

FOSTERING MENTAL WELL-BEING:  
**Strengthening Support Systems  
at Home, School, & Beyond**

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 UTHealth<sup>®</sup> Houston  
School of Public Health

  
MICHAEL & SUSAN DELL  
CENTER for HEALTHY LIVING

**CATCH**<sup>®</sup>  
GLOBAL FOUNDATION

MEADOWS  
MENTAL HEALTH  
POLICY INSTITUTE

# Our Moderator



**Abby Rose**

**Director of Implementation & Engagement**

CATCH Global Foundation



## Purpose

Elevate health for good.



## Mission

Empower school communities to cultivate Whole Child wellness as a lever for student success and social equity.



## Vision

Schools embrace health as an enduring value.



Used by over **16,500** educators globally and reaching **4,300,000** youth annually

# Our Proven-Effective Approach



## Curriculum

- Largest evidence-base of effectiveness
- Skills-forward approach
- Standards-aligned
- Online platform (SSO via Clever & ClassLink)
- Bilingual English & Spanish content



## Professional Development

- Boosts utilization and subject confidence
- Engaging and FUN
- In-person, virtual, and self-paced
- Basic, booster, and advanced levels
- Fosters teamwork and health champions



## Policy, Systems, & Environment

- Needs assessments and goal setting
- Coordinated Whole Child implementation
- Promoting best practices and systems
- Institutionalization for sustainability
- Technical support and assistance



Health Ed Journeys



PE Journeys



SEL Journeys



CATCH My Breath



Substance  
Misuse Prevention



CATCH  
Healthy Smiles



Sunbeatables<sup>®</sup> &  
Be Sunbeatable<sup>™</sup>



Kids Club (OST)



Early Childhood



MICHAEL & SUSAN DELL  
CENTER *for* HEALTHY LIVING



**Healthy children in a healthy world.**

We advance health and healthy living for children and families through cutting-edge research, innovative community-based programs, and dissemination of evidence-based practices.

**STRATEGIC PLAN GOALS**



# Center Resources



## WEBSITE

[msdcenter.org](http://msdcenter.org)



## WEBINARS

[go.uth.edu/webinars](http://go.uth.edu/webinars)



## NEWSLETTER

[bit.ly/MSDCenterNewsletter](http://bit.ly/MSDCenterNewsletter)



## EXPERT BLOGS

[go.uth.edu/CenterBlogs](http://go.uth.edu/CenterBlogs)



## SOCIAL MEDIA

[@msdcenter](https://www.instagram.com/msdcenter)



## RESEARCH AND RESOURCE STATION

[go.uth.edu/CenterResources](http://go.uth.edu/CenterResources)



## TX CHILD HEALTH STATUS REPORTS AND TOOLKITS

[go.uth.edu/TexasChildHealth](http://go.uth.edu/TexasChildHealth)



VISIT OUR  
WEBSITE



# Today's Panelists



**Roshni Koli, MD**

**Chief Medical Officer**

Meadows Mental Health Institute



**Michelle Rawcliffe, MPH**

**Curriculum & Content Manager**

CATCH Global Foundation

# Fostering Mental Well-Being: Strengthening Support Systems at Home, School, and Beyond

Roshni Koli, MD

Chief Medical Officer

Meadows Mental Health Policy Institute



# 202,542\* THE CURRENT MENTAL HEALTH CARE SYSTEM

**SUBSTANCE**

RELATED DEATHS  
Nationally in 2022

**49,497\***

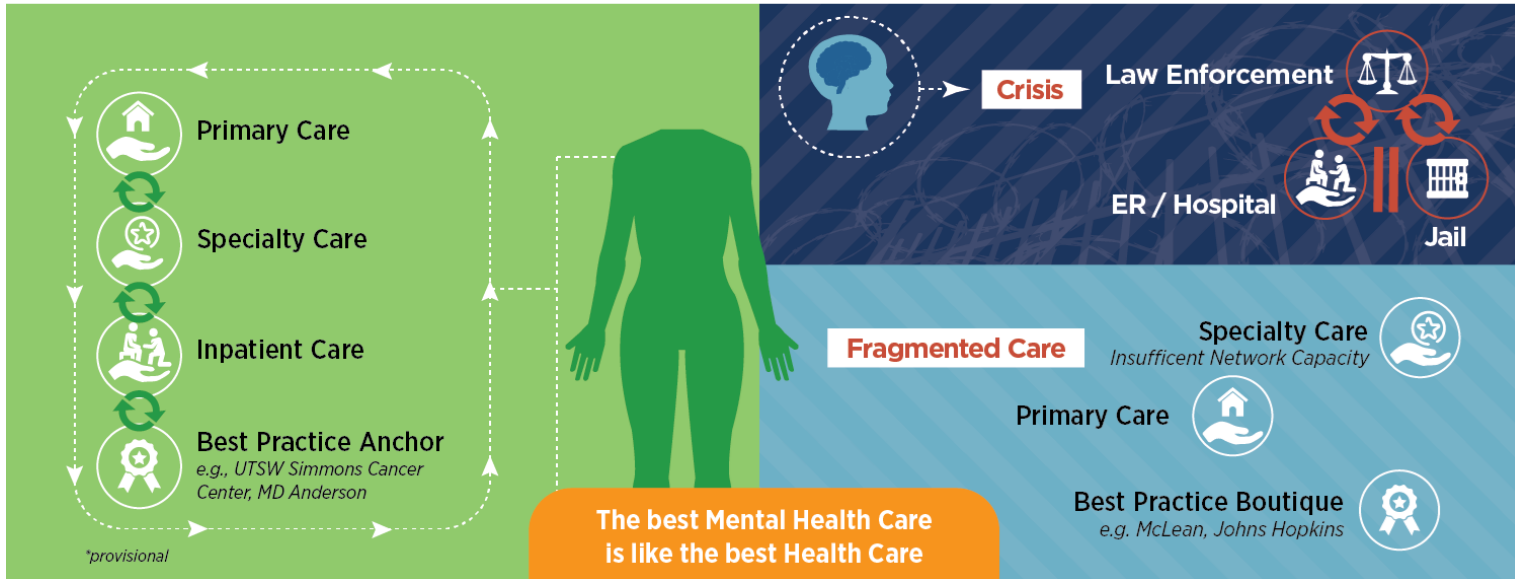
DEATHS BY  
**SUICIDE**  
Nationally in 2022

The Goal of Health Care: **LIVING YOUR LIFE** in the COMMUNITY

HEALTH CARE



MENTAL HEALTH CARE



\*provisional

**11,976\***  
**SUBSTANCE**  
 RELATED DEATHS  
 in Texas in 2023

# THE CURRENT MENTAL HEALTH CARE SYSTEM

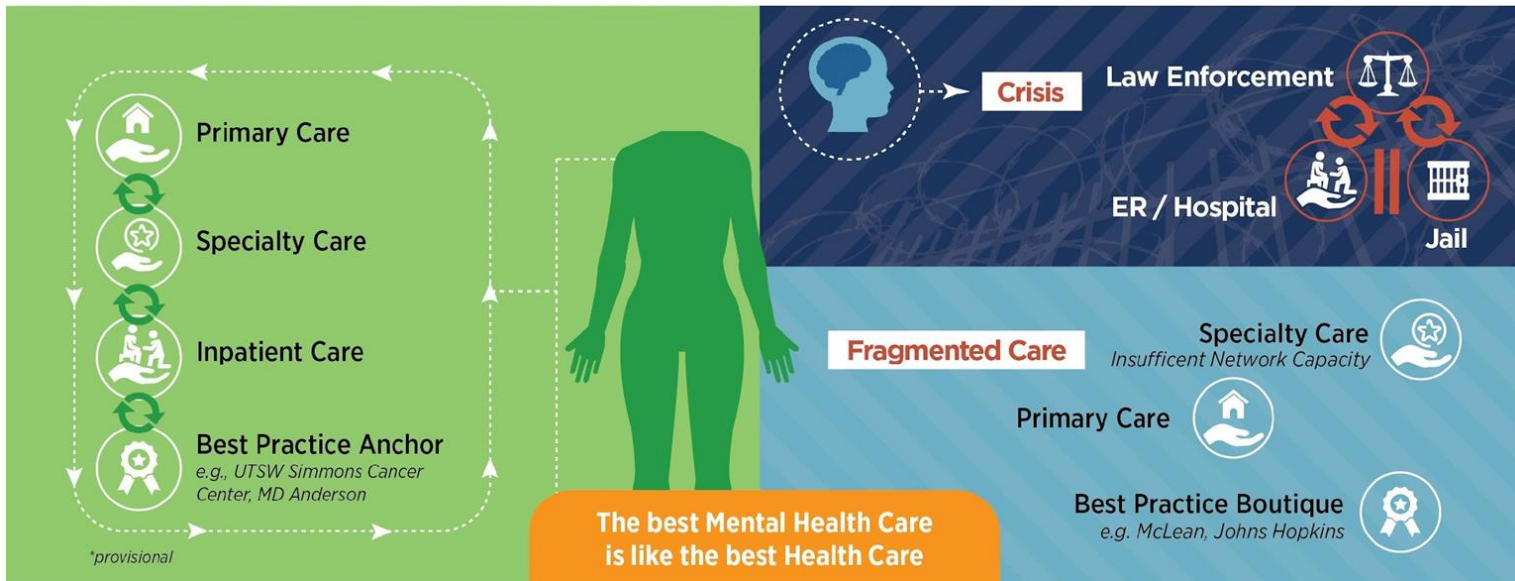
**4,382\***  
 DEATHS BY  
**SUICIDE**  
 in Texas in 2023

The Goal of Health Care: **LIVING YOUR LIFE** in the COMMUNITY

HEALTH CARE



MENTAL  
 HEALTH CARE

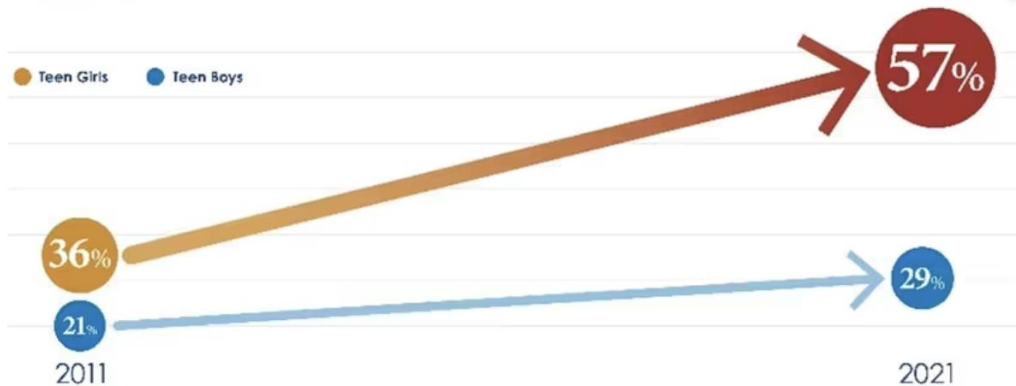


\*provisional

# Current State of Pediatric Mental Health

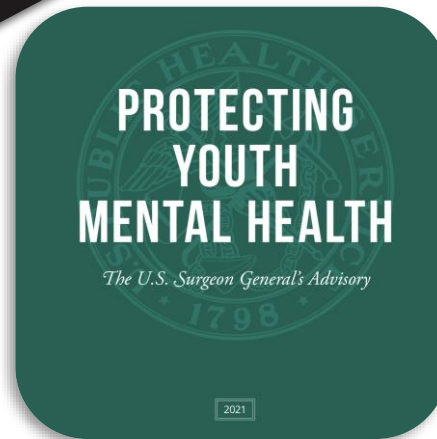
**AAP-AACAP-CHA Declaration of a National Emergency in Child and Adolescent Mental Health**

TEEN GIRLS WHO PERSISTENTLY FELT SAD OR HOPELESS INCREASED DRAMATICALLY FROM 2011 TO 2021



**The projected costs and economic impact of mental health inequities in the United States**






*If left unaddressed, mental health inequities could lead to about US\$14 trillion in excess costs between now and 2040, according to our analysis*



# Youth Risk Behavior Surveillance System Data

Texas (2023)

# Current State of Mental Health

The Percentage of High School Students Who:*	2011 Total	2013 Total	2015 Total	2017 Total	2019 Total	2021 Total	Trend
Experienced persistent feelings of sadness or hopelessness	28	30	30	31	37	42	
Experienced poor mental health†	–	–	–	–	–	29	–
Seriously considered attempting suicide	16	17	18	17	19	22	
Made a suicide plan	13	14	15	14	16	18	
Attempted suicide	8	8	9	7	9	10	
Were injured in a suicide attempt that had to be treated by a doctor or nurse	2	3	3	2	3	3	

\*For the complete wording of YRBS questions, refer to the appendix.

†Variable introduced in 2021.

YOUTH RISK  
BEHAVIOR  
SURVEY

DATA SUMMARY &  
TRENDS REPORT

2011-2021



In wrong direction



No change



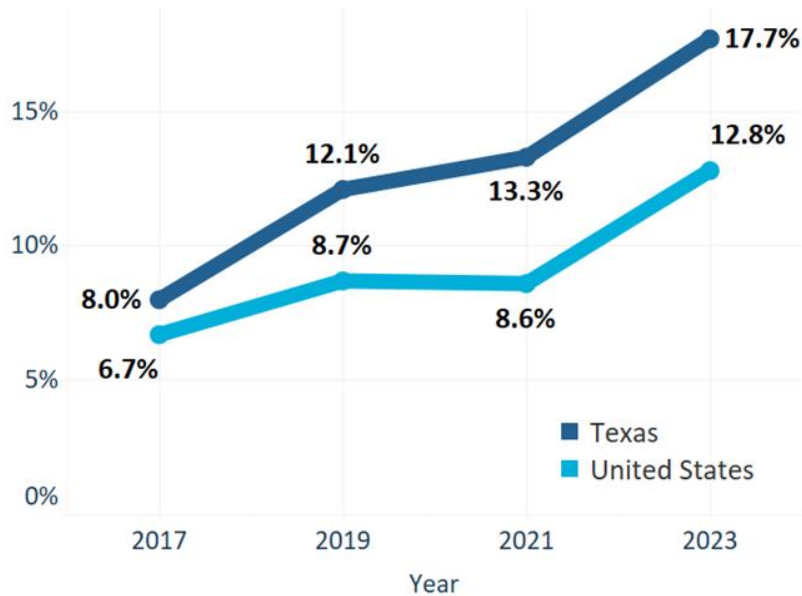
In right direction

# Safe At School

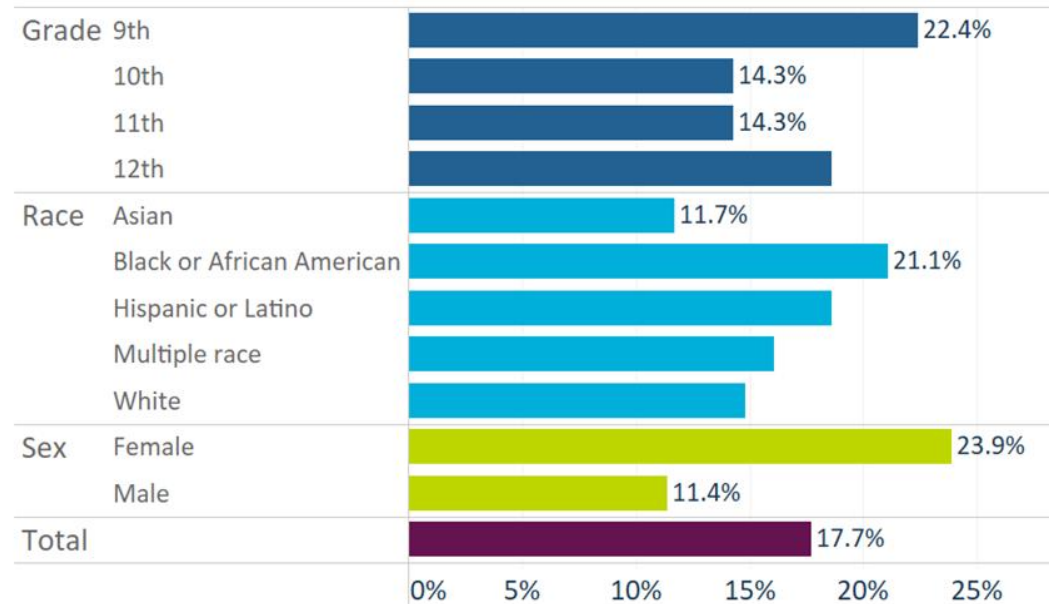


# Percent of respondents who did not go to school because they felt unsafe

Trend over Time



Texas Rates by Subgroup, 2023

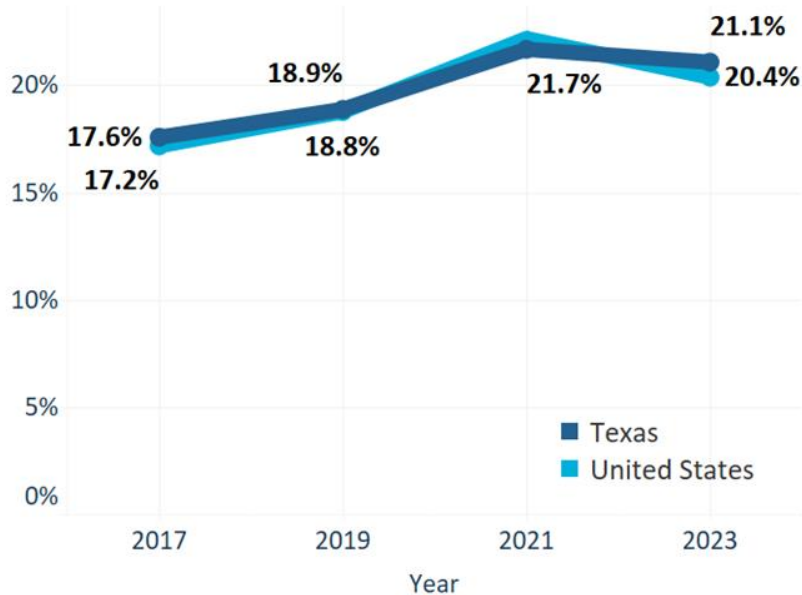


Source: Centers for Disease Control and Prevention (CDC). 1991-2023 High School Youth Risk Behavior Survey Data. Available at [yrbs-explorer.services.cdc.gov](https://yrbs-explorer.services.cdc.gov).

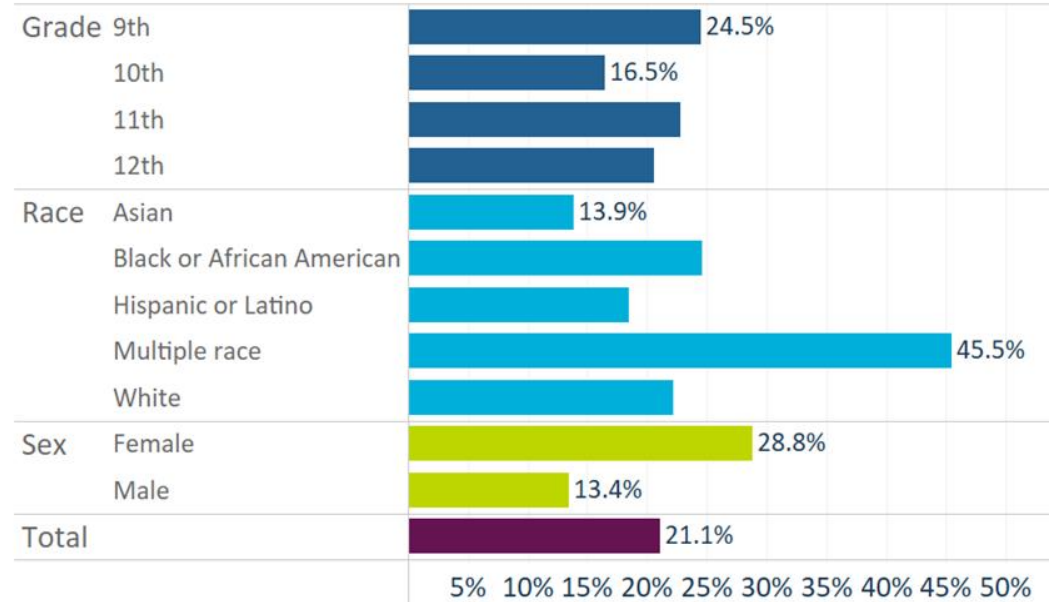
# Suicide and Suicidal Ideation

# Percent of respondents who seriously considered attempting suicide

Trend over Time



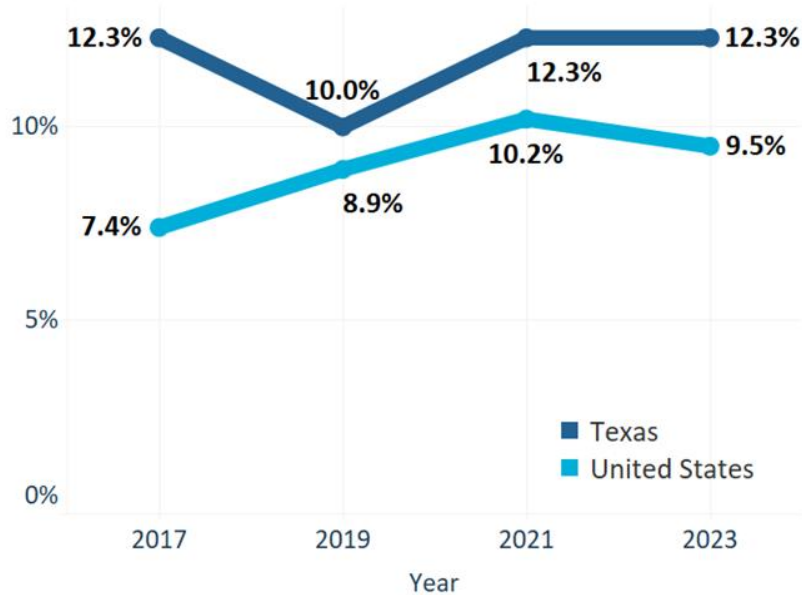
Texas Rates by Subgroup, 2023



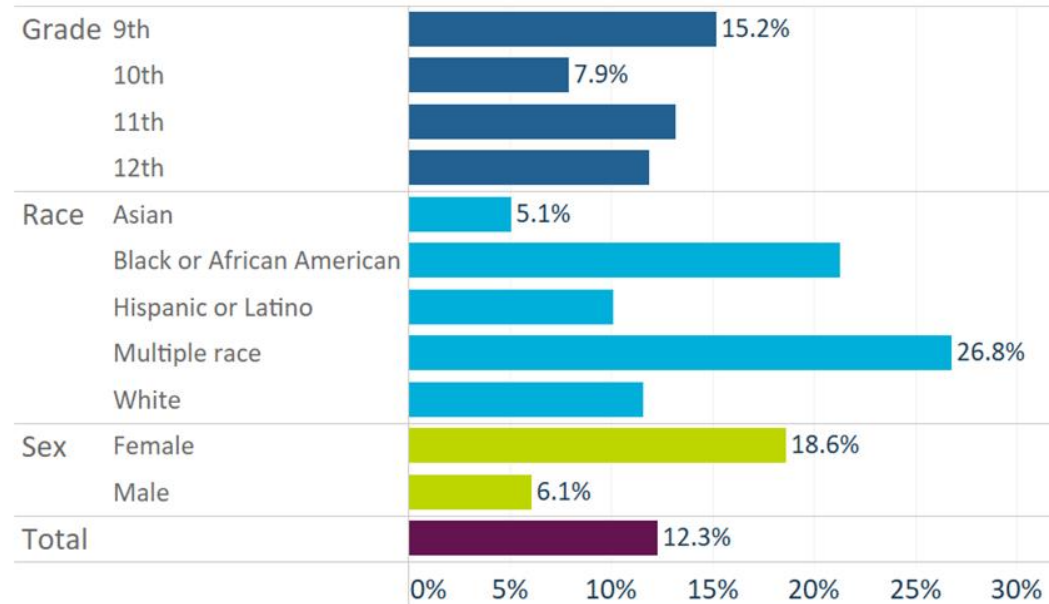
Source: Centers for Disease Control and Prevention (CDC). 1991-2023 High School Youth Risk Behavior Survey Data. Available at [yrbs-explorer.services.cdc.gov](https://yrbs-explorer.services.cdc.gov).

# Percent of respondents who attempted suicide in prior 12 months | 18

Trend over Time



Texas Rates by Subgroup, 2023

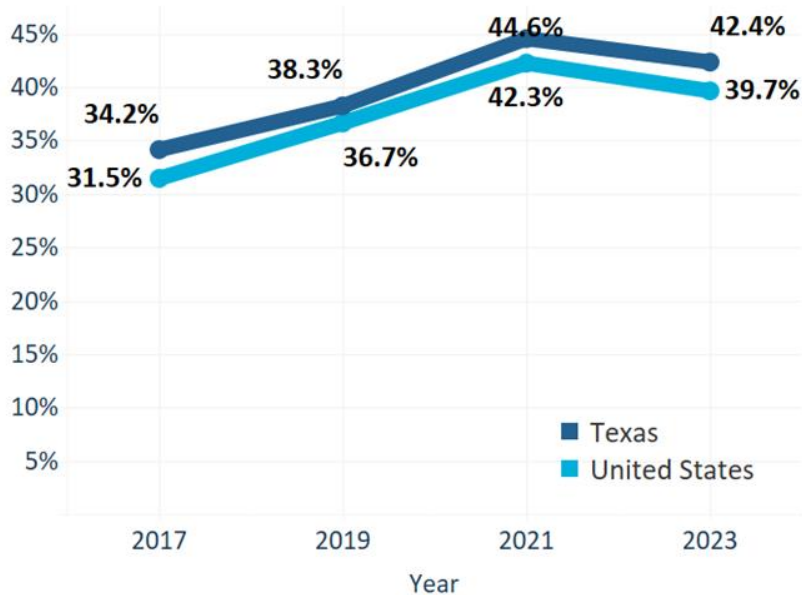


Source: Centers for Disease Control and Prevention (CDC). 1991-2023 High School Youth Risk Behavior Survey Data. Available at [yrbs-explorer.services.cdc.gov](https://yrbs-explorer.services.cdc.gov).

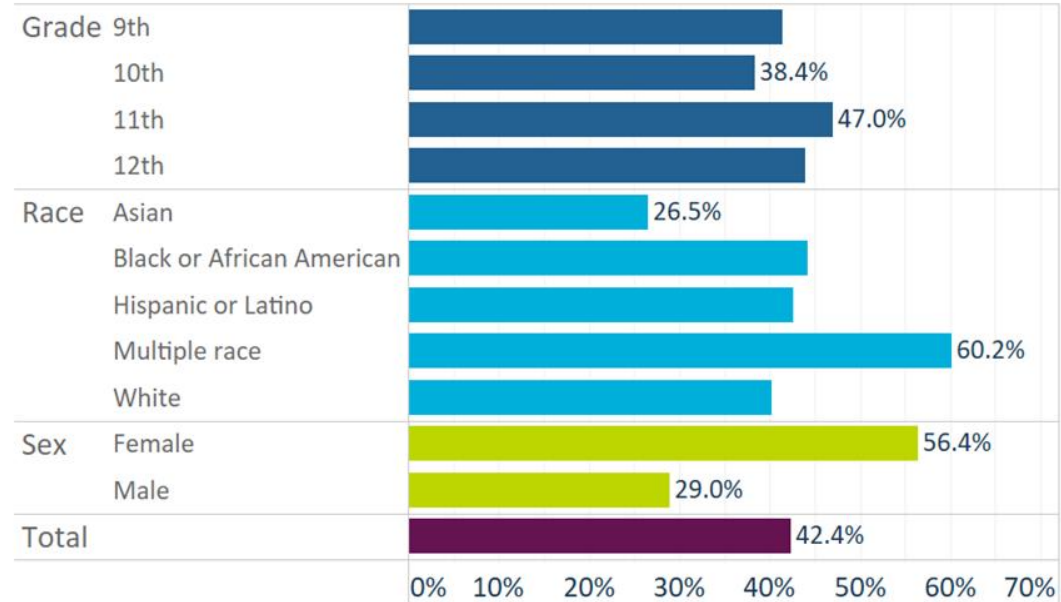
# Depression and Mental Health

# Percent of respondents who felt sad or hopeless

Trend over Time



Texas Rates by Subgroup, 2023

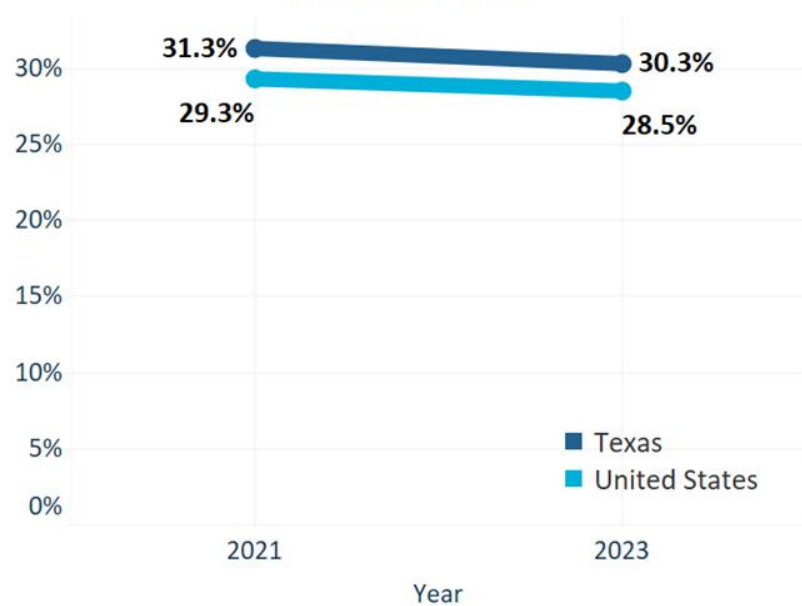


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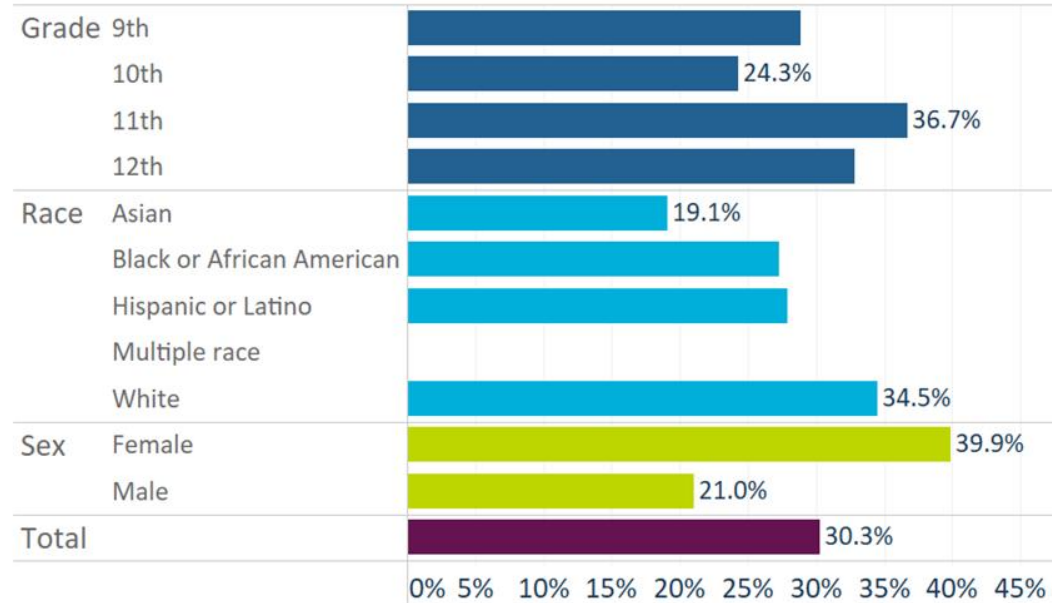


# Percent of respondents who reported that their mental health was most of the time or always not good | 21

Trend over Time



Texas Rates by Subgroup, 2023



Source: Centers for Disease Control and Prevention (CDC). 1991-2023 High School Youth Risk Behavior Survey Data. Available at [yrbs-explorer.services.cdc.gov](https://yrbs-explorer.services.cdc.gov).

# THE IDEAL CHILDREN'S MENTAL HEALTH SYSTEM

LIFE in the Community

OTHER HEALTH CARE

COMMUNITY



FAITH



HOME



FAMILY



SCHOOL



MENTAL HEALTH CARE

School MTSS  
(Multi-Tiered System of Support)

## Integrated Primary Care

Prevention and Early Detection  
Measurement Informed Care



- LEVEL 1 Mental Health Access Programs
- LEVEL 2 Collaborative Care (CoCM)
- LEVEL 3 CoCM + Embedded Clinicians

### SPECIALTY CARE

(MIC) Measurement informed care and best practices at every level



#### Outpatient

Physician, other non-physician specialists



#### Complex Care

Care for more complex, acute medical conditions in children's hospitals, outpatient clinics or centers of excellence



#### Urgent/Emergent

Urgent Care/Same Day Access  
Acute Care: children's hospital ER/inpatient hospitalization

Sufficient Network Capacity

### SPECIALTY CARE

(MIC) Measurement informed care and best practices at every level



#### Outpatient

Diagnostic Evaluation  
Treatment by: Psychiatrists, psychologists, and other licensed mental health professionals



#### Complex Care

Comprehensive Diagnostic Evaluation  
Treatment by: Multi-disciplinary teams in community, outpatient or hospital settings



#### Urgent/Emergent Care

Urgent Care/Same Day Access  
Mobile Response and Stabilization Services (MRSS)  
Acute Care: children's hospital ER/inpatient hospitalization

Sufficient Network Capacity

Like all health care, the best mental health care involves prevention, detection, and intervention at the earliest possible level.



# Legislative Impact

# Sustained Success at the Texas Capitol

Session	Medicaid Behavioral Health Budget	Total Behavioral Health Budget	Cumulative Increase	% Increase from 84th
84th (2015)	\$3.00B	\$6.59B	-	-
85th (2017)	\$3.52B	\$7.60B	\$1.01B	15%
86th (2019)	\$3.32B	\$8.20B	\$1.61B	24%
87th (2021)	\$3.68B	\$8.86B	\$2.27B	34%
88th (2023)	\$3.48B	\$11.68B	\$5.09B	77%

- Behavioral health funding in the 2024-25 budget totals **\$9.37 billion**, an **increase of \$1.25 billion (15.3%)** from the 2022-23 budget.
- The supplemental budget, SB 30, includes another **\$2.31 billion** for **inpatient facilities and mental health capacity**.

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# Texas Child Mental Health Care Consortium

## *Key Initiatives*

Texas Child Health  
Access Through  
Telemedicine  
(TCHATT)

Research Initiatives  
(YDSRN and  
CTRN)

Child Psychiatry  
Access Network  
(CPAN)

Community  
Psychiatry  
Workforce  
Expansion

Expand Child and  
Adolescent  
Psychiatry  
Fellowships



# Texas Child Mental Health Care Consortium

## Key Initiatives

- **SB 11 – 86<sup>th</sup> Legislature**
  - Leveraged health-related institutions (medical schools) to improve mental health care for children and adolescents
  - Created the Texas Child Mental Health Care Consortium
  - \$99 million dollars to fund five initiatives
- **There are 35 members:**
  - 12 medical schools
  - HHSC, health systems, non-profits

**(including MMHPI)**

*88<sup>th</sup> Legislative Session: **\$337.1 million** to fully fund the request of the **Texas Child Mental Health Consortium**, including \$172.7 million to make the **Texas Child Health Access Through Telemedicine (TCHATT)** program available to any willing school district in the state.*

Texas Child Health  
Access Through  
Telemedicine  
(TCHATT)

Expand Child and  
Adolescent  
Psychiatry  
Fellowships

Child Psychiatry  
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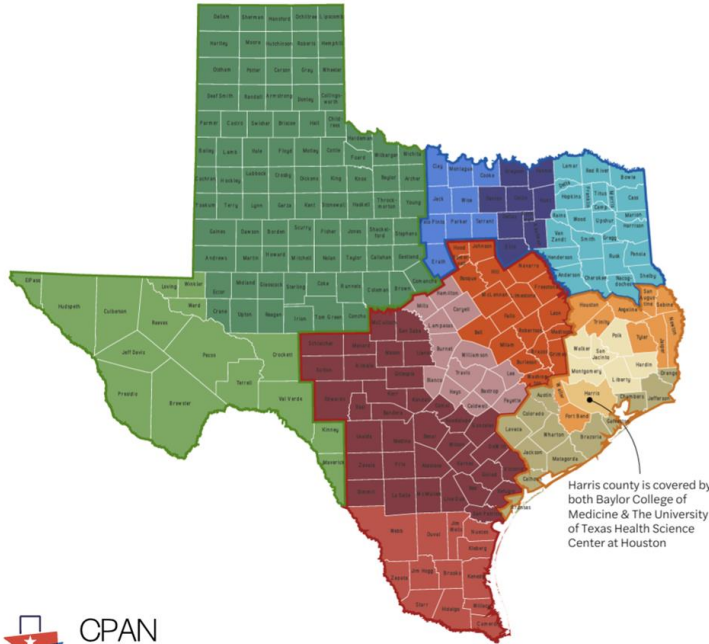
Research  
Initiatives  
(YDSRN and  
CTRN)

# CPAN

The Child Psychiatry Access Network (CPAN) offers real-time access to a multidisciplinary network of mental health experts in regions—including child psychiatrists—for peer-to-peer consults by phone, vetted and personalized referrals and resources, and behavioral health CMEs.

## Dial (888)901-2726 to reach CPAN

Then dial the numbers below for region and institution



- Dial 1**  
North and Northeast Region
  - 1 The University of North Texas Health Science Center at Fort Worth
  - 2 The University of Texas Southwestern Medical Center
  - 3 The University of Texas at Tyler Health Science Center
- Dial 2**  
South and Southeast Regions
  - 1 Baylor College of Medicine
  - 2 The University of Texas Health Science Center at Houston
  - 3 The University of Texas Medical Branch at Galveston
- Dial 3**  
Valley and Central Regions
  - 1 Dell Medical School at The University of Texas at Austin
  - 2 The University of Texas Health Science Center at San Antonio
  - 3 The University of Texas Rio Grande Valley School of Medicine
  - 4 Texas A&M University System Health Science Center
- Dial 4**  
West Region
  - 1 Texas Tech University Health Sciences Center
  - 2 Texas Tech University Health Sciences Center at El Paso

**14,253**  
Enrolled Providers

**3,020**  
Enrolled Clinics

**47,189**  
Completed Consults

**41,184**  
Patients Served

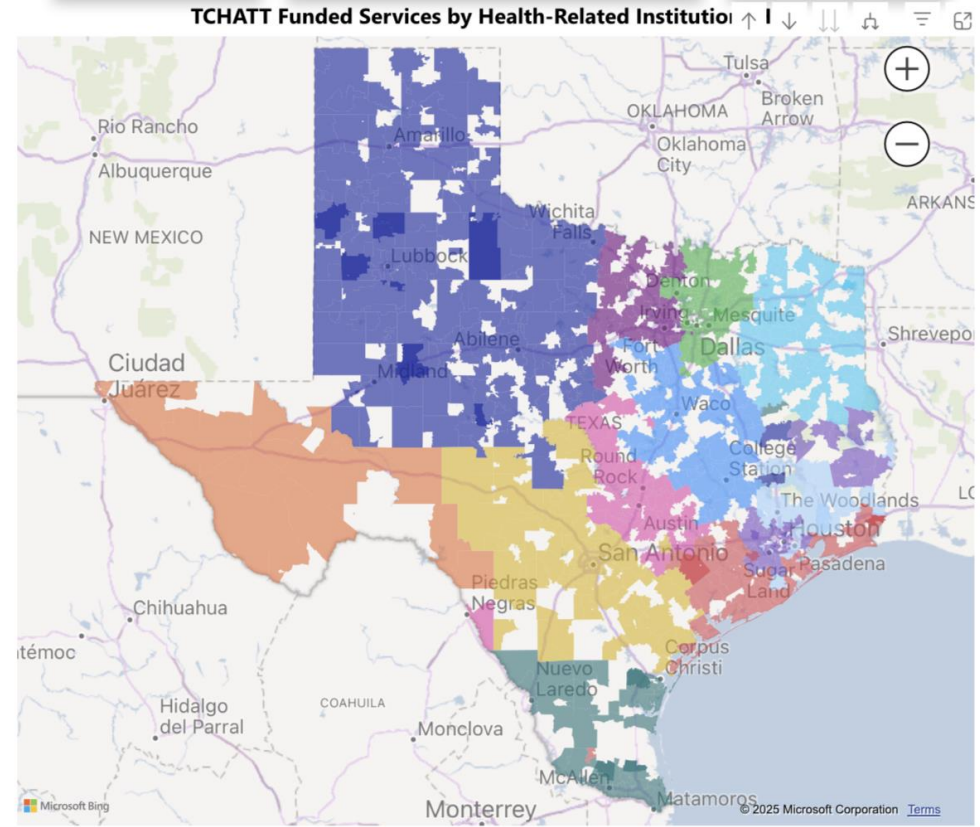
Data Through 3/4/2025

# TCHATT

Texas Child Health Access Through Telemedicine (TCHATT) provides telemedicine or telehealth programs to school districts to help identify and assess the behavioral health needs of children and adolescents and provide access to mental health services.

**Funding allocated this session allows any willing district to have access to TCHATT services.**

# of Campuses	Student Population Who Can Access Services	# of School Districts
7,041	4,304,679	920




- HRI
- BCM
- TAMUHSC
- TUHSCH
- TTUHSC EP
- UNTHSC
- UT Aus Dell ...
- UTHSCH
- UTHSCSA
- UTMB
- UTRGV
- UTSW
- UTTHSC

\*as of 4/2025

# Intensive Services for High-Needs Youth

The 88th Legislature continued building out the continuum of care of intensive, evidence-based services for high-needs youth. These included:

- **\$172.7 million** for the **Texas Child Health Access Through Telemedicine (TCHATT)** to find **high-risk youth** and initiate intervention;
- **\$14 million** for **Youth Mobile Crisis Teams**, so communities can **respond urgently to youth in crisis**;
- **\$32.45 million** to sustain and expand **Multisystemic Therapy (MST)** team capacity to **treat most at-risk youth**; and
- **\$4.2 million** of state general revenue to expand **Coordinated Specialty Care (CSC)** team capacity, the gold standard of treatment for **youth experiencing psychoses**.



# Primary Care: Integrated Behavioral Health

# Integrated Behavioral Health (IBH) Models

## Peer to Peer Consultation

Example: Child Psychiatry Access Program (CPAP)

- Primary care provider (PCP) reaches out to BH professional for “curbside consult”
- Psychiatrist discusses case with PCP or pediatrician, provides recommendations re: diagnosis and treatment alternatives
- Best used in regions with specialist shortages (e.g., child psychiatry, peri-natal, rural)

## Colocation

Example: Primary Care Behavioral Health (PCBH)

- Psychiatrist/therapist provides direct services within primary care setting
- Short-term psychotherapy, brief consultation, ad hoc collaboration with PCP or pediatrician

## Fully Integrated Care

Example: Collaborative Care Model (CoCM)

- Evidence-based model of care focused on improving mental health within primary care
- Patient has integrated BH team: PCP or pediatrician, behavioral health care manager (BHCM), and psychiatric consultant
- Required elements: measurement-based care and treatment registry

# Essential Components of Integrated Behavioral Health



Screening



Standardized  
Tracking



Measurement  
Informed Care



Availability of a  
Psychiatric  
Consultant

# Five Core Principles of Collaborative Care Model

CoCM has five primary evidence-based principles

Patient-centered team care

Population-based care

Measurement-based treatment to target

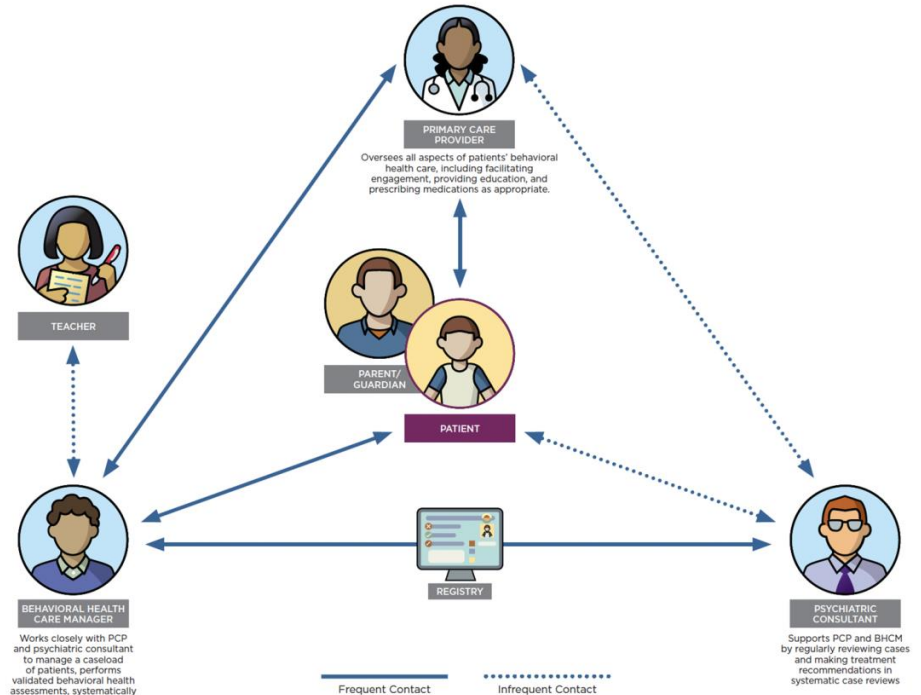
Accountable care

Evidence-based care

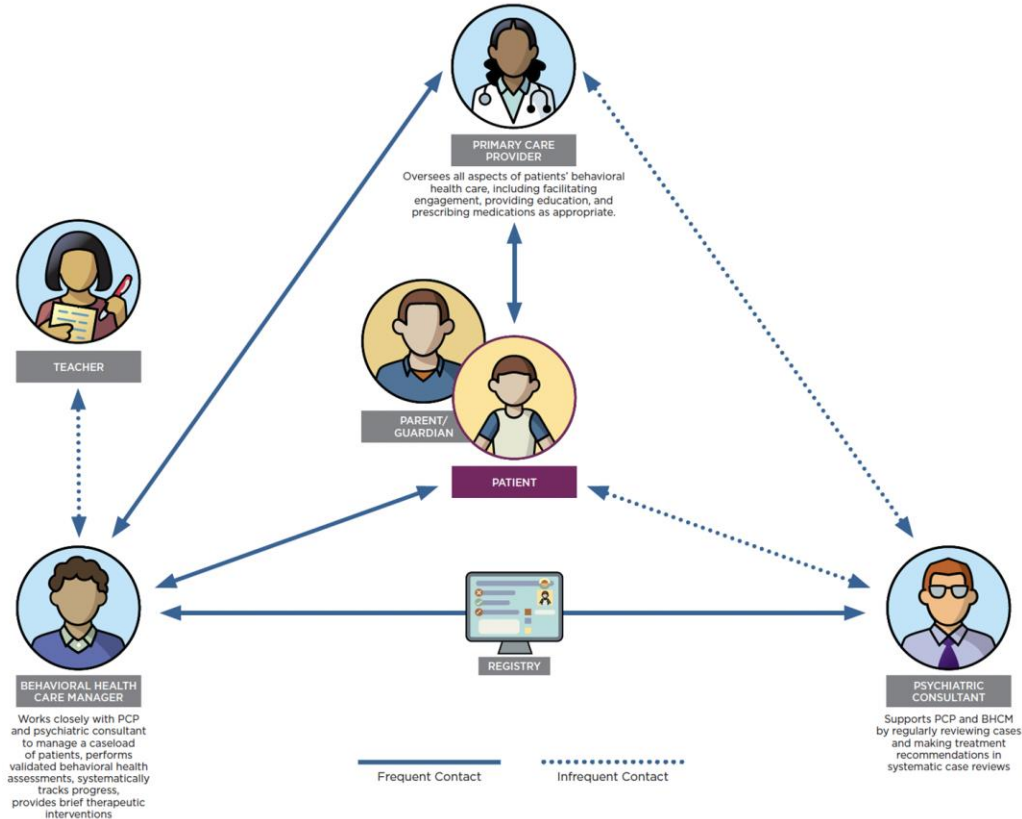


# What is Collaborative Care (CoCM)?

- CoCM is an extensively evidence-based model for integration of mental health treatment into primary care
- The model leverages a specially-trained care manager to facilitate team-based care with the primary care provider and a designated psychiatric consultant
- CoCM is a population health intervention that prevents patients from falling through the cracks
- CoCM has been shown to be effective for various mental health problems across diverse populations and treatment settings



# Collaborative Care (CoCM) Team





# Thank you!

**Roshni Koli, MD**  
Chief Medical Officer  
[rkoli@mmhpi.org](mailto:rkoli@mmhpi.org)

MEADOWS  
MENTAL HEALTH  
POLICY INSTITUTE

**PASO *del* NORTE CENTER**  
Meadows Mental Health Policy Institute

 **THE HACKETT CENTER**  
FOR MENTAL HEALTH

**TRAUMA & GRIEF CENTER**  
Meadows Institute

Meadows Institute | DALLAS

Meadows Institute | PANHANDLE



# Championing Mental Health Literacy in Schools

WHAT

WHY

WHO

HOW

# WHAT



## District & State

- Policies
- Resources



## Schoolwide

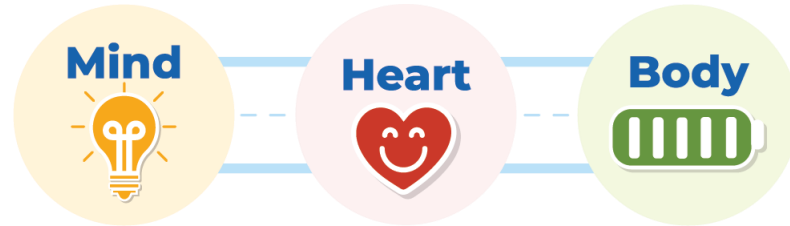
- Social-Emotional Learning
- Systems, policy, and environment



## Classroom

- Mental Health Literacy Education
- Skills-Based Health Education

# WHY



- Impacts learning
- Impacts student behavior
- Foundational Skill Building
  - Health Literacy
  - Mental Health Literacy
  - Social & Emotional Competencies
- Improves community within the school and beyond



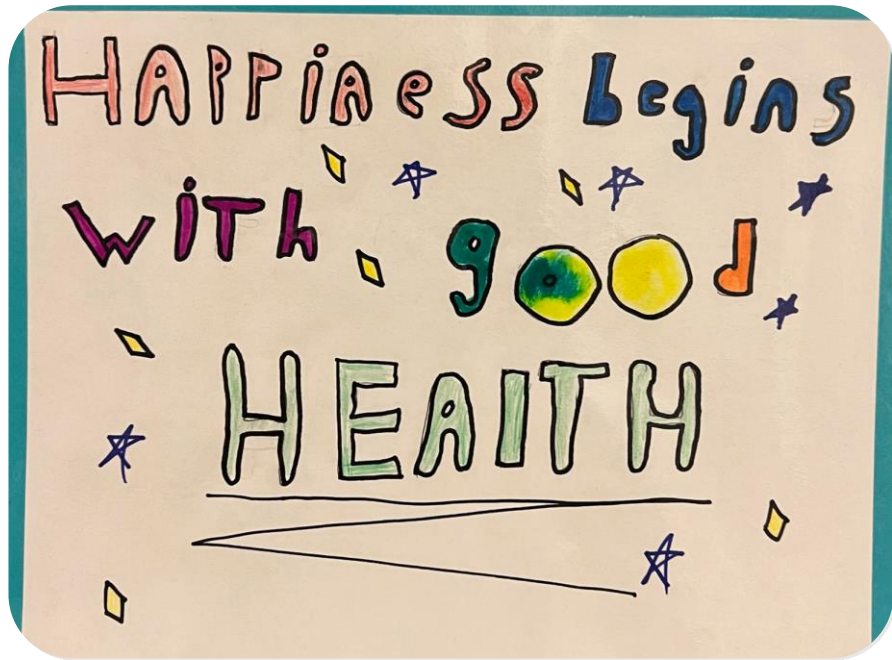


**WHO**

**Champions**

**Wellness Teams**





## HOW

- Wellness Teams
- Data driven initiatives
- Champions & Counselors
- Behavioral Health Staff
- Family & Community Engagement
- Professional Development



**Time for a  
mindfulness activity!**



**Respiración " 3 por 1 "**  
RESPIRAMOS HONDO 3 VECES:

-  MENTE
-  CORAZÓN
-  CUERPO

# 3-for-Me Breathing



**3 for ME Breathing**  
THREE DEEP BREATHS FOR YOUR:

-  MIND
-  HEART
-  BODY



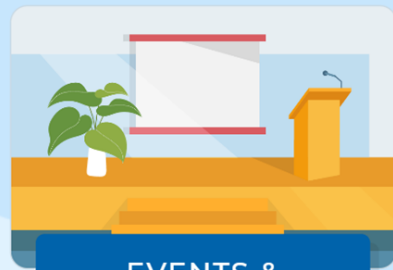
### CHAMPION LOUNGE

network & learn



### DESTINATION OF THE MONTH

travel and on-site visits



### EVENTS & PROFESSIONAL DEVELOPMENT

and career growth



### STUDENT ACTIVITY CENTER

social & fun



### FREE PROGRAMS & RESOURCES

for everyone

# Professional Development



Tier 1 Mental Health Education



1-hour virtual or in-person training

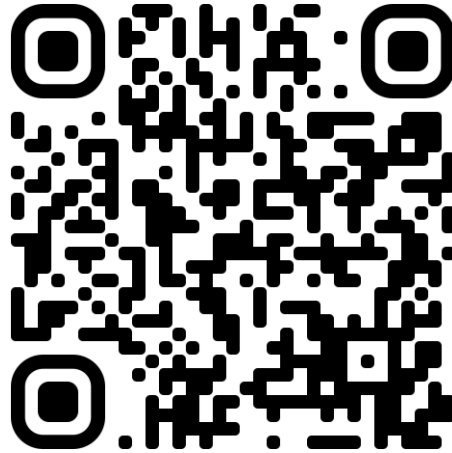


Participants will learn how to implement Tier 1 mental health education, standards-aligned curriculum, and strategies to create a school culture promoting whole child wellness.

[catch.org/professional-development#contact](https://catch.org/professional-development#contact)



# California & Texas Educators



# CHECKLIST

- Systems of Support
- Services and Resources
- Education
- Coordination
- School Climate
- Staff Mental Well-being
- Family & Community Engagement
- Reducing barriers to access
- Culturally responsive support
- Crisis prevention & intervention

# Q & A

*Any questions?*

Active Travel, Active Lives: A Public Health  
Perspective on School Commutes for  
Children



Wed, May 28

# Thank You

Questions? Contact Us!

[catch.org](https://catch.org)

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[msdcenter.org](https://msdcenter.org)

@msdcenter



@CATCHhealth

