

Goal: Improve Access to Mental Health Supports for Youth and Young Adults with Developmental Disabilities in Travis Co.

Guiding Principles: trauma-informed; person-centered; solution-focused; evidence-based or evidence-informed; tailored/normed to youth with IDD; collaborative/inter-disciplinary/cross-systems; care coordination; and evaluation.

SYSTEM CATEGORIES

✓ **Screening & Identification of Mental Health Concerns**

📄 **Assessment, Diagnosis & Mental Health Treatment**

🎓 **Mental Health Supports in Schools & Post-Secondary**

Social Connectedness & Wellbeing

👤 **Family & Caregiver Supports**

🚒 **Mental Health Crisis Services**

🗣️ **Community Education & Outreach**

Ideal System Components

What must be in place for the desired experience?

- Pediatricians, Adolescent Health Providers, & Adult Health Providers
- Developmental Pediatricians
- Neurologists
- School Personnel
- Accessible Screening Tools (normed for people with IDD)

- Mental Health Providers
- Psychiatrist
- Medication Management
- Certified Peer Support Specialist
- Mental Health Care Coordination
- Insurance Coverage

- K-12 - teachers, SpEd staff, counselors, social workers
- 18+ programs
- Community College Programs
- University Programs

- Day Programs
- Clubs
- Paid Employment
- Peer Support (for youth)

- Education for Families on Dual Diagnosis (MH/IDD)
- Peer Support (for caregivers)
- Respite (non-crisis)

- 911 Dispatch - Mobile Crisis Outreach Team
- Crisis Respite
- Law Enforcement
- Health/Mental Health Systems - LMHA Crisis Services - Psychiatric Hospitals

- Expert Trainers
- Trainees
- Strategic Plan for Education and Outreach

Resource Inventory

Resources that Exist - What service or support exists? How do they promote mental wellbeing?

Access - How do people get access? Average age of people accessing these services?

General Capacity - Is there a waitlist for services? Can they currently meet the needs of everyone seeking services?

Primary Care Providers

- [Child Psychiatry Access Network \(CPAN\)](#)
- [CommUnityCare https://communitycare/](https://communitycare/)
- [Dell Children's Comprehensive Care Clinic](#)
- [Lone Star Circle of Care](#)
- [People's Community Clinic](#)
- [The Johnson Center for Child Health and Development](#)
 - Primary Care, ABA and more

Developmental Pediatricians

- [Dell Children's - Developmental Behavioral Pediatrics](#)
- [Stuart Developmental Pediatrics](#)

Neurologists

- [Dell Children's/UT Health - Pediatric Neurology Clinic](#)
- [pediatrx - Child Neurology Consultants of Austin](#)
- [THINK Neurology for Kids](#)

School Personnel

- [ACC SEPS](#)
 - Can refer to ACC CARES Team
- School Districts
 - [Austin ISD - Transition and Employment staff](#)
 - [Texas Child Health Access Through Telemedicine \(TCHAT\)](#)
 - Telehealth programs in school districts to assess behavioral health needs and provide mental health services

Other Service Providers who work w/ PwIDD

- [Any Baby Can](#)
- [Center for Child Protection](#)
- [DFPS - Developmental Disability Program Staff](#)
- [Integral Care](#)
- [OSAR \(Outreach, Screening, Assessment, Referral\) for Substance Use Services - Bluebonnet Trails Community Services](#)

Accessible Mental Health Screening Tools

- [Texas Center for Developmental Studies - PODER - Spanish screening tools for autism and co-morbidities \(depression/anxiety\)](#)
- [SCARED \(screen for Child Anxiety Related Disorders\) - unclear if normed for youth with ID/DD](#)

Mental Health Service Providers (MH, Psychiatrist, Med Management, Peer Support, etc.)

- [Austin Center for Child Psychology](#)
- [Austin Child Guidance Center](#)
- [Castell Therapy](#)
- [Center for Child Protection](#)
- [Dell Children's](#)
 - [Developmental Behavioral Pediatrics](#) - up to 14 y/o
 - [Emergency Care](#)
 - [Grace Grego Maxwell Mental Health Unit](#)
 - Inpatient Hospital Care - children 6-17 y/o
 - Intensive Outpatient Care - 5 weeks for teens
 - Partial Hospitalization Care - 14-17 y/o
 - [Texas Child Study Center](#)
 - Outpatient Care - utilizes comprehensive intake
- [Integral Care](#)
 - Adult Behavioral Services
 - [Child and Family Services](#)
 - IDD Crisis Prevention Teams (CIS, OBI)
- Kaleidoscope
- LifeWorks
- Lone Star Circle of Care
- [Providence Behavior Therapy](#)
- Spectrum Services
 - Psychiatry
 - Psychological Assessments
 - Psychotherapy
- Summit Mental Health Clinic
- [Texas Child Health Access Through Telemedicine \(TCHAT\)](#)
 - Telehealth programs in school districts to assess behavioral health needs and provide mental health services
- Travis County Community Resource Coordination Group (CRCG) - Community Partners for Children
 - The Children's Partnership - wraparound
- YES Waiver (payor)

Mental Health Care Coordination

- Health Plans - IDD Service Coordination
- Integral Care
 - Community First Choice - under 18 y/o MCO provider case management and service coordination

Access to health insurance coverage

- Foundation Communities' Prosper Health program

K-12

- [Austin ISD](#)
 - Mental Health Specialist, SpEd
 - Counseling as a Related Service
 - [Rosedale School](#)
- [Del Valle ISD](#)
 - Counseling as a Related Service
- [Leander ISD](#)
 - Counseling as a Related Service
- [Communities in Schools](#) (Austin ISD, Elgin ISD, Hays CISD, Lockhart ISD, Manor ISD, and San Marcos CISD)
- [Education Service Center for Region 13](#)
 - [Autism Support Services](#) - MH supports(?)
- [Texas Child Health Access Through Telemedicine \(TCHAT\)](#)

18+ Programs (community-based, district-based, and school-based)

- 18+ ACCESS (Accessing Community, Communication, Education, & Social Skills) - Leander ISD
- [Excel Center High School - Goodwill](#)
 - Alumni Program - life coaching for 2 years post graduation
- [GO Project](#) (Rosedale School is home campus but program in community)
- [Greenleaf NCC](#) (Neurodiversity Community Center) (AISD)
- [Skills for Enhancing Lifelong Fulfillment \(SELF\)](#) Leander ISD
- [Transition to Life in the Community \(TLC\)](#) at Rosedale School, AISD

Community College Programs

- [Austin Community College](#)
 - [ACC CARES](#)
 - [Amplify Center - UT Austin](#)
 - [ACC GROW](#) and [ACC STEPS](#) - academic and career support
 - College Hub: Succeed Program - intensive case management
 - College Hub: Free Minds - 1 year free course to see what college is like

University Programs

- [UT Austin](#)
 - [E4Texas](#)
 - [Lifelong Learning with Friends](#)
- [Texas State](#)
 - Bobcat RISE

Other Education

- SAFE Austin - classes and sex education curriculum
- [Think College](#) - online resource

Day Programs

- The Arc of Capital Area (Downtown Austin, Leander, Hutto)
- Art Spark - Body Shift, Lion & Pirate Open Mic
- Imagine Art

Clubs/Group Support

- [Adventurers Academy](#)
- ARCIL (A Resource Center for Independent Living)
- Armstrong School of Music - We Are The Chorus
- AURA Coaching and Education Services
- Austin Clubhouse
- Austin Recreation Centers
- Autism Society of Texas
- Communities in Schools
- CPATH - Cerebral Palsy Awareness, Transition, Hope
- Down Syndrome Association of Central Texas
- Down Home Ranch
- Greenleaf NCC - Easterseals (clubs)
- Improve Your Social Skills
- J'Miah's Place
- [Mary Lee Foundation](#)
- OutYouth - Young Adult Program
- Quirky Buds
- Scouting
- Special Olympics
- Spectrum Services
- [UT Austin - Best Buddies](#)
- Vela
- YMCA

Paths to Paid Employment

- [Bloom Consulting](#)
- [Clifton Career Development School](#)
- Goodwill Central Texas - Internships@goodwillcentraltexas.org
- [nonPareil \(Autism specific\)](#)
- Sage Art Studio
- [Summer Youth Employment Program \(SYEP\)](#)
- Texas Workforce Commission - Vocational Rehabilitation Services (TWC-VRS)
 - Pre-Employment Transition Services
 - Summer Earn and Learn (SEAL)
 - [Disability Rights Texas - Client Assistance Program \(CAP\) can help access TWC-VRS](#)

Peer Support

- Imagine Art - Peer Support Curriculum
- Self-Advocate Central

Summer Camps

[2024 Day Camp Guide-English](#) | [Spanish](#)

Other Opportunities

- Faith-based supports
- Libraries
- Parks and Rec

Education and/or Peer Support for Families

- [Austin Child Guidance Center](#)
- [Autism Society of Texas](#)
- [Down Home Ranch - Family Camp](#)
- [Coalition for Special Education Equity in AISD](#)
- Communities in Schools
- [CPATH - Cerebral Palsy Awareness, Transition, Hope](#)
- [Down Syndrome Association of Central Texas](#)
- Integral Care - IDD Transition Support Team
 - Education, consultation, training to IDD Service Providers in TxHml and HSC Waiver Programs
 - Family Partner Support
- [Partner Resource Network](#)
- [NAMI Central Texas](#)
- National Family Caregiver Support System
- [SAFE Austin](#)
- [Special Education Family Advisory Committee](#)
- [Texas Parent to Parent](#)
- [Vela](#)

Respite Non-Crisis

- [Parent Child Interaction Therapy \(PCIT\)](#)
- Integral Care
 - General Revenue Respite
 - County Funded Respite - must go through intake - up to 10 hours respite per month

911 Dispatch

- Crisis Center Clinician (C3s) co-located at Austin's 911 Call Center
- Integral Care - [Mobile Crisis Outreach Team \(MCOT\)](#)
- 9-8-8 - Suicide Lifeline
- School Resource Officers
- School Districts w/ Crisis Response Teams
 - Austin ISD
 - Del Valle ISD
 - Manor ISD
 - Pflugerville ISD

IDD Crisis Respite

- Integral Care - [IDD Crisis Respite Support Professional Team](#) and [P.A.C.E.](#)
- [Davidson Respite House & Najim Home](#) (primarily for children in child welfare and homes are in San Antonio)

Law enforcement

- Austin Police Department, Crisis Intervention Team
- Travis County Sheriff's Office, Crisis Intervention Team

Health/Mental Health systems

- [Austin Oaks Hospital - Program for Adolescents](#)
- Austin State Hospital - Child and Adolescent Psychiatric Services
- [Charlie Health](#)
- [Cross Creek/Acadia Healthcare](#)
- Dell Children's (Emergency Care, Inpatient Hospital Care, Intensive Outpatient Care - 5 weeks for teens, Outpatient Care, Partial Hospitalization Care - 14-17 y/o)
- Integral Care - Crisis Services
 - No IDD diagnosis required
- [Rock Springs Health](#)
- Shoal Creek

Expert Trainers

- Center for Child Protection - Trauma Trainings
- Integral Care - Transition Support Teams - customized trainings
- [Kids Living Well](#) - monthly educational and networking meetings
- [Texas Parent to Parent](#)
- [NADD - Consultation and Training](#)
- [NAMI Family to Family](#)
- [Office of Disability Services Coordination, HHSC](#)
 - Person-Centered Thinking Trainer
- SAFE Austin - Pathways to Justice
- [Texas Center for Disability Studies - UT School of Social Work](#)
 - Road to Recovery
 - Person Centered Planning
- Texas HHSC - UT Health San Antonio - online training modules on TIC for ICF/IID
- [Texas Technology Access Program](#)

Potential training opportunities

- Trauma Informed ABA
- Trauma Focused CBT for youth with IDD
- Educate trauma field about IDD
- Educate IDD field of MH and going beyond behavior modification

Trainees

- Police
- Mental Health Providers
- IDD Service Providers
- Doctors
- School Staff
- Families
- Individuals with DD/ID

Strategic Planning Connections

- Governor's Committee on People with Disabilities