

**Children and Youth Behavioral Health Subcommittee
Meeting Minutes
Wednesday, January 8, 2020**

Agenda Item 1: Welcome and Introductions

The Children and Youth Behavioral Health Subcommittee (CYBHS) meeting was called to order at 10:05 a.m. with Barbara Granger (CYBHS co-chair) providing a welcome to the members. 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 |
|--|-----|----|---|-----|----|
| Behavioral Health Advisory Council | | | Suicide Prevention | | |
| Donna Fagan | X | | Merily Keller | | X |
| Shannon Hoffman | X | | Lisa Sullivan (Alternate) | | X |
| Gabriella Reed | | X | | | |
| Community | | | TX Correctional Office Medical/Medical Impairments | | |
| <i>Heart of Texas</i> Ron Kimbell | | X | Emily Eisenman | | X |
| <i>Heart of Texas</i> Telawna Kirbie (Alternate) | | X | | | |
| Vacant | | | Texas Dept. of Family & Protective Services | | |
| Family | | | Nicole Weaver | X | |
| Barbara Granger | X | | Trace Burks-Bell (Alternate) | | X |
| Valencia Gensollen | X | | | | |
| Verlyn Johnson (Alternate) | X | | Texas Dept. of State Health Services | | |
| Health and Human Services Commission | | | Claire Niday | X | |
| <i>Children's Mental Health</i> Veronica Martinez | X | | Texas Education Agency | | |
| <i>Medicaid</i> John Huffine | X | | Julie Wayman | X | |
| <i>Mental Health Coordination</i> Lillian Nguyen | | X | | | |
| <i>Texas System of Care</i> Kisha Ledlow | X | | Denise Magallanez (Alternate) | X | |
| <i>Substance Use Treatment</i> Suzanne Alley | X | | | | |
| Children's Traumatic Stress Network | | | Texas Juvenile Justice Department | | |
| Vacant | | | Susan Palacios | X | |
| | | | Marie Welsch (Alternate) | | X |
| Higher Education | | | Youth/Young Adult | | |
| <i>UT-TIEMH</i> Molly Lopez | X | | Vacant | | |
| | | | Nigel Cunningham Williams | | X |

Attended Online: Julie Bourne, Leela Rice, Jami Mack, Sarah Strang

Also in attendance: Arnold Amador, Jameson Cardenas, Glenn Dembowski, Zatarra Lumen, Cory Morris, Molly Sanders, Cristopher Burton, Cara Santucci, Ari Acosta, Tracy Levins, Jessi Davis, David McClung, Andres Guariguata, Maya Fehler, Diana Hughes, Angelica Paradino, Sean Walker, Sonja Gaines, Ariel Tribe, Joanne Trinkle, Shannon Noble, Josette Saxton

Agenda Item 2: Family/Youth Experience (Verlyn Johnson)

Verlyn Johnson, mother of eight and a grandmother of six, shared her experience as a family member. Ms. Johnson began by sharing she thought her journey as a family member started with her kids, but recently was able to admit out loud that she has had depression and reflected that this admission has changed how she related to and continues to relate to her children. She has a daughter who is in her mid-thirties who has been diagnosed with bipolar disorder and another daughter who has depression. Ms. Johnson said at first, she wasn't aware of what their diagnoses were, but she knew she had to protect them from harming themselves. She added that at the time she didn't know enough to give them the help that they really needed.

Ms. Johnson noted that it has been challenging not knowing what was needed and how to help them with their illnesses, as well as not knowing what to expect from different agencies. When Ms. Johnson did go ask for help, she didn't know what to ask for. She didn't know what she didn't know, which made it more difficult. What she did learn from the agencies were that a lot of the times, no one would listen, everyone would have their own concept of the situation, or put words in her mouth and decide what's going on with her children. From all this, she learned how to be more outspoken when she asks for the help she needs. The biggest challenge she had was not finding the people or agencies that were really willing to help. It really seemed to help when there was someone who was more empathetic or helped her get over whatever barriers she was currently facing. She stated it's also very helpful when staff are able to identify a challenge in the family and help and have empathy.

Ms. Johnson is aware that there are other parents who have depression, or other illnesses, which can be a barrier for them and their children. She mentions CYBHS is a great resource to give a voice for all, listen to questions and what's being said, and try to find ways to implement that throughout the agencies. She's learned to prepare and educate herself in every aspect when it comes to mental health.

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

Review and Approval of Minutes

With quorum achieved, the minutes from the October 9, 2019 meeting were presented for review and modifications. Molly Lopez made a motion to approve the minutes, Suzanne Alley seconded. Approval was unanimous, with no abstentions.

Open Enrollment for the Residential Treatment Center Relinquishment Avoidance Project (RTC Project)

Open enrollment for the RTC Project was posted at the beginning of November 2019. Enrollment will continue until August 2024. The Health and Human Services Commission (HHSC) is looking for RTCs that can provide services to children and families with more intensive behavioral needs.

Feedback for Membership Application

In preparing to fill vacant membership slots for CYBHS, Kisha Ledlow asked members to identify the experience or qualities required for membership. Members discussed the requirements, agreeing on the following:

- A system of care background is relevant and important for this position. An appropriate question for applicants might be "How do they coordinate services within their community?"
- Regarding representation and diversity, CYBHS members agreed that it is important to find someone who both has the ability to participate and grow our diversity of representation. Some members asked how CYBHS might be able to identify and engage the men in communities to participate.
- There is a need to engage more youth/young people; however, there are factors to consider such as meeting time, location, and where they live in relation to that may be a challenge.
 - o Letters of support or a letter requesting participation from their supervisor or organization may be very helpful for more youth to attend.
 - o Nominating a youth to attend.

Agenda Item 4: Texas Education Agency (TEA) Legislative Updates and Project AWARE (Julie Wayman and Laura Gold)

Julie Wayman and Laura Gold presented on the TEA Legislative updates and Project AWARE (Advancing Wellness and Resiliency in Education). See attached for presentation slides. They provided a brief history and background, as well as a brief overview of the key bills that passed during the last legislative session:

- Senate Bill 11: Omnibus School Safety bill
- House Bill 18: Strengthens district level supports for mental health
- House Bill 906: Creates school mental health task force
- House Bill 19: Places an employee from the Local Mental Health Authority (LMHA) at each Education Service Center (ESC) region to provide training and resources to school districts

Project AWARE is funded by the Substance Abuse and Mental Health Services Administration (SAMHSA) with funds going to TEA. TEA applied for and received this five-year competitive grant available to state education agencies (SEAs) to address national goals in three high need school districts, regions and statewide:

- To increase mental health promotion and early identification of needs
- To increase access to mental health services in school and through community partnerships
- To pilot evidence-based practices

- To ensure immediate access to mental health services in crisis situations
- To develop regional and statewide infrastructure for school mental health

Some state level partners of Project AWARE include TEA, HHSC, Texas Institute for Excellence in Mental Health (TIEMH), and the Unified Services for All Children (USAC). Regional and Local Education Grantees include ESCs, Refugio Independent School District (ISD), Woodsboro ISD, Port Aransas ISD, Bridge City ISD, and Goose Creek ISD. Community Mental Health Partners include LMHAs, The Harris Center for Mental Health and IDD, Behavioral Health Center of Nueces County, Gulf Bend Center, and Spindletop Center. Services that are provided through partnering with LMHAs:

- Individualized and specialized clinical care for students and their families, (e.g., wraparound services);
- Crisis services; and
- Collaboration with the ISDs and ESCs through Memoranda of Understanding regarding the location and type of services to be provided (e.g., in school, via telehealth, etc.).

The Mental and Behavioral Health Best Practice Components include the following:

- Mental Health Promotion, Prevention and Early Intervention
- Suicide Prevention, Intervention and Postvention
- Substance Abuse Prevention and Intervention
- Grief-Informed and Trauma-Informed Practices
- Safe and Supportive School Climate
- Building skills related to managing emotions, establishing and maintaining positive relationships, and responsible decision making
- Positive Behavior Interventions and Supports
- Positive Youth Development

Agenda Item 5: Mental Health Technology Transfer Center (Molly Lopez)

Dr. Lopez presented an overview of the Mental Health Technology Transfer Center (see presentation slides). The purpose of the Technology Transfer Centers (TTC) is to develop and strengthen the specialized behavioral healthcare and primary healthcare workforce that provides substance use disorder (SUD) and mental health prevention, treatment, and recovery support services. In addition, the TTCs help organizations incorporate effective practices into substance use and mental health disorder prevention, treatment and recovery services. The TTC umbrella includes the Addiction Technology and Transfer Center (ATTC), the Mental Health Technology and Transfer Center (MHTTC), and the Prevention Technology and Transfer Center (PTTC), which are all funded by SAMHSA. Each TTC Network includes 13 centers, and the ATTC Network also includes four international HIV centers funded by the President's Emergency Plan for AIDS Relief.

The South Southwest MHTTC serves US Region 6 and includes Texas, New Mexico, Oklahoma, Arkansas, and Louisiana. MHTTC works by having an advisory board, a regional needs assessment, and an annual work plan.

MHTTC focuses its efforts on the following topics:

- Peer Providers

- Early Childhood Mental Health
- Suicide Prevention
- Trauma-Informed Care
- Early Onset Psychosis
- Culturally and Linguistically Appropriate Services
- Justice Involvement
- Mental Health First Aid
- School Mental Health (special appropriation)

MHTTC's school mental health goals include:

- Support the development of critical infrastructure within states and regions to increase awareness and implementation of best practices.
- Increase the number of educational leaders and school professionals who are aware of and trained in best practice frameworks, models, and tools to support school based mental health.
- Increase the number of school professionals and mental health professionals implementing EBPs to intervene early, prevent suicide, and effectively treat students with mental health challenges.

Of the five states in Region 6, Texas has the most school districts and the highest percentage of uninsured children. All five states in Region 6 report suicide attempts by high school students that are higher than the national average (Youth Risk Behavior Survey).

The Comprehensive School Mental Health Curriculum includes Foundations of Comprehensive School Mental Health, Teaming, Needs Assessment & Resource Mapping, Screening, Mental Health Promotion for All (Tier 1), Early Intervention & Treatment (Tiers 2/3), Funding & Sustainability, and Impact. The curriculum provides some support for Tier 2/3 practices which include Collaborative and Proactive Solutions, Cognitive Behavioral Intervention for Trauma in Schools, and Implementation Supports.

MHTTC has an online course and will soon launch a website that is a partnership between the National Center for School Mental Health and the MHTTC Network. The School Mental Health Learning Community, a partnership between TEA, HHSC, MHTTC, and the American Institutes for Research, features monthly web-based meetings for representatives from ESCs, districts, and schools that enhance communication about school mental health requirements, resources, and best practices.

Agenda Item 6: Culturally and Linguistically Appropriate Standards Activity (Ari Acosta)

Ari Acosta (Texas System of Care Behavioral Health Equity Specialist) introduced herself and shared her experiences about moving to the United States from Venezuela a little over a year ago. She related how celebrations vary between the two countries, and that she didn't realize that her culture was so different until she moved to the United States and saw that people in the two countries relate to each other in different ways.

After sharing some of her history, she led the group through a Venezuelan New Year's celebration, inviting everyone to count down in Spanish, then turn to the person next to them, give them a hug and wish them "Feliz Ano Nuevo" (Happy New Year). As the TxSOC Behavioral Health Equity Specialist, Ari will be sharing information related to cultural and linguistic competency and responsiveness at each future CYBHS meeting.

Agenda Item 7: Project Updates

Cris Burton updated CYBHS members on recent activities of the Alliance for Adolescent Recovery and Treatment in Texas (AART-TX). In December, AART distributed an announcement notifying providers of an opportunity to receive free training and materials to bring Seven Challenges, an evidence-based substance use intervention for adolescents, to their organizations. He explained that AART-TX would provide the training and a starter kit of materials for selected providers. Selected providers would commit to provide this treatment programming for an additional two years. Results of that opportunity announcement have not yet been finalized. The AART-TX team has also been developing a survey to gather information about the process to apply for and obtain licensing to be a substance use treatment provider. That survey will be launched in mid-February 2020. Finally, Cris noted that an AART-TX workgroup is examining data related to disciplinary practices within schools for student substance use.

Jameson Cardenas, TxSOC Social Marketing and Communication Lead, updated CYBHS members on the Texas Mental Health Creative Arts Contest, noting submissions are being received until March 1, 2020. The contest is open to ages from elementary school to adults, and the entry categories are original artwork, writing, and photography. Jameson also announced that the Texas System of Care Toolkit has been updated and launched. Intended to assist communities in building effective local systems of care, the toolkit makes resources easily accessible to communities and provides information on the specific steps recommended to design, develop, and implement local systems of care. Jameson also reported that SAMHSA will no longer be supporting the national children's mental health awareness week, but TxSOC is finalizing the 2020 awareness day toolkit with a theme that communities can adapt to their needs. The Children's Mental Health Awareness Day toolkit also includes templates and tools for communities to use to plan, market, or create community investment for their own events. This year's theme is "Power in Numbers."

Barbara Granger (TxSOC Family Engagement Specialist) provided CYBHS members with updates about the Texas Family Voice Network (TxFVN). At their most recent meeting held in mid-November, Veronica Martinez (HHSC, Adult and Children's Mental Health Unit Manager) spoke about her previous role as a family member of TxFVN and her current role at HHSC. Barbara also noted that TxFVN has been invited by HHSC to speak at the initial launch of HHSC's Equity Series.

David McClung (TxSOC Youth Engagement Specialist) updated CYBHS members about ACCEPT's recent activities. He reported that some ACCEPT members attended the Thrive Youth meeting in New Orleans on social policy and found it very interesting and educational. David noted that ACCEPT members have recently adopted changes to the structure of ACCEPT meetings. Instead of one-hour meetings held monthly, 30-minute

meetings are being held twice each week, increasing the productivity of the meetings. The website for ACCEPT has been updated and now includes a resource page that offers resources specific to youth leadership, youth engagement, youth peer support, trauma-informed care, and cultural responsiveness and inclusivity. Additional pages will be added over time.

Kisha Ledlow provided additional updates, noting that some TxSOC staff members have been accepted to present on the Texas Building Bridges Initiative at the National Training Institute in Orlando, Florida. This presentation will feature TxSOC staff in partnership with the Krause Executive Director and a youth who received treatment through their residential treatment center. Finally, the TxSOC team has visited both new TxSOC communities and launched the new TxSOC efforts.

Agenda Item 8: Public Comment

Linda Litzinger (Texas Parent to Parent) announced that Texas Parent to Parent has a new staff member, Adriana Valdez, who will be dedicated to mental health.

Agenda Item 9: Next Steps

Dr. Lopez suggested the April meeting offer an opportunity to hear from Luanne Southern or another individual from the Texas Child Mental Health Care Consortium to discuss their work.

Agenda Item 10: Announcements

Next Meeting: April 8th, 2020 at 10:00 am and will be held at Brown Heatly Building.

The meeting adjourned at 2:50 pm.