about
bewell beconnected

Be Well, Be Connected offers access to mental health care for youth ages 9-17. Eligible youth include students from five Houston area school districts* as well as youth who are referred from the community. School-based screenings, referrals, and home and community-based services are provided. Direct services are offered to youth who are experiencing disruption and interference in their lives from serious emotional disturbances (SED), including first episode psychosis, bipolar disorder, and disruptive mood dysregulation disorder (DMDD). The services include family support that is offered in their homes and communities.

*Houston ISD, Pasadena ISD, Sheldon ISD, Spring ISD, Conroe ISD, and Raul Yzaquirre Charter Schools.

mission

To provide integrated family centered mental health care to improve the health and wellness of Houston-area youth.

Mayor's Office of Education

Baylor College of Medicine

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bewell beconnected

Providing coordinated mental health services to youth in the Houston area

contact us

713-798-2567

bewellbeconnected@bcm.edu

http://bit.ly/bewellbeconnected

@bcm_beconnected

how do I get help?

If a student is experiencing an immediate crisis: please call 911 and have them transferred to the nearest emergency center.

A student can self-refer or be referred by a teacher, parent, or counselor.

Call 713-798-2567 or
email bewellbeconnected@bcm.edu

who are we?

Mayor Sylvester Turner's Office of Education and the City of Houston, Baylor College of Medicine - Department of Psychiatry, Meadows Mental Health Policy Institute, Texas Children's Hospital, and Harris Health System are bringing together a broad coalition of providers and partners to provide oversight and guidance for this work. The collaboration also includes Depelchin Children's Center, Hackett Center for Mental Health, Harris Center, Legacy, Menninger Clinic, Trayt, Inc., University of Houston Department of Psychology and Social Work, and Veteran's Mental Health Care Line. Our services are made possible by a Systems of Care Grant from the Substance Abuse and Mental Health Services Administration.

For more information, please call: **713-798-2567**

who will benefit from our services?

Direct services are offered to youth, ages 9-17, who are experiencing disruption and interference in their lives from serious emotional disturbances (SED), including first episode psychosis, bipolar disorder, and disruptive mood dysregulation disorder (DMDD). To learn more about these symptoms please refer to our website: http://bit.ly/bewellbeconnected

Mental health concerns addressed by Be Well Be Connected services include:

- Experiencing quick shifts in mood:
  - intense happiness or sadness that may include fast-talking about many different topics
  - an increase in anger or irritability
  - thoughts of worthlessness, death, or suicide
- Experiencing a sudden increase or decrease in energy that causes difficulty with daily tasks
- Recent experiences believing, hearing, seeing, or tasting things that others do not
- Having unusual thoughts or beliefs; or feeling suspicious of others
- Loss of interest in caring for one's health and appearance
- Sudden or unexpected loss of interest in family or friends
- Engaging in risky behavior
- Extreme temper outbursts and aggression

what services are available?

School-Based Screenings

Trainings for educators and staff

Use of mental health screening tools

Partnerships with 6 school districts

Home and Community-Based Services

Intensive in-home services

Linkages to treatment and supports
Individual, family and group therapies

Mental Health Referrals

Community mental health centers

Wraparound services through local partners