



Meeting Notes
March 24, 2026
8:30 a.m. - 10:00 a.m.

Paso del Norte Health Foundation
221 N. Kansas, 19th Floor
El Paso, Texas 79901
Meeting Room C

Attendees:

Sharon Butterworth
April Corral
David Cotchery
Sandra Day
Rosa Flores
Catherine Garcia
Cathy Gaytan
Daniely Gutierrez
Cynthia Henry
Lauren Hernandez
Vanessa Leon
Violeta Lopez-Unzueta
Adriana Lopiccolo
Dr. Sarah Majd
Laura Marquez
Ana Luisa Martinez
Enrique Mata
Tom Moran
Amanda Munoz
Michael Phillips
Julie Priego
Dr. Carmen Olivas-Graham
Rachel Quintanilla

Representing:

PdN Center at Meadows Institute
Texas Tech University Health Science Center El Paso
Veterans Outreach/American GI Forum
Paso del Norte Health Foundation
Proyecto M.A.M.A.
El Paso County Juvenile Probation Department
El Paso Child Guidance Center
Region 19 Education Services Center
Paso del Norte Center of Hope
Texas Tech University Health Sciences Center El Paso
Heart Gallery of El Paso
United Way of El Paso
Paso del Norte Children's Development Center - ECI
YWCA El Paso Del Norte Region
Paso del Norte Children's Development Center
Proyecto M.A.M.A.
Paso del Norte Center at Meadows Institute
Stephen A Cohen Clinic/Endeavors
El Paso Child Guidance Center
Every Little Blessing Preschool
Aliviane, Inc.
Socorro Independent School District and EPCC
Project Vida El Paso

Kathy Revtyak	El Paso Children's Grief Center
Monica Reyes	Canutillo Independent School District
Alejandra Sanchez	Family Service of El Paso
Diana Serrano	El Paso Center for Children
Wes Temple	Region 19 Education Services Center
Kathie Valencia	El Paso Center for Children
Sophia Wozniak	Emergence Health Network

Welcome and Introductions

Cathy Gaytan convened the meeting at 8:35 a.m. and called for introductions.

Specialty Care Work Group

Josue Lachica shared a brief overview of the continuing efforts underway exploring a hybrid model for residential treatment of children and youth. He also reinforced that while the Specialty Care Work Group has not met since the last FLC General Meeting, there is still lots of investigating underway. For example, he explained that a small task force has developed to explore bringing model therapeutic approaches to the region for addressing eating disorders. The group engaged in a deeper discussion on the importance of having specialty services such as these easily accessible in the region. Ms. Gaytan shared her experiences treating eating disorders and the complexity of identifying an approach for each unique situation. The Specialty Care Work Group is likely to meet before the next FLC Meeting in May.

First Connection Work Group

- **CPAN and PERI-PAN**

April Corral introduced Lauren Hernandez, a Project Coordinator with CPAN and PERI-PAN to the group. Ms. Hernandez shared recent enhancements to these important programs. She explained that in the past the communications were between the physician in a practice and one of the Texas Tech child psychiatrists. Now the programs are broadened to help serve a range of providers and support staff connected to a clinical practice. The Texas Tech Team will connect for one time evaluation support with clinicians for their patients. This expansion provides greater access to psychiatry consults thereby helping improve accuracy and precision of diagnosis and treatment plans. Ms. Hernandez and Ms. Corral responded to questions from the group. **A handout provided is included with these notes.**

- **IDD**

Laura Marquez and Sandra Day shared their information gathering efforts to identify areas where the Health Foundation might partner in the Intellectual and Developmental Disability (IDD) arena. She explained that she will be gathering community stakeholder input through a series of focus groups over the next two months. Ms. Marquez and Ms. Day shared that the PdN Center and Meadows Institute were engaged to complete a review of literature to help inform next steps. The group entered into a lively discussion on

the importance of expanding and enhancing support options for individuals with IDD and their families. Ms. Marquez responded to questions from the group.

FLC 2030 Action Plan

Progress from 2022

Enrique Mata shared an overview of data and input from the FLC recommendations for action that are the basis for the current Leadership Council Action Plans. These new data, along with input from Leadership Council members, and other stakeholders, will help invigorate new life into the current action plans and prioritize system improvements for the next few years. **The PowerPoint slides are included with these notes.**

Actions for 2030

Mr. Mata handed out a one page list with four Opportunities for Change and related strategies. He explained that while based on the data and stakeholder input these items are identified as priority for the next few years, the document is a living document and would be posted the <https://healthypasodelnorte.org> website. These would be anchor actions while still allowing for opportunistic solution to develop through Consortium Family Leadership Council gatherings. Mr. Mata asked that any edits or additions come to the Paso del Norte Center at Meadows Institute in the next few weeks. **The handout is included with these notes.**

May 14th Consortium General Meeting

Josue Lachica and Mr. Mata shared that the next Consortium General Meeting is scheduled for Thursday, May 14th and will be held at the Endeavors Health and Wellness Center, 12135 Pebble Hills Blvd, El Paso, TX 79936. **A save the date flyer is included with these notes.**

Other Business

YWCA – Dr. Sarah Majd shared that she is seeking social emotional health training for the out of school time workers. She stated that the Care providers are 18+ years of age and about 90% are college students. The group discussed the available options in the community.

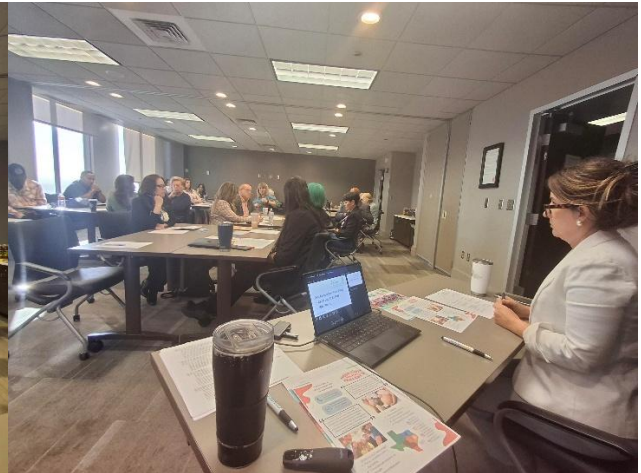
Dr. Majd asked that everyone wear purple on April 15th for Purple Up! Day, a day to wear purple in support of military children and recognize their sacrifices.

Paso del Norte Health Foundation – Sandra Day shared the Health Foundation's open call for Letters of Intent (LOIs) for mental health and emotional well-being is open until April 7th. She asks that any organization seeking to apply reach out to her before submitting at sday@pdnfoundation.org or Enrique Mata at emata@mmhpi.org.

United Way of El Paso – Violeta Lopez-Unzueta shared that April is also child abuse awareness month, and May is Mental Health awareness month. She asked that the group participate in the range of events that will be held during these months.

El Paso Center for Children – Kathie Valencia shared a flyer for the Fifth Annual Kickin’ Asphalt 5K fundraiser. It is scheduled for **Saturday, April 18th** from 5:00pm-9:00pm. It is not your typical 5K as it is a fun family event that will include the 5K at 6:00pm and farmer’s market vendors, food trucks and live music. The event is free to attend unless you are participating in the race. The fee for racers is \$30, with a \$5 discount for those under 18, military or teams of 10 or more. **The handout is included with these notes.**

Adjourn – Cathy Gaytan Adjourned the meeting at 9:59 am



Call and join us today to speak with our psychiatrist



1-888-901-2726

opt 4 for West Region
opt 2 for TTU El Paso



Too busy to talk now, we can call you back when you are available

915-975-1174

Mental Health Matters

Physicians and community members can easily enroll with CPAN/PeriPAN by calling our dedicated line. Once enrolled, members are able to consult with a psychiatrist and staff in real time. We also provide referral resources and opportunities to earn continuing education credits.

TTU of El Paso offers free mental health services to clinicians of our community, which include a one time evaluation for their patients. The purpose of this service is to clarify diagnoses, assist with medication management, develop treatment plans, and address other mental health-related questions.



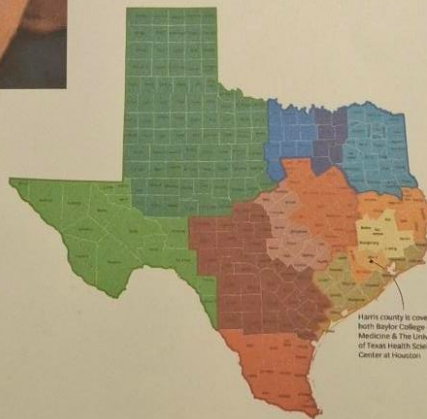
PeriPAN

- Preconception planning
- Current pregnancy
- Up to one year postpartum
- Pregnancy loss and infertility



CPAN (up to 21 years of age)

- Phone consultation with a psychiatrist
- 1-Time Consult evaluation via telehealth
- Behavioral and Medication Management



- Dial 1 North and Northeast Region**
 - 1 University of North Texas Health Science Center
 - 2 The University of Texas Southwestern Medical Center
 - 3 The University of Texas Health Science Center at Tyler
- Dial 2 South and Southeast Regions**
 - 1 Baylor College of Medicine
 - 2 The University of Texas Health Science Center at Houston
 - 3 The University of Texas Medical Branch at Galveston
- Dial 3 Valley and Central Regions**
 - 1 Dell Medical School at The University of Texas at Austin
 - 2 The University of Texas Health Science Center at San Antonio
 - 3 The University of Texas Rio Grande Valley School of Medicine
 - 4 Texas A&M University System Health Science Center
- Dial 4 West Region**
 - 1 Texas Tech University Health Sciences Center
 - 2 Texas Tech University Health Sciences Center at El Paso

Harris county is covered by both Baylor College of Medicine & The University of Texas Health Science Center at Houston

Family Education and Support

Opportunity for Change: Individuals and families will have the information needed to understand and address factors that contribute to a nurturing environment children and youth.

- **Strengthen and maintain an efficient early childhood resource referral system** that promotes optimal healthy development services for children ages 0-8 years of age in collaboration with “Help Me Grow El Paso” Partners.
- **Increase availability of information and resources for families** to understand and address the developmental health and behavioral well-being of infants and children.
- **Expand and enhance knowledge and skills of community health professionals** to practice “Family Engaged Developmental Monitoring” to support the universal identification of developmental concerns and connection to a network of community-based supports.
- **Expand and enhance collaboration with Strong Families Partners** to improve family cohesiveness and child abuse prevention with emphasis on 5 Protective Factors: Parental resilience, Social connections, Knowledge of parenting and child development, Concrete support in times of need, Social and emotional competence of children.

First Connection - Primary Care Services

Opportunity For Change: Expand and Enhance Integrated and Collaborative Care models for mental healthcare and related support access in the pediatric and primary care settings. Strategy: Expand and enhance Integrated and Collaborative Care models for mental healthcare and related support access in the pediatric and primary care settings.

- **Increase availability of tools and trainings for community health professionals** on models best suited to their provider practice.
- **Increase the number of pediatric and primary care providers connected with the Child Psychiatry Access Network (CPAN)** to more than 80%.
- **Clearly identify mental health and substance use care** and support that can be coordinated or directly provided in the primary care setting.
- **Improve coordination of mental health and substance use specialty care** with Integrated Primary Care.

Specialty Care Services

Opportunity for Change: Expand and enhance mental health and substance use care and support that is beyond the scope of practice and cannot be directly provided within the primary care setting.

- **Increase availability of well-established evidence-based interventions for youth with more severe behavioral problems related to wilful misconduct and delinquency.**
- **Increase availability of providers who are credentialed** to provide **specialty services** that have been shown to have benefit in treating and supporting children and youth with specialty care needs.
- **Expand and enhance Multisystemic Therapy and other wraparound programs to promote timely and comprehensive support for children with complex needs** to prevent entry into the Foster Care or Justice systems.
- **Improve residential support options to prevent children from inappropriately leaving for residential treatment out of town**, including increasing compensation for foster parents and reimbursement options for nontraditional programs and expanding intensive Medicaid services to support foster families.

School and Out of School Time

Opportunity For Change: Expand and enhance programs that promote emotional well-being, nurturing environments, and prevention of adverse childhood experiences.

- **Increase capacity and collaboration among schools and community organizations** for a robust Multi-Tiered System of Supports model as endorsed by the Texas Education Agency’s Long-Range Plan.
- **Increase promotion and availability of interventions that promote kindness and caring**
- **Strengthen Region 19 support and related school Liaison functions**
- **Expand and enhance promising practice school-based coordination of care (e.g., TCHATT).**
- **Increase school coordination with community services to provide emotional well-being (e.g., resilience support, universal upstream interventions)** and timely access to screening and access to treatment (e.g., recognizing mental health treatment access as an excused absence).

SAVE THE DATE

FOR THE CONSORTIUM 2030 GENERAL MEETING

Thursday, May 14, 2026

9:00 am - 11:30 am,

At

**Endeavors Health and Wellness Center
12135 Pebble Hills Blvd
El Paso, TX 79936**



MORE INFORMATION COMING SOON

We look forward to seeing you all there!

For Questions Contact

Enrique Mata emata@mmhpi.org or (915) 253-0287

Or Josue Lachica jlachica@mmhpi.org

Hosted By





El Paso Center for Children
EST. 1979

KICKIN' ASPHALT
El Paso Center for Children

Presentado por
MARATHON
MPLX

¡escanéame!

Sábado, 18 de abril de 2026

CARRERA DE 5 KILÓMETROS Y CAMINATA DE UNA MILLA

Detalles

- Ubicación: Ascarate Park, 6900 Delta Drive
- Hora: 5:00-9:00 pm, La carrera comienza a las 6:00 pm

Registración para Corredores/Caminantes

¡Camiseta de carrera para los primeros 300 registrantes!

- Adultos: \$30
- Militares/menores de 18 años: \$25
- Descuento de \$5 para equipos (10 o más)
- Inscripción el día de la carrera: \$35

ENTRETENIMIENTO

- Música en Vivo por Oscar y Hypnosis
- Vendedores de artesanías
- Camiones de comida
- Brinca-brinca
- ¡y mucho más!

Patrocinio o registro:
epccinc.org/events

Evento GRATUITO para el público -- ¡Únete a la diversión!

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EL PASO
Behavioral Health
CONSORTIUM



OF THE EL PASO BEHAVIORAL HEALTH CONSORTIUM



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**Family
Leadership Council**
OF THE EL PASO BEHAVIORAL HEALTH CONSORTIUM

FLC General Meeting March 24 2026

Agenda:

- 🌸 **Welcome and Introductions**
- 🌸 **Specialty Care Work Group**
- 🌸 **First Connection Work Group**
 - 🌸 CPAN and PERI-PAN
 - 🌸 IDD Efforts
- 🌸 **FLC 2030 Action Plan**
 - 🌸 May 14th Consortium General Meeting at Endeavors
- 🌸 **Other Business**
- 🌸 **Adjourn**



Welcome and Introductions



Specialty Care Work Group

First Connection Work Group

- CPAN and PERI-PAN
- IDD Efforts



Review of FLC Action Plan

Family Education and Support

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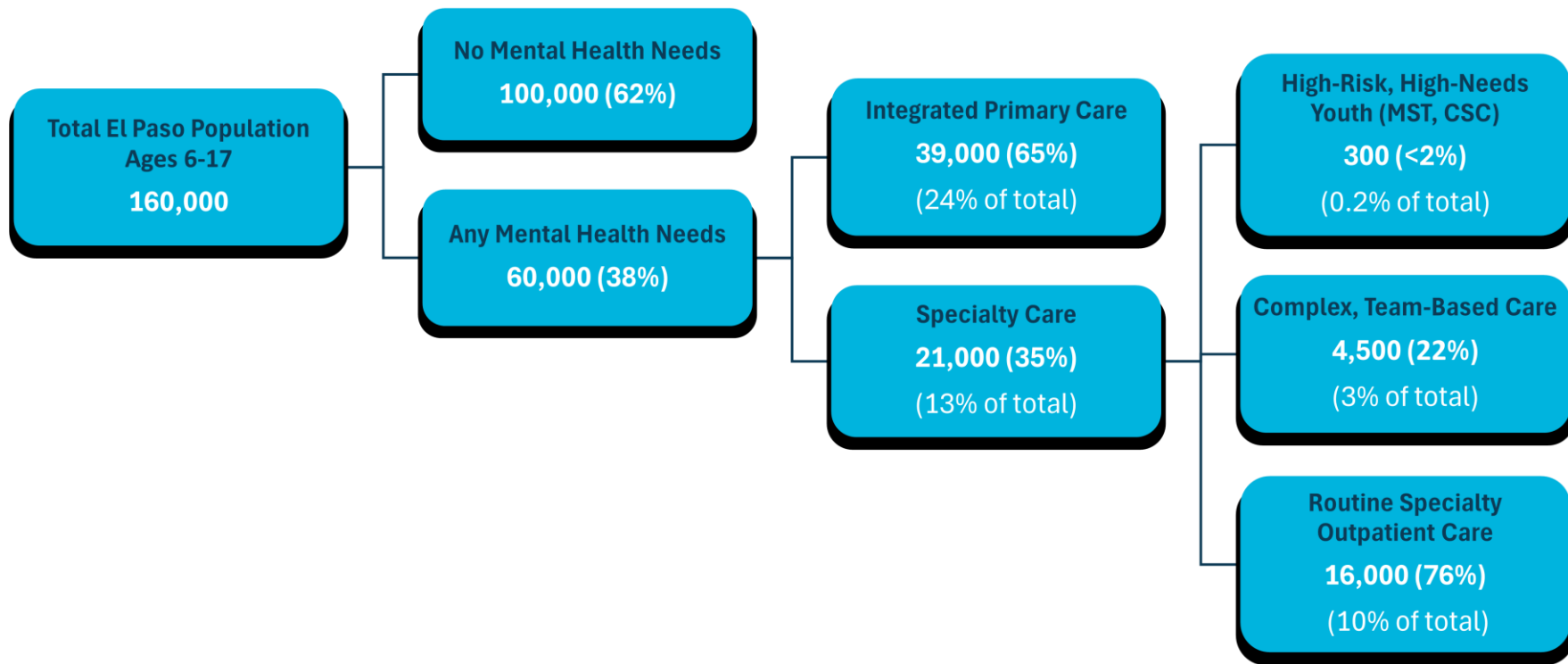
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Supporting Data

El Paso County Children and Youth Mental Health Needs Cascade (2022)



Quantitative Data Summary Results:

- Growth in Utilization of Higher Levels of Care: The number of EHN clients served in higher levels of care (i.e., beyond medication management and targeted services) increased between FY 2019 and FY 2023.
- Despite a relatively small number of children and youth served in these programs over time, the number of clients served in Intensive Family Services tripled, and YES Waiver enrollment nearly doubled.
- Notably, the number of children and youth treated in complex services declined by two-thirds between FYs 2019 and 2023.

Quantitative Data Summary Results:

- Among children and youth, SUD-related ED visits increased by nearly 30%.
- The number of El Paso children/youth admitted to inpatient psychiatric beds increased by 32% between 2019 and 2022.
- Child and youth transfers from EDs to inpatient psychiatric beds more than doubled, rising 144% from 154 in 2019 to 376 in 2022.

Quantitative Data Summary Results:

- It is estimated that 38% of the child and youth population in El Paso County, or 60,000 children and youth, have one or more mental health needs.
- Of those, most have mild or moderate conditions that are likely to be treatable in integrated primary care settings.
- About 12,000 children and youth are estimated to have a serious emotional disturbance (SED). SEDs generally require more intensive, specialized mental health care.

Quantitative Data Summary Results:

- Exposure to trauma and adverse life events remains a key concern that can lead to exacerbation of underlying mental illness.
- In El Paso, more than one in five (21%) children and youth experience two or more Adverse Childhood Experiences (ACEs), such as abuse, neglect, or living with a household member with a mental illness.
- Among specific conditions, an estimated 20,000 children and youth have attention-deficit/hyperactivity disorder (ADHD), 16,000 have anxiety, and 8,000 have depression—with depression being more than three times as prevalent among youth (ages 12-17) than among children (ages 6-11).
- Among youth specifically, an estimated 1,900 have bipolar I disorder, 100 have schizophrenia, and 30 experienced a first episode of psychosis (FEP).

Quantitative Data Summary Results:

- As previously mentioned, over 80% of children and youth's mental health conditions are mild to moderate in severity.
- These conditions, such as mild to moderate anxiety, depression, attention issues, and other behavioral challenges, can often be effectively treated in primary care settings.
- In addition to primary care settings, support may also be accessed at community centers or churches in their neighborhood from Community Health Workers (CHWs), visiting nurses, or Peer-Support Specialists. Early intervention and support can prevent these mild to moderate issues from escalating.

Quantitative Data Summary Results:

- Access to SUD care remains a substantial challenge among El Paso youth, with over half of youth with SUDs (57%, or 3,700) estimated to need but not receive treatment.
- Co-occurring mental health concerns are also common – 2,300 youth with SUD also had a comorbid major depressive episode, underscoring the importance of services that address co-occurring conditions among youth.



FLC Youth Summit Data

Red: Priority Focus Area	Yellow: Keep adding more	Green: Making good progres
Mental Health Workforce (licensed and non-licensed)	Community Education/Outreach	Collaboration
Community Education/Outreach/Peer Support	Collaborative Care	Collaborative Care
Acute Inpatient Hospital Children's Beds	MH programs in Schools	Family Leadership Council
Residential Treatment Center options	Youth Crisis Outreach Teams	Multi Systemic Therapy (MST) Expansion
Child Psychiatry	CIT/Mobile Crisis	EHN Community Connections
School Mental Health including stigma reduction	Stigma Reduction	Transition Aged Youth Services
MH/Crisis Training - First Responders	Mental Health Workforce	Recognizing the need to have more school counselors
MOUs with ISDs and Certified Family Partner Services	Expanding Service Providers	Conferences (Mental Health Focus)
Eating Disorder Treatment	First Offender Program Expansion	Continuing Education
Early Intervention	Increase JPD Transition Services	Pediatric Primary Care
Medicaid Rates/Coverage for Behavioral Health	YES Waiver	TCHAT
Youth Voice	Multi Systemic Therapy (MST)	Targeted Case Management
Mental Health Education – for providers, and community - including food insecurity	Transition Age Youth Support	Help me Grow
MOUs Emergency Rooms	Community Agency MOUs	Project HOPES
Increase JPD Partnerships/ Juvenile Justice Diversion	Inpatient Hospitals	Nurse Family Partnership
SUD/Detox Inpatient for Adolescents	Autism Diagnosis Wait Time	EPISD On Campus Mental Health Providers
Autism Diagnosis Wait Time	Prevention Services	EPISD/CIT Collaboration
Salary for MH Professionals	Mental Health Screenings	UTEP Psych NP Program
Specialized youth serving MH professionals	SUD Services for Youth	Meadows Institute - TA
CIT Follow Up and Community Outreach	Transportation	Stigma Reduction
Health Insurance Coverage	Providence Women's Center	
Teen parenting and Parent Engagement	Cross System Collaboration	
TEA Engagement	Non-forensic Crisis, MCOT, YCOT	
Faith Based Community	Continuing Education	

May 1 2025 Youth Summit Results:

Priority Focus:

- Residential Treatment Center Options
- Workforce Expansion (licensed and Non Licensed),
- IDD Diagnosis and Wait Time for Support
- Eating Disorders Treatment
- CIT Follow up and Community Outreach
- TEA Engagement
- Community Education, Outreach and Peer Support
- Mental Health Crisis Training for First Responders
- SUD Detox and recovery support for Adolescents
- Faith Based Community

May 1 2025 Youth Summit Results:

Keep Adding More:

- Community Education and Outreach
- Mental Health Programs In Schools
- Youth Crisis Outreach (YCOT)
- JPD Transition Services
- First Offender Program Expansion
- Collaborative Care – Primary Care and Mental Health
- YES Waiver
- Multi-Systemic Therapy (MST)
- Transition Age Youth Support (e.g., extended Foster Care)
- Cross System Collaborations – Partnering and Leveraging



May 14th Consortium General Meeting – Morning Event

At Endeavors Health and Wellness Center



Other Business and Next Meeting



Next Meeting Target:

Tuesday, May 12th at 8:30 am



 **ADJOURN**