Our Team
The Crisis Intervention & Prevention Team addresses mental health concerns, assists in the mission of suicide prevention, and creates a positive school environment for all students.

**Team available during school year hours only**

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**New Team Members Coming Soon**

Summer Edition
In this edition of the Social Emotional Wellness Newsletter you will find a variety of resources for the mental health needs that you and your family may have during the summer. These resources are not, by any means, the only resources available.

Summer can be a good time to engage in services as to not interrupt school attendance, waitlists may be shorter and stress is lower therefore, mindful learning is possible. You will also find a section with activities that you can do at home to increase overall mental health wellness.

Happy Summer! Enjoy!

Featured articles

Choosing the Right Level of Mental Health Care
Finding a mental health professional is one of the most important steps in starting on the path toward a successful recovery. As hard as it might be to acknowledge that you need help, the search for a specialist who fits your needs—someone who can serve as your ally—can be even more challenging. It can be overwhelming and intimidating, especially if you are new to the process, struggling with your condition or don’t know how or where to start. But finding that person is crucial to getting the care you need, getting the most out of your treatment and achieving your recovery. It is as important to find the right level of care. This depends on the severity of your symptoms. This can be determined by scheduling a mental health assessment at a local facility or emergency assessment at an ER if safety is a concern. Some facilities, aside from Emergency Rooms, often provide these assessments free of charge. You can find a list of assessment locations on Page 2 of this newsletter.

To learn more about different levels of care please visit Levels of Mental Health Care Descriptions provided by Cigna.

Get Help Now - Hotlines

National Suicide Prevention Line | 1-800-273-8255

Texas Youth Helpline | 800-989-6884 (Text/Call/Chat)

Crisis Text Line | Text ‘HOME’ to 741741

The Trevor Project - For Youth LGBTQ | Text ‘START’ to 678678

Crime Stoppers - Anonymous Reporting | 817-469-8477

Domestic Violence Crisis Line | 877-701-7233

iCare Crisis Line (MHMR) | 817-335-3022 | 817-569-4488

Rape & Crisis Victim Hotline | 817-927-2737

Substance Use Information & Referral | 817-332-6329

Referral for basic needs services | Call 211
Emergency Assessments

**Cook Children's Behavioral Health (Ages 3-17)**

801 7th Ave Fort Worth, TX | (682) 885-3917

**Mesa Springs Hospital (Ages 12 and Up thru Adult)**

5560 Mesa Springs Drive, Forth Worth | 817-952-5571
Ft Worth Office: 817-841-8002
Northwest Office: 682-593-6001

**Texas Health Behavioral Health Center Arlington (Ages 13 Up, Thru Adult)**

800 W Randol Mill Rd. Arlington, TX 76012 | 682-549-7916

**JPS - Trinity Springs (Ages 13-17 & 18 Up)**

1500 S. Main St. Fort Worth, TX 76104 | (817) 702-3636

**Millwood Hospital**

1011 North Cooper Street
Arlington, TX 76011
817-859-7074

**or your local hospital Emergency Room**

Counseling Resources

- **ACH Family Services (FREE)**
- **Lena Pope (Low Cost)**
- **Recovery Resource Council (Free for Secondary Students- Summer 2022)**
- **Balance Beacon**
- **Mind Above Matter**
- **Starfish Counseling**
- **Logos Counseling**
- **Alliance Child & Family Solutions**
- **North Texas Counseling Associates**
- **Cinnamon Tree Counseling**
- **The Oaks Life Center**
- **Meyer Counseling Center**
- **Trauma Support Services**
- **The Art Station**
- **The Parenting Center**
- **Christian Works for Children**
- **Youth Advocate Program (Medicaid Only)**

Helpful Links - Worksheets, Etc.

- National Alliance on Mental Illness (NAMI) - Online Programs
- YouTube: Let's Talk Mental Illness
- Safety Plan
- Trust Based Relational Intervention (TBRI) Videos
- List of Coping Skills
- American Foundation for Suicide Prevention (AFSP)
- Podcast: Raising Joy (Cook Children's Hospital)
- Healthy Minds, Thriving Kids Video Series
- 15 Activities for Your Summer Self-care Checklist

Coping with Current Event News

*From the Texas School Safety Center:*

"As there will continue to be media coverage on these events in the coming days and weeks, it is worth taking a moment to think about the importance of starting the conversation in a way that will invite youth into the conversation and avoid making them defensive.

One way of doing that is making your child or student "the expert." So instead of mentioning the shooting and asking whether your child or student is anxious, consider framing it as, "There has been some coverage in the news about the recent school shooting. What have you heard?" And then just listen. Sometimes youth will answer "I don't know" as a quick response to get adults to back off. When we are quiet and give them a moment to think about it and let them know that we really care about their answer, they will often give us answers which provide insight into their thoughts and concerns. We often jump in too quickly to reassure youth, which stops the conversation at that point. What they really want, and need, is for us to listen to them. It is far more effective to ask them to tell us more and come from a "curious" approach rather than giving them a lesson or lecture. Then, engage your child or student in conveying their thoughts about a range of ideas or possible solutions.

The greatest outcome of these conversations is when we leave youth knowing that we are willing to talk with them about anything and that we want to hear what they have to say. An expression in the crisis response community is "never waste a crisis," and this is your opportunity as well - don't waste this opportunity to connect deeply with your children or students. Setting the stage for more open communication about all kinds of things in the future is key."

You can find additional resources at the links below:
- National Child Traumatic Stress Network
- A Parent's Guide to School Safety Toolkit
- Book for Younger Kids: What to Do When the News Scares You
- How Scary News Can Impact Kids Who Learn and Think Differently

At-Home Activities

**5 Love Languages + Activity**

1. On a piece of paper have each family member write down ways they feel loved & cared for. Then write down ways you believe the other members of the family feel loved & care for
2. Take the QUIZ HERE
3. Review paper + results (add in ice-cream as a fun treat!)

**Walking + Talking**

This is exactly how it sounds. Make walks part of your routine and make it fun! Add in games such as 'I Spy' or a game of tag every 5 minutes. Some fun questions to ask:
- Would you rather...
- Say the ABC's backwards
- Tongue twister practice
- Never have I ever scenarios

**Exact Instructions Challenge**

Basically, it involves kids writing down or saying instructions to do simple tasks like brushing your teeth or making toast and then passing them on to their parents who must follow the instructions exactly. Click HERE for example.