The Crisis Intervention & Prevention 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.

Irene Cedillo, LCSW has been with HEBISD for 3 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 Irene 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.

Heather Andrews, LCSW has been with HEBISD for a total of 6 years and 4 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.

Dr. Carmen Brown, LSSP, LP has been with HEBISD for 5 years as a School Psychologist in the special services department. This is Carmen's first 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.

September is National Suicide Prevention Month. All month, mental health advocates, prevention organizations, survivors, allies, and community members unite to promote suicide prevention awareness. #BeThe1To is the 988 Suicide & Crisis Lifeline’s message for National Suicide Prevention Month and beyond, which helps spread the word about actions we can all take to prevent suicide. The Lifeline network and its partners are working to change the conversation from suicide to suicide prevention, to actions that can promote healing, help and give hope.

HELPING YOUR LOVED ONE WHO IS SUICIDAL

SAFETY PLAN

BeThe1To.com
Hello! My name is Stephanie Candas. I am a Licensed Professional Counselor-Associate and the HEB ISD iMatter Program Therapist at Mind Above Matter. I went to Tarleton State University for my education, receiving a Bachelor’s degree in Interdisciplinary Studies in 2015 and a Master’s degree in Clinical Mental Health Counseling in 2021.

My time at Mind Above Matter started in August of 2020 as a Student Intern. After graduating, my role transitioned to Unit Tech in April of 2021, then again to Program Therapist in January of 2022. I have had the privilege of learning and growing professionally with the support of leadership from Mind Above Matter.

As an iMatter Program Therapist, I provide mental health services to adolescents (ages 12-17) at the Partial Hospitalization Program (PHP) and Intensive Outpatient Program (IOP) levels of care through individual, group, and family therapy. In the program, clients learn techniques to cope with common conditions, such as depression, anxiety, trauma, panic attacks, social phobias, and more. As a former teacher, I appreciate this unique setting where the importance of academics and mental health come together to allow students to remain enrolled in their schools while receiving treatment on-site in the district. It truly is the best of both worlds!

During my leisure time, I enjoy spending time with my husband and two kitties. On the weekends, we enjoy trying new restaurants and taking long walks in the park. I am looking forward to starting my second school year in this role and continuing to serve the students of HEB ISD in a way that is near and dear to my heart!

Emergency Assessments

If someone you know is struggling with suicidal thoughts they can receive a suicidal risk assessment at any of the following locations:

**Cook Children’s Behavioral Health (Ages 3-17)**
801 7th Ave Fort Worth, TX | (682) 885-3917

**Mesa Springs Hospital (Ages 6 and Up thru Adult)**
Ft Worth (Timberland) Office: 682-345-0425
Ft. Worth (Camp Bowie) Office: 682-593-6001
Arlington Office: 682-273-4194

**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 (6 & Up)**
1011 North Cooper Street, Arlington, TX 76011
817-859-7074

or your local hospital Emergency Room

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Care for Caregivers:

**Tips for Families & Educators**

*adapted from: National Association of School Psychologist (2022)*

Parents, teachers, and other caregivers play a critical role in helping children cope with crises, often ignoring their own needs in the process. However, caregivers must take good care of themselves so they are able to take good care of the children in their charge.

1. It is important for caregivers to monitor their own reactions and take care of their own needs.
2. Burnout interferes with one’s ability to provide crisis support and intervention assistance. In addition to burnout, caregivers also may experience secondary trauma or stress that results from learning about another’s traumatic experience and/or helping someone who has been directly affected by such tragedy.
3. All caregivers need to consider the following suggestions to prevent burnout:
   a. Physical self-care: drink plenty of water, healthy eating, etc.
   b. Emotional Self-care: know your limits, express yourself, etc.
   c. Social Self-care: maintain daily routines, connect; process
   d. Access adequate support resources as needed such as counseling and counseling support.
   e. Advocate for yourself by setting limits & boundaries in areas where you may need a break from.