

COVID-19 Mental Health Impact

Examine the impact of COVID-19 on students' mental health, including the availability and workload of mental health professionals across the state and their role in the public school system. Make recommendations to reduce or eliminate existing barriers to providing mental health services in a traditional classroom setting or through teletherapy.

TEA's Foundation for Supporting School Mental Health in COVID-19 Response and Recovery

2017

At the request of Governor Abbott, TEA established The Hurricane Harvey Task Force on School Mental Health Supports

Needs assessment, grants, and leveraged supports to ESCs and LEAs

2018

TEA applied and was awarded AWARE Texas – a competitive federal grant from SAMHSA: 10 million for 5 years - school mental health services in high need LEAs, best-practices training, and statewide infrastructure building

2019

86th Texas Legislature adopts historic policies that advance safe and supportive schools: including school mental health

(SB 11, HB 18, HB 19, HB 906)

2019

Per HB 906, Commissioner Morath appoints the Collaborative Task Force on School Mental Health to study and evaluate mental health services

First Report Submitted

2020

Per SB 11, TEA adopts its first Statewide Plan for Student Mental Health;
TEA develops Project Restore;
TEA, state partners and ESCs collaborate to map school mental health resources

2021-2022

TEA implements the SMH State Plan;
COVID-19 response and recovery;
TEA awarded 2nd AWARE Texas grant!
TEA created the Safe and Supportive Schools Division from SB 11



How do we know that COVID-19 has impacted student mental health?



Government and Survey Data



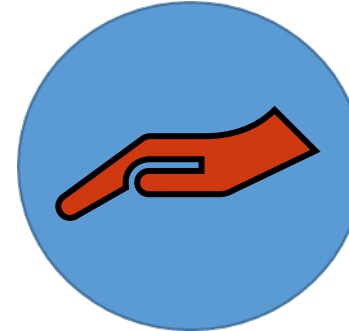
Provider Reports



Focus Groups with LEAs



Outreach to TEA for Help



Expert Interviews



“The two biggest issues facing students and schools across Texas as a result of the COVID-19 pandemic are: Learning Loss and Mental Health Challenges.”

(TEA ESSER State Plan, 2021)

About School Mental Health



Statewide Plan for Student Mental Health

Senate Bill 11

December 2020



The Collaborative Task Force on Public
School Mental Health Services

Year 1 Report

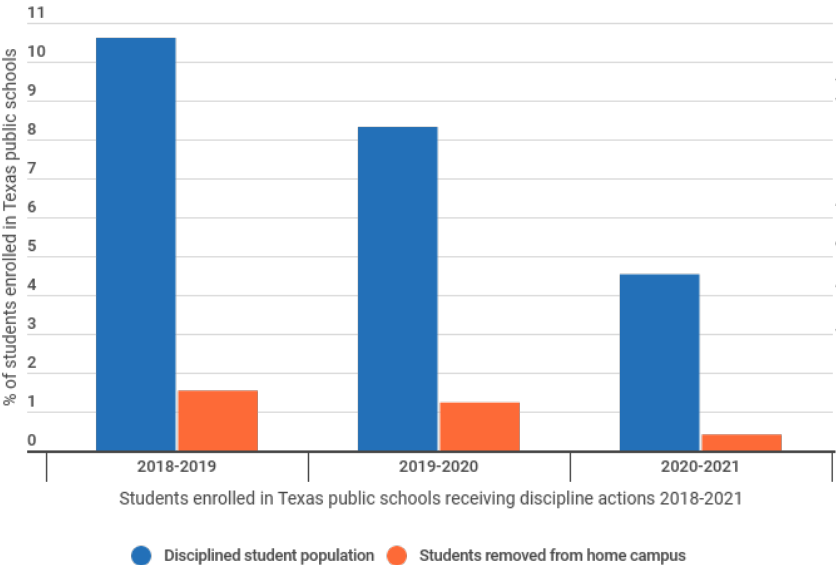
November 2, 2020

<https://schoolmentalhealthtx.org/>

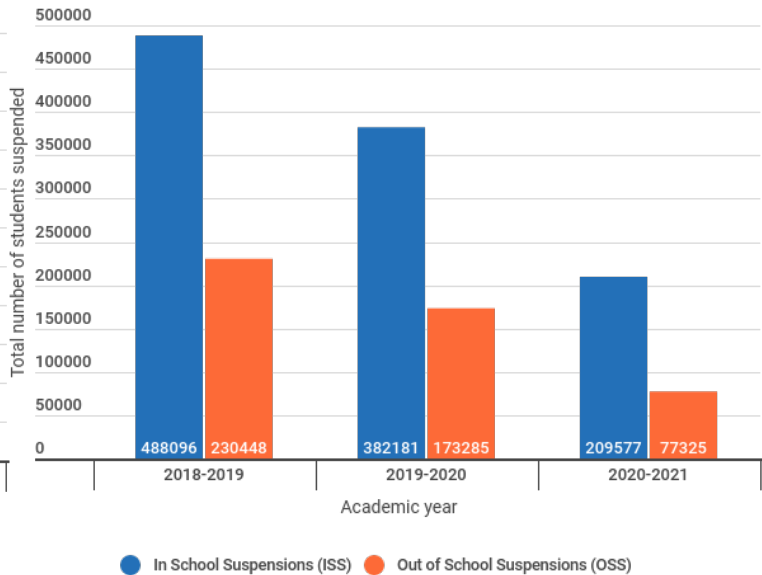


Mental Health Data

Student discipline in Texas schools from 2018 to 2021



Number of students suspended in Texas schools from 2018 to 2021



Between SY 2019 and 2021, data shows significant decreases in the number of overall students disciplined.

- This decrease is most likely due to COVID-19 and a transition to hybrid learning environments and related changes beginning in the spring of 2020.

PEIMS discipline data reporting for SY 2022 will be available in September 2022.

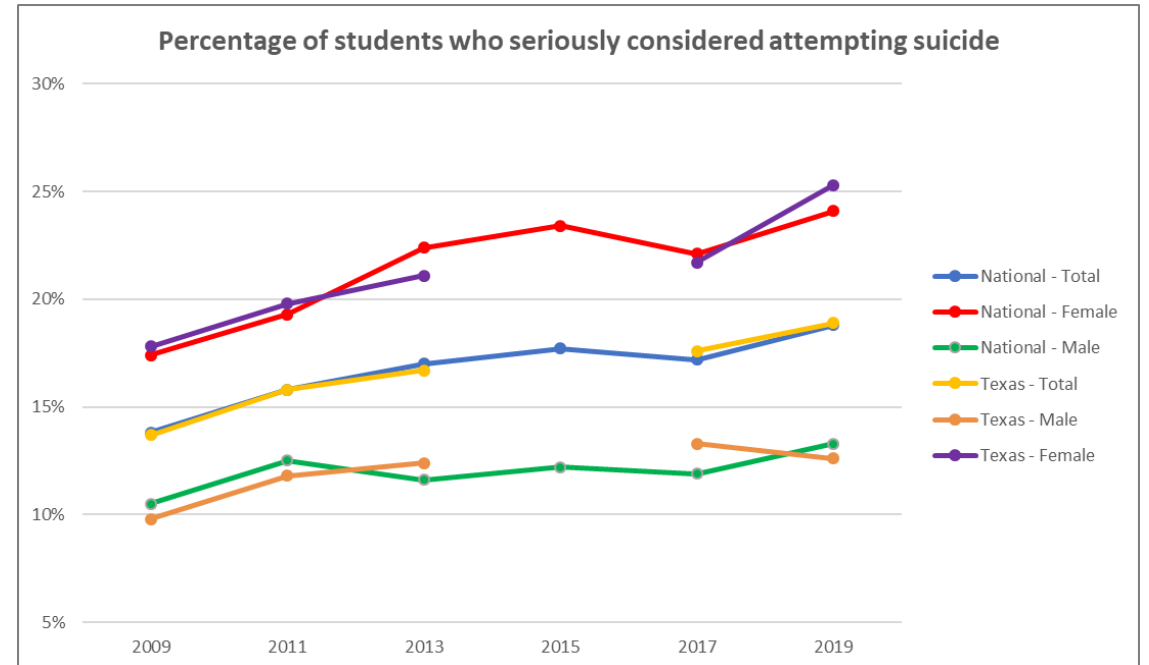
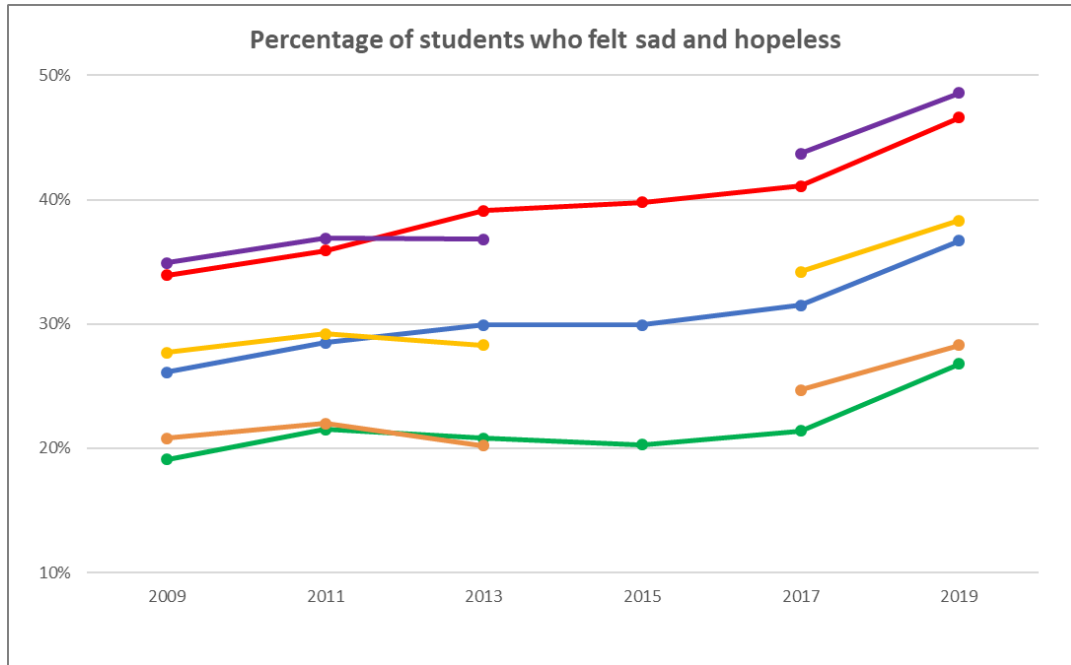
PEIMS potential data limitation.

- Positive behavioral interventions and alternatives to exclusionary discipline are not coded in PEIMS.
 - These include: classroom de-escalation strategies, targeted counseling / skill building interventions, student-family conferencing, wrap-around services, connecting families with mental health services, etc.

Source: Public Education Information System (PIEMS) discipline data 2018-2021

Youth Risk Behavior Survey Results - Prior to COVID 19

Mental health concerns among youth were on the rise prior to the pandemic.



Up to 1 in 5 children ages 3 to 17 in the US with a reported mental, emotional, developmental, or behavioral disorder.

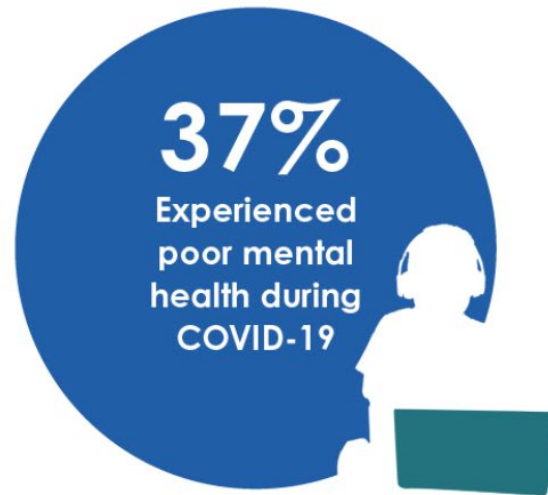
Sources: YRBS Texas Survey Data <https://healthdata.dshs.texas.gov/dashboard/surveys-and-profiles/yrbs>

YRBS National Survey Data <https://yrbs-explorer.services.cdc.gov/#/>

Source: U.S. Surgeon General's Advisory Report, [Protecting Youth Mental Health](#), December 2021

National CDC Youth Survey in 2021

CDC DATA ON YOUTH MENTAL HEALTH DURING COVID-19

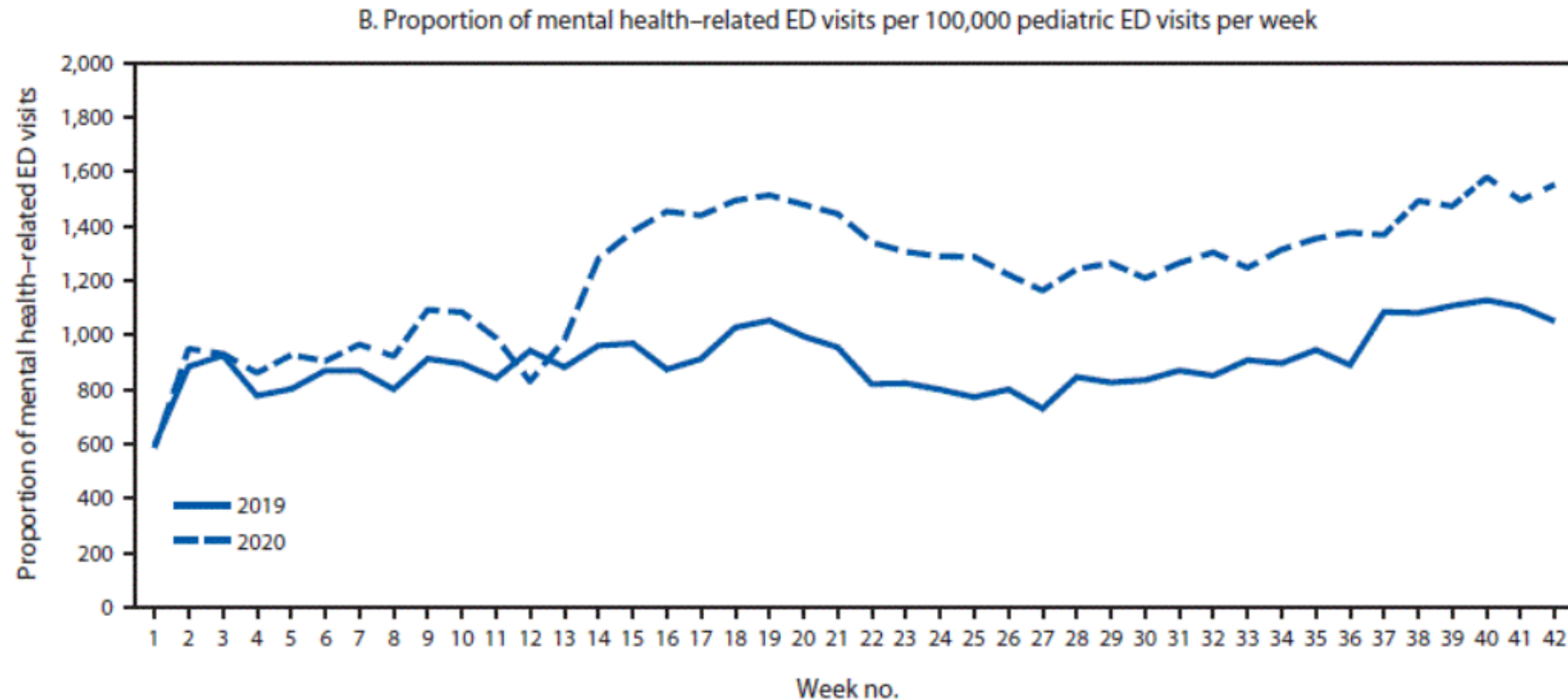


For more information, visit
[cdc.gov/nchhstp/newsroom](https://www.cdc.gov/nchhstp/newsroom)



<https://www.cdc.gov/nchhstp/newsroom/2022/2021-ABES-Findings.html>

Youth Mental Health Concerns - Impact During COVID 19



* Proportion of mental health-related ED visits = number of ED visits for children's mental health/total number of pediatric ED visits x 100,000.

CDC data show an increase in pediatric mental health-related visits to hospital Emergency Departments (ED in 2020 compared to 2019, **increasing 24% for children aged 5-11 years and 31% for children aged 12 – 17 years.**

Key Source: [Morbidity and Mortality Weekly Report](https://www.cdc.gov/mmwr/volumes/69/wr/mm6945a3.htm)

Source: CDC, <https://www.cdc.gov/mmwr/volumes/69/wr/mm6945a3.htm>

Mental Health Staffing

School Mental Health Staffing Analysis

Position	By Professional Associations: Recommended Ratio of Students/ Staff Position	Actual ratio of students/position				Total number in Texas schools			
		2017-2018	2018-2019	2019-2020	2020-2021	2017-2018	2018-2019	2019-2020	2020-2021
Counselor	250/1	431/1	422/1	413/1	375/1	12,536	12,835	13,306	14,337
School Psychologist	500/1	2,792/1	2,769/1	2,751/1	2,627/1	1,934	1,956	1,997	2,045
Social Worker	400/1	7,200/1	6,882/1	6,626/1	6008/1	750	787	830	894

- For the past 4 school years, **LEAs have increased staff for these 3 positions.**
- The agency is discussing options to capture data for other **student support services professional roles** to better reflect the diverse staffing patterns, and partnerships available, in Texas schools to provide students-families with mental health-related services and supports.

Sources: TEA Statewide Plan for Student Mental Health 2020; Professional Association's Recommendations, current; PEIMS data.

COVID-19 Response



Telehealth - Telemedicine

In 2019, Senate Bill 11 created the **Texas Child Mental Health Care Consortium** that provides mental health access in hundreds of schools through telemedicine partnerships between schools and Texas healthcare-related university programs and medical institutions. The program is called **Texas Child Access to Care Through Technology (TCHAT)**.

- To date, more than 2,149,956 Texas students and their families now have access to multi-disciplinary teams of mental health professionals in schools due to this telemedicine program in schools.
- There are MOUS between TCHAT providers and 337 school districts, covering 3077 campuses.
- Agency staff work on cross-agency teams with Consortium staff and other education partners including ESCs to provide information and promote awareness of the program for LEAs to access.

Sources: [Texas Child Mental Health Care Consortium](#), [Texas School Mental Health Statewide Behavioral Health Coordinating Council](#)

TEA's Support During COVID-19

NEW! School Mental Health Resources and Tools: 2021-2022

1

- School Mental Health Practice Guide and Toolkit

2

- Texas School Mental Health Website
<https://schoolmentalhealthtx.org/>

3

- Safe and Supportive Schools Program MTSS for Mental Health Learning Modules – Coming Soon!



Informing resources and advancing wellness and resiliency in education through collaborative efforts, including:



Advancing Wellness and Resiliency in Education



tcmhcc



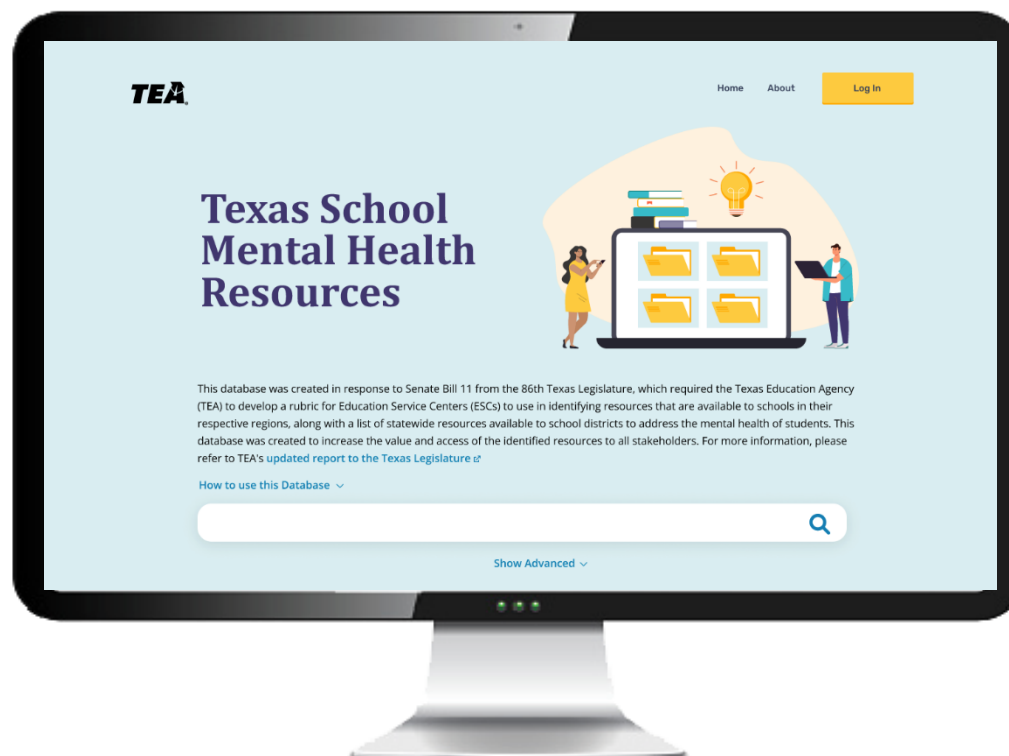
- The Texas Health and Human Services Commission
- The Texas School Safety Center
- Texas Suicide Prevention Council and Coalition

- The Collaborative Task Force on School Mental Health Supports
- Texas System of Care, Community Resource Coordination Groups
- ESC Mental Health Professional Learning Community and Network





- Region 1: Edinburg
- Region 2: Corpus Christi
- Region 3: Victoria
- Region 4: Houston
- Region 5: Beaumont
- Region 6: Huntsville
- Region 7: Kilgore
- Region 8: Mount Pleasant
- Region 9: Wichita Falls
- Region 10: Richardson
- Region 11: Fort Worth
- Region 12: Waco
- Region 13: Austin
- Region 14: Abilene
- Region 15: San Angelo
- Region 16: Amarillo
- Region 17: Lubbock
- Region 18: Midland
- Region 19: El Paso
- Region 20: San Antonio



- TEA and partners developed a new resource database for Texas LEAs. – pursuant to SB 11.
- Live and searchable new tool **launches May 2022** – piloting 1st iteration.
- Database includes information for **1367 unique mental health resources identified to date** by ESCs, TEA, and state partners as available to Texas schools.
- Agency goals are to identify resources and to strengthen access to the state's mental health-related resources for Texas schools, and families.