

Cameron ISD Resource Guidebook

if you are experiencing an emergency or crisis please call 911 or go to the nearest ER for evaluation

If you have insurance, you can call the number on the back of your card for referrals of in network providers for mental health and/or other services, this includes but not limited to: Counseling, Psychiatry, inpatient facilities, Primary Care Physicians, etc.

Information about this Guide Book

- This guide is meant to inform families and staff about institutions and services available in our local community. Cameron ISD does not advocate or recommend any specific agency, program, or service. This information is supplied as a reference if you choose to use it. The list of service providers furnished to you by Cameron ISD includes persons who are believed to provide services to students. This list is assembled as a courtesy and is not a complete or comprehensive list of providers.
- The District does not endorse or recommend any service provider, and no employee of the District is authorized to make any such endorsement or recommendation. The district has not investigated the background, qualifications, licensing status, criminal record status, abilities, fees charged, or results achieved by any service provider on this list. The District does not make any representation that any person on this list is competent or qualified, nor does the District make any representation that any person NOT on this list is NOT competent or qualified. **BEFORE HIRING ANY PRIVATE SERVICE PROVIDER, YOU SHOULD INVESTIGATE AND SATISFY YOURSELF IN ALL PARTICULARS CONCERNING SUCH PERSON. FURNISHING THIS LIST DOES NOT CONSTITUTE A REFERRAL OF THE STUDENT BY THE DISTRICT TO ANY SERVICE PROVIDER.**

Cameron ISD Partnership with CareSolace

If you, your immediate family member, or student need assistance in finding community-based mental health related programs and/or counseling services, Care Solace is able to offer support. After privately speaking with a Care Solace concierge and answering a series of questions to best understand the specific need, the concierge will seek out options on your behalf. The Care Solace concierge will take the specific need as well as financial, appointment logistics, and proximity constraints into consideration. This service is available in multiple languages, 24/7. Call (888) 515-0595 to speak with someone from the Concierge team. Video chat by visiting our direct access link for CameronISD staff and immediate family members: www.caresolace.com/cisdfamilies, select "Talk to Us" and then the "Virtual Chat" button. Email Care Solace at weserve@caresolace.org with your contact information, your preferred language, and a good time to reach you. Contact your student's school counselor who can provide a referral on your behalf.

How to Find a Counselor

Information provided by Central Texas Child and Family Counseling

Some families would rather locate a counselor on their own and that's completely OK! Finding the right fitting mental health provider is important for getting the most effective treatment. Below are some tips on how to navigate the search.

Areas to consider when finding the right fit:

Training and experience- Each mental health professional has different skill sets. The provider you choose should have some experience and training in helping with the area you are looking for support in.

Some common areas of training to ask about are:

Experience with a particular age group

Training for a particular issue such as anxiety, depression, trauma or ADHD Ability to test, diagnose or medicate if you are seeking these goals Location and Availability- Your ability to attend appointments is essential and so finding a provider who is available and located

near you is important. Ask about the times and days that are immediately and regularly available for appointments. Personal Considerations- Being able to connect with your provider makes a difference in mental health. If the opportunity is available, spend some time researching online or talking with a provider to see if it will be a good match. Cost- The cost of counseling varies greatly. Some options available for payment are:

Free or reduced cost: Usually community-based services

Out-of-Pocket: Payment directly to the provider at their full fee or sliding scale rate.

Insurance: In-network or out-of-network coverage for services.

Health Savings Account: Most providers can accept HSAs

Learn about your insurance:

Many companies provide EAPs or insurance coverage for mental health. The best way to learn about your coverage is by calling the number on the back of your insurance card and ask:

What is my behavioral healthcare coverage?

For my in-network and out-of-network benefits

Do I have a deductible to meet or a session limit?

What are my out-of-pocket expenses (percentage, co-pay, etc....)? May I have a current list of in-network providers who specialize in_____? What is the process for out-of-network reimbursement?

(using out of network benefits will open many more options in finding a provider)

How to obtain out-of-network benefits:

At time of service, pay for therapy out-of-pocket and request a "super bill". A "super bill" is the documentation of sessions, which will include the counselor's license number, NPI number, Billing codes and Diagnoses codes. Mail this to the address provided by your insurer. Reimbursement often requires follow up, so you will want to document everything.

Expect to wait- a standard length of time is 30 days, sometimes longer. Keep track of sessions and charges that are accruing.

When you receive payment, compare your records. There is often a 'window of appeals' if something is incorrect.

Search and Contact:

Use your insurance provider list or search engines like Google or www.psychologytoday.com to find a provider that fits what you are looking for. Call and email. Follow up after 24 hours if needed.

What to expect:

When speaking with a provider at the first appointment, it is likely that you will spend time sharing about the area you are seeking support for and some of your history. You will also discuss limits, policies, cost, and needed forms (such as a "Super Bill" for out-of-network reimbursement, if necessary).

During the first few sessions, you and your counselor will work on defining your goals and the plan to get there. This is called the treatment plan. The treatment plan will be a rough outline of what to expect with your counseling experience and will be revisited throughout the process at various times.

Non-Profit Counseling

- MHMR - Central Country Services
 - Milam County MHMR
 - Address: 206 S Central Ave, Cameron, TX 76520
 - Phone: (254) 697-6631
 - You may walk in and pick up an intake Packet to start the intake process. You may need to go to the Temple clinic for the initial intake session, they will let you know.
 - Temple MHMR
 - Address: 304 S 22nd St, Temple, TX 76501
 - Phone: (254) 298-7000
- Starry Counseling
 - Address: 2027 S 61st St #100B, Temple, TX 76504
 - Phone: (254) 773-5802
- Community Life Center at UMHB
 - Address: 710 N Pearl St, Belton, TX 76513
 - Phone: (254) 295-5531
- BlueBonnet Trails
 - Address: 404 Carlos G Parker Blvd NW, Taylor, TX 76574

- Phone: (844) 309-6385
- Twin City Missions
 - Family Support Specialist
 - kluckp@twincitymission.org
 - 979-777-0938
 - 800-865-9921
 - FAX: 979-260-7567
 - 105 W. Main, Cameron, Tx 76520
 - 1139McClanahan Rd.,Marlin, Tx 76661
- NAMI Central Texas
 - P.O. Box 302398 Austin, TX 78703
 - 512-420-9810
 - info@namicentraltx.org
 - or www.namicentraltx.org
 - NAMI Central Texas is an affiliate of the National Alliance of Mental Illness (NAMI) dedicated to improving the lives of all individuals affected by mental illness through education, support and advocacy programs.
 - Register for classes online: namicentraltx.org

Psychiatrist

- MHMR - Central Country Services
 - Milam County MHMR
 - Address: 206 S Central Ave, Cameron, TX 76520
 - Phone: (254) 697-6631
 - You may walk in and pick up an intake Packet to start the intake process. You may need to go to the Temple clinic for the initial intake session, they will let you know.
 - Temple MHMR
 - Address: 304 S 22nd St, Temple, TX 76501
 - Phone: (254) 298-7000
- Lone Star Circle of Care (also can set up family and individual counseling)
 - Lone Star Circle of Care at Taylor
 - Address: 1301 W 4th St, Taylor, TX 76574
 - Phone: (877) 800-5722
 - Lone Star Circle of Care of Temple
 - Address: 2112 SW H K Dodgen Loop, Temple, TX 76504
 - Phone: (877) 800-5722
- BlueBonnet Trails

- Address: 404 Carlos G Parker Blvd NW, Taylor, TX 76574
- Phone: (844) 309-6385

Psychiatric /Behavioral Hospitals

- Austin Oaks Hospital
 - 1407 W. Stassney Lane Austin, TX 78745
 - 512-440-4800
 - www.austinoakshospital.com
 - Behavioral health and stabilization treatment for children, adolescents, and adults. Inpatient and outpatient programs are available.
- Cedar Crest Hospital
 - 3500 S. IH-35 Belton, TX 76513
 - 254-939-2100 ext. 700 for admissions
 - <http://www.cedarcresthospital.com/>
 - Providing inpatient and residential treatment services for children, adolescents, and adults.
- Cross Creek Hospital
 - 8402 Cross Park Drive Austin, TX 78754
 - 512-215-3900
 - www.crosscreekhospital.com
 - Cross Creek offers comprehensive inpatient treatment to those struggling with mental, emotional, and/or behavioral concerns:
 - Children services (ages 5-13)
 - Adolescent services (ages 13-17)
 - 24-7 NO COST assessment available
- Dell Children's Behavioral Health
 - 4900 Mueller Blvd. Austin, TX 78723
 - 512-324-0029 or 877-918-2039
 - <https://www.dellchildrens.net/mentalhealth/>
 - Dell Children's Medical Center gives kids in Central Texas access to comprehensive pediatric healthcare all under one roof. Licensed staff is on call 24 hours a day to address the behavioral and mental health needs of children and their families.
- Georgetown Behavioral Health Institute
 - 3101 S. Austin Avenue Georgetown, TX 78626

- 512-819-1154
- <http://www.georgetownbehavioral.com/>
- Georgetown Behavioral Health Institute (GBHI) is an acute care psychiatric hospital offering comprehensive mental healthcare programs and services for adults, teens, active duty military members, and older adults.
- **Miracle Farms - A Residential Program for Teenage Boys**
 - 10802 FM1621 Brenham, TX 77833-0164
 - (979) 836-0901
 - <https://www.miraclefarm.org/>
 - info@miraclefarms.org
 - Rooted in Christian faith and western heritage, our one-of-a-kind ranch helps struggling young men experience healing, earn an education, and learn respect. Through our innovative horse program and on-site academic and vocational training, young men establish and achieve goals for a lifetime, and learn to believe in themselves as something more than society has painted them to be. It all happens in a safe, structured environment where they have the opportunity to turn their lives around and become responsible men. Placements are free of charge.
- **Rock Springs Changes**
 - 1335 E. Whitestone Blvd., #Z200 Cedar Park, TX 78613
 - www.changescedarpark.com
 - 737-808-1700
 - Partial hospitalization and intensive outpatient programs
 - Preteens/Tweens (age 8- 13),
 - Adolescents/Teenagers (14-17)
- **Rock Springs Hospital**
 - 700 SE Inner Loop Georgetown, TX 78626
 - 512-819-9400
 - rockspringsinfo@spsh.com
 - <http://www.rockspringshealth.com> Psychiatric and addiction hospital providing inpatient and outpatient services for adolescents and adults. Outpatient services will include day

Resources for Abuse

- **American Humane Association**
 - 800-227-4645
 - www.americanhumane.org
 - The American Humane Association is dedicated to

protecting children, pets, and farm animals from abuse and neglect.

- National Domestic Abuse Helpline for Men and Women
 - 888-743-5754
 - <http://dahmw.org/>
 - The Domestic Abuse Helpline for Men and Women (DAHMW) is a 501(c)(3) non profit organization, and is a member of the Maine Association of Nonprofits. DAHMW is at the forefront of Today's new perspectives on intimate partner abuse and actively assists the research community.
- National Teen Dating Abuse Helpline
 - 866-331-9474
 - www.loveisrespect.org
 - The National Teen Dating Abuse Helpline is a national 24 hour resource that can be accessed by phone or the internet, specifically designed for teens and young adults. The Helpline and loveisrespect.org offer real-time one-on-one support from trained peer advocates.
- Department of Family and Child Protective Services
 - Report Child or Elderly abuse
 - 1-800-252-5400 <https://www.txabusehotline.org>
- RAINN: Rape, Abuse and Incest National Network: 1-800-656-4673 or live chat at <https://ohl.rainn.org/online>

Hotlines and Crisis Support

- National Suicide Prevention Lifeline — Call 24/7 at 1-800-273-8255 (TALK) Chat from 2 p.m.-2 a.m. at <https://suicidepreventionlifeline.org/chat/> Ayuda en Español — 1-888-628-9454
- Bluebonnet Trails (BBT)
 - (800) 841-1255 or or 512-864-8277
 - 24/7 Crisis Hotline for individuals at risk of harming themselves or someone else. <https://bbtrails.org/>
- The National Human Trafficking Hotline 1-888-373-7888
 - <https://humantraffickinghotline.org/>

- We'll Listen. We'll Help. If you or someone you know is a victim of human trafficking, call now.
- Dating Abuse & Domestic Violence Love is Respect: 1-866-331-9474 or text "loveis" to 22522; www.loveisrespect.org
 - Our trained advocates are available 24/7 to offer support, education, and advocacy to teens and young adults (as well as friends and family) with questions or concerns about dating and relationships. We also offer information about relationship abuse for educators, counselors, and service providers focused on teens and young adults.
- National Domestic Violence Hotline (24/7): 1-800-799-7233; www.thehotline.org
 - Every contact to The Hotline is personal. Some people who reach out to us identify as survivors of abuse, some as concerned friends or family members, some as abusive partners seeking to change themselves.
-

Teen Pregnancy resources

- Place of Hope
 - 231 E. Cameron Avenue, Rockdale, Tx 76567
 - 512-446-2220
 - placeofhopecenter@yahoo.com
- Child Care Services
 - Workforce Solutions of Central Texas
 - 300 Cheyenne, Killeen, Tx 76542
 - 254-200-2009
 - Fax: 254-200-2245

Social Services

- Hill Country Community action
 - Cameron Location
 - 101 E. Main, Cameron, TX 76520
 - Phone: (254) 605-0275

- Senior Nutrition, Energy Assistance, Weatherization, Community Services, Volunteer opportunities Services: Provides gas and electrical assistance to the elderly and people with disabilities. Provides college students with assistance with books, uniforms, and gas. At extreme temperatures, if crisis funds are available, they can provide financing for the purchase of gas and electricity for other people in need who meet specific criteria. To make an appointment, please call. Hours of Operation: Monday - Friday, 8:00 a.m. to 4:00 p.m.
- Head Start 1&2
 - 1402 N. Austin, Cameron, Texas 76520
 - Phone/Fax: (254) 697-4240
 - Provides Services for pregnant women and children 6 weeks - 3 years
- HHSC Benefits Office
 - 254-697-6695
 - 201 Lafferty Ave, Cameron, Tx 76520
 -

Homelessness Resources

- Hill Country Community action
 - Cameron Location
 - 101 E. Main, Cameron, TX 76520
 - Phone: (254) 605-0275
 - Senior Nutrition, Energy Assistance, Weatherization, Community Services, Volunteer opportunities
- Twin City Mission
 - 979-822-7511
 - 2505 South College Avenue
Bryan, Texas 77801
 - Info@twincitymission.org
 -
- Hill Country Community action
 - Cameron Location
 - 101 E. Main, Cameron, TX 76520
 - Phone: (254) 605-0275
 - Senior Nutrition, Energy Assistance, Weatherization, Community

Services, Volunteer opportunities

- Family Promise of East Bell County
 - 1018 E Avenue A
 - Temple, TX 76501
 - (254) 773-9980
 - [Contact Us](#)
- Cameron Housing Authority
 - Address: 704 W 6th St, Cameron, TX 76520
 - Phone: (254) 697-6523
 -
-

Grief, Loss, Serious Illness

- Marek-Burns-Laywell Funeral Home
 - Phone: (254) 697-3661
 - 2800 North Travis, Cameron, TX 76520
 - <https://www.mblfuneral.com/resources/grief-support>
- Green - Patterson Funeral Home
 - jlphog1@yahoo.com
 - 2701 N. Travis Ave. P.O. Box709, Caeron, Tx 76520
 - 254-697-6611
 - <https://www.green-pattersonfuneralhome.com/griefarticle/article/helping24>
- Kindred Hospice
 - 2626 S 37th St Suite B, Temple, TX 76504
 - 254-742-2000 1-866-227-3524 [Kindred Hospice experience@kindredathome.com](mailto:KindredHospiceexperience@kindredathome.com)
 - Program Name: Grief Support Group
 - Services: Bereavement Counseling, General Bereavement Support Groups
 - Coverage Areas: Bell County; Coryell County; Lampasas County; Milam County

Pregnant and New Mom's

- PIC Program

- 207 South Houston Avenue, Cameron, TX 76520
- 254-697-4913
- Services: A supplementary nutrition program for children, 0-5 years, and pregnant, lactating, and postpartum women. Services include: Food and formula vouchers, Immunizations for children, Nutrition education and support for breastfeeding, and Referral to other health services. Call for hours details.
- Head Start 1&2 - Hill Country Community Action
 - 1402 N. Austin, Cameron, Texas 76520
 - Phone/Fax: (254) 697-4240
 - Provides Services for pregnant women and children 6 weeks - 3 years
-

LGBTQ+ Resources

- Point of Pride
 - Point of Pride provides free chest binders (specially-designed chest compression garments) to any trans person who needs one and cannot afford or safely obtain one.
 - <https://www.pointofpride.org/free-chest-binders>
- Gay & Lesbian Alliance Against Defamation (GLAAD) rewrites the script for LGBTQ acceptance. As a dynamic media force, GLAAD tackles tough issues to shape the narrative and provoke dialogue that leads to cultural change. GLAAD protects all that has been accomplished and creates a world where everyone can live the life they love. For more information and resources go to: <https://www.glaad.org/resources>
- American Psychological Association (APA) resources can be found here: <https://www.apa.org/pi/lgbt/programs/safe-supportive/lgbt/>
- National Alliance To End Homelessness:
 - <https://endhomelessness.org/homelessness-in-america/who-experiences-homelessness/youth/>
- The Trevor Project: <https://www.thetrevorproject.org/education/>
 - For an additional wealth of information and resources for LGBTQ youth, allies, and families please visit:

<https://www.cdc.gov/lgbthealth/youth-resources.htm>

Divorce Care and Legal Supports

- Protective order kits, divorce filing information and forms, custody modification, child support calculator.
 - www.texaslawhelp.org
- Divorce care for kids
 - Phone: 800-489-7778
 - Email: info@dc4k.org
 - www.dc4k.org
 - Help your children heal from the pain of divorce
 - Are your children angry, hurt, and confused about your separation or divorce? A DivorceCare for Kids (DC4K) support group is a safe, fun place where your children can learn skills that will help them heal. DC4K groups blend, games, music, stories, videos and discussion to help kids process the divorce and move forward. Groups meet weekly and are designed for children ages 5-12.

Drug and Alcohol Abuse Supports

- Access Drug Testing Services
 - 512-639-9524
 - parentchildaccess@gmail.com
 - Mobile drug and paternity testing services for adolescents, teens, and adults.
- Al-Anon and Alateen:
<https://al-anon.org/for-members/group-resources/alateen/> Al-Anon and Alateen members are people, just like you, who are worried about someone with a drinking problem.
- Partnership for Drug Free Kids
 - <https://drugfree.org/#>
- Phoenix House
 - 400 West Live Oak Street Austin, TX 78704
 - 512-364-0767
 - www.phoenixehouse.org

- Phoenix House offers treatment for addiction and co-occurring issues. Residential and outpatient services are offered.
- Admissions #: 214-296-0394 or 1-844-PHTEXAS
- Substance Abuse And Mental Health Services Administration
<https://www.samhsa.gov/>

Physiological needs

- <https://www.thehelplist.com/co/tx-milam>
- Search for free or reduced cost services like medical care, food, job training, and more at
 - <https://www.auntbertha.com/>
- Beaver Creek Food Pantry - Food Distribution Center
 - Address: 2280 Nickleson Road, Cameron, TX 76520
 - Phone: (910) 783-5158
- Progressive Baptist Church Food Pantry - Food Distribution Center
 - Address: 1013 N Colorado St, Hearne, TX 77859
 - Phone: (979) 279-9940
- Rockdale Christian Services
 - 226 W. Cameron , Rockdale, TX 76567
 - 512-446-5710
 - ADDITIONAL HOURS INFORMATION:
 - Friday: 10:00 am-12:00 pm (CSFP ONLY)
 - Every 2nd Thursday and Friday 10:00-12:00 pm
 - Every 4th Thursday and Friday 10:00-12:00 pm
- Central Texas Food Bank
 - 512-684-2550 or toll free 855-684-2550
 - 6500 Metropolis Drive , Austin, Texas 78744
 - Counties covered: Bastrop, Bell, Blanco, Burnet, Caldwell, Coryell, Falls, Fayette, Freestone, Gillespie, Hays, Lampasas, Lee, Limestone, Llano, McLennan, Milam, Mills, San Saba, Travis and Williamson.
- Thrift Store
 - Address: 300 S Houston Ave, Cameron, TX 76520
 - Phone: (254) 697-2283
- Coat of Many Colors Thrift Shop

- Call 512-352-5553
- 33.9 miles (serves your local area)
- 121 East 2nd Street, Taylor, TX 76574
- Rockdale Christian Services
 - 130 North Main Street, Rockdale, TX 76576
 - 512-446-5710
 - Services: They provide monthly food assistance, preferential assistance, gas, and water assistance. Documents Needed: Must present photo identification. Hours of operation: Monday - Friday, 10:00 a.m. - 12:00 p.m., on a first-come, first-served method
- Cameron Area Christian Services and Thrift Store
 - 300 South Houston Avenue, Cameron, TX 76520
 - 254-697-2283
 - Services: Offers food pantry, cheap clothing and rescue services for families affected by fires and other natural disasters (e.g. furniture, clothing, etc.). Hours of operation: Tuesday, Wednesday, Thursday, 9:00 am - 3:00 pm Friday, 9:00 am - 5:00 pm
-

Transition Planning for older Student

- **Project FUTURE (Focuses Upon Training, Utilization of Resources, and Employment)**
 - Call 253-933-2707 (your nearest location) email centraltxyouthservices@gmail.com to get more info
 - 36.15 miles (serves your local area)
 - 204 N East St, Belton, TX 76513
 -
- San Gabriel Springs
 - www.sangabrielsprings.org
 - 512-862-4340
 - San Gabriel Springs is a non-profit organization working to empower teens and young adults who are aging out of the foster care system by offering mentorship and financial assistance to help them make a successful transition to adulthood.

Additional Resources

- NEW: 24/7 mental health support line to help Texans experiencing anxiety, stress or emotional challenges due to the COVID-19 pandemic. People can call the Statewide COVID-19 Mental Health Support Line 24 /7 1-833-986-1919
- Crisis Text Line: text "home" to 741-741
- Disaster Distress Helpline: Call 1-800-985-5990 or text "TalkWithUs" to 66746
- National Domestic Violence Hotline: 1-800-799-7233
- National Suicide Prevention Hotline: 1-800-273-8255
- Mental Health Crisis Hotline, Central County Services - 1-800-888-4036
- 911 or visit your nearest hospital emergency room if you can get there safely
- MILAM COUNTY RESOURCE GUIDE
<https://www.milamcounty.net/upload/page/8931/docs/Health%20RESOURCE%20GUIDE.pdf>
-