

Mental Health & Wellness Program

The CIS Mental Health & Wellness Program ensures students have access to the support they need to cope with mental health and wellness challenges. Our licensed mental health clinicians provide treatment to students directly in schools, creating equitable access to the services necessary to meet the rising unmet mental health needs of Central Texas children.



The Mental Health and Wellness Team will begin providing supports in the 2022-2023 school year, to include:

- Intensive, short-term counseling for students experiencing mental health challenges
- Effective community referrals through a family-centered, trauma-sensitive approach
- Training for Communities In Schools of Central Texas staff related to mental health and substance use and misuse based on needs/trends among case-managed students observed by campus-based staff
- Training for school communities related to mental health and substance use and misuse
- Participating in peer consultation and collaborative meetings to problem-solve and resource share
- Serving as off-site clinical supervisors for clinical degree program interns

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