

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

Agenda Item 1: Welcome and Introductions

Barbara Granger (CYBHS co-chair) welcomed members and participants. 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			Higher Education		
Donna Fagan	X		<i>UT-TIEMH</i> Molly Lopez	X	
Shannon Hoffman	X		Suicide Prevention		
Jordan Smelley	X		Lisa Sullivan (Alternate)		X
Children's Traumatic Stress Network			TX Correctional Office Medical/Medical Impairment		
VACANT			Rebecca Laurento		
Community			Texas Dept. of Family & Protective Services		
<i>Heart of Texas</i> Ron Kimbell		X	Che'Vun Lane	X	
<i>Heart of Texas</i> Telawna Kirbie (Alternate)		X	Nicole Weaver (Alternate)	X	
VACANT			Texas Dept. of State Health Services		
Family			Claire Niday	X	
Barbara Granger	X		Texas Education Agency		
Valencia Gensollen	X		Julie Wayman		X
Verlyn Johnson (Alternate)		X	Denise Magallanez (Alternate)		X
Health and Human Services Commission			Texas Juvenile Justice Department		
<i>Behavioral Health Services</i> Veronica Martinez		X	Susan Palacios	X	
<i>Behavioral Health Services</i> Suzanne Alley	X		Marie Welsch (Alternate)		X
<i>Medicaid</i> John Huffine		X	Youth/Young Adult		
<i>Mental Health Coordination</i> Lillian Nguyen	X		VACANT		
<i>Mental Health Coordination</i> Kisha Ledlow	X		VACANT		

Yes: Indicates attended the meeting

No: Indicates did not attend the meeting

Agenda Item 2: Youth Experience

Jessi Davis shared her personal experiences with mental health issues, substance use, and successful treatment. After a hospitalization following an attempt to end her life, Ms. Davis received mental health and substance use treatment that enabled her to feel better and be more successful at school, work, and in her community. She noted that one of the most helpful interventions she participated in was through the Palmer Drug Abuse Program. She opted to become a peer specialist provider because of her positive experiences with that program.

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

The minutes from the meeting in January 8, 2020 were approved with no changes.

Kisha Ledlow, Project Director for the Texas System of Care (TxSOC) discussed revising the bylaws to remove language about the Open Meetings Act. The subcommittee would still have open meetings with public comment but would not be required to do so. Molly Lopez (Texas Institute for Excellence in Mental Health) moved to accept the bylaws change, Lillian Nguyen (Health and Human Services Commission) seconded, and the motion passed.

The subcommittee members also voted on new membership for two categories. Three organizations were added to the subcommittee. CYBHS members indicated their votes on-line; CYBHS chairs tallied votes and announced the new members.

- Category: Community Representative of an LMHA/LBHA
 - Tri-County Behavioral Healthcare
- Category: Advocacy Organization
 - National Alliance for Mental Illness (NAMI) Texas
 - Texans Care for Children

Agenda Item 4: Texas System of Care Memorandum of Understanding

Kisha Ledlow led a discussion on the status of each agency's implementation of TxSOC strategies. To advance the efforts of the TxSOC, the Health and Human Services Commission (HHSC) has a memorandum of understanding (MOU) with the Department of State Health Services (DSHS), the Department of Family and Protective Services (DFPS), Texas Education Agency (TEA), Texas Juvenile Justice Department (TJJD), and the Texas Correctional Office on Offenders with Medical or Mental Impairments (TCOOMMI). Some months ago, CYBHS developed a tracking spreadsheet to biannually track the progress of implementing strategies outlined in the MOU. Agency members were asked to provide updates on their successes and barriers related to implementing those strategies. The following updates were provided:

- TJJD: TJJD's biggest success has been implementing a single assessment tool throughout the state to assess risk and needs of youth. They have also been able to bring a system of care approach through various systems through training and outreach. A challenge has been the varying sizes and available resources in the 254 counties of Texas.
- DSHS: DSHS' Maternal and Child Health (MCH) unit has launched *Help Me Grow Texas*, an initiative to create a coordinated early childhood system that allows families to access and connect to community-based resources, services, and supports. A challenge has been creating a coordinated effort within the agency due to staff turnover and COVID.
- TCOOMMI: A success is contracts with 39 LMHA providers for continuity of care for justice-involved youth, which includes information sharing between agencies.
- HHSC: There is more coordination and collaboration with the State Community Resource Coordination Group (CRCG) Office with a focus on system of care values. The Peer Services Unit has been successful due to now being fully staffed. HHSC is waiting on a request for applications to close so that the agency can have new providers identified in Recovery Services. Youth recovery communities are increasing across state. TxSOC and the State CRCG Office had a joint conference in July 2019. There is a plan for a webinar series for the next four months focusing on engaging youth and young adults, including transition-age youth, youth of color, and lesbian, gay, bisexual, transgender, and questioning/queer youth . The biggest challenge is competing priorities within a large agency.

Agenda Item 5: Texas System of Care (TxSOC) and Community Resource Coordination Groups (CRCG) Legislative Report

Kisha Ledlow presented a brief update on the status of the TxSOC and CRCG legislative report. The State CRCG Office collected data via a survey to identify available services, areas of success in implementing systems of care in communities, and barriers. CYBHS members and stakeholders developed recommendations based on the data. The draft recommendations were grouped into five basic categories: financing, leadership, accountable systems, services and support, and community capacity. CYBHS members will receive a survey in the next few days asking them to review and prioritize the top four recommendations in each category for inclusion in the legislative report.

Agenda Item 6: Texas Child Mental Health Care Consortium

Due to a schedule conflict, this agenda item was postponed to a future meeting.

Agenda Item 7: Behavioral Health Awareness Modules

The University of Texas Health Science Center San Antonio has developed Behavioral Health Awareness modules that include videos on trauma, suicide, depression, and aging. They worked with psychiatrists, clinicians, and nurse practitioners to develop the training modules under the guidance of Dr. Nathalie Maples. Eleven modules

were developed and were designed to be as interactive as possible. The modules are available at <http://bha.training.uthscsa.edu> and will be added to the MentalHealthTX.org website.

Agenda Item 8: Culturally and Linguistically Appropriate Standards Activity

Ari Acosta, Behavioral Health Equity Specialist for TxSOC provided an overview of this Culturally and Linguistically Appropriate Services (CLAS) Standards activity. Ms. Acosta began by noting that it is important to know a person's background to better provide information and instruction. It is the responsibility of an organization to be culturally and linguistically responsive. There are several CLAS standards linked to accountability, policies, and community need:

- CLAS Standard 9: Establish culturally and linguistically appropriate goals and infuse them through the organization's planning and operations.
- CLAS Standard 11: Collect accurate demographic data to monitor and evaluate the impact on health equity outcomes and inform service delivery.
- CLAS Standard 12: Conduct assessments of community assets and needs to plan and implement services that respond to the cultural and linguistic diversity of the populations.

Organizations should:

- Be aware of who the agency serves and how they serve them;
- Consider the history of the population when developing policies; and
- Consider how the history of the populations they are serving has impacted their access to mental health services.

Agenda Item 9: Project Updates

Alliance for Adolescent Recovery and Treatment in Texas (AART-TX): Cris Burton, AART-TX Project Coordinator, introduced Wendy Latham (HHSC) for announcements related to AART-TX. Ms. Latham indicated that the State Youth Treatment Implementation Grant was moved from the Substance Use Disorder Unit to the Peer Services Unit at HHSC following internal reorganization. Ms. Latham went on to provide a brief overview of the difficulties HHSC has experienced with implementation of this grant, noting contracting difficulties, generating a strong referral base in rural Texas, the effects of COVID, and internal implementation barriers. As a result, HHSC will relinquish the funds back to the Substance Abuse and Mental Health Services Administration (SAMHSA), and the project will end at the end of the state fiscal year. AART-TX providers plan to continue use of Seven Challenges, the evidence-based intervention model used in the grant. Members of AART-TX's Stakeholder Implementation Group voiced support to continue their work and asked CYBHS to endorse the group as an ongoing workgroup of CYBHS, focused on improving the services and supports for young people in Texas who have substance use or co-occurring mental health and substance use disorders. CYBHS members were supportive and will further discuss at the October meeting.

Mr. Burton described the survey designed, developed, and disseminated by the AART-TX project to examine the process of being a Licensed Chemical Dependency Counselor (LCDC), locations and types of services, and demographics of providers. Data are being analyzed; a report will be developed and disseminated by September 2020.

Mr. Burton also described AART-TX's workgroup to examine what happens when a young person uses substances on campus. This small workgroup is working with representatives from TEA, TJJD, and Josette Saxton (Texans Care for Children) to examine potential changes in statute related to disciplinary action for students having or using substances on campus. Specifically, the workgroup is exploring the issue to determine if providing schools with additional discretion related to required consequences would assist in providing opportunities for early identification, screening, and referral of youth for treatment services.

Mr. Burton indicated that AART-TX is also working with TEA to develop a guide on the use of Screening, Brief Intervention and Referral to Treatment (SBIRT) in school settings. He also described a free phone app for SBIRT implementation.

Finally, Mr. Burton announced that AART-TX will be hosting two events in July and August. First, AART-TX, in partnership with TxSOC, will be hosting a policy roundtable on July 29 to develop recommendations on how to improve services and supports for young people who have co-occurring mental health and substance use disorders and their families. In August, AART-TX will be hosting a three-day immersion training on using Liberating Structures in virtual environments. Participation is by invitation only; priority participants are young people with lived experience with substance use disorders, family members with lived experience, and people who serve them.

Texas System of Care.

Valencia Gensollen announced that The Texas Family Voice Network hosted a panel discussion for HHSC's equity series on integrating family voice within state programming, which resulted in guidelines for families. Additionally, TxSOC hosted the Children's Mental Health Awareness Day, celebrated for the first time using a virtual platform. There were about 1,300 visitors to the website within two weeks of its launch (<http://cmhaustin20.com>). TxSOC communities have been expanded to include The Harris Center and Coastal Plains Community Center. The Texas Mental Health Creative Arts Contest received 550 submissions (<http://gallery.txsystemofcare.org>).

Andres Guariguata presented on behalf of David McClung, TxSOC Youth Engagement Specialist. Andres announced that TxSOC hosted weekly Youth Peer Support Specialist coffee chats through ACCEPT Texas in which youth providers conversed with experts and other Youth Peer Support Specialists. TxSOC has also launched conversations with partners about sustaining the Texas Building Bridges Initiative efforts and a mechanism to support Texas residential programs in implementing best practices for youth and families in those programs. Finally, TxSOC has also helped link local mental health authorities with Achieve My Plan trainings to further engage older youth and young adults in wraparound services.

Agenda Item 10: Public Comment

No public comment.

Agenda Item 11: Next Steps

- Survey will be sent to CYBHS members to prioritize recommendations to include in the TxSOC and CRCG Legislative Report.
- Discuss continuation of the Stakeholder Implementation Group for youth with co-occurring mental health and substance use challenges as a designated workgroup to the CYBHS.
- Identify agencies that provide caregiver support.

Agenda Item 12: Announcements

TJJD will have a *Tips and Tricks for Effective Communication* session with students on July 14, 2020 from 9:00 am to 10:15 am.

Mental Health Technology Transfer Network is having a *First Episode Psychosis* conference August 3-5, 2020. It is a free online conference with continuing education units.

Jordan Smelley provided a link to a blog he wrote about tips for working with youth with intellectual and developmental disabilities.