



tcmhcc

Texas Child Mental Health Care Consortium

YAM Project Updates

Madhukar Trivedi, MD

Center for Depression Research and Clinical Care

UT Southwestern Medical Center

HRI Leads



Tobi Fuller,
PhD, MSN, RN
UTSW
Educational
Psychologist
Risk and
Resilience
Network
Manager



Kim Gushanas,
PhD
UTMB
Licensed
Psychologist
Assistant
Professor



Brittney
Nichols,
MBA, LPC-S
UTHSCT
Director,
Department of
Psychiatry and
Behavioral
Medicine
CPAN and
TCHATT



Reena
Pardiwala,
MSPA, PA-C
UTHSCSA
Clinical
Director,
TCHATT



Puja Patel
UT Dell
Pediatric
Psychologist
Assistant
Director SB1



Jennifer Rojas-
McWhinney,
PhD, CFLE
TTUHSC
Managing
Director
Campus
Alliance for
Telehealth
Resources,
TCHATT, and
CPAN



Kelly Sopchak
TAMUHSC
Manager,
TCHATT



Cesar Soutullo,
MD, PhD
UTHSCH
Vice Chair and
Chief of Child
and
Adolescent
Psychiatry and
Behavioral
Sciences



tcmhcc

Texas Child Mental Health Care Consortium

YAM Train-the-Trainer



4 UTSW YAM Facilitators certified as Trainers by YAM Developers



tcmhcc

Texas Child Mental Health Care Consortium

YAM Train-the-Facilitator Sessions: HRI Representation



March 2022

TTUHSC
UTSA
UTSW



July 2022

TAMU
Dell
UT Tyler
UTSW



July 2022

TTUHSC
Dell
UT Houston
UTSA
UTSW



tcmhcc

Texas Child Mental Health Care Consortium

YAM Train-the-Facilitator Sessions: HRI Representation



August 2022

UTSA
UTMB
UTSW
UT Houston



Sept 2022

TAMU
TTUHSC
UT Houston
UTSA
UT Tyler
UTSW



Oct 2022

TAMU
Dell
TTUHSC
UT Houston
UTSA
UT Tyler
UTSW



tcmhcc

Texas Child Mental Health Care Consortium

YAM Train-the-Facilitator Sessions: HRI Representation



December 2022

TTUHSC
UTMB
UTSW
UT Houston
UTSA



January 2023

TAMU
TTUHSC
UT Houston
UTSA
UT Tyler
UTSW



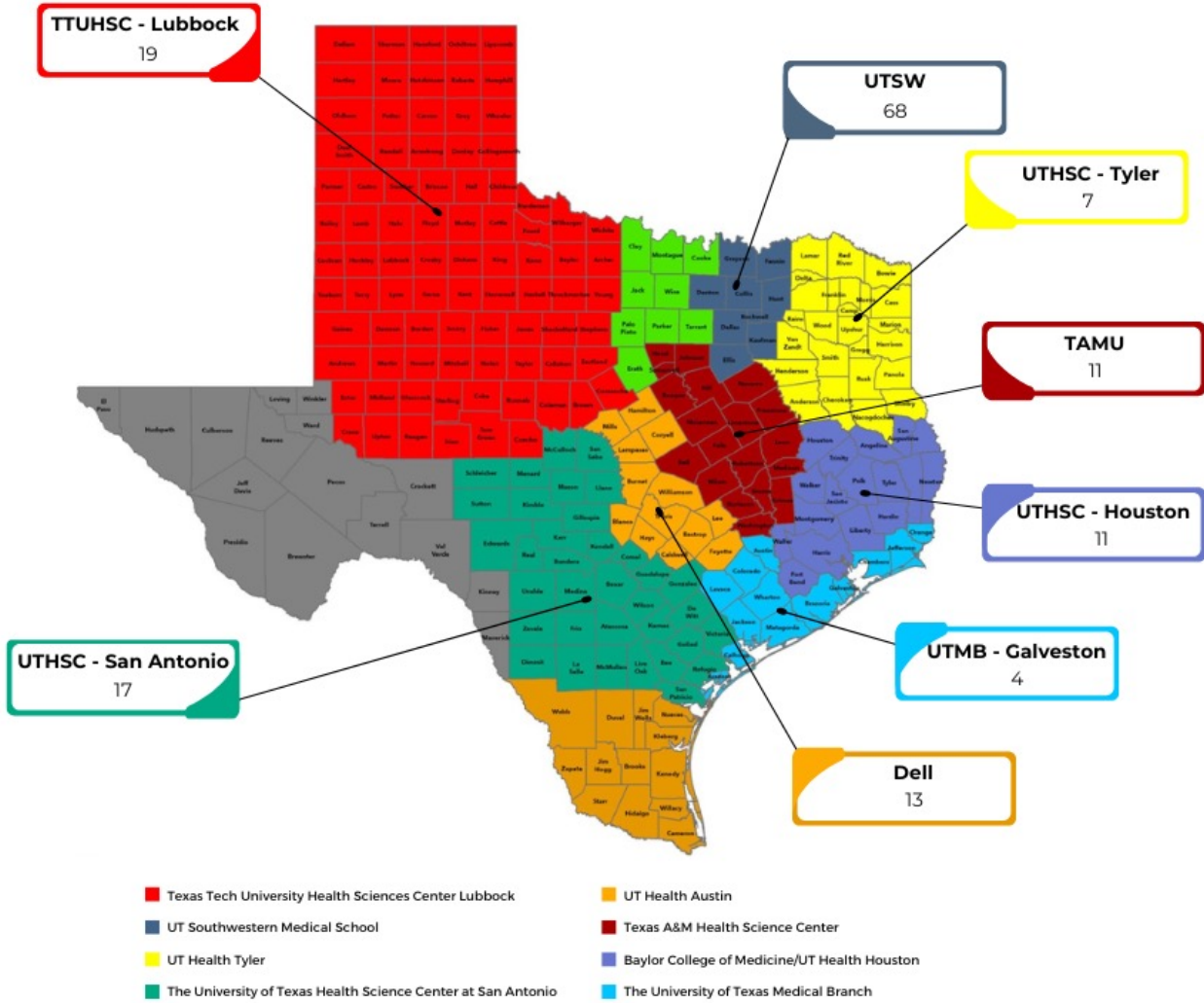
March 2023



tcmhcc

Texas Child Mental Health Care Consortium

Progress: 150 Instructors Trained



tcmhcc

Texas Child Mental Health Care Consortium

Schools / Districts Engaged by HRIs

UTSW

- Arlington
- Bonham
- Ector
- Gunter
- HEB
- Irving
- Plano
- Sam Rayburn
- Trenton
- Uplift Charter Network *

TTUHSC-Lubbock

- Abernathy
- Bovina
- Bronte
- Eden
- Eula
- Irion County
- Lorenzo
- Lubbock-Cooper
- New Deal
- Olney
- Post
- Santa Anna
- Seminole
- Seymour
- Slaton
- Vega

UTHSC-San Antonio

- Beeville
- Boerne
- Bloomington
- East Central
- George West
- Harlandale
- Harper
- Poteet
- San Antonio
- Southside

Dell

- Copperas Cove
- Dripping Springs
- Hays
- Wayside Schools

UTHC - Tyler

- Arp
- Atlanta
- Cumby
- Detroit
- Elkhart
- Elysian Fields
- Fruitvale
- Hawkins
- Jefferson
- Prairiland
- UT Tyler University Academy
- Waskom
- Winnsboro

TAMU

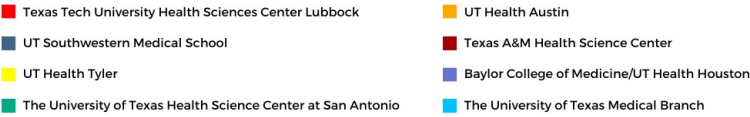
- Bryan
- Buna
- College Station
- Huntsville
- Latexo
- Milano
- Killeen

BUTHSC-Houston

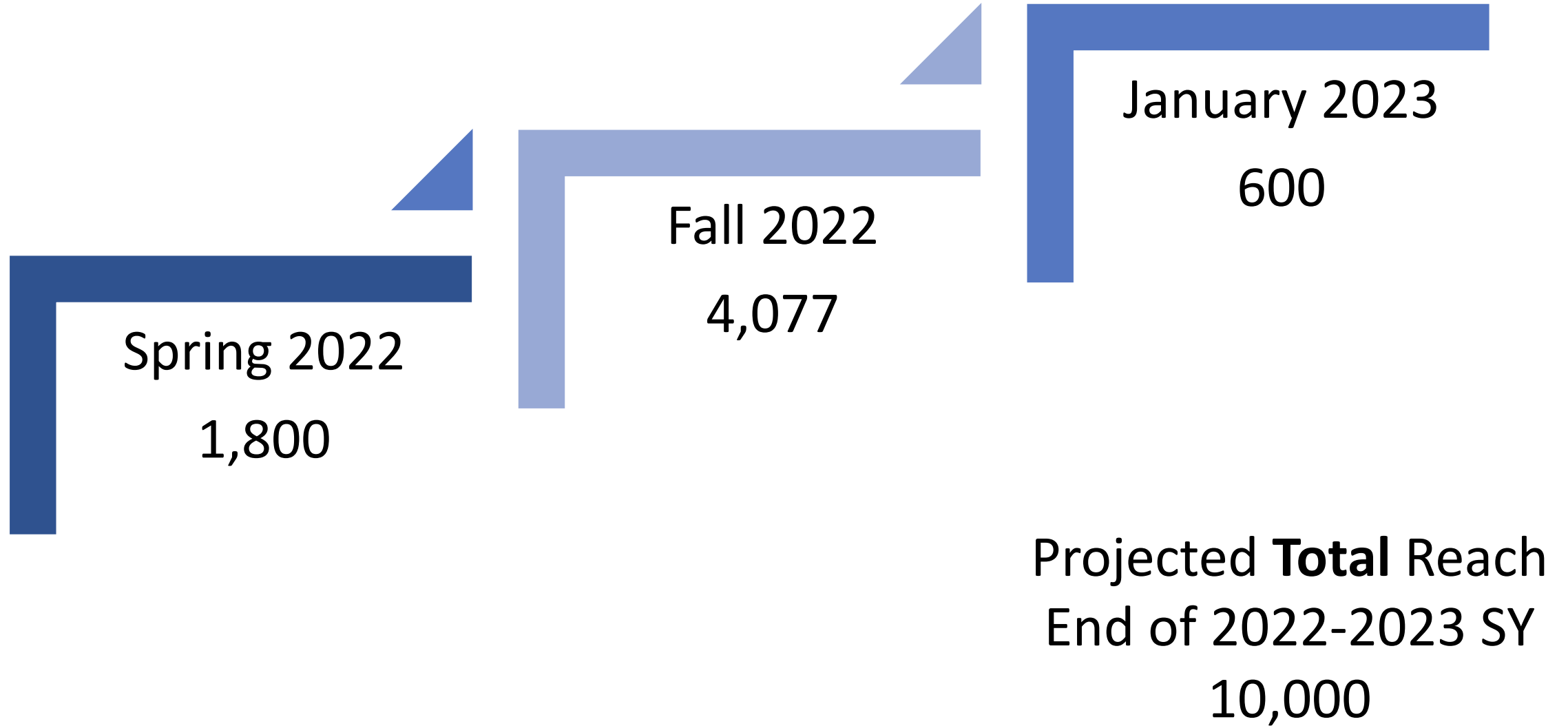
- Aldine
- Fort Bend
- Harmony Public Schools
- Houston
- Humble
- Katy
- Pasadena
- Pearland
- Pro-Vision Academy

UTMB-Galveston

- Dickinson
- Friendswood
- Hitchcock



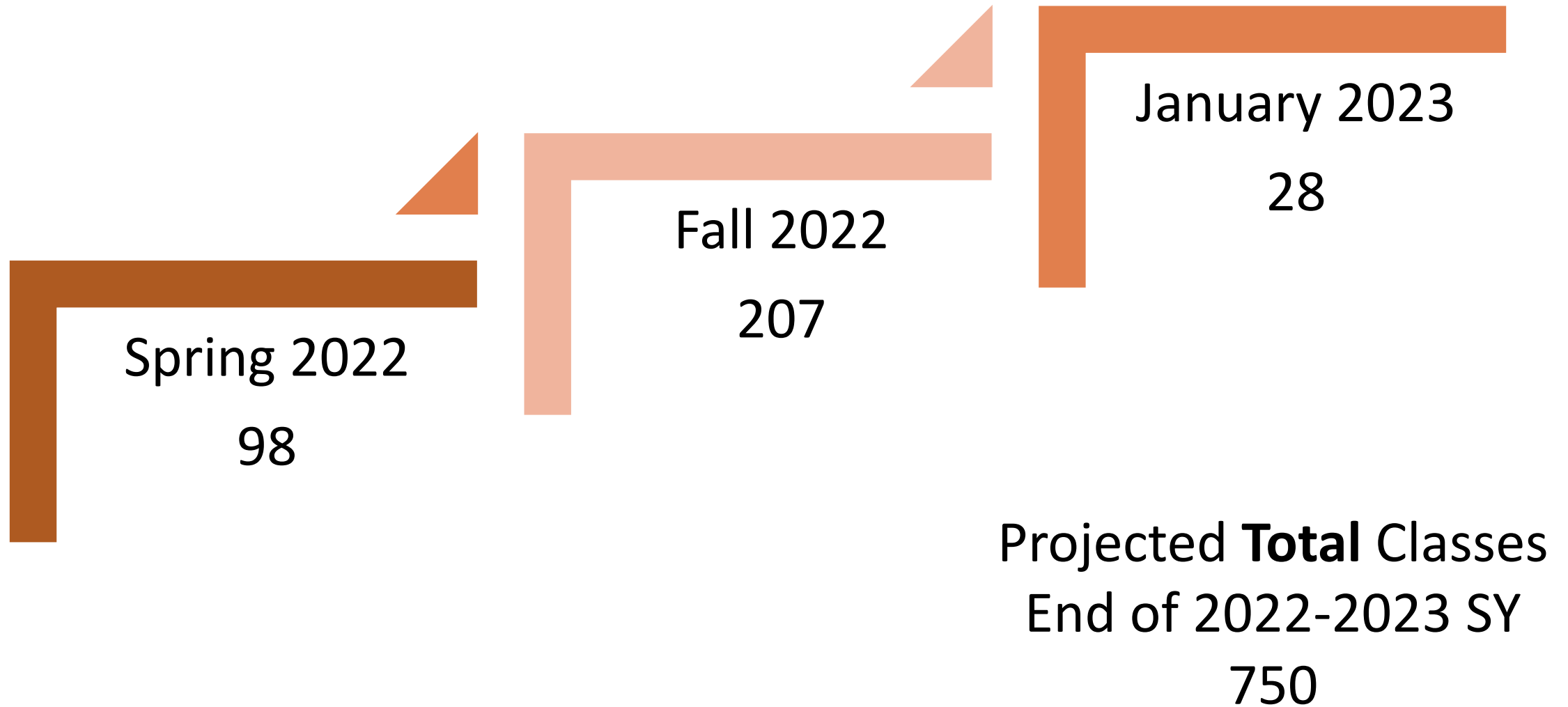
YAM Student Reach



tcmhcc

Texas Child Mental Health Care Consortium

YAM Student Classes



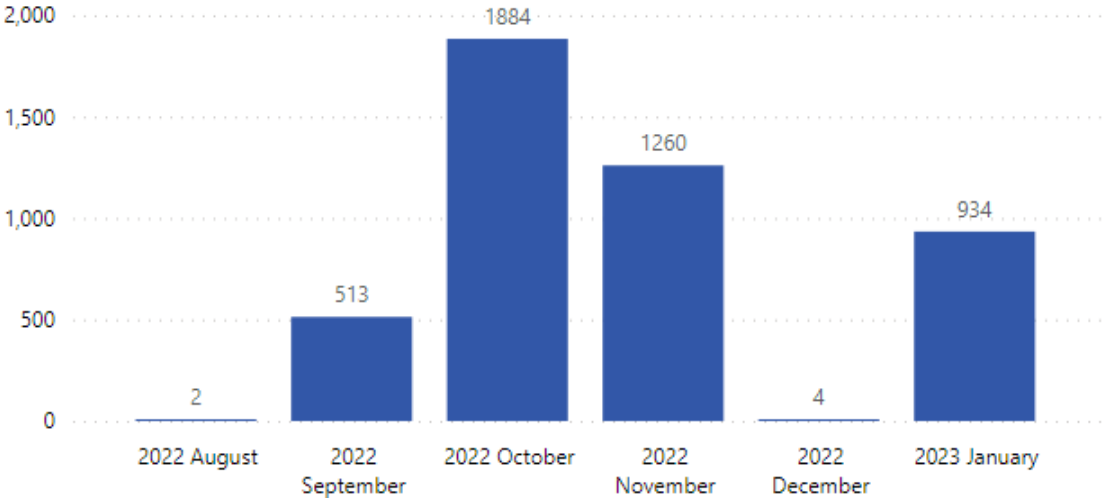
tcmhcc

Texas Child Mental Health Care Consortium

Evaluations Completed by Month

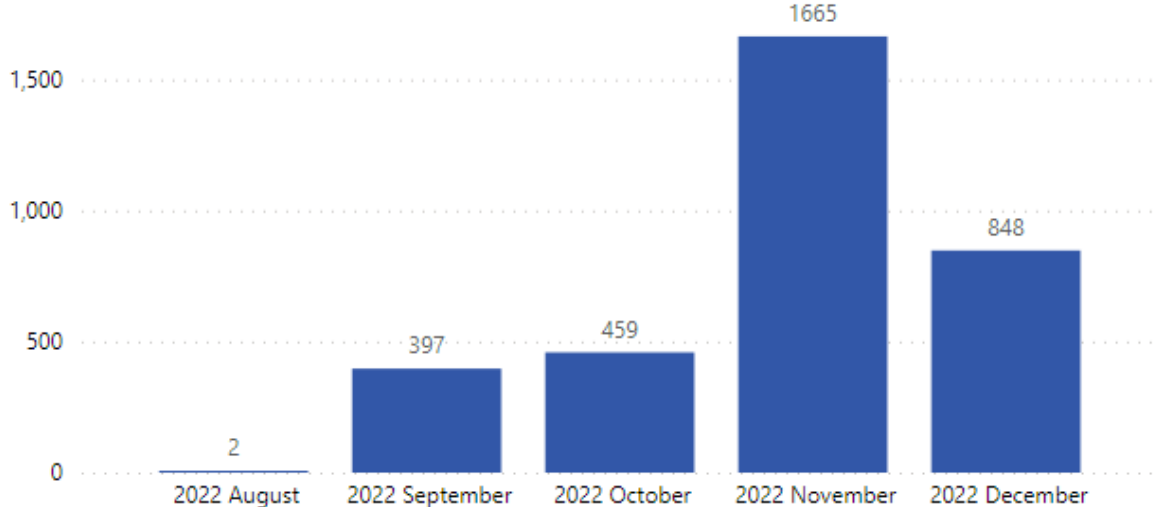
Pre-Evaluations

n = 4,597



Post-Evaluations

n = 3,371



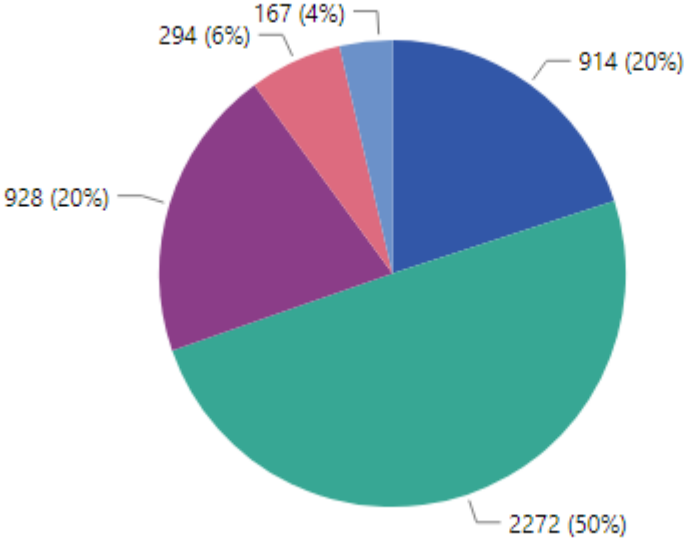
tcmhcc

Texas Child Mental Health Care Consortium

Grade Level Student Reach

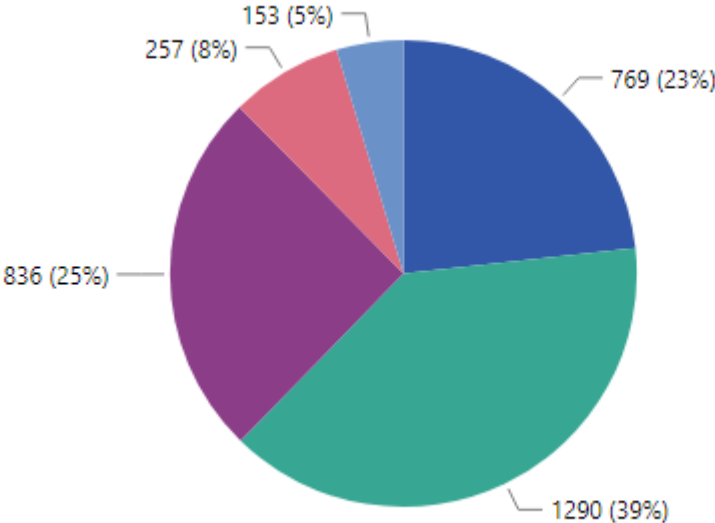
Pre-Evaluations

n = 4,575



Post-Evaluations

n = 3,305



- 8th
- 9th
- 10th
- 11th
- 12th



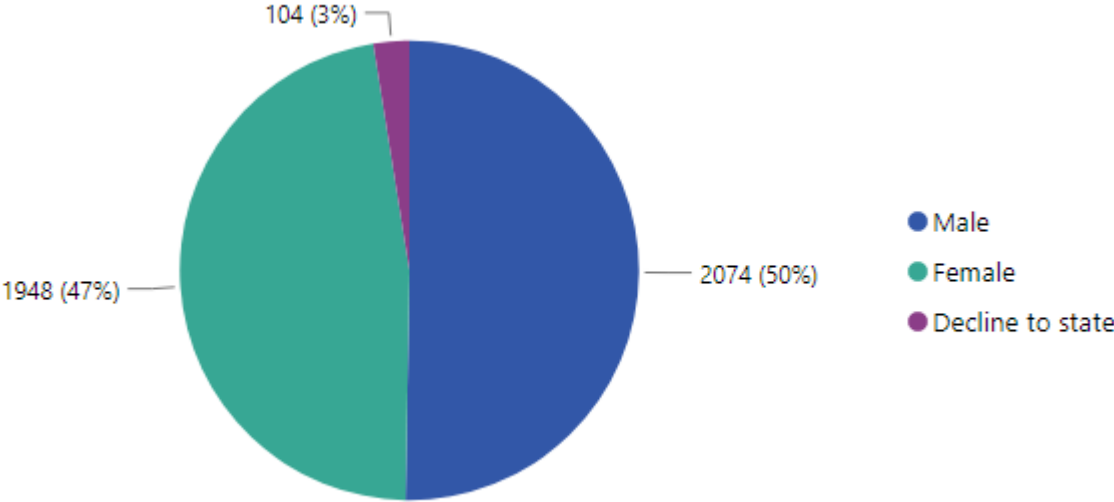
tcmhcc

Texas Child Mental Health Care Consortium

Gender Student Reach

Pre-Evaluations

n = 4,126



Post-Evaluations

n = 2,884



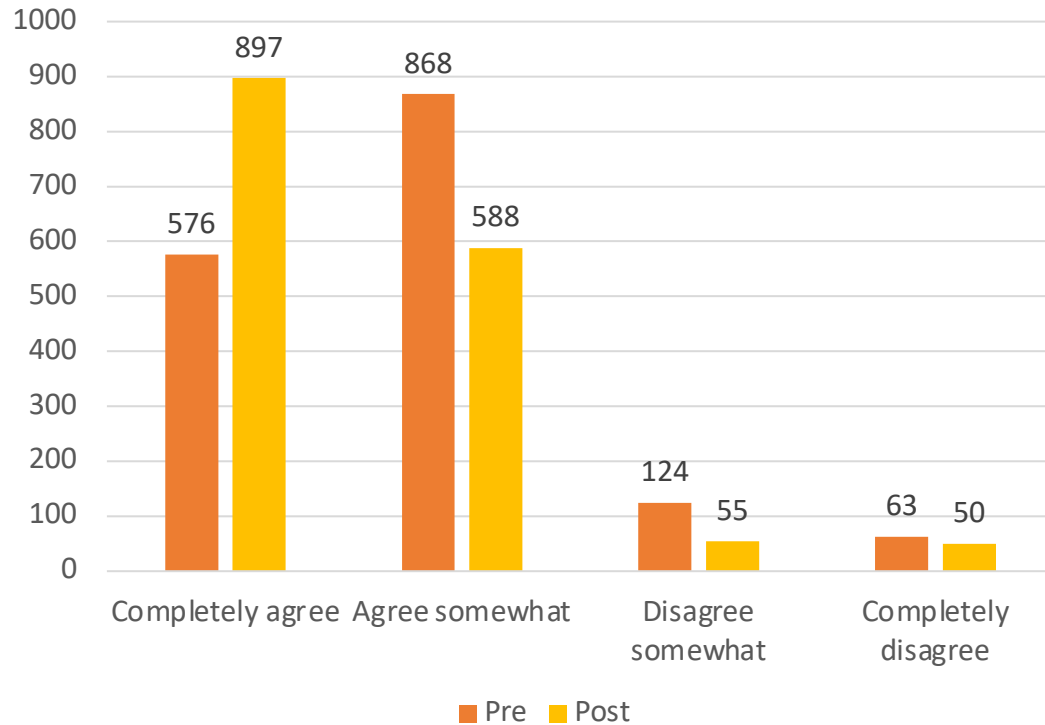
tcmhcc

Texas Child Mental Health Care Consortium

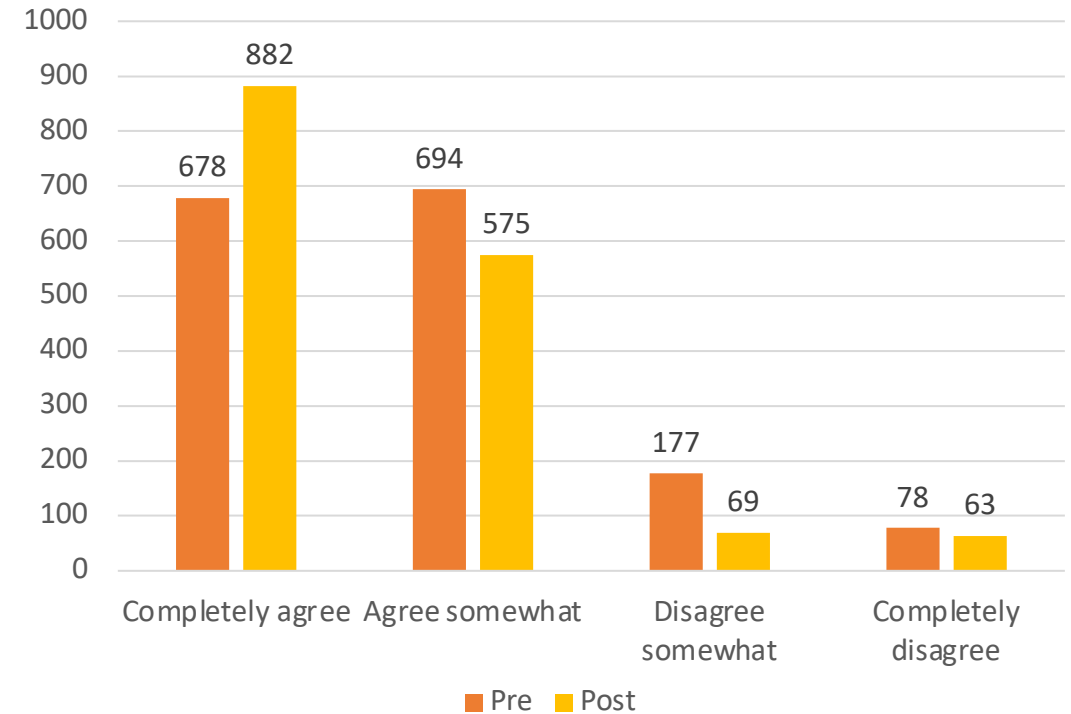
Mental Health Literacy

Read each statement and choose how much it applies to you.

I have a clear understanding of what may cause mental health problems



I believe I know where to get help if I ever experience mental health problems



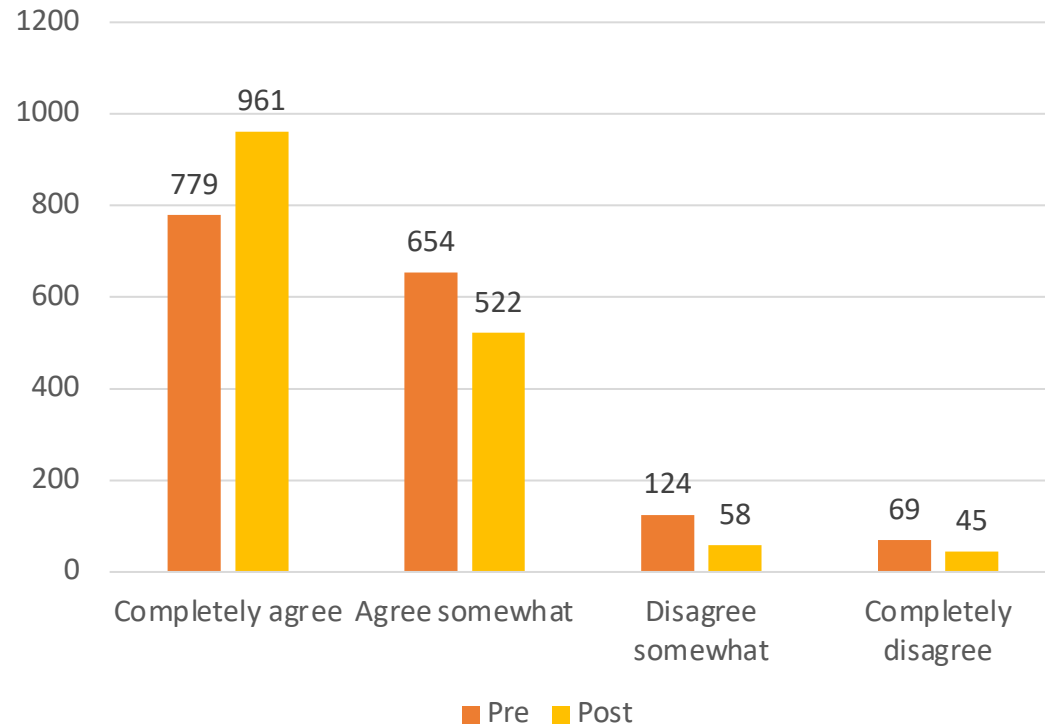
tcmhcc

Texas Child Mental Health Care Consortium

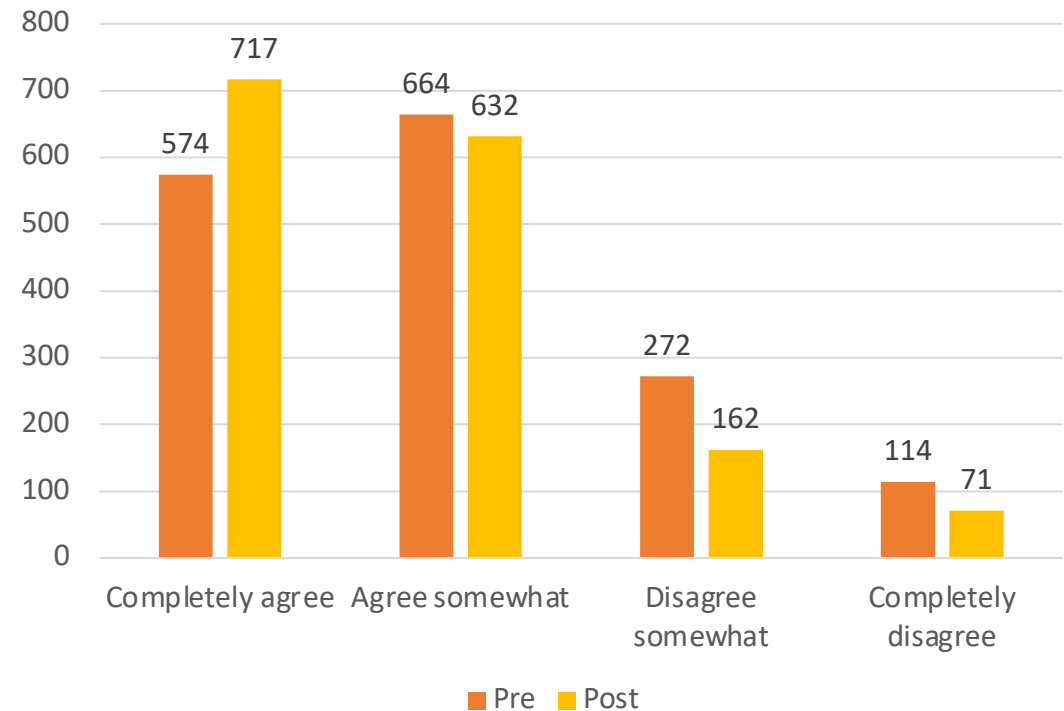
Mental Health Literacy

Read each statement and choose how much it applies to you.

I know that there are several ways to treat mental health problems

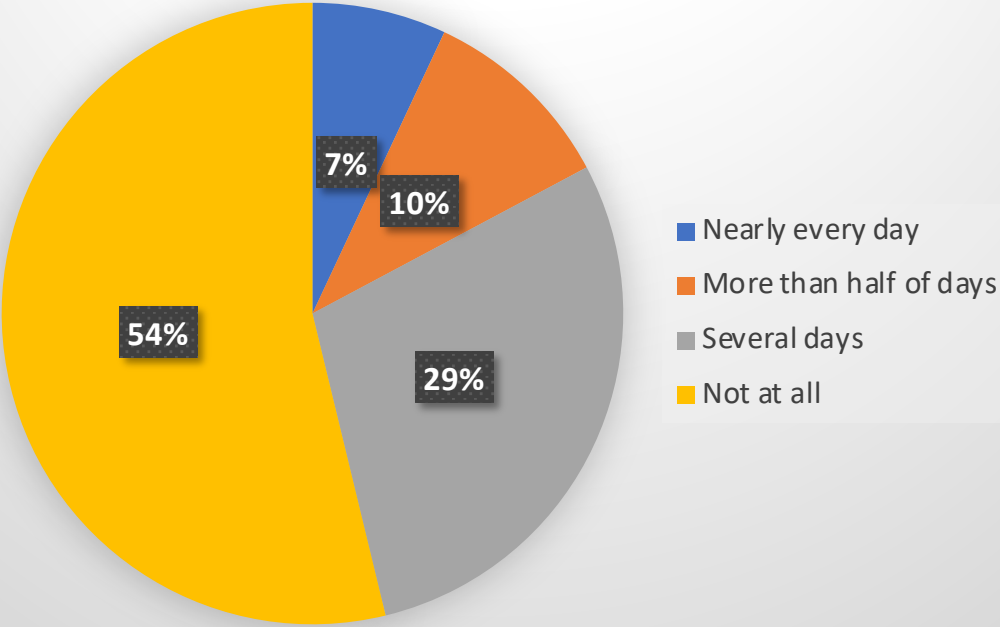


I am able to recognize when a mental health problem becomes too big for me to handle on my own, and therefore seek help or support from others



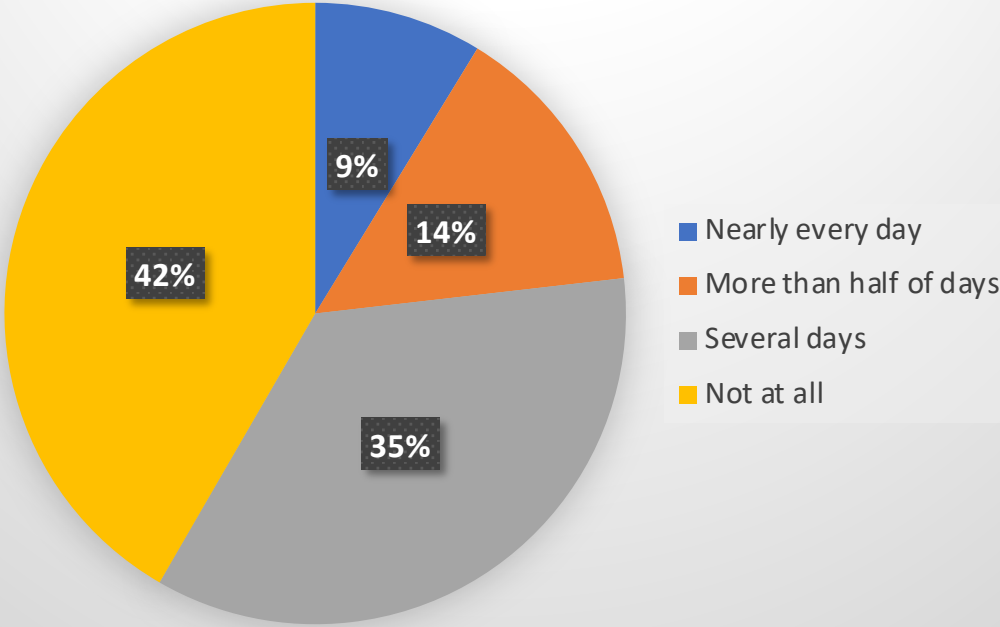
Depression Symptoms

PHQ-2: Feeling down, depressed, or hopeless



46.2% report at least some difficulty with depressed mood;
17.2% report significant difficulty with depression.

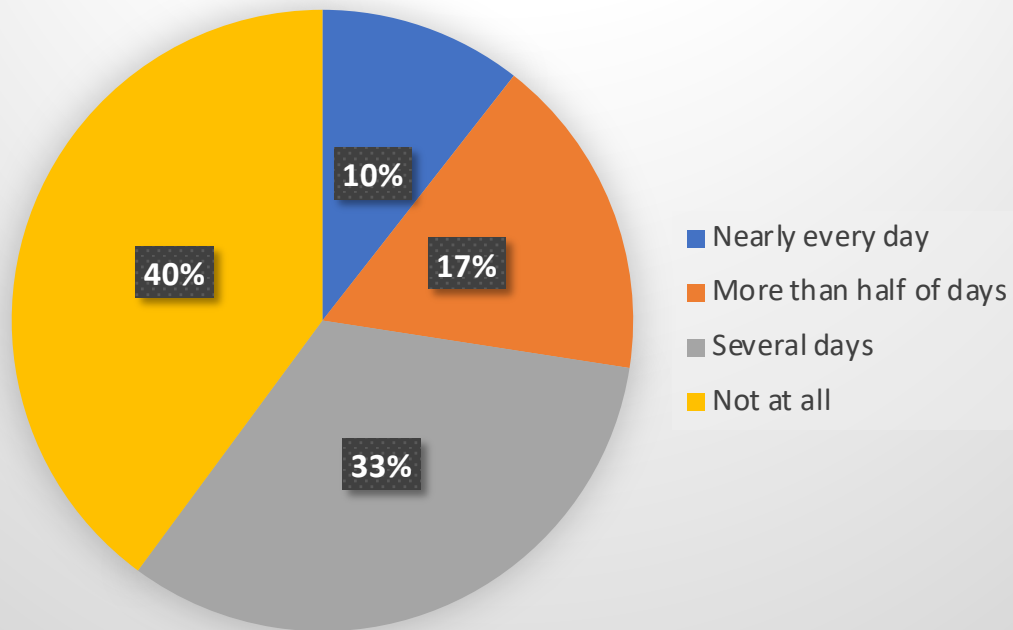
PHQ-2: Little interest or pleasure in doing things



58.3% of students report at least some difficulty with anhedonia (loss of interest/pleasure);
23.2% report significant difficulty with anhedonia.

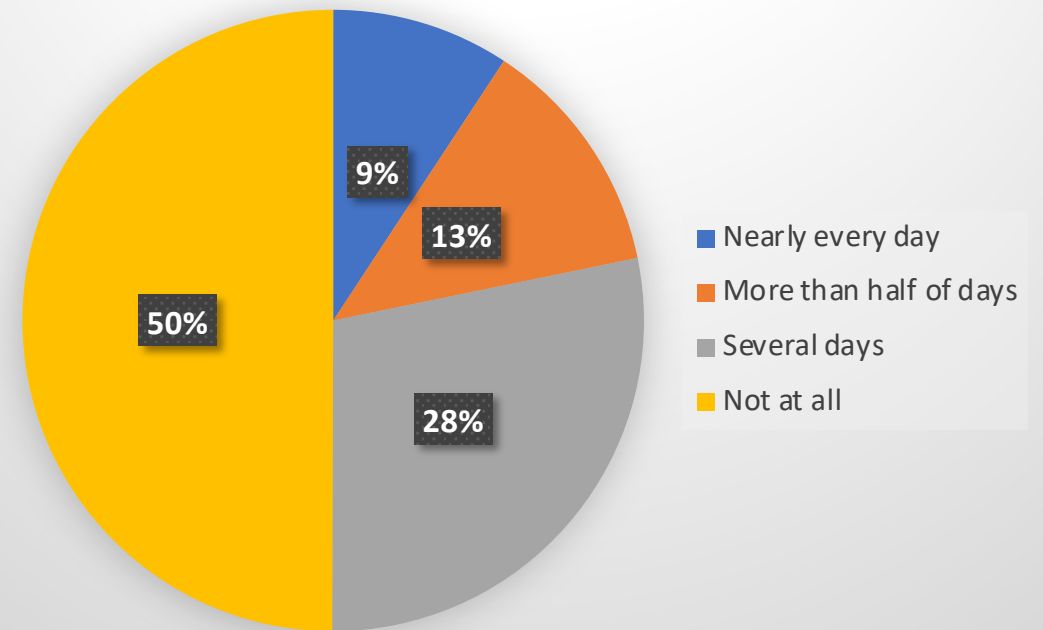
Anxiety Symptoms

GAD-2: Feeling nervous, anxious, or on edge



60.1% report at least some difficulty with anxiety;
27.4% report significant difficulty with anxiety.

GAD-2: Not being able to stop or control worrying

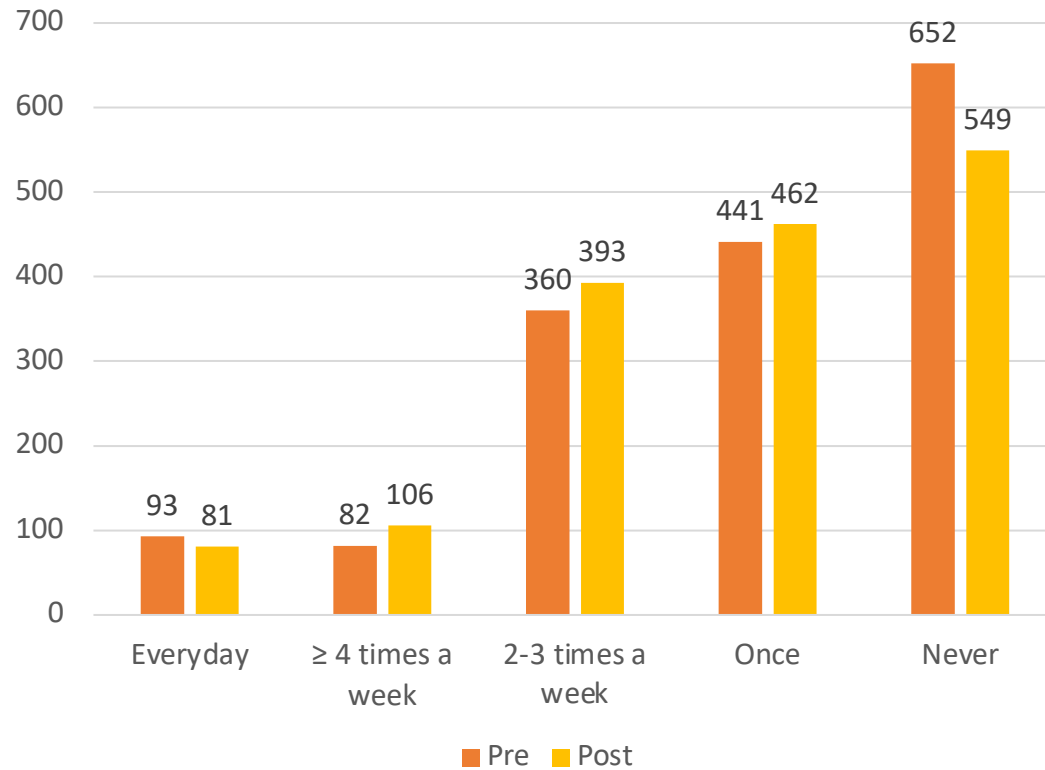


52.0% report at least some difficulty with worrying;
21.8% report significant difficulty with worrying.

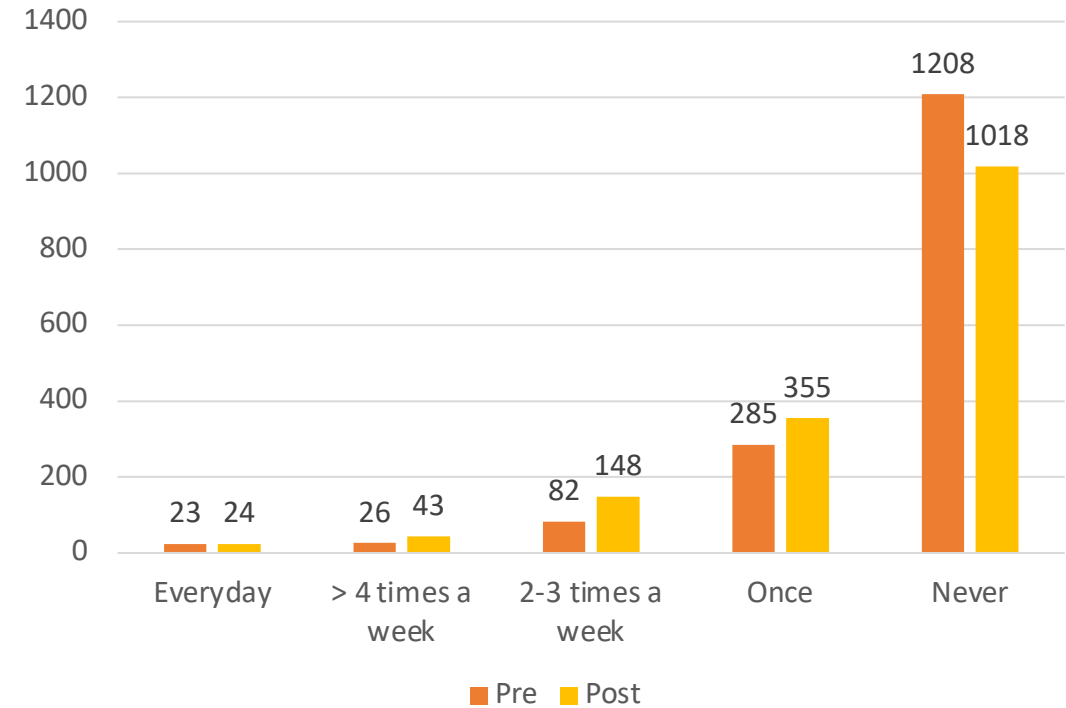
Mental Health Help-Seeking Behaviors

Read each statement and choose how much it applies to you. During the last 30 days...

How often have you talked with your friends about mental health problems?



How often have you talked to a teacher or other school staff about what to do when one is depressed?



What's Next?

- Increase from 8 Nodes to 12 Nodes
- Expand the Training Academy
 - Wellness Ambassador Program
 - Train non-mental health professionals in schools to provide support to students in need.
 - The primary goals of the Wellness Ambassadors will be to:
 1. Identify students in need (focus on youth experiencing some depression or anxiety or who are struggling with significant daily stressors at home or school).
 2. Assist students and families in addressing acute needs.
 3. Identify possible resources to address mental health or environmental stressors.
 4. Ensure linkage to resources is successful.
 - Mental Health trainings for school counselors
 - 94% of school counselors report wanting additional training on mental health
 - Training opportunities on assessment, brief interventions, and evidence-based treatments will be available.



