

## CBCRC Therapists

**Anderson HS** | 512-414-2538  
TBA

**Austin HS** | 512-841-1960  
Laura Rifkin, LCSW

**Bedicheck MS** | 512-414-3265  
Sergio Barrios, LCSW \*Bilingual

**Bowie HS** | 512-414-5247  
TBA

**Burnet MS** | 512-414-2194  
Stacey Metoyer, LPC

**Crockett HS** | 512-414-7820  
Elizabeth Portman Minne, PhD \*Bilingual

**Dobie MS** | 512-841-4394  
Donna Trahan, LCSW

**Eastside Memorial HS** | 512-841-5626  
**International High School**  
Israel Espinoza, LPC \*Bilingual

**Fulmore MS** | 512-841-4847  
Kelly Mathabela, LCSW

**Garcia Young Men's Leadership Academy**  
TBA

**Lanier HS** | 512-414-1939  
Che Trillo, LCSW \*Bilingual

**LBJ / LASA HS** | 512-414-7020  
Susan Palacios, LPC

**Martin MS** | 512-414-3243  
Amy Goldwasser, LCSW \*Bilingual

**McCallum HS** | 512-414-2519  
Karen McGarity, LPC-AT, ATR-BC

**Reagan HS** | 512-414-7664  
Ruth Crumplar, LPC

**B. Sadler Means Young Women's Academy**  
TBA

**Travis HS** | 512-414-3973  
Gladys Carrillo-Delgado, LCSW \*Bilingual

## What is behavioral health?

**Behavioral health is comprised of mental/ emotional well-being and the choices that people make that affect their well-being\*.**

Behavioral health includes: substance abuse and addiction, mental disorders and psychological distress, and self-harm and suicide.

**Behavioral health exists on a spectrum, encompassing conditions from stress to serious mental illness.**

\*Source: SAMHSA, 2011 \*Substance Abuse Mental Health Services Administration

# 2015 - 2016

A behavioral health resource for schools, students, and families

**Campus  
Based  
Counseling  
Referral  
Centers**

Made possible by collaboration between:



**dell children's**  
medical center of central texas  
A member of the  Seton Healthcare Family

## A Strong Collaboration

AISD Campus Based Counseling Referral Centers (**CBCRC**) are made possible by collaboration between Austin ISD, Seton Healthcare, and Austin Travis County Integral Care.

After a successful pilot in Spring 2012 at Crockett HS, CBCRC will expand to 17 campuses by 2016. AISD hopes to continue to expand across the district, creating a sustainable system.

AISD CBCRCs are staffed by a full-time mental health professional, such as a Licensed Clinical Social Worker (LCSW), Licensed Professional Counselor (LPC), or Licensed Psychologist (PhD). CBCRCs are self-sustaining through campus-based services provided and billed by the associated health agency. Because CBCRC Therapists are not employed by AISD, referrals are received from campus staff or parent/guardians. Consent is required in order for a student to receive services.

## WHO IS ELIGIBLE

Any student in need of behavioral health services is eligible for CBCRC services on their campus. Regardless of insurance status, students can be seen and payment options will be discussed with family at intake.



## WHEN TO REFER

Anytime you are concerned about your student's mental and/or behavioral health, contact his/her counselor, administrator, or school nurse as soon as possible. Any behavior that is negatively impacting a student's overall daily functioning and well-being is reason to refer. The following list identifies common reasons for behavioral health referrals for adolescents.

- ⇒ traumatic event or history of trauma
- ⇒ unhealthy coping skills or risky behavior
- ⇒ stress, anxiety, nervousness, worry, tension
- ⇒ family death/ terminal diagnosis
- ⇒ pregnant/ parenting teens
- ⇒ suicidal/ homicidal thoughts/ statements
- ⇒ aggression, violence
- ⇒ isolation, sadness, depression
- ⇒ adjustment, transition at home/ school

## CBCRC SERVICES

All services are voluntary and confidential. CBCRC services do not interfere with other services a student may receive.

- ⇒ Convenient location and scheduling
- ⇒ Comprehensive, confidential intake
- ⇒ Individualized, strengths-based approach
- ⇒ Individual, family, and/ or group therapy
- ⇒ Linkage to other community health resources
- ⇒ Evidence-based treatment (i.e. Cognitive Behavioral Therapy, Trauma-Informed Care, and Motivational Interviewing)



Crockett CBCRC

**Austin ISD**  
**Comprehensive Health Services**  
1111 W. 6th Street, A400, Austin, TX 78703  
O: 512-414-4903 | F: 512-414-0035  
[www.austinisd.org/health/behavioral-health](http://www.austinisd.org/health/behavioral-health)

**Starla Simmons, LMSW**  
512-841-1669  
*Behavioral Health Specialist*  
[starla.simmons@austinisd.org](mailto:starla.simmons@austinisd.org)