



Counselor Cheat Sheet

TCHAT stands for Texas Child Health Access through Telemedicine. Through TCHAT, a team of psychiatrists, therapists, and coordinators from Texas Tech University Health Sciences Center can provide mental health evaluation and treatment to Texas Public School students for up to 5 sessions through telemedicine. Treatment can include therapy and/or medication management. Families can choose to have these sessions at school under the supervision of the school counselor.

What should I do when I'm getting ready to make a referral?

- Fill out referral form completely.
- Fill out parental consent form and obtain signatures from parents/guardians.
- Review rules listed in Parent Information Handout with parents/guardians.
- Gather student records that are important for treatment: IEP/504 plan, disciplinary history, functional behavioral analysis, etc. to send to our treatment team.
- Send forms and requested documents/records listed above to the following email address: TCHAT.ELP@ttuhsc.edu.

What should I remind parents of?

- The treatment team will call from a non-local number, likely with area code 915.
- Parents/guardians must attend the first appointment in-person, via video, or via telephone.
- The student cannot be in active treatment with a therapist/psychiatrist.
- After the second no show or cancellation, a student will be discharged from the program.

