

**Meet the TCHATT TEAM:**

**Steven R. Pliszka, MD**, is the Director of TCHATT. He is a Professor of Psychiatry at UT Health San Antonio and a Child Psychiatrist with decades of experience in treating children and teens with mental health issues.

**Reena Pardiwala, MS, PA-C**, is the Clinical Coordinator for TCHATT and a Physician Assistant with experience treating children and teens with mental health issues. She will be performing medication evaluations.

**Jordan Davis, MSN, RN, PNP-BC**, is a Mental Health Nurse Practitioner with experience treating children and teens with mental health issues. She will be performing medication evaluations.

**TCHATT Therapists:**

- **Christina Del Rio, MA, LPC-S**, has years of experience working with children, teens, and families, providing therapeutic intervention for ADHD, behavior disorders, trauma, substance-abuse disorders, anxiety, and depression.
- **Valerie Hernandez, MS, LPC**, has years of experience working with children, teens and families, providing therapeutic intervention for ADHD, behavior disorders, trauma, substance-abuse disorders, anxiety, and depression.



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**TCHATT**

**Texas Child Health Access  
Through Telemedicine**

*CONNECTING students to  
mental health care.*

# Texas Child Health Access Through Telemedicine (TCHATT)

TCHATT is in partnership with select San Antonio independent school districts (ISD) to provide access to care for students with mental health needs.

TCHATT services are provided virtually over a secure network. Services provided include:

- Mental health evaluations.
- Short term counseling (4-6 sessions) for depression, anger, anxiety, self-harm or suicidal feelings, family/peer problems or trauma.
- Treatment with medication for Attention Deficit Hyperactivity Disorder (ADHD), depression, anxiety, or mood swings.
- Referrals to long-term treatment when necessary.

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*Our goal is to **CONNECT** students with rapid access to mental health care services.*

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## How does TCHATT work?

- The parent/guardian must consent for their child to enroll in TCHATT.
- TCHATT staff will contact the family to assist in the setup for telehealth services on a camera-enabled home computer or smart phone.
- The family will create a secure account using MyChart that will allow parents and students to speak to the TCHATT therapists or other providers.
- If medication treatment is needed, prescriptions will be sent electronically to a local pharmacy.
- Families can utilize MyChart to send messages or requests to TCHATT staff.



## What if I don't have a computer or smart phone?

- TCHATT may be able to conduct the session by telephone OR we will arrange for parents and their child to be seen at one of the school district's health centers.



## What TCHATT does NOT provide:

- Emergency mental health services for life threatening situations.
- Psychological Testing.
- Disability Evaluations.
- Long-term treatment/therapy.

## How to enroll in TCHATT?

- Speak with a counselor in your child or teen's school. Schools will provide referrals to TCHATT. Once received, a UT Health San Antonio TCHATT staff member will contact you!