

Strong Partnerships: Nurturing Collaborations to Improve School Based Mental Health and Student Outcomes





Region 6

- Kim Pruitt,
ESC 6 Mental and Behavioral Health Specialist



- Stephanie Duer,
HB 19 Non-Physician Mental Health Practitioner



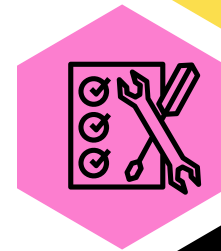
HB 19 Mental Health Outreach & ESC Partnership



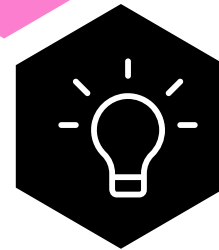
Successes



Challenges



Solutions



Ideas



Healthy Minds. Meaningful Lives.

SUCCESSSES



Collaboration

HB 19 has successfully collaborated with:

- Special Education- Road to Recovery & TEDD
- School Safety -Substance Use Awareness & Suicide Prevention, School Safety Conferences
- Counselor Team- Counselor Connection, School Counselor Collaboratives, Trauma Sensitive Schools, etc...



Districts Reached

63 Districts Reached
2 Statewide Conferences
3 Regional Conferences



Community Resources

- Community Resource Symposium
- LMHA representatives
- Over 20 Organizations
- Meaningful connections



Regional Crisis Team

- Contribute Resources
- Create connections with LMHA
- Increase in district use of the Regional Crisis team

2022 STATISTICS

Educated about Social Media and Mental Health

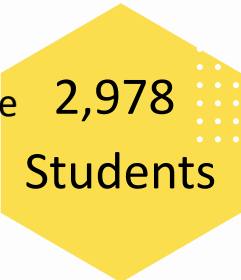


Trained in Trauma Informed Education



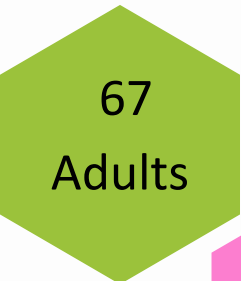
Trained in Substance Use Awareness

Educated about Substance Use



Trained in Youth Mental Health First Aid

Trained in Suicide Prevention



Educated about Suicide Prevention



Trained in Trauma & IDD



Educated about Social Media & Mental Health

HB 19 FEEDBACK

On a scale of 1-5, how accessible is your HB19 Mental Health Outreach Specialist? (easy to reach, or schedule with)

76%
Always
Accessibl
e

100%
Yes

As a result of the HB19 Mental Health Outreach Specialist, do you feel your relationship/use of ESC 6 services has improved/increased?

10 Districts
24 Responses

82%
Yes

As a result of the HB19 Mental Health Outreach Specialist, has your accessibility to your LMHA improved? (ability to connect with appropriate departments, ability to connect families with services, get questions answered, etc...)

78%
Yes

As a result of the HB19 Mental Health Outreach Specialist, has your understanding of your LMHA changed? (services available, how to access services, etc...)

HB 19 FEEDBACK

- The information that is shared with us through newsletter, emails, and flyers has made it simpler to find the resources I need.
- Absolutely, This is a valuable position.
- I'm very comfortable reaching out for help.
- When she finds resources that applies to my campus she helps connect us and will help walk us through the process so that we can bring programs on to our campus for our kids.
- The LMHA specialist has gone out of her way to assist us with crisis situations and ongoing support. I am pleased!
- I am more comfortable reaching out.
- Information on how to select services for individuals is easier to use.
- I have a valuable contact for information and assistance.

CHALLENGES

Differences

HB19 is paid by and supervised by the LMHA while officing at the ESC- possibly different expectations, different schedules, etc..

Overlap

HB19 responsibilities and expectations overlap with some other departments. For example, Title IV Safety also covers Substance Use topics and Suicide Prevention.

Quasi-Employee

Because we are not technically employees at the ESC:

- Do we have an ESC email?
- How do we get an employee number for printing, etc..

Quasi-Employee

- Can we have access to ESC works?
- What staff meetings should we attend?
- Should HB19 check in with someone at the ESC?

SOLUTIONS

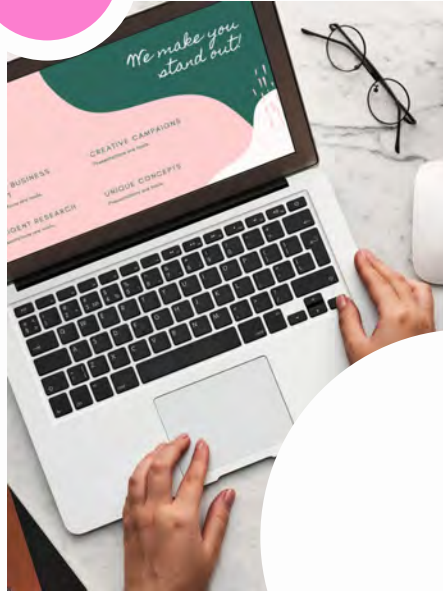
1

Collaboration

I have been able to collaborate with other departments when our subject matter overlaps. As often as possible I partner with my counseling team, the SPED department, and the safety education departments.

ESC Email

Allowing me to have an ESC email address insures that my emails out do not get sent to spam and are seen as a trusted source. It also insures that I am kept in the loop of ESC wide news and information. It also allows me to easily collaborate on projects with other ESC Employees.



2



3

Communication

I share my calendar so anyone can see it. I also created a chart on my office door that tells people where I am (ex. Out in a district, Vacation, In a Training, etc..)

GreaterGood

Whenever we are discussing how to collaborate, responsibilities, budgets, etc... we always consider what is going to serve the school district and students best. Having that common goal points us in the same direction.



4



IDEAS THAT LEAD TO SUCCESS

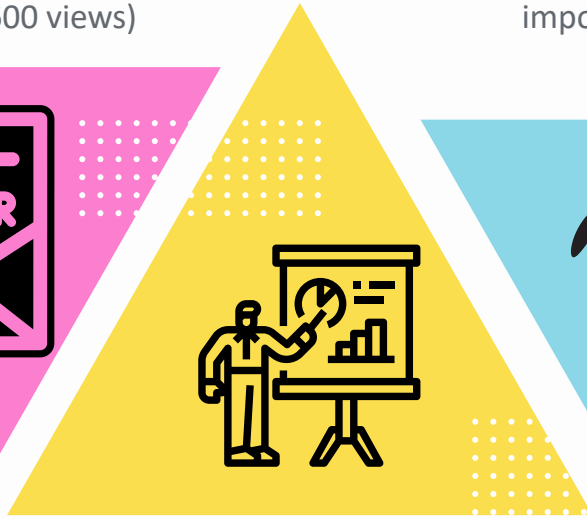
MONTHLY NEWSLETTER

Having a themed monthly newsletter with valuable, ready to use resources has created a following. (Avg. 600 views)



FACE TO FACE CONTACTS

Any opportunity to meet someone in person is valuable and yields more interaction.

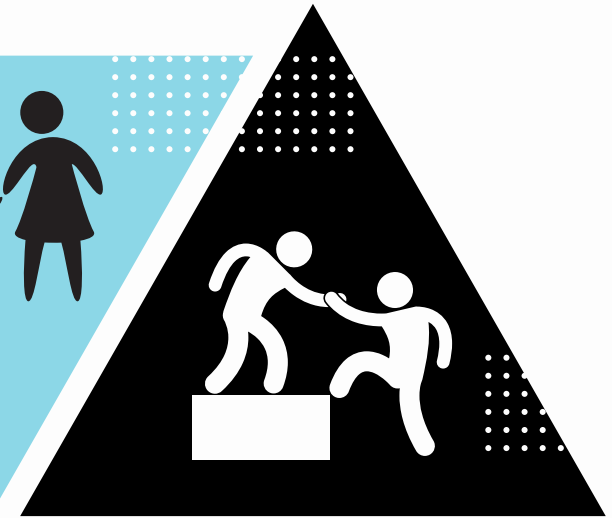
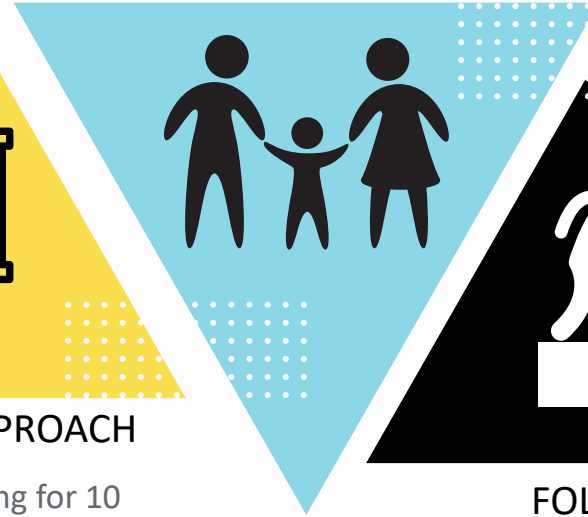


USED CAR SALES APPROACH

I will go to a staff meeting for 10 minutes, 30 minutes, 1 hour. I will present at a parent night for 15 minutes. I will do an entire day of classroom style presentations. Whatever that district or campus needs.

PARENT NIGHTS

Encourage the school to schedule parent night presentations on the same night as something else important (Christmas Play)



FOLLOW THROUGH

No matter what resource is asked for or what problem is brought to me, I make sure that I not only follow up with reliable resources, but I make sure they have a specific name and number to call to resolve their issue.

POTENTIAL



Thank you

You can reach me

at:

sduer@esc6.net

(936) 435-8284





Serving Children and Adults in Need and Laredo ISD

Dr. Chris Craddock,
Vice President
*Serving Children
and Adults in Need
(SCAN)*



- Dora Maria Ramirez,
*Drug Prevention
Services
Coordinator (SCAN)*



- Rosina Silva,
*Director of
Guidance and
Counseling
Laredo ISD*





&



THROUGH THE YEARS
Celebrating 32 Years of Collaboration

SCAN & LISD Overview



Serving Children and Adults in Need (SCAN), Inc., Laredo, Texas

- ▶ SCAN is a non-profit social services organization with a 40-year history of providing evidence-based prevention, intervention, treatment, and recovery support services to children, adolescents, adults, and families.



Laredo Independent School District (LISD), Laredo, Texas

- ▶ LISD was established in 1882 and has a yearly average of 25,000 enrolled students and over 4,500 employees striving for academic excellence. It has 20 elementary, 4 middle, and 3 comprehensive high schools, as well as several early college and specialty schools.

•The City of Laredo (population 256,153) is in Webb County (population 267,945). Webb County is situated on the border with Mexico in South Texas. Laredo is approximately 150 miles from San Antonio and Corpus Christi.

Collaboration

▶ **Part One: 1991 - 2010**

- ▶ 1991 - *Services to At-Risk (STAR) Youth Program
- ▶ 1993 - Students Taking Action Negating Drugs (STAND) Intervention Program
*Students Taking Action Negating Drugs (STAND) Outpatient Program
- ▶ 1996 - Parents and Children Together (PACT) Drug Prevention Program
- ▶ 1999 - *Webb County Community Coalition (WCCC)
- ▶ 2001 - Futuros Saludables (Healthy Futures) Health Risk Prevention Program
- ▶ 2004 - Juntos Podemos (Together We Can) Advocacy Skills Training Program
Substance Abuse & HIV Prevention Program

*Programs in bold are still in existence

Collaboration (continued)

- ▶ 2005 - *Border Traumatic Stress Response Center
Fetal Alcohol Spectrum Disorders Prevention Program
- ▶ 2007 - Futuros Saludables Peer-to-Peer Recovery Services Program
- ▶ 2010 - Mentoring Children of Prisoners Program
- ▶ **Part Two: 2011 - 2022**
- ▶ SCAN has been providing services to LISD students and their parents/guardians through numerous evidence-based programs including drug prevention programs, an outpatient treatment program, a youth recovery support services program, a mental health services program, a runaway and homeless youth program, and a child abuse prevention program.

Collaboration (continued)

▶ **Part Three: 2023 and Beyond**

- ▶ SCAN and LISD recently collaborated to complete and submit a funding application for a SAMHSA Project AWARE Grant for 2023, which is designed to develop a sustainable infrastructure for school-based mental health services.
- ▶ As problems and trends in behavioral health emerge in the community, SCAN and LISD will continue to collaborate to obtain funding to ensure that evidence-based services are available to meet the comprehensive needs of students and their families.



Region 1

- Jessica Viacobo,
*ESC 1 School
Health and
Counseling
Specialist*



6th Annual Summit on Advancing Behavioral Health Collaboration

Tier 3 Supports

Strong Partnerships:

Nurturing collaborations to improve school based mental health and student outcomes

Presented December 1, 2022

by

Jessica F. Viacobo, Lead for
School Health & Counseling

Division of School and Community Impact



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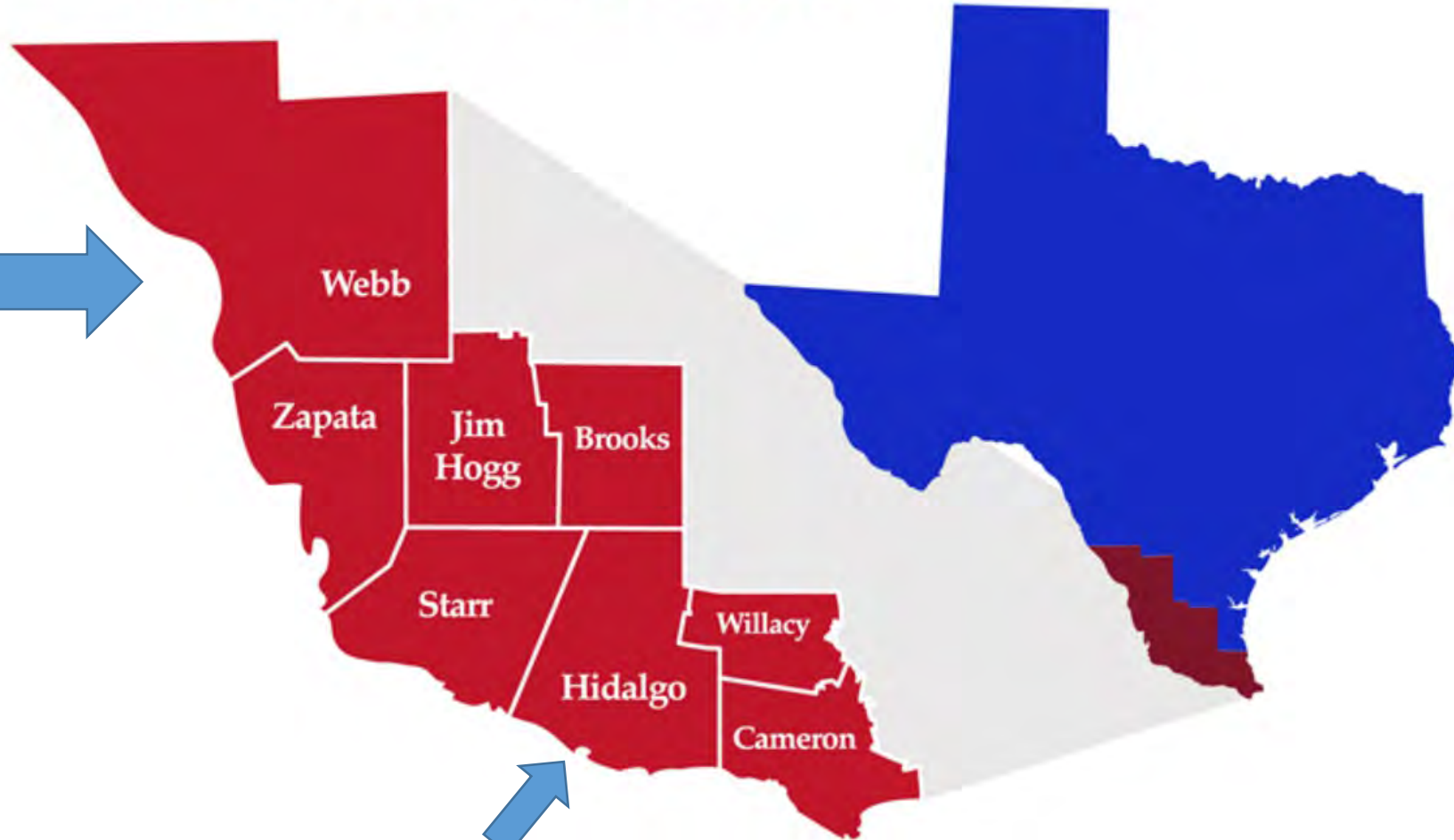
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REGION ONE ESC

Laredo ISD



Region One ESC





POWER-UP!

STEM CAMP

Your child is invited to join us for
the Region One ESC Power-UP!
STEM Camp!

Friday, October 14, 2022
UISD Student Activity Center
Room#2
9:00 a.m.-2:00 p.m

The following will be provided:
Breakfast
Lunch
UISD Bus Transportation

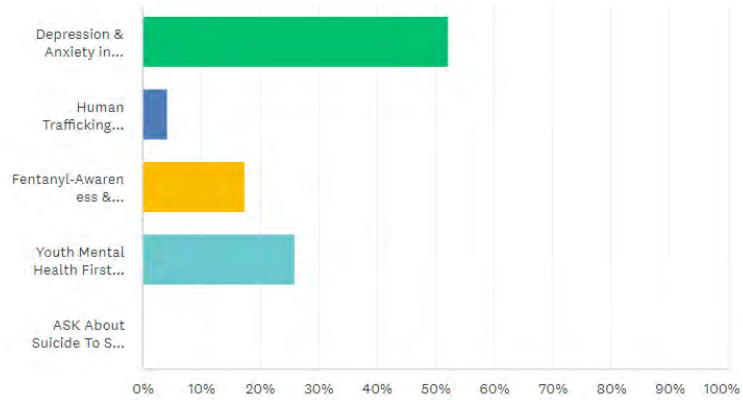


Q1

Customize Save as

What Professional Development Opportunities within the Mental Health Behavioral Health component would you want offered for the 2nd Semester at the ESC 1?

Answered: 23 Skipped: 0

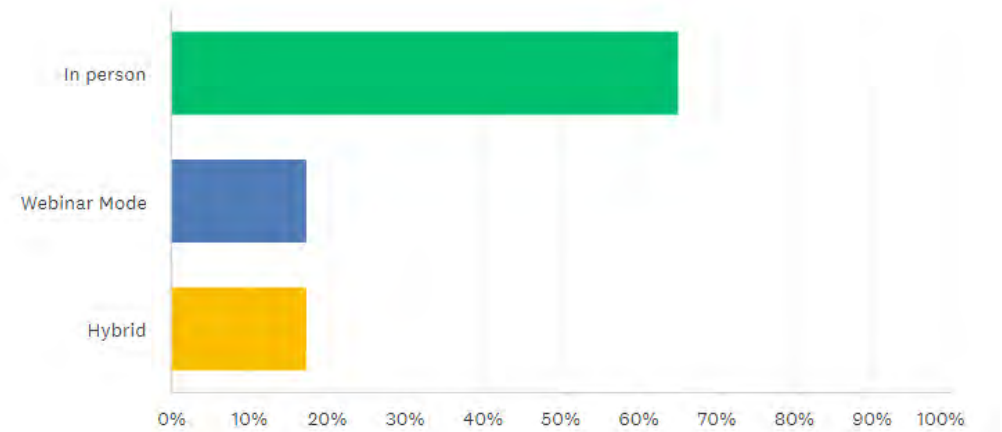


Q2

Customize

How would you prefer this session be offered?

Answered: 23 Skipped: 0



Consultation, Collaboration, Facilitation



Partnerships with our Local Mental Health Agencies-South Texas Behavioral Health, Tropical Texas Behavioral Health & Border Region Behavioral Health



Consultation, Collaboration, Facilitation



MENTAL HEALTH SERIES



- **April 21-8:30am-11:30am**
Workshop #227446-School Personnel/Staff Stress Relief/Morale Boost Session
- **April 21-1:30pm-3:30pm**
Workshop #227456-Multi-Tiered System of Supports (MTSS)
- **April 25-8:30am-3:30pm**
Workshop #227458-An Overview of Nonsuicidal Self-Injury (NSSI)



Presenter: Nancy Peña Razo, Ph.D., LSSP

Learn adequate skills to appropriately intervene.

Contact: Jessica Viacobo, School Health & Counseling Specialist
(956) 984-6015
jviacob@esc1.net



Consultation, Collaboration, Facilitation



**SCHOOL
HEALTH & COUNSELING**



Thank You Donna ISD!
Region One ESC & Texas
Tropical Behavioral Health were
on site providing Mental Health
Sessions.



For Information Contact
**Jessica Viacobo, Specialist for
School Health and Counseling**
(956) 984-6015
jviacobo@esc1.net



Region One
EDUCATION SERVICE CENTER
Division of Administrative Leadership,
School, and Community Support



Consultation, Collaboration, Facilitation



Hidalgo County Mental Health Coalition



MENTAL HEALTH MATTERS

2021-2022 Mental Health Training Opportunities

Spreading Mental Health Awareness

Across the RGV:

Any educational staff working with school age children would benefit from recognizing signs of developing mental health concerns. Therefore, the Region One Educational Service Center will be providing training opportunities on awareness and management of mental health crises, including the risk of suicide and self-harm. These trainings will also address the relationship between mental health, substance abuse, and other negative coping behaviors, as well as the negative impact of stigma and cultural attitudes toward mental illness.



Region One ESC Contact:
Jessica F. Viacobo, Specialist for School Health & Counseling
jviacobo@esc1.net
(956) 984-6015



Select workshop title to sign up for workshops below:

February 15, 2022
Bullying & Teen Dating Violence
Workshop #202457

March 22, 2022
Youth Mental Health First Aid
Texas Trizonal Behavior Health for - Hidalgo, Cameron, & Willacy Counties
Workshop #207100

Border Region Behavior Health Center for Webb, Zapata, Jim Hogg, & Starr Counties
Workshop #271284

April 13, 2022
(Morning Session) **AS+K7 Ask About Suicide to Save a Life**
Workshop#202499



(Afternoon Session) **AS+K7 About Suicide to Save a Life**
Workshop#207191

July 19, 2022
Youth Mental Health First Aid
Texas Trizonal Behavior Health for - Hidalgo, Cameron, & Willacy Counties
Workshop#202582

Border Region Behavior Health Center for Webb, Zapata, Jim Hogg, & Starr Counties
Workshop#207096




Consultation, Collaboration, Facilitation



SEPTEMBER IS NATIONAL SUICIDE PREVENTION MONTH


Any educational staff working with school age children and youth would benefit from recognizing signs of developing mental health concerns. The Region One Educational Service Center will be providing training opportunities on awareness and management of mental health crises, including the risk of suicide and self-harm.

Youth Mental Health First Aid
September 13, 2022
Workshop #241352



Suicide Prevention In Schools
September 26, 2022
Workshop #241366

Youth Mental Health First Aid
September 15, 2022
Workshop #241359



MENTAL HEALTH

IS JUST AS IMPORTANT AS

PHYSICAL HEALTH

Contact Jessica Viacobo, Specialist
984-6015
jviacobo@esc1.net



COUNSELING PROCESSES AFTER A CRISIS WEBINAR SERIES

Participants will learn evidence based response techniques to implement after a crisis.

ESC Workshop #246113
Friday, September 9, 2022

ESC Workshop #246114
Wednesday, September 14, 2022

Live on ZOOM Platform

Register now at :
<https://apps.esc1.net/ProfessionalDevelopment/RegionOne>

For More Information Contact:
Jessica F. Viacobo, Specialist for
School Health and Counseling
(956) 984-6015
jviacobo@esc1.net

THE SPEAKER LINEUP



Gregory Hickey
Mental Health Specialist at
Region 15 ESC
Psychological First Aid
Certified
Topic: Psychological First Aid (PFA) an evidence based informed approach to help children, adolescents, adults, and families in the immediate aftermath of a traumatic incident
ESC 1 Workshop #245086



Amanda Groller, MS, Ed., LPC
Director of Innovative and Special Projects at Gulf Coast Center

Topic: Coordinated response after a crisis: Mental Health Services, reunification, and student support services and resources. Presenters have responded to crisis at Santa Fe ISD, Uvalde ISD, and other school districts.
ESC 1 Workshop #:245092



Shari Forward
Team Leader for the Galveston County Critical Incident Stress Management Team, Gulf Coast Center Law Enforcement Crisis Trainer



REGION ONE ESC
DIVISION OF LEADERSHIP & COMMUNITY IMPACT
SCHOOL HEALTH & COUNSELING



OCTOBER IS NATIONAL BULLYING PREVENTION MONTH

Bullying can affect everyone—those who are bullied, those who bully, and those who witness bullying. Bullying is linked to many negative outcomes including impacts on mental health, substance use, and suicide.

Our partners at David's Legacy Foundation will be conducting a webinar. Participants will obtain an increased awareness of bullying and cyberbullying. This community issue is the responsibility of everyone.

David's Legacy Foundation is a non-profit organization whose mission is to eliminate cyberbullying and bullying, of children and teens, through education, legislation, and legal action. David's Legacy fulfills their mission through **PEACE**:

- Protecting children and teens from all types of bullying
- Educating communities about the harmful effects of cyber abuse
- Advocating for families in crisis, facilitating legal assistance through pro-bono lawyers
- Celebrating student-driven anti-bullying, kindness and inclusion initiatives
- Empowering young people to practice digital empathy and self-care.

Register for the webinar here: [Workshop # 254245](#)

Resources:
[| Bully Checklist](#) | [TxSSC Bully Checklist](#) | [TxSSC Bully Resources](#) | [TASB Bullying, Cyberbullying, and Hazing](#) | [DFPS Bully Prevention Toolkit](#) | [David's Legacy Foundation](#)

Contact: Jessica F. Viacobo
Specialist for School Health and Counseling
jviacobo@esc1.net
984-6015



Consultation, Collaboration, Facilitation

How to Use Emotional Intelligence (EQ) to Thrive in the Classroom and Beyond



September 1, 2022
8:30 a.m. - 4:00 p.m.
Region One ESC Conference Center
1900 W. Schunior, Edinburg, TX 78541

\$50.00 registration fee
includes an annual subscription to online courses,
and book, "The Power of a Teacher"

6 CPE Hours Available

Workshop # 237398
Register at www.esc1.net/staffdevelopment

About Your Presenter

Adam Saenz, Ph.D. earned his Ph.D. in School Psychology from Texas A&M University as a U.S. Department of Education doctoral fellow.



Saenz is also a TEDx Yale and the author of the best selling book, *The Power of a Teacher*, and his education blog has been featured on the front page of The Huffington Post. He also authored *Relationships That Work* with Jeremy Dew, L.P.C., a colleague in his clinical practice.

Adam is also the developer of the Educator Assessment of Social and Emotional Learning (EASEL), a measure of personality and emotional intelligence that is central to the work and curriculum associated with his book *The EQ Intervention*.



For additional information, contact:
Jessica Viacobo
School Health & Counseling Specialist
(956) 984-6015 | jviacobo@esc1.net

Register Today!



Future Partnerships-SAMSHA Project Aware Grant



Region One Education Service Center
Education Service Center
50 Years of Excellence



AWARE Texas - Advancing Wellness & Resiliency in Education



Laredo Independent School District

SAMHSA

Substance Abuse and Mental Health
Services Administration



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