



Supporting Student Mental Health in Schools

5th Annual Judicial Summit on Mental Health,
November 3, 2022

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Director of Mental Health Policy



We drive policy change to
improve the lives of Texas
children today for a stronger
Texas tomorrow.

Child Health

Child Protection

Mental Health

Early Childhood

Youth Justice

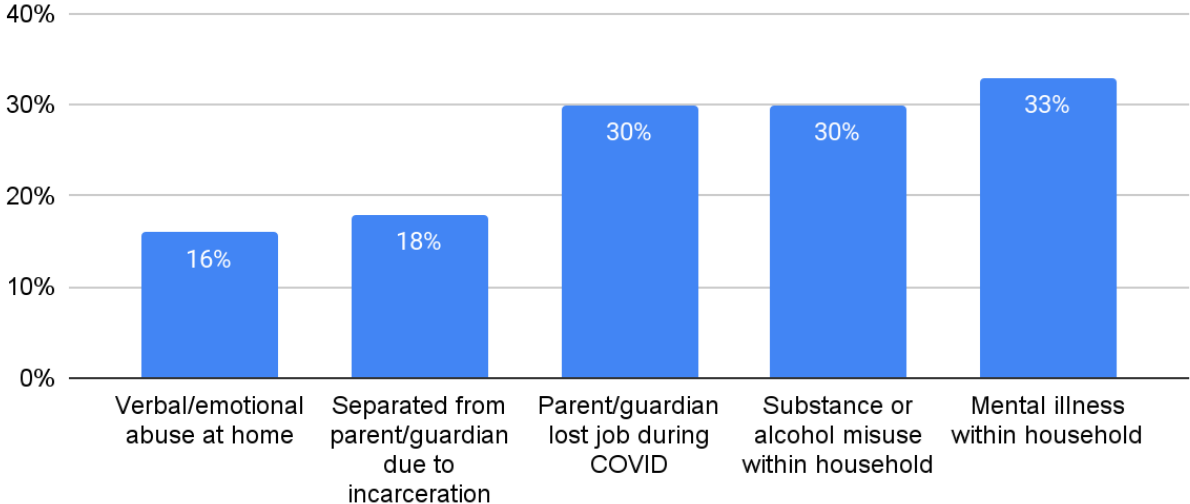
TAKEAWAY #1:

Many Texas students face non-academic challenges that interfere with their learning, mental health, and behavior.

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2021 Texas Youth Risk Behavior Survey (YRBS)

Conducted by TX Dept. of State Health Services and the CDC



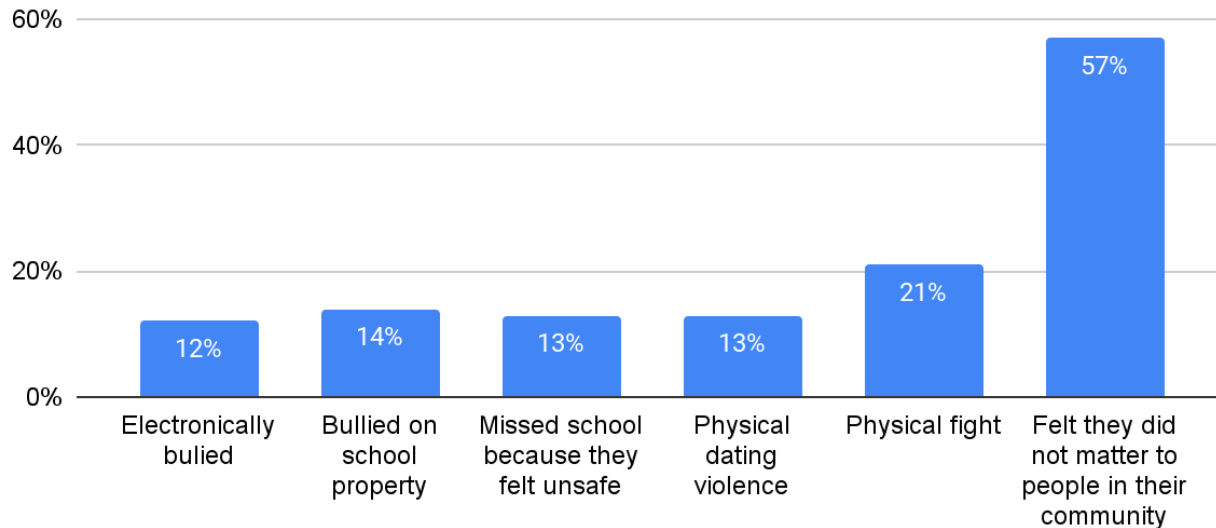
Representative of all Texas high school students



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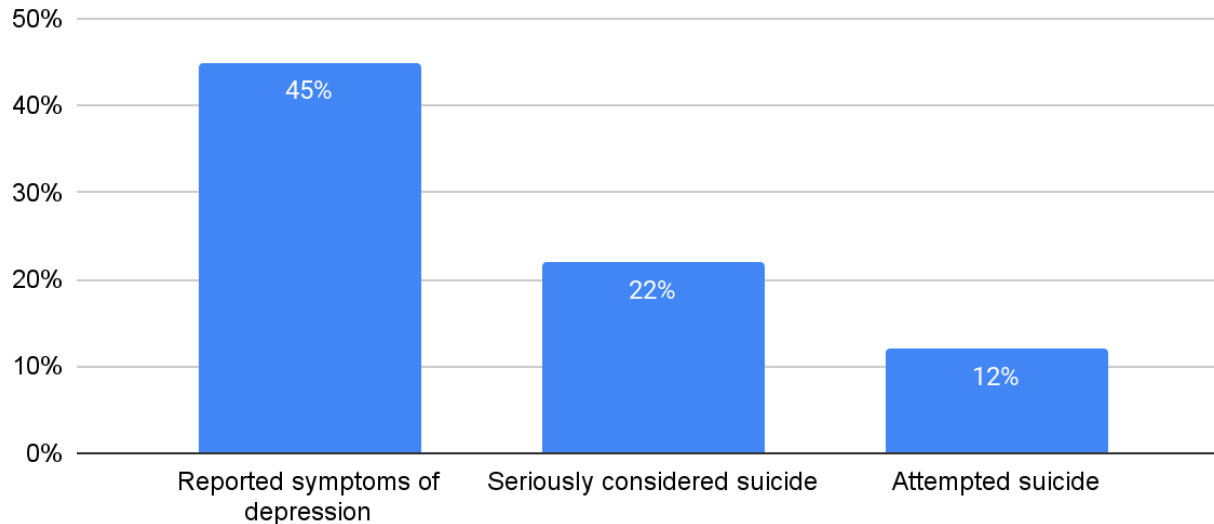


Representative of all Texas high school students

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Representative of all Texas high school students

In an average Texas classroom with 25 high school students...

<p>...about 3 students experienced:</p>	<p>...about 4 students experienced:</p>	<p>...about 5 students experienced:</p>	<p>...about 8 students experienced:</p>	<p>...about 12 students experienced:</p>	<p>...about 13 students experienced:</p>
<p>A suicide attempt</p> <p>Electronic bullying</p>	<p>Bullying at school</p> <p>Missing school because they felt unsafe</p> <p>Physical dating violence</p> <p>Verbal or emotional abuse at home</p> <p>Parent being incarcerated</p>	<p>Seriously considering suicide</p> <p>Being in a physical fight</p>	<p>Parent losing job during pandemic</p> <p>Living in a household with substance or alcohol misuse</p> <p>Living in a household with someone who is mentally ill or suicidal</p>	<p>Signs of clinical depression</p>	<p>Feeling like they do matter to the people in their community</p> 

TAKEAWAY #2:

School districts are required to address student mental health and provide for safe and supportive learning environments

Districts are required to support the social emotional development and mental health of students.

Education Code 38.351 MENTAL HEALTH PROMOTION AND INTERVENTION, SUBSTANCE ABUSE PREVENTION AND INTERVENTION, AND SUICIDE PREVENTION. Districts required to have practices and procedures in place addressing multiple components of student mental health and wellness, including:

- Mental health and substance abuse prevention and intervention
- Positive behavior interventions and supports
- Supporting students returning to school following hospitalization or residential treatment for a mental health condition or substance abuse.

Education Code Sec. 29.906. CHARACTER TRAITS AND PERSONAL SKILLS INSTRUCTION. Districts are required to adopt character education programs that integrate self-management, interpersonal, and responsible decision making skills.

Education Code Sec. 37.0832. BULLYING PREVENTION POLICIES AND PROCEDURES. Requires district bullying prevention policies to include a focus on school climate, building healthy relationships between students and their peers and between students and school staff

Districts are required to provide tiered levels of interventions that reach all students to both prevent and respond appropriately to threats of harm to self or others.

Education Code 37.115 THREAT ASSESSMENT AND SAFE AND SUPPORTIVE SCHOOL PROGRAM AND TEAM. Districts required to provide for:

- Physical and psychological safety of students
- A coordinated multi-tiered support system to addresses school climate, the social and emotional domain, and behavioral and mental health on each campus
- Assessing and responding to potential threats of harm or violence to self or others with appropriate interventions
 - Behaviors include verbal threats, threats of self harm, bullying, cyberbullying, fighting, the use or possession of a weapon, sexual assault, sexual harassment, dating violence, stalking, or assault.
 - Interventions may include mental health or behavioral supports; Referrals for evaluation (special education, mental health concerns)

School districts are required to help students transition from alternative education programs back into their classrooms.

Education Code Sec. 37.023 TRANSITION FROM ALTERNATIVE EDUCATION PROGRAM TO REGULAR CLASSROOM.

Districts are required to develop a personalized transition plan for students returning from an AEP that are informed by school counselors and social workers (among others) and may include recommendations for counseling or mental health services.

TAKEAWAY #3:

There are resources available to help school districts address the mental health and wellness of students.

Texas School Mental Health Resources



**Toolkit, Resources,
and Reports in
support of School
Mental Health**

<https://schoolmentalhealthtx.org/>



About School Mental Health

Learn more about the Texas School Mental Health framework.



Multi-tiered System of Supports

Explore the key characteristics of a multi-tiered system of supports.



State School Mental Health Plan

TEA has established a mission and goals for school mental health.



School Mental Health Legislation

Examine recent legislation impacting school mental health.



Partners

Learn more about the partners involved in Texas activities.



Reports

Find reports and infographics on student mental health in Texas.






The University of Texas at Austin
**Texas Institute for Excellence
in Mental Health**
Steve Hicks School of Social Work

Texas School Mental Health Resources



<https://schoolmentalhealthtxdatabase.org>

**Searchable
database of
state and local
mental health
resources
available to
schools
districts**

ESC REGION SERVED - Select -	Addiction Treatment Resources  
COUNTIES SERVED x cooke (45)	Type of Resource: Community-Based Prevention & Intervention Service
LEAS SERVED - Select -	ESC Region Served: Region 11: Fort Worth
RESOURCE TAGS - Select -	Counties Served: Cooke, Denton, Erath, Hood, Johnson, Palo Pinto, Parker, Somervell, Tarrant, Wise
RESOURCE TYPE - Select -	Intended Impact on Student Mental Health: Assistance to schools in aligning resources necessary to address the mental health of students, Connection of students and their families to specialized services in the school or community when needed
ZIP CODE LIMITATION - Select -	Contact Resource Provider: Addiction Treatment Resources Provider Website: https://atrcounseling.com  Phone Number: +1 972-548-0209 Contact Address:

Texas School Mental Health Resources

<https://schoolmentalhealthtx.org/school-mental-health-toolkit/>

Find tools and resources to help build school mental health systems

FILTER BY CATEGORY

- Assessing Fidelity and Quality (4)
- Community-based Resources (10)
- Consent and Referral Forms (6)
- Resiliency and Trauma-Informed Schools (3)
- School Climate (2)
- Screening and Needs Identification (8)
- Student Support and Care Management Tools (10)
- Suicide Prevention (6)
- Systems Planning Tools (8)

CLEAR SETTINGS



SYSTEMS PLANNING TOOLS

Texas School Mental Health Framework

This handbook provides a graphic depiction of the Texas School Mental

Transition Process from Residential Facility/External Evaluation to School -SAMPLE

Step 1, Notifying Campus Personnel:

Step 2, Student Arrival:

Step 3, Student Support Planning (Planning & Evaluation):

Step 4, Student Support Planning Agenda Items:

SYSTEMS PLANNING TOOLS

Transition from Facility to Campus

Sample procedures to support transition from residential facility

SYSTEMS PLANNING TOOLS

Advancing CSMHS

Guidance to advance school mental health systems (External)



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[txchildren.org](https://www.txchildren.org)



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