



**TCHATT**  
Texas Child Health Access  
Through Telemedicine



**The University of Texas at Austin**  
**Dell Medical School**

# Bridging Care Through School Partnerships

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# Mental Health and Youth



- Mental health illness affects **1 in 5** children/ teens
- Average of **8** years from symptom onset to treatment
- Untreated child/teen mental health disorders are linked to higher rates of school absence and reduced rates of graduation

# Kids are NOT getting the help they need



Up to 4 out of 5 kids  
with a mental health  
issue DO NOT  
receive the care they  
need.

# How are schools uniquely positioned?

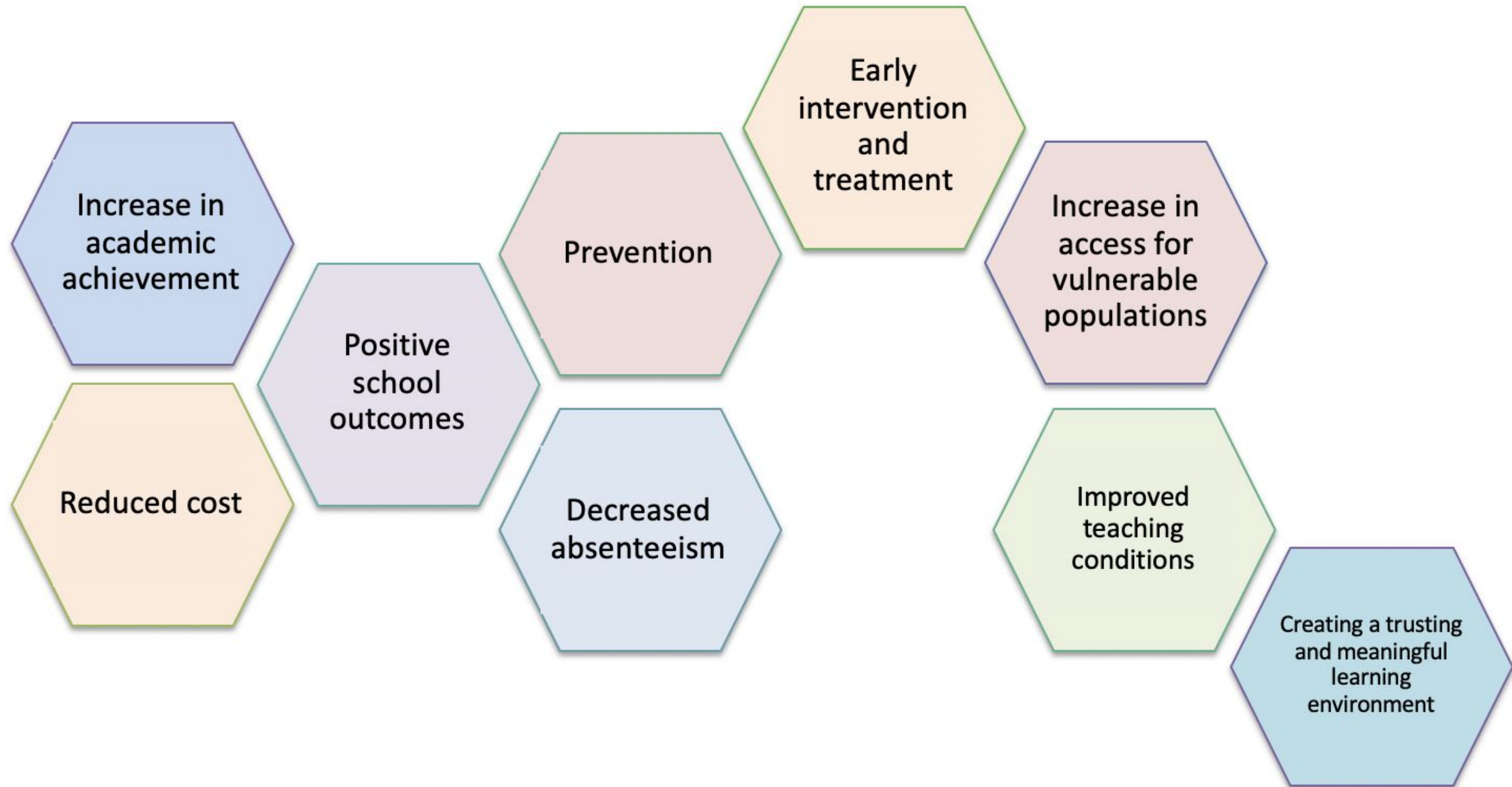
During the school year kids spend approximately 50% of hours awake **at school.**

*Thus*



Schools are a **Natural Setting** to Support Mental Health

# School-Based Mental Health can lead to...



# Background

## SB 11- 86th Legislature

Improve mental health care for children and adolescents everage  
health-related institutions of higher education to i



# The Texas Child Mental Health Care Consortium

## Vision & Mission

**Mission:** Advance mental healthcare quality and access for all Texas children and adolescents through inter-institutional collaboration, leveraging the expertise of the state's health-related institutions of higher education, local and state government agencies, and local and state mental health organizations.

**Vision:** All Texas children and adolescents will have the best mental health outcomes possible.

# Duties of the Consortium

## Child Psychiatry Access Network (CPAN)

Create a network of academic hubs to provide telemedicine-based consultation and training to pediatricians to assist them with identifying mental health issues in their patients

## Texas Child Health Access Through Telemedicine (TCHATT)

Create or expand existing telemedicine or telehealth programs to assist school districts with direct care, referrals and training for at-risk children and adolescents

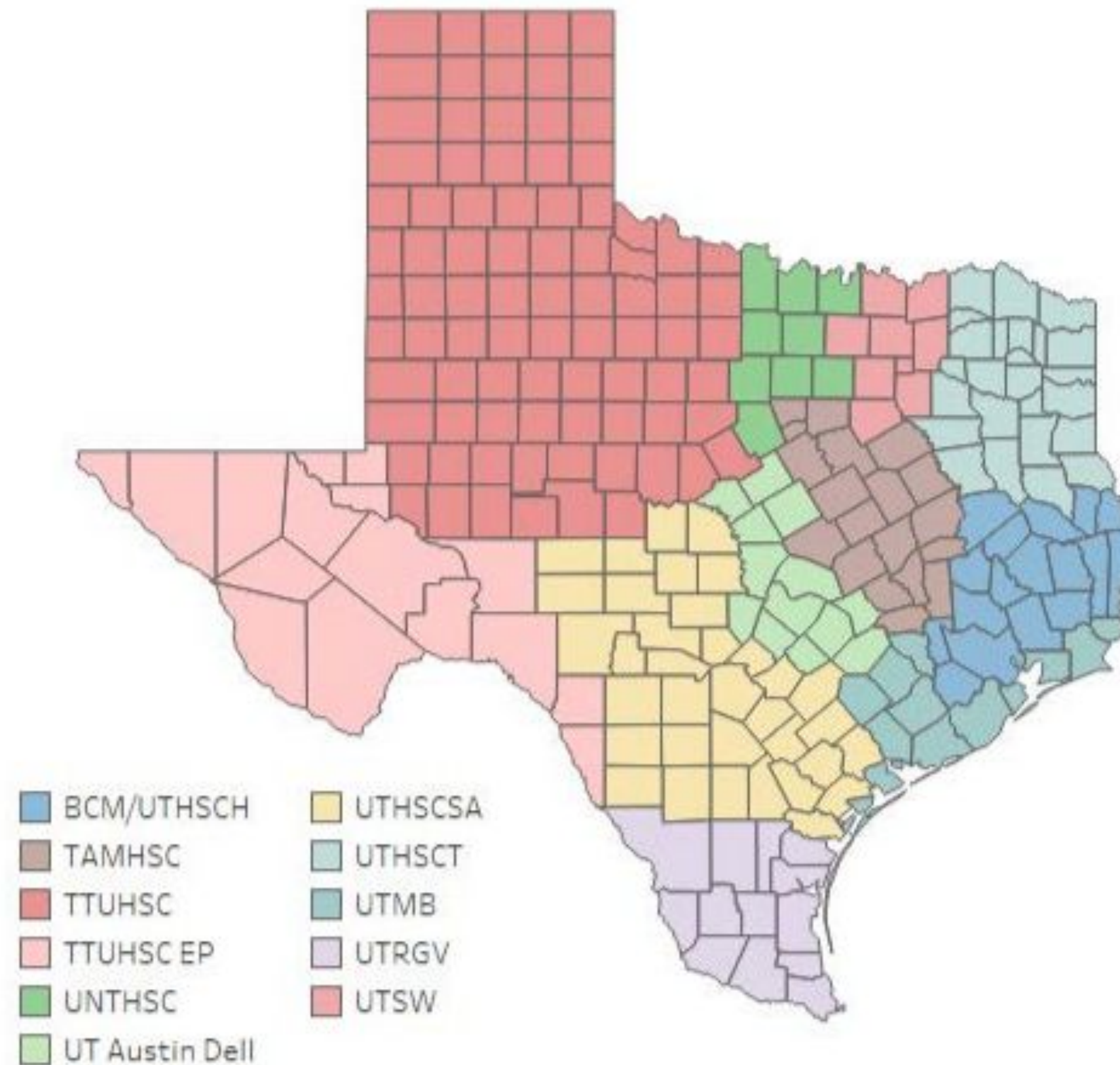
## Workforce Development

Funding new child and psychiatry fellowship positions at institutions of higher education and full-time psychiatrists and residents at community mental health center.

## Research

Fund multi-institutional research projects that have potential for advancing mental health care for children and adolescents in Texas

# Geographic Areas of Responsibility for CPAN and TCHATT





## Texas Child Health Access Through Telemedicine (TCHATT) Public Dashboard



# Welcome!



### What is TCHATT?

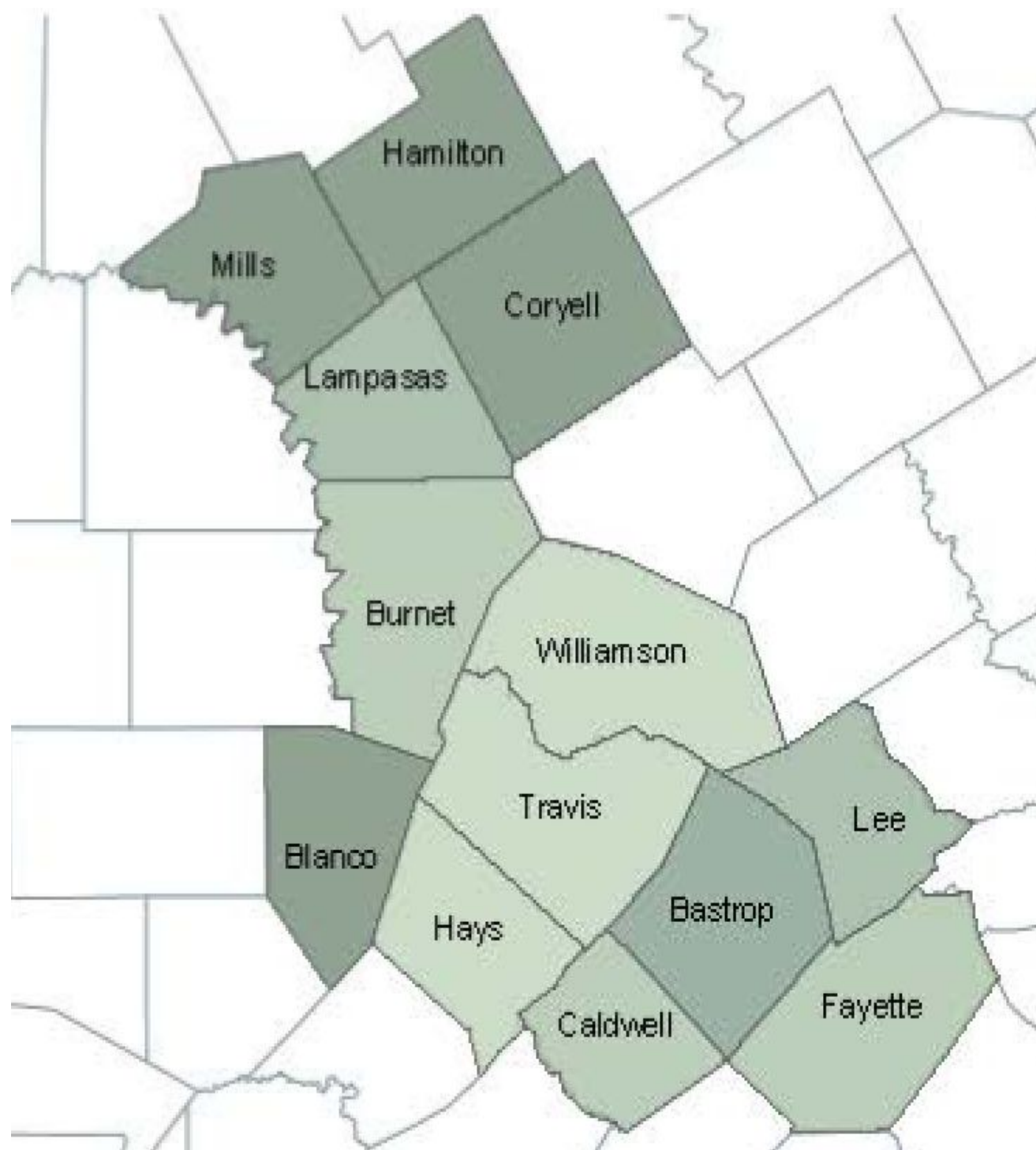
Texas Child Health Access Through Telemedicine, or TCHATT, is a telehealth program that offers access to mental health services across the state of Texas. TCHATT partners with participating school districts to increase access to mental health supports and services to school staff and their students. These services are at no cost to independent school districts and their students.

### What Do We Offer?

For students and their families:



# SERVICES



1

## **Assessment, brief intervention, and stabilization**

Up to 5 telehealth appointments

2

**Care coordination** assistance with referrals to community mental health services and resources

3

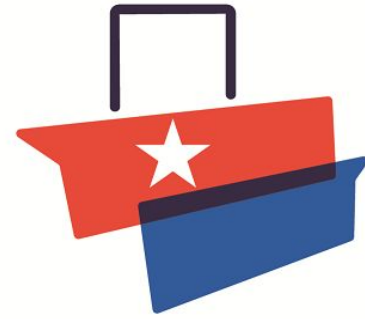
## **School Consultations**

Direct consultation with clinicians to discuss mental health needs of students in school environment

4

Mental health **education & training** for school personnel

# When to use



TCHAT  
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- ❑ Difficulty concentrating
- ❑ Increased aggression
- ❑ Anxiety (performance, social, separation, generalized)
- ❑ Patterns in decrease of mood and/or energy
- ❑ Increased isolation from peers
- ❑ Bullying/Victimization
- ❑ Adjusting to a medical diagnosis
- ❑ Life stressor (pregnancy, domestic violence, ill family member)

Collaborate with schools to help us make TCHAT successful for students,  
Parents, Teachers, Peers know them best.

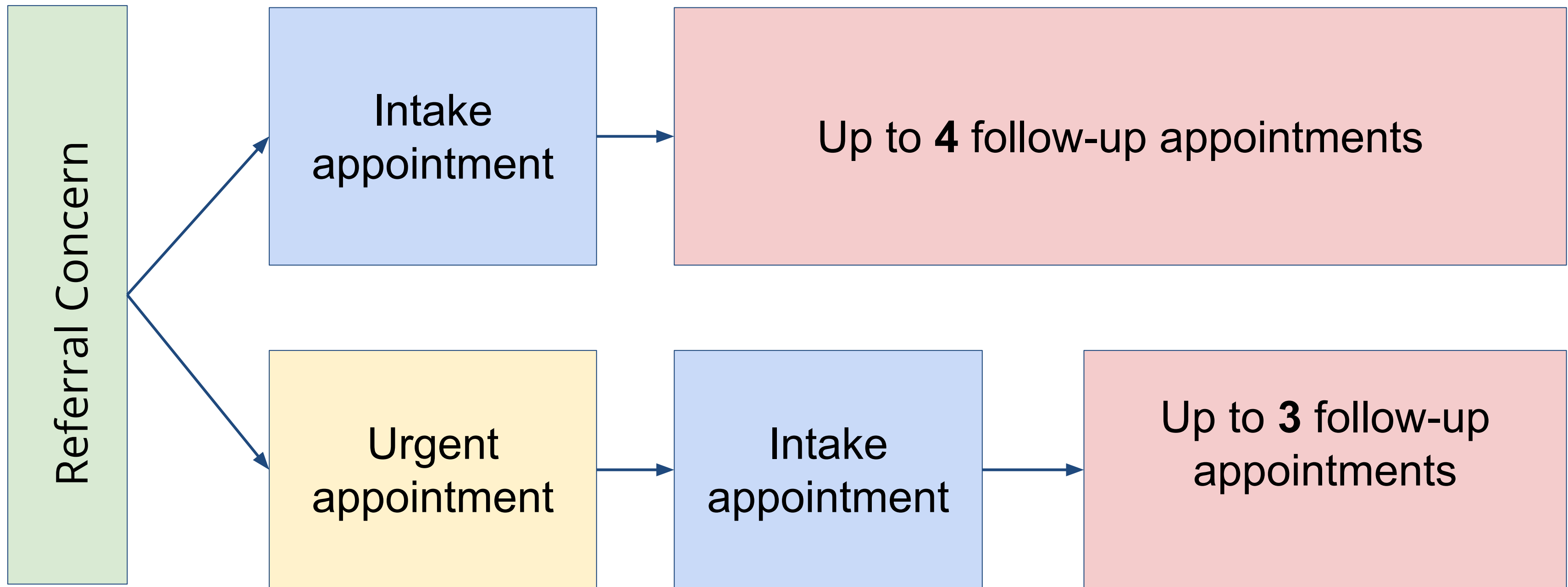
# Types of Appointments

- ❑ Intake Assessment
- ❑ Medication Evaluation
- ❑ Urgent Assessment (Same-Day)
- ❑ Campus Liaison Consultation
- ❑ Follow-Up Appointments



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# TCHATT APPOINTMENTS



# 2020-21 Program Metrics

20

Districts

954

Students served

284

Campuses

772

Warm hand-offs to  
community providers

450

Campus Liaisons

3,336

Appointments conducted

**Provide a  
positive  
experience with  
mental health  
and increase  
awareness.**

## **Access**

Decrease barriers and increase opportunities to engage in mental health services

## **Education**

Provide psychoeducation about mental health diagnoses and corresponding treatment modalities.

+

## **Stabilization**

Increase understanding of a student's mental health diagnosis and provide initial skills to manage distress across environments.

## **Engagement**

Through consultations with school staff, care coordination and community partnerships

# Appointment Frequency

1 Week	High dysregulation Safety Concerns Diagnostic Clarification	<ul style="list-style-type: none"><li>• Safety plan</li><li>• New coping skills</li><li>• Measures for diagnostic clarification</li></ul>	Termination
2 Weeks	Moderation dysregulation	<ul style="list-style-type: none"><li>• Include campus liaison in support plan</li><li>• Student can use coping skills to manage symptoms</li></ul>	
3 weeks	Stable Pending Community Connection	<ul style="list-style-type: none"><li>• Coping skills have been established</li><li>• No new concerns or disclosures</li><li>• Medication evaluation or follow-up scheduled with psychiatrist</li><li>• Pending connection with community provider</li></ul>	



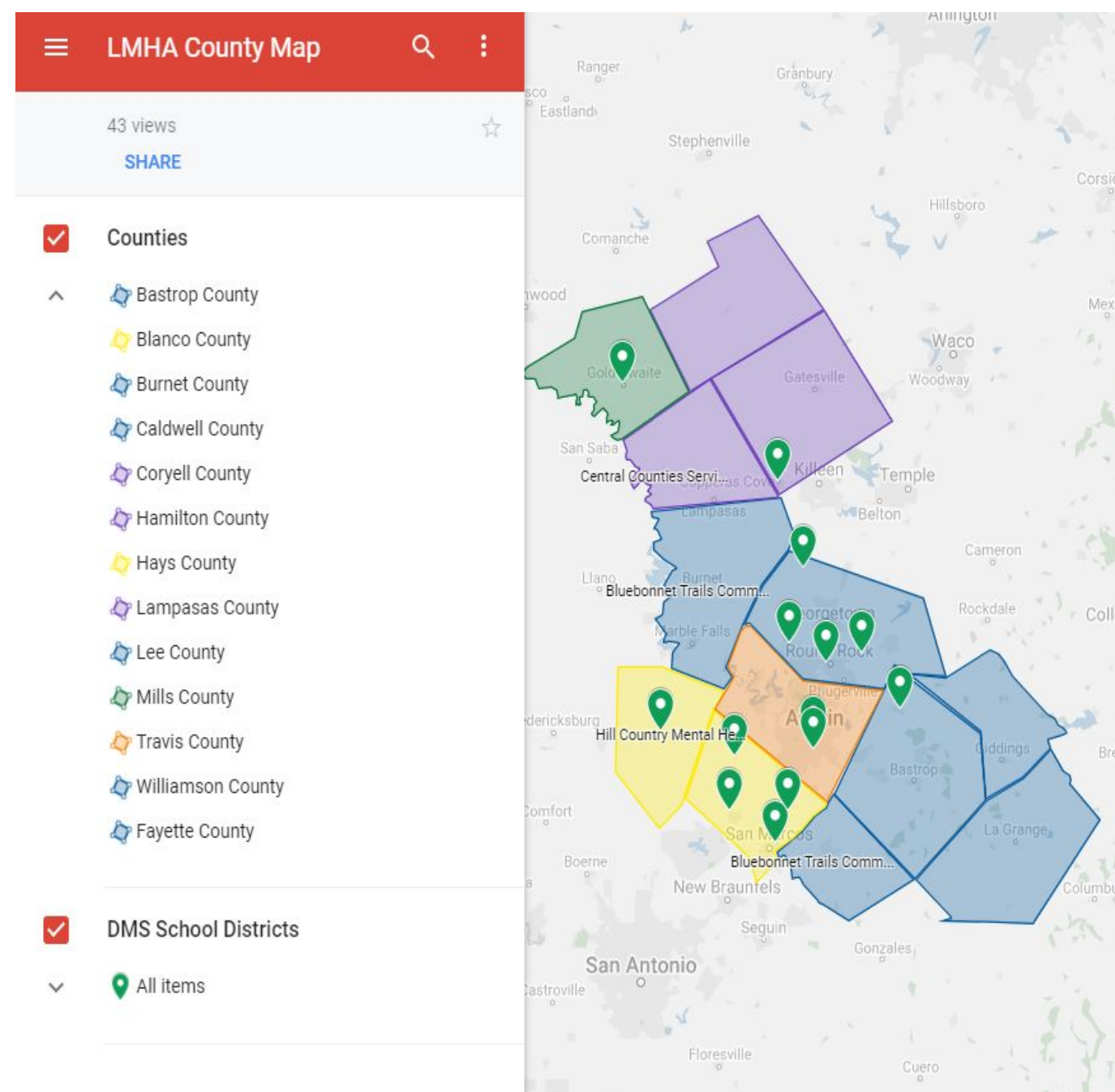
# Mind the Gap



- ❑ Supporting youth with high risk needs
  - ❑ Safety planning
    - ❑ Sharing plan with all stakeholders
- ❑ Bridging Care with school partners
  - ❑ Check-ins by school personnel
  - ❑ Parent monitoring
- ❑ Connection to higher level of care



# Community LMHA Partnerships

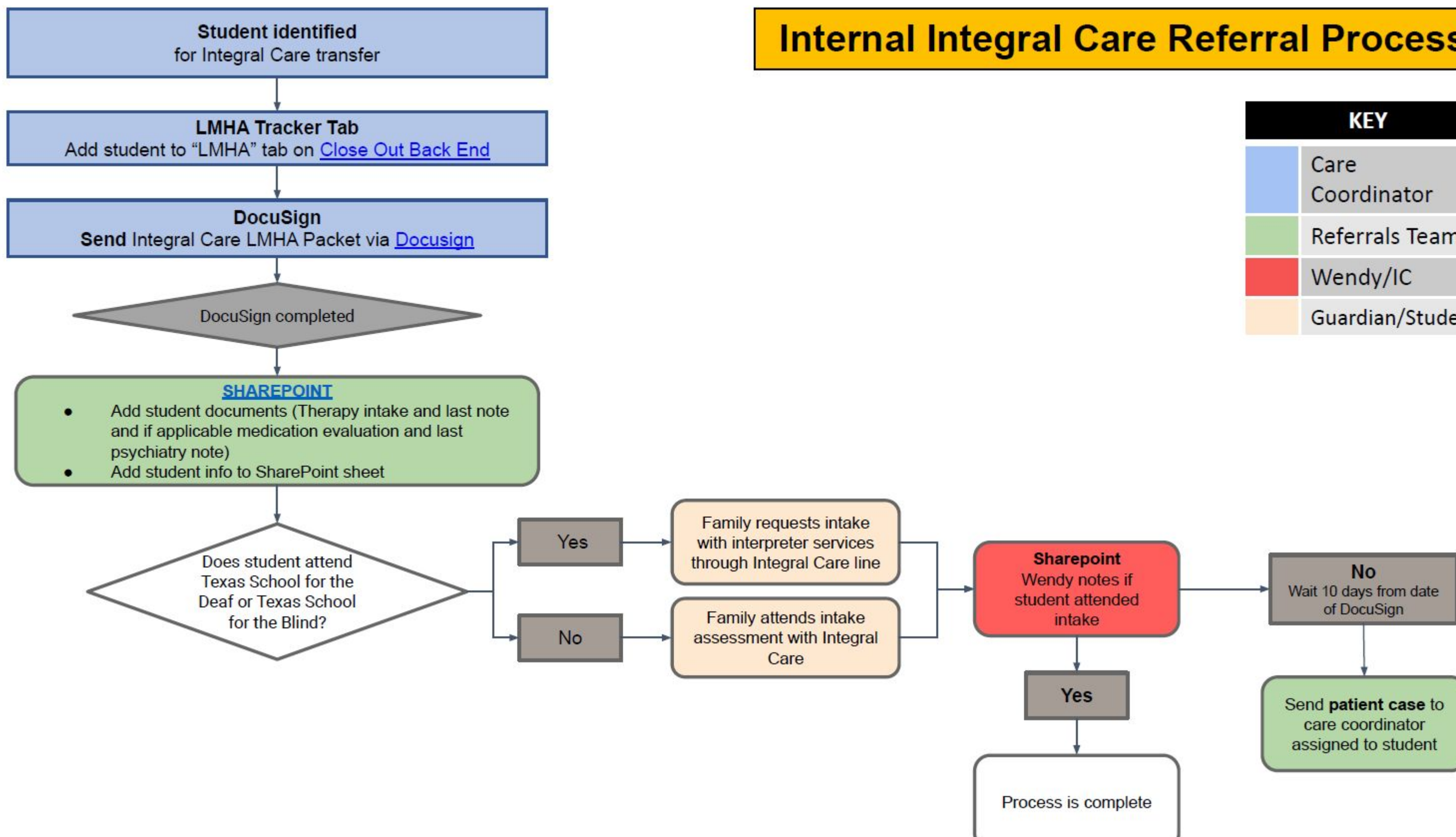




## Internal Integral Care Referral Process

### KEY

	Care Coordinator
	Referrals Team
	Wendy/IC
	Guardian/Student



# Districts Partnered with Dell Medical School

## School Districts with Signed MOUs

- Austin ISD
- Copperas Cove ISD
- Dripping Springs ISD
- Elgin ISD
- Florence ISD
- Georgetown ISD
- Goldthwaite ISD
- Harmony Schools
- Hays CISD
- Hutto ISD
- Johnson City ISD
- Leander ISD
- Lockhart ISD
- Manor ISD
- Marble Falls ISD
- Round Rock ISD
- San Marcos CISD
- Texas School for the Blind and Visually Impaired
- Texas School for the Deaf
- Wimberley ISD

