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Texas Child Mental
Health Care Consortium

The University of Texas at Austin
Dell Medical School

Texas Child Mental Health Care Consortium: Improving Access to Children's Mental Health Services

April 2024

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Texas Child Mental Health Care Consortium (TCMHCC)

Improving mental health care and systems of care for the children and adolescents of Texas.

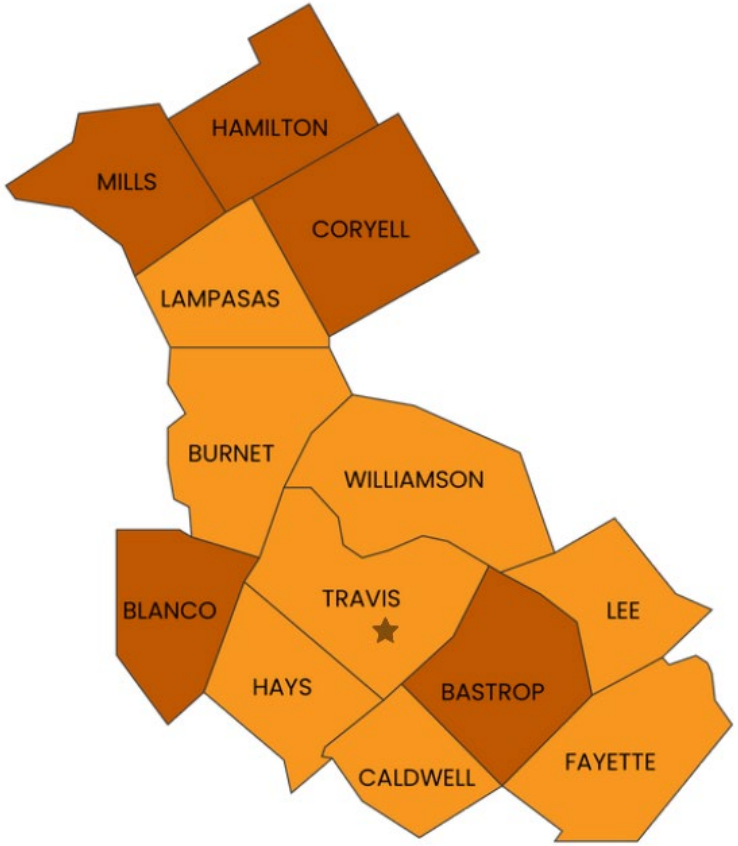
- The Texas Child Mental Health Care Consortium (TCMHCC) was created by the 86th Texas Legislature to leverage the expertise and capacity of the health-related institutions of higher education to address urgent mental health challenges and improve the mental health care system in this state in relation to children and adolescents.
- In 2021, the Texas Legislature approved federal funding from the American Rescue Plan Act for expanded services of several of the Consortium's initiatives.

Dell Medical School (DMS) Catchment Area

The Texas Child Mental Health Care Consortium (TCMHCC) programs are available statewide.

DMS provides TCMHCC services for 13 Central Texas counties:

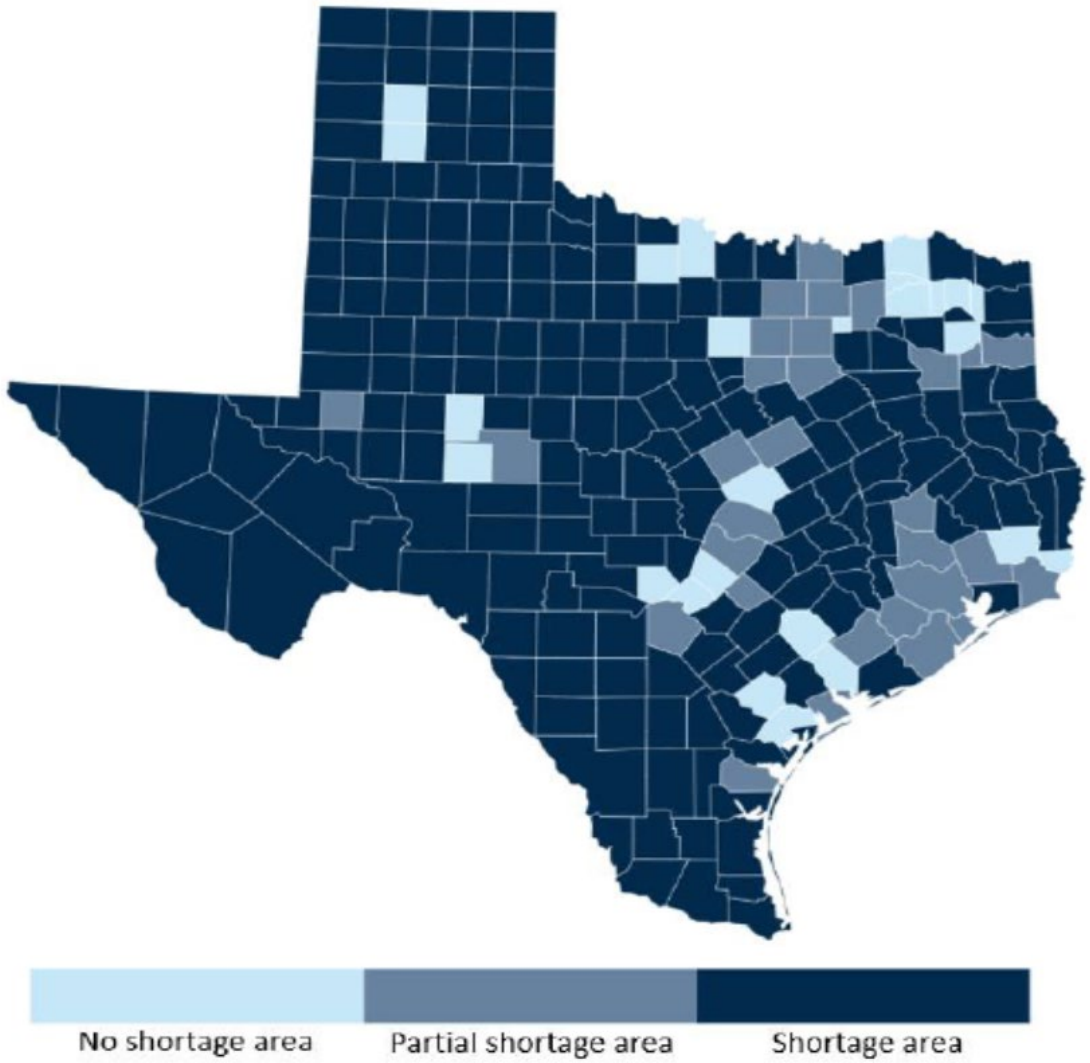
- Bastrop
- Blanco
- Burnet
- Caldwell
- Coryell
- Fayette
- Hamilton
- Hays
- Lampasas
- Lee
- Mills
- Travis
- Williamson



Lack of Access

- More than 80% of Texas counties are federally designated as Mental Health Professional Shortage Areas

- Of the 254 counties in Texas, 185 have no psychiatrist directly affecting 3.2 million people (Merritt Hawkins data)



What are the gaps in pediatric mental healthcare?

0 responses

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TCMHCC Programs

- **Texas Child Health Access Through Telemedicine (TCHATT)**
  - Trauma Focused Expansion
  - Adolescent Substance Use Disorder (TCHATT-ASUD)
  - Youth Aware of Mental Health (YAM)
- **Child and Perinatal Psychiatry Access Networks (CPAN/PeriPAN)**
  - Project ECHO
  - CPAN/PeriPAN Direct
  - CPAN/PeriPAN Texting
  - Safe Alternatives for Teens and Youth (SAFETY-A) Program
- **Child and Adolescent Psychiatry Fellowships (CAP)**
- **Community Psychiatry Workforce Expansion (CPWE)**
- **Children's Mental Health Research**

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TCHATT
Texas Child Health Access Through Telemedicine

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Texas Child Health Access Through Telemedicine (TCHATT)

TCHATT provides telemedicine or telehealth programs to school districts to help identify and assess the behavioral health needs of children and adolescents and provide access to mental health services.

TCHATT Services

Assessment, Brief Intervention, and Stabilization

- No-cost short-term telehealth services as clinically necessary

Care Coordination

- Referrals to community programs & providers

School Consultations

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

Education

- Mental health training and resources for school personnel and community providers

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Current DMS TCHATT Service Access

April 2024

55 Districts/ Charter Systems

Total number of public school districts or charter systems with an MOU for TCHATT services.

427 School Campuses

Total number of school campuses enrolled in TCHATT.

317,000+ Covered Students

Total number of students able to access TCHATT services from DMS.

DMS TCHATT Team

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- Dell Medical School Faculty
  - Psychologists
  - Psychiatrists
- Mental Health Professionals
  - Licensed Clinical Social Workers
  - Licensed Professional Counselors
- Care Coordinators
- Referrals Coordinators
- School Liaison

TCHATT-ASUD

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Adolescent Substance Use Disorder (TCHATT-ASUD) provides services to youth who need help with risky or unhealthy use of substances.

TCHATT-ASUD providers collaborate with adolescents and their families to:

- Assess for risk and safety
- Develop a recovery plan to reduce harm caused by substance use
- Complete assessments to track progress towards goals
- Provide long-term treatment providers and resources in the community, as needed

TCHATT-Trauma

Trauma Focused Expansion (TCHATT-Trauma) services provide evidence-based treatment for children who have experienced significant trauma.

TCHATT-Trauma providers collaborate with youth and their families to:

- Assess student to determine appropriate type of care
- Provide 12-16 sessions of TF-CBT or TGCT
- Provide long-term treatment providers and resources in the community, as needed

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DMS TCHATT Services Provided

April 2024

14,500+

Appointments Provided

Total number of TCHATT appointments provided by Dell Medical School.

2,760+

Students Served

Unique students who have received TCHATT services.

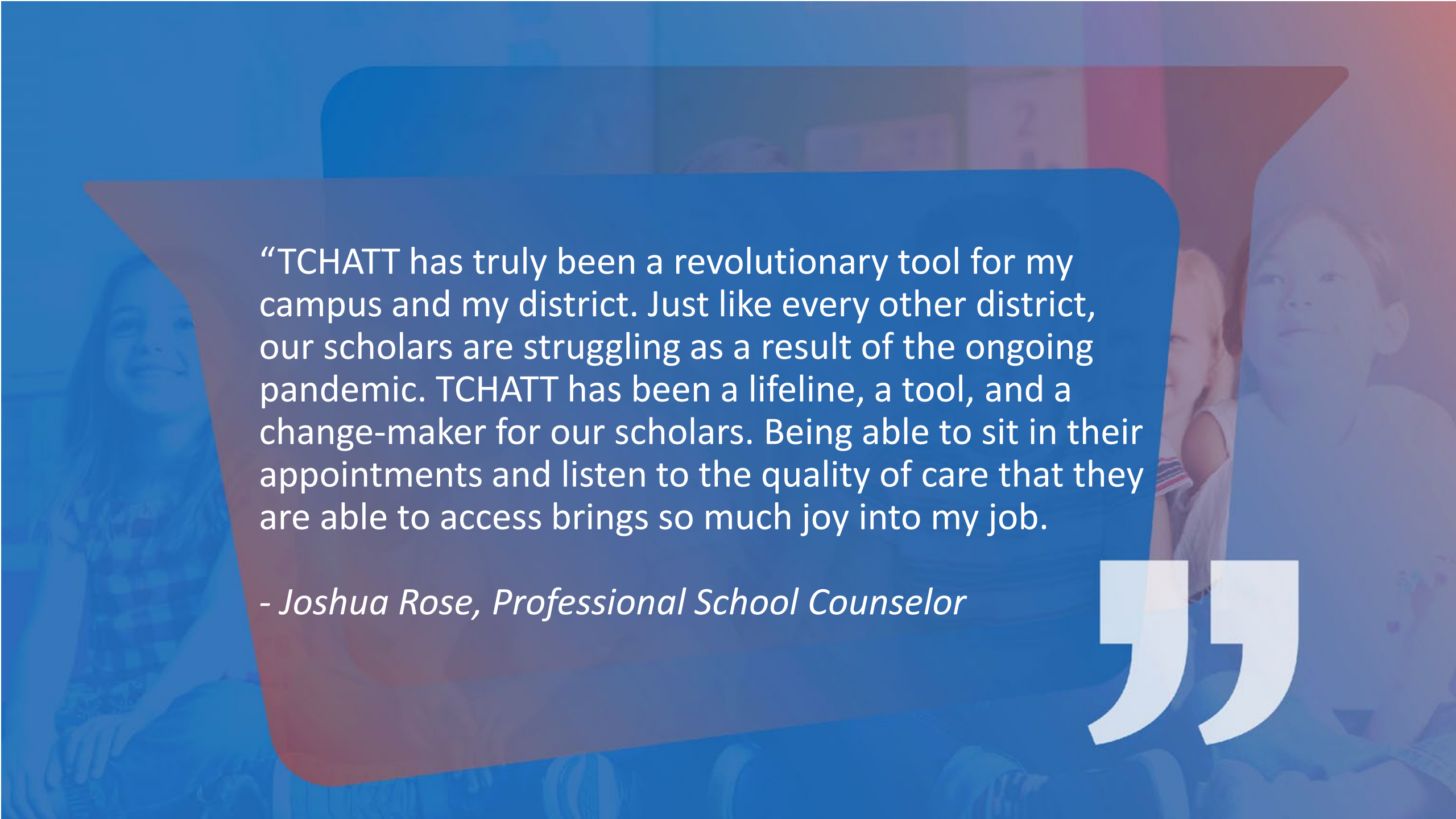
1,500+

Consultations Provided

Total number of school consultations to discuss mental health needs of students in school environment.

How is TCHATT Filling in the Gaps?

- Access to early mental health assessment and intervention in schools setting
- Bypass barriers that limit access to critical health services (e.g. transportation, time, costs)
- Integrated and multidisciplinary services
- Care coordination services to help families navigate medical and community systems
- Rapid access to mental health consultation for school staff



“TCHATT has truly been a revolutionary tool for my campus and my district. Just like every other district, our scholars are struggling as a result of the ongoing pandemic. TCHATT has been a lifeline, a tool, and a change-maker for our scholars. Being able to sit in their appointments and listen to the quality of care that they are able to access brings so much joy into my job.

- Joshua Rose, Professional School Counselor

SIX THEMES OF YAM:

01 What is mental health?

02 Self-help advice

03 Stress and crisis

04 Depression and suicidal thoughts

05 Helping a friend in need

06 Who can I ask for help?

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Youth Aware of Mental Health (YAM)

- Evidence-based program for 8-12th graders promoting increased discussion and knowledge about mental health, suicide prevention, and the development of problem-solving skills and emotional intelligence.
- YAM Logistics
  - Administered in-person
  - 5 total sessions, 45 minutes each
  - Delivered over 3-5 weeks
  - 7-30 students per class

Questions?

TCHATT Contact Information:

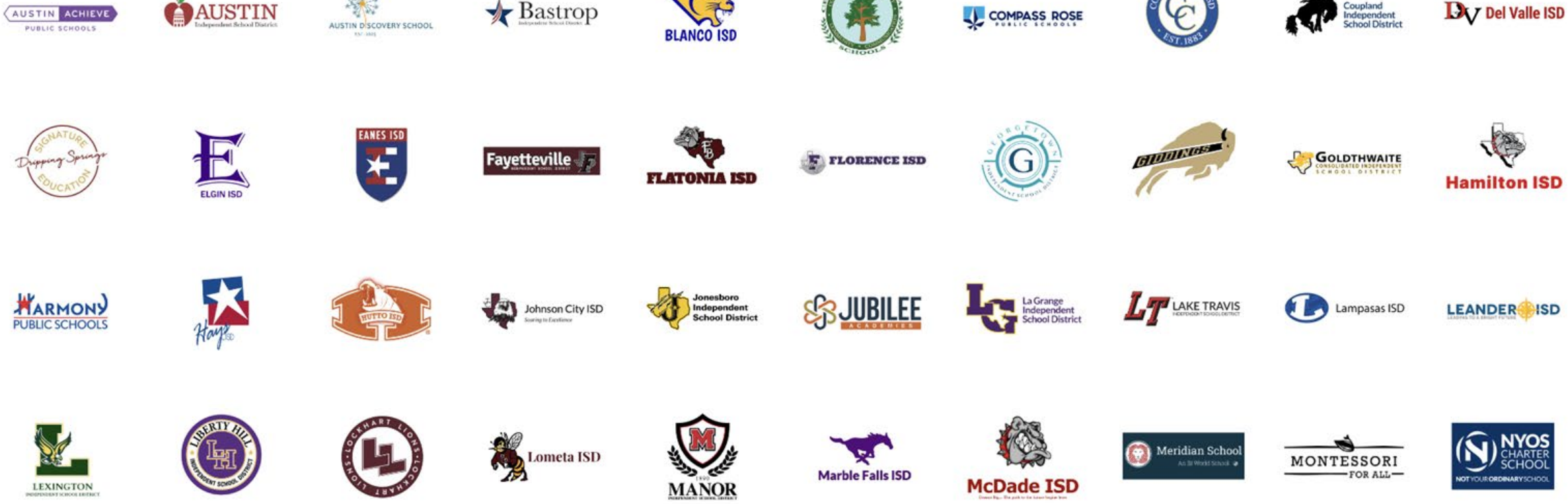
Email:
TCHATT@austin.utexas.edu

DMS, TCHATT Website:
sites.utexas.edu/tchatt

Email:
YAM@austin.utexas.edu

DMS, TCHATT, YAM Website:
sites.utexas.edu/tchatt/yam

DMS Current TCHATT Partnerships



DMS Current TCHATT Partnerships - Cont.

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Child and Perinatal Psychiatry Access Networks (CPAN/PeriPAN)

Child and Perinatal Psychiatry Access Networks (CPAN/PeriPAN) provide behavioral health consultation to primary care and reproductive care providers.

Child and Perinatal Psychiatry Access Networks (CPAN/PeriPAN)

Funded by the Texas Legislature, CPAN/PeriPAN provides:

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CPAN/PeriPAN are phone-based clinical consultation services that connect clinicians working with children, adolescents and perinatal women with a child or reproductive psychiatrist or mental health clinician

CPAN/PeriPAN offer assistance with referrals to community mental health services and can provide a one-time direct consult with the patient to assist with diagnostic clarification

CPAN/PeriPAN provide continuing professional education opportunities on pediatric and reproductive mental health

How does CPAN/PeriPAN Work?

Clinicians can call and enroll within 5 minutes. Clinic administrators can enroll multiple clinicians.

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It's simple to enroll, easy to use, and completely free. Call **888-901-CPAN (2726)** to enroll and get help with a patient quickly. No call is too small.

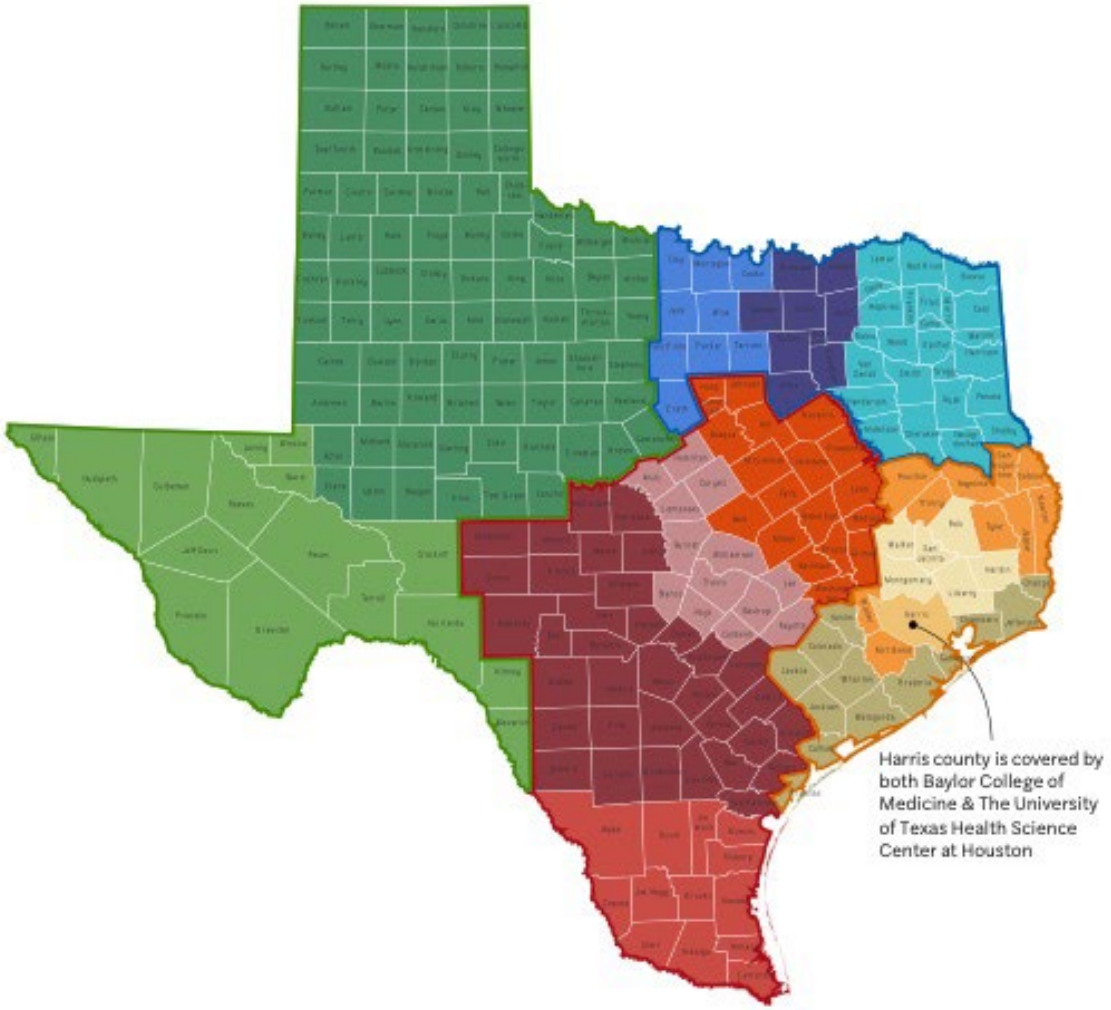
- Call or text and reach a licensed mental health clinician within 5 minutes
- A child or reproductive psychiatrist will call back within 30 minutes or at a time of the clinician's choosing
- CPAN and PeriPAN send vetted, local, and individualized referrals within 1 business day
- Teams are available Monday-Friday, 8 a.m. to 5 p.m. and follow up after-hours messages the next business day
- Pediatric primary and reproductive health clinicians can call as often as they need

Anna Lincoln, M.D.
Physician, Pediatric Junction
TEXAS

CPAN/PeriPAN Coverage Map

Dial (888)901-2726

Then dial the numbers below for region and institution



Dial 1
North and Northeast Region

1. The University of North Texas Health Science Center at Fort Worth
2. The University of Texas Southwestern Medical Center
3. The University of Texas at Tyler Health Science Center

Dial 2
South and Southeast Regions

1. Baylor College of Medicine
2. The University of Texas Health Science Center at Houston
3. The University of Texas Medical Branch at Galveston

Dial 3
Valley and Central Regions

1. Dell Medical School at The University of Texas at Austin
2. The University of Texas Health Science Center at San Antonio
3. The University of Texas Rio Grande Valley School of Medicine
4. Texas A&M University System Health Science Center

Dial 4
West Region

1. Texas Tech University Health Sciences Center
2. Texas Tech University Health Sciences Center at El Paso

DMS CPAN/ PeriPAN Team

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- Dell Medical School Faculty
  - Child & Adolescent Psychiatrists
  - Perinatal & Reproductive Psychiatrists
  - Psychiatric Mental Health Nurse Practitioner
- Mental Health Professionals
  - Behavioral Health Consultants
    - Licensed Clinical
    - Social Workers
    - Licensed Professional Counselors

Current DMS CPAN/PeriPAN Impact

April 2024

1,125+ Enrolled Providers

Total number of providers enrolled in CPAN/PeriPAN.

1,250+ Psychiatry Consultations

Total number of consultations provided by psychiatrist.

13 minutes Avg. Consult Call-Back Time

The average amount of time that a provider waits before being connected to a psychiatrist.

DMS CPAN/PeriPAN Services Provided

April 2024

5,950+

Unique Patients Served

Total number of unique patients served.

5,350+

Referrals Provided

Total number of referrals connecting patients to mental health services in the community.

6,500+

CPAN/PeriPAN Calls

Total number of CPAN/PeriPAN calls.

CPAN/PeriPAN Direct

At the discretion of the CPAN/ PeriPAN mental health clinician, a free one-time psychiatric assessment with the child and guardian may be offered to a pediatric physician to enhance patient care.

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Face-to-Face Patient-Psychiatrist Consultations

CPAN now offers face-to-face patient-psychiatrist consultations at no cost.

How it works:

Call CPAN at **888-901-CPAN (2726)** and dial 3, then 1, then 1 for a clinician-to-clinician consultation about your patient.

If...

during your call, the child psychiatrist indicates a 1:1 consultation with the child and the CPAN team may be of benefit,

Then...

they will discuss their reasoning for the 1:1 consultation and the next steps needed to prepare for the appointment.

Requirements:

1. The child is not experiencing a mental health emergency (threatening harm to self or others).
2. The child's parent or guardian gives written consent and agrees to be present during the 1:1 consultation.
3. The Pediatric Health Clinician remains the primary health provider.

How is CPAN/ PeriPAN Filling in the Gaps?

CPAN/PeriPAN is working to meet children, women and their clinicians where they are in various stages of childhood and pregnancy.

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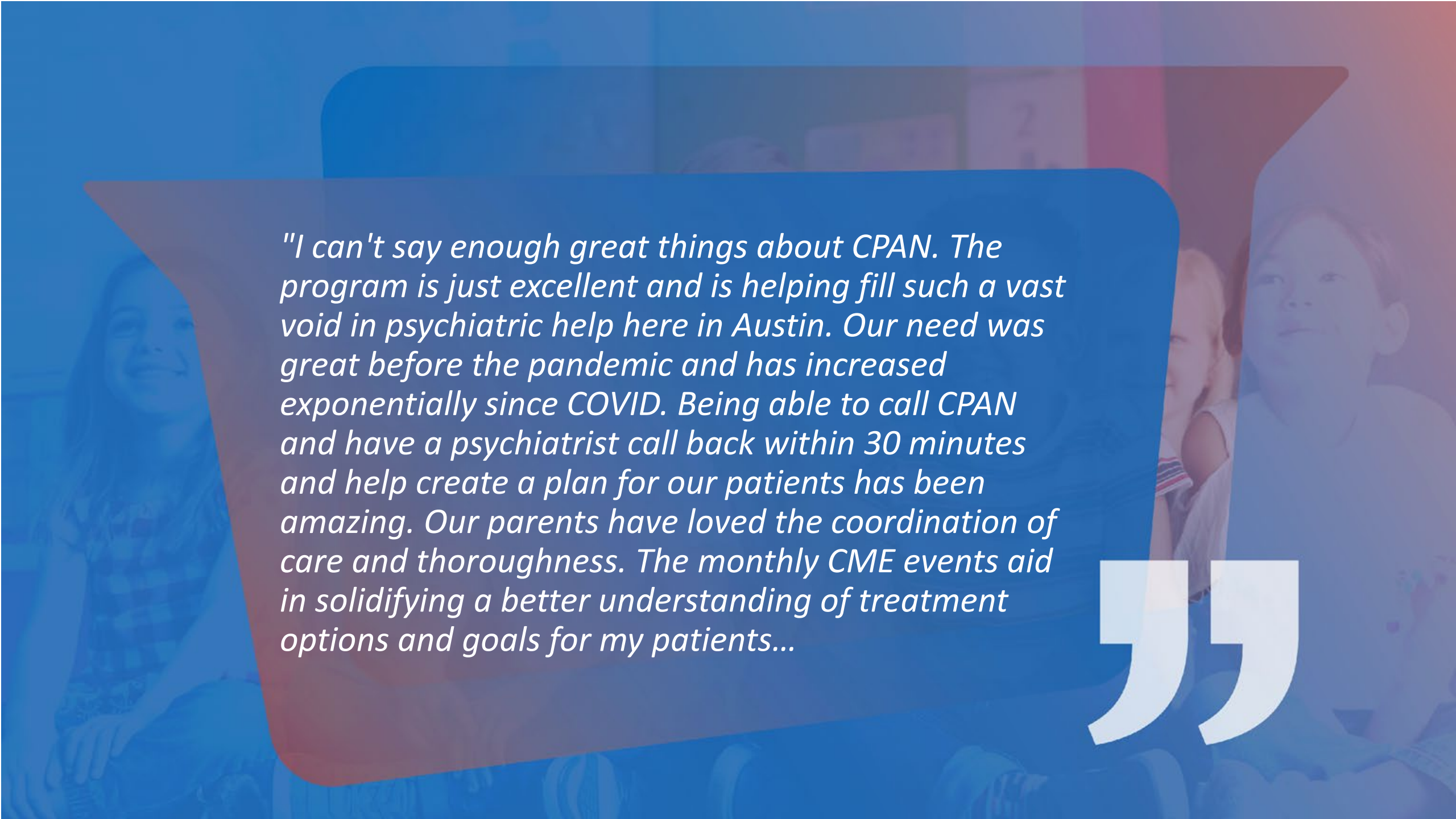
- Access to early psychiatric assessment and intervention in the patient's routine medical care.
- Support providers of pediatric and maternal health care to identify and manage their patients' mental health
- Promotes health equity
- Services are provided at no cost to clinicians and patients
- Expand access to education about pediatric & maternal mental health



"I can't say enough great things about CPAN. The program is just excellent and is helping fill such a vast void in psychiatric help here in Austin. Our need was great before the pandemic and has increased exponentially since COVID. Being able to call CPAN and have a psychiatrist call back within 30 minutes and help create a plan for our patients has been amazing. Our parents have loved the coordination of care and thoroughness. The monthly CME events aid in solidifying a better understanding of treatment options and goals for my patients…

”…Every time I get off the phone with a psychiatrist from CPAN, I literally say out loud that this is the way medicine is supposed to be. A true team effort with the needs of the patients and their families coming first and full support of primary care physicians. It is rare to have a program go above and beyond expectations especially when it seems like practicing medicine is getting more and more difficult. This program could not be easier to use or more effective! Excellent, excellent program.

- Kelly Thorstad, MD

Questions?

CPAN/PeriPAN Contact Information:

Email:
CPAN@austin.utexas.edu
PeriPAN@austin.utexas.edu

DMS, CPAN/PeriPAN Website:
sites.utexas.edu/cpan

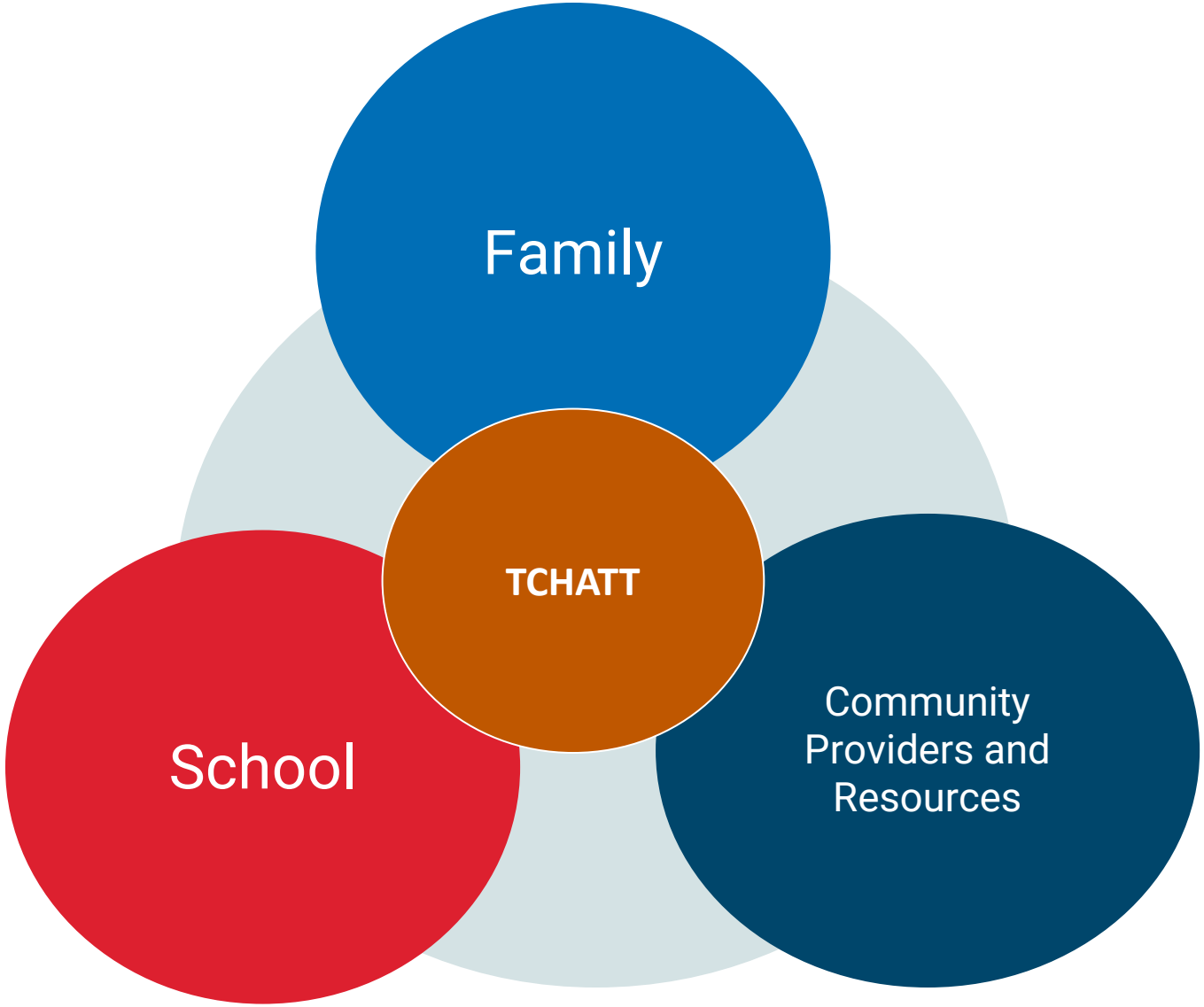
888-901-2726

Scan the QR codes below to:

Save our virtual contact card to your smartphone.

Register for CPAN/PeriPAN

Wrap Around Services



Questions?

Testimonials