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Mental Health Initiatives for Children and Youth

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May 10, 2023

Overview



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- Texas System of Care
- Trauma-Informed Care
- Mental Health First Aid
- Community Resource Coordination Groups

What is a System of Care (SOC)?

- System of care (SOC) is a national framework and philosophy established over 25 years ago for the transformation of child-serving systems.
- Core values:
 - ▶ Family-driven
 - ▶ Youth-guided
 - ▶ Community-based
 - ▶ Culturally and linguistically informed
- Texas SOC is referred to as TxSOC



SOC Road Map

All levels of a system of care inform and guide each other.

Systems and Policy

Identifying and strengthening policies and practices to support a strong system of care infrastructure that meets the needs of children, youth and families.

Community

CRCGs infuse system of care values through their processes and inform systems of care about community needs at local and state levels.



Services and Supports

Strengthening coordinated service delivery systems for children and families to ensure they have access to effective and appropriate community-based services and supports.

Children, Youth and Family

Voices of lived experience inform and drive all processes, services and systems.

The system of care values are incorporated into each level.



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SOC: Community Grants

HHSC awarded \$11.5 million from the Substance Abuse and Mental Health Services Administration for Advancing the System of Care.

- August 31, 2021 – August 30, 2025
- Mental health school-based initiatives
- Counties served:
 - ▶ El Paso
 - ▶ Travis
 - ▶ Hood
 - ▶ Somervell
 - ▶ Palo Pinto
 - ▶ Johnson
 - ▶ Parker
 - ▶ Erath



SOC: Stakeholder Engagement, Policy, and Services Development

Behavioral Health Advisory Committee – Children and Youth Behavioral Health Subcommittee

- Provides recommendations to HHSC on child and youth behavioral health policy and services; and
- Serves as the advisory body for the TxSOC.



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Principles of Trauma-Informed Care



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- Safety
- Trustworthiness and transparency
- Peer support
- Collaboration and mutuality
- Empowerment and choice
- Cultural, historical, and gender issues



Trauma-Informed Care Trainings

- Trauma-Informed Care: Overview of trauma and trauma-informed care
- Trauma, Resilience, and Self-Care: Overview of trauma and how to respond to its impact
- Compassion Fatigue and Self-Care: How working in a trauma-impacted role affects the worker and how to respond to the impact
- Self-Care for Helpers: Overview of self-care and how to incorporate it into each day
- Trauma and Intellectual and Developmental Disabilities: Overview of trauma and how it impacts those with intellectual and developmental disabilities



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Taking a Trauma-Informed Care Training

Contact: Holly Fullmer
Trauma-Informed Policy and Training
Specialist at Holly.Fullmer@hhs.texas.gov



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What is Mental Health First Aid?

- A skills-based training course
- Teaches signs and symptoms of mental health and substance use problems
- Builds understanding of impact
- Reviews common treatments
- Provides an action plan to follow



Texas HHS and Mental Health First Aid

Legislative Initiative

- Based on the 83rd Legislature, Regular Session, 2013, through 86th Legislature, Regular Session, 2019, legislation
- HHS contracts with 39 Texas Local Mental Health Authorities and Local Behavioral Health Authorities
- Goal: To maximize the number of Texans who have direct contact with a person who successfully completed a MHFA-training program



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MHFA Delivery Options

- In-person
- Blended
- Virtual



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MHFA Courses

1. Youth
2. Adult
3. Teen



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Youth MHFA

- Intended for adults to learn how to help young people experiencing mental health or substance use challenges
- Reviews unique risk factors for youth 12-18 years old
- Emphasizes the importance of early intervention
- Shows differences between youth and adult display of symptoms



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Adult MHFA

- Teaches adults how to recognize signs of mental health or substance use challenges in adults ages 18 and older
- Teaches participants how to offer and provide initial help, using a 5-step action plan
- Teaches participants how to guide a person toward appropriate care if necessary
- Builds understanding to reduce stigma



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Teen MHFA

Teaches 10th, 11th and 12th grade participants how to recognize and support other teens who experience a mental health or substance use challenge



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How Can I Take an MHFA Class?

Go to <https://www.hhs.texas.gov/about/process-improvement/improving-services-texans/behavioral-health-services/mental-health-first-aid> to learn how to take a course through your Local Mental or Behavioral Health Authority as a community member



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Community Resource Coordination Groups (CRCGs)

- CRCGs are county-based interagency coordination groups
- Work with parents, caregivers, children, youth, and adults with complex needs to identify and coordinate services and supports
- Help people whose needs cannot be met by one single agency and who would benefit from interagency coordination
- Strive to meet the person and family's needs with community-based solutions



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CRCG Membership and Staffings

- Membership includes local professional partners from public and private agencies and organizations
- Also includes people who have been through the process before, such as individuals, parents, or caregivers
- CRCGs host staffings to collaborate with individuals and families to:
 - Discuss their strengths, unique needs, previous services, and barriers
 - Brainstorm ideas for appropriate services and supports
 - Create individual service plans with recommendations for services and supports



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Who Can Refer to a CRCG?

- CRCG member
- Agency or organization
- Family or peer representative



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Find a Local CRCG

CRCG@hhsc.state.tx.us

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



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Thank You

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