



Promoting
Mental Health
and Student
Success for All
Texas Children
and Youth

Advancing Behavioral Health
Collaborations To Ensure Student
Success: School – Mental Health
Resource Guide

VERSION 2– NOVEMBER 2018

School-Mental Health Resource Guide

Purpose

The purpose of this document is to provide information and resources for individuals working with school-age youth who have behavioral health needs. Weblinks are embedded throughout the Guide for online exploration of resources, programs, best-practices, studies and articles.

Collaborative

Several state agencies have come together in a collaborative group called the Unified Services for All Children (USAC). One of the goals of USAC is to support mental health for school-aged children and youth as they continue to evolve; therefore this Resource Guide is updated each year.

Contents

Purpose.....	1
Collaborative.....	1
Services and State Resources	7
Blind and Visually Impaired Services	7
Early Childhood Intervention (ECI)	7
Early Childhood Intervention (ECI) Resource Guide	7
Intellectual and Developmental Disabilities (IDD) / Long Term Care Services	7
Local Intellectual and Developmental Disability (IDD) Authorities	7
LIDDA Crisis Services	8
LIDDA Transition Support Teams	8
Juvenile Justice Prevention and Early Intervention Services	8
TJJD Prevention and Early Intervention Services	8
Mental Health and Substance Abuse Services	9



Mental Health Services and Supports	9
Yes Waiver – Wraparound Services	9
Substance Abuse Services and Supports	10
Family based prevention and early intervention Programs	11
Community Youth Development (CYD)	11
Services to At-Risk Youth (STAR) Youth and Family Program	11
Texas Youth Connection (DFPS)- for youth	11
Texas Youth Hotline	12
Texas Visiting Program	12
Texas Autism Resource and Research Center (TARRC)	12
Texas Health Steps.....	12
Crisis Services.....	13
Crisis Text Line	13
Human Trafficking Hotline (National).....	13
National Alliance on Mental Illness (NAMI) helpline.....	13
National Child Abuse Hotline.....	14
National Suicide Prevention Lifeline.....	14
Lesbian Gay Bisexual Transgender Questioning Youth or Two-Spirited (LGBTQ2S)	14
Texas Suicide Prevention and Postvention Resources	14
Texas Suicide Prevention, Ask About Suicide	14
Suicide prevention and postvention Toolkits	15
Texas Local Mental Health Authority (LMHA) Crisis Hotlines.....	15
Veterans Crisis Hotline.....	15
Training Opportunities and Informational Forums.....	16

ASK: About Suicide to Save a Life	16
Counseling on Access to Lethal Means (CALM).....	16
Centralized Training for Evidenced Based Practices (for HHS contractors).....	16
DFPS Trauma-Informed Care Training	17
Mental Health Wellness for Individuals with Intellectual and Developmental Disabilities (MHW-IDD).....	17
Mental Health First Aid (MHFA)	17
Texas Health Steps.....	18
TJJD Webinar Training Opportunities	18
Evidence Based and Best Practices- Schools	18
Hope Squad.....	19
Positive Behavior Interventions and Supports (PBIS)	19
Texas Behavior Support Network (TEA)	19
Response to Intervention (RTI) - TEA.....	19
Restorative Justice / Restorative Practices.....	19
TRAUMA-Informed Practices for Schools	20
Cognitive Behavioral Intervention for Trauma in Schools:	21
Trust-Based Relational Intervention:	21
National Child Traumatic Stress Network - Child Trauma Toolkit for Educators	21
Positive Behavior Interventions and Supports – Interconnected Systems:	21
Resilience, Where Does It Come From?	21
The Trauma and Learning Policy Initiative’s (TLPI), Helping Traumatized Children Learn	21
Social and Emotional Learning.....	21
Dropout Prevention Resources.....	22
The Institute of Education Sciences: What Works Clearinghouse.	22



Effective Strategies for Dropout Prevention	22
What Works and What Does Not? Benefit-Cost Findings from Washington State Institute for Public Policy (WSIPP)	22
Blueprints for Healthy Youth Development	22
Evidence-Based Practices – Juvenile Justice.....	23
Juvenile Justice Evidence Based Practices	23
The Office of Juvenile Justice and Delinquency Prevention's Model Programs Guide (MPG)	23
Office of Juvenile Justice and Delinquency Prevention (OJJDP)	23
CrimeSolutions.gov	23
Community Resources, Information and Campaigns	24
Building Bridges	24
Children’s Advocacy Centers of Texas	24
Childhelp.....	24
Community Resource Coordination Groups (CRCGs)	24
Creating a Culture of Care	25
Disability Information and Referral Center: A Guide to Transition Resources.....	25
Disability Rights Texas	25
Drop the Stigma.....	26
Hogg Foundation	26
MentalHealthTX.Org.....	26
National Alliance of Mental Illness (NAMI) Texas.....	26
National Child Traumatic Stress Network.....	27
Navigate Life Texas	27
Partners Resource Network.....	27

Texas Autism Resource and Research Center (TARRC)	28
Applied Behavior Analysis (ABA)	28
Texas Military Department Family Support Services.....	28
Texas Parent to Parent	28
Texas School Safety Center.....	28
Suicide Prevention Resource Center	29
A Strategic Planning Approach to Suicide Prevention	29
Preventing Suicide in Emergency Department Patients (for healthcare professionals)	29
Texas Resilience and Recovery Children’s Resources	29
U.S. Department of Education Guidance on Civil Rights of Students with Disabilities	30
Dear Colleague Letter: Restraint and Seclusion of Students with Disabilities	30
Fact Sheet: Restraint and Seclusion of Students with Disabilities	30
Dear Colleague Letter and question and answer documents:	30
Frequently Asked Questions	30
Frequently Asked Questions	30
Workforce Innovation and Opportunity Act (WIOA).....	30
2-1-1.....	31
Agency Information / Websites	31
Health and Human Services Commission (HHSC).....	31
Office of Mental Health Coordination (OMHC)	31
Medicaid and CHIP	32
Texas System of Care (TxSOC)	32
Department of Family and Protective Services (DFPS).....	32
Child Protective Services	32



Prevention and Early Intervention Programs (PEI)	33
Texas Education Agency (TEA).....	33
Texas Juvenile Justice Department (TJJD)	33
Texas Workforce Commission (TWC)	34

Services and State Resources

Services available to school-age children who have behavioral health needs and their families.

Blind and Visually Impaired Services

This division provides screening, education, treatment, resources, and other services to children and families who are blind or visually impaired. There are also services specific to children who are deaf-blind.

<https://hhs.texas.gov/services/disability/blind-visually-impaired>

Early Childhood Intervention (ECI)

ECI is a statewide program for families with children, birth to three, with disabilities and developmental delays. ECI supports families to help their children reach their potential through developmental services. Services are provided by a variety of local agencies and organizations across Texas.

Early Childhood Intervention (ECI) Resource Guide

<https://hhs.texas.gov/services/disability/early-childhood-intervention-services/eci-central-directory-resources/eci-resource-guide>

Intellectual and Developmental Disabilities (IDD) / Long Term Care Services

HCS waiver information for families with a child who has an intellectual or developmental disability (IDD).

For more information on long term care programs in Texas, please use the following link: <https://hhs.texas.gov/services/disability/intellectual-or-developmental-disabilities-idd-long-term-care>

For a cross reference chart on all long term services and supports waiver programs, please use the following link: <https://hhs.texas.gov/sites/default/files/documents/doing-business-with-hhs/providers/resources/ltss-waivers.pdf>

Local Intellectual and Developmental Disability (IDD) Authorities

Local IDD authorities (LIDDAs) serve as the point of entry for publicly funded IDD programs, whether the program is provided by a public or private entity.

LIDDA Crisis Services

LIDDAs provide in-home and out-of-home crisis respite for children and adults who meet eligibility criteria; this includes development of a crisis respite plan and therapeutic support. LIDDAs must employ at least one lead crisis intervention specialist who oversees crisis activities, coordinates with private providers, individuals, families, MCOTs, other relevant service providers, and community members in regard to children and adults with IDD in crisis.

For more information on LIDDAs, please use the following link:

<https://hhs.texas.gov/doing-business-hhs/provider-portals/long-term-care-providers/local-idd-authority-lidda>

LIDDA Transition Support Teams

8 contracted LIDDAs have teams that offer educational activities, technical assistance and case review LIDDAs and community IDD waiver providers. The support teams include a licensed professional (e.g., clinical social worker) to serve as the team coordinator and licensed medical staff (e.g., physicians, physician assistants, nurse practitioners, registered nurses, psychiatrists, psychologists, behavioral specialists) having experience working with individuals with IDD who have significant medical, behavioral and/or psychiatric challenges.

<https://hhs.texas.gov/doing-business-hhs/provider-portals/long-term-care-providers/local-intellectual-developmental-disability-authority-lidda/lidda-transition-support-teams>

Juvenile Justice Prevention and Early Intervention Services

TJJD Prevention and Early Intervention Services

TJJD funds a number of prevention and early intervention programs at juvenile probation departments throughout Texas. These programs and services intended to prevent or intervene in at-risk behaviors that lead to delinquency, truancy, dropping out of school, or referral to the juvenile justice system. A summary of those programs and contact information is provided here.

Resources for Families

Are you looking for help for your son or daughter and don't know where to go? You can find telephone numbers and websites of useful resources at this link:

<http://www.tjtd.texas.gov/services/prevention/familyResources.aspx>

Resources for Policy Makers and Program Developers

Are you searching for resources to inform policy or program development? Here's a listing of websites which provide information on evidence-based programs and practices, available data, and recommendations for effective programming and policies.

<http://www.tjjd.texas.gov/services/prevention/ResourcesPolicymaker.aspx>

Mental Health and Substance Abuse Services

Click [HERE](#) to find information, resources and Mobile apps related to Mental Health and Substance Abuse Services.

<https://hhs.texas.gov/services/health/mental-health-substance-abuse>

Suicide Crisis Line: **1-800-273-8255**

211: Connects Texans to Mental Health & Substance Abuse services in their local service area

Mental Health Services and Supports

Provides information for Local Mental Health Authorities (LMHAs)

<https://www.dshs.texas.gov/MHSA/>

<https://www.dshs.texas.gov/mhsa-sp/> (in Spanish)

Mental Health Services Search

Search for LMHA by county, city, or zip code

<https://www.dshs.texas.gov/mhservices-search/>

Yes Waiver – Wraparound Services

The YES Waiver is a 1915(c) Medicaid program that provides comprehensive home and community-based mental health services to children and youth between the ages of 3 and 18, up to their 19th birthday, who have a Serious Emotional Disturbance (SED). The YES Waiver provides flexible supports and specialized services to children and youth who are at risk of institutionalization and/or out-of-home placement due to their SED.



The YES Waiver utilizes a Wraparound model for the planning process. A team comprised of formal and non-formal supports is created by the child and family to help to identify their strengths, needs and vision, and the team determines what YES Waiver services are needed to help address the child or youth's SED.

YES Waiver services include:

- Respite
- Community Living Supports
- Specialized Therapies
- Family Supports
- Employee Assistance and Supported Employment
- Adaptive Aids and Supports
- Minor Home Modifications
- Non-Medical Transportation
- Paraprofessional Services
- Supportive Family-Based Alternatives
- Transition Services

If a child is interested in the YES Waiver, their Legally Authorized Representative (LAR) must call their Local Mental Health Authority's (LMHA) YES Waiver Inquiry Line to schedule an assessment. To find your Local Mental Health Authority or for more information about the YES Waiver, please visit: <http://dshs.texas.gov/mhsa/yes/>

Substance Abuse Services and Supports

Click [HERE](#) to find information and resources related to Substance Abuse Services.

<https://www.dshs.texas.gov/substance-abuse/>

Outreach, Screening, Assessment, and Referral Centers (OSARs)

Click [HERE](#) to get information on accessing substance abuse treatment services.

<https://www.dshs.texas.gov/sa/OSAR/>

Interactive search tool for finding substance use providers and programs.

<http://txdshs.maps.arcgis.com/apps/webappviewer/index.html?id=0ebf2016e97243cb8aa665b01818cf4c>

Yes Quit (Quit Smoking)

Yes! I'm Ready to Quit. Resource for people who want to quit smoking.



<https://dshs.texas.gov/tobacco/quityes.shtm>

Family based prevention and early intervention Programs

Community Youth Development (CYD)

The CYD program contracts with community-based organizations to develop juvenile-delinquency prevention programs in ZIP codes with high juvenile crime rates for youth ages six to 17 (with a focus on youth ages 10 through 17). Communities use mentoring, youth-employment programs, career preparation, and alternative recreational activities to prevent delinquency. CYD services are available in 15 targeted Texas ZIP codes. In addition, each contractor must create or participate in an existing community-based collaborative committee or group to help integrate CYD into the community. Youth Leadership Development must also be provided through each contractor.

Services to At-Risk Youth (STAR) Youth and Family Program

The STAR program's primary purpose is to serve youth and their families needing crisis intervention, help with family conflict, concerns involving school performance and attendance and building parent and youth skills. Youth age zero to 17 and through age 18, if they are still in school, are eligible for the program.

Provides:

1. Free crisis hotline available 24/7.
2. Individual, family and youth counseling to help reduce conflict.
3. Emergency short-term shelter for youth who run away or who are unable to stay at home because of family conflict.
4. Skill-building classes to help parents and caregivers learn how to handle difficult situations.
5. Skill-building classes for youth to help them gain coping skills and meet their needs in a positive way.

You can find a service provider in your community by searching [HERE](#).

Texas Youth Connection (DFPS)- for youth

TexasYouthConnection.org was specifically designed by and created for current and former foster youth that were part of Texas Child Protective Services (CPS). CPS provides Transitional Living Services through programs that you may be familiar with and need more information about.



<https://www.dfps.state.tx.us/txyouth/>

Texas Youth Hotline

Life Can Hurt, We Can Help. Contact the Texas Youth Hotline any time, day or night to discuss your problem. It's free and we're here to help!

http://www.dfps.state.tx.us/Youth_Hotline/

Call [1-800-989-6884](tel:1-800-989-6884)

Text [512-872-5777](tel:512-872-5777)

Chat With Us Online: www.TexasYouth.org

Texas Visiting Program

The primary goals of Texas Home Visiting (THV) are to enhance maternal and child outcomes and to increase school readiness for children. To accomplish these goals, THV includes two primary components: (a) provision of evidence-based home visiting services for at-risk pregnant women and parents/caregivers of children birth to age five; and, (b) development/enhancement of early childhood coalitions that effectively coordinate services and address broad, community-level issues that impact young children and families. Texas Home Visiting is for expectant parents and parents with children six years old and younger.

https://www.dfps.state.tx.us/Prevention_and_Early_Intervention/Texas_Home_Visiting/default.asp

Texas Autism Resource and Research Center (TARRC)

The Texas Autism Resource and Research Center (TARRC) is a program of the Texas Health and Human Services Commission (HHSC). The TARRC is a program that supports Texans on the autism spectrum and their families. The TARRC website provides services and resources, community tools, and research on Autism Spectrum Disorder.

<https://tarrc.org/>

Texas Health Steps

Texas Health Steps is health care for children birth through age 20 who have Medicaid. Texas Health Steps gives your child free medical checkups starting at birth, and free dental checkups starting at 6 months of age. Checkups can help find



health problems before they get worse and harder to treat. Click [HERE](#) to learn more.

<https://www.dshs.texas.gov/thsteps/>

Crisis Services

Crisis Text Line

A free, 24/7 text line for people in crisis.

Text HOME to **741741** to connect to a counselor.

<http://www.crisistextline.org/>

Human Trafficking Hotline (National)

1-888-373-7888 // TTY: 771 ([informational](#) / [resource](#) / [hotline](#))

<https://humantraffickinghotline.org/state/texas>

National Alliance on Mental Illness (NAMI) helpline

800-950-NAMI (6264) or info@nami.org

<https://www.nami.org/Find-Support/NAMI-HelpLine>

The NAMI HelpLine can be reached Monday through Friday, 10 am–6 pm, ET.

HelpLine staff and volunteers are prepared to answer your questions about mental health issues including:

- Symptoms of mental health conditions
- Treatment options
- Local support groups and services
- Education programs
- Helping family members get treatment
- Programs to help find jobs
- Legal issues (the NAMI Legal Resource Service can connect individuals with attorneys in their area but does not have the resources to provide individual representation)

NAMI HelpLine [FAQs](#)

National Child Abuse Hotline

1-800-422-4453

National Suicide Prevention Lifeline

A free, confidential, 24-hour hotline, to anyone in suicidal crisis or emotional distress. An Online confidential chat is also available at <http://suicidepreventionlifeline.org/>

1-800-273-TALK (8255)

TTY: 800-799-799-4TTY (4889), then press 1

Nacional de Prevencion del Suicidio (888) 628-9454

Lesbian Gay Bisexual Transgender Questioning Youth or Two-Spirited (LGBTQ2S)

The Trevor line is a suicide prevention hotline for people who identify as LGBTQ2S. There is also the website for more information and interaction about The Trevor Project.

Trevor Hotline 1-866-488-7386

<https://www.thetrevorproject.org/>

Texas Suicide Prevention and Postvention Resources

Texas Suicide Prevention, Ask About Suicide

<http://www.texassuicideprevention.org/>

The goal of the Zero Suicide in Texas is to implement a zero suicide framework in health and behavioral health systems. Texas Suicide Prevention Toolkit provides a comprehensive guide to prevention, including Mobile Apps, Videos and PSAs, Texas Suicide Prevention Symposium Presentations, information for Hospital, ER and First Response Providers, schools and youth materials, best practices for community response and media recommendations, best practice designated training options nationally (ASIST, CALM, etc.) and facts sheets.

If you need to talk or are concerned about someone, please call 1-800-273-TALK (8255)

Suicide prevention and postvention Toolkits

[After a Suicide: Toolkit for Schools \(pdf.\)](#)

[Help and Hope for Survivors of Suicide Loss \(pdf.\)](#)

[Suicide Prevention and Postvention toolkit \(pdf.\)](#)

[After a Suicide: A Toolkit for Schools](#) assists schools in implementing a coordinated response to the suicide death of a student. The toolkit was developed in collaboration with the [American Foundation for Suicide Prevention](#) and in consultation with other national experts, includes current or up to date information and tools that middle and high schools can use to help the school community cope and reduce suicide risk. It is designed primarily for administrators and staff but can also be useful for parents and communities.

Highlights include:

- Examples of how different communities have addressed specific issues in responding to a suicide death
- A tool to help with decision-making about memorials
- Information on topics such as memorialization, social media, and suicide contagion

Texas Local Mental Health Authority (LMHA) Crisis Hotlines

Available 24 hours a day/7 days a week. For an alphabetical list of LMHA crisis hotlines in Texas.

<https://www.dshs.texas.gov/mhsa-crisishotline/>

Veterans Crisis Hotline

Connects Veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text.

800-273-8255, then press 1

Support for deaf or hard of hearing 1-800-799-4889

Text: 838255

<https://www.veteranscrisisline.net/>

Training Opportunities and Informational Forums

ASK: About Suicide to Save a Life

ASK About Suicide to Save A Life is a best practice gatekeeper training that teaches how to identify suicide risk factors, protective factors, warning signs & appropriate referral strategies. There are three training options offered:

1. view ASK videos for online certification,
2. view videos along with backup materials, or
3. in person workshops.

<http://www.texasuicideprevention.org/>

Counseling on Access to Lethal Means (CALM)

This [on-line](#) course explains why means restriction is an important part of a comprehensive approach to suicide prevention. It will teach you how to ask suicidal patients/clients about their access to lethal means, and work with them and their families to reduce their access. This course is open to anyone. It is designed especially for providers who counsel people at risk for suicide, primarily mental health and medical providers, but also clergy and social service providers. The course is free and takes approximately 2 hours

<http://training.sprc.org/enrol/index.php?id=3>

Centralized Training for Evidenced Based Practices (for HHS contractors)

This website offers a variety of behavioral health evidence based online courses to HHS contractors. In-person workshops are also available In-person workshops are conducted at different locations. Please refer to the Calendar or Course Info for location, cost and pre-requisites

<https://www.centralizedtraining.com/>

DFPS Trauma-Informed Care Training

DFPS training to assist families, caregivers and other social service providers in fostering greater understanding of trauma-informed care and child traumatic stress.

https://www.dfps.state.tx.us/training/trauma_informed_care/

Mental Health Wellness for Individuals with Intellectual and Developmental Disabilities (MHW-IDD)

6-part e-learning training series, developed by the Departments of Aging and Disability Services (DADS) and State Health Services (DSHS) to educate direct service workers and others about behavioral health needs of people who have an IDD and a co-occurring behavioral health condition. The full course curriculum contains the following modules:

- 1 Co-occurring disorders: IDD and Mental Illness
- 2 Trauma-informed Care for Individuals with IDD
- 3 Functional Behavior Assessment and Behavior Support
- 4 Overview of Genetic Syndromes Associated with IDD
- 5 Overview of Medical Conditions Associate with IDD
- 6 Putting It All Together: Supports and Strategies for DSWs

This series can be accessed for free or offered with CEUs for a cost, and can be accessed at: www.mhwidd.com

Mental Health First Aid (MHFA)

Mental Health First Aid (MHFA) is an eight-hour, evidence-based curriculum that teaches individuals how to help someone who is developing a mental health problem or experiencing a mental health crisis. MHFA training increases awareness of mental health and reduces stigma around mental illness.

Whom does the program serve?

All public school district employees, resource officers, and university employees, as well as community members

How does it work?

MHFA is a fee for service contract between HHSC and 37 LMHA's and 2 LBHA's. The LMHA's/LBHA's provide free MHFA training to public school district employees and resource officers.



How do you enroll in/apply for the program?

Contact your local LMHA/LBHA and request that they provide the training in your area. You can also look on line at <http://www.mentalhealthfirstaid.org/cs/take-a-course/find-a-course/> to find a course.

Build Your Metal Health First Aid Kit

<https://dev.hhsc.texas.gov/about-hhs/communications-events/news/2016/08/build-your-mental-health-first-aid-kit>

Texas Health Steps

Texas Health Steps' award-winning online program offers FREE CE courses for primary care providers and other health professionals. These courses offer updated clinical, regulatory, and best practice guidelines for a range of preventive health, oral health, mental health, and case management topics.

<http://www.txhealthsteps.com/cms/>

TJJD Webinar Training Opportunities

For archived TJJD webinar training opportunities and podcasts, go to:

<https://www.tjjd.texas.gov/regionaltraining/traininglinks.aspx>

<http://www.tjjd.texas.gov/regionaltraining/webinars.aspx>

Topics include information about special education services in juvenile justice settings and many other juvenile justice topics. Additionally, TJJD provides information about forty-five prevention programs operated by probation departments.

Evidence Based and Best Practices- Schools

Information on current policies, evidence-based practices, promising practices and general resources for schools.

Hope Squad

Hope Squads seek to reduce self-destructive behavior and youth suicide by training, building, and creating change in schools and communities. The Hope Squad program is a school-based peer support team that partners with local mental health agencies. Peers select students who are trustworthy and caring individuals to join the Hope Squad. Squad members are trained to watch for at-risk students, provide friendship, identify suicide-warning signs, and seek help from adults.

[https://hopesquad.com/\[hopesquad.com\]](https://hopesquad.com/[hopesquad.com])

Positive Behavior Interventions and Supports (PBIS)

Texas Behavior Support Network (TEA)

The goal of the Texas Behavior Support (TBS) Network is to create a system of PBIS for students with disabilities and all students attending Texas public schools. Although the original focus of TBS was to support the behavior needs of students with disabilities, it quickly became evident in examining the newly expanding Positive Behavioral Interventions and Support (PBIS) model that in order to address the needs of children in special education, prevention interventions had to be implemented for all students. Therefore, the TBS Network adopted PBIS as its philosophical foundation and supports all three tiers of the model, including school-wide and classroom.

<http://www.txbehaviorsupport.org/>

Response to Intervention (RTI) - TEA

Response to Intervention (RtI) is an approach that schools use to help all students, including struggling learners. The RtI approach gives Texas students opportunities to learn and work at their grade level. The idea is to help all students be successful.

<http://tea.texas.gov/index2.aspx?id=2147500224>

Restorative Justice / Restorative Practices

Restorative Discipline Practices (RDP) in Texas began in the Fall of 2015. The Texas Education Agency partnered with the Institute for Restorative Justice and Restorative Dialogue at The University of Texas at Austin School of Social Work to participate in a statewide roll out.

The approach fosters belonging over exclusion, social engagement over control, and meaningful accountability over punishment. It is a trauma-informed practice.



Integrating Positive and Restorative Practices to Supporting Student Behavior is a training available at the 20 ESCs that has been designed to help schools develop RD practices within a Positive Behavior Interventions and Supports (PBIS) framework.

For more information visit:

Texas Education Agency: http://tea.texas.gov/Restorative_Discipline/

TRAUMA-Informed Practices for Schools

Below are links to a selection of state and national resources that provide information on the impact of trauma on learning. Research has found that adverse childhood experiences negatively impact child development tasks, self-regulation, coping and other important skills which subsequently impact learning. Some of the resources document the positive prevention benefits on factors such as improved school discipline when implementing whole-school supports that build resilience and provide protective factors in the school environment. Other resources describe interventions that are specifically designed and effective for supporting traumatized children. Data reveals that through a mix of trauma-informed practices and strategies that schools can better promote the mental health and learning of all students by using a trauma-informed lens.

The Heart of Learning and Teaching: Compassion, Resiliency, and Academic Success:

<http://k12.wa.us/CompassionateSchools/HeartofLearning.aspx>

Cognitive Behavioral Intervention for Trauma in Schools:

<https://cbitsprogram.org/>

Trust-Based Relational Intervention:

<https://child.tcu.edu/about-us/tbri/>

National Child Traumatic Stress Network - Child Trauma Toolkit for Educators

<http://www.nctsn.org/resources/audiences/school-personnel/trauma-toolkit>

Education Law Center – Unlocking the Door to Learning: Trauma Informed Classrooms & Transformational Schools:

<https://www.elc-pa.org/wp-content/uploads/2015/06/Trauma-Informed-in-Schools-Classrooms-FINAL-December2014-2.pdf>

Positive Behavior Interventions and Supports – Interconnected Systems:

<https://www.pbis.org/school/school-mental-health/interconnected-systems>

Resilience, Where Does It Come From? By Bruce Perry.

<http://www.scholastic.com/browse/article.jsp?id=3746847>

Center for Mental Health in Schools and Student Learning Supports:

<http://www.smhp.psych.ucla.edu/>

The Trauma and Learning Policy Initiative’s (TLPI), Helping Traumatized Children Learn

TLPI's mission is to ensure that children traumatized by exposure to family violence and other adverse childhood experiences succeed in school. If you are interested in joining a learning community with other educators, schools and districts that are embarking on the process of creating trauma-sensitive schools, Join Our Learning Community.

<https://traumasensitiveschools.org/>

<https://massadvocates.org/tlpi/>

Social and Emotional Learning

Social and Emotional Learning is part of a trauma-informed approach to prevention and intervention. The Collaborative for Academic, Social, and Emotional Learning (CASEL) Website has many resources on research, policy and programs on SEL for schools.

The Guide shares best-practice guidelines for district and school teams on how to select and implement SEL programs: <http://www.casel.org/guide>



The Evidence Base for How We Learn – Supporting Student’s Social, Emotional, and Academic Development (September 2017):

https://assets.aspeninstitute.org/content/uploads/2017/09/SEAD-Research-Brief-9.12_updated-web.pdf

Dropout Prevention Resources

The National Center for Pyramid Model Innovations is funded by the U.S. Department of Education, Office of Special Education Programs to assist states and programs in their implementation of sustainable systems for the implementation of the Pyramid Model for Supporting Social Emotional Competence in Infants and Young Children within early intervention and early education programs with a focus on promoting the social, emotional, and behavioral outcomes of young children birth to five, reducing the use of inappropriate discipline practices, promoting family engagement, using data for decision-making, integrating early childhood and infant mental health consultation and fostering inclusion.

<http://challengingbehavior.cbcs.usf.edu/>

The Institute of Education Sciences: What Works Clearinghouse.

This resource provides research, practice guides and intervention reports for dropout prevention and evidenced-based decision making.

<http://ies.ed.gov/ncee/wwc/>

Effective Strategies for Dropout Prevention.

The National Dropout Prevention Center/Network provides research and resources on effective strategies for dropout prevention. <http://dropoutprevention.org/effective-strategies/>

What Works and What Does Not? Benefit-Cost Findings from Washington State Institute for Public Policy (WSIPP).

A benefit-cost analysis on prevention programs by the Washington State Institute for Public Policy (WSIPP). http://www.wsipp.wa.gov/ReportFile/1602/Wsipp_What-Works-and-What-Does-Not-Benefit-Cost-Findings-from-WSIPP_Report.pdf

Blueprints for Healthy Youth Development

This is a project of the Center for the Study and Prevention of Violence at the University of Colorado that serves as a resource for governments, foundations, businesses, and other organizations trying to make informed judgments about investments in evidence-based prevention and intervention programs that are

effective in reducing antisocial behavior and promoting a healthy course of youth development. <http://www.colorado.edu/cspv/blueprints/>

Evidence-Based Practices – Juvenile Justice

Click [HERE](#) to find an overview of key juvenile justice issues and reform trends relating to evidence-based practices and links to information on each one, as well as the most recent research, cutting-edge reforms, model policies, links to experts, and toolkits to take action

Juvenile Justice Evidence Based Practices

In the juvenile justice arena, the term “evidence-based practices” generally refers to programs, practices, and policies that have been rigorously evaluated and shown to be effective at preventing or reducing youth crime

<http://jjie.org/hub/evidence-based-practices/>

- [Intensive Family-based Treatment](#)
- [Psychosocial Therapies](#)
- [Medication Therapies](#)
- [Trauma-informed Care](#)
- [Evidence based tools](#)

The Office of Juvenile Justice and Delinquency Prevention's Model Programs Guide (MPG)

This office is designed to assist practitioners and communities in implementing evidence-based prevention and intervention programs that cover the entire continuum of youth services from prevention through sanctions to reentry.

<http://www.ojjdp.gov/mpg/>

Office of Juvenile Justice and Delinquency Prevention (OJJDP)

OJJDP provides a resources for effective and promising model intervention programs. <http://www.ojjdp.gov/mpg/Topic>

CrimeSolutions.gov.

The National Institute of Justice provides a library on effective and promising delinquency prevention programs.

<https://www.crimesolutions.gov/TopicDetails.aspx?ID=62#practice>

Community Resources, Information and Campaigns

Building Bridges

Building Bridges is a national initiative working to identify and promote practice and policy that will create strong and closely coordinated partnerships and collaborations between families, youth, community - and residentially - based treatment and service providers, advocates and policy makers to ensure that comprehensive mental health services and supports are family-driven, youth-guided, strength-based, culturally and linguistically competent, individualized, evidence and practice-informed, and consistent with the research on sustained positive outcomes. <http://www.buildingbridges4youth.org/>

Children's Advocacy Centers of Texas

Children's Advocacy Centers™ of Texas, Inc. (CACTX) is the statewide membership association representing all local children's advocacy centers in the Lone Star state. The mission of Children's Advocacy Centers of Texas, Inc. (CACTX) is to restore the lives of abused children by supporting children's advocacy centers (CACs) in partnership with local communities and agencies investigating and prosecuting child abuse.

<http://www.cactx.org/>

Childhelp

[Childhelp®](#) exists to meet the physical, emotional, educational, and spiritual needs of abused, neglected, and at-risk children. Focus is on advocacy, prevention, treatment, and community outreach. This hotline offers crisis intervention in 140 languages, information, literature, and referrals to thousands of emergency, social service, and support resources.

<https://www.childhelp.org/>

Community Resource Coordination Groups (CRCGs)

Community Resource Coordination Groups (CRCGs) are county-level groups comprised of representatives from state agencies and community partners. CRCGs serve children, youth, adults, and families with complex needs, whose needs cannot be met by one single agency. CRCGs partner with individuals and families to create an integrated Individual Service Plan (ISP) that coordinates services. CRCGs serve the following age groups: Children and youth: 22 and younger; Adults: 18 and older; Families: All ages.



There are approx. 140 CRCGs serving most of Texas's 254 counties. The contact information for local CRCG can be found using the search function on the [website](#).

For more information, please visit the website at: <https://crcg.hhs.texas.gov>. If you have additional questions about the CRCG program contact the State CRCG Office at: 512-206-5255.

Creating a Culture of Care

Help For Parents. Hope for Kids (for parents)

It's not easy being a parent. Here you will learn where to find the help you need to begin your journey towards becoming a healthier, happier family. Parents and caregivers can find local resources in their communities.

<http://www.helpandhope.org/>

Disability Information and Referral Center: A Guide to Transition Resources

Transition aged-youth seeking long term education resources, access the Disability and Information Resource Center (DIRC) using the following weblink:

<https://www.tsl.texas.gov/tbp/dirc/transitionguide.html>

Disability Rights Texas

Protection and advocacy agencies (P&As) were created in the early 1970s, following a media investigation of Willowbrook, a New York State institution for children with mental disabilities. The press exposed deplorable conditions and inhumane treatment of residents at the government-run institution. In response, Congress passed legislation in 1975 designating an organization within each state to protect and advocate for the rights of people with disabilities. Disability Rights Texas opened its doors in 1977 with the mission of helping people with disabilities understand and exercise their rights under the law, ensuring their full and equal participation in society. For more information regarding services they provide, please click [HERE](#).

Please use the following link to request help and/or make a referral:

<https://securec24.ezhostingserver.com/drtx-org/WebIntake/>



For more information regarding advocacy resources for transition aged youth, please use the following link: [https://www.olmsteadrights.org/self-helptools/advocacy-resources/item.6509-Texas Disability Resources and Advocacy Organizations](https://www.olmsteadrights.org/self-helptools/advocacy-resources/item.6509-Texas%20Disability%20Resources%20and%20Advocacy%20Organizations)

Drop the Stigma

Drop the Stigma is a campaign designed by and for youth of color that seeks to make starting conversations about mental health easier. This is so important because the fact of the matter is that youth are experts on their own mental health needs and know what kinds of solutions are going to work best.

<http://www.dropthestigma.org/>

Hogg Foundation

Sign up [HERE](#) for a host of Mental Health resources. You can sign up for Mental Health Daily to receive a daily or weekly digest of mental health news directly in your inbox. You can also find the Hogg Blog, podcasts, publications, videos, and news releases.

MentalHealthTX.Org

Website provides both State and National information and resources for mental health and substance use disorders.

<https://mentalhealthtx.org/>

National Alliance of Mental Illness (NAMI) Texas

NAMI Texas has a variety of [education and support programs](#) directed to individuals living with mental illness, family members, friends, professionals, other stake holders, and the community at large to address the mental health needs of Texans. NAMI Texas works to inform the public about mental illness by distributing information about mental illness through every means of communication. Interviews are produced on television, stories are featured in newspapers, brochures are produced and distributed, referrals are provided and newsletters and other publications are utilized.

<https://namitexas.org/about-us/>

Texas Information Helpline: For information and referral services; (800) 273-8255

National Child Traumatic Stress Network

The National Child Traumatic Stress Network (NCTSN) website provides comprehensive information, resources, and toolkits related to childhood trauma. Information is targeted to a variety of audiences, including parents and caregivers, school personnel, military children and families, media, professionals, MH and SU treatment providers, and policy makers.

Specific topics include child welfare, culture and trauma, economic stress, facts and figures, juvenile justice system, special populations, substance abuse, trauma types, family-youth-provider partnerships, complex trauma, veterans and military families, and secondary traumatic stress, among others. Resources are also provided in Spanish.

Additionally, the website provides calendar of training and events.

<http://www.nctsn.org/>

Navigate Life Texas

This website is especially for families and parents of children with disabilities or special health-care needs and is designed to offer support, inspiration, resources, and links to services available. <https://www.navigatelifetexas.org/en>

Partners Resource Network

Partners Resource Network (PRN) is a non-profit agency that operates the Texas statewide network of Parent Training and Information Centers that helps parents to:

- Understand their child's [disability](#);
- Understand their rights and responsibilities under [IDEA](#);
- Obtain and evaluate resources and services;
- IEP: [Participate as team members](#) with professionals in planning services for their children.

PRN offers *Individual assistance* over the phone and in-person to families who have questions about their child's needs; *Workshops for parents and professionals* take place on an ongoing basis throughout Texas; *Resources* such as printed publications and online materials are available on a variety of relevant topics. Services are offered at no cost.

[FACT SHEETS](#)



www.partnerstx.org

1-800-866-4726

Email: partnersresource@sbcglobal.net

Texas Autism Resource and Research Center (TARRC)

The Texas Autism Resource and Research Center (TARRC) is a program of the Texas Health and Human Services Commission (HHSC). The TARRC is a program that supports Texans on the autism spectrum and their families. The TARRC website provides services and resources, community tools, and research on Autism Spectrum Disorder.

<https://tarrc.org/>

Applied Behavior Analysis (ABA)

<https://hhs.texas.gov/services/disability/what-applied-behavior-analysis>

Texas Military Department Family Support Services

The Texas Military Department Family Support Services (TMDFSS) Branch is the umbrella organization for programs that provide a continuum of care and support services to Service Members and Families during deployment and sustainment operations. TMDFSS provides a variety of mental health, wellness, and resiliency programs for officers, and their families, including Relationship and Family Counseling, Family and Youth Programs, Survivor Outreach Services, Resilience and Suicide Prevention, Transition and Employment Services, Soldier Support Services. You can also find helpful links and resources on their website.

For assistance call: 1-800-252-8032

<https://tmd.texas.gov/family-support-service>.

Texas Parent to Parent

Texas Parent to Parent (TxP2P) is committed to improving the lives of Texas children who have disabilities, chronic illness, and/or special health care needs.

<http://www.txp2p.org/>

Texas School Safety Center

The Texas School Safety Center (TxSSC) is an official university-level research center at Texas State University. The TxSSC serves as a clearinghouse for the



dissemination of safety and security information through research, training, and technical assistance for K-12 schools and junior colleges throughout the state of Texas. TxSSC provides resources, education and training for tobacco prevention, digital safety, school safety, bullying, drug use in youth, school violence and youth development. They have a very active youth council and youth leadership development program. Visit their website to find resources, including information, on-line training, and toolkits on a variety of topics related to school safety.

<https://txssc.txstate.edu/>

Suicide Prevention Resource Center

This is the most comprehensive website for discovering all suicide prevention resources or programming for parents, families, and people at risk after a suicide attempt. The SPRC covers all populations of people at risk for suicide, all programs, all age groups, all resource toolkits and research articles.

<https://www.sprc.org/>

A Strategic Planning Approach to Suicide Prevention

Locating and Understanding Data for Suicide Prevention (for providers)

<http://training.sprc.org/login/index.php>

Preventing Suicide in Emergency Department Patients (for healthcare professionals)

Texas Resilience and Recovery Children's Resources

This website provides information about Evidence Based and Promising Practices for children's mental health and trauma. You can also access the Family Guide to Children's Mental Health Services; which is a resources created to help people navigate Children's Mental Health System under the Department of State Health Services in Texas.

<https://www.dshs.texas.gov/mhsa/trr/children/>

U.S. Department of Education Guidance on Civil Rights of Students with Disabilities

Parent and educator resource guide to section 504 in public elementary and secondary schools (U.S. Department of Education, Office for Civil Rights, December 2016)

<https://www2.ed.gov/about/offices/list/ocr/docs/504-resource-guide-201612.pdf>

Dear Colleague Letter: Restraint and Seclusion of Students with Disabilities

<https://www2.ed.gov/about/offices/list/ocr/letters/colleague-201612-504-restraint-seclusion-ps.pdf>

Fact Sheet: Restraint and Seclusion of Students with Disabilities

<https://www2.ed.gov/about/offices/list/ocr/docs/dcl-factsheet-201612-504-restraint-seclusion-ps.pdf>

Dear Colleague Letter and question and answer documents:

<https://www2.ed.gov/about/offices/list/ocr/letters/colleague-201612-504-charter-school.pdf>

Frequently Asked Questions

Rights of Students with Disabilities in Public Charter Schools under Section 504 of the Rehabilitation Act of 1973 (United States Department of Education's Office for Civil Rights (OCR))

<https://www2.ed.gov/about/offices/list/ocr/docs/dcl-faq-201612-504-charter-school.pdf>

Frequently Asked Questions

Rights of Students with Disabilities in Public Charter Schools under the Individuals with Disabilities Education Act (United States Department of Education's Office of Special Education and Rehabilitative Services (OSERS))

<https://www2.ed.gov/policy/speced/guid/idea/memosdcltrs/fag-idea-charter-school.pdf>

Workforce Innovation and Opportunity Act (WIOA)

<http://www.twc.state.tx.us/partners/workforce-innovation-opportunity-act-wioa>

2-1-1

A free, anonymous social service hotline available 24 hours a day, 7 days a week. No matter where you live in Texas, you can dial 2-1-1 and a trained Specialist will help you find local resources in your community:

- Crisis/Counseling Hotlines – National and Local
- Evaluation and Counseling
- Mental Health Education
- Mental Health Services
- Support Groups – Addiction, Care and Health, Grief/Loss, and Populations

Select option 8 for local mental health and substance abuse services. Or to navigate 211 [online](http://www.211texas.org/), click here <http://www.211texas.org/>

Agency Information / Websites

Health and Human Services Commission (HHSC)

<https://hhs.texas.gov/>

Office of Mental Health Coordination (OMHC)

The OMHC provides oversight for public mental health policy in Texas and is responsible for coordinating the policy and delivery of mental health services throughout the state. The office consults and coordinates with other state agencies, local governments and other entities to ensure there is a statewide, unified approach to the delivery of behavioral health services that allows Texans to have access to care at the right time and place.

[Texas Behavioral Health Strategic Plan](#) (pdf.)

<https://mentalhealthtx.org/>

<https://hhs.texas.gov/services/health/mental-health-substance-abuse/office-mental-health-coordination>

Medicaid and CHIP

Medicaid and the Children's Health Insurance Program (CHIP) help cover medical expenses for children and people with disabilities who meet income requirements. You can find details about Medicaid eligibility and programs [here](#).

Texas Medicaid covers behavioral health services, which are services used to treat a mental, emotional, alcohol, or substance use disorder (SUD). To learn about Medicaid behavioral health services. Behavioral health services are provided by therapists in private practice, physicians, private and public psychiatric hospitals, community mental health centers, comprehensive provider agencies, and substance use treatment facilities. Behavioral health services are included in all Children's Health Insurance Program (CHIP) and

Medicaid managed care programs. To learn more about Medicaid behavioral health services, click [here](#).

<https://hhs.texas.gov/services/health/medicaid-chip>

<https://hhs.texas.gov/sites/default/files/documents/laws-regulations/reports-presentations/2017/medicaid-chip-perspective-11th-edition/11th-edition-chapter8.pdf>

Texas System of Care (TxSOC)

<http://www.txsystemofcare.org/>

The TxSOC initiative implements the system of care framework at the state and local levels to improve mental health outcomes for children, youth, and their families. To achieve this goal, core values direct systems of care to be family-driven and youth-guided, community-based, and culturally and linguistically competent. Collaboration among agencies, with community partners, and with youth and family members is essential to a successful system of care that builds on the strengths of the youth and families in the community that it serves.

Department of Family and Protective Services (DFPS)

<https://www.dfps.state.tx.us/>

Child Protective Services

https://www.dfps.state.tx.us/Child_Protection/

Prevention and Early Intervention Programs (PEI)

PEI-HVP manages community-based programs that prevent delinquency, abuse, neglect and exploitation of Texas children; helps communities enhance services provided through the Texas Department of Family and Protective Services; assists communities in identifying prevention and early intervention needs, and supports the development of, and modifications to, new and existing programs designed to prevent or reduce poor outcomes for children, youth and their families.

https://www.dfps.state.tx.us/prevention_and_early_intervention/about_prevention_and_early_intervention/programs.asp

Texas Education Agency (TEA)

<http://tea.texas.gov/>

Texas Juvenile Justice Department (TJJD)

<https://www.tjtd.texas.gov/>

The Texas Juvenile Justice Department is the state agency that funds 161 probation departments that encompass all 254 counties in Texas, and five Texas Juvenile Justice Department sites for youth who are sent to juvenile justice residential facilities.

The Probation and Community Services Division works with probation departments across the state to enhance the many services offered to the local youth. By facilitating quality interaction between juvenile boards and juvenile probation departments and the various divisions within TJJD we can work together in all areas of juvenile justice.

This partnership encourages participation from all departments. TJJD understands the wide diversity in the many departments across Texas; the Probation and Community Services Division recognizes this also and serves as a resource for innovative approaches when problem solving. As a liaison between the Department and the field, the Probation and Community Services Division will to be a resource for the continued success of the departments and TJJD.

Other Departments within the Probation and Community Services Division:

- Interstate Compact for Juveniles (ICJ) – Texas students who are on supervision in other states;
- Juvenile Justice Alternative Education Program – 32 programs that serve students who have been expelled from their school districts;

- 
- Placement Services & Title IV-E Program – oversees the Title IV-E Program for youth supervised by county juvenile probation departments and those committed to the Texas Juvenile Justice Department (TJJD). Title IV-E is a federal foster care reimbursement program which allows probation departments and TJJD to claim reimbursement for a percentage of the cost of placement for eligible youth placed in approved IV-E facilities as well as administrative costs related to operating the program.
 - Prevention and Intervention Services - TJJD is committed to helping youth become productive, responsible, and lawful citizens by funding programs and services for students and their families, intended to prevent or intervene in at-risk behaviors that lead to delinquency, truancy, dropping out of school, or referral to the juvenile justice system.
 - Special Needs Diversionary Program - The Special Needs Diversionary Program (SNDP) was created in 2001 to provide mental health treatment and specialized supervision in order to rehabilitate juvenile offenders and prevent them from penetrating further into the criminal justice system. The program is administered in a collaborative model by the Texas Juvenile Justice Department (TJJD) and the Texas Correctional Office on Offenders with Medical and Mental Impairments (TCOOMMI).

Texas Workforce Commission (TWC)

<http://www.twc.state.tx.us/>

<http://www.twc.state.tx.us/programs>

Unified Services for All Children (USAC)

Agencies collaborating on the USAC workgroup include: The Texas Health and Human Services Commission, Office of Mental Health Coordination & Intellectual and Developmental Disabilities and Behavioral Health Services; the Texas Education Agency; Education Service Center Region; the Department of Family and Protective Services Prevention and Early Intervention Division; the Texas Juvenile Justice Department; and the Institute for Excellence in Mental Health at the University of Texas at Austin.