

"The goals of providing mental health assessment and mental health care in the school setting is to improve access, decrease stigma, decrease time away from school, improve community support, and improve outcomes as soon as possible so students can get back to the work of growing and developing into happy and successful citizens."

Sarah Mallard Wakefield, MD

*Chair, Department of Psychiatry
Director of Child and Adolescent
Psychiatry Services*



TEXAS TECH UNIVERSITY
HEALTH SCIENCES CENTER™



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**Your Mental Health
MATTERS**

*A mental wellness program for
children and adolescents*



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ABOUT THE PROGRAM

The Texas Child Health Access Network Through Telemedicine (TCHATT) program seeks to improve the mental health of communities across Texas through collaboration with independent school districts (ISDs). TCHATT assists in directing counseling and telepsychiatry to students across our region, link families with community resources, and provide educational materials for school personnel through community learning collaboratives. TCHATT improves access to mental health care expertise through free, time-limited mental health services to children and adolescents in need of behavioral or emotional assessment and care. Services are available to students in Pre-K through 12th grade.

The TCHATT team is made up of licensed mental health clinicians, clinical child psychologists, and adolescent psychiatrists. If intervention is needed, the student will receive sessions with TCHATT providers via telemedicine. If additional services are needed beyond the sessions offered, referrals and connection to services will be recommended by the TCHATT team. This may include communication with Primary Care Providers (PCP), community therapist, Local Mental Health Authorities, Communities in Schools, etc.

IF YOU HAVE NOTICED YOUR CHILD EXPERIENCING THE FOLLOWING:

CHANGES IN BEHAVIOR OR MOOD

- Becoming more isolated
- Caring less about school, friends or activities
- Changes in overall mood: more sad or angry
- Changes in how they talk or think
- Decline in academic performance, multiple disciplinary referrals, truancy

THOUGHTS OF SUICIDE OR SELF-INJURY

- Making statements about not wanting to live
- Not wanting to wake up
- Non-accidental injuries or injuries they struggle to explain
- Statements about being a burden to others

CHANGES IN RELATIONSHIPS

- Argumentative with friends, teachers, or family members
- Sudden changes in friendships or romantic relationships
- Notable disinterest in previously important relationships
- Recurrent non-compliance with school staff

PHYSICAL CHANGES

- Poor hygiene or rapid unexplained change in appearance
- Frequent runny nose or nosebleeds, irritated eyes
- Paranoia, irritability, anxiety, fidgeting
- Rapid weight gain or loss
- Significant change in eating and sleeping



MENTAL HEALTHCARE TREATMENT PROCESS

WHEN?

Appointments are scheduled during 8:00am and 5:00pm.

We are available during most school holidays and breaks.

WHERE?

Students and parents/guardians are present for all appointments.

Appointments are held virtually, via zoom.

HOW?

Contact your child's school counselor to make a referral into the program.

