



School Behavioral Health Statewide Resource Guide

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Purpose

The purpose of the School Behavioral Health Statewide Resource Guide is to provide information and resources, programs and best practices for individuals working with school-age youth who have behavioral health needs.

Unified Services for All Children (USAC)

Unified Services for All Children (USAC) is an interagency workgroup with the goal of developing a system that helps school-age children achieve mental and behavioral wellness. USAC engages multiple state agencies and stakeholders to build capacity for local action-planning across systems. In an effort to support mental and behavioral health for school-aged children and youth, USAC regularly updates this resource guide.

Agency members of USAC include:

- Texas Health and Human Services Commission
- Office of Mental Health Coordination & Intellectual and Developmental Disabilities and Behavioral Health Services
- Texas Education Agency
- Department of Family and Protective Services Prevention and Early Intervention Division
- Texas Juvenile Justice Department
- Texas Institute for Excellence in Mental Health at the University of Texas at Austin.

How to Use this Resource Guide

Website links are embedded throughout the Guide to enable online exploration of the resources listed. Each title is linked to the main website for the corresponding resource. Additional links may be included in the resource description. Please see the Appendix section at the end of the guide for a list of website addresses.

General Resources

If you are faced with a mental health or substance use emergency, please dial 9-1-1.

[National Suicide Prevention Lifeline 1-800-273-TALK \(8255\)](#)

A free, confidential, 24-hour hotline, to anyone in suicidal crisis or emotional distress. An Online confidential chat is also available.

Call 1-800-273-TALK (8255)

TTY: 800-799-799-4TTY (4889), then press 1

Nacional de Prevencion del Suicidio (888) 628-9454

Veterans Crisis Hotline – call 1-800-273-8255 and press 1

[Texas Health and Human Services \(HHS\) - COVID-19 IDD and Behavioral Health Resources](#)

Texans experiencing anxiety, stress or emotional changes due to the pandemic can seek help from the resources listed on this webpage.

[211Texas.org](#)

Connects Texans to Mental Health & Substance Abuse Services.

2-1-1 is a program of the Texas Health and Human Services Commission committed to helping Texas citizens connect with the services they need.

2-1-1 Texas is a free, anonymous social service hotline available 24 hours a day, 7 days a week, 365 days a year. Available information includes state services and resources for mental health, food, housing, child care, crisis counseling, substance abuse treatment, and more. Anyone, anywhere in Texas can dial 2-1-1, or (877) 541-7905, or use the website [211texas.org](#) and find information about resources in their local community.

[Community Resource Coordination Groups \(CRCGs\)](#)

CRCGs are county-level groups comprised of representatives from state agencies and community partners. CRCGs serve children, youth, adults, and families with complex needs, whose needs cannot be met by one single agency. CRCGs partner with individuals and families to create an integrated Individual Service Plan (ISP) that coordinates services.

CRCGs are located across Texas in the majority of communities. For more information or to find your local CRCG, please visit the website at:

[crcg.hhs.texas.gov](#). If you have additional questions about the CRCG

program contact the State CRCG Office at 512-206-5255 or

CRCG@hpsc.state.tx.us.

Mental Health and Substance Use

Services

[The Texas Education Agency \(TEA\)](#)

The Texas Education Agency (TEA) offers the following mental and behavioral health support for students and families. Visit the [TEA website](#) for more information.

[Mental and Behavioral Health Website](#)

TEA provides webpages that list recommended best practice-based programs and research-based practices for nine statutory topics related to mental health resources for schools. This information is updated at least annually by the agency and the Health and Human Services Commission. Other resources for school mental health are also posted or linked within pages at this TEA Website.

[Highly Mobile and At-Risk, and Mental Health Supports](#)

TEA provides state level programs and service information to support special populations in school who are highly mobile and at-risk. These populations include: students who are experiencing homelessness, students who are in foster care, military connected students, students who are pregnant and parenting and students who may be impacted by child maltreatment or human trafficking.

[Communities In Schools \(CIS\) Texas](#)

The mission of Communities In Schools (CIS) in Texas is to surround students with a community of support, empowering students to stay in school and achieve in life. The CIS model is designed to keep students persisting in education and ultimately graduate from high school. CIS partners with educators, students, and parents to identify needs of students who are at-risk of dropping out of school.

[School Guidance and Counseling](#)

TEA provides resources for the Professional School Counselor who also supports the mental health of students in school. This webpage includes a link to the Texas Model for Comprehensive School Counseling Programs (5th Edition).

[Special Education](#)

TEA provides resources on special education services and links to additional resources for students with disabilities in this Webpage. Information is also available here for stakeholders and parents: [TEA: SPEDTEX Special Education Information Center](#)

[Coronavirus Support and Guidance](#)

TEA provides information and resources for schools on instructional continuity during the COVID-19 pandemic. This webpage also includes guidance to support school safety, remote counseling, multi-tiered systems of supports and mental health.

[Texas Health and Human Services \(HHS\)](#)

Texas Health and Human Services (HHS) offers the following mental health and substance use services for families and people of all ages. See the [HHS website](#) and [MentalHealthTX.org](#) for more information.

[Texas Local Mental Health and Behavioral Health Authorities \(LMHAs and LBHAs\)](#)

Texas HHS contracts with 37 local mental health authorities and two local behavioral health authorities to deliver mental health services in communities across Texas. Community mental health services support families to make positive changes that help children recover from mental illness and foster resilience. Mental health services start with a thorough assessment and developing a plan to address goals identified by the child and family. Services to the child and family may include: crisis intervention, skills training and development, counseling, supportive employment, medication training and support, case management, and peer services (family partner support services).

To find mental health and substance use services in your area:

- Call 2-1-1;
- Use the HHS website;
- [Download this service area map \(PDF\)](#) or
- Use the [online mental health services search form](#).

[LMHA Mental Health Crisis Numbers](#)

Answered 24 hours a day, 7 days a week.

[The Family Guide to Children's Mental Health Services](#)

This guide was created to help Texas families navigate the Children's Mental Health System under HHS. It includes information about children's mental health needs, accessing services, screening, what to expect at the first appointment, services levels, and frequently asked questions.

[YES Waiver Wraparound Services](#)

The YES Waiver is a 1915(c) Medicaid program that provides comprehensive home and community-based mental health services to children and youth between the ages of 3 and 18 years, up to their 19th birthday, who have a Serious Emotional Disturbance (SED). The YES Waiver provides flexible supports and specialized services to children and youth who are at risk of institutionalization and/or out-of-home placement due to their SED. The YES Waiver utilizes a Wraparound model for the planning process. A team comprised of formal and non-formal supports is created by the child and family to help to identify their strengths, needs and vision, and the team determines what YES Waiver services are needed to help address the child or youth's SED. To seek YES Waiver services, the child's Legally Authorized Representative (LAR) must call their Local Mental Health Authority's (LMHA) YES Waiver Inquiry Line to schedule an assessment. See the [YES Waiver LMHA Inquiry Line by County](#).

[Texas Medicaid and the Children's Health Insurance Program \(CHIP\)](#)

Medicaid and the Children's Health Insurance Program (CHIP) help cover medical expenses for children and people with disabilities who meet income requirements. Texas Medicaid covers behavioral health services, which are services used to treat a mental, emotional, alcohol, or substance use disorder. Behavioral health services are provided by therapists in private practice, physicians, private and public psychiatric hospitals, community mental health centers, comprehensive provider agencies, and substance use treatment facilities. Behavioral health services are included in all CHIP and Medicaid managed care programs.

[Youth Substance Use Services and Supports](#)

Youth substance use programs cover both prevention and care for young people who have a substance use disorder.

[Outreach, Screening, Assessment, and Referral Centers \(OSARs\)](#)

OSAR may be the first point of contact for people seeking substance use disorder treatment services. Texas residents who are seeking services and information may qualify for services based on need. OSARs are now located at local mental health authorities in all 11 Texas Health and Human Service regions.

For immediate and confidential help, 24 hours a day, seven days a week, please call the OSAR LMHA in your region. Counties served by each OSAR are listed below the contact information in the list of OSAR LMHAs. You may also call or contact 211 Texas. Dial 2-1-1 or call 877-541-7905. Online: [Find a Substance Use Program Center in Texas](#)

[Findtreatment.gov](#)

The Substance Abuse and Mental Health Services Administration (SAMHSA) collects information on thousands of state-licensed providers who specialize in treating substance use disorders, addiction, and mental illness. Use the website or call 1-800-662-HELP (4357) to speak to someone.

[National Alliance on Mental Illness \(NAMI\) Helpline](#)

NAMI provides advocacy, education, support and public awareness so that all individuals and families affected by mental illness can build better lives. The NAMI Helpline can be reached Monday through Friday, 10 am–6 pm, ET. Call 1-800-950-NAMI (6264), or text "NAMI" TO 741741.

[Crisis Text Line](#)

Crisis Text Line is a global not-for-profit organization providing free confidential crisis intervention via SMS message. The organization's services are available 24 hours a day, every day, throughout the US, UK, and Canada. Text "HOME" to 741741 to connect to a counselor.

Training

[Mental Health First Aid \(MHFA\)](#)

Mental Health First Aid (MHFA) is an eight-hour, evidence-based curriculum that teaches individuals how to help someone who is developing a mental health problem or experiencing a mental health crisis. MHFA training increases awareness of mental health and reduces stigma around mental illness.

MHFA is for public school district employees, resource officers, and university employees, veterans and their family members, as well as community members. MHFA is available via a contract between HHSC and 37 LMHAs and 2 LBHAs. LMHAs/LBHAs provide free MHFA training to public school district employees and resource officers. Contact your local LMHA/LBHA and request that they provide the training in your area, or search for a class online.

[Mental Health Technology Transfer Center \(MHTTC\)](#)

The purpose of the SAMHSA-funded MHTTC Network is technology transfer-disseminating and implementing evidence-based practices for mental disorders into the field. A goal of the MHTTC is to ensure the availability and delivery of publicly available, free of charge, training and technical assistance to the mental health field. The South Southwest MHTTC serves Texas, and offers a wide variety of resources and training.

[Centralized Training for Evidenced Based Practices \(for HHS Providers\)](#)

The Health and Human Services Commission partners with UT Health San Antonio, Department of Psychiatry and Behavioral Sciences, to promote workforce development through a training infrastructure. In-person and online training opportunities are offered to support the delivery of behavioral health services for adult, children and youth populations in Texas. *Cost associated based on the user's role.*

Additional Resources

[The Texas Child Mental Health Care Consortium](#)

The consortium works to enhance the state's ability to address the mental health care needs of children and adolescent through collaboration with health-related institutions of higher education. It has several programs including school-based mental health support through telemedicine and telehealth programs that provide behavioral healthcare services to at-risk children and adolescents.

[Texas HHS Resilience and Recovery Utilization Management Guidelines: Child and Adolescent Services](#)

This guide provides an overview of services and levels of care for community-based children's mental health.

[The Hogg Foundation](#)

The Hogg Foundation provides both state and national information and resources for mental health and substance use disorders. Subscribe to the email list for Mental Health resources.

[Texas Institute for Excellence in Mental Health \(TIEMH\)](#)

The Institute draws on the expertise available within the state to strengthen the workforce, enhance our collective knowledge about effective mental health practices, and facilitate the dissemination of research-supported promotion, prevention, and intervention practices.

[Texas System of Care \(TxSOC\)](#)

The TxSOC initiative implements the system of care framework at the state and local levels to improve mental health outcomes for children, youth, and their families. To achieve this goal, core values direct systems of care to be family-driven and youth-guided, community-based, and culturally and linguistically competent. Collaboration among agencies, with community partners, and with youth and family members is essential to a successful system of care that builds on the strengths of the youth and families in the community that it serves.

[National Alliance of Mental Illness \(NAMI\) Texas](#)

NAMI Texas has a variety of [education and support programs](#) directed to individuals living with mental illness, family members, friends, professionals, other stake holders, and the community at large to address the mental health needs of Texans. NAMI Texas works to inform the public about mental illness by distributing information about mental illness through every means of communication. Interviews are produced on television, stories are featured in newspapers, brochures are produced and distributed, referrals are provided and newsletters and other publications are utilized. Contact the Texas Information Helpline for information and referral services: 512-693-2000.

[National Center for School Mental Health \(NCSMH\)](#)

NCSMH leads innovation in comprehensive school mental health systems designing and evaluating cutting-edge programs, practices and policies to advance high impact outcomes for youth, families, educators and communities.

[Center for Mental Health in Schools and Student Learning Supports at UCLA](#)

The Center approaches mental health and psychosocial concerns from the broad perspective of addressing barriers to learning and promoting healthy development. Its mission is to improve outcomes for young people by enhancing policies, programs, and practices relevant to mental health in schools.

[YesQuit.org](#)

Yes! I'm Ready to Quit. Resource for people who want to quit smoking.

See also: [TEA Webpage on Mental and Behavioral Health](#)

People with Disabilities

Services

[Local Intellectual and Developmental Disability Authorities \(LIDDAs\)](#)

LIDDAs serve as the point of entry for publicly funded Intellectual and Developmental Disability (IDD) programs, whether the program is provided by a public or private entity. LIDDAs may also provide in-home and out-of-home crisis respite for children and adults who meet eligibility criteria including development of a crisis respite plan and therapeutic support. A list of LIDDA contact information and the counties they serve can be found on the Contact HHS webpage. [See a map of the Covered LIDDA Service Areas \(PDF\)](#).

[LIDDA Transition Support Teams](#)

Eight contracted LIDDAs have teams that offer educational activities, technical assistance and case review. Each team includes a licensed mental health professional and licensed medical staff experienced in working with individuals with IDD who have significant medical, behavioral and/or psychiatric challenges.

[Texas HHS Intellectual and Developmental Disabilities \(IDD\) / Long Term Care Services](#)

The HHS website provides Home and Community-based Services waiver information for families with a child who has an intellectual or developmental disability (IDD). For more information on long term care programs in Texas, see *Explanation of Services and Supports* published by HHSC IDD.

[Texas Autism Resource and Research Center \(TARRC\)](#)

The Texas Autism Resource and Research Center (TARRC) is a program of the Texas Health and Human Services Commission (HHSC). The TARRC is a program that supports Texans on the autism spectrum and their families. The TARRC website provides services and resources, community tools, and research on Autism Spectrum Disorder.

[Texas HHS Blind and Visually Impaired Services](#)

This division provides screening, education, treatment, resources, and other services to children and families who are blind or visually impaired. There are also services specific to children who are deaf-blind.

[Texas HHS Deaf and Hard of Hearing Services](#)

The Office of Deaf and Hard of Hearing Services is the center for awareness and education on deaf and hard of hearing issues and services in Texas. The Office's goals are to help connect people to resources and services, raise awareness, and improve communication access. See the website for information about services, including a list of service providers in Texas.

Training and Employment

[Mental Health Wellness for Individuals with Intellectual and Developmental Disabilities \(MHW-IDD\)](#)

MHW-IDD is a six-part online training course available to a variety of people including healthcare professionals, support providers and caregivers who support individuals with intellectual and developmental disabilities (IDD) and behavioral health needs. Courses are free of charge. The full course curriculum contains the following modules:

- Co-occurring disorders: IDD and Mental Illness
- Trauma-informed Care for Individuals with IDD
- Functional Behavior Assessment and Behavior Support
- Overview of Genetic Syndromes Associated with IDD
- Overview of Medical Conditions Associate with IDD
- Putting It All Together: Supports and Strategies for DSWs

[Texas Statewide Leadership for Autism Training \(TSLAT\)](#)

The TSLAT online course library is designed to help Texas educators acquire and effectively implement evidence-based practices (EBPs) for teaching students with autism. TSLAT provides over 80 free courses in 7 different categories including courses in Spanish. All courses are self-paced, CEUs are provided.

[Texas Workforce Commission \(TWC\) Vocational Rehabilitation \(VR\) Program](#)

The Texas Workforce Commission (TWC) Vocational Rehabilitation (VR) program serves adults with disabilities, youth and students with disabilities, businesses and employers. The VR program serves adults with disabilities when the disability is a substantial barrier to employment and VR services are required to achieve employment. Available services include vocational evaluations, counseling and guidance, training and education assistance, assistive technology and more. Supported employment services are available for consumers needing ongoing assistance, as well as referral to our Business Enterprises of Texas Program and Criss Cole Rehabilitation Center. The VR program serves youth and students with disabilities when pre-employment transition services are required to prepare for and obtain post-secondary education and employment opportunities.

Services include job exploration and counseling, work-based learning experiences and training. The VR program serves businesses and employers seeking to recruit, hire and accommodate employees with disabilities, including helping them to comply with federal hiring and accommodation requirements. Services include assistance accommodating employees with disabilities, disability awareness training, recruitment and job-matching assistance and coordination of employer symposia and job fairs. For more information about the VR Program visit the [TWC Vocational Rehabilitation Program website](#).

Additional Resources

[Navigate Life Texas](#)

This website is especially for families and parents of children with disabilities or special health-care needs and is designed to offer support, inspiration, resources, and links to services available.

[Partners Resource Network \(PRN\)](#)

Partners Resource Network (PRN) is a non-profit agency that operates the Texas statewide network of Parent Training and Information Centers that helps parents to: Understand their child's disability; Understand their rights and responsibilities under IDEA; Obtain and evaluate resources and services; Participate as team members with professionals in planning services for their children. PRN offers individual assistance over the phone and in-person to families who have questions about their child's needs, workshops for parents and professionals take place on an ongoing basis throughout Texas, and *resources* such as printed publications and online materials are available on a variety of relevant topics. Services are offered at no cost.

[The Texas Autism Resource Guide for Effective Teaching \(TARGET\)](#)

TARGET is designed to assist schools in developing practices from initial referral to program development and implementation with a strong emphasis on evidence-based and peer-reviewed strategies. The TARGET has two sections: one on assessments and one on interventions. Use the search feature to find an evidence-based intervention.

[Texas Autism Conference](#)

The purpose of the Texas Autism Conference is to provide parents, educators, and campus leadership with strategies, resources, tools, and evidence-based practices in the education and service of students with Autism Spectrum Disorder.

[Texas Behavior Support Network \(TBS\)](#)

The goal of the TBS Network is to create a system of Positive Behavior Interventions and Supports (PBIS) for students with disabilities and all students attending Texas public schools. The TBS Network adopted PBIS as its philosophical foundation and supports all three tiers of the model, including school-wide and classroom.

[Texas Parent to Parent \(TxP2P\)](#)

Texas Parent to Parent (TxP2P) provides support, information, and education for families of children of all ages who have disabilities or chronic illness.

[The Autism Circuit](#)

The Autism Circuit is a project based at ESC Region 13 and funded by a grant from the Texas Education Agency to provide professional development to educators working with students with autism spectrum disorder.

[Disability Rights Texas \(DRTx\)](#)

Disability Rights Texas provides direct legal assistance to people with disabilities whose rights are threatened or violated, protects the rights of individuals and groups of people with disabilities through the courts and justice system, educate and informs policy makers about issues that impact the rights and services for people with disabilities, informs people with disabilities and family members about their rights, and makes referrals to programs and services.

[U.S. Department of Education Office of Civil Rights \(OCR\)](#)

The OCR Disability Discrimination webpage provides information including guidance on civil rights of students with disabilities. See also: [Parent and educator resource guide to section 504 in public elementary and secondary schools](#).

[Individuals with Disabilities Education Act \(IDEA\) Website](#)

The IDEA website Educators and Service Providers Resource page includes resources from the U.S. Department of Education and Department-funded projects that local programs and individuals may find helpful. The Parents and Families Resource page brings together U.S. Department of Education-funded centers, department programs, and additional information of interest for parents and families. See also: [TEA: SPEDTEX Special Education Information Center](#)

Suicide Prevention and Postvention

Crisis Services

[National Suicide Prevention Lifeline 1-800-273-TALK \(8255\)](#)

A free, confidential, 24-hour hotline, to anyone in suicidal crisis or emotional distress. An Online confidential chat is also available.

Call 1-800-273-TALK (8255)

TTY: 800-799-799-4TTY (4889), then press 1

Nacional de Prevencion del Suicidio (888) 628-9454

Veterans Crisis Hotline – call 1-800-273-8255 and press 1

[Crisis Text Line](#)

Crisis Text Line is a global not-for-profit organization providing free confidential crisis intervention via SMS message. The organization's services are available 24 hours a day, 7 days a week throughout the US, UK, and Canada. Text "TX" to 741741 to connect to a counselor.

[The Trevor Project](#)

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25. All crisis services are available 24 hours a day, 7 days a week. Text "START" to 678678 or Chat Online.

Trevor Lifeline 1-866-488-7386

Training for Adults

[ASIST: Applied Suicide Intervention Skills Training](#)

ASIST is a two-day workshop which addresses immediate suicide risk to increase support for the individual. Participants learn to: Identify individuals with suicidal ideation; understand how a person's own beliefs and attitudes impact interventions; find a shared understanding of the suicidality and reasons for living; review current risk and create a plan to increase personal safety for a set course of time; and seek additional help if needed.

[ASK About Suicide To Save A Life](#)

ASK is a best practice gatekeeper training that teaches how to identify suicide risk factors, protective factors, warning signs & appropriate referral strategies. There are three training options offered: ASK videos for online certification, videos along with backup materials, or in person workshops.

[CALM: Counseling on Access to Lethal Means](#)

This online course explains why means restriction is an important part of a comprehensive approach to suicide prevention. It teaches how to ask people who are suicidal about their access to lethal means, and work with them and their families to reduce their access. CALM is designed for mental health professionals, but is open to, and may benefit, anyone who works with people at risk for suicide. The two-hour course is free and self-paced.

[C-SSRS: Columbia-Suicide Severity Rating Scale](#)

The C-SSRS supports suicide risk assessment through a series of simple, plain-language questions that anyone can ask. It helps users identify whether someone is at risk for suicide, assess the severity and immediacy of that risk, and gauge the level of support that the person needs. No mental health training is required; however, there is online training available on their website. The C-SSRS reduces unnecessary referrals and interventions and makes it easier to correctly identify level of support. Suitable for all ages, special populations, and available in over 100 languages.

[SPI: Safety Planning Intervention](#)

The SPI template is a written, prioritized list of coping strategies and resources for reducing suicide risk. It is a prevention tool that is designed to help those who struggle with their suicidal thoughts and urges to survive. The SPI template is developed mainly for mental health professionals and those working in mental and behavioral health environments. The website contains information on training.

[Talk Saves Lives: An Introduction to Suicide Prevention](#)

Talk Saves Lives is a community-based presentation that covers the general scope of suicide, research on prevention, and what people can do to fight suicide. Participants learn risk and warning signs of suicide and how to help prevent it. Training can be provided for students, teachers, and parents by trained volunteers from the American Foundation for Suicide Prevention (AFSP). There are local AFSP chapters throughout Texas. AFSP also has other available trainings and presentations on their website.

Trainings for Youth

[Hope Squad](#)

The Hope Squad is a peer leader program model consisting of teams of students overseen by trained school staff called “advisors” who are typically school counselors, social workers and teachers who volunteer their time to the program.

Advisors conduct curriculum-based trainings with the Hope Squad, provide oversight and support, collect data, and assist the Squads in adhering to school policies and practices. The goals are to: increase knowledge of suicide warning signs; train entire school staff in suicide prevention and intervention; create positive relationships among peers and faculty; break the code of silence by training students to not keep secrets; raise awareness and acceptance for students to seek help from a trusted adult; reduce self-destructive behavior and youth suicide; educate students and parents about community mental health resources; build a strong relationship with the local mental health agency; improve identification of adolescents with an undiagnosed emerging mental disorder; and change school culture through suicide prevention awareness and mental health acceptance.

[SOS: Signs of Suicide](#)

SOS is a universal school-based depression awareness and suicide prevention program. The goals are to: decrease suicide and suicide attempts by increasing student knowledge and adaptive attitudes about depression; encourage personal help-seeking and/or help-seeking on behalf of a friend; reduce stigma of mental illness and acknowledge importance of seeking help or treatment; and encourage schools to develop community-based partnerships to support student mental health.

[SoS: Sources of Strength](#)

SoS is a universal suicide prevention program designed to build protective influences and reduce the likelihood that youth will become suicidal. SoS trains students as peer leaders and connects them with adult advisors at school and in the community who support them in conducting well-defined messaging activities that aim to change peer group norms influencing coping practices and risky behaviors. It aims to reduce accepting suicide as a response to distress, increase seeking help, improve communication between youth and adults, and develop healthy coping skills among youth.

Additional Resources

[Texas Suicide Prevention](#)

Texas Suicide Prevention initiative is the result of a collaborative effort throughout the state of Texas of community-based organizations, state and local agencies, academic institutions and many others who work together to reduce suicides in Texas. The website lists the following the resources:

[Texas Suicide Prevention: Toolkit](#)

A comprehensive guide to prevention, including Mobile Apps, Videos and PSAs, Texas Suicide Prevention Symposium Presentations, information for schools and youth materials, best practices for community response and media recommendations, best practice designated training options nationally (ASIST, CALM, etc.) and facts sheets.

[Texas Suicide Prevention: Schools and Youth Materials](#)

This webpage provides the Texas Suicide Safer Schools (SSS) Implementation Guide and Tools (Part I, Part II, Part III, Part IV and Appendices with tools), and several State and National resources specifically designed for use in education and youth environments.

[Texas HHS Suicide Prevention](#)

Learn important information on how to help someone who may have suicidal thoughts or feelings. Download the [suicide prevention wallet card \(PDF\) in English](#) and [Spanish](#), which identifies warning signs, specific steps to help someone and resources to get help.

[American Foundation for Suicide Prevention \(AFSP\)](#)

AFSP is a voluntary health organization that gives those affected by suicide a nationwide community empowered by research, education and advocacy to take action against this leading cause of death. AFSP is dedicated to saving lives and bringing hope to those affected by suicide. AFSP created the Model School District Policy on Suicide Prevention: Model Language, Commentary, and Resources. The document outlines model policies and best practices for school districts to prevent student suicide.

[Suicide Prevention Resource Center \(SPRC\)](#)

The Suicide Prevention Resource Center (SPRC) is the only federally supported resource center devoted to advancing the implementation of the [National Strategy for Suicide Prevention](#). SPRC is funded by the U.S. Department of Health and Human Services' [Substance Abuse and Mental Health Services Administration](#) (SAMHSA) under grant no. 5U79SM062297 and is located at Education Development Center. This is the most comprehensive website for discovering all suicide prevention resources or programming that covers all populations of people at risk for suicide, all programs, all age groups, all resource toolkits and research articles. SPRC resources include:

[Preventing Suicide: A Toolkit for High Schools](#)

This toolkit assists high schools and school districts in designing and implementing strategies to prevent suicide and promote behavioral health. The toolkit includes tools to implement a multifaceted suicide prevention program that responds to the needs and cultures of students.

[After a Suicide: A Toolkit for Schools](#)

This toolkit assists schools in implementing a coordinated response to the suicide death of a student. The toolkit includes current or up to date information and tools that middle and high schools can use to help the school community cope and reduce suicide risk. It is designed primarily for administrators and staff but can also be useful for parents and communities.

Early Childhood Prevention and Intervention

Services

[Early Childhood Intervention \(ECI\)](#)

ECI is a statewide program for families with children, birth to three, with disabilities and developmental delays. ECI supports families to help their children reach their potential through developmental services. Services are provided by a variety of local agencies and organizations across Texas. See also: [ECI Resource Guide](#)

[Prevention and Early Intervention Programs \(PEI\)](#)

PEI contracts with community-based programs and agencies to provide a variety of services that help prevent abuse, neglect, delinquency, and truancy of Texas children. Services are offered at no cost and available to support families with young children, school-aged children and youth. The PEI Program Locator allows you to search programs in your area.

[Texas Home Visiting Program \(THV\)](#)

The primary goals of Texas Home Visiting (THV) are to enhance maternal and child outcomes and to increase school readiness for children. It is made up of three different programs that have been proven to help children and families: Home Instruction for Parents of Preschool Youngsters, Nurse-Family Partnership, Parents as Teachers.

Training

[Texas Health Steps Online Provider Education](#)

Texas Health Steps' online program offers free continuing education courses on a wide variety of topics related to child well-being including prevention and mental health. The trainings are designed for primary care providers and other health professionals, but open to anyone and may benefit anyone who works with children.

Additional Resources

[Help For Parents. Hope for Kids.](#)

This PEI website provides parenting tips, helpful videos and resources for families to support positive parenting and increase child safety. Information and resources are available on a wide variety of topics, including discipline, mental health, online safety, screen time, water safety and more.

[Harvard University Center on the Developing Child](#)

The mission of the Center on the Developing Child is to drive science-based innovation that achieves breakthrough outcomes for children facing adversity. The website includes a resource library. The Center strives to present information, especially scientific information, in a way that is accessible to a wide range of readers.

[The National Center for Pyramid Model Innovations \(NCPMI\)](#)

NCPMI assists states and programs in their implementation of sustainable systems for the implementation of the Pyramid Model for Supporting Social Emotional Competence in Infants and Young Children (Pyramid Model) within early intervention and early education programs with a focus on promoting the social, emotional, and behavioral outcomes of young children birth to five, reducing the use of inappropriate discipline practices, promoting family engagement, using data for decision-making, integrating early childhood and infant mental health consultation and fostering inclusion.

Child Welfare

Services

[The Department of Family and Protective Services \(DFPS\)](#)

DFPS works with communities to promote safe and healthy families and protect children and vulnerable adults from abuse, neglect, and exploitation. DFPS does this through investigations, services and referrals, and prevention programs.

[Child Protective Services \(CPS\)](#)

DFPS CPS becomes involved with children and families when they are referred by the DFPS Investigations division, which investigates allegations of child abuse and neglect.

[Texas Abuse Reporting Hotline](#)

To report abuse, neglect, or exploitation of children, the elderly, or people with disabilities call 1-800-252-5400 or report online at www.txabusehotline.org. For emergencies call your local law enforcement agency or 911 immediately if you have an emergency or life-threatening situation. The DFPS Abuse Hotline is available toll-free 24 hours a day, 7 days a week, nationwide.

Training

[Reporting Suspected Abuse or Neglect of a Child: A Guide for Professionals](#)

This DFPS training seeks to provide school staff with the following: Abuse and neglect definitions. Introduction of two realistic abuse/neglect reporting scenarios. A walk-through of the web-based online reporting system. Guidance on commonly asked questions. The approximate time to complete the course is one hour. The course is offered at no cost.

[Texas Network of Youth Services \(TNOYS\)](#)

TNOYS is committed to providing quality, affordable training for youth services professionals, to ensure they are armed with the skills and resources to help our state's youth lead healthy, fulfilling lives. TNOYS also provides technical assistance to support organizations in areas including program development and organizational culture change. There are three primary avenues through which professionals and organizations can access TNOYS' training and technical assistance services:

1. Regularly scheduled training (open to all)
2. The TNOYS annual conference
3. Training by request

Additional Resources

[Children's Advocacy Centers of Texas \(CACTX\)](#)

There are 71 children's advocacy centers across the state of Texas. The mission of Children's Advocacy Centers of Texas, Inc. (CACTX) is to restore the lives of abused children by supporting children's advocacy centers (CACs) in partnership with local communities and agencies investigating and prosecuting child abuse. CACTX provides prevention and intervention resources, including the [Texas School Employee Guide to Reporting Suspected Abuse & Neglect](#).

[Texas Council of Child Welfare Boards \(TCCWB\)](#)

TCCWB's mission is to support a statewide network of volunteers concerned with the welfare of children, especially those suffering from abuse and neglect. TCCWB and local boards want people to be knowledgeable and concerned about prevention and treatment of child abuse and neglect. Members work at a grassroots level to develop programs that meet a community's needs.

[Texas Youth Connection](#)

A DFPS website specifically designed by and created for current and former foster youth of Texas CPS. The website includes information for transition age foster youth on education, housing, jobs, safety, finance, legal and more.

[Texas Institute for Child & Family Wellbeing \(TXICFW\)](#)

TXICFW is within the Steve Hick's School of Social Work at The University of Texas at Austin. The institute currently focuses on 8 topics: foster care, adolescent sexual health, child care, social work practices in healthcare, child maltreatment prevention, adoption & permanency, Latino immigrant families and social work practices in schools. TXICFW leads the Texas School Social Work Network.

[California Evidence Based Clearinghouse for Child Welfare \(CEBC4CW\)](#)

The mission of the CEBC4CW is to advance the effective implementation of evidence-based practices for children and families involved with the child welfare system. See also: [TEA Webpage on Child Abuse Prevention](#)

At-Risk and Transition Age Youth

Services

[Communities In Schools \(CIS\) Texas](#)

Communities In Schools across the state of Texas work in their communities to surround students with a community of support, empowering them to stay in school and achieve in life. CIS in Texas has six components: Health and human services- including mental health and basic needs; Supportive guidance and counseling- both individual and group, and crisis response; Parental and family engagement- including home visits and consultation; Academic enhancement and support- including tutoring and extended learning time; College and career awareness- including preparation and transition; and enrichment activities- including mentoring and school engagement activities. See also: [TEA Webpage on CIS](#)

[Community Youth Development \(CYD\)](#)

DFPS PEI contracts with community-based organizations to develop juvenile-delinquency prevention programs in ZIP codes that have high juvenile crime rates and other high community level risk factors impacting youth. Communities tailor services to their needs. Some of the approaches include mentoring, jobs programs, career preparation, and recreational activities. Search for a local service provider on the DFPS PEI Website.

[Services to At-Risk Youth \(STAR\) Youth and Family Program](#)

The STAR program addresses family conflict and everyday struggles while promoting strong families and youth resilience. Every STAR provider offers one-on-one coaching or counseling with a trained professional and group-based learning for youth and parents. STAR programs also operate a 24-hour hotline for families having urgent needs. Search for a local service provider on the DFPS PEI Website.

[Texas Youth Helpline](#)

Children, teenagers, and parents can call for help finding solutions to problems. For example:

- I ran away from home. Where can I find help?
- I want to leave home. Can I move out without my parents' permission?
- What should I do if my child doesn't come home?
- My child's friend needs a place to stay. Can they stay at my house?

Call toll-free at 1-800-989-6884, or text 512-872-5777.

Training

[National Dropout Prevention Center \(NDPC\) Online Professional Development in Dropout Prevention Strategies](#)

NDPC offers online courses in each of the 15 research-based Effective Strategies for Dropout Prevention. The 15 Effective Strategies are formally adopted by numerous states and school systems as highest-impact interventions for graduation rate improvement. Each online course takes participants through an exploration of what the strategy is, how it fits within the 15 Effective Strategies model, and the research supporting it, allowing participants to envision for themselves how the strategy can be implemented well within their own schools and communities. *Cost associated.*

[The Office of Juvenile Justice and Delinquency Prevention \(OJJDP\) Training and Technical Assistance Center](#)

OJJDP funds a network of TTA providers dedicated to providing targeted TTA to policymakers and practitioners. The OJJDP TTA Center provides national leadership, coordination, and resources to those working to prevent and respond to juvenile delinquency and victimization. A major component of these efforts is the provision of training and technical assistance resources that address the needs of juvenile justice practitioners and support state and local efforts to build capacity and expand the use of evidence-based practices.

Additional Resources

[Accept Texas](#)

Youth peer support specialists use their experience in a youth-serving system (e.g., mental health and/or substance use) to inspire hope and resilience. Youth peer support specialists also help students by supporting their ability to navigate systems, advocating on their behalf, and promoting self-determination. In addition, youth peers may work in schools to develop supportive school environments and promote mental health awareness among students and faculty.

[CrimeSolutions.gov.](#)

The National Institute of Justice provides a library on effective and promising delinquency prevention programs.

[Disability Information and Referral Center \(DIRC\): A Guide to Transition Resources](#)

The DIRC provides a comprehensive list of resources for transition age youth with disabilities.

[National Dropout Prevention Center \(NDPC\)](#)

NDPC is national resource and network for sharing solutions for student success. It does so through its clearinghouse function, active research and evaluation projects, publications, and through a variety of professional development activities.

[National Human Trafficking Hotline](#)

Human trafficking is a form of modern slavery that occurs in every state, including Texas. The NHTH works closely with service providers, law enforcement, and other professionals in Texas to serve victims and survivors of trafficking, respond to human trafficking cases, and share information and resources. Call 1-888-373-7888 // TTY: 771.

[The Office of Juvenile Justice and Delinquency Prevention's \(OJJDP\) Model Programs Guide \(MPG\)](#)

OJJDP is designed to assist practitioners and communities in implementing evidence-based prevention and intervention programs that cover the entire continuum of youth services from prevention through sanctions to reentry.

Juvenile Justice

Services

[The Texas Juvenile Justice Department \(TJJD\)](#)

TJJD and Probation Departments across the state work in a variety of ways every day to provide education, information and support to families of youth who are already involved or at risk of becoming involved in the Texas juvenile justice system. TJJD offers a wide array of programs that help juveniles across the state of Texas who are in TJJD care. The agency maintains five secure facilities and six halfway houses, all of which offer programs to meet the individual needs of the youth.

[TJJD Program Registry](#)

TJJD maintains a public access program directory. Search for Department programs by status, region, program type and more.

Additional Resources

[The National Center for Youth Opportunity and Justice \(NCYOJ\)](#)

Formerly the National Center for Mental Health and Juvenile Justice, NCYOJ aims to improve life opportunities for youth through systems and practice improvement initiatives. The website contains a variety of resources, including the following presentations: *The School Responder Model: Tools to Prevent Suspension and Arrests of Students with Behavioral Health Needs* and *Shifting the Culture in Schools: Addressing Mental Health and Trauma With a School Responder Model*.

See also: [At-Risk and Transition Age Youth Resources](#)

Military Families

Services

[Veterans Crisis Line](#)

This free support line is confidential and available 24 hours a day, 7 days a week, serving anyone: all veterans, services members and National Guard Reserves, their family members and friends. Call 1-800-273-8255 and Press 1.

Text 838255 or Chat Online.

Support for deaf and hard of hearing: 1-800-799-4889

[Texas Military Department Family Support Services \(TMDFSS\)](#)

The Texas Military Department Family Support Services (TMDFSS) Branch is the umbrella organization for programs that provide a continuum of care and support services to service members and families during deployment and sustainment operations. TMDFSS provides a variety of mental health, wellness, and resiliency programs for officers, and their families.

For assistance call: 1-800-252-8032.

[The Texas Veterans + Family Alliance Grant Program \(TV+FA\)](#)

The TV+FA Grant Program empowers communities to identify and address mental health needs of veterans and family members. The grants help communities develop and support sustainable partnerships, collaborative relationships and coordinated mental health service delivery systems. TV+FA grants support a variety of clinical mental health and non-clinical essential support services for veterans and family members. Veterans and family members seeking assistance and services should contact service providers directly. Click on the name of the grantee on the TV+FA website.

Additional Resources

[The Service Members, Veterans, and their Families Technical Assistance \(SMVF TA\) Center](#)

SAMHSA's SMVF TA Center serves as a national resource to support states, territories, and local communities in strengthening their capacity to address the behavioral health needs of military and veteran families.

See also: [TEA Webpage on Military Family Services](#)

Trauma-informed Practice

Training

[Cognitive Behavioral Intervention for Trauma in Schools \(CBITS\)](#)

The CBITS program is a school-based, group and individual intervention. It is designed to reduce symptoms of post-traumatic stress disorder (PTSD), depression, and behavioral problems, and to improve functioning, grades and attendance, peer and parent support, and coping skills. Program is free of charge.

[Trauma-Sensitive Schools Training Package](#)

The National Center on Safe and Supportive Learning Environments *Trauma-Sensitive Schools* Training Package offers school and district administrators and staff a framework and roadmap for adopting a trauma-sensitive approach school- or districtwide. The Training Package includes a variety of resources for educating school staff about trauma and trauma-sensitive practices and for providing school leaders with a step-by-step process for implementing a universal, trauma-informed approach using package materials. The Training Package is offered free of charge.

[Transforming Education: Trauma-informed Social Emotional Learning \(SEL\) Toolkit](#)

The Trauma-informed SEL Toolkit is a free 120-minute professional development session designed for educators seeking research-based strategies to create a healthy classroom environment for students who have experienced adversities and trauma.

[The Road to Recovery Training: Supporting Children with IDD Who Have Experienced Trauma](#)

The Road to Recovery provides an overview for providers on how to work with children and families who are living with intellectual and development disabilities (IDD) and have experienced trauma.

The training consists of a Facilitator Guide and a Participant Manual that are designed to teach basic knowledge, skills, and values about working with children with IDD who have had traumatic experiences, and how to use this knowledge to support children's safety, well-being, happiness, and recovery through trauma-informed practice. See also: [Texas Center for Disabilities Studies Road to Recovery: Trauma Informed Care Technical Assistance](#).

[Trust-Based Relational Intervention \(TBRI\): Trauma-informed Classrooms](#)

TBRI Trauma-Informed Classrooms training is a digital training designed to equip educators to help children from backgrounds of abuse, neglect, and/or trauma. *Cost associated.*

[DFPS Trauma-Informed Care Training](#)

DFPS recognizes the long-term effects of adverse childhood experiences such as child abuse and neglect. The need to address trauma is an important component of effective service delivery. The impact of trauma is experienced by children, families, caregivers, and the social service providers who serve them. This training is a free resource for child welfare system caregivers, professionals, advocates, stakeholders and members of the public who are interested in learning about the impact of trauma. Available in Spanish.

[National Child Traumatic Stress Network \(NCTSN\) Learning Center](#)

NCTSN has developed many resources and training materials to help educators, school staff, and administrators understand and respond to the specific needs of traumatized children, including the Child Trauma Toolkit for Educators and Psychological First Aid (PFA) for Schools. Resources and training materials are free of charge.

[The National Dropout Prevention Center \(NDPC\)](#)

NDPC offers a Trauma-Skilled Specialist (TSS) Certification Program for educators and at-risk youth workers. The certification verifies knowledge of the Trauma-Skilled Schools Model and expertise to share the model with others within the certificate holder's place of employment. Trauma-Skilled Specialist Certification is founded on NDPC's Trauma-Skilled Schools Model, a research-based guide for structuring school climate, modifying instructional practices, and imparting educator skills to improve achievement and graduation outcomes for trauma impacted and adversely stressed students. *Cost associated.*

Additional Resources

[National Child Traumatic Stress Network \(NCTSN\)](#)

The NCTSN website provides comprehensive information, resources, and toolkits related to childhood trauma. Information is available for many audiences, including parents and caregivers, school personnel, military children and families, media, professionals, mental health and substance use treatment providers, and policy makers. Resources are also available in Spanish.

[The Collaborative for Academic, Social and Emotional Learning \(CASEL\)](#)

Social and Emotional Learning is a trauma sensitive approach to education. The CASEL website has many resources on research, policy and programs on SEL for schools. The Guide shares best-practice guidelines for district and school teams on how to select and implement SEL programs.

[Trauma and Learning Policy Initiative \(TLPI\)](#)

TLPI is a nationally recognized collaboration between Massachusetts Advocates for Children and Harvard Law School. TLPI's publication, *Helping Traumatized Children Learn: A Report and Policy Agenda*, describes the impact of trauma on learning and proposes a policy agenda. TLPI's follow-up publication, *Helping Traumatized Children Learn II: Creating and Advocating for Trauma-Sensitive Schools*, offers a guide to a process for creating trauma-sensitive schools and a policy agenda to provide the support schools need to achieve this goal.

See also: [TEA Webpage on Grief and Trauma Informed Practices](#)

Best Practices in Education that Support Mental Wellness

[Positive Behavior Interventions and Supports – Interconnected Systems \(PBIS\)](#)

PBIS is an evidence-based three-tiered framework for improving and integrating all of the data, systems, and practices affecting student outcomes every day. It is a way to support everyone – especially students with disabilities – to create the kinds of schools where all students are successful.

[Response to Intervention \(RtI\)](#)

RtI is an approach that schools use to help all students, including struggling learners. The RtI approach gives Texas students opportunities to learn and work at their grade level. The idea is to help all students be successful.

[Restorative Discipline Practices \(RDP\)](#)

The RDP approach fosters belonging over exclusion, social engagement over control, and meaningful accountability over punishment. It is a trauma-informed practice. *Integrating Positive and Restorative Practices to Supporting Student Behavior* is a training available at the 20 ESCs that has been designed to help schools develop RD practices within a Positive Behavior Interventions and Supports (PBIS) framework.

[The Child Mind Institute](#)

The Child Mind Institute is committed to helping educators identify and respond effectively to children with signs of a mental health or learning disorder. The Institute offers actionable strategies that have been shown to help kids behave successfully — making the learning environment better for everyone.

[The Institute of Education Sciences: What Works Clearinghouse.](#)

This resource provides research, practice guides and intervention reports for dropout prevention and evidenced-based decision making.

[Texas School Safety Center \(TxSSC\)](#)

The TxSSC is an official university-level research center at Texas State University. The TxSSC serves as a clearinghouse for the dissemination of safety and security information through research, training, and technical assistance for K-12 schools and junior colleges throughout the state of Texas. TxSSC provides resources, education and training for tobacco prevention, digital safety, school safety, bullying, drug use in youth, school violence and youth development.

They have a very active youth council and youth leadership development program. Visit their website to find resources, including information, on-line training, and toolkits on a variety of topics related to school safety.

USAC Agency Websites

[Texas Education Agency](#)

The Texas Education Agency is the state agency that oversees primary and secondary public education in the state of Texas. It helps deliver education to more than 5 million students.

Mission: The Texas Education Agency will improve outcomes for all public-school students in the state by providing leadership, guidance, and support to school systems.

[Texas Health and Human Services Commission](#)

Texas Health and Human Services — which includes the Texas Health and Human Services Commission and the [Texas Department of State Health Services](#) — has hundreds of programs and services that help more than 7 million Texans a month live better lives.

Mission: Improving the health, safety and well-being of Texans with good stewardship of public resources.

[HHSC Office of Mental Health Coordination](#)

The OMHC provides oversight for public mental health policy in Texas and is responsible for coordinating the policy and delivery of mental health services throughout the state. The office consults and coordinates with other state agencies, local governments and other entities to ensure there is a statewide, unified approach to the delivery of behavioral health services that allows Texans to have access to care at the right time and place.

Mission: Develop an accountable, system of care that directs performance to achieve meaningful clinical and cost-effective outcomes

See also:

- [Texas Behavioral Health Strategic Plan](#)
- www.mentalhealthtx.org

[Texas DFPS Prevention and Early Intervention Services](#)

The Texas Department of Family and Protective Services (DFPS) works with communities to promote safe and healthy families and protect children and vulnerable adults from abuse, neglect, and exploitation. DFPS Prevention and Early Intervention (PEI) manages community-based programs that prevent juvenile delinquency and child abuse and neglect.

Mission: PEI helps create opportunities for children, youth and families to be strong and healthy by funding community-level, evidence-informed programs and systems of support upstream from crisis and intensive interventions.

[Texas Institute for Excellence in Mental Health at UT Austin](#)

The Texas Institute for Excellence in Mental Health is a multi-disciplinary collaboration focuses on improving the social, emotional, and behavioral health of Texans. The Institute partners with university faculty, state governmental agencies, community agencies, behavioral health providers, consumers, youth and families to enhance the use of effective practices throughout the state, enhance the capacity of the mental health workforce, empower communities to develop resilience and recovery-oriented systems, and evaluate state and local efforts to improve service systems for adults, youth, and children facing mental health challenges.

Mission: The Institute draws on the expertise available within the state to strengthen the workforce, enhance our collective knowledge about effective mental health practices, and facilitate the dissemination of research-supported promotion, prevention, and intervention practices.

[Texas Juvenile Justice Department](#)

The Texas Juvenile Justice Department (TJJD) offers a wide array of programs that help juveniles across the state of Texas who are in TJJD care. The agency maintains five secure facilities and six halfway houses, all of which offer programs to meet the individual needs of the youth. TJJD's Probation Services Division works with probation departments across the state to enhance the many services offered to local youth referred to them.

Mission: Transforming young lives and creating safer communities.

Appendix

List of Websites

General Resources

National Suicide Prevention Lifeline 1-800-273-TALK (8255)

<https://suicidepreventionlifeline.org/>

Texas Health and Human Services (HHS) - COVID-19 IDD and Behavioral Health Resources

<https://hhs.texas.gov/services/mental-health-substance-use/mental-health-substance-use-resources>

211Texas.org

<https://www.211texas.org/>

Community Resource Coordination Groups (CRCGs)

<https://crcg.hhs.texas.gov/>

Mental Health and Substance Use

Texas Education Agency (TEA) Websites:

Mental and Behavioral Health Website

<https://tea.texas.gov/about-tea/other-services/mental-health/mental-health-and-behavioral-health>

Highly Mobile and At-Risk, and Mental Health Supports

<https://tea.texas.gov/academics/special-student-populations/highly-mobile-and-at-risk-and-mental-health-supports>

Communities In Schools (CIS) Texas

<https://tea.texas.gov/texas-schools/support-for-at-risk-schools-and-students/communities-in-schools>

School Guidance and Counseling

<https://tea.texas.gov/academics/learning-support-and-programs/school-guidance-and-counseling>

Special Education

<https://tea.texas.gov/academics/special-student-populations/special-education>

Coronavirus Support and Guidance

<https://tea.texas.gov/texas-schools/health-safety-discipline/covid/coronavirus-covid-19-support-and-guidance>

Texas Health and Human Services (HHS) Websites:

HHS website

<https://hhs.texas.gov/services/mental-health-substance-use/mental-health-substance-use-resources/find-your-local-mental-health-or-behavioral-health-authority>

MentalHealthTX.org

<https://mentalhealthtx.org/>

Texas Local Mental Health and Behavioral Health Authorities (LMHAs and LBHAs)

<https://hhs.texas.gov/services/mental-health-substance-use/mental-health-substance-use-resources/find-your-local-mental-health-or-behavioral-health-authority>

LMHA Mental Health Crisis Numbers

<https://hhs.texas.gov/services/mental-health-substance-use/mental-health-crisis-services>

The Family Guide to Children's Mental Health Services

<https://hhs.texas.gov/sites/default/files/documents/services/mental-health-substance-use/family-guide-childrens-mental-health-services.pdf>

YES Waiver Wraparound Services

<https://hhs.texas.gov/services/mental-health-substance-use/childrens-mental-health/yes-waiver>

Texas Medicaid and the Children's Health Insurance Program (CHIP)

<https://hhs.texas.gov/services/health/medicaid-chip>

Youth Substance Use Services and Supports

<https://hhs.texas.gov/services/mental-health-substance-use/youth-substance-use>

Outreach, Screening, Assessment, and Referral Centers (OSARs)

<https://hhs.texas.gov/services/mental-health-substance-use/mental-health-substance-use-resources/outreach-screening-assessment-referral-centers>

Findtreatment.gov

<https://www.findtreatment.gov/results>

National Alliance on Mental Illness (NAMI) Helpline

<https://www.nami.org/Find-Support/NAMI-HelpLine>

Crisis Text Line

<http://www.crisistextline.org/>

Mental Health First Aid (MHFA)

<https://www.mentalhealthfirstaid.org/>

Mental Health Technology Transfer Center

<https://mhttcnetwork.org/>

Centralized Training for Evidenced Based Practices (for HHS Providers)

<http://www.centralizedtraining.com/>

The Texas Child Mental Health Care Consortium

<https://utsystem.edu/pophealth/tcmhcc/>

Texas HHS Resilience and Recovery Utilization Management Guidelines:
Child and Adolescent Services

<https://hhs.texas.gov/sites/default/files/documents/doing-business-with-hhs/provider-portal/behavioral-health-provider/um-guidelines/trr-utilization-management-guidelines-child.pdf>

The Hogg Foundation

<http://hogg.utexas.edu/>

Texas Institute for Excellence in Mental Health
<https://sites.utexas.edu/mental-health-institute/>

Texas System of Care (TxSOC)
<http://www.txsystemofcare.org/>

National Alliance of Mental Illness (NAMI) Texas
<https://namitexas.org/about-us/>

National Center for School Mental Health (NCSMH)
<http://www.schoolmentalhealth.org/Resources/>

Center for Mental Health in Schools and Student Learning Supports at UCLA
<http://www.smhp.psych.ucla.edu/>

YesQuit.org
<https://yesquit.org/>

People with Disabilities

Local Intellectual and Developmental Disability Authorities (LIDDAs)
<https://hhs.texas.gov/doing-business-hhs/provider-portals/long-term-care-providers/local-idd-authority-lidda>

LIDDA Transition Support Teams
<https://hhs.texas.gov/doing-business-hhs/provider-portals/long-term-care-providers/local-intellectual-developmental-disability-authority/lidda-transition-support-teams>

Texas HHS Intellectual and Developmental Disabilities (IDD) / Long Term Care Services
<https://hhs.texas.gov/services/disability/intellectual-or-developmental-disabilities-idd-long-term-care>

Texas Autism Resource and Research Center (TARRC)
<https://tarrc.org/>

Texas HHS Blind and Visually Impaired Services

<https://hhs.texas.gov/services/disability/blind-visually-impaired>

Texas HHS Deaf and Hard of Hearing Services

<https://hhs.texas.gov/services/disability/deaf-hard-hearing>

Mental Health Wellness for Individuals with Intellectual and Developmental Disabilities (MHW-IDD)

<https://training.mhw-idd.uthscsa.edu/>

Texas Statewide Leadership for Autism Training (TSLAT)

<https://www.txautism.net/>

Texas Workforce Commission (TWC) Vocational Rehabilitation (VR) Program

<https://www.twc.texas.gov/programs/vocational-rehabilitation-program-overview#:~:text=The%20VR%20program%20serves%20youth,based%20I%20earning%20experiences%20and%20training.>

Navigate Life Texas

<https://www.navigatelifetexas.org/en>

Partners Resource Network

<http://www.partnerstx.org/>

The Texas Autism Resource Guide for Effective Teaching (TARGET)

<https://www.txautism.net/target>

Texas Autism Conference

<https://txautism.esc2.net/>

Texas Behavior Support Network (TBS)

<http://www.txbehaviorsupport.org/>

Texas Parent to Parent

<http://www.txp2p.org/>

The Autism Circuit

<http://autismcircuit.net/>

Disability Rights Texas (DRTx)

<https://www.disabilityrightstx.org/en/home/>

U.S. Department of Education Office of Civil Rights (OCR)_

<https://www2.ed.gov/policy/rights/guid/ocr/disability.html>

OCR Parent and educator resource guide to section 504 in public elementary and secondary schools

<https://www2.ed.gov/about/offices/list/ocr/docs/504-resource-guide-201612.pdf>

Individuals with Disabilities Education Act (IDEA) Website

<https://sites.ed.gov/idea/parents-families/#OCR>

Suicide Prevention and Postvention

National Suicide Prevention Lifeline 1-800-273-TALK (8255)

<https://suicidepreventionlifeline.org/>

Crisis Text Line

<http://www.crisistextline.org/>

The Trevor Project

<http://www.trevorproject.org/>

ASIST: Applied Suicide Intervention Skills Training

<https://www.livingworks.net/asist>

ASK About Suicide To Save A Life

<https://texassuicideprevention.org/training/>

CALM: Counseling on Access to Lethal Means

<https://www.sprc.org/resources-programs/calm-counseling-access-lethal-means>

C-SSRS: Columbia-Suicide Severity Rating Scale

<http://cssrs.columbia.edu/>

SPI: Safety Planning Intervention

http://suicidesafetyplan.com/Home_Page.html

Talk Saves Lives: An Introduction to Suicide Prevention

<https://afsp.org/our-work/education/talk-saves-lives-introduction-suicide-prevention/>

Hope Squad

<https://hopesquad.com/>

SOS: Signs of Suicide

<https://www.mindwise.org/what-we-offer/suicide-prevention-programs/>

SoS: Sources of Strength

<https://sourcesofstrength.org/>

Texas Suicide Prevention

<http://www.texassuicideprevention.org/>

Texas Suicide Prevention: Toolkit

<https://texassuicideprevention.org/information-library/texas-suicide-prevention-toolkit/>

Texas Suicide Prevention: Schools and Youth Materials

<https://texassuicideprevention.org/information-library/schools-and-youth-materials/>

Texas HHS Suicide Prevention

<https://hhs.texas.gov/services/mental-health-substance-use/mental-health-crisis-services/suicide-prevention>

Suicide Prevention Wallet Cards:

English

<https://hhs.texas.gov/sites/default/files/documents/services/mental-health-substance-use/suicide-prevention-wallet-card.pdf>

Spanish

<https://hhs.texas.gov/sites/default/files/documents/services/mental-health-substance-use/suicide-prevention-wallet-card-es.pdf>

American Foundation for Suicide Prevention (AFSP)

<https://afsp.org/our-work/education/model-school-policy-suicide-prevention/>

Suicide Prevention Resource Center

<http://www.sprc.org/>

Preventing Suicide: A Toolkit for High Schools

<https://www.sprc.org/resources-programs/preventing-suicide-toolkit-high-schools>

After a Suicide: A Toolkit for Schools

<http://www.sprc.org/resources-programs/after-suicide-toolkit-schools>

Early Childhood Prevention and Intervention

Early Childhood Intervention (ECI)

<https://hhs.texas.gov/services/disability/early-childhood-intervention-services/eci-resource-guidecentral-directory>

ECI Resource Guide

<https://hhs.texas.gov/services/disability/early-childhood-intervention-services/eci-resource-guidecentral-directory>

Prevention and Early Intervention Programs (PEI)

https://www.dfps.state.tx.us/prevention_and_early_intervention/about_prevention_and_early_intervention/programs.asp

Texas Home Visiting Program

https://www.dfps.state.tx.us/Prevention_and_Early_Intervention/Texas_Home_Visiting/default.asp

Texas Health Steps Online Provider Education

<https://www.txhealthsteps.com/>

Help For Parents. Hope for Kids.

<http://www.helpandhope.org/>

Harvard University Center on the Developing Child

<https://developingchild.harvard.edu/>

The National Center for Pyramid Model Innovations (NCPMI)

<https://challengingbehavior.cbcs.usf.edu/>

Child Welfare

The Department of Family and Protective Services (DFPS)

<https://www.dfps.state.tx.us/>

Child Protective Services (CPS)

https://www.dfps.state.tx.us/Child_Protection/

Texas Abuse Reporting Hotline

<https://www.txabusehotline.org/Login/Default.aspx>

Reporting Suspected Abuse or Neglect of a Child: A Guide for Professionals

<http://www.dfps.state.tx.us/Training/Reporting/default.asp>

Texas Network of Youth Services (TNOYS)

<http://tnoys.org/>

Children's Advocacy Centers of Texas (CACTX)

<http://www.cactx.org/>

Texas School Employee Guide to Reporting Suspected Abuse & Neglect.

<https://www.cactx.org/prevention-awareness-materials>

Texas Council of Child Welfare Boards (TCCWB)

<http://www.tccwb.org/>

Texas Youth Connection

<https://www.dfps.state.tx.us/txyouth/>

Texas Institute for Child & Family Wellbeing (TXICFW)

<https://txicfw.socialwork.utexas.edu/>

California Evidence Based Clearinghouse for Child Welfare (CEBC4CW)

<https://www.cebc4cw.org/>

At-Risk and Transition Age Youth

Communities In Schools (CIS) Texas

<https://www.cisoftexas.org/>

Community Youth Development (CYD)

http://www.dfps.state.tx.us/prevention_and_early_intervention/About_Prevention_and_Early_Intervention/programs.asp#CYD

Services to At-Risk Youth (STAR) Youth and Family Program

https://www.dfps.state.tx.us/Prevention_and_Early_Intervention/About_Prevention_and_Early_Intervention/programs.asp

Texas Youth Helpline

https://www.dfps.state.tx.us/Youth_Helpline/

National Dropout Prevention Center (NDPC) Online Professional Development in Dropout Prevention Strategies

<http://dropoutprevention.org/15-effective-strategies-online-courses/>

The Office of Juvenile Justice and Delinquency Prevention (OJJDP) Training and Technical Assistance Center

<https://ojjdp.ojp.gov/training-and-technical-assistance>

Accept Texas

<https://www.accepttexas.com/youthpeersupport>

CrimeSolutions.gov.

<http://www.crimesolutions.gov/>

Disability Information and Referral Center (DIRC): A Guide to Transition Resources

<https://www.tsl.texas.gov/tbp/dirc/transitionguide.html>

National Dropout Prevention Center (NDPC)

<http://dropoutprevention.org/>

National Human Trafficking Hotline

<https://humantraffickinghotline.org/state/texas>

The Office of Juvenile Justice and Delinquency Prevention's (OJJDP) Model Programs Guide (MPG)

<https://www.ojjdp.gov/MPG/>

Juvenile Justice

The Texas Juvenile Justice Department (TJJJ)

<https://www.tjjd.texas.gov/>

TJJJ Program Registry

<https://www2.tjjd.texas.gov/programregistryexternal/members/searchprograms.aspx>

The National Center for Youth Opportunity and Justice (NCYOJ)

<https://ncyoj.policyresearchinc.org/>

Military Families

Veterans Crisis Line

<https://www.veteranscrisisline.net/>

Texas Military Department Family Support Services

<https://tmd.texas.gov/family-support-service>

The Texas Veterans + Family Alliance Grant Program

<https://hhs.texas.gov/services/mental-health-substance-use/mental-health-substance-use-resources/texas-veterans-family-alliance-grant-program>

The Service Members, Veterans, and their Families Technical Assistance (SMVF TA) Center

<https://www.samhsa.gov/smvf-ta-center>

Trauma-informed Practice

Cognitive Behavioral Intervention for Trauma in Schools (CBITS)

<https://cbitsprogram.org/>

Trauma-Sensitive Schools Training Package

<https://safesupportivelearning.ed.gov/trauma-sensitive-schools-training-package>

Transforming Education: Trauma-informed Social Emotional Learning (SEL) Toolkit

<https://www.transformingeducation.org/trauma-informed-sel-toolkit/>

The Road to Recovery Training: Supporting Children with IDD Who Have Experienced Trauma

<https://www.nctsn.org/resources/road-recovery-supporting-children-intellectual-and-developmental-disabilities-who-have>

Texas Center for Disabilities Studies Road to Recovery: Trauma Informed Care Technical Assistance

<https://disabilitystudies.utexas.edu/R2R>

Trust-Based Relational Intervention (TBRI): Trauma-informed Classrooms

<https://child.tcu.edu/tbritic/#sthash.mMsALRUB.dpbs>

DFPS Trauma-Informed Care Training

https://www.dfps.state.tx.us/training/trauma_informed_care/

National Child Traumatic Stress Network (NCTSN) Learning Center

<https://learn.nctsn.org/>

The National Dropout Prevention Center (NDPC)

<http://dropoutprevention.org/trauma-skilled-specialist-certification-program/>

National Child Traumatic Stress Network (NCTSN)

<https://www.nctsn.org/>

The Collaborative for Academic, Social and Emotional Learning (CASEL)

<https://casel.org/>

Trauma and Learning Policy Initiative (TLPI)

<https://massadvocates.org/tlpi/>

Best Practices in Education that Support Mental Wellness

Positive Behavior Interventions and Supports – Interconnected Systems (PBIS)

<https://tea.texas.gov/about-tea/other-services/mental-health/positive-behavior-interventions-and-supports-and-positive-youth-development>

Response to Intervention (RtI)

<http://tea.texas.gov/index2.aspx?id=2147500224>

Restorative Discipline Practices (RDP)

<https://tea.texas.gov/texas-schools/safe-and-healthy-schools/restorative-discipline-practices-in-texas>

The Child Mind Institute

<https://childmind.org/audience/for-educators/>

The Institute of Education Sciences: What Works Clearinghouse.

<https://ies.ed.gov/ncee/wwc/>

Texas School Safety Center

<https://txssc.txstate.edu/>