

# Mental Health Liaison Intro & Update on Schools, Substance Use, & How We Can Help.

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ESC REGION 13  
COUNSELOR  
SUPPORT SERVICES

## Brief Introduction

Teacher in Florida and Texas for 6 years.

School Counselor roles for 7, including Director of Student Support Services.

Variety of campuses and districts

15th year in the education industry

Licensed Professional Counselor, PSC, and Dare To Lead Trained

## What exactly is HB-19?

House Bill 19 came out of the 86th Legislative Session (May 2019)

It created a licensed mental health position employed by a Local Mental Health Authority (LMHA) to partner with the Educational Service Center in all regions of Texas.

The goal is to provide ESCs and in turn school districts with greater access and knowledge to mental health resources and trainings.

## Ways I can help...

Provide resources and access to evidenced based trainings for school districts.

Facilitate Mental Health First Aid trainings in collaboration with the regional LMHAs.

Provide region wide trainings and increase awareness on the topics of Grief and Trauma, specifically regarding supporting students with IDD, and Substance Use Intervention and Prevention.

# How Schools Are Doing...



“ I am  
struggling ”

“ My heart  
is so heavy ”

“ I feel  
like I am  
failing ”

# Substance Use Prevention



# How We Can Help

Check in with the students in your life.



Leverage the resources you have access to.



# Let's Connect!

Contact information

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