

Travis County Plan for Children's Mental Health and Substance Misuse, 2021

- This is a 5-year community-wide plan
- Kids Living Well oversees development, implementation and updates to the plan
- It builds on the original 2015 Plan



Children's Mental Health Steering Committee

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AGENDA

- Review Priority Strategies identified by Kids Living Well on 2/23/23
 - Progress to date
 - Opportunities for engagement
- Breakout sessions to discuss
 - What is working well
 - What is NOT working well for children and youth experiencing mental health or substance use challenges



Goal 1: Promote wellness and support resilience for all Travis County children and youth.

2021 Plan Objectives:	Priority strategies identified by Kids Living Well	Action updates
<ul style="list-style-type: none"> ● Promote racial equity training to reduce disparities across child and family serving systems. ● Increase capacity of child-serving organizations to provide trauma-informed care. ● Address the social, environmental, and economic factors that impact health and well-being. ● Increase the understanding of mental health and substance use prevention as critical components of overall wellness. 	<ul style="list-style-type: none"> ● Expand school based services ● Expand collaboration with mental health liaison at Region 13 ● Multi-sector collaboration to serve kids with IDD and neurodevelopmental disabilities. ● Fight the stigma of mental illness ● Participate in and provide feedback for the public awareness campaign being developed.. ● Conduct a training on “accessibility” as it relates to service design and provision (welcoming environment for all cultures and peoples, language accessibility) ● Focus on community-based care 	<ul style="list-style-type: none"> ● Kids Living Well and its members helped to plan, promote and implement the 2023 Children’s Mental Health Acceptance Day at the State Capitol on May 6, 2023. ● Ask, Talk, Listen, Repeat public awareness campaign developed collaboratively between APH, City of Austin, Integral Care and Travis County was launched May 2023. https://asklistentalk.org/ ● A link to <i>Ask, Listen, Talk, Repeat</i> added to Kids Living Well website, June 2023.

Children's Mental Health Acceptance Day at the State Capitol, May 6, 2023



Henry McMahon Award to LuAnne Southern, Executive Director of the Texas Child Mental Health Care Consortium

Speakers included -

- Travis County Sheriff Sally Hernandez
- Kids Living Well Co-Chairs Christinia Kuehn and Stacy Spencer with Luanne Southern
- Leah Kelly, Integral Care Family Support Specialist
- Dr. Courtney Heard Harvey, Associate Commissioner of the Office of Mental Health Coordination at TX HHSC





Collaboration between Austin Public Health, City of Austin, Integral Care and Travis County to support kids' mental health in our community.

- How to talk with children and young people about their feelings and mental health
- Signs and Symptoms
- Where to get help
- Free resources - order conversation cards for your agency
- Campaign includes
 - radio
 - busses
 - billboards

Goal 2: Provide a continuum of intervention services and effective treatments for children and youth.

2021 Plan Objectives:	Priority strategies identified by Kids Living Well	Action Updates
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<ul style="list-style-type: none">● Expand the number of mental health and substance use providers who accept public and private insurance.● Address geographic disparities in service accessibility.	<ul style="list-style-type: none">● Eliminate silos between schools, social service, mental health care and healthcare providers● Expand training for school personnel and primary care providers to better understand mental health in children● Engage healthcare providers - Training to identify mental health issues, substance use and suicide screening● Expand school-based services● Don't forget IDD services● Focus on building relationships with youth● Address family resistance to treatment for mental health, drugs and alcohol	<ul style="list-style-type: none">● Kids Living Well is the Governance Board for the Integral Care System of Care grant. Under this grant, Kids Living Well promotes effective collaboration between schools and community providers.● Kids Living Well April 18, 2024 Summit for healthcare providers, educators, social workers, family peer specialists and other child-serving professionals.● Summit Planning Team, Co-Chaired by JoEllen Goldsberry, Mental Health Liaison at Region 13, and Dr. Karli Silverberg, pediatrician at CommUnity Care, is an Ad Hoc Committee of Kids Living Well.
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Governance Board for System of Care Grant

- effective collaboration between school and community
- parent and youth voice
- Kids Living Well October 26th meeting will focus on parent and youth voice. (CEU's)



April 18, 2024 Kids Living Well Summit

- Summit Planning Team will meet on the last Wed of the month from August 2023 through May 2024.
- Contact mary.dodd@integralcare.org if you would like to help.



November 2022 Summit, Youth Panel

Goal 3: Respond effectively to children, youth and families in crisis.

2021 Plan Objectives:	Priority strategies identified by Kids Living Well	Action updates
<ul style="list-style-type: none">● Implement a coordinated 24/7 single point of entry to connect children, youth and their families to appropriate, accessible and individualized supports.● Develop a multi-tiered system of support that includes expanded community-based options.● Develop supports for caregivers of children and youth with severe mental health needs or substance use disorder.● Create public education and information campaigns to raise awareness of what to do in a crisis.	<ul style="list-style-type: none">● Expand crisis response services, such as MCOT● Make it easier to reach a “live” person when seeking help● Make a coordinated effort to let families, teachers and doctors know about resources available in the community● Educate on what to do in a crisis and when to seek help● TCSO Victim Services is seeing more juveniles with violence who are assaulting parents. Let families know about MCOT and other community services● Provide crisis respite for children and youth in crisis	<ul style="list-style-type: none">● 9-8-8 was launched nationally in 2022 as the new, easy to remember, suicide helpline.● Austin/Travis County 9-1-1 Call Center added “mental health” as a fourth option for callers. Mental health professionals are embedded in the 9-1-1 Call Center to respond to calls.● Travis County funded an Intensive Children’s MCOT.● Travis County funded Train the Trainer YMHFA trainings for representatives of ten organizations. Once trainers are trained will embark on training 2,000 community members.● Ask, Talk, Listen Repeat campaign includes crisis information

Goal 4: Improve outcomes and accountability in the Travis County children’s mental health and substance use treatment systems.

2021 Plan Objectives:	Priority strategies identified by Kids Living Well	Action updates
<ul style="list-style-type: none"> ● Strengthen multi sector collaboration to implement and monitor progress on the Plan. ● Ensure the public and private behavioral health system is integrated and responsive to community needs. ● Track local data to monitor progress and to promote data-informed planning and decision-making. 	<ul style="list-style-type: none"> ● Kids Living Well Data Dashboard – include stories and family voice to bring the stories alive. ● Collect consistent data across agencies to see if we are supporting the same kids and to share outcomes. ● Map systems data that is available in our community. ● Build more partnerships/become more collaborative/share resources/share funding ● Recruit healthcare providers and substance use treatment providers to participate in Kids Living Well. ● Engage private sector, associations of therapists in private practice. 	<ul style="list-style-type: none"> ● Data dashboard added to Kids Living Well website May 2023 https://kidslivingwell.org/data/ ● Kids Living Well data group will review data page and consider how to improve it with particular attention to racial equity. ● Physicians from CommUnity Care and Lone Star Circle of Care are participating on the 2024 Summit Planning Team ● Gathering information on local service expansions and improvements since 2021 Plan was released

Take a step back from the Plan

Today's discussion will be guided by your lived or professional experiences in helping children and families access mental health and substance use services in our community.

