TRICARE ACCEPTED

Turning Point Counseling
In person for kids 3+

Features:
- Can provide evaluations & prescriptions
- turningptcounseling.com
- (325) 437-1001
- 500 Chestnut St #1001, Abilene, TX 79602

Beltway Counseling
In-person for kids 3+

Features:
- Child Therapy up to 12 / Teen Therapy 13-17
- 325-692-6540
- beltwaycounseling.org
- *Tricare accepted by some providers.*

Charlie Health
Teletherapy for kids 8+

Features:
- No referral needed for AD dependents
- Individuals sessions once/week and Group sessions 3X/week required
- Can provide evaluations & prescription management as needed
- charliehealth.com / 866-953-2537

Sensible Care
Teletherapy for kids 5+

Features:
- No referral needed for AD dependents
- Can provide evaluations & prescription management as needed
- sensiblecare.com
- 800-801-9833 / contact@sensiblecare.com

Telemynd
Teletherapy for kids 5+

Features:
- No referral needed for AD dependents
- Can provide evaluations (except Autism) & prescription management as needed
- telemynd.com / 866-991-2103

Out-of-Pocket Care

- ACU Psychology Clinic / 325-674-4826
- HSU Psychology & Counseling Center / 325-670-1531
- Mosaic Wellness Center / 325-232-7530
- Tiffany Goswick / 325-244-5407

Mental Health FIRST AID
from NATIONAL COUNCIL FOR MENTAL WELLBEING

Mental Health First Aid is a course that teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. The training gives you the skills you need to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis. Youth MHFA also available.

betty hardwick center

bettyhardwick.org/mhfa

QUESTIONS? CALL (325) 691-2061

Special Education

Eligibility under Mental Health

Students with mental health disorders may qualify for special education services through an Individualized Education Program (IEP) if their condition significantly impacts their ability to learn or participate in school activities. The Individuals with Disabilities Education Act (IDEA) allows students to be eligible for an IEP if they meet criteria under the Emotional Disturbance (ED) category. This includes mental health conditions such as anxiety, depression, and other disorders that affect academic performance, social interactions, or behavior.

An IEP provides tailored services such as accommodations, modifications, and counseling. If a student's mental health disorder does not require specialized instruction but limits their ability to access education, they may qualify for a 504 Plan, which offers support through accommodations and services without the need for special education.

For more information, refer to IDEA (20 U.S.C. § 1400 et seq.) and Section 504 of the Rehabilitation Act of 1973 (29 U.S.C. § 794), which protect the educational rights of students with disabilities, including those with mental health conditions.

If you think your child's education is being negatively impacted by their mental health, email your child's counselor to request a Full & Individual Evaluation for Special Education or Section 504 plan, Contact the School Liaison for assistance-- darci.hodges@us.af.mil

Dyess AFB

Mental Health Resources for Kids & Teens

Brought to you by the Dyess AFB School Liaison

darci.hodges@us.af.mil | 325-696-4591

The information in this brochure is provided as a resource and does not constitute endorsement by the U.S. Air Force, or the Department of Defense of the external website, the information, products, or services contained therein.

ADHD & Autism Evaluations

Tricare Approved

Community Resource Coordination Groups
Go to crcg@hhsc.state.tx.us, put in "Abilene" and contact the named POC.
Autism & ADHD Evaluations

Turning Point Counseling
(500 Chestnut St., 10th Floor, Suite 1001, 79602)
325-437-1001
reception@turningptcounseling.com
turningptcounseling.com
Autism & ADHD Evaluations

Sensible Care (Online Evaluation)
https://www.sensiblecare.com
800-801-9833 / contact@sensiblecare.com
Autism & ADHD Evaluations

Behavioral Focus
(749 Gateway St Suite 702, Abilene, TX 79602)
325-530-4089 / Behavioralfocus.net
Autism Evaluations

Positive Behavior Supports
855-832-6727 / kpender@teampbs.com
teampbs.com
Autism Evaluations

On Base Support Agencies

Integrated Resiliency Office
(325) 696-1289

Sexual Assault Prevention
(325) 696-5499

Family Advocacy
(325) 696-5380

Exceptional Family Member Program
325-696-5999

MFLC
325-320-5580

Dyess AFB Chaplain
325-696-4224 or
325-696-1921

Hendrick Hospice Care
1651 Pine St., Abilene, TX 79601

Club Courage is a FREE six week support group for kids KG-12th experiencing a loss through death, divorce, separation, incarceration, deployment, or other difficult transition.

hendrickhospice.org/clubcourage

In-Patient Residential Care

Youth For Tomorrow
Virginia, 35 miles west of Washington, D.C.

Youth for Tomorrow is a 6-12 month residential program kids in 7-12th grade.
- Transportation covered to the facility
- Paid monthly family visits.
- https://www.youthfortomorrow.org
- *Tricare covers 100% of the program*

Interested? Contact Lawrence Schuster at 703-396-8202 or lschuster@yftva.com to apply

Oceans Behavioral Hospital
4225 Woods Place, Abilene, TX 79602

Adolescent services program designed for adolescents 12-17 years of age.
- In, PHP, & Out Patient Services Available
- oceanshealthcare.com
- (325) 437-6699
- *Triicare Accepted*

Betty Hardwick
2626 S Clack St, Abilene, TX 79606

Multisystemic Therapy, in and out patient services, assessments, & screenings, for 3-17 y/o
- bettyhardwick.org/services/child-adolescent-mental-health-services/
- (325) 690-5100
- Intake services are available on a walk-in basis, Mon-Fri, 8A.-3:30P / MHIntake@bettyhardwick.org

Crisis Hotline: 1-800-758-3344

School Counseling Options

Military Family Life Counselor (MFLC)
In-person for kids 3+

Features:
- ✓ Free, non-medical counseling in individual and/or group sessions
- ✓ Specialize in transitions support, deployment, family conflicts, etc.
- ✓ Parent consent form required
- ✓ Call (325) 232-4628 to schedule an appointment

School Counselors
In-person for kids 3+

Features:
- ✓ Free, non-medical counseling in individual and/or group sessions
- ✓ College and career prep support
- ✓ Access to community resources

Communities in Schools
In-person for kids 3+

Features:
- ✓ Connect students & families with local resources to help kids stay in school.
- ✓ Offer counseling, referrals to mental health professionals, and a supportive environment to build resilience and coping skills.
- ✓ cisbigcountry.org

Texas Child Health Access Through Telemedicine (TCHATT)
Teletherapy

Features:
- ✓ Free, short-term teletherapy that happens on campus during the school day
- ✓ School counselors submit referrals
- ✓ ttuhsc.edu/medicine/psychiatry/tchatt/default.aspx