

## Project A.W.A.R.E (Advancing Wellness and Resiliency in Education) Texas

an initiative in collaboration with the Texas Health and Human Services Commission funded by the Substance Abuse and Mental Health Services Administration (SAMHSA) intended to strengthen community and school-based supports for the mental health, wellness, and resiliency of students.

# MISSION and VISION

At Project AWARE, our **mission** is to develop and sustain an integrated, multi-tiered system of supports that promotes mental health, wellness, and advances the resilience of students in the family, education, and community settings.

Our **vision** is to establish a comprehensive school mental health system that utilizes both school and community-based supports, ensuring that all students have access to a positive, safe, and supportive school environments that foster resiliency and academic success.

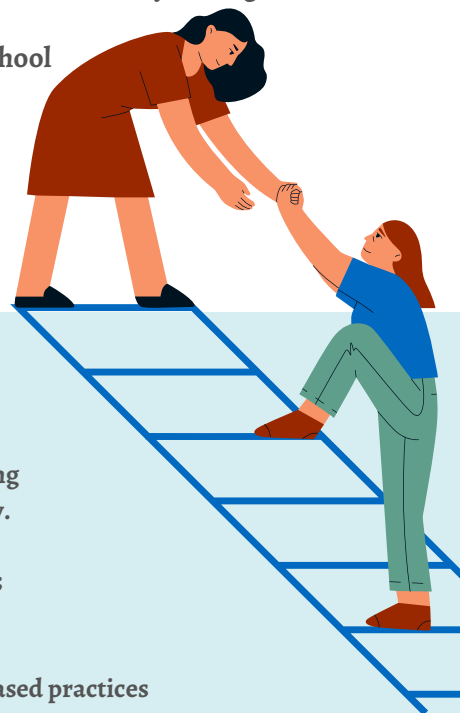
## our GOALS

Increase and improve access to culturally and developmentally appropriate school- and community-based mental health services.

Increase awareness and identification of mental health issues among all adults working with young people and promote positive mental health for students, families, school staff, and the community.

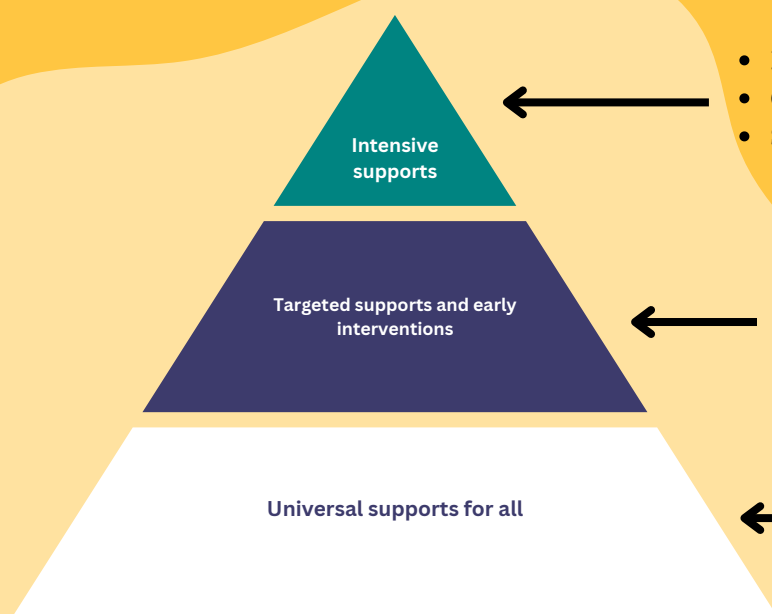
Help students develop skills that will promote resilience, self-regulation and pro-social behaviors; avert development of mental and behavioral health disorders; and prevent youth violence.

Develop infrastructure and capacity to sustain access to mental health promotion and evidence-based practices for school and community-based services.



**A.W.A.R.E Texas uses a comprehensive multi-tiered system of mental health and wellness supports (MTSS) as a framework for cross-system collaboration to ensure Texas youth have access to the wide range of interventions associated with complete mental health and wellness.**

### Best Practice Examples:



- Individual mental health counseling by a mental health specialist
- Case management & coordination with providers and family
- Safety planning

- Connections to support services at school & in community
- Small group skill-building
- Referrals & follow up plans

- Grief and Trauma informed campus/district/staff
- Mental health literacy, promotion, and prevention
- Positive, safe, and supportive school climate