Care Focused
- Guided Discussions with Licensed Mental Health Staff

Sample Topics:

- Educator Fatigue
- Virtual Mindfulness
- Recess for Adults
- Coping vs Self-Care
- Teacher Loneliness and Isolation
- Positive Psychology and Relaxation



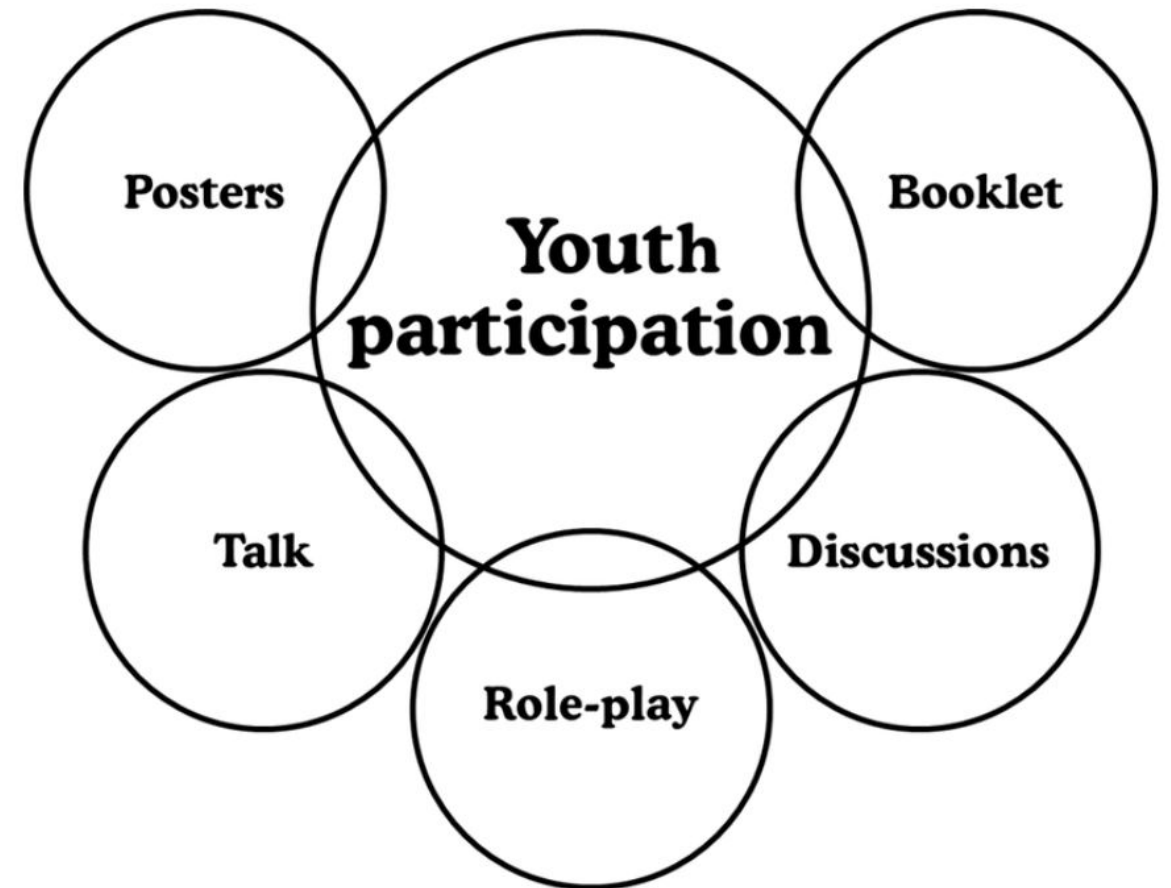
YAM YOUTH AWARE OF MENTAL HEALTH

What is YAM?

- A **free** 5-session program promoting mental health literacy and help-seeking behaviors in 13-17 year old students.
- Emphasizes emotional intelligence, discussion, and peer support.
- Evidence-based and TEA approved.

Delivery

- 3-5 week delivery options.
- YAM Certified Instructors.
- Supplements existing mental health programs.



Youth Aware of Mental Health (YAM)



- Schedule Delivery of Program for Entire Grade Level
- Schedule Next Incoming Class for Following Year
 - Create a Culture within Schools of Mental Health Support and Literacy

Education and Training: TCHATT

(January 1, 2020 - November 30, 2022)

89 CATR-TCHATT ECHO[®] Sessions

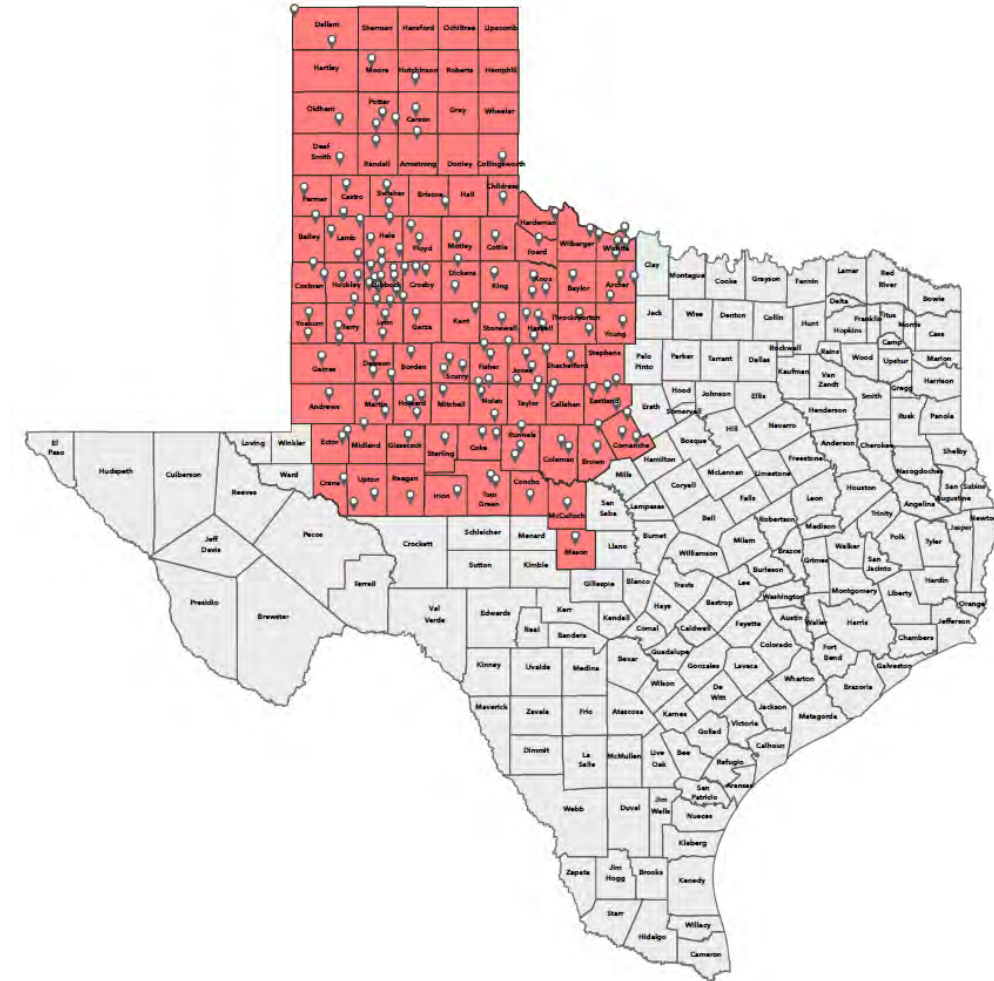
14 Professional Workshops *(introduced 2021)*

34 ESC Presentations (6 service centers)

49 YAM Trainings Complete

14 Student Workshops

21,939 miles *(24,901 miles to circle Earth)*



Thank you!



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Communities In Schools of Central Texas

Dorothy Z. Garza, LCSW-S
Sr. Director of Mental Health Services



Communities
In Schools®

Central Texas

In schools to help kids stay in school.

About Communities In Schools



Communities In Schools

At Communities In Schools of Central Texas, our mission is to surround students with a community of support, empowering them to stay in school and achieve in life.

We partner with K-12 schools to provide a full-time Communities In Schools staff person(s) to work with students directly on campus.

Coverage Area

This school year, Communities In Schools of Central Texas is providing supports for students and their families on **103 local campuses** in **8 school districts**.

Partner School Districts:

- Austin
- Bastrop
- Elgin
- Hays
- Lockhart
- Manor
- Pflugerville ISD (*MBK Scholars only*)
- San Marcos





Complementing the work of teachers

We know that when students are hungry, tired, or preoccupied with worry, they cannot focus on learning.

For students dealing with bullying, the effects of trauma, and other challenges, sometimes just showing up for class can be overwhelming.

This is where Communities In Schools of Central Texas comes in, **to complement the good work teachers and administrators are already doing.**

The CIS Model



Communities In Schools is the nation's **largest** and **most effective** dropout prevention organization.

For 40+ years, Communities In Schools has been helping students achieve in school, graduate and go on to bright futures.

OUR UNIQUE MODEL



Why the CIS Model Works

- Evidence-based approach
- Community partnerships
- Innovative programs
- Highly skilled and trained staff



School-Based Staff

Our school-based staff work in partnership with teachers and school administration to identify and address challenges students face in school or at home. These may range from immediate needs like clothing and food, to more complex needs like counseling and mentoring.

Mental Health and Wellness

Mental Health and Wellness Program

The Mental Health & Wellness Program supports CIS' mission by:

- Providing short-term, intensive therapy for students struggling with mental health challenges and supporting the transition to the appropriate level of ongoing support
- Developing a skilled mental health workforce by offering internship opportunities to undergraduate and graduate level students from diverse degree programs who are supervised by agency staff
- Providing training to agency personnel and school communities that increase knowledge and skills related to mental health

Mental Health and Wellness Counseling

The CIS Mental Health & Wellness (MHW) Counseling ensures that CIS case-managed students have access to the mental health support they need to cope with mental health and wellness challenges. Licensed mental health clinicians provide short-term intensive therapy to students at school who, despite interventions by the campus CIS staff and school, are struggling with fully participating in CIS programming and in their school.

The goals of this support are to:

- Interrupt a student's crisis escalation;
- Establish crisis stabilization for the student;
- Support the student's reintegration at school after a crisis episode; and/or
- Secure the appropriate level of on-going mental health support.

This is our pilot year for this initiative. Our goal is to serve at least 160 students, during the 2022-2023 academic year.

Clinical/Direct Service Internship Program

CIS has a long history of supporting university students' learning as they develop the skills of various helping or people-centered degree programs. Our overall goal is to increase relational and trauma-informed support to K – 12th grade students through the integration of clinical/direct-service interns who will:

- 1) Receive a strong foundation of the CIS model and core values;
- 2) Have opportunities to build skills in working with students individually and in groups;
- 3) Actively engage families as part of the support services to students;
- 4) Learn about navigating school systems and leveraging community resources; and
- 5) Receive feedback and training that reflect a trauma-informed perspective and commitment to diversity, equity, inclusion, and belonging.



Additional supports

Agency Mental Health Training

- Suicide prevention – Tier 1 strategies
- Play therapy techniques
- Motivational Interviewing 101
- Trauma-Informed Self-Care for the helping professional

School Community Mental Health Training

Peer Consultation

Off-site supervision of interns

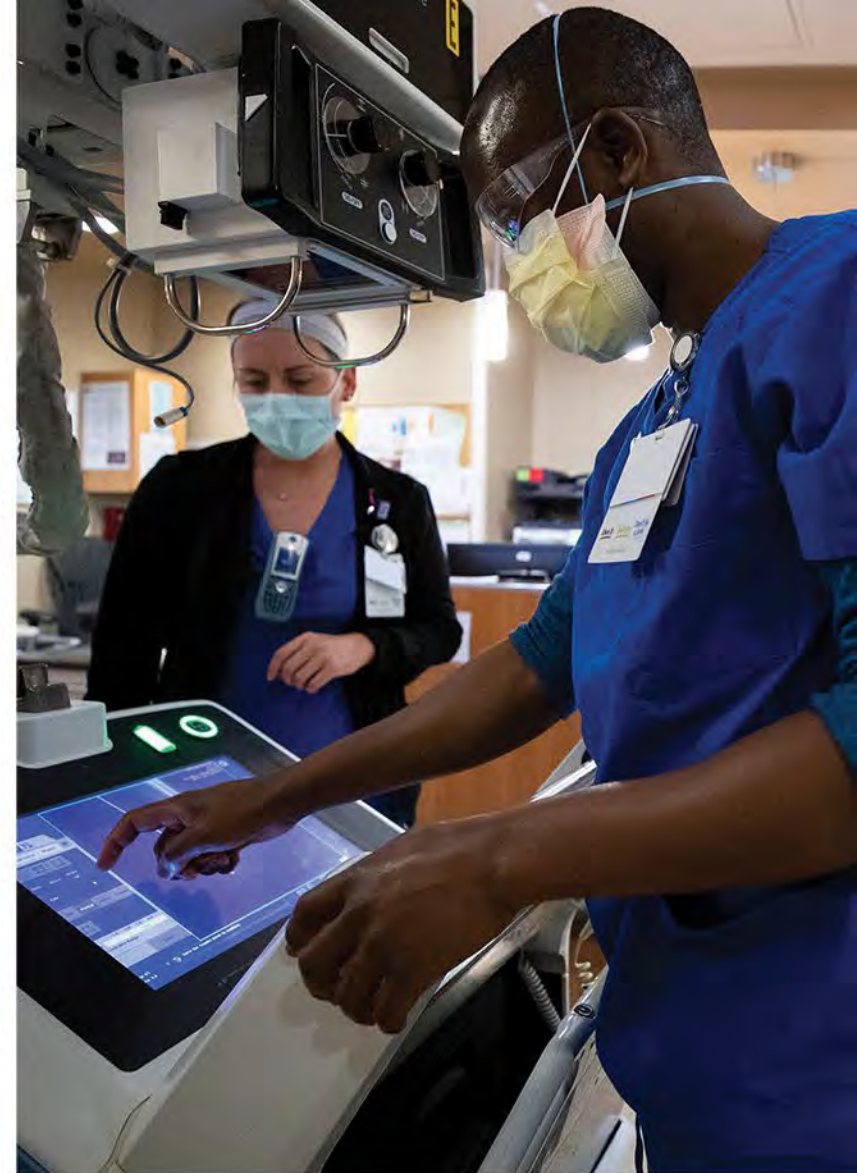
Thank you



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Texas Child Health Access Through Telemedicine (TCHATT)
& Child Psychiatry Access Network (CPAN)
Texas Child Mental Health Care Consortium (TCMHCC)

Program Creation

- Texas Child Mental Health Care Consortium (TCMHCC) was created by the 86th Texas Legislature in 2019 has been tasked with “improving mental health care and systems of care for children and adolescents of Texas.”)
- Senate Bill 11, also out of the 86th Texas Legislature, is an effort to expand mental health initiatives and provide funding to increase safety and security on school campuses. This came after the Santa Fe High School tragedy.
- The projects under TCMHCC represent a coordinated effort to leverage the expertise of mental health professionals across the state in order to meet the needs of children and adolescents with mental health concerns. This is necessary due to a demand for services that exceeds the number of professionals qualified and available to provide the service. This coordinated effort has organized mental health professionals and prescribers to geographically cover the state with telehealth mental health access.

[TCMHCC – Texas Child Mental Health Care Consortium \(utsystem.edu\)](https://utsystem.edu)



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TCHATT Leadership Team



Nanette Allison, D.O.
Medical Director



Teneisha Kennard, LMSW
Executive Director, BH
Ambulatory Services



Constance Siegel, LCSW-S
Program Manager



Tisha Calhoun, LCSW-S
Clinical Supervisor



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TCHATT Program Staff

- Psychiatrist and Advanced Practice Practitioners
- Program Manager
- Clinical Supervisor
- TCHATT Program Coordinator
- 7 Therapists
- 2 Case Managers
- Patient Access Representative
- Certified Medical Assistant



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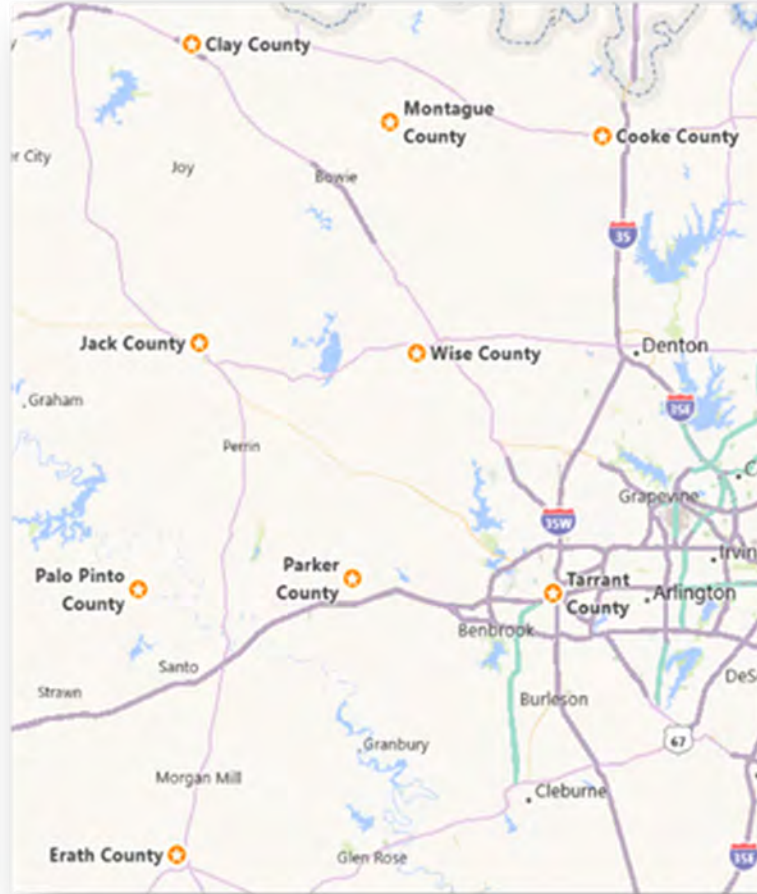
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TCMHCC Programs North Texas

Funding is provided through the Texas Mental Health Consortium (TCMHCC). This funding is provided by the Texas Higher Education Coordination Board (THECB) and is distributed amongst 12 hubs.

Hubs represent the partnership between a Health Related Institution (HRI) and an Academic institution.

The hub covering Tarrant and eight additional counties is a partnership between JPS Health Network and UNT Health Science Center.



- Tarrant County
- Parker County
- Wise County
- Cooke County
- Erath County
- Palo Pinto County
- Jack County
- Montague County
- Clay County



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Review of School Partnerships

- 24 Active MOUs:
 - All 9 counties (see handout for ISD breakdown):
 - 9 in Tarrant
 - 5 in Montague
 - 4 in Parker
 - 1 each in Wise, Erath, Cooke, Palo Pinto, Jack, & Clay
 - 13 Pending MOUs (see handout for ISD breakdown):
 - 2 in Tarrant
 - 3 in Parker
 - 4 Wise
 - 2 in Cooke
 - 1 in Palo Pinto
 - 1 in Erath



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Current Connected ISD & Schools - TCHATT

ISD/Academy	County	Lives Covered	Executed
Arlington Classics Academy	Tarrant	1,54207.28.22	
Aledo ISD	Parker	6,72311.15.22	
Birdville ISD	Tarrant	23,57601.10.21	
Boyd ISD	Wise	1,26710.01.21	
Crosstimbers Academy	Parker	12010.21.21	
Bowie ISD	Montague	1,69304.06.22	
Dublin ISD	Erath	1,09301.11.22	
Era ISD	Cooke	47210.12.21	
Everman ISD	Tarrant	5,64805.17.22	
Forestburg ISD	Montague	16304.06.22	
FWISD	Tarrant	76,85802.24.21	
Gordon ISD	Palo Pinto	15901.10.21	
HEB ISD	Tarrant	22,96202.09.22	
Jacksboro ISD	Jack	1,06205.17.22	
Keller ISD	Tarrant	34,31902.11.22	
Lake Worth ISD	Tarrant	3,31104.06.22	
Mansfield ISD	Tarrant	35,12708.18.22	
Midway ISD	Clay	13202.26.22	
Millsap ISD	Parker	1,029 08.18.22	
Nocona ISD	Montague	80505.17.22	
Petrolia CISD	Montague	44603.24.22	
Prairie Valley ISD	Montague	15001.19.22	
Weatherford ISD	Parker	7, 99309.29.22	
Grapevine Colleyville ISD	Tarrant	14,23109.29.22	
Springtown ISD	Parker	3,61910.07.22	
Total Covered Lives		236,507	

Currently in Progress		
ISD	County	Lives Covered
Castleberry ISD	Tarrant	3,617
Brock ISD	Parker	1,765
Harmony Schools	Tarrant	2,950
Graford ISD	Palo Pinto	316
Three Way ISD	Erath	142
Gainesville ISD	Cooke	3,000
Garner ISD	Parker	216
Chico ISD	Wise	586
Paradise ISD	Wise	1,216
Valley View ISD	Cooke	4,132
Decatur ISD	Wise	3,413
Bridgeport ISD	Wise	2,051
Milsap ISD	Parker	1,029
<i>Total Pending Lives Covered</i>		24,433
Anticipated Combined Covered Lives		260,940



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Onboarding & Relationship Management

- All ISDs offered onboarding within one week of completed MOU
 - Project Coordinator
 - Clinical Supervisor
 - Case Managers or Therapist
 - Manager as available
- Therapists physically visit every school in each enrolled district that are willing
 - As of September 2022, all schools in this hub have been contacted twice
- Project Coordinator will do outreach at the beginning of every school year to re-orient and provide support. This is also available to ISDs as needed throughout the school year.
- Our hub attends several back-to-school events to connect with families



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Technology Utilized

- Upon ISD request, we deploy 2-3 iPads for student use
- Currently we have 50 deployed to 11 schools in 7 districts
 - Ability to quickly deploy more as needed
- Minor connectivity issues have occurred in rural areas
 - Hot spots are available for these situations



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Referral Process

- Referrals received through a the Trayt system
- If *approved* by clinician & provider
 - Coordinator manages consents
 - PAR connects with family to build ERS chart & schedule
 - Patient sees therapist & Provider as appropriate
- If *not a fit*, supervisor informs family & school
 - Offer resources through case manager



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Appointments/Services

- Once a family submits consents, appointment set w/family
 - Often within 48 hours (Monday-Friday)
- Session 1:
 - Therapist & Provider as appropriate
 - Treatment Team
 - Provider as needed
 - Assigned case manager as needed



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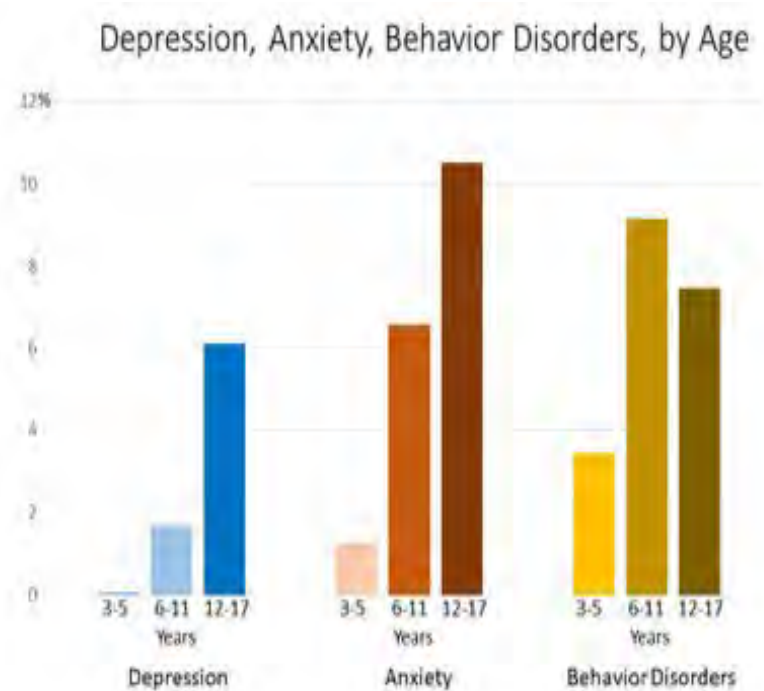


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Current Activity In Tarrant County - TCHATT

Students referred to TCHATT are presenting with some of the following chief complaints:

- Anxiety
- Bullying
- Low self esteem
- Trauma
- Depression / lack of support and coping skills
- Self Harm/ lack coping skills
- Suicidal Ideation (passive)/ lack coping skills
- Grief/ loss
- Aggression/ Anger



Ghandour RM, Sherman LJ, Vladutiu CJ, Ali MM, Lynch SE, Bitsko RH, Blumberg SJ. Prevalence and treatment of depression, anxiety, and conduct problems in U.S. children. *The Journal of Pediatrics*. 2018

- Substance use
- Difficulty in school
- ADHD
- Parental concerns about changes in students behavior
- Loss of parents or friends
- Fears associated with future
- Children not feeling they have supports they can talk to that they feel will understand
- limited parent knowledge related to parenting students with behavioral health issues



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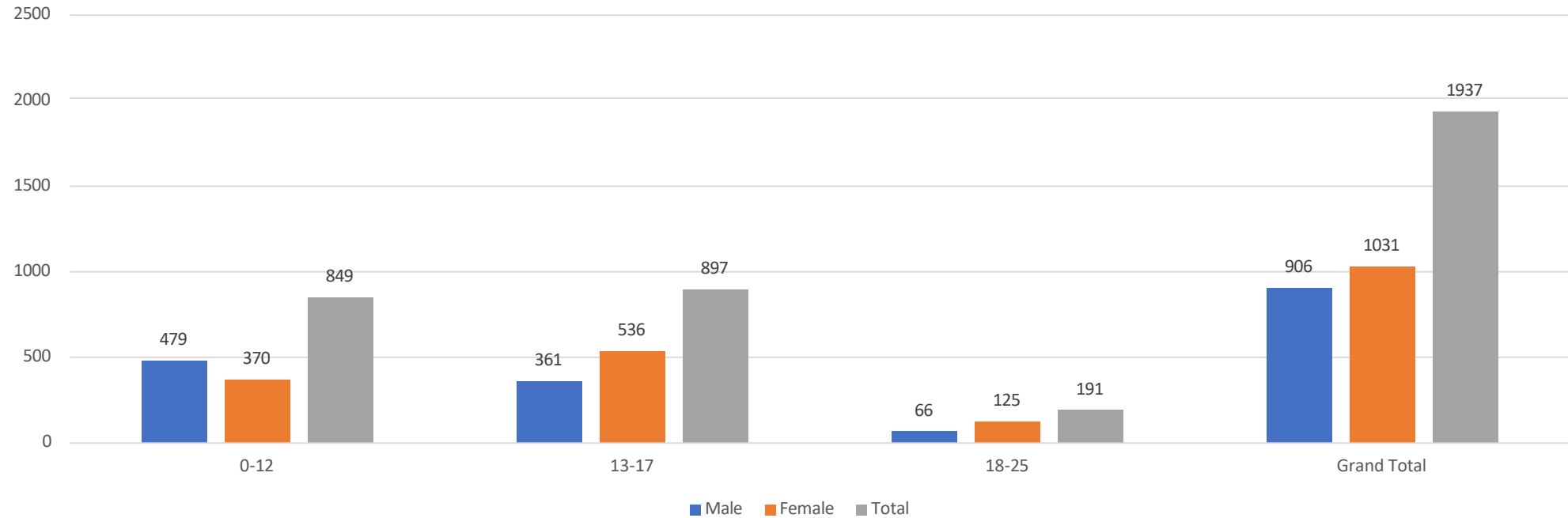
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TCHATT FY22 Appointment Distribution by Age & Gender

FY22 Gender and Age Distribution



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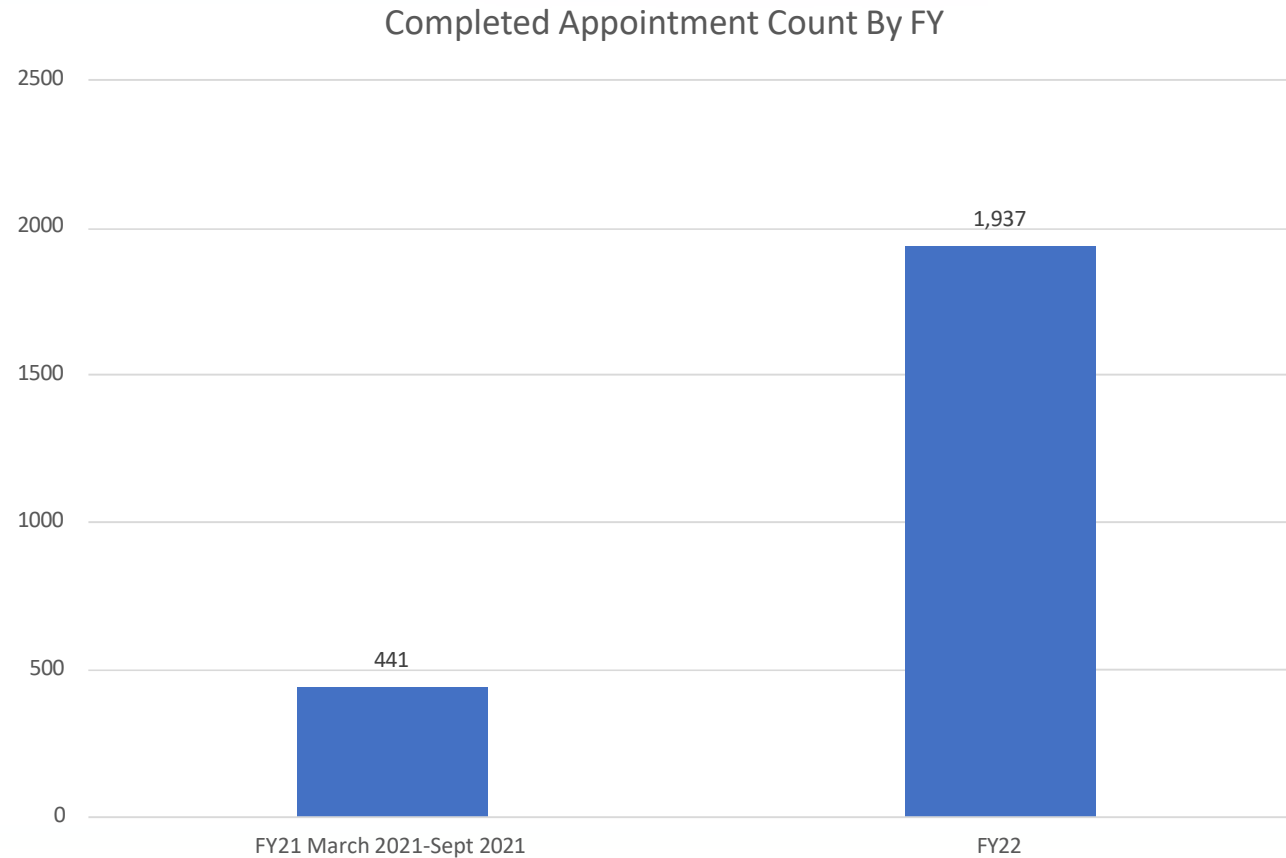


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TCHATT Completed Appointments By FY



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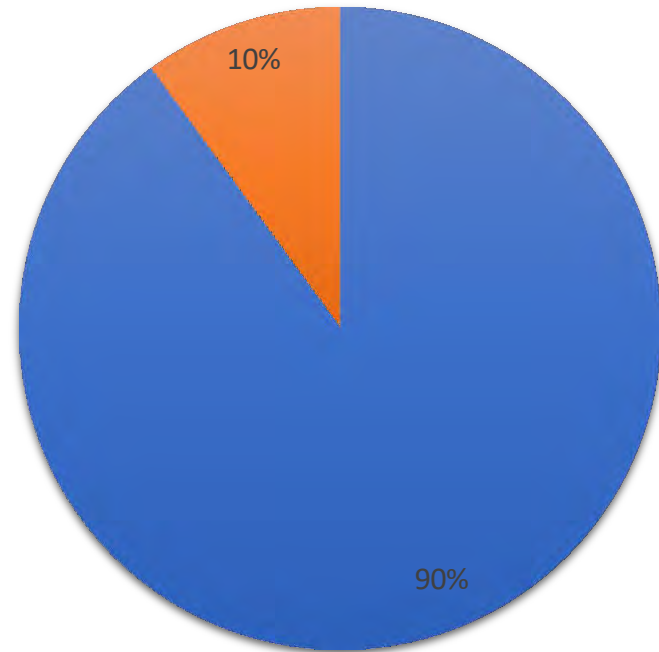
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TCHATT Appointment Distribution by Type

Completed Appointment Types



■ Counseling ■ Medication Eval



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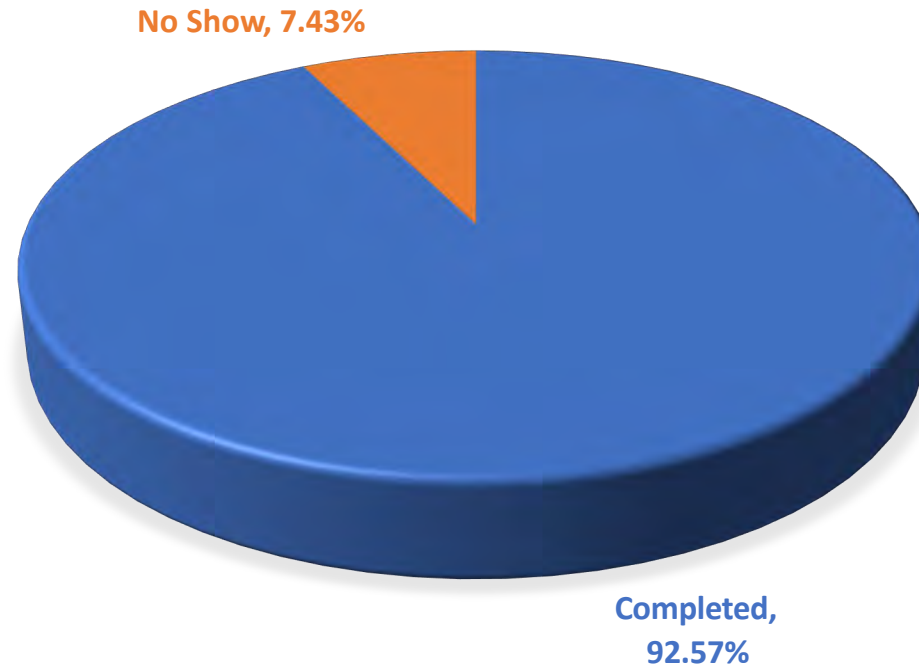
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TCHATT Overall No Show Rates

FY22 APPOINTMENT STATUS REVIEW



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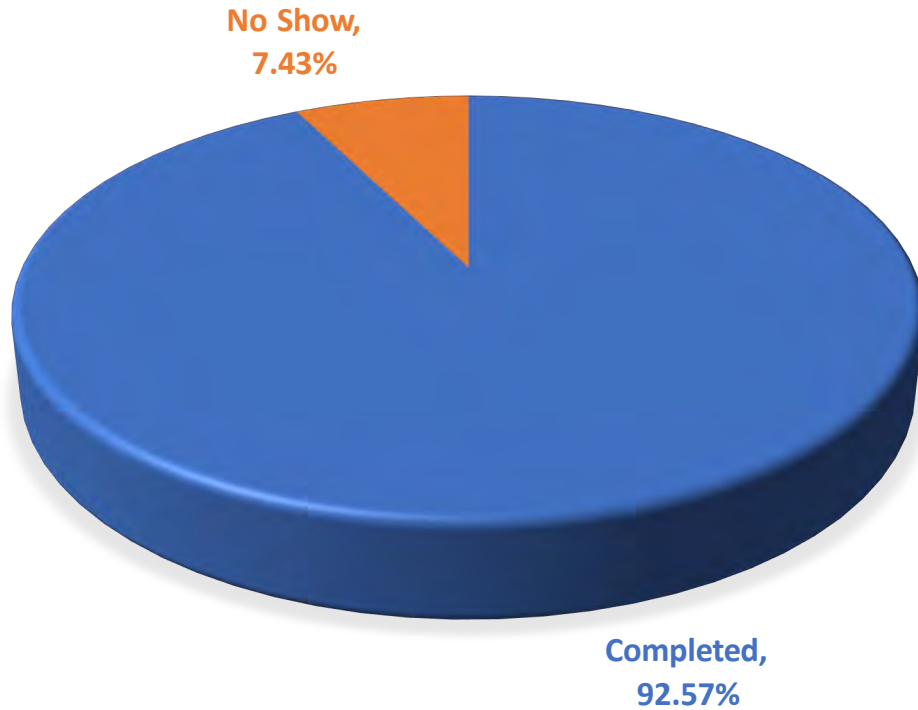
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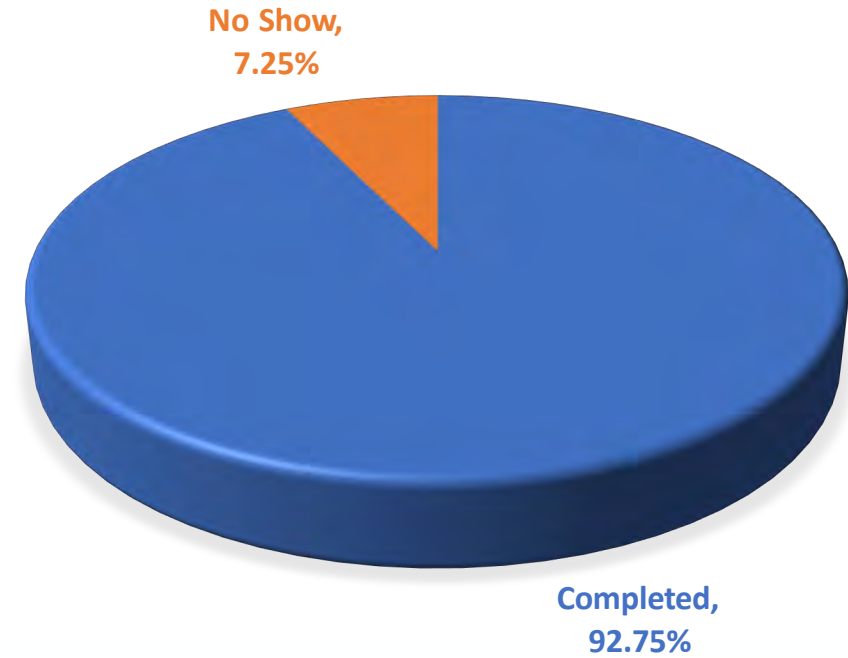
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TCHATT No Show by Provider Type

FY22 NO SHOW RATES FOR THERAPY



FY22 NO SHOW RATES FOR MEDICATION MANAGEMENT



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Tarrant County Case Disposition and Discharge

Case Disposition – Discharge Plan Agencies Patients Referred to After TCHATT
PCP via CPAN
ACH
Art Station
Bien star and lighthouse
Brightstar Counseling and Evaluation
Excelsior Therapy
Family Resource Center (FRC)
FRC- TCU Counseling
Innovations
Jlyle Medical Clinic
JPS Health Network
Lena Pope
Live Life counseling
LMHA- MHMR
Multicultural Recovery Center
New Horizons
One Safe Place

Case Disposition – Discharge Plan Agencies Patients Referred to After TCHATT
One Safe Place
PCP via CPAN
Pleasant Behavioral Health
Private therapist
PSY Counseling
Safe Haven
The Parenting Center
The Warm Place
The Woman's Center
UNT Mobile Clinic
EAP Counseling
PHP- Excel Center
Aetna Better Health
Child Find Program via FWISD
Psych Intermittent testing & PRN Behavior therapy
Resources Provided
No additional treatment planning



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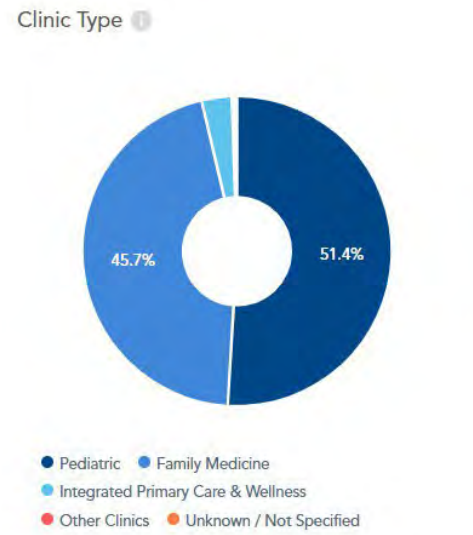
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Current Activity and Performance -

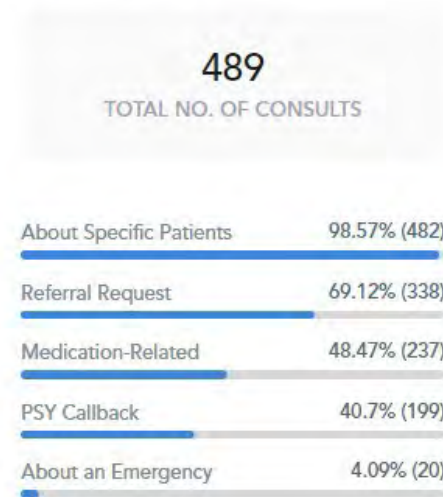
CPAN

Dashboard Oct, 2022 Program **CPAN** Hub **UNT FW**

689 PROVIDERS	140 CLINICS	489 COMPLETED CONSULTS	456 PATIENTS SERVED (EST.)	100% RESPONSE WITHIN 30 MIN	1.3 MEDIAN RESPONSE TIME (MIN)
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Purpose of Contact



[CPAN Portal \(trayt.io\)](https://trayt.io)



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Summer Plans

- Four weeks psychoeducational skills groups with a DBT focus were offered last summer
 - Small groups, but well received
 - Currently being evaluated for next summer's model
 - Plan to deliver summer plans to schools by end of April



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Child Psychiatry
Access Network

TCHATT
Texas Child Health Access
Through Telemedicine

A collaborative service offered through
The University of North Texas Health Science Center
and JPS Health Network



acclaim
Improving health together
Acclaim Multi-Specialty Group
(Formerly Collins Medical Group)



JPS Health Network
Fort Worth, Texas

Feedback/Community Response

Thank you/Feedback:

- “I appreciate you so much and what you are doing for this student. Your organization is making a difference for us out here in the sticks. We are grateful beyond measure for the service you're providing! “
- “Thank you very much for the help provided God bless each of its members”
- “For me they do not need to improve anything! They are excellent people always willing to help us”

The UNT/JPS Hub for TCHATT also has some of the highest family/patient satisfaction scores for our State. Our team is proud of the work we are currently doing and eager to continue expanding to serve more children and families.



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Thank You



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