



## **Resiliency – the pathway to recovery**

### **WHAT IS RESILIENCY**

Resiliency can be defined as an innate capacity that when facilitated and nurtured empowers children, to successfully meet life's challenges with a sense of self-determination, mastery and hope.

### **FOUNDATIONS OF RESILIENCY**

- ❖ The belief that all children, youth and families have strengths and are capable of overcoming challenges.
- ❖ Youth and families are the experts in their experiences.
- ❖ Youth and families have a voice and choice in services and supports.

### **HILL COUNTRY MHDD CENTERS**

serving 19 counties, including Bandera, Blanco, Comal, Edwards, Gillespie, Hays, Kendall, Kerr, Kimble, Kinney, Llano, Mason, Medina, Menard, Real, Schleicher, Sutton, Uvalde and Val Verde Counties

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**MENTAL HEALTH &  
DEVELOPMENTAL DISABILITIES CENTERS  
HILL COUNTRY**



**Scheib**  
**Mental Health Center**  
1200 N Bishop  
San Marcos, TX 78666  
(512) 392-7151  
1-(888) 648-3947

**Mental Health Crisis?  
Call (877) 466-0660  
Toll-Free**



## ELIGIBILITY FOR SERVICES

- A youth between the ages of 3-17
- Have a mental health diagnosis
- Have serious problems in daily life functioning due to psychiatric symptoms
- In addition, a child is eligible for services, if:
  - Their mental health problems put them at risk of being removed from their preferred living or childcare environment
  - The child is enrolled in a school special education program because of serious emotional problems

*Hill Country MHDD Centers accepts Medicaid and Children's Health Insurance Program (CHIP). If the child has no health care coverage, fees will be assessed based on the family's income*

## SERVICES AVAILABLE

The following services *may* be available depending upon individual need:

- SKILLS TRAINING
- FAMILY SKILLS TRAINING**
- COUNSELING
- CASE MANAGEMENT**
- FAMILY PARTNER
- PHARMACOLOGICAL MANAGEMENT**
- PARENT SUPPORT GROUP
- MEDICATION TRAINING & SUPPORT**
- ENGAGEMENT ACTIVITIES

## SOME MENTAL HEALTH WARNING SIGNS

### A CHILD/ADOLESCENT IS TROUBLED BY

#### FEELING:

- Sad and hopeless for no reason
- Very angry most of the time
- Worthless or guilty often
- Anxious or worried often
- Unable to get over a loss
- Extremely fearful
- Constantly concerned about physical problems or physical appearance
- Frightened that his or her mind either is controlled or is out of control

### A CHILD/ADOLESCENT EXPERIENCES BIG

#### CHANGES, SUCH AS:

- Declining school performance
- Lose of interest
- Changes in sleeping/eating patterns
- Avoiding friends/family (alone)
- Feeling life is too hard to handle
- Hearing voices
- Experiencing suicidal/homicidal thoughts

### A CHILD/ADOLESCENT EXPERIENCES:

- Poor concentration and is unable to think or make up mind
- An inability to sit still or focus attention
- A need to wash, clean things, or perform certain routines hundreds of times a day
- Racing thoughts
- Persistent nightmares

### A CHILD/ADOLESCENT BEHAVES IN WAYS THAT

#### CAUSE PROBLEMS:

- Using alcohol or other drugs
- Eating excessively, purging, abusing laxatives, dieting and/or exercising obsessively
- Violating others rights/breaking the law with no regard for others
- Setting fires
- Doing things that can be life threatening
- Harming/killing animals