

Children and Youth Behavioral Health Subcommittee (CYBHS)
Meeting Minutes
Wednesday, June 28th
10:00 am – 3:00 pm
Go To Meeting

Agenda Item 1: Welcome and Introductions

The Children and Youth Behavioral Health Subcommittee meeting was called to order at 10:05 am by Josette Saxton (CYBHS co-chair). Ms. Saxton provided a welcome to the members and invited all attendees to place their names and email addresses in the chat box for attendance tracking purposes. She asked attendees to indicate in the chat box if they desired to offer public comment during that section of the agenda. 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 | | |
| Vanessa Saenz | x | | <i>NAMI Texas</i> | | |
| Melissa Ann Luna | | | Greg Hansch | | |
| Jennifer Reed | | | Alternate: Hannah Gill | x | |
| Victoria Rodriguez | | | <i>Texans Care for Children</i> | | |
| Nasruddin Rupani | | | Stephanie Rubin | | |
| Community Provider Representatives | | | Dept. of State Health Services | | |
| <i>Heart of Texas Center</i> | | | Julie DiGirolamo | x | |
| Kristen Hejl | | | Alternate: Susan Bareis | | |
| Alternate: Jessica Jimenez | x | | Suicide Prevention | | |
| | | | Josette Saxton | x | |
| <i>Tri-County Behavioral Healthcare</i> | | | Alternate: Lisa Sullivan | | |
| Melissa Zemencsik | | | TCOOMMI | | |
| Alternate: Shannon Miller | x | | Emily Eisenmann | | |
| Family Representatives | | | Alternate: Bettina Grant | | |
| Donna Fagan | | | Dept. of Family and Protective Services | | |
| Valencia Gensollen | | | Jennifer Nichols (CPS) | | |
| Verlyn Johnson | x | | Alternate: Angela Roberts (CPI) | | |

| MEMBER NAME | YES | NO | MEMBER NAME | YES | NO |
|---|-----|----|---|----------|----|
| Youth/Young Adult | | | Brooke King (PEI) | x | |
| Vacant | | | | | |
| Health and Human Services Commission | | | Higher Education | | |
| <i>Behavioral Health Services</i> Yakir Harosh | x | | <i>UT Austin – Texas Institute for Excellence in Mental Health</i> Molly Lopez | x | |
| Alternate: Liz Pearson | | | Alternate: Vacant | | |
| <i>Medicaid</i> Kacie Cardwell | x | | Texas Education Agency | | |
| <i>Office of Mental Health Coordination</i> Lillian Nguyen | x | | Julie Wayman | x | |
| <i>Texas System of Care Project Director</i> Sherry Rumsey | x | | Alternate: Vacant | | |
| <i>Substance Use</i> Letisia Balderas MacDonald | | | Texas Juvenile Justice Department | | |
| | | | Susan Palacios | x | |
| | | | Alternate: Jerry Adams | | |

Yes: Indicates attended the meeting

No: Indicates did not attend the meeting

Also in Attendance: Alice Alvarez, Olive Atsafack Tieumo, Julie Bourne, Gary Bramlett, Amanda Britton, Stefan Cole, Grace Cruse, Glenn Dembowski, Nia Hernandez, Shannon Hoffman, Tammy Holland, Ophelia Jaushlin, Kendall Jones, Chenique Lewis, Ashley Lilavois, Linda Litzinger, Linda Logan, Laura Lucinda, Zatara Lumen, Gianna Mannarino, Katie Mitten, DeEdra Powell, Leela Rice, Molly Sanders, Amelia Somers, Stacy Spencer, Chera Tribble, Amy Trost, Nicole Weaver, Stacy Wilson.

Agenda Item 2: Children and Youth Behavioral Health Subcommittee Business

Minutes from the April 12th, 2023, meeting were sent to members before the meeting for their review. Sherry Rumsey confirmed that a quorum of members was present. Sherry Rumsey, Health and Human Services Commission, moved to

approve the minutes; Verlyn Johnson, CYBHS co-chair, seconded. The minutes were approved.

Lillian Nguyen, HHSC, and Laura Lucinda, HHSC, provided an update on the Children's Mental Health Strategic Plan. The 2024-2025 General Appropriations Act, House Bill 1, 88th Legislature, Regular Session, 2023 [Article IX, Section 10.4(g)], requires the Statewide Behavioral Health Coordinating Council (SBHCC) to develop a strategic plan specific to behavioral health of children and youth. The plan must incorporate the full continuum of care needed to support children and families. SBHCC is led by Dr. Courtney Harvey.

A pre-planning work group convened to identify workgroup members. The System of Care approach will be the framework for the Children's Mental Health Strategic Plan. This includes incorporating youth and families with lived experience. The goal is to work with participants from all over Texas. The report is due December 2024.

Agenda Item 3: HHSC Children's Mental Health Program and YES Waiver updates - Nicole Weaver, YES Waiver Manager; Yakir Harosh, Children's Mental Health Interim Manager; and Morgan Royce, Children's Mental Health Program Specialist

YES Waiver was renewed for five years and there are policy updates/changes. Change to reserve capacity to allow children with highest needs to be prioritized. More reserve capacity is available. Respite provider locations have been expanded, thereby there is more access to respite. Qualifications for service providers for community living supports and specialized therapists to allow use provisionally licensed professionals. Wraparound facilitator and specialized therapists were being compensated for team meetings; it is now allowable for all service providers to bill for their meeting time with no time limits. Caseload ratio was previously 1:10, but now is 1:10 active clients. Many of the services are now permanently available through telehealth. Service providers determine whether telehealth services are appropriate. This can help rural areas with increase access to care.

Health and Human Services Commission-Children's Mental Health team provided an overview of Children's Mental Health (CMH) programs. Specialized programs in Children's Mental Health includes the Residential Treatment Center (RTC) Project, Behavioral Health Partnership Program (BHPP), formally known as Non-Physician Mental Health Professionals, System Navigators, Children's Crisis Respite (CCR), and Multi-Systemic Therapy (MST). The HHSC CMH team provides oversight and technical assistance to 37 Local Mental Health Authorities (LMHA) and two Local Behavioral Health Authorities (LBHA). For more information on the programs provided, please contact: Childrens_MH@hhs.texas.gov.

Agenda Item 4: Youth Voice- Nia from El Paso

Nia is a young person from El Paso who shared her lived experience accessing services. She started receiving services due to symptoms of ADHD – not sitting still in class, interrupting. The behaviors affected how she was dealt with at school. Diagnosed with ADHD early on and was prescribed stimulants. In 2020, she had symptoms of depression, then symptoms of mania and psychosis manifested. She was diagnosed with Bipolar I and was hospitalized where she was taken off medication (stimulants). As a result, she experienced trouble with schoolwork and not sitting still. Nia was not around many people because of Covid, and this contributed to symptoms not being caught. ADHD medication was changed, so that she had longer window of time to work but the change in medication might have contributed to her symptoms. She tried to come up with a plan to step away from schoolwork. Her mother was a strong advocate for her.

Nia encountered many different types of professionals over the course of her treatment. She shared a time when a firefighter calmed her down and a bad experience with doctor at hospital who didn't respect her voice. She highlighted how important it is to be informed as a patient. Nia said the most impactful interaction she experienced was with a security guard at a hospital who was able to calmly explain a situation which helped her to understand and feel more comfortable cooperating.

Nia also highlighted the importance of training first responders as it can help mitigate situations. Being hospitalized during covid made things difficult as well, she was given little time to speak to family and this led to non-compliance. Nia felt like she wasn't listened to as much as she should have been. One of the happiest moments of her life was seeing her mother again after discharge. She had a lot of support at her new public school. Nia reiterated the importance of having advocates and champions.

Agenda Item 5: System of Care Strategic Plan Activity

CYBHS members and stakeholders participated in breakout groups to provide feedback on Children's Mental Health Program in the areas of general children's mental health services, the RTC Project, System Navigator, Children's Crisis Respite and the YES Waiver.

Agenda Item 6: SAMHSA Grant Updates

The video from Children's Mental Health Acceptance Day was shared by the Texas Institute for Excellence in Mental Health at UT Austin Communication Team-

Kendall Jones and Grace Cruse. A CRCG & Texas System of Care Conference update and registration information were provided.

Agenda Item 7: BHAC Recommendation/Updates

- On July 11, 2023, The Hogg Foundation will be hosting a legislative summary: https://utexas.zoom.us/meeting/register/tJYvf-ugqToiG9ZSBjt6_Ndp-1JJM8Ku0CvX.
- There will be a Focus for Life training (resiliency training) July 25 – 27, 2023 in San Antonio, which will offer 20 CEUs for CFPs, peers, and supervisors. <https://www.theprointernational.com/services/trainings/focus-for-life/>
- Prosumers International has set up a hotline for people who have questions about the unwinding of Medicaid. They also have posters available for download in English and Spanish. Go to <https://www.theprosumers.org/> for more information.

Agenda Item 8: Public Comment

There was no public comment.

Agenda Item 9: Next Steps

In closing the meeting, Josette Saxton summarized the following next steps.

Agenda Item 10: Announcements

There were no announcements.

Agenda Item 11: Next meeting

The next subcommittee is scheduled for Oct 11, 2023.

If anyone has agenda items for the next CYBHS meeting, please email them to sherry.rumsey@hhs.texas.gov.