

# McKinney Independent School District

## Student Mental Health SHAC Statement

The Texas Education Agency recently posted the following statement: “Approximately one in six school-aged youth experiences impairments in life functioning, including impacts on academic achievement, due to mental illness. Fortunately, the earlier mental health concerns are detected and addressed, the more likely a student is to avoid the onset and/or progression of mental illness.” This document is intended to provide information about our programs within the district, to assist parents in recognizing early warning signs of a mental health illness, and to help parents find resources to learn more about mental health. We will also provide information about resources in the community for mental health services.

### What does the district do to promote mental health?

McKinney ISD has several structures in place to nurture the development of safe and supportive school climates. For instance, each campus in MISD offers a comprehensive school counseling program that operates in conjunction with the school coordinated health team to support the academic, personal, and social needs of the whole child. Prevention activities include direct instruction, counseling services, awareness campaigns, staff training and parent education. Prevention work focuses on mental health, suicide prevention, substance use prevention, healthy relationships, character education and social and emotional learning (SEL). Additional information about the programs and policies regarding student mental health are available in the McKinney ISD Student Handbook.

### Possible Early Warning Signs for Mental Illness

- Difficulty concentrating, drop in grades or academic performance
- Strong emotional responses or outbursts
- Sudden changes in interests
- Changes in appetite or hygiene
- Frequent headaches or stomach aches
- Preoccupation with social media
- Irritability for a prolonged period of time or frequent angry outbursts
- Isolation from social relationships or changes in friend groups
- Increased fatigue and/or sleeping more or less than usual
- Unexplained bruises, burns, or cuts

### How should concerns be reported?

Students and parents may contact the school counselor or administrator or use the Tip411 program: <https://www.mckinneyisd.net/safety-security/tip411/>

### What does the district do if we become aware of a concern?

The district has established procedures to notify the student’s parent upon learning that a student has displayed possible early warning signs and a potential need for intervention. We will provide information about available interventions and counseling options. Your child’s school counselor can provide further information regarding these procedures as well as educational materials on identifying risk factors, accessing resources for treatment or support, and available student accommodations or supports provided on campus.

### Where can parents learn more about mental health?

- <https://mentalhealthtx.org/>
- <https://www.cdc.gov/mentalhealth/>
- <https://tinyurl.com/aacapMH>

# Community & Counseling Resources

The links below are provided as a resource for the families in our community. There is no intent on the part of the McKinney Independent School District or its employees to endorse specific agencies. This list is not inclusive of all available information or services. The parent is free to obtain suggestions from any source, including the pediatrician or other medical provider.

**Texas Dept. of Health & Human Services Referral Line:** This line is available to provide referral and information on topics such as mental and physical health, employment assistance and resources for meeting basic needs. Line is available 24/7.

<http://www.211texas.org/> or **Call:** 2-1-1 or 877-541-7905

## Non-Profit Family Counseling Resources:

**Harold Murphy Counseling Center (MISD Partnership):** McKinney ISD and the Department of Counseling at Texas A&M University-Commerce have partnered together to open the Harold Murphy Counseling Center (HMCC). The HMCC provides valuable counseling to MISD students Pre-K-12th grade and their family members as well as our MISD staff. Please see your school counselor or administrator for details.

**Telebehavioral Health (MISD Partnership):** McKinney ISD and Children's Health Virtual Care have partnered together to provide telephonic referral supports and virtual counseling services. Please see your school counselor or administrator for details.

**Lifepath Systems:** Lifepath is a community based, non-profit organization that serves as the local behavioral health authority in Collin County. Lifepath provides comprehensive mental and behavioral health care services to families. Clinics are located in McKinney and Plano. The Mobile Crisis Line is available 24/7.

<http://www.lifepathsystems.org/> or **Call:** 877-422-5939

**Journey of Hope Grief Support Center:** Provides support at no cost for children, teens, young adults and their families as they learn to mourn the death or impending death of their loved one in a safe, caring and nurturing environment. Clinics are located in Plano and Frisco.

<http://johgriefsupport.org/> or **Call:** 972- 964-1600

## MISD Substance Use Prevention Course for Parents:

**Talk It Up!** : <https://tinyurl.com/misdtalks>

Check out our self-guided course to get educated about substance use facts and trends. You'll be empowered to start meaningful conversations with your child about healthy coping strategies and ways to resist peer influences. You'll also learn about local resources and tools to get support and treatment if needed. The course can be accessed on-demand from the privacy of your home.

## Additional Resources:

- Here for Texas: <https://www.granthalliburton.org/herefortexas>
- National Child Traumatic Stress Network: <http://www.nctsn.org/>
- CDC-Caring for Children in a Disaster: <https://www.cdc.gov/childrenindisasters/index.html>
- A Child in Grief: <http://www.achildgrief.com/>