

Wellness and Mental Health Resources in Austin

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Disclaimer:

The inclusion of an individual's or organization's name in this presentation does not imply any recommendation or endorsement from AISD regarding the quality of services that might be provided by the individual or organization or any guarantee about the actual effectiveness of services.

Depression in Children & Teens: Prevention, Treatment, & Holistic Approaches

A BioPsychoSocial Approach

(Depression and your Child: A Guide for Parents & Caregivers by Deborah Serani, PsyD)



Biological	Psychological	Social/Behavioral/Environmental
<p>Medical Exam</p> <ul style="list-style-type: none"> • Thorough medical exam - Write down all concerns before appointment • Possibly request lab tests for vitamin/mineral/nutrient deficiency, iron levels & to rule out any medical illness concerns • Possibly request a neurological exam • Discuss current <u>over-the-counter</u>, <u>prescription</u> drug, or illegal alcohol or drug use, side effects, any possible withdrawal symptoms, and any need for tapering off slowly • Discuss any possible somatic, psychomotor, fatigue, inability to concentrate, sleeping and/or eating issues <p>Medical Treatment</p> <ul style="list-style-type: none"> • Pharmacotherapy (prescription drug therapy) • Inpatient Hospitalization • Partial Hospitalization Program (PHP) • Intensive Outpatient Program (IOP) <p>Develop Sleep Hygiene & Routine</p> <ul style="list-style-type: none"> • Consider what could be interfering with sleep (caffeine, stress, technology, <u>etc..</u>) & <u>make a plan</u> for how to change it • Develop a consistent bedtime routine Warm bath or shower Reading time with child <p>Exercise: 30 min, 5X per week</p> <p>Nutrition: Omega 3, Nutrient Dense Foods, <u>Water</u></p> <p>Exposure to Sunshine/ Bright Light for 20 min. daily only if approved by medical doctor</p>	<p>Psychological Treatment: Psychotherapy</p> <ul style="list-style-type: none"> • Cognitive Behavior Therapy (CBT) How thoughts, dysfunctional belief systems & actions contribute to depression Treats Negative Thoughts, Mental Rumination, Rigid/ Inflexible Thinking Changing how one behaves & thinks will change how one feels • Play Therapy • Family Therapy • Dialectical Behavior Therapy (DBT) *Distress Tolerance *Interpersonal Effectiveness *Mindfulness *Emotional Regulation <p>Learn & Practice Mindfulness</p> <ul style="list-style-type: none"> • Breathing Exercises • Meditation • Yoga • Gratitude Journal <p>Develop Self-Awareness, Awareness of Triggers, Positive Coping Skills, & a Positive & Hopeful Attitude</p> <p>Exposure to Nature & Animals</p>	<p>Increase Quality Social Connection</p> <p>Reduce Social Isolation</p> <p>Improve Positive Family & Social Life</p> <ul style="list-style-type: none"> • Seek out parenting resources /support • Talk out troubles with someone trustworthy • Plan family fun activities • Plan time together for parent & one child • Reduce social media & technology time for the entire family. Parents role model healthy technology use. • Plan a playdate/ time with a friend • As a family, ask how each family member best feels support from others at home & plan how to implement the ideas <p>Identify & Develop Purpose & Meaning In Life (A Life Worth Living)</p> <p>Participation & Enjoyment in Appropriate Activities & Interests (Parent role models healthy time management & positive self-care)</p> <p>Parents role model seeking help for themselves & be willing to seek help for their children related to stressful life experiences or trauma</p> <p>Work with school staff to address abrupt changes in child's behavior, school performance, or attendance</p> <p>Address hygiene issues in a caring way</p>

Wellness & Mental Health: Factors to Consider / Steps to Take

Recent Medical Exam:

Doctor checks for medical illness/ medical issues that can contribute to mental health concerns:

Some examples include:

- strep throat

- infection

- vitamin/nutritional deficiency (like Vit D, Vit B12, Folate, Iron. Etc..)

- thyroid issue

- diabetes

- side effects or withdrawal symptoms from over-the-counter or prescription drugs

Discuss/Screen for any current over-the-counter, prescription, and/or illegal drug use, side effects, any possible withdrawal symptoms, and any need for tapering off slowly

Discuss any possible sleep, somatic (aches & pains), psychomotor, fatigue, inability to concentrate, anxiety, behavioral, and/or eating issues

Wellness & Mental Health: Factors to Consider / Steps to Take

Mindfulness

Exercise

Diet/ Nutrition

Sleep

- Family Environment & Relationships
 - Are parents role modeling the behavior they hope to see with their kids?
 - Consider how each family member is:
 - Managing Technology
 - Managing Stress, Anger, & Sadness
 - Managing Relationships & Communication with Family & Others
 - Practicing Self-Care

Types of Mental Health Professionals

Psychologists

- Hold a doctoral degree in clinical psychology or another specialty such as counseling or education
- Trained to evaluate a person's mental health using clinical interviews, psychological evaluations and testing
- They can diagnose and provide individual and group therapy
- Some may have training in specific forms of therapy like cognitive behavioral therapy (CBT), dialectical behavior therapy (DBT) and other behavioral therapy interventions.

Degree requirements: Doctor of Philosophy (Ph.D.) in a field of psychology or Doctor of Psychology (Psy.D.).

Licensure & credentials: Psychologists are licensed by licensure boards in each state.

Types of Mental Health Professionals

Counselors, Clinicians, Therapists, Clinical Social Workers

- Masters-level health care professionals trained to evaluate a person's mental health and use therapeutic techniques based on specific training programs
- Working with one of these mental health professionals can lead not only to symptom reduction but to better ways of thinking, feeling, and living

Degree requirements: master's degree (M.S. or M.A.) in a mental health-related field such as psychology, counseling psychology, marriage or family therapy, among others or master's degree in social work (MSW).

Licensure & Certification: Varies by specialty and state. Examples of licensure include:

LPC, Licensed Professional Counselor

LMFT, Licensed Marriage and Family Therapist

LCSW, Licensed Clinical Social Worker

Types of Mental Health Professionals

Prescribe And Monitor Medication:

The following health care professionals can prescribe [medication](#). They may also offer assessments, diagnoses and therapy.

***Psychiatrists**

Degree requirements: Doctor of Medicine (MD) or Doctor of Osteopathic Medicine (DO), plus completion of residency training in psychiatry.

***Psychiatric Or Mental Health Nurse Practitioners or Family Nurse Practitioners**

Degree requirements: Master of Science (MS) or Doctor of Philosophy (Ph.D.) in nursing with specialized focus on psychiatry.

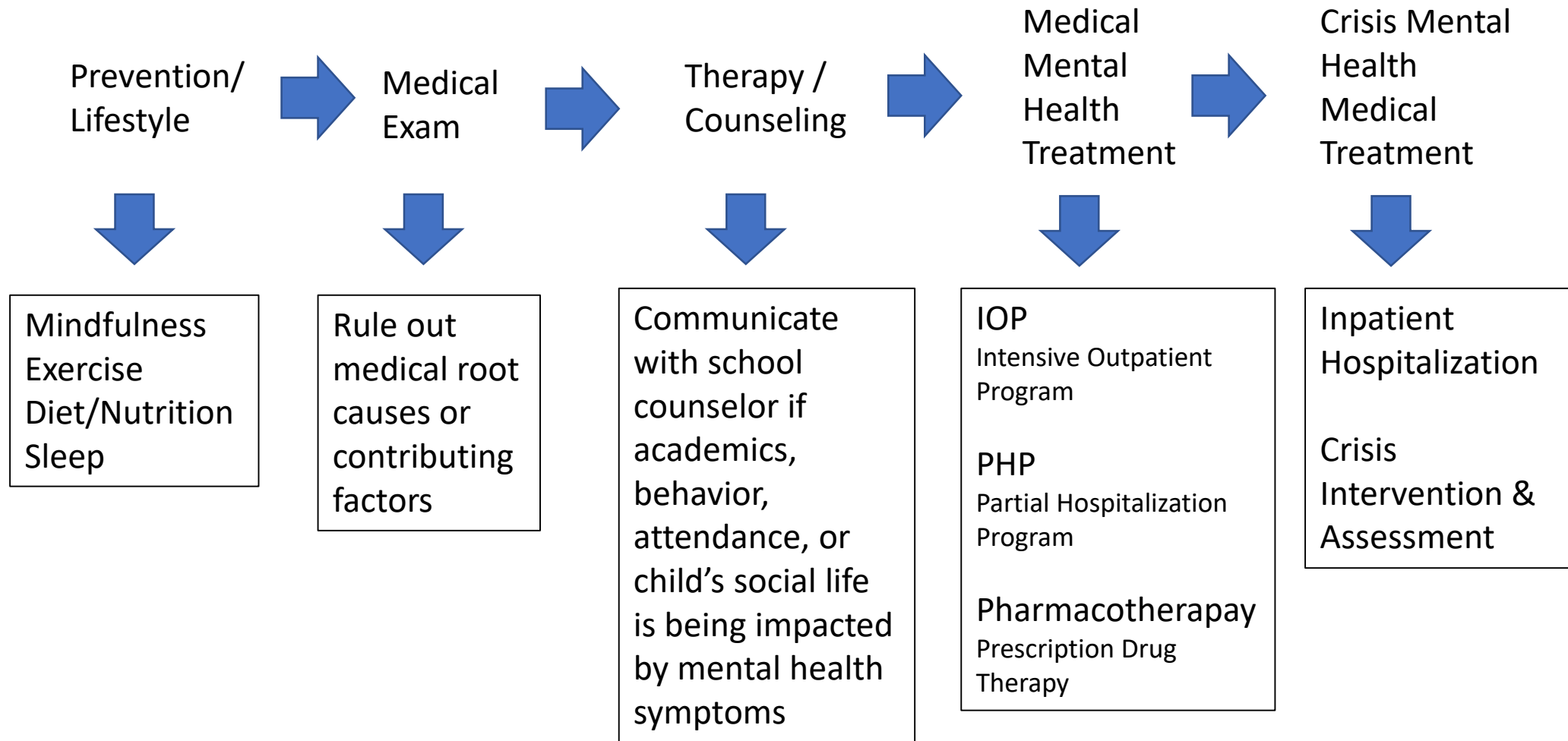
***Primary Care Physicians**

Degree requirements: Doctor of Medicine (M.D.) or Doctor of Osteopathic Medicine (DO).

***Physician Assistants** – Can prescribe medication with conditions including working under the supervision of a physician in Texas

Degree Requirements: Masters degree and Licensure required (PA)

Mental Health Treatment: Levels of Care



Mental Health Treatment

Counseling / Therapy

Therapists can:

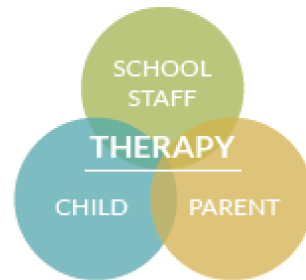
- * help someone better understand and cope with thoughts, feelings and behaviors.
- * offer guidance and help improve a person's ability to achieve life goals
- * assess and diagnose mental health conditions



School Mental Health Centers (SMHC)

Vida Clinic SMHCs operate through an innovative collaboration with AISD Comprehensive Health. Vida Clinic is a practice specializing in school-based mental health. Vida Clinic's culturally sensitive SMHCs give access to quality mental health care for individuals who might previously have experienced barriers to getting therapeutic support.

Our campus-based clinics provide access to ongoing mental health services for students, families, teachers, and administrators.



Ecological Model of Care

ADVANTAGES OF VIDA CLINIC SMHCs

- We get clients in for services quickly.
- We work with youth and adults.
- Parents do not miss work to take students to therapy.
- Students miss minimal school to attend sessions.
- Services are provided year-round
- We destigmatize mental health issues on school campuses.
- We create a system of care for our youth where families and educators are involved in their healing process when appropriate.

CONTACT INFORMATION

- Your Campus counselors and administrators
- Vida Clinic Care Team - 512-518-2209
vidacare@vidaclinic.org
- Shechem Sauls
AISD School Mental Health Center Coordinator
713-256-3839
shechem.sauls@austinisd.org
- Tracy Spinner, M.Ed. - Director AISD Comprehensive Health Services 512-414-9778
tracy.spinner@austinisd.org

SERVICES PROVIDED

- Clinical assessments
- Ongoing individual therapy
- Family counseling
- Consultations & collaboration with school staff and community providers.
- Crisis support

SCHOOL MENTAL HEALTH CENTERS ARE:

- Person-Centered
- Trauma-Informed
- Culturally-Inclusive
- Evidence-Based
- Confidential
- Easily accessible

Vida Clinic Services are available on the following campuses

Anderson High	Guerrero-Thompson Elementary	Norman-Sims Elementary
Andrews Elementary	Gus Garcia YMLA	Northeast (formerly Reagan)
Austin High	Harris Elementary	Early College High
Barbara Jordan Elementary	International High	Oak Springs Elementary
Bedichek Middle	Kocurek Elementary	Overton Elementary
Bertha Sadler Means YWLA	Langford Elementary	Padrón Elementary
Blanton Elementary	LBJ Early College High	Palm Elementary
Blazier Elementary	Liberal Arts and Science Academy	Pecan Springs Elementary
Bowie High	Lively (formerly Fulmore) Middle	Perez Elementary
Burnet Middle	Martin Middle	Pillow Elementary
Casey Elementary	McBee Elementary	Travis High
Cook Elementary	McCallum High	Wooldridge Elementary
Crockett High	Menchaca Elementary	Wooten Elementary
Dobie Middle	Murchison Middle	
Doss Elementary	Navarro (formerly Lanier) Early	
Eastside Memorial High	College High	

Interested in starting services for a student?

1. Talk with your child's counselor or administrator about how to refer your child to a therapist.
2. Sign a Consent to Refer to be contacted by the Vida Care Team.
3. Complete the student intake with the SMHC therapist.



Centros de Salud Mental Escolar

Los centros de salud mental de la Clínica Vida operan a través de un modelo de colaboración innovador con el Departamento de Salud Integral de AISD. La Clínica Vida es una práctica que se especializa en la salud mental dentro de las escuelas. Gracias a la sensibilidad cultural de los centros de la Clínica Vida, individuos que quizás se hubieran enfrentado con barreras, ahora tendrán acceso a apoyo terapéutico.

Nuestras clínicas basadas en los campus proporcionan acceso a servicios de salud mental para estudiantes, familias, maestros, y administradores.



Modelo Ecológico de Cuidados

VENTAJAS DE LOS CENTROS DE SALUD MENTAL DENTRO DE ESCUELAS DE LA CLÍNICA VIDA

- Atendemos a nuestros clientes de manera rápida.
- Trabajamos con niños y adultos.
- Los padres no tienen que faltar al trabajo para llevar a los hijos a sus sesiones.
- Los estudiantes faltan a una cantidad mínima de clases para asistir a sus sesiones.
- Los servicios son ofrecidos durante todo el año.
- Removemos el estigma sobre temas de salud mental dentro del campus escolar.
- Creamos un sistema de cuidados para nuestros jóvenes dentro del cual sus familiares y educadores son involucrados en el proceso de sanación, cuando lo es apropiado.

CÓMO CONTACTARNOS

- Consejeros y Administradores de tu campus
- Vida Clinic Care Team- Oficina Principal:
512-518-2209 vidacare@vidaclinic.org
- Shechem Sauls - Coordinador de los Centros de Salud Mental Escolares: 713-256-3839
shechem.sauls@austinsisd.org
- Tracy Spinner, M.Ed. - Directora de Servicios de Salud Comprensivos de AISD: 512-414-9778
tracy.spinner@austinsisd.org

SERVICIOS OFRECIDOS

- Evaluación Clínica
- Terapia Individual Continua
- Consejería Familiar
- Consultoría y colaboración con el personal de la escuela y proveedores de la comunidad
- Apoyo durante momentos de crisis

LOS CENTROS DE SALUD MENTAL SON

- Centrados en el Individuo
- Informados en Trauma
- Inclusivos con todas las Culturas
- Basados en Evidencia
- Confidenciales
- Fáciles de acceder

LOS SERVICIOS DE LA CLÍNICA VIDA SE ENCUENTRAN EN LOS SIGUIENTES CAMPUS:

Anderson High	Eastside Memorial High	Navarro (formerly Lanier) Early College High
Andrews Elementary	Guerrero-Thompson Elementary	Norman-Sims Elementary
Austin High	Gus Garcia YMLA	Northeast (formerly Reagan) Early College High
Barbara Jordan Elementary	Harris Elementary	Oak Springs Elementary
Bedichek Middle	International High	Overton Elementary
Bertha Sadler Means YWLA	Kocurek Elementary	Padron Elementary
Blanton Elementary	Langford Elementary	Palm Elementary
Blazier Elementary	LBJ Early College High	Pecan Springs Elementary
Bowie High	Liberal Arts and Science Academy	Perez Elementary
Burnet Middle	Lively (formerly Fulmore) Middle	Pillow Elementary
Casey Elementary	Martin Middle	Travis High
Cock Elementary	McBee Elementary	Woolridge Elementary
Crockett High	McCallum High	Wooten Elementary
Dobie Middle	Menchaca Elementary	
Doss Elementary	Murchison Middle	

Interesado en iniciar servicios para un estudiante?

1. Habla con el consejero o administrador de tu hijo(a) sobre como ser referido a un terapeuta.
2. Firma un Formulario de Consentimiento a ser Referido para ser contactado por el Equipo de Cuidados de la Clínica Vida.
3. Atiende a una sesión de evaluación con un terapeuta en nuestro Centro de Salud Mental.

Mental Health Treatment

Medical Treatment:

- *Intensive Outpatient Program (IOP)**

- *Partial Hospitalization Program (PHP)**

- *Pharmacotherapy (prescription drug therapy)**

- *Inpatient Hospitalization**

PHP & IOP Programs for Children/ Adolescents in the Austin Area As of 9/1/19

Below is a list of website links to many of the PHP (Partial Hospitalization Program) and IOP (Intensive Outpatient Program) resources in the Austin area that some other Austin families have found helpful in the past. Since insurance plans change often, please confirm all insurance and financial arrangements directly with your insurance carrier as well as with the provider prior to the first session. The inclusion of an individual's or organization's name on this list does not imply any endorsement from AISD regarding the quality of services that might be provided by the individual or organization, or any guarantee about the actual effectiveness of those services. This information is purely educational as to resources available in the community and is not meant as a recommendation to any of these services.

Individuals who are demonstrating an inability to function at home or school may be appropriate for treatment. When you call to find out more about each one of these programs, inquire about the following:

- 1) Inquire about their overall treatment goals and programming details
- 2) Inquire about cost/insurance
- 3) Whether transportation is available
- 4) How they address academic work, if applicable

(Most PHP programs have a teacher and a designated time period during the day when they work on academic work. Some have students withdraw temporarily from their school while others have students work on school work collected from their home school.)

<https://www.dellchildrens.net/behavioral-health/>

<https://rockspringshealth.com/programs/child-adolescent-outpatient-treatment-programs-near-austin/>

<https://www.insightbhc.com/treatment-centers/levels-of-care/adolescent-programming>

<https://austinoakshospital.com/programs-and-services/child-adolescent-programs/outpatient-php-and-iop/>

<https://www.sagerecoveryaustin.com/adolescent-iop/>

<https://www.georgetownbehavioral.com/programs/adolescent-boys-girls>

Mental Health Crisis Intervention Resources

Rectangular Spin

Emergency Numbers

9-1-1

National Suicide Prevention Lifeline 1-800-273-TALK (8255)

Austin Travis County Mental Health Emergency & MCOT Mobile Crisis Outreach Team

512-472-HELP (4357)

Psychiatric Emergency Services (PES) & 24 Hr. Hotline
1165 Airport Blvd. / Richard E. Hopkins Behavioral Health Bld.

512-472-HELP (4357)

Dell Children's Medical Center Behavioral Health Unit (ages 6-17)
4900 Mueller Blvd

512-324-0029

Austin Oaks Hospital (ages 4 and up)
1407 W. Stassney Lane

512-440-4800

Cross Creek Hospital (Ages 12 and up)
8402 Cross Park D

512-215-3900

Mobile Crisis Outreach Team

A team of mental health professionals who help people having a mental health crisis. Help is available 24 hours a day, 7 days a week – at home, work or school, in clinics and on the streets. The Mobile Crisis Outreach Team (MCOT) also works with the Police Department, the Sheriff's Office and EMS.



We make sure that you're safe.



We create care and safety plans together.



We provide support for up to 90 days.



We connect you to other services.

Services are available regardless of ability to pay and can be provided in many languages.

Someone in a mental health crisis may have a hard time dealing with everyday things.

A crisis can happen anytime, anywhere. If you need help now, call the 24/7 Crisis Helpline at **512-472-HELP (4357)**.

Press 1 for English, then 1 for mental health crisis support.

AISD RESOURCE GUIDE FOR PARENTS 2019-2020

FIRST CALL FOR HELP DIAL 211

Main information & referral resource in Travis County; food, clothing, shelter, health education etc. 24 hrs. a day. (English & Spanish)
www.unitedwaycapitalarea.org/gethelp

ALCOHOL/DRUG:

AL-ANON & ALA TEEN (512) 441-8591

Phoenix House (512) 440-0613 x4745
Crisis Intervention, drug & alcohol abuse (13-17)

Palmer Drug & Abuse Program (512)-927-0422
Free services for teenagers.

OSAR (in Roundrock) (512) 244-8444
(Free outreach, screening & assessment referral).

Youth Advocacy (512) 444-9505
www.youthadvocacyprograms.org
Counseling and drug court assistance.

Rehab.Help.org
Resources for people suffering from substance abuse.

ABUSE:

ATC Integral Care (512) 472-435

Center for Child Protection (512) 472-1164
For abused children and families.

APD Victim Services (512) 974-5037
Crisis intervention for crime victims.

SafeAlliance /formerly SafePlace (512) 267-7233
For survivors of domestic violence and sexual assault.

COUNSELING:

Austin Child Guidance Center (512) 451-2242
Child/family counseling, testing, parenting.

ATC Integral Care (512) 447-4141
Counseling, consultation, education.

LifeWorks (512) 735-2400
24 hr. hotline, individual & group counseling for youth and families. Runaway shelter for youth.

SafeAlliance /formerly SafePlace (512) 267-7233
For survivors of domestic violence and sexual assault.

School Base Mental Health Centers (512)462-1771
Counseling services on 43 campuses. Contact your child's school or call Vida Care.

Communities in Schools (CIS) (512) 462-1771
On 41 AISD campuses. Contact your child's school.

YWCA (512) 326-1222
Targets girls and provides individual and group counseling for self-esteem, behavior and depression

CHILD CARE:

Child Inc. (512) 451-7361
Daycare for low-income families provides Head Start.

YMCA After School (512) 236-9622
Extend a Care (512) 472-9402

GRIEF AND LOSS COUNSELING:

Center for Grief & Loss (512) 472-7878
Hospice (512) 342-4700
Christi Center (512) 467-2600
Wonders and Worries (512) 329-5757

EMPLOYMENT:

Austin Area Urban League (512) 478-7176
Job training on the job training and placement.

Texas Workforce Commission (512) 463-2222
Job search and placement for ages 16 and up.

Gary Job Corps 1(512) 396-6652
Vocational training for boys and girls, ages 16-24.

CRISIS SERVICE:

ATC Integral Care (512) 472-HELP (4357)

- PES Psychiatric Emergency Service
- MCOT Mobile Crisis Outreach Team

Crisis Text Line 741-741
Texas Runaway Hotline 1-888-580-4357
National Suicide Hotline 1-800-273-8255

EDUCATION

Premier High School (512) 444-8442
ACC – Adult Education (512) 223-5123
ACC – GED Info/Testing (512) 223-7395
Spanish language GED testing
Literacy Coalition of Central Tx (512) 326-8655
(formerly The Austin Academy & Ascend)
GED Prep, job training and placement.

American Youth Works (512) 744-1900
High school diploma services, job readiness training.

El Buen Samaritano (512) 439-0700
Provides education on legal rights, citizenship, ESL classes, Emergency food, clothing, health services for Hispanic families.

Child Incorporated (512) 451-7361
Provides Head Start early childhood development
For children ages 0-5.

FINANCIAL ASSISTANCE

Caritas of Austin (512) 479-4610
Screening, emergency assistance, counseling, transient services.

Texas Department of Health and Human Services
Food stamps, AFDC, Medicaid, Job skills.
(78702) = (512) 929-7330
(78745) = (512) 445-0022

AISD RESOURCE GUIDE FOR PARENTS **2019-2020**

(78754) = (512) 339-88

LEGAL AID SERVICES

Texas Access and Visitation 1-7 pm 1 (866) 292-4636
Allied Services (512) 472-3237
Legal information /assistance on child custody, child support.

Disability Rights of Texas
Support for persons with a disability (512) 454-4816

Legal Aid of Central Texas (512) 374-2700
Free legal assistance for low-income families in civil cases.

Texas Advocacy Project (512) 476-5377
Free legal advice for divorce, custody and family violence..

Dispute Resolution Center (512) 371-0033
Conflict management and mediation . \$50.00 per party.

Family Violence Legal Aid 1-800-374-4673

AISD School-based Legal Services (512) 374-2700
Free legal services for AISD students & families.
arrive at or around 5:30pm for the clinic
Mondays 6pm-7pm Martin Middle School
Wednesdays 6pm-7pm Webb Middle School
American Gateways (512) 478-0546 ext. 200
Provides free and low-cost legal services and education to promote justice for immigrants and refugees:

IMMIGRATION

Mexican Consulate (512) 478-2866
Deferred Action for Childhood Arrivals

AISD Refugee Services for Families (512)414-0545
Provides support and guidance for AISD families.

Refugee Services of Texas (512) 472-9472
Refugee and displaced persons resources, referrals.

Catholic Charities Of Central Texas – Immigration Legal Service (512)651-6100
Representation in Asylum Interviews (credible fear interviews) Representation before the Immigration Court & appeals.

Immigrant Center for Education & Legal Services (Austin-Caritas Building) (512)479-4610
Help completing forms, filings with USCIS, Asylum Interviews. Representative before Immigration Court

American Gateways (512)478-0546
All Immigration DACA Cases.

UT Immigration Clinic (512)232-1292
Support in detention & removal proceedings.

SAHELI (512)651-3743
Provides support to Asian women dealing with violence.

YOUTH SERVICES

Our Youth Austin (512) 419-1233
Support groups and referral services for GLBT youth.
PFLAG (512-302-3524)

Provides support for LGBTQ persons.
Big Brother, Big Sister (512) 472-5437
Provides mentoring for kids ages 6 to 16

HOTLINES

Texas Youth Hotline 1-800-989-6884
" " Text 1-512-872-5777
Daycare Hotline 1-800-862-5252
CPS Hotline 1-800-252-5400
Suicide Hotline 1-800-273-TALK (8255)
CRISIS Hotline (512) 472-HELP(4357)

MEDICAL SERVICES

People's Community Clinic (512) 478-4939
Family planning, counseling, teen clinic and HIV testing.
Planned Parenthood (512) 477-5846
Family planning, pregnancy and birth control education.
Manos De Cristo Dental Clinic (512) 477-2319
Community Care Dental (512) 978-9895
Low cost dental service.
Public Health Immunization (512) 972-5520
-\$10.00 charge
Children's Health Express Clinic (512) 324-0060
Must call for an appointment/ \$15.00 charge

FAMILY SUPPORT/CHILDREN WITH SPECIAL NEEDS

Easter Seal: (512) 478-2581
Services for children and adults with disabilities.

NAMI
(National Alliance for the Mentally Ill) (512) 420-9810
Information/referral, support groups for those families affected by Mental health issues.

CHADD (512) 414-5834
Children and Adults with Attention Deficit Disorder
Offered through AISD Family and School Support Team

AISD Family and School Support Team (512) 414-5834
Informs and supports families with children of all ages with disabilities

ARC of the Capital Area (512) 476-7044
Offers basic needs/crisis assistance, family caregiver support, case management. Provide free services to adults and children with a developmental disability.

Any Baby Can (512) 454-3743
Help for low-income families with high-risk children age birth to 12. Support services, respite care and crisis assistance for children with chronic illness or disabilities.

Specially for Children (512) 628-1800

Many Types of Therapy

A few examples of common evidence-based therapy approaches:

- *Cognitive Behavioral Therapy (CBT)

- *Dialectical Behavior Therapy (DBT)

- *Family Therapy

- *Interpersonal Therapy

Alternative to Talk Therapy:

Art, Music, Equine, ...

Example:

South Texas Art Therapy
Association

<http://stxarttherapy.org/find-a-therapist/>

National Alliance on Mental Illness

<https://www.nami.org>

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(512) 414-6327