

**Children and Youth Behavioral Health Subcommittee
Meeting Minutes
Wednesday, October 14, 2020**

Agenda Item 1: Welcome and Introductions

The Children and Youth Behavioral Health Subcommittee meeting was called to order at 10:03 am by Kisha Ledlow and Barbara Granger (CYBHS co-chairs). Ms. Ledlow provided a welcome to the members, along with instructions on Go-To Meetings system functions. 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			Advocacy Organizations		
Donna Fagan	X		<i>NAMI Texas</i> Alissa Sughrue	X	
Shannon Hoffman	X		<i>NAMI Texas</i> Greg Hansch (alternate)	X	
Jordan Smelley	X		<i>Texans Care for Children</i> Josette Saxton	X	
Children's Traumatic Stress Network			<i>Texans Care for Children</i> Stephanie Rubin (alternate)		X
VACANT			Suicide Prevention		
Community			Lisa Sullivan (Alternate)		X
<i>Heart of Texas</i> Ron Kimbell		X			
<i>Heart of Texas</i> Telawna Kirbie (Alternate)		X	TX Correctional Office Medical/Medical Impairment		
VACANT			Rebecca Laurento		X
<i>Tri-County Behavioral Healthcare</i> Melissa Zemencsik	X		Texas Dept. of Family & Protective Services		
<i>Tri-County Behavioral Healthcare</i> Shannon Miller (alternate)		X	Che'Vun Lane	X	
Family			Nicole Weaver (Alternate)		X
Barbara Granger	X		Texas Dept. of State Health Services		
Valencia Gensollen		X	Claire Niday	X	
Verlyn Johnson (Alternate)	X		Texas Education Agency		
Health and Human Services Commission			Julie Wayman		X
<i>Behavioral Health Services</i> Veronica Martinez	X		Denise Magallanez (Alternate)		X
<i>Behavioral Health Services</i> Suzanne Alley	X		Texas Juvenile Justice Department		

<i>Medicaid</i> John Huffine		X	Susan Palacios	X	
<i>Mental Health Coordination</i> Lillian Nguyen	X		Marie Welsch (Alternate)		X
<i>Mental Health Coordination</i> Kisha Ledlow	X		Youth/Young Adult		
Higher Education			VACANT		
<i>UT-TIEMH</i> Molly Lopez	X		VACANT		

Yes: Indicates attended the meeting

No: Indicates did not attend the meeting

Also in Attendance: Adrianna Flores, Alawan Thomas, Alice I Alvarez, Andres Guariguata, Ari Acosta, Arnoldo Amador, Brianna Rodriguez, Christine Vo, Clay Embry, Cristell Perez, Donna Shaver, Eric Daxson, Erica Ramirez, Frank Alvarado, Gladys J Sanchez, Glenn Dembowski, Holly Fullmer, Jami Mack, Jennifer Bagby, Jennifer Toon, Jessi Davis, JoAnn Daxon, John Daxson, Jolene Sanders, Julie Bourne, Laura Gold, Laura Zaremba, Leah Gorham, Letisia Balderas McDonald, Luanne Southern, Molly Sanders, Morgan Royce, Natalie Fikac, Reid Martens, Sara Strader, Sara Underwood, Sarah Strang, Sonja Burns, Terranisha Hiley, Tiffani Byerly, Tracy Levins, and Zatara Lumen

Agenda Item 2: Family Experience

The Daxton family shared their experience to recovery. The family spoke about their recovery process and growth through substance use and mental health issues.

- Jennifer gave background on her childhood (e.g., no significant trauma, moving around) and how she was depressed and did not know how to cope with the emotions. She talked about her experience struggling with depression and her religious beliefs.
- John described how it was difficult to talk about his problems, and how he kept things internalized along with religious struggle as well.
- Eric described how he was in denial for a long time with regards to his daughter's condition.

Agenda Item 3: Children and Youth Behavioral Health Subcommittee Business

Kisha Ledlow called roll and determined that a quorum of members was present. Minutes from the July 8, 2020 meeting were sent to members earlier for their review. Josette Saxton made a motion to approve the minutes; Molly Lopez seconded. Minutes for the July 8, 2020 CYBHS meeting were approved without changes.

Ms. Ledlow reminded CYBHS members that the Alliance for Adolescent Recovery and Treatment in Texas (AART-TX) grant funds ended at the end of August 2020 and that CYBHS had previous discussions related to continuing the AART-TX Stakeholder Implementation Group as a subcommittee under CYBHS.

Two youth candidates were presented and approved as new members to the Children and Youth Behavioral Health Subcommittee: Kelly Dupree, a Lifepath Youth Support Specialist, and Calista Hughes, mental health and suicide prevention advocate.

Ms. Ledlow announced that she will be stepping down as co-chair of the CYBHS to avoid the perception of a potential conflict of interest since her position is specific to the Texas System of Care. Even though she will be stepping down as co-chair, she is able to continue participating in CYBHS as a member. Barbara Granger will organize and convene a search committee to search for a new co-chair. The committee will consist of Ms. Granger and three additional CYBHS members. Veronica Martinez (HHSC) volunteered to be part of the search committee.

Agenda Item 4: HHSC Children's Mental Health Unit Overview

The Health and Human Services Commission Mental Health Unit provided an overview of their program area. A brief description of their presentation is provided below:

- The Texas Resiliency and Recovery model (TRR) allows for people to receive services with a diagnosis of serious emotional disturbance.
- Child and Adolescent Needs and Strengths Assessment (CANS) is used to support decision making for eligibility.
- Levels of Care (LOCs) are building blocks for HHSC's children's mental health services. The individual or family determines what supports they may or may not need; they drive the treatment.
- The Residential Treatment Center (RTC) Project provides intensive mental health support for families who are at-risk of surrendering parental rights because they cannot access residential care for their child. Initiated with the passage of Senate Bill 44 during the 83rd Texas Legislature, the RTC project is a collaboration between HHSC and the Department of Family and Protective Services. Eligibility criteria include having multiple stints of services that have not worked and having a high level of family engagement in supporting their child's mental health needs.

Agenda Item 5: 2021 Legislative Discussion

Josette Saxton from Texans Care for Children provided an overview on the focus of the 2021 legislative session. Some of the items mentioned include:

- Child and Youth Mental Health approaches (e.g., Multi-Tiered Systems of Support (MTSS));
- Support MTSS for school mental health by funding School Safety Allotment (SSA);
- Prioritizing serving under-served/or under-resourced districts by the Texas Child Mental Health Consortium;
- Comprehensive school mental health matching grant;

- Increasing access to school-based and community connected mental health services;
- Policy options to improve the state infrastructure that supports comprehensive school mental health practice;
- Increasing capacity within the Texas Education Agency (TEA) to coordinate and administer agency activities related to school mental health;
- Increasing capacity of regional education services centers;
- Establishing state center for enhanced technical assistance on school mental health.
- Developing policy options to prioritize prevention and intervention for student substance use-not punishment;
- Require districts to use MTSS to address student substance use prevention;
- Use HHSC funded Youth Prevention programming;
- Provide graduated sanctions and alternatives to suspensions and expulsions;
- Develop policy options to prevent suicide among youth in state systems;
- Add suicide prevention to scope of non-physician mental health professionals; and
- Require state agencies to have policies and procedures related to suicide prevention.

Alissa Sughrue (National Alliance on Mental Illness) echoed the need to build capacity within children’s mental health. Donna Fagan, CYBHS member, noted that, while funding has supported infrastructure, academia, and school-based services, funding to increase and improve family support services is still missing. She added that it is important to recognize that children live in families and families need support.

Agenda Item 6: Texas Child Mental Health Care Consortium

Luanne Southern, Executive Director of the Texas Child Mental Health Care Consortium, provided an overview of their work. Some of the consortium’s initiatives include:

- A Child Psychiatric Access Network (CPAN) to provide support for pediatricians and primary care physicians who have patients with behavioral health needs. The support provides primary care providers with phone based psychiatric consultation from child psychiatrists. The initiative also provides training on child mental health topics.
- Texas Child Health Access Through Telemedicine (TCHAT) consists of telepsychiatry or counseling to students at schools; education and training material for school staff; statewide data management system; and short-term intervention referred for community-based providers if students need more help.
- Child Adolescent Psychiatry Fellowship (CPWE) supports faculty treating children and adolescents (academic medical director for Local Mental

Health Authorities (LMHAs)) and supervise additional residents trained within LMHAs.

- Child and Adolescent Psychiatry Fellowships (CAPF) expands the number of psychiatry fellowships and training programs.
- Additional details are available at the consortium's website at <https://tcmhcc.utsystem.edu/>.

Agenda Item 7: Culturally and Linguistically Appropriate Standards Activity

Through a discussion led by Ari Acosta (Texas System of Care), Angela Richardson, Behavioral Health Program Coordinator for the Alabama Coushatta Tribe of Texas, described her experiences on learning to be culturally and linguistically responsive to the tribe's needs. She mentioned overcoming challenges such as it being taboo in native communities to seek help for mental health challenges, as well as it not being appropriate for her to walk in with assessments and questionnaires. Through her experience with the tribe she is wanting to incorporate traditional healers into the office. She emphasized that cultural humility includes allowing the person to take the lead and state what they need.

Agenda Item 8: Project Updates

The Texas Family Voice Network (Verlyn Johnson) co-hosted a Liberating Structures and leadership training and have been advising on behavioral health services.

Andres Guariguata and Arnold Amador (Texas System of Care) presented information on the 2020 Policy Roundtable on Improving Services for Young People with Co-Occurring Mental Health and Substance Use Disorders held July 29, 2020. The Roundtable shifted from an in-person to a virtual platform after the COVID pandemic restricted the ability to hold in person events. Over 80 individuals attended the one-day event. Through post-event surveys, participants provided overall positive feedback. The Conference Proceedings are being finalized for dissemination.

Kisha Ledlow (Texas System of Care) described a number of trainings hosted during the last quarter, including Adaptive Leadership Training for champions of children's mental health, Using Liberating Structures in Virtual Environments for young people and family members, and Coach Approach Leadership Training. Additionally, the TxSOC team hosted a statewide system of care community call with representation from 21 members from 11 communities. The next statewide collaborative call will be held in February. Ms. Ledlow announced that a planning committee has been formed to design, develop, and implement the 2021 joint TXSOC and Community Resource Coordination Groups (CRCG) Conference. The first planning meeting will be Friday, October 16, 2020 at 9:00 am. Ms. Ledlow concluded her presentation by noting that

TxSOC recently celebrated the successful completion of the third year of the grant.

Donna Fagan provided updates on the Behavioral Health Advisory Committee (BHAC). She mentioned that the committee approved two recommendations: 1) expanding peer services for individuals 18-20 years old, and 2) adding family partner services to the State Medicaid Plan.

Agenda Item 9: Public Comment

No public comment.

Agenda Item 10: Next Steps

- The subcommittee will meet to present nominations for a new co-chair at the next CYBHS meeting.
- Please reach out to Kisha Ledlow if you are interested in participating as a member of the planning committee for the joint TxSOC and CRCG conference.
- The subcommittee will keep residential treatment centers on the agenda.

Agenda Item 11: Announcements

Next Meeting: 1/13/2021