

TEXAS CHILD HEALTH ACCESS THROUGH TELEMEDICINE (TCHATT)

2022-2023

University of Texas at Austin Dell Medical School

**All information current as of July 2022*



TCHATT
Texas Child Health Access
Through Telemedicine



The University of Texas at Austin
Dell Medical School


dell children's
Ascension Medical Group

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tcmhcc

Texas Child Mental Health Care Consortium

Among many significant mental health initiatives in past legislative sessions, Senate Bill 11 (2019) offered significant funding for child and youth mental health services, as well as establishing the Texas Child Mental Health Care Consortium (TCMHCC) to foster collaboration on children's mental health among medical schools in Texas. During our most recent legislative session, funding for TCMHCC was continued in Senate Bill 1 (2021).

Texas Child Health Access Through Telemedicine, or TCHATT, is an initiative of TCMHCC and provides telemedicine or telehealth programs between health related institutions and local school districts for schools to identify and assess the behavioral health needs of children and adolescents and provide access to mental health services, prioritizing the needs of at-risk children and adolescents and maximizing the number of school districts served in diverse regions of the state.

Learn more about TCMHCC at: <https://tcmhcc.utsystem.edu/>

To view insights such as:



Program Metrics



District Contact Information



Mental Health Resources

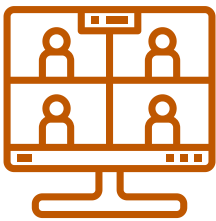
To learn more scan or click the QR code below



Program Overview

Texas Child Health Access Through Telemedicine, or TCHAT, partners with schools across Central Texas to increase equity and access to mental health services for students. All TCHAT services are offered free of charge to school districts and their students. Our clinicians include pediatric psychologists, psychiatrists, and other licensed mental health providers.

What we provide students



Up to 5 telehealth appointments per academic school year



Referrals to community mental health services

What we provide school staff



Mental health education and training for school personnel



Consultation for school personnel on mental health protocols, screening, and programming.

Signs your student may need TCHAT services

- Persistent sadness or worry
- Change in eating or sleeping habits
- More frequent tantrums or "acting out"
- Avoiding schoolwork or having trouble concentrating
- Avoidance of activities that your student used to enjoy
- Unexplained physical symptoms such as headaches, stomachaches, or body pain.



TCHATT CATCHMENT AREA

Dell Medical School at the University of Texas at Austin provides TCHATT services to 13 counties across Central Texas. This includes Hamilton, Mills, Coryell, Lampasas, Burnet, Williamson, Travis, Lee, Blanco, Hays, Bastrop, Caldwell, and Fayette counties. In addition to developing partnerships with independent and consolidated independent school districts in these counties, TCHATT has also extended its services to include Harmony Public Schools (a charter school system) in addition to both Texas School for the Deaf and Texas School for the Blind.

TO LEARN WHICH DISTRICTS AND CAMPUSES WE CURRENTLY SERVICE, SCAN OR CLICK THE QR CODE



What our clinicians say

**Nithya Mani, MD
TCHATT Psychiatrist**

““ —

TCHATT services are important to me because I understand how difficult it is to navigate mental health care. TCHATT allows us to get the treatment started while we helping a child get connected. Additionally, I know there is stigma and misconceptions about mental healthcare. At TCHATT we aim to dispel those myths and allow students and families to have a positive interaction with mental health care.

““ —

TCHATT services are important to me because of the essential opportunity to highlight the current gaps in Deaf and Hard of Hearing mental and behavioral health care in the state of Texas...Recognition of this gap is hugely important in order to bring state-wide awareness and focus to this issue. My hope is that TCHATT, particularly with its emphasis on underserved communities, can have a greater impact at the state level to specifically illustrate the gap between identified needs and available services, especially for DHH patients

**Sarah Schoffstall, PhD,
TCHATT Psychologist**

““ —

**Oscar Widales-Benitez, PhD,
TCHATT Psychologist**

Establishing mental health support services for a child or a teen can be difficult especially for undersourced families. Schools offer an incredible venue through which providers can increase access to mental health care, as the vast majority of kids and teens in the state of Texas attend school. By providing free mental health support to students and their families through schools, TCHATT services facilitate what may otherwise be a complicated and convoluted process for many families.

TCHATT Testimonials

Click on the image to watch the videos below!



***TCHATT Overview:
What is TCHATT?***

***A Families story
with TCHATT***



***Why schools need
TCHATT***

If you have a hard copy and would like to view these videos and more, please scan the QR code for our full TCHATT Library.



Campus Liaison Spotlight

Campus Liaisons foster communication between TCHATT clinicians and families, students, teachers, and community-based behavioral health clinicians. Examples of previous TCHATT Campus Liaisons include school administrators, social workers, guidance counselors, and school psychologists.

**Carrie Lee
Wimberley ISD**

“ TCHATT has greatly benefited our students by providing excellent telehealth services and connecting them with follow-up services in the community. I’ve received really positive feedback from parents who are so appreciative of the services!

“ TCHATT has been a remarkable tool for the students I have referred into the program. This program is a convenient tool that has allowed my students to get the much needed support and essential services they require to assist them in feeling better...I have seen many positive benefits in my students after using the services and sessions from TCHATT.

**Daniel Alvarez
Elgin ISD**

**Rhonda Burnell
Copperas Cove ISD**

“ When students are getting services on-campus, the counselors get to work with the treatment team to discuss classroom management and resources. TCHATT is a direct way to work directly with providers, to be able to ask the tough questions and have these conversations. Counselors feel relieved that they have someone to go to.

Meet our Team

Providing needed mental health services to the community takes a village, and we are here to be part of your team! Dell Medical School's team is comprised of:

Psychologist
Psychiatrist
Licensed Mental Health Professionals
Care Coordinators
Administrative Associates/ Assistants
Interns and Externs

To learn more about our team, scan the QR code.



Contact Us

If you think your student/child is in need of TCHAT services, contact us:



+1 512-763-7523



Contact Form

To learn more about TCHAT at Dell Medical School, scan or click the QR code below to visit our website!

