



Advancing Wellness and
Resiliency in Education

The AWARE Texas Journey

SAMHSA's AWARE Grantee Meeting,
May 21-23, 2024

Session Presenters



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Learning Objectives



Today we will:

1. Provide an overview of the AWARE Texas journey
2. Share real results, data, and examples
3. Explore how AWARE supports state policies
4. Showcase operational AWARE artifacts with links to resources that you can take home, access and use



AWARE Texas Grant Partners – 2018-2023



EDUCATION SERVICE CENTERS (ESCs)



OTHER STATE AGENCIES



LOCAL EDUCATION AGENCIES (LEAS)



Collaboration &
PLC

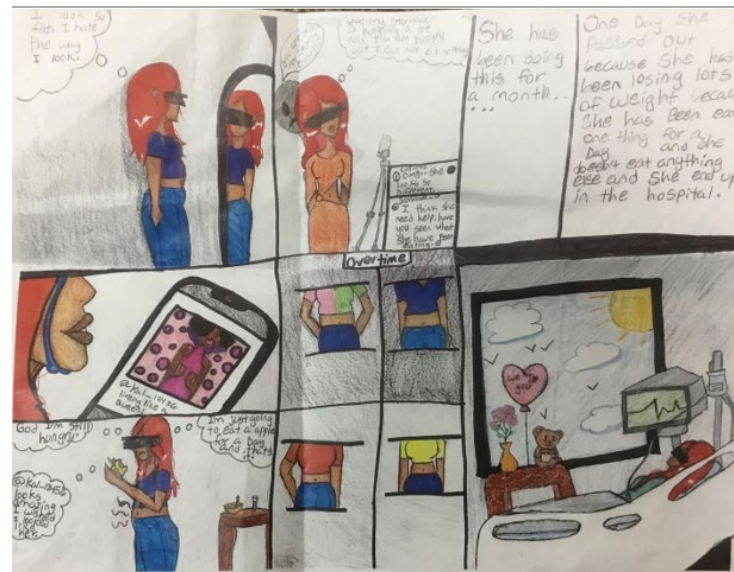
Evidence-Based
Practices

SAMHSA
Grants

Direct Mental
Health Services

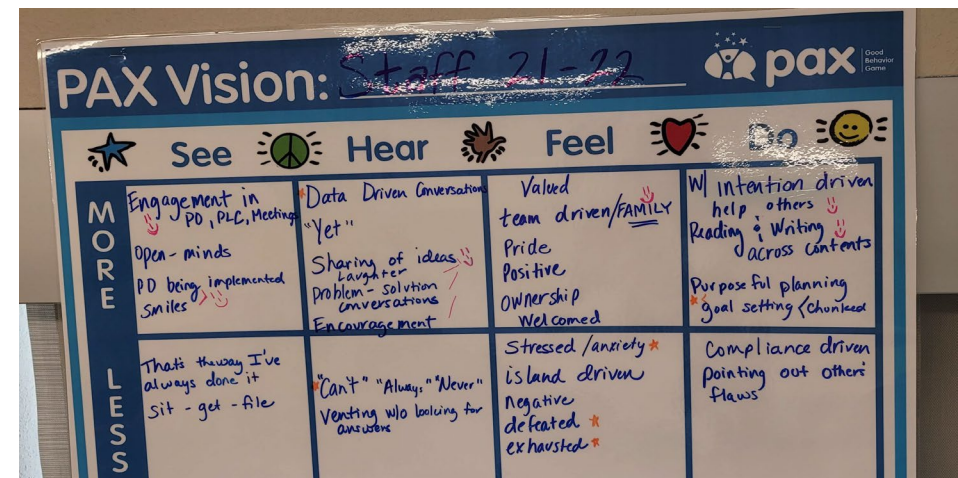


Promoting Mental Health Awareness



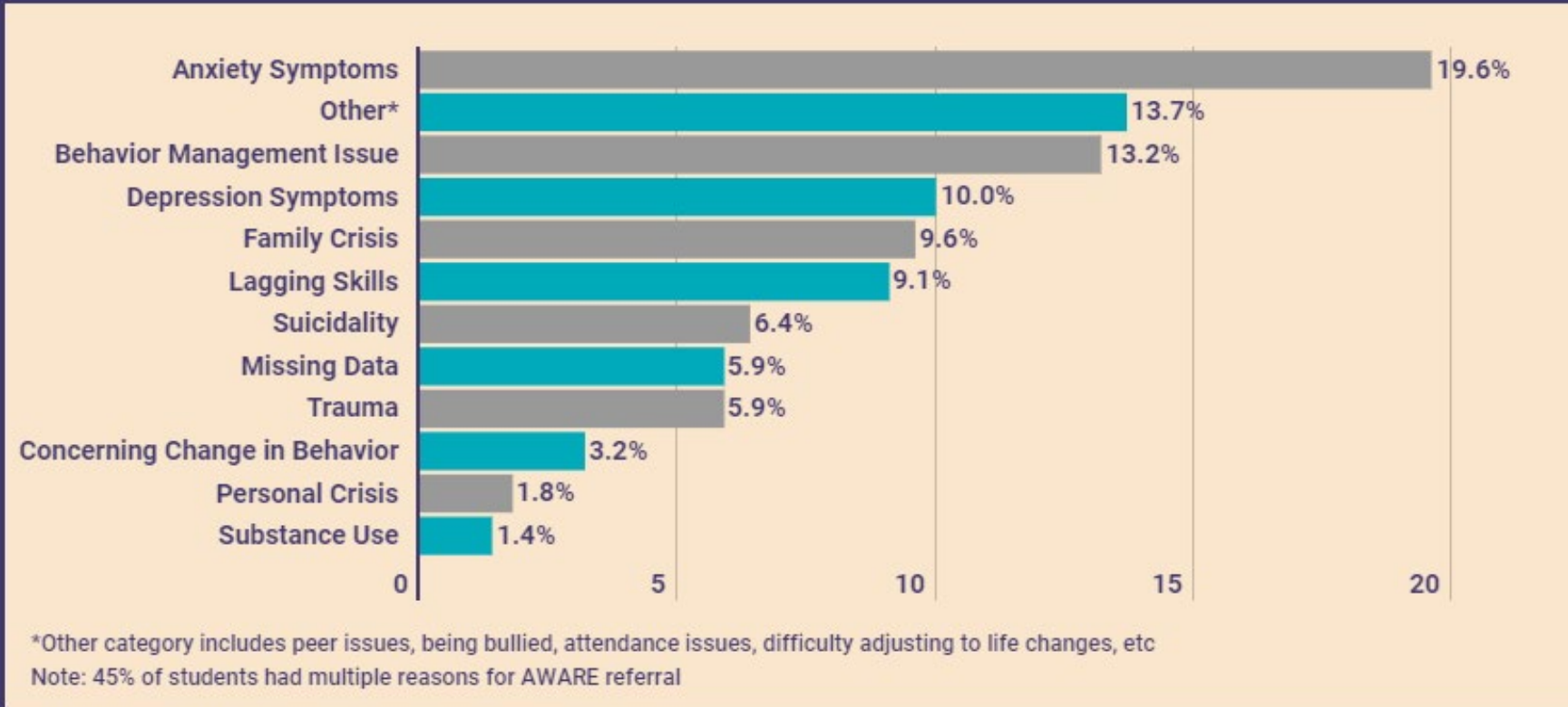


Supporting Continuous Quality Improvement – AWARE State Team and LEA Site Visits





Reasons for Referring Students to AWARE Supports





AWARE Texas 2018 Grant Data Spotlight

96%

- Agree it is easy for their child to get mental health care at school
- Are satisfied with the support their child receives
- Report the provider communicates with them in a way that is easy to understand
- Would recommend their child's mental health provider to other families



85%

Report their child's grades have improved since receiving services

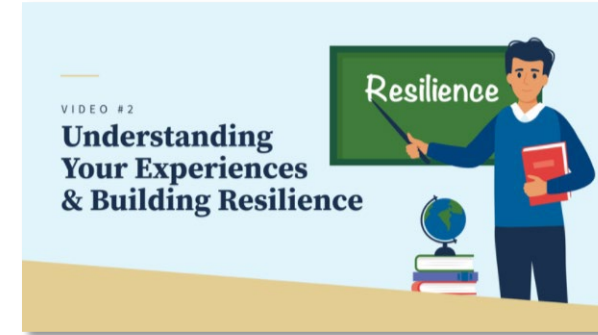
89%

Report improvement in their child's behavior in school since receiving services

96%

Agree the provider has helped their child do better in school

TEA's Grief and Trauma-Informed Practices Learning Series for Educators - Launched Summer 2020



[Access Project Restore to Get Started!](#)



AWARE Texas Implementation Strategies for AWARE goals: (State, Regional, and Local)



Strengthening School Mental Health Systems – Multi-Tiered Systems of Support (MTSS) integration



Teaming by Building and Nurturing MH Collaboration and Partnerships



Using Data for Measurement Based Mental Health Care and for Continuous Quality Improvement



Expanding MH Training Capacity and Evidence-Based Practices



Providing both School-Based and School-Linked Direct Services through hiring on-site MH Staff



Strengthening MH Policies, Protocols and Resources for Practical Implementation in Schools



AWARE Team Collaboration to Support Local Implementation Efforts

Texas Education Agency (TEA)

- Project coordination among local, regional, state and federal partners
- School Mental Health Implementation Support
- Grant oversight
- Resource Development

Texas Health & Human Services Commission (HHSC)

- Project coordination for building infrastructure within AWARE LEAs
- Foster collaboration among community mental health partners
- Workforce development & mental health awareness
- Program monitoring for quality improvement

Texas Institute for Excellence In Mental Health (TIEMH)

- Program evaluation & data monitoring
- Reporting grant evaluation metrics to SAMHSA
- Provide technical assistance to LEAs for school mental health implementation and infrastructure building

AWARE Local Education Agencies (LEA)

- Provide multi-tiered system of support for school mental health to AWARE school communities
- Provide trainings to increase community mental health awareness and workforce development

Education Service Center Region 13

- Assess LEA needs and provide coaching and technical assistance to improve local school mental health implementation
- Provide trainings to increase community mental health awareness and workforce development



AWARE Texas 2021-2026 Grant Evaluation Metrics



SHAPE assessment



PSC screeners
Other optional screeners



Universal screening measures



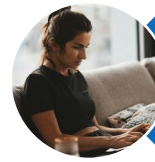
School climate surveys



Site visits
Staff interviews



Annual AWARE Teacher & Staff
Survey



Parent Satisfaction Survey
(once/semester)



Youth Satisfaction Survey
(once/semester)



AWARE Texas 2021-2026 Grant Data Spotlight



100%

**PERCENTAGE OF PARENTS WHO
AGREED THAT IT IS EASY FOR THEIR
CHILD TO GET MENTAL HEALTH CARE
AT SCHOOL**



96%

**PERCENTAGE OF YOUTH WHO AGREED
THAT SERVICES HELPED THEM BETTER
HANDLE DAILY LIFE**



December 2023 Parent Survey Quotations

My daughter opened up about a lot of things that concerned her

[MHBHS] is great and love how she responds to every question that my child and I have.

Creo que influye en mi hija que le ayuda mucho y se siente segura cuando me dice que platica con ella muchas gracias espero siga apoyándola ya que afuera no encuentro ayuda (*I think it influences my daughter that it helps her a lot and she feels safe when she tells me that she talks to her. Thank you very much. I hope you continue to support her since I can't find help outside.**)

Has helped him improve his emotional behaviors he still has his moments but is doing way better than where he was from the start

Suggestions for improvement:

- Teniendo más frecuencia en las terapias (*Having more frequent therapies*)
- Communication on what is being done every so often, if he's improving
- Make it a yearly option rather than semester.

*Google translation



WEBINAR SERIES QUOTES FROM ATTENDEES

"[WHAT I LIKED BEST] ALL THE RESOURCES THAT WE CAN USE IN OUR SCHOOL DISTRICT AND A BETTER UNDERSTANDING ON SUBSTANCE ABUSE"

-SUBSTANCE ABUSE PREVENTION & FENTANYL POISONING AWARENESS WEBINAR ATTENDEE

THIS TRAINING WAS SO VALUABLE IN ALL ASPECTS. EACH MINUTE WAS IMPORTANT. THE LENGTH WAS PERFECT. A PLETHORA OF RESOURCES WERE GIVEN AND IT IS GREATLY APPRECIATED!

-TRAUMA & GRIEF INFORMED CARE WEBINAR ATTENDEE

I ENJOYED GETTING A VARIETY OF POINT OF VIEWS FROM DIFFERENT EDUCATORS ON REFERRALS AND THEIR EXPERIENCE WITH BEHAVIOR.

-UTILIZING THE TEXAS CHILD MENTAL HEALTH CARE CONSORTIUM WEBINAR ATTENDEE

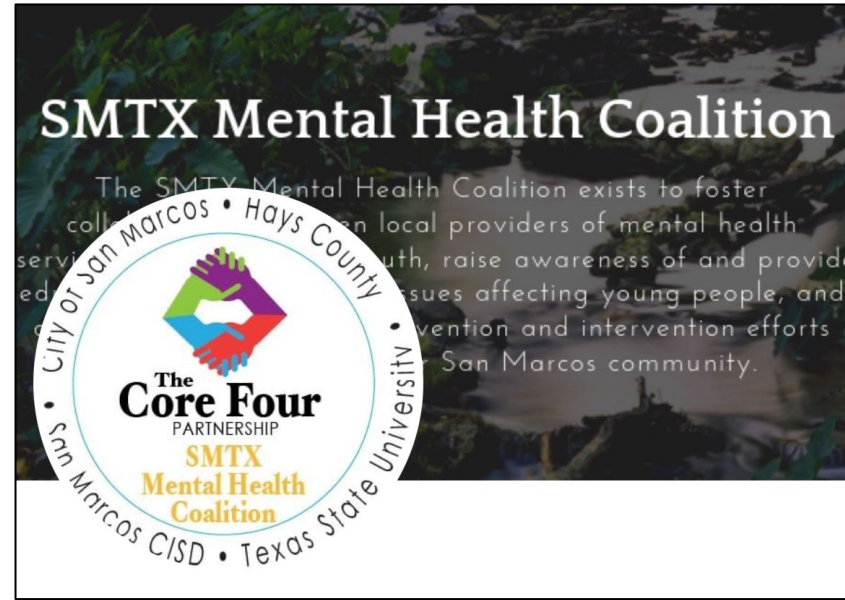


AWARE Grant Impact in San Marcos CISD



Dream Sessions

City of San Marcos TX - City Hall





AWARE Grant Impact in San Marcos CISD



Annual Employee Health & Wellness Fair

The SMCISD Human Resources Department hosted their annual Employee Health & Wellness Fair on Friday, November 3. All employees were able to learn about various fitness and wellness incentives available through their district benefits and community, as well as get vaccines. HR wrapped the event with a raffle and prize giveaway!



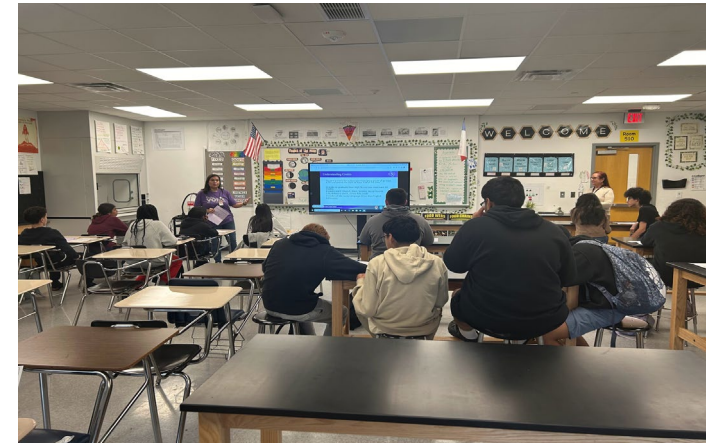


AWARE Grant Impact in San Marcos CISD

Educational Opportunities - Partnerships with the Community



Educational Opportunities - Campus to Campus





Mental Health Awareness/ Education





Mental Health Advocacy and Promotion





Student Engagement





Project AWARE Advancing State Policies - Resources



Statewide Plan for Student Mental Health

Senate Bill 11

December 2020

The Collaborative Task Force on Public
School Mental Health Services

Year 1 Report

November 2, 2020

The Collaborative Task Force on Public
School Mental Health Services

Year 3 Report

<https://schoolmentalhealthtx.org/initiatives-overview/>



Project AWARE Advancing State Policies: Statewide Plan for Student Mental Health Statutory Objectives

- 1 create school environments that support the social, emotional, and academic development of students;
- 2 identify students who may need additional skill-building, behavioral or mental health support before issues arise;
- 3 provide early, effective interventions to students in need of additional support;
- 4 connect students and their families to specialized services in the school or community when needed; and
- 5 assist schools in aligning resources necessary to address the mental health of students.



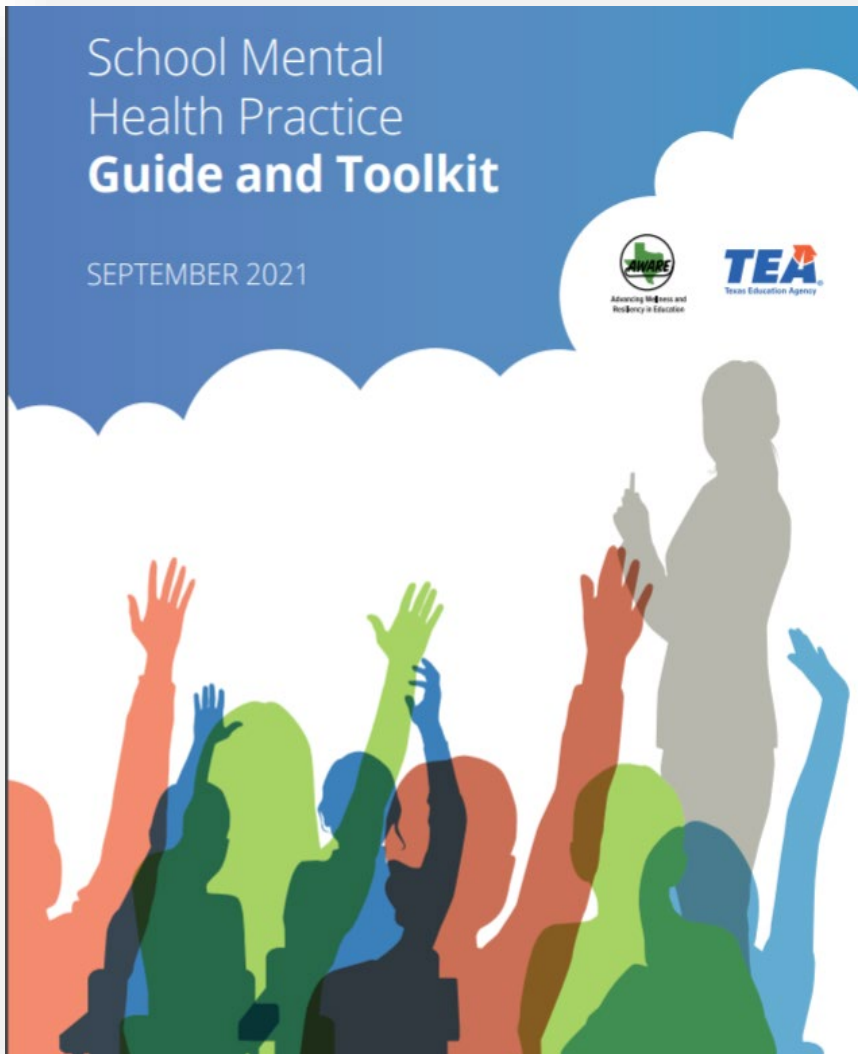
<https://schoolmentalhealthtx.org/about-school-mental-health/>

Texas School Mental Health Framework

Essential Elements for a Safe & Supportive School



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5 Key Takeaways

1. Guidance on Texas school mental health statutes
2. Guidance on implementing tiered school-based and school-linked services – all guidance is aligned with the Statewide Plan for Student Mental Health and AWARE Texas
3. Practical examples to align school mental health practices with other priority TEA state initiatives
4. Links to a searchable suite of mental health tools and resources that support each section of the Practice Guide
5. Links throughout to another statutory searchable repository of recommended evidence-based practices and programs

<https://schoolmentalhealthtx.org/school-mental-health-toolkit/>

Mental Health Best Practices Repository- Statutory

Established a list of recommended best-practice based programs & research-based practices

Located in a centralized location

AWARE Improved user interface & navigation

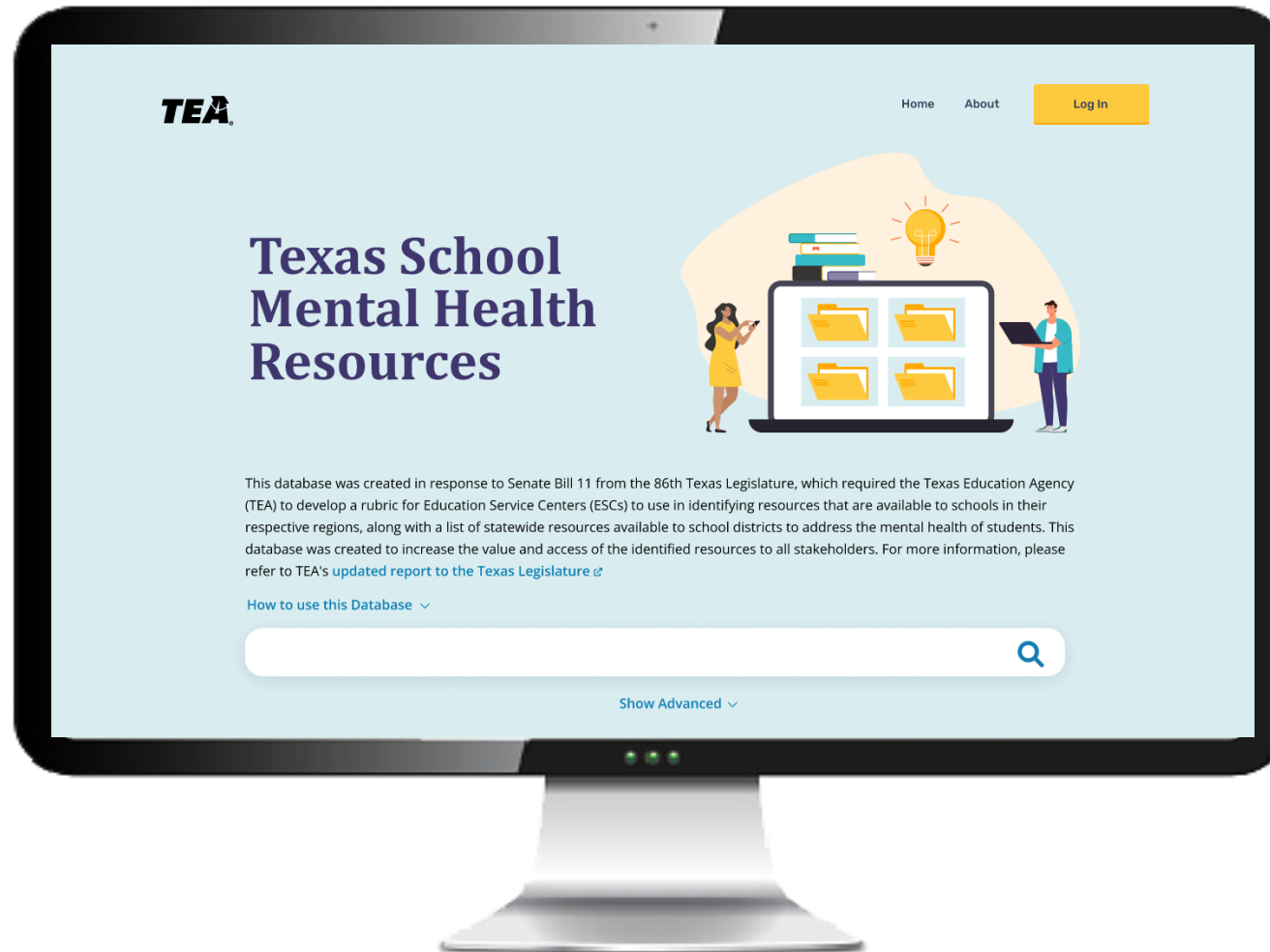
AWARE improved access to information for local decision making

Filter By Component

- ☐ Building Relationships, Managing Emotions, and Decision-Making Skills (6)
- ☐ Early Mental Health Prevention and Intervention (16)
- ☐ Grief and Trauma-Informed Practices (19)
- ☐ Positive Behavior Interventions and Supports (8)
- ☐ Positive Youth Development (7)
- ☐ Positive, Safe, and Supportive School Climates (8)
- ☐ Substance Use Prevention and Intervention (11)
- ☐ Suicide Prevention, Intervention and Postvention (21)

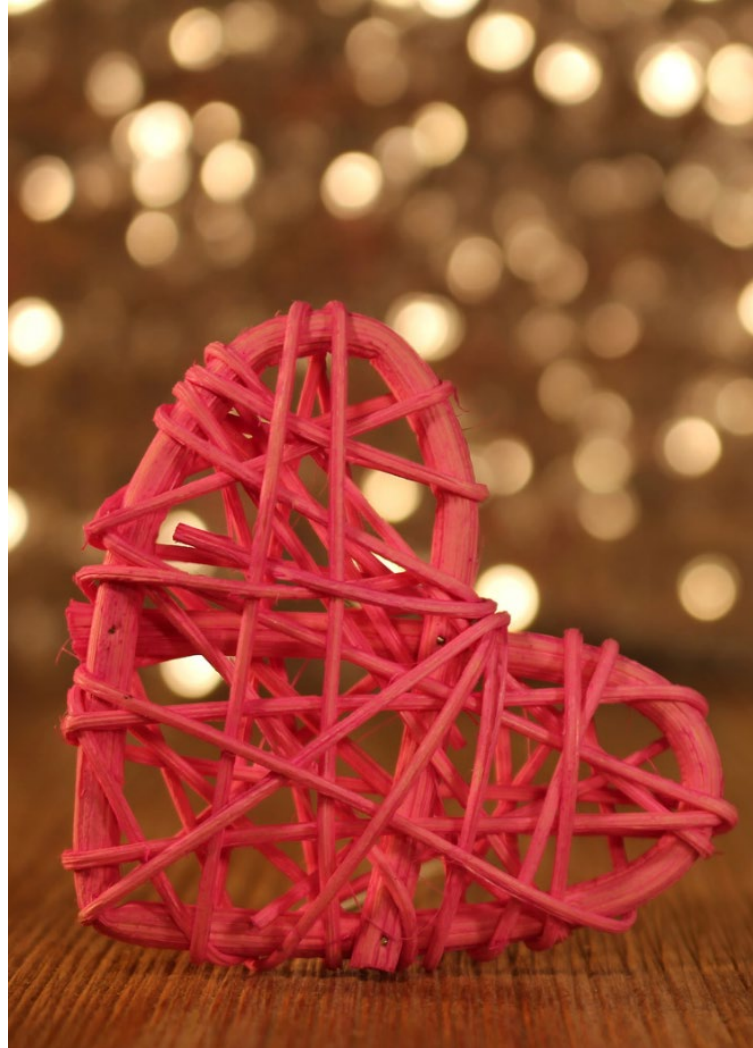
Filter By Resource Type

- ☐ Intervention (20)
- ☐ Registry (9)
- ☐ Supplemental (18)
- ☐ Training (36)



More than 1500
Mental Health
Resources are
identified for schools

Each Regional
Education Service
Center has at least one
Educator Wellness &
Trauma Informed Care
Master Trainer to train
and coach schools



Developed in Collaboration with:



The University of Texas at Austin
**Texas Institute for Excellence
in Mental Health**
Steve Hicks School of Social Work



South Southwest (HHS Region 6)

MHTTC

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

Examples and Strategies for AWARE to Advance State Policies for School Mental Health, Safety and Wellness

TEC §38.036

“Grief & Trauma Informed Policy & Training”

TEC §21.4515

“State Board of Educator Certification
School Mental Health Training
Requirements for Educators”

TEC §38.351

“Mental Health Promotion & Intervention”

HB 3 88th Session (2023)

“Safety Audits & Vulnerability
Assessment Rubrics”

TEC §37.108

“Provisions for Supporting
Psychological Needs in Multi-
Hazard Operations Plans”

TEC §38.251 & §38.252

“The rubric developed must contain training and technical assistance on practices and school-based programs to support the mental health of students”

Project AWARE Advancing State Policies: Links to All Resources in Presentation

[Home](#) / [Texas Schools](#) / [Health, Safety, & Discipline](#)

Safe and Supportive Schools



To ensure wellness, learning, and physical and psychological safety across the learning community, an integrated approach is essential to promote a comprehensive and aligned Safe and Supportive School Program (SSSP).

SSSP Data Reporting Instrument Questions and Tool

- [2023-2024 School Year](#)
- [SSSP Data Collection Tool](#)

Legislation

- [School Mental Health Legislation](#)
- [School Safety Legislation](#)

Contact Information

Safe and Supportive School Program
SafeandSupportiveSchoolProgram@tea.texas.gov

School Mental Health and Wellness
MentalandBehavioralHealth@tea.texas.gov

Project AWARE (Advancing Wellness and Resiliency in Education)
MentalandBehavioralHealth@tea.texas.gov

TEA [TEA Website](#) [Contact TEA](#) [Sign Up For Updates](#)

Texas School Mental Health

[ABOUT](#) [INITIATIVES](#) [TOOLS](#) [HIGHLIGHTS](#) [TRAINING](#) [RESOURCES](#) [CONTACT](#)

Mental health is critical to children's success in school and life.

[READ MORE](#)



TEA Website: <https://tea.texas.gov/texas-schools/health-safety-discipline/safe-and-supportive-schools>

Texas School Mental Health Website: <https://schoolmentalhealthtx.org/>



Thank you! Q&A

"Thank you very much to the mental health services for supporting me with my life, which has improved since I have had the opportunity to be a part of your support."-AWARE Student

Appendix



Resources



[Schoolmentalhealthtx.org](https://www.schoolmentalhealthtx.org)

This website provides access to resources and tools developed by A.W.A.R.E. partners to strengthen school mental health systems across the state. Resources include a research-based best practices and programs repository & school mental health toolkit.



[Texas School Mental Health Resource Database](#)

This database was developed through collaboration with the TEA and each of the 20 ESC regions. The resources in the database allow users to access identified resources based on location and resource type.



[Restorative Discipline Practices in Texas](#)

Resources includes the “Restorative Practices Made Simple” video series, restorative practices for families, and training opportunities for school leaders.

Links to Texas School Mental Health Resources

1

- **Texas School Mental Health Website & Resources**

<https://schoolmentalhealthtx.org/>

2

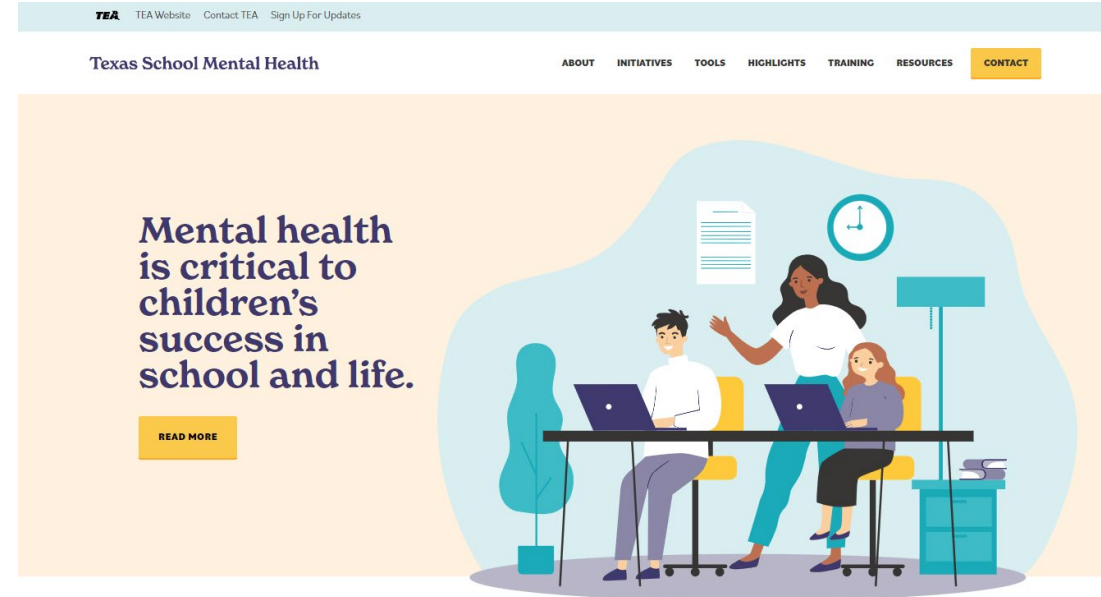
- **Mental Health Resources Database**

<https://schoolmentalhealthtxdatabase.org>

3

- **Mental Health Best Practices & Programs - TEC 38.351**

<https://schoolmentalhealthtx.org/best-practices/>



Informing resources and advancing wellness and resiliency in education through collaborative efforts, including:



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tcmhcc



- The Texas Health and Human Services Commission
- The Texas School Safety Center
- Texas Suicide Prevention Council and Coalition

- The Collaborative Task Force on School Mental Health Supports
- Texas System of Care, Community Resource Coordination Groups
- ESC Mental Health Professional Learning Community and Network