

Agency Updates from the following partners

- **Any Baby Can**, Diana Perez, Lead Social Worker
- **Austin Child Guidance Center**, Brittany Golden, Development Director
- **Communities In Schools**, Dorothy Garza, Senior Director of Mental Health Services
- **Dell Children's Medical Center**, Briana Wells, Manager of Inpatient Mental Health Services and William Blalock, Outpatient Utilization Review Coordinator
- **LifeWorks**, LeShawn Arbuckle, Division Director of Counseling Services
- **Wonders and Worries**, Jordan Ruch, Outreach Manager

Any Baby Can

Diana Perez, Lead Social Worker

any baby can™



Strengthening Families so Children Succeed

WHO WE ARE

Any Baby Can is a Central Texas nonprofit that works with families to overcome obstacles and achieve well-being.

With programs that meet clients where they are – at home, work or school – Any Baby Can helps build stability, develop skills and navigate systems so children and families reach their full potential.

Vision

A community that empowers parents, prioritizes healthy families, and invests in child development.

Mission

Any Baby Can partners with families to build stability, develop skills, and unlock each child's full potential.

About Our Programs

Empowering First-Time Moms

The Nurse-Family Partnership (NFP) program matches first-time pregnant moms with a free, personal nurse to guide them through pregnancy and becoming a parent. Must enroll before the 28th week of pregnancy and be a resident of Travis, Williamson or Hays County.

Child Development

Early Childhood Intervention (ECI) offers occupational, physical and speech therapy, as well as specialized skills training and medical case management for kids zero to three with a developmental delay. Counties served include Travis, Hays, Llano and Blanco.

Parent Education and Support

The Healthy and Fair Start program uses the Parents As Teachers model to help parents create stable family environments, increase school readiness and encourage community involvement. Tandem is a program that uses the same model with teen moms who receive care at People's Community Clinic. Participants must be residents of Travis County with children ages 0-4 years old.

Parenting and Childbirth Classes

The Family Education Program provides parenting and childbirth classes to give parents the tools, skills and confidence to raise a happy and healthy family. Using the Nurturing Families curriculum, these classes are for anyone looking to create strong, positive relationships with their children.

Medical Case Management

CARE/Candlelighters provides resources and respite to families with children who have special healthcare needs. Parents get support navigating and accessing community resources. Participants must be 0-20 years old and live in Travis, Williamson, Hays, Bastrop, Caldwell, Fayette, Burnet or Bell County

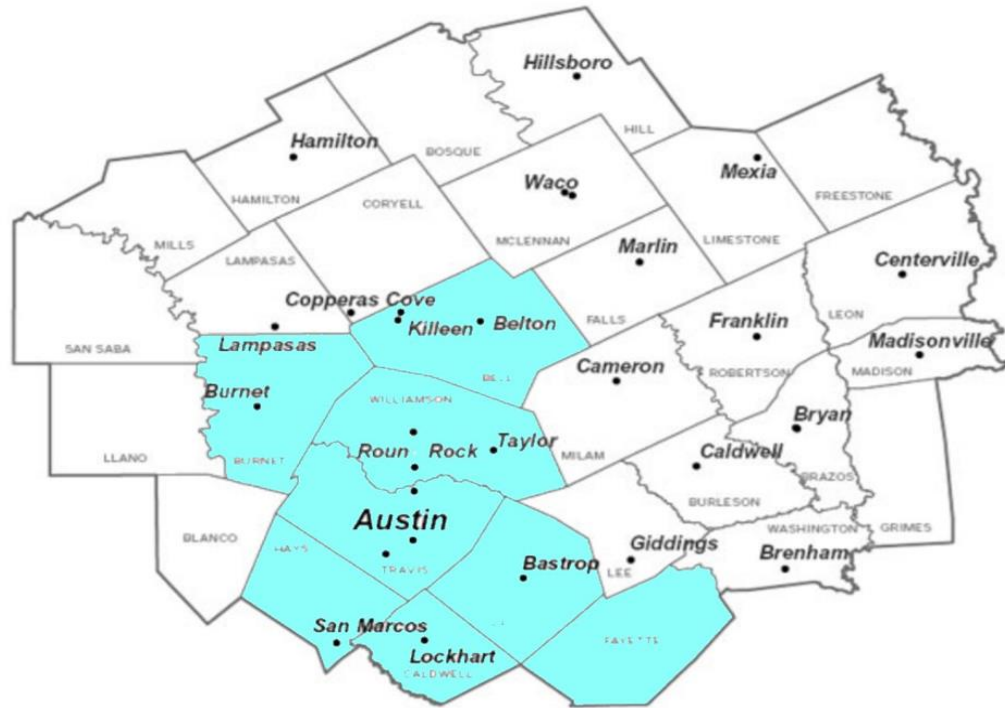


Program Details CARE/Candlelighters

any baby can™

WHO WE SERVE

The CARE/Candlelighters program serves clients across 8 Texas counties: Travis, Williamson, Bell, Burnet, Bastrop, Hays, Caldwell, Fayette



We work with children and youth ages 0 – 20 who have a medical diagnosis, mental health diagnosis or a cancer diagnosis.



Medical Case Management

CARE and Candlelighters

Any Baby Can's CARE and Candlelighters programs provide support navigating health services and resources so that no family goes through the journey of childhood illness alone. Together, we create an effective advocacy team to support the entire family as they meet the challenges ahead. Candlelighters is specific to childhood cancer and other blood diseases, while CARE provides support for a broader range of childhood diagnoses, medical conditions, mental health and developmental needs.

Services

- In-home and telehealth **medical case management**, including **transition-age youth** supports, emergency preparedness, navigating insurance options and medical systems.
- Advocacy and coordination between parents, teachers, schools, healthcare providers and other professionals.
- Emotional support, mental health/**counseling** services, respite family events, **respite** funds, Camp Grey Dove for siblings of children impacted by cancer.

Outcomes

- Families obtain access to primary and specialty care, community resources, assistive devices and medical services.
- Parents provide positive support to their children emotionally, physically and financially.
- Parents and siblings can access respite funds to help cope with emotional distress.

Service Areas: Travis, Williamson, Hays, Caldwell, Bastrop, Bell, Fayette and Burnet County



Services for Currently Enrolled Clients

Basic Needs

Families enrolled in an Any Baby Can program may qualify for Family Support Services, including financial assistance for basic needs, rent, utilities, medical equipment and transportation.

Counseling and Support Groups – No Estas Solo



Counseling and Support Groups

No Estás Solo

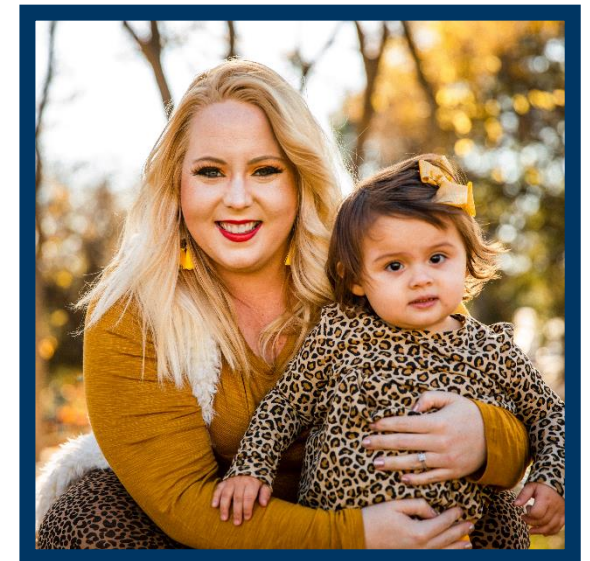
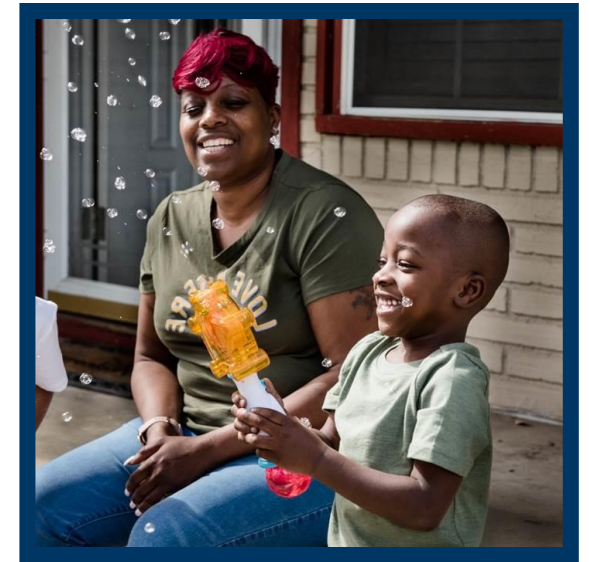
Any Baby Can offers mental health counseling services for the whole family provided by licensed, bilingual counselors. Our counselors work with children and families to develop skills in communication, problem solving, conflict resolution, and self-advocacy.

Services

- Individual, group, family and couples counseling
- Postpartum screening and specialized maternal mental health for clients who are pregnant or have a child younger than 18 months old
- Sessions for children and teens that are geared towards their age and developmental level
- Parent support groups (open to the community)

Outcomes

- Remove barriers and stigma for accessing mental health services
- Prevent incidents of postpartum depression
- Increase social and emotional development of children
- Increase incidents of healthy parent-child relationships, and reduce the risk of child abuse and neglect



Contact Us

anybabycan

anybabycan

anybabycan.org

512-454-3743

info@anybabycan.org

Austin Child Guidance Center

Brittany Golden, Development Director



Creating a world where every family's mental health needs are seen and met.

Let's Go

Brittany Golden
Senior Director of Development



Our Mission

ACGC provides **accessible, high quality mental health care to children** and their families empowering them to thrive in childhood and beyond.



A brief overview of ACGC



Community Challenges

#1 for Uninsured People in the U.S.

Texas ranked #1 in the nation for decades in the number of uninsured and underinsured persons.

Long-Term Impact of ACEs

49% of Texas' children experience at least 1 traumatic experience before 17 yrs. of age.

Untreated Mental Health Issues

67.1% of youth in Texas experiencing major depression did not receive needed mental health care in 2020.

Rise in Suicidal Ideation

>50% of 11-17 yr old reported thoughts of suicide or self-harm.

Our Solutions



The mental health and well-being of our clients are at the heart of our mission.



Client Care &
Treatment



Professional
Development & Training



Community Education
& Awareness

Care and Treatment

- Individual, family, and group therapy
- Psychological services and assessments
- Psychiatric consultation and medication management
- Walk-in clinic
- Family Resource Navigation

10 yrs.

Average number of years of professional experience among clinical staff.

5,380 hrs.

Number of service hours provided to date in FY 2021 in English and Spanish.

2013

The year that ACGC implemented trauma-informed care to avoid re-victimizing clients.



Professional Development and Training

- Extensive Staff Development (including trauma-informed care)
- Internships, Practicums, and Post-Doctoral Placements
- Professional-level Training for organizations, companies, ISD's, etc.

1,065

Individuals attending one or more
ACGC training events.



Community Awareness and Education

- Parent Workshops
- Panel Discussions
- Resources
- Community Presentations
- ACGC THRIVE Podcast

500

Number of parents or caregivers
attended one or more workshops.



Thank You

Together, we can help children thrive
in childhood and beyond.



810 W. 45th Street
Austin, TX 78751



+512-451-2242



www.austinchildguidance.org

Communities in Schools

Dorothy Garza, Senior Director of Mental Health Services

Communities In Schools of Central Texas

Dorothy Garza, Senior Director of Mental Health Services

Kids Living Well Presentation

June 29, 2023



Communities
In Schools®

Central Texas

In schools to help kids stay in school.

Agenda

- Communities In Schools Overview
- Targeted Support
- CIS Mental Health and Wellness Program

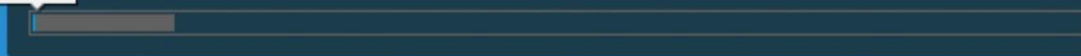


Communities In Schools

Central Texas



00:01





Communities In Schools

At Communities In Schools of Central Texas, our mission is to surround students with a community of support, empowering them to stay in school and achieve in life.

We partner with K-12 schools to provide a full-time Communities In Schools staff person(s) to work with students directly on campus.

We serve 99 campuses across 6 school districts in and around the Austin area.

Austin ISD

Elgin ISD

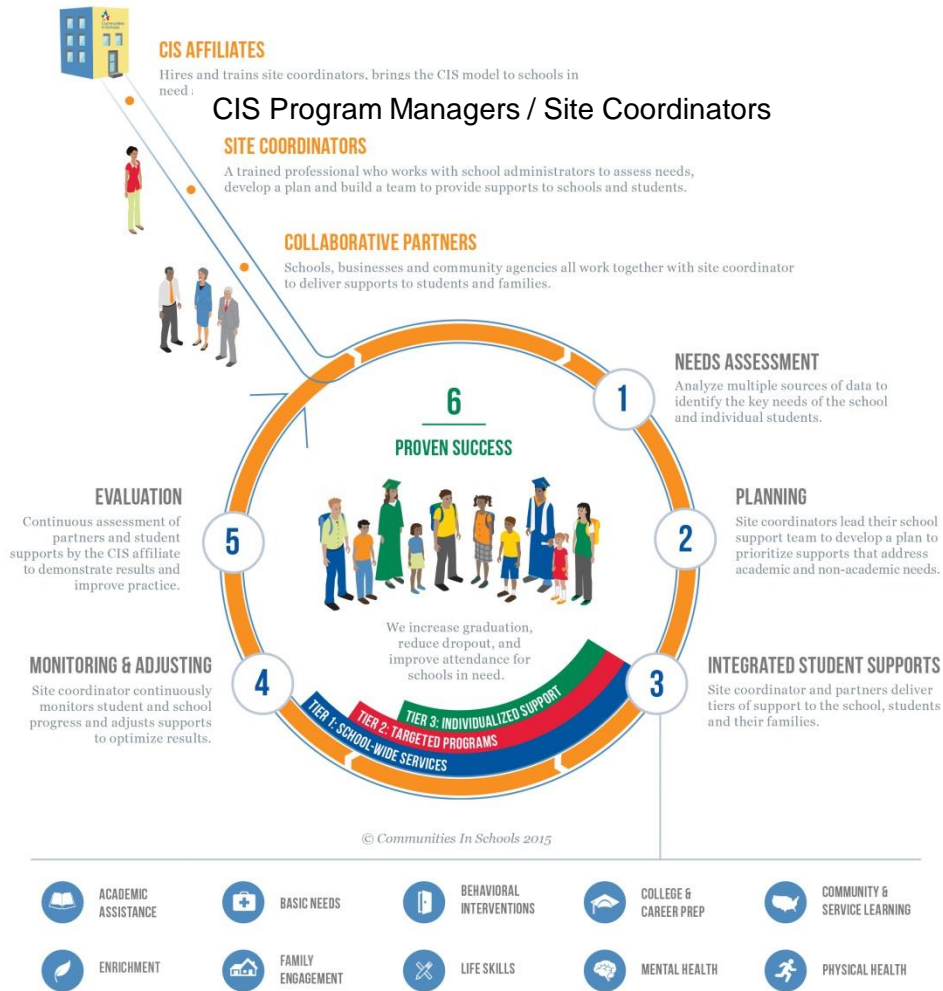
Hays CISD

Lockhart ISD

Manor ISD

San Marcos CISD

OUR UNIQUE MODEL



Why the CIS Model Works

- Evidence-based approach
- Community partnerships
- Innovative programs
- Highly skilled and trained staff

Targeted support

Student And Family Assistance (SAFA) - Addressing non-academic barriers families face is integral to student success. We aim to address the needs of families through direct services on campuses as well as through referrals to community resources and agency brokered partnerships to support chronic issues that impact family stability. Provide access to a range of basic needs resources for students and families.

SmartKids - The Housing Authority of the City of Austin (HACA) Partnership, known as SmartKids, supports public housing residents in their journey to economic self-sufficiency through school-based and property-based educational, enrichment, and case management services.

Targeted Support

Male Student Achievement Program (MSAP)– This revisioned program provides services to male-identifying high school students w/ a focus on students of color. MSAP includes leadership development, service learning, and post-secondary supports.

College and Career – CIS of Central Texas has efforts in the works to further support students in post-secondary endeavors college, trade or military service.

Mental Health and Wellness Program

The Mental Health & Wellness Program includes:

- Short-term, intensive therapy for students struggling with mental health challenges and supporting the transition for the appropriate level of ongoing support
- Tiered training to agency personnel and school communities that increase knowledge and skills related to mental health
- Development of a skilled mental health workforce by recruiting and providing practicum experience to undergraduate and graduate level interns from diverse degree programs who are supervised by agency staff

Thank you

Dorothy Z. Garza, LCSW-S
Sr. Director of Mental Health Services

Dgarza@ciscentraltexas.org

<https://ciscentraltexas.org/>



Communities
In Schools®

Central Texas

In schools to help kids stay in school.

Dell Children's Medical Center

Briana Wells, Manager of Inpatient Mental Health Services and
William Blalock, Outpatient Utilization Review Coordinator

Dell Children's - Grace Grego Maxwell Mental Health Unit

Inpatient • Admissions • Consultation-Liaison Service • Wraparound

Admissions

- 24 Hours
- Staffed by licensed social worker and registered nurse
- Community Resource Line (512) 324-0029, option 1, option 2

Inpatient Unit

- 24 bed unit
- Serves patients age 6-17 years old in an acute mental health crisis
- Interdisciplinary team
- Group programming

Consultation-Liaison Service

- Multidisciplinary Team
- Supports mental health needs on our medical units

Future Programming

- **Wraparound Services**
- **Med/Psych**
- **Walk-in assessments (in Admissions)**

Contact Information

Briana Wells, LCSW
Social Work Manager
Dell Children's - Mental Health Services

(512) 324-0000 ext. 88302

Briana.Wells@ascension.org

Dell Children's Medical Center

Outpatient Psychiatric Treatment Programs

William Blalock, BSN RN,
Utilization Review Coordinator



Ascension





Contact Information

Email: **dellchildrensmhprograms@ascension.org**

Phone: **512-324-9999 Ext (88517)**

Location: **4900 Mueller Blvd. Austin Tx 78723**

About Our Programs:

- Offer IOP and PHP Mental Health treatment to High School Adolescents in 9th-12th grade.
- DBT adherent programs. Group Therapy Programs
- Accepts all major insurance including Medicaid
- Admissions:
 - Direct Admissions- Community calls, followed by a scheduled Level of Care Assessment
 - Internal Referrals- Clinical review of referrals and documentation from providers within the network

Partial Hospitalization Program

- Population: High School teens in 9-12th grades
- 5 days a week, 8am - 4pm
 - Summer Hours 8am to 3pm
- Total of 3 weeks or 15 days of programming
- School component- 3 hours a day
 - Teens will unenroll from their current school and enroll in **University of Texas Charter School**
- Teens meet weekly with a Psychiatrist
- Daily Nursing and Social Work assessments and Interdisciplinary groups (Pharmacology, CBT, MI, Experiential Therapy, ect)

Intensive Outpatient Program

- Population: High School teens in 9-12th grades
- 4 days a week, 5:15pm - 7:45pm
- Total of 5 weeks or 20 program days
- Multi-Family Groups
 - 2/4 days a week are Multi-Family Groups- parents or Guardians are required to attend
 - Teen/Parent check-ins are separate, DBT Skills group together
- Teen meets with Social Work daily for a check-in, to practice/reinforce skill use and review homework
- Family Meetings at Admission, Mid-point, and Discharge

LifeWorks

LeShawn Arbuckle, Division Director of Counseling Services



LifeWorks

LeShawn Arbuckle, Division Director of Counseling Services

leshawn.arbuckle@lifeworksaustin.org | 512.735.2508

lifew^orks



LifeWorks

Fearless advocates for youth on their journeys to lives they love.

lifew^oorks

Youth and Adult Counseling

- Serves youth and their parents or caregivers, adults and couples
- Office-based services provided at the LifeWorks multi-service sites in North, East and South Austin. Some virtual services available.
- Staff emphasize an individual's strengths, positive characteristics, relationships, and resources to help the individual reach their goals
- Utilizes 3 evidence-based models, Trauma-focused Cognitive Behavioral Therapy (TF-CBT), Solution-focused Brief Therapy(SFBT), and Modular Approach to Therapy for Children with Anxiety, Depression, Trauma or Conduct problems(MATCH-ADT)
- Funding: FAYS grant allows eligible youth and families to receive services at no cost through funding by The DFPS - Prevention and Early Intervention division. Also offers a sliding-fee scale and accepts Medicaid, Medicare and many insurances.
- Services available in English and Spanish and others with translation and interpretive services.
- Call 512.735.2400 for Intake

Community-Based Services

- Serves transition-aged youth, 16-26 who have experienced trauma, been engaged with systems (foster care, justice) and/or experiencing homelessness or recently housed.
- Offers counseling and peer support services. Also provides psychiatric services at the east site through a collaboration with Integral Care.
- Counseling and peer support services are provided in a safe space in the community, including the clients home, school, park, etc. or if preferred, at one of the LifeWorks service sites.
- LifeWorks follows the Housing First model for housing TAY and supports them with wrap around services to meet their work, education, mental health needs.
- Utilizes Integrated Treatment of Childhood Trauma for Adolescents (ITCT-A) evidenced-based model
- Funding: Counseling and Peer Support services are free of charge. IC accepts insurance for psychiatric services. In non, services are funded by SAMHSA, TC and St David's Foundation.
- For peer support, call 512.735.2100. Internal referrals only for counseling and psychiatric services.

Resolution Counseling

- Accredited Batterer's Intervention and Prevention Program (BIPP)
- Group counseling setting with non-punitive, therapeutic principles intended to decrease violence and increase accountability
- Curriculum focuses on safety planning, respectful communication, emotional management, safe parenting, and conflict resolution
- 18, 24, 36, and 52-session groups for men and women with up to 15 members per group and an LGBTQ+ group option
- Members are court-mandated, on probation, parolees, DFPS referrals, and volunteers
- One group weekly for two hours led by licensed counselors
- Groups available in English and Spanish.
- Call 512.735.2100 for Intake



Briana Wells, Manager of Inpatient Mental Health Services and William Blalock, Outpatient Utilization Review Coordinator

Questions?

Wonders and Worries

Jordan Ruch, Outreach Manager

21

years.

14,000

children & parents.

1

mission.



Wonders & Worries

Professional support for children
through a parent's illness.

We will, together.

Jordan Ruch, BA, CCLS

Outreach Manager

Wonders & Worries

WONDERS & WORRIES

Free Professional Support to Kids During a Parent's Life-changing Illness or Injury

- Always **free** of charge to families—fully funded by the community
- Available in **English** or **Spanish**
- **In-person** at one of our offices or **virtual**
- Sessions facilitated by **Certified Child Life Specialists**
 - Experts in child development and how illness/injury impacts kids
- **Evidence-based Curriculum**
 - Illness education
 - Expression/communication of feelings
 - Coping skills
- **85% of families served were directly referred by a professional** (online form, phone, or fax)



WONDERS & WORRIES

Wonders & Worries Now Trauma Informed Care Certified



From left, Wonders and Worries co-founder Meredith Cooper, Program Director Deanna Smith, and Ecumenical Center CEO Mary Beth Fisk celebrate Wonders & Worries receiving Level 1 Trauma-Informed Care certification. (Courtesy of the Ecumenical Center)

WONDERS & WORRIES

National Resources

**National Helpline:
844-WE-WONDER
(844-939-6633)**

Current operating hours:
Monday-Thursday 10am-4pm



THE HELP YOU NEED
IN THE TIME YOU HAVE

FREE EXPERT ADVICE ON HOW TO TALK
TO KIDS ABOUT ADULT ILLNESS.



"Mom, why is Peyton's
dad in a wheelchair?"

FREE EXPERT ADVICE ON HOW TO TALK TO KIDS ABOUT ADULT ILLNESS.



WONDERS & WORRIES

National Resources

W&W2Go App for Parents

W&W2Go for Parents
on Google Play



W&W2Go for Parents on
the Apple Store



Wonders & Worries

We Will, Together.

WONDERS & WORRIES

National Resources

W&W2Go App for Professionals

W&W2Go for Professionals
on Google Play



W&W2Go for Professionals
on the Apple Store



WONDERS & WORRIES

National Resources



NEW WONDERS & WORRIES CHILDREN'S BOOK NOW AVAILABLE ON AMAZON!

