

## About the Program

### Who?

- The CATR: Supported by TCHAT team is made up of licensed professional counselors, licensed clinical social workers, a child psychologist, and child psychiatrists.

### What?

- We collaborate with schools in West Texas and work to effectively assess, refer, and treat students in grades 4-12 with mental health care needs.

### When?

- The CATR: Supported by TCHAT team is ready to accept referrals. We can be reached during the school year Monday-Friday between the hours of 8:00 a.m. and 5:00 p.m. Appointments can be scheduled during most school holidays and breaks.

### Where?

- Students and parents/guardians will be present for all appointments.
- A CATR: Supported by TCHAT team member will be virtually present to conduct or oversee the appointments.
- Telemedicine will be utilized, which allows students to meet remotely with medical providers as needed.
  - These appointments may be held virtually from the school building or the student's home.

### How?

- Once a student is identified, the school counselor will contact the parent/guardian to inform them of the need for a referral and obtain signed authorization.
- Next, the school counselor will provide the Clinical Supervisor with referral information.
- The CATR: Supported by TCHAT team will lead coordination of services from there.

### Why?

- “The goals of providing mental health assessment and mental health care in the school setting is to improve access, decrease stigma, decrease time away from school, improve community support, and improve outcomes as soon as possible so students can get back to the work of growing and developing into happy and successful citizens.”

*Sarah Mallard Wakefield, MD*  
Chair, Department of Psychiatry  
Director of Child and Adolescent Psychiatry Services

<https://www.ttuhscc.edu/catr/default.aspx>



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