

# Texas Child Health Access Through Telemedicine



## WHAT IS TCHAT?

Texas Child Health Access Through Telemedicine, or TCHAT, creates a legislatively funded telemedicine program for identifying and assessing mental health needs and providing access to mental health services in schools. TCHAT is a **free** telemedicine program provided through a partnership with Dell Medical School, your child's school district, and primary care providers. TCHAT is a telehealth program and can be utilized whether a student is on campus or in distance learning at home.

TCHAT clinicians are available to meet with you and your student to assess and help address their mental health needs. TCHAT clinicians includes Dell Medical School's child and adolescent psychiatrist and psychologist and other licensed mental health professionals.

## WHAT WE OFFER STUDENTS AND THEIR FAMILIES

TCHAT offers services through your child's school district to help increase access to mental health services and supports.

1. Up to 4 sessions with a TCHAT clinician for assessment, brief intervention, and stabilization
2. Care coordination assistance with referrals to community mental health services to help create a continuum of care for your child that includes their school, community mental health centers and resources, and primary care physicians

## SIGNS MY CHILD MAY NEED SOME ADDITIONAL SUPPORT

Below could be possible signs that your child may need some additional mental health supports:

- Starts to show behaviors they have outgrown (toileting accidents, bedwetting, thumb sucking)
- Sadness or worry that last long periods
- Change in eating or sleeping habits that seems unhealthy
- More frequent tantrums or "acting out" behaviors
- Avoiding schoolwork or having trouble concentrating
- Avoidance of activities that your child enjoys
- Unexplained physical symptoms such as headaches, stomachs, or body pain

## BENEFITS OF PARTICIPATING IN TCHAT

- Assess behavior and emotional functioning
- Recommendations for mental health care treatment
- Work with the school and community mental health providers for ongoing care
- Get your questions answered around mental health for your child
- Gain education on mental health
- Connection to mental health resources in the community

## HOW TO GET CONNECTED TO TCHAT

If you have a mental health concern about your child, please notify your student's school.

