The Crisis Intervention & Prevention Team addresses mental health concerns to create a safe & supportive school environment for all students. You can submit a referral to our team by clicking HERE.

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The Month of October is:

Domestic Violence Awareness Month
National Depression Screening Day (8th)
National Stop Bullying Day (12th)

Go Guardian – Beacon Alerts

The HEB ISD Crisis Intervention and Prevention Team wants to make parents aware that some of our students’ online activity is monitored to ensure the safety of your children and others. Our software, Go Guardian Beacon, sends alerts to our team when students are researching and/or having conversations about things of concern such as suicidal ideation, harm to others, bullying, fighting, threats and the like. The Crisis Team (of three mental health professionals) monitors those alerts during work hours and brings concerning activities to the attention of campus counselors, parents, or administration, depending on the level of concern. At this time, grade levels included in this program are: 3rd, 4th, 5th & 6th and all of secondary.

We recommend that you continue to be diligent in monitoring what your children search for, and engage in, online. We will continue to notify you, on an as needed basis, of posts that we deem to be concerning.

The Importance of Boundary Setting

According to the Oxford Dictionary, the definition of boundary is, “a line that marks the limits of an area; a dividing line.” The importance of a boundary is conveyed in just that short definition and it is no wonder why this has become a well researched area by mental health professionals and self-help experts. When we are clear about our boundaries, people understand our limits and know what is okay and not okay, and they’ll adjust their behavior accordingly. The people who don’t respect our boundaries are ones we may not want in our life. Boundary setting allows for increased self-esteem, increased self-care, more time & space for healthy relationships, physical health is impacted positively, better work-life balance and social-emotional health increases.

If boundaries are so important and create such a solid foundation to our mental health, why are they so hard to implement? Boundaries can be hard to set with certain people due to our perceived obligation to a group of people. Pursuing boundaries are actually about pursuing good for you and ALL your relationships. Healthy relationships thrive off of them! One key thought to keep in mind: Healthy people who desire healthy relationships don’t have an issue with other people’s healthy boundaries.

Adapted from: https://www.uky.edu/hr/sites/www.uky.edu.hr/files/wellness/images/Conf14_Boundaries.pdf
**Depression**

*Information adapted from: Child Mind Institute Quick Guide to Depression*

Depression can have a lot of negative effects on a child’s life, like missing school and not wanting to be around friends. It’s normal for children to feel sad when bad things happen, but a child with depression doesn’t feel better if things change. Kids with depression might think about or attempt suicide. Depression usually begins during the teenage years but younger children can also be diagnosed. Girls are diagnosed twice as often as boys. Some symptoms of depression may include: being easily irritated, lack of energy, isolation, change in behavior and appearance and struggling with various areas of their life among other things. Depression can be diagnosed by a mental health professional and treatment may include therapy and medication management.

**Anxiety**

*Information Adapted from: Child Mind Institute*

All kids worry sometimes. But when worry interferes with a child’s daily functions such as school, social life and family dynamics they may be struggling with an anxiety disorder. Anxiety symptoms may include trouble sleeping, stomach aches, headaches, tantrums and clinging to parents. Some of these symptoms may even look like oppositional behavior, but really the child may be struggling to cope with overwhelming thoughts of worry. Anxiety can also make it hard to focus or sit still, so it can be hard to tell anxiety apart from anxiety.

There are different kinds of anxiety that a child may experience such as; separation anxiety, social anxiety, selective mutism, generalized anxiety disorder, OCD, etc. Anxiety can be treated by therapeutic interventions with a mental health professional as well as medication management with a primary care physician and psychiatrist.

**ADHD**

*Information adapted from: Child Mind Institute*

Attention-deficit hyperactivity disorder, or ADHD, is a condition that makes it unusually difficult for children to concentrate, to pay attention, to sit still, to follow directions, and to control impulsive behavior. While all young children are at times distractible, restless, and oblivious to parents’ and teachers’ instructions, kids with ADHD behave this way much more often than other children their age. And their inability to settle down, focus, and follow through on tasks in age-appropriate ways makes it very hard for them to do what’s expected of them at school. It can also lead to conflict at home and difficulty getting along with peers.

**Counseling Referrals**

You may contact these resources directly unless otherwise specified.

- **Texas Child Health Access Through Telemedicine (TCHATT)**
  Referral only through Crisis Intervention & Prevention Team
  [https://www.tchatt.com/](https://www.tchatt.com/)

- **Logos Counseling**
  (817) 812-2880
  [https://www.logoscounseling.com/](https://www.logoscounseling.com/)

- **ACH Family Services**
  (817) 335-4673
  [https://achservices.org/en/](https://achservices.org/en/)

- **PSP Professional Services**
  (817) 626-6401
  [https://pspcounseling.com/](https://pspcounseling.com/)

- **Therapy Works Counseling**
  (972) 695-3421
  [https://www.therapyworkscounseling.com/](https://www.therapyworkscounseling.com/)

- **New Horizon Counseling Center**
  (817) 576-2447

- **ACH AIRS**
  (Assessment, Intervention & Referral Service)
  Provides referrals to community services
  (817) 335-4673