



**BROWNSVILLE INDEPENDENT
SCHOOL DISTRICT**

Mental Health & Wellbeing

Awareness, Support and Resources

Psychological safety and everyday emotional wellbeing

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Department of Guidance and Counseling



What We Will Share Today



01

Awareness & Education

For students, parents and the BISD community



02

Mental Health Support

Available to our students and employees



03

Resources & MOU Partners

Crisis lines and community partnerships



04

SB 3 Mental Health Training

For faculty and staff who interact with students

Counselors guide and support student academic, career, and social-emotional growth and wellbeing

Brownsville ISD School Counselors = 123



Elementary School Counselors = 46



Middle School Counselors = 28



High School Counselors = 31
Career Placement Officers = 6 / 1 CTE District Lead



Special Services Counselors = 5



Gear Up Counselors = 4

District Counselors = 2 Vacancies
Mental Health Focus



Weekly Social-Emotional Learning (SEL), District-Wide



PREK – 5TH GRADE

Quaver Ready Social Emotional Learning



6TH – 12TH GRADE

Navigate Compass Social Emotional Learning



SIX WEEKS IN: As of last week, we are actively reviewing utilization reports weekly to confirm the SEL education continues.

Weekly Social-Emotional Learning District-Wide Usage 2025-2026



PREK – 5TH GRADE

Quaver Ready SEL

32.4K Total Logins

6.8K Unique Users



6TH – 12TH GRADE

Navigate Compass SEL

211K Total Logins

12.5K Unique Users



What Our Students Learn



Understanding Myself

- Identifying emotions
- Coping with emotions
- Stress
- Impulsivity
- Optimism and resiliency
- Gratitude
- Motivation and goals



Relating to Others

- Active listening
- Friendships
- Sharing
- Respect
- Teamwork
- Peer pressure



Staying Safe & Choosing Well

- Anti-bullying
- Cyberbullying
- Internet safety
- Rules
- Choices and consequences

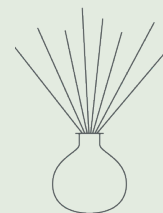
...and more

Inside Every Lesson

Lesson feature	Navigate Compass SEL 6th – 12th	Quaver Ready SEL PreK – 5th
Pre-planned lessons	✓	✓
Pre-test and post-test	✓	–
Instruction and video	✓	✓
Music and student activity worksheets	–	✓
Discussion questions and reflection writing prompts	✓	–
Teacher guide for lesson delivery	✓	✓
Parent guides	✓	✓
Learning modules to help teachers prepare	✓	✓



Funding Source:
Every Student Succeeds
Act Mental Health
ESSA Title IV Part A



Presentations for Students



Sandy Hook Promise

- **Say Something & Safe and Trusted Adult** – warning signs of threats of harm to others and self
- **I Can Save a Life** – suicide prevention and intervention
- **Start with Hello** – notice, reach out and engage to include all students



School Safety

School violence: know the warning signs and know how to make a report



Online & Peer Safety

Internet safety, cyberbullying and bullying prevention



Drug Prevention

Education that includes the dangers of vaping



Personal Safety: Play It Safe!

Child abuse awareness, harassment, teen dating violence

Presentations for Parents & Educators

Presented by School Counselors and UTRGV TCHAT



Social Emotional Learning Curriculum

Guidance curriculum lessons delivered in classrooms



School Safety

School violence: know the warning signs and know how to make a report



Mental Health Crisis Intervention Teams

Student outreach support for suicidal ideation, self-harm and harm to others



Mental Health Topics

- What Is Mental Health? Anxiety, depression, bipolar, suicidal ideation and risk factors
- Mindfulness and the 8 Dimensions of Mental Health
- Adolescent Mental Disorders
- Communicating with Your Teen
- Dealing with and Healing Trauma
- Grief

Information is disseminated to parents with flyers, via social media, REMIND, Google Classroom, partnering with parent liaison, school presentations, community events, etc.

Community Partner Information Sessions



Tropical Texas Behavioral Health



Texas Child Health Access Through Telemedicine - TCHAT



Buckner Children and Family Services



Tip of Texas Family Outreach



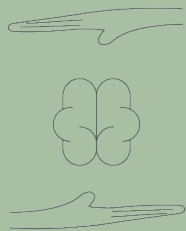
Friendship of Women

Information Sessions are in person, online and on-demand.



Information is shared with parents via flyers, social media, REMIND, Google Classroom, parent liaisons and community events.

Everyday Access to Support



Psychological safety

The shared belief that it's okay to speak up, ask questions, and make mistakes without fear of embarrassment or blame.



School Counselors and At-Risk Counselors

Increased capacity to address student needs
Non-counseling duties are time-tracked and reported to safeguard time on task



Texas Child Health Access Through Telemedicine

School-day access to licensed mental health professionals, at no cost



Extended Day Counseling

Weeknight sessions, 5–7 PM, for students and employees at no cost

Response When It Matters Most



Grief/Support Teams

Support students, faculty and the school community
All BISD Counselors serve on the Grief Teams



District Mental Health Counselors

Support students, provide presentations, follow up with parents on mental health needs and connect families with community resources



Campus Student Outreach Support (SOS) Teams

Intervene in a mental health crisis to ensure student safety and connection to mental health services and resources

Crisis Lines & MOU Partners



988 & 211

Mental Health Helpline



Crisis Text Line & Texas Youth Helpline

Text, Call or Chat



Tropical Texas Behavioral Health

Crisis Hotline



MOU Partners

- Tropical Texas Behavioral Health
- Palms Hospital
- Cameron County Children's Advocacy Centers
- Cameron County District Attorney's Office
- Behavioral Health Solutions
- Buckner
- UTRGV School of Medicine
- Cameron County Juvenile Justice Department

Training Every Employee Who Serves Students on Campus

Administration, teachers, campus staff, librarians, bus drivers, cafeteria employees, nurses, counselors, custodians, diagnosticians, etc.



State-approved
training program



Licensed professionals
deliver the training



All employees
who interact with students
trained by 2028–2029



YEAR 1 • 2025–2026

600

employees trained

*Trainer: Tropical Texas Behavioral
Health: Youth Mental Health First
Aid*



YEAR 2 • 2026–2027

950

employees by Dec. 2026

*Trainer: Region One: Harmony in
Mental Health*



YEAR 3 • 2027–2028

950

employees



YEAR 4 • FALL 2028

All

remaining employees

WITH GRATITUDE

Thank You to Our Campus Teams



**BISD Police
Officers**



School Nurses



**Teachers and
Staff**



**Campus
Administration**

For their work and dedication to student mental health.



School Counselors

*For their compassion
and dedication to
student wellbeing.*



“Feeling safe to say ‘I’m not okay’ is where support begins.”

Thank you for your attention and support.

Guidance and Counseling Department · Brownsville ISD

Department of Guidance and Counseling

