

SOCIAL EMOTIONAL WELLNESS!



Created by HEBISD Crisis Intervention & Prevention

In this edition of the Social Emotional Wellness Newsletter you will find a variety of resources for the mental health needs of you and your family.

The team addresses mental health concerns to create a positive school environment for all students. You can submit a referral to our team by clicking [HERE](#)

Levels of Behavioral Healthcare

When seeking mental health treatment, a patient may not know what level of treatment is most appropriate. To start treatment, mental health professionals will complete an assessment and make recommendations for care. The following is an overview of the levels of care available for mental health treatment.

Outpatient Psychotherapy: Typically the first contact that patients have for mental health services. Sessions are about an hour long one time a week.

Intensive Outpatient Program (IOP): This is recommended when a therapist determines that outpatient treatment is not adequate for the patient. By recommending a higher level of care, the clinician believes the patient may benefit from additional treatment, such as group support and psychoeducation.

Partial Hospitalization Program (PHP): This treatment is very similar to IOP except longer days and every day of the week. PHP is often recommended for a step-down from inpatient care.

Inpatient Hospitalization: Inpatient hospitalization is the highest level of care available. It is appropriate for patients who are at very serious, imminent risk of bodily harm to themselves or others.

GET HELP NOW

988 SUICIDE & CRISIS LIFELINE

24/7 CALL, TEXT, CHAT

GET HELP 24/7:



TrevorText

Text START to 678678



TrevorChat

TrevorChat.org



TrevorLifeline

866.488.7386

THE **TREVOR** PROJECT
Saving Young LGBTQ+ Lives

CRISIS TEXT LINE |

Text HOME to 741741 to connect with a volunteer Crisis Counselor

CRIME STOPPERS
817-469-8477
TARRANT COUNTY

IT'S SAFE TO SAY WHAT YOU KNOW



PARENT ADVICE LINE

The Parenting Advice Line (PAL) is a free, confidential telephone line for concerned parent or caregivers with questions about raising children. PAL is open Monday through Friday from 12 to 3 p.m.

817.332.6399

Outpatient Resources

Texas Child Health Access Through Telemedicine TCHAT - Contact a CIPT member to know more by submitting a referral to us HERE .	Youth Advocate Program (Medicaid Only)
ACH Family Services (FREE)	Meyer Counseling
Ellie Mental Health - NRH	The Oaks Life Center
Empathy HQ	Therapy Works Counseling Services (Español)
ChristianWorks - Counseling	Starfish Counseling
	Lena Pope (Low Cost)

IOP & PHP

Basepoint Academy (12-17yo) (469) 702-9841	Mesa Spring: Innovations (8yo-17yo) FTW Timberland 682-345-0425 FTW Camp Bowie 817-406-3364 Arlington 682-273-4194
Mind Above Matter (12yo & Up) (817) 289-5307	Connections Wellness Group (7yo & Up) Keller Location (817) 770-0208 Mansfield (817) 500-5984
Excel Fort Worth (6-17yo) (817) 335-6429	Canvas IOP (12-17yo) 817-394-2346
Charlie Health (11yo-27yo) ONLINE ONLY 214-949-1891	

These facilities offer free mental health assessments in order to provide treatment recommendations.

Inpatient Hospitalization

Cook Children's Behavioral Health (Ages 3-17) (682) 885-3917	JPS - Trinity Springs (Ages 13 - Adult) (817) 702-3636
Mesa Springs Hospital (Ages 12 - Adult) (817) 952-5571	Millwood Hospital (Ages 5-17) (817) 859-7074
Texas Health Behavioral Health Center Arlington (Ages 13 - Adult) (682) 549-7916	Perimeter Behavioral Health (Ages 5 -17) (817) 662-6341

These facilities can assess for suicide risk and provide treatment recommendations.

Residential Treatment

CARE House - MHMR City: Fort Worth 817-335-3022	Fort Behavioral City: Fort Worth 844-986-0260	<i>Many of these facilities may have a waitlist when calling them directly. Some processes may be expedited if the minor is currently in inpatient treatment and the hospital sends over referral with clinicals.</i>
Cedar Crest City: Belton, TX (888)-508-2838	Clearfork Academy City: Fort Worth (888)-508-2838	
Laurel Ridge City: San Antonio, TX 800-624-7975	San Marcos Treatment Center City: San Marcos, TX 800-848-9090	