

**Children and Youth Behavioral Health Subcommittee
Meeting Minutes
Wednesday, January 10, 2018**

Agenda Item 1: Welcome and Introductions

The Children and Youth Behavioral Health Subcommittee meeting was called to order at 10:03 a.m. with Barbara Granger (CYBHS co-chair) providing a welcome to the members. Glenn Dembowski (TIEMH) followed with a description of the Texas Open Meetings Act, providing directions for sign-in, microphones, housekeeping, and public comment processes. Members introduced themselves. Table 1 shows attendance for the meeting.

Table 1: The CYBHS Subcommittee member attendance.

MEMBER NAME	YES	NO	MEMBER NAME	YES	NO
John Huffine (alternate; HHSC - Medicaid)	X		Lori Robinson (TJJD)	X	
Suling Homsy (HHSC - Medicaid)		X	Amy Saflekos (TCOOMI)		X
Christianna Hale (Alternate; HHSC- Behavioral Health Services)	X		Suzanne Alley (HHSC- Behavioral Health Services)	X	
Marisol Acosta (HHSC- Behavioral Health Services)	X		Molly Lopez (Higher Education-TIEMH-UT Austin)	X	
Lauren Bledsoe (DFPS)	X		Monica Rodriguez (Community Representative Tropical Texas)		X
Sherry Rumsey (Alternate; DFPS)			Ron Kimbell (Community Representative Heart of Texas)	X	
Julie Wayman (TEA)	X		Telawna Kirbie (alternate; Community Representative Heart of Texas)		X
Denise Magallanez (Alternate; TEA)	X		Merily Hodge-Keller (Community Partner Mental Health America of Texas)		X
Barbara Granger (Family Representative)	X		Susana Rivera (NCTSN)		X
Ayo Gathing (BHAC Representative)		X	Tina Lincoln (Alternate; Juvenile Justice)		X
Nakia Scott (BHAC Representative)	X		Lidya Osadchey (BHAC Representative)		X

Lillian Stengart (HHSC-OMHC Representative)	X		Valencia Gensollen (Family Representative)		X
Mitch Cochran (Youth Representative)	X		Verlyn Johnson (Alternate, Family Representative)	X	
Nigel Cunningham Williams (Youth Representative)	X				

Yes: Indicates attended the meeting

No: Indicates did not attend the meeting

Also in attendance: Jameson Cardenas, Glenn Dembowski, Nancy Stanley, Erica Shapiro, Ramah Leith, Tracy Levins, Linda Logan, Henny Mbosowo, David McClung, Shannon Moreno, Beth Hutton, Kamala Joy, Cory Jones, Brytani Cavil, Andrés Guariguata, Diane Ewing, Debi Dickensheets, Tori Dickensheets, Kate Volti, Tiffany Teate-Williams, Vena Wedge, Linda Thune, Jennifer Martinez, Donna Fagan, Melissa Pattison, Amanda Britton, Anne Bondesen, Chris Bryan, Christianna Hale, Ivonne Tapia, Julie Bourne, Kay Barkin, Kay Brotherton, Lauren Engelbrecht, Leanne Lindsey, Lyndsi Sandoval, Modesta Putla, Sammie Artho, and Sue Ellen Stalder.

Agenda Item 2: Family/Youth Experience

Debi and Tori Dickensheets shared their family’s experience of recovery from substance use. Debi Dickensheets described her family’s difficulty accessing treatment and recovery supports and services for her daughter, Tori, noting that they faced attitudes from service providers, police, schools, juvenile courts, judges, and doctors which communicated a great deal of shame and blame. Debi noted that attitudes can drive individuals with substance use disorders into hiding, discouraging people from accessing the types of services that are needed, and that compassionate care is necessary to ensure effective recovery support. Debi discussed the lack of treatment options that were available for her daughter, highlighting the fact that treatment is expensive and she often had to pay for treatment out of pocket. The most important resource for Debi was a support group, and becoming educated on the disease of addiction and mental health issues. She and her daughter joined RISE recovery, and therapy services for individuals and family members were offered. More recently, Debi and Tori have started a program to make a convenient place for recovery support available to young people in recovery and their families in New Braunfels.

Tori Dickensheets spoke of her experience in recovery, noting that she received services in 10 inpatient treatment programs and 7 outpatient programs. In Tori’s experience, the greatest benefit from treatment was that she was safe and off the streets. She described her experiences as a young woman in recovery, noting the benefits to participating in a healthy

recovery community and the barriers imposed by an unhealthy one. Most importantly, Tori concluded, recovery involves a lifestyle and an attitude change.

Agenda Item 3: Children and Youth Behavioral Health Subcommittee (CYBHS) Business

Minutes from the October 11, 2017 meeting were presented for review, modifications, and approval. Julie Wayman (TEA) indicated that she needed to be added to the attendees present at the October meeting. Suzanne Alley (HHSC) made a motion to accept the minutes with the addition of Julie to the list of attendees. Lori Robinson (TJJD) seconded the motion. Through vote of members, minutes were approved with the suggested change.

Agenda Item 4: CYBHS Policy Recommendations and Next Steps

Molly Lopez (co-chair, CYBHS) presented an update to the CYBHS policy recommendations submitted to the Behavioral Health Advisory Committee (BHAC). She reminded members that the three policy recommendations were generated by CYBHS members at the October 2017 meeting. These were formatted and included identified gaps to be addressed, rationales for the recommendations, and the specific recommended actions. These policy recommendations were first presented to the policy subcommittee of the BHAC for review and approval. The subcommittee unanimously agreed to present them to the BHAC for action. All three recommendations were approved by the BHAC and are now being prepared for approval and action by Executive Commissioner Charles Smith.

Molly Lopez led a discussion with members to identify the preferred process for making recommendations within CYBHS. Specifically, members were asked to discuss the frequency for CYBHS recommendations to BHAC, the process for identifying recommendations, and the group process for developing and approving the recommendations to move them forward to BHAC. Dr. Nakia Scott noted that BHAC genuinely appreciates the recommendations put forward by CYBHS.

Members explored these issues, brainstorming ideas. Ideas emanating from the discussion included:

- CYBHS could provide recommendations to BHAC each quarter;
- Provide time on each CYBHS agenda for discussion about recommendations to BHAC;
- Provide recommendations to BHAC annually or each six months;

- Provide recommendations to BHAC prior to agencies developing their Legislative Appropriations Requests;
- Follow and track the implementation of CYBHS recommendations to BHAC;
- Communicate and collaborate with the Texas Council Children's Special Interest Group (C-SIG) to identify shared issues and further advance efforts towards implementing recommendations;
- Identify additional policy barriers;
- Create a subcommittee of CYBHS members who review proposed rules that have potential impact on children's behavioral health services, bringing those rules and their recommendations to the full CYBHS for a policy discussion;
- Create a workgroup of CYBHS members who talk about and formulate policy recommendations, allowing brief opportunities at each meeting for the full Subcommittee to review and discuss recommendations.
- Use the full CYBHS to discuss policy recommendations to allow input from all members and not just workgroup members;
- CYBHS members could direct workgroup members to develop specific recommendations for policy, then the workgroup could discuss and develop those recommendations before bringing them back to the full CYBHS for presentation, approval, and forwarding to BHAC.

Members reached agreement on allowing time on each agenda to check in for policy recommendations, provide updates from the BHAC related to progress on recommendations, and addressing current and pressing matters (e.g., response to Hurricane Harvey).

Agenda Item 5: Texas Launch

Ramah Leith, State Child Health Coordinator for Maternal and Child Health at the Department of State Health Services provided a presentation of the Texas LAUNCH initiative, funded by the Substance Abuse Mental Health Services Administration (SAMHSA). A copy of her PowerPoint presentation was provided in members' meeting packets. Ms. Leith provided an overview of the initiative, describing its purpose as improving social, emotional, and developmental outcomes of children, ages 0-8. The overarching goals of LAUNCH were described as improving early childhood systems, strengthening parenting competencies, and improving children's developmental and behavioral outcomes. Ms. Leith explained that the LAUNCH expansion strategies were increasing early childhood developmental screening, strengthening families, expanding access to mental health

consultation, and expanding the capacity of the workforce for early childhood mental health. She described the project's community activities, including training child care providers on how to administer ASQ developmental screenings; providing mental health consultation in child care centers and early head start facilities; providing Parent Cafés and Incredible Years parenting programs; and collaborating with new and existing partners to expand reach and plan for sustainability.

The state and the participating sites are each required to create Child Wellness Committees. The state's wellness committee, the Texas LAUNCH Early Childhood Committee (TLECC) leads these efforts, in partnership with Healthy Child Care Texas, Child Care Health Consultant Program, Texas Workforce Commission and Child Care Licensing Expulsion and Suspension Policies, PEI—home visiting and HOPES Program.

Ms. Leith provided a brief description of the trainings being offered in 2018 through LAUNCH, including Incredible Years Basic Training, Mental Health Consultation Training, Mental Health Consultation Training of Trainers, Ages and Stages Questionnaire (ASQ) Training of Trainers, Center on the Social and Emotional Foundations for Early Learning (CSEFEL) Training Part 1, and CSEFEL Training Part 2.

In response to questions from CBHYS members, Ms. Leith clarified that there are no income stipulations for participants. She noted that it has been somewhat difficult to get access into schools, as the providers must be invited into school programs. Both school principals and parents must approve programs before they are allowed to enter the school. More education is necessary to the schools to provide necessary services. Julie Wayman (Texas Education Agency) suggested exploring collaboration with agencies that already have relationships with schools. Having worked in those places, it may help to have a navigator to bridge this project with those organizations to further build relationships with those schools.

Molly Lopez added that mental health consultation, one of the strategies for the grant, will be particularly useful as state policy changes during the last legislative session eliminated suspensions and expulsions in elementary schools, leaving some teachers a bit uncertain about managing significant behavioral concerns in the classroom. LAUNCH will be identifying ways to work with families when they first begin to express significant behavioral concerns.

Agenda Item 6: Vote on Texas Launch Oversight

Molly Lopez led a discussion focused on whether CYBHS should become the formal oversight body for the LAUNCH project. Members determined that expanding CYBHS oversight to include the LAUNCH project would enable CYBHS to add policy recommendations with a preventative focus, enabling CYBHS to provide more comprehensive expertise and recommendations.

Bringing the LAUNCH workgroup and activities under the formal oversight of the CYBHS would require adding representation from the Department of State Health Services (DSHS) to CYBHS. While CYBHS originally included DSHS membership, later restructuring of state agencies shifted that membership.

Both Julie Wayman (TEA) and Suzanne Alley (HHSC) voiced interest in welcoming the formal addition of the LAUNCH workgroup under CYBHS oversight, as well as an additional CYBHS member representing DSHS.

Ron Kimball (Heart of Texas System of Care) made a motion that LAUNCH become a workgroup under the CYBHS and that a representative be designated from DSHS and added to the CYBHS. Julie Wayman (TEA) seconded that motion. Motion passed unanimously.

Agenda Item 7: Texas Education Agency Texas System of Care Collaboration

Julie Wayman (TEA) addressed the CYBHS members, voicing her appreciation for the opportunity to share information on TEA's progress and efforts, in collaboration with Texas System of Care, to provide support to the schools, districts, and communities affected by Hurricane Harvey.

Spearheaded by the TEA, the Hurricane Harvey Mental Health Task Force is working to coordinate mental health services and supports on behalf of students and schools affected by Hurricane Harvey. The Task Force has focused special attention on linking local mental health organizations, providers, and resources to impacted schools and simultaneously working with schools and communities to strengthen their mental and behavioral health infrastructure.

Task Force deliverables include:

- Leverage existing networks, resources, and supports and link impacted schools and communities;

- Survey needs of impacted schools and communities, and link them to resources;
- Develop a comprehensive list of statewide resources and regional resources;
- Link responders to school communities in need of services and available supports;
- Engage education service centers to convene coordinated and triaged responses and supports; and
- Support the development of regional and individualized community responses that reflect the needs of each community.

These efforts are aligned with the *Texas Statewide Behavioral Health Strategic Plan*, ensuring that Texas has a unified approach to the delivery of behavioral health services, allowing all Texans to have access to care at the right time and place, and providing appropriate and cost effective behavioral health services to Texans.

The Task Force is also seeking to address behavioral health gaps in program and service coordination and in prevention and early intervention services. TEA created a website that details efforts related to mental health services in Harvey-affected schools and compiles a variety of useful resources for school personnel.

Julie also described other collaborative efforts that benefit Harvey-affected school children and their families. The Baylor College of Medicine provided trauma training for free, as well as provided tools for assessing individual stress. TEA worked with the Texas Council of Community Centers and HHSC to explore ways of strengthening future collaboration. Texas System of Care and TEA convened a Summit promoting collaboration between schools and LMHAs. Parent resources have been collected to support a coordinated behavioral health response for schools. Funding efforts have been successful and adaptive to support schools impacted by Harvey. Efforts through Rebuild Texas have assisted schools in funding support needs.

Results from TEA's survey of affected schools identified concerns resulting from the impact of Harvey, including:

- Delayed openings led to lost classroom time, loss of routine, and family stress;
- Loss of child care and after school programs affecting parent, employment, and child supervision;
- High levels of stress and increased behavioral issues/fights;
- Widespread displacement of families;

- Administrative challenges with recovery programs; and
- Increased reliance on schools for recovery leadership and support, often overwhelming the school/ISD.

In response to a question from a CYBHS member regarding whether license requirements for counselors were still waived, Melissa Pattison (HHSC Disaster Services) indicated that many of the recovery centers established immediately post-Hurricane Harvey are now in the process of closing down. Several licensed counselors have offered pro bono support to students. Suzanne Alley (HHSC-Substance Use) pointed out that outreach counselors are still trying to link substance use treatment services to adolescents. She added that the state may see a rise in substance use disorders as youth attempt to cope with the upheaval, chaos, and displacement resulting from the hurricane. Lori (TJJD) complimented TEA for their efforts related to Harvey relief.

Barbara Granger (CYBHS co-chair) noted that the caseloads for family partners are increasing. She asked if the hurricane relief funding might be used to help Local Mental Health Authorities (LMHAs) creatively hire, support, and strengthen the use of family partners.

Agenda Item 8: Children’s Mental Health Awareness 2018 Planning

Jameson Cardenas with System of Care updated CYBHS members on planning related to Children’s Mental Health Awareness Day and the Flight2Freedom campaign. Jameson reminded the group of last year’s activities and successes, including the toolkit to assist communities in planning their events and the website, <https://flight2freedomtx.wordpress.com/>. He reported that different communities across the state planned and launched events related to the Flight2Freedom campaign. He also announced that the Flight2Freedom won first place in the Public Service category at the Worthy Awards. The event, hosted by the Greater Fort Worth Chapter of the Public Relations Society of America, recognizes outstanding public relations by area agencies. Jameson recognized Nancy Stanley and Kay Brotherton of Tarrant County for their contributions toward these efforts. Jameson summarized the feedback received from the participating communities. Of note, communities thought the butterflies were a fun and unique way to launch the campaign; the toolkit and the community calls were useful ways to help communities move forward with their campaigns. Opportunities to improve, as identified by the communities

included the limited visibility of the toolkit, the butterflies really did not fly as well as hoped, and there seemed to be a missed opportunity to align our campaign with SAMHSA's.

Jameson Cardenas noted how this year's planning is addressing each of the opportunities to improve. The toolkit is very visible and easy to access through the microsite <https://flight2freedomtx.wordpress.com/>. TxSOC staff will develop and publish a video to demonstrate the best methods to ensure successful flights for the butterflies. To align with SAMHSA's theme, the new theme will be "Help and Hope after Trauma" and will include some new designs. Many communities are focusing on trauma, particularly because of Hurricane Harvey and other events. There are new designs by another designer to provide graphics and to update the look with new artwork.

There will be a number of items in the toolkit this year, including trauma resources, tools to expand community participation, and a social media calendar. The Steering committee is currently working on strategies for outreach to get more communities, LMHAs, and state agencies involved.

Jameson then led the group in an activity to discuss with others answers to three questions. The questions were (1) What did you do or hear about that supported CMHAD last year? (2) What are opportunities that would allow Flight2Freedom to increase its reach and support? and (3) What can you or your organization commit to doing to increase our impact in May 2018?

Agenda Item 9: TxSOC Video

CYBHS members were offered a sneak peek of the new TxSOC video describing key accomplishments from the past four years. Video segments are also being released bi-weekly on the TxSOC newsletter and can be found at https://www.youtube.com/playlist?list=PLIctVsV_TIKT8ChgTIANlnAarPjjoofFg

Agenda Item 10: Hurricane Harvey Update

Melissa Pattison, child specialist for the Hurricane Harvey Crisis Counseling Program, provided an overview of the Crisis Counseling Program (CCP) and the effects of Hurricane Harvey. In her presentation, she noted a variety of data denoting the impact of the hurricane. After providing a brief overview of the definition of disaster and the mission of CCP, Melissa described the Sequence of Disaster Response:

1. Local government responds
2. State/territory requests assistance
3. State/territory government implements its emergency plan
4. FEMA conducts a joint preliminary damage assessment with state emergency management agency (SEMA)
5. Governor requests a Presidential declaration
6. FEMA regional office reviews declaration request
7. FEMA headquarters makes recommendations
8. President makes declaration decision

Melissa explained to CYBHS members that there are different grant types that can contribute to a Crisis Counseling Program. Texas is currently operating under an immediate services program (ISP) which provides immediate services to people impacted by a disaster. The regular services program (RSP) provides a longer-term response. Texas has submitted this grant application to FEMA and is awaiting notification of this grant award.

Short term interventions include understanding current situation reactions, mitigating stress, assisting survivors in reviewing their disaster recovery options, promoting the use or development of coping strategies, providing emotional support, and encouraging linkages with other individuals and agencies who may help survivors in their recovery process as they recover to their pre-disaster level of functioning. Melissa explained that the crisis counselor's role is to educate, inform, and support survivors in problem-solving, prioritizing needs, and improving communication skills, thus empowering survivors to advocate for themselves.

The CCP Model and practice strategies were presented. Melissa described them as strengths-based, culturally aware, community-based, empathetic, empowering, conducted in nontraditional settings, and building upon resilience and competence. There are no diagnoses and no case records. Instead, an assessment of strengths and coping skills is identified. A range of Crisis Counseling Services was presented, along with engagement strategies such as door to door canvassing, creative arts, social networking, sporting events, anniversary events, and presentation in schools. Typical CCP partners are schools, substance abuse providers, mental health providers, voluntary organizations active in disaster, consumer advocacy groups, first responders, faith-based organizations, elected officials, health care providers, and other partners.

Melissa noted that the typical phases of disaster response include pre-disaster, impact, heroic, honeymoon, disillusionment, and reconstruction. In Texas, we are heading toward the disillusionment stage. Melissa stressed that this is important for the community to know, and for members to know, to continue the development of recovery support. New collaborations are happening versus traditional partnerships with just LMHAs. This is a great opportunity for collaboration and partnerships. Education Service Centers (ESCs) will begin to host the crisis counseling programs when the Regular Service Program funding is approved, likely in February.

Melissa closed her presentation with the hope that the grant will continue to help them strengthen relationships between LMHAs, ESCs, schools and communities, which will provide a unified and dynamic approach to children's disaster behavioral health. Building an established trauma-informed infrastructure will benefit future disaster responses for children and families.

Agenda Item 11: Project Updates

- a. Alliance for Adolescent Recovery and Treatment in Texas (AART-TX) Beth Hutton provided CYBHS members with an update from the AART-TX project. As a reminder, AART-TX has just begun its second round of SAMHSA funding, which is a four-year implementation grant for the project. HHSC received the grant funding from SAMHSA and contracts with TIEMH at UT to support implementation of the grant. The goal of the AART-TX grant is to increase access to effective evidence-based substance use treatment and recovery services and supports across the state.

AART-TX is starting provider collaboratives in four regions of Texas, including region 1 (Plainview), region 6 (Houston), region 7 (Austin) and region 8 (San Antonio). Providers in each of these regions will be receiving training and support to incorporate evidence-based assessments (GAIN Q3) and interventions (Seven Challenges model) into their regions. By bringing evidence-based assessments and the Seven Challenges model to the regions, staff are hopeful that this project can address some of the access and quality issues that the family members shared this morning. Additionally, AART-TX staff continue to explore ways to partner with youth and family groups to move forward, especially looking at engaging youth in fun

activities while also getting input from them to better inform these initiatives.

b. TxSOC

Verlyn Johnson (Texas Family Voice Network, TxFVN) reported on TxFVN activities. She noted that TxFVN members have begun gathering information and resources for the TxFVN website. Several family leaders have partnered to draft a family leadership curriculum which is nearing completion. The goal is for users to be able to go online and be able to print it out in an easy-to-use format. TxFVN has a Facebook page and Verlyn shared that they are working on a family highlight – tools, information, events, and things to do for family connections. At the last CYBHS meeting, *Calm Boxes* were described as a way of encouraging coping activities for children impacted by Hurricane Harvey. The TxFVN webpage provided descriptions of the Calm Boxes and enabled people to purchase boxes to be distributed to children in the Harvey affected areas (Port Arthur). At last report, 21 boxes were purchased and donated. Verlyn also noted that representatives from TxFVN had the opportunity to talk to Jennifer Martinez of HHSC about providing input to the Behavioral Health Coordinating Council.

Mitch Cochran, CYBHS Youth Representative, updated CYBHS members on ACCEPT activities, noting ACCEPT membership had increased significantly since the last CYBHS meeting. Mitch described the planned March 2018 annual meeting activities and logistics. He noted that their largest focus has been on setting up local chapters. Austin, Texas will be their first city to expand to an ACCEPT local chapter. Their goal is to have three pilot sites, then review their progress, before adding additional sites.

Molly Lopez (CYBHS co-chair) directed members to an infographic within their member packets that illustrated some of the impacts and outcomes of the initial TxSOC grant, which ended in October.

Agenda Item 12: Public Comments

There were no requests for public comment received. Leanne Lindsey (Bexar CARES) announced an upcoming training event scheduled for January 22,

2018 that is open to all. The presentation will be "Reaching the Wounded Student" by Dr. Joe Hendershott.

Marisol Acosta (HHSC-Children's Mental Health) announced that planning has begun for the Texas Behavioral Health Institute this year and invited potential presenters and attendees to contact the organizers for more information.

Agenda Item 13: Next Steps

Next Meeting- April 11, 2018 10:00 a.m.

Current agenda topics include an update from John Huffine (HHSC-Medicaid) on Medicaid issues. Suzanne Alley reminded staff to have a place on the agenda for policy recommendations, updates, and issues. Marisol Acosta proposed that we have an agenda item on substance abuse prevention.

The meeting adjourned at 3:00 p.m.