



## When A Family Needs Immediate Mental Health Help for Their Child

### **Crisis Services**

If a child is in crisis and needs more support, the family's local mental/behavioral health authority (LMHA/LBHA) can provide emergency crisis services. Anyone can call the crisis line as long as they can provide accurate details on the child's current crisis situation.

### **Crisis Text Line**

Text **HOME** to **741741** for free, 24/7 crisis counseling.

### **Safety is a Priority: Call 911**

If a situation becomes unmanageable and there are concerns the child may hurt themselves or someone else, call 911. Many local communities have social workers or police officers trained to handle mental health crises. Tell the emergency responder if the child is dealing with mental health issues and tell them about the family's preferences for treatment and support. To learn more about alternatives to inpatient treatment options, visit: [hhs.texas.gov/sites/default/files/documents/services/mental-health-substance-use/community-support-guide-alt-inpatient-mh-treatment.pdf](https://hhs.texas.gov/sites/default/files/documents/services/mental-health-substance-use/community-support-guide-alt-inpatient-mh-treatment.pdf).

### **To find a child's LMHA/LBHA or other community mental health services:**

- Call 2-1-1
- Visit [mentalhealthtx.org](https://mentalhealthtx.org) or
- [hhs.texas.gov/services/mental-health-substance-use/mental-health-substance-use-resources/find-your-local-mental-health-or-behavioral-health-authority](https://hhs.texas.gov/services/mental-health-substance-use/mental-health-substance-use-resources/find-your-local-mental-health-or-behavioral-health-authority)

### **Child's LMHA/LBHA is:**

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### **Crisis Line:**

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### **Other Important Numbers:**

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## HHSC's Children's Mental Health Residential Treatment Center Project

### **Resources for DFPS Caseworkers**

The Children's Mental Health Residential Treatment Center (RTC) Project is a collaborative effort between the Department of Family Protective Services (DFPS) and the Health and Human Services Commission (HHSC). The RTC Project provides intensive mental health support for families who are at-risk of conservatorship relinquishment to DFPS because they are unable to access the necessary intensive mental health care for their child to remain at home.

Through the RTC Project, families are connected to their LMHA/LBHA and potentially matched with state-funded residential placement for their child while maintaining full legal rights as a parent or guardian.

### **Referral Options for the RTC Project**

There are two referral options for the HHSC RTC Project.

1. Child's LMHA/LBHA
2. DFPS

### **RTC Referral Eligibility Criteria:**

- The child is a resident of Texas.
- The child is 5–17 years old.
- The child has a qualifying serious emotional disturbance.
- The child is eligible to be in an RTC.
- The child must not be in the custody of DFPS through joint, temporary or permanent managing conservatorship.
- There is no current abuse or neglect in the household.
- The family may be placing their child into DFPS custody because of the seriousness of their child's mental health needs.
- The family will support the mental health needs of their child throughout the RTC treatment process.

Family is willing to actively participate in the treatment with a family reunification goal.



### **Referral Process through DFPS**

If the family has an open Investigative, Alternative Response, or Family Based Safety Service case with DFPS, the DFPS caseworker accesses the project by submitting a 2037 referral to the DFPS State Office Mental Health specialist at [somh@dfps.texas.gov](mailto:somh@dfps.texas.gov) for screening and submission to HHSC.

The DFPS State Office Mental Health then screens the referral and supporting information and determines the next steps, up to and including, forwarding to HHSC.

### **After the Referral is Sent to HHSC From DFPS**

After a child is referred to the RTC Project, HHSC will notify the LMHA/LBHA. The LMHA/LBHA will then schedule a meeting with the family and child to **conduct an intake assessment** using a tool called the Child and Adolescent Needs and Strengths (CANS) assessment. This should occur within 48 hours of the LMHA/LBHA receiving the referral from HHSC.

The LMHA/LBHA submits the CANS to HHSC for review and RTC Project eligibility determination.

If this is the family's first appointment at the LMHA/LBHA, or if they are re-enrolling after previously being discharged from services, they should bring these items to their intake:

- Valid photo identification
- Proof of income, such as a current pay stub (if applicable)
- Current insurance card (if applicable)
- Proof of residence for the last 30 days, such as a utility bill or rental agreement
- Name, address, and phone number of any physician or helping professional who has treated the child
- A list of all medications the child is taking or has taken
- A list that includes dates of any psychiatric hospitalizations for their child
- Any legal court document that places the child in their custody (if applicable)

The family should call the LMHA/LBHA intake office before the appointment to confirm which documents are required, the appointment time, and directions to the LMHA/LBHA office.

### **Eligibility**

**If the child's LMHA/LBHA's assessment does not demonstrate a need for RTC placement**, the child will be referred to the appropriate level of care services at the LMHA/LBHA.

**If the child's assessment does show a need for RTC placement**, DFPS and the LMHA/LBHA work together to complete the RTC application packet which consists of:

- [RTC Project Family Agreement](#)
- Psychological evaluation with IQ testing completed within the last 12 months
- Application for Placement

HHSC cannot guarantee placement at an RTC. RTC Project wait times vary, depending on the complexity of the child's needs and bed availability.

For more support contact:

**HHSC RTC Project:** [rtcproject@hhs.texas.gov](mailto:rtcproject@hhs.texas.gov)

**DFPS State Office of Mental Health:** [somh@dfps.texas.gov](mailto:somh@dfps.texas.gov)

### **Community Mental Health Supports**

A LMHA/LBHA, also called a community mental health center, provides community mental health services and connections to local mental health resources for people with mental health needs.

**Learn more at:** [hhs.texas.gov/services/mental-health-substance-use/childrens-mental-health](https://hhs.texas.gov/services/mental-health-substance-use/childrens-mental-health)

**Community Resource Coordination Groups** help people with complex needs that can't be met by a single agency. They connect people or families with public and private agencies to help them find the support they need.

**Learn more at:**

<https://crcg.hhs.texas.gov/index.html>

### **Youth Empowerment Services (YES) Waiver**

The YES Waiver helps children and youth with serious mental, emotional and behavioral difficulties. The YES Waiver provides intensive services delivered within a strengths-based team planning process called Wraparound. Wraparound builds on family and community support and uses YES services to help build a family's natural support network and connection with the community.

**Learn more at:** [hhs.texas.gov/services/mental-health-substance-use/childrens-mental-health/yes-waiver](https://hhs.texas.gov/services/mental-health-substance-use/childrens-mental-health/yes-waiver)