Meet The Team!

The Crisis Intervention & Prevention Team addresses mental health concerns to create a positive school environment for all students.

Dr. Carmen Brown, LSSP, LP has been with HEBISD for 5 years as a School Psychologist in the special services department and second year as the Lead for the Crisis Intervention & Prevention Team. Carmen has a Bachelor's degree in Psychology from UNT & a Master's degree in Social Work from UTA.. Carmen earned a Doctorate degree from TWU with a focus on School Psychology. Prior to HEBISD Carmen worked with other school districts for 10 years in Special Education and providing direct behavioral intervention to students with emotional and behavioral needs. In addition to her educational setting experience she comes with therapeutic experience in a hospital setting. Carmen is dedicated to addressing the needs of individual students, ensuring that all children and youth are valued, and advocating for change to serve children and their families.

Heather Andrews, LCSW has been with HEBISD for a total of 6 years and 5 years as a Licensed Clinical Social Worker (LCSW) for the Crisis Intervention & Prevention Team. Heather earned both a Bachelor's and Master's in Social Work from UTA where she focused her studies on Children and Families. Prior to beginning in HEBISD Heather worked in Community Mental Health for 2 years through Dallas Metrocare and spent 11 years in Arlington ISD with at-risk youth. Heather has worked as a Clinical Therapist for the past 3 years at Cook Children’s Medical Center providing Mental Health assessments and treatment to children that are hospitalized. Heather strives to break down the stigma surrounding mental health by educating parents, students and staff.

Irene Cedillo, LCSW has been with HEBISD for 4 years as a Bilingual Licensed Clinical Social Worker (LCSW) for the Crisis Intervention & Prevention Team. Irene has a Bachelors and Masters in Social Work from UT Austin where she focused her studies on working with children/adolescents and their families. Prior to HEBISD she provided individual, family and group therapy with Dallas ISD's Youth & Family Centers (YFC) for 2 years as well as the Child Advocacy Center (CAC) in San Marcos, TX for 3 years. Irene is passionate about working with families as she connects them with resources and provides services that will help them thrive.

Amanda Sawyer, LCSW has been with HEBISD for 6 years as a social worker with Communities in Schools. This is Amanda's first year as a Licensed Clinical Social Worker (LCSW) for the Crisis Intervention & Prevention Team. Amanda earned her Bachelor's in General Studies from University of North Texas and her Master's in Social Work from the University of Georgia. Prior to working in HEBISD, Amanda worked as an advocate for victims of domestic violence and sexaul assault, and a violence prevention educator at Denton County Friends of the Family (DCFOF). Amanda is committed to providing client centered mental health supports and services to students and families.

Texas Child Health Access Through Telemedicine (TCHATT)

Share your concern with school's designated TCHATT liaison (HEBISD's Crisis Team).

We obtain your consent to submit referral to TCHATT and submit the referral directly to them.

TCHATT representatives call you, parent or guardian, directly to acquire consents and schedule.

They provide 4 free virtual sessions plus assessment as well as case management for longterm services.
MENTAL HEALTH AND STUDENT WELL-BEING

LEARN THE SIGNS
Children & adolescent mental health concerns can manifest in various ways. The following, although not exhaustive, are some signs to look out for:
- Drastic change in behavior or appearance
- Drop in academic performance and/or engagement
- Decrease in social interactions or increased isolation
- Change in appetite and/or sleeping habits

LEARN ABOUT THE IMPACTS
If you suspect your child is struggling with a certain mental health diagnosis (i.e. depression, ADHD, anxiety, defiant disorder, etc.) it can be helpful to learn about the diagnosis & it's symptoms/impacts on your child's behavior, brain & school. The Child Mind Institute is a great place to start. Visit their website HERE.

PROBLEM SOLVE TOGETHER
If parents can get a good idea of what their child is struggling with then they can work together to find a solution. These solutions can include connecting with a mental health professional, creating a pen-pal journal between parent-child to increase communication, providing fidget items for anxiety, organizing home areas for ADHD or even creating a mood calendar that is updated daily.

ASK FOR HELP
- Parents can reach out to their campus school counselor directly with concerns.
- A Parent-Referral to the Crisis intervention & Prevention Team can be submitted HERE.
- Parents can find community resources HERE to contact directly.
- Anonymous reporting available HERE.

Alternative conversation starters to “How was your first day of school?”
1. What was the best thing about your day? Worst?
2. How was lunch? Who did you sit with?
3. Would you rather questions:
   a. Sit alone or sit with others
   b. Have longer lunch or shorter school day
4. Did anyone make you smile today? How so?
5. Did you take any photos today?

These questions can be an opening for further inquiry. Always ask with curiosity and specificity.

Resources

Parent Referral for Crisis Intervention & Prevention Team

iMatter - IOP & PHP Programming

TCHATT

Ellie Mental Health - NRH

“Inviting our thoughts and feelings into awareness allows us to learn from them rather than be driven by them.”
- Dan Siegel