

Taking School Mental Health to the Next Level

Who We Are

Independent and nonpartisan, the Meadows Mental Health Policy Institute works at the intersection of policy and programs to create equitable systemic changes so all people in Texas, the nation, and the world can obtain the health care they need. The Meadows Institute is uniquely positioned as the only entity in Texas that works to put school mental health research, policy, and best practices into action—and into the hands of educators who do the work and need the help building systems that support their students and staff.

[Visit Our Website to Learn More!](#) ►

Our Team

The Meadows Institute's Center for Child and Family Wellness is comprised of a team of school mental health experts, including former school district and state agency leaders, mental/behavioral health systems experts, licensed clinical professionals, policy analysts, and more.

Our Services

CONSULTATION & TECHNICAL ASSISTANCE

We offer expert consultation, guidance, and technical assistance to school districts in all phases of designing, planning, implementing, and evaluating comprehensive school mental and behavioral health support systems. Meadows Institute staff will work with district leaders to determine district needs and develop individualized technical assistance plans. See our "Areas of Expertise" below.

CAPACITY BUILDING: EXECUTIVE LEARNING COMMUNITY (ELC)

We work in conjunction with school districts throughout the state to design a customized year-long, one-of-a-kind learning opportunity for school district leaders to learn and collaborate on best practices related to school behavioral and mental health and leverage Multi-Tiered Systems of Support (MTSS) to build and improve their school mental health systems. The learning community fosters a space for district leaders to learn and share what works, embrace innovative ideas, and collaborate on problem-solving efforts. Topics may include specific strategies to improve a school mental health system, like implementing MTSS to fidelity with best practices and strategies for each tier, reducing exclusionary discipline, and/or increasing mental health supports and services through the power of community partnerships. Other topics include developing adult wellness programs, building more effective District Alternative Education Placement (DAEP) centers, funding sustainability models, and designing better data systems to drive decision-making.

“It was tremendously affirming to know that we were not alone in facing the challenges of addressing needs in this area. We were able to see how our steps or selected resources compared to those of peer districts. Knowing that there are people we could contact or campuses that we could visit to see efforts in context has probably been the most beneficial outcome.”

– A member from a North Texas ELC

“Participating in the Executive Learning Community really provided a space to learn about other districts’ intervention methods for students dealing with mental health. It was so informative and useful. It really provided my team and I the chance to reflect on where we are lacking and how to improve on that.”

– A member from a North Texas ELC

Areas of Expertise

Program Design, Implementation and Strategy

- Multi-Tiered System of Supports (MTSS)
- Student Code of Conduct and Systems of Behavior Management
- District Alternative Education Placement (DAEP) Centers
- Translating State Policy into Practical Implementation
- District Professional Development Plans that Comply with Legislative Mandates
- Community Engagement and Partnerships
- Crisis Response and Disaster Management
- Parental Involvement and Engagement

Program Evaluation Services

- District and County Mental Health Assessments
- Needs Assessments and Resource Mapping
- Program Audits
- Evaluation of Crisis Response & Supports
- Strategic Long-Term, Multi-Year Planning

Student Behavior Management Systems

- Increasing Local, State, and National Mental Health Services and Supports
- Reducing Exclusionary Discipline i.e., Suspensions, Expulsions, DAEP Referrals
- Integrating Evidence-Based Practices into MTSS
- Managing Threats of School Safety from a Mental Health Lens

Staff Training and Capacity Building

- Leadership Professional Development
- MTSS: Systems, Practices, & Data
- Trauma and Grief Informed Schools
- Staff Well-Being and Adult Wellness
- Brain Science

Funding Strategy and Budget Planning

- State and Federal Funding Strategies
- Identifying Private Philanthropic Support
- Insurance Billing and SHARS Reimbursement