

MEADOWS  
MENTAL HEALTH  
POLICY INSTITUTE



THE HACKETT CENTER  
FOR MENTAL HEALTH

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## **Panhandle Behavioral Health Alliance**

Gary M. Blau, Ph.D. | February 3, 2021

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# THE HACKETT CENTER

FOR MENTAL HEALTH

**Putting Policy Into Practice™**

The Hackett Center for Mental Health, established in 2018, is the first regional center of MMHPI.



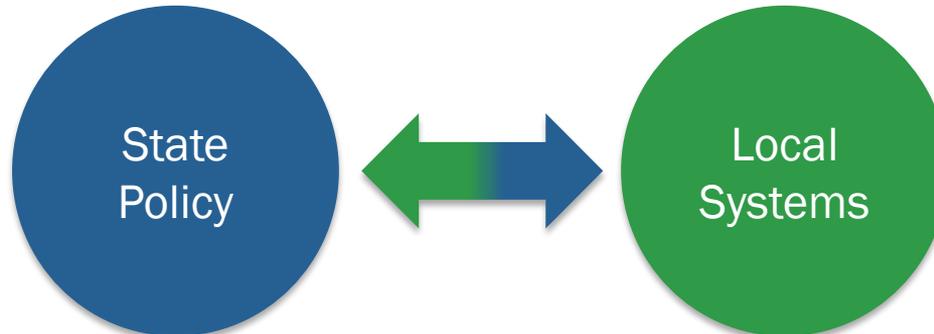
# Vision, Mission, Core Change Strategy

## Vision

We envision Texas to be the national leader in treating people with mental health needs.

## Mission Statement

To provide independent, nonpartisan, data-driven, and trusted policy and program guidance that creates systemic changes so all Texans can obtain effective, efficient behavioral health care when and where they need it.



# The Hackett Center Vision and Mission: Putting Policy into Practice™

Leveraging the expertise of exceptionally skilled researchers, community leaders, and health care providers, The Hackett Center's purpose is to transform systems and influence policy through unprecedented collaboration.

- Advance Mental Health Recovery for Children Affected by Trauma and Bereavement
- Improve Coordination Across Systems (Health, Education, Juvenile Justice, Child Welfare)
- Support Integration of Behavioral Health into Primary Care
- Facilitate Inter-Institutional Collaboration to Expand Behavioral Health Research
- Engage Business Alliances to Increase Demand for Effective Mental Health Care

## Stay connected with The Hackett Center.

-  @hackettcenter
-  @HackettCenter
-  The Hackett Center for Mental Health

## Stay connected with Gary Blau, PhD.

-  @GaryBlauPhD
-  Dr. Gary Blau



# The Trauma and Grief (TAG) Center at The Hackett Center for Mental Health

## Four Pillars of the TAG Center:

1. Develop, implement, and disseminate evidence-based assessment and interventions for youth, ages 7-21, who have experienced traumas and/or losses
2. Conduct research on adaptive and maladaptive responses to childhood trauma and loss as well as treatment effectiveness
3. Provide training and professional education in trauma- and bereavement-related topics and interventions
4. Translate trauma and bereavement-informed best practices into policy



# PREVALENCE & DATA

# Did You Know?

- 50% of adult mental illness occurs by age 14
  - 75% by age 24
- An estimated 13-20% of children and adolescents have a diagnosable mental, emotional, or behavioral disorder
- 1 in 5 young adults aged 18 to 25 (18.7%) had any mental illness in the past year and 3.9% had a serious mental illness
- Fewer than 1 in 15 people with major depressive disorders find the care they need

# Did You Know?

- Nationally, 17.3 million adults have a major depressive episode and 40 million have an anxiety disorder each year
- In Texas, 1.5+ million Texans suffer from depression each year
- Nearly 1 in 5 adults (19.1%) experience a mental illness
- An estimated 31.1% of U.S. adults experience any anxiety disorder at some time in their lives



# INTEGRATED CARE

# We Treat the Brain Differently From the Body

**7,632**  
**SUBSTANCE**  
 RELATED DEATHS  
 in Texas in 2018

## THE CURRENT MENTAL HEALTH CARE SYSTEM

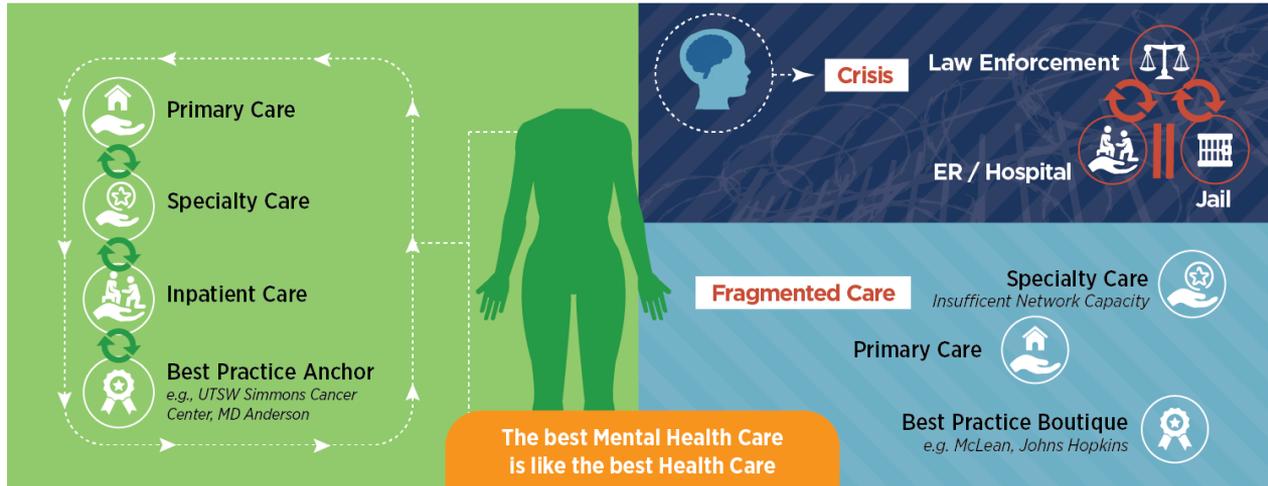
**3,930**  
 DEATHS BY  
**SUICIDE**  
 in Texas in 2018

The Goal of Health Care: **LIVING YOUR LIFE** in the COMMUNITY

PHYSICAL



MENTAL



# Physical Health Crisis!



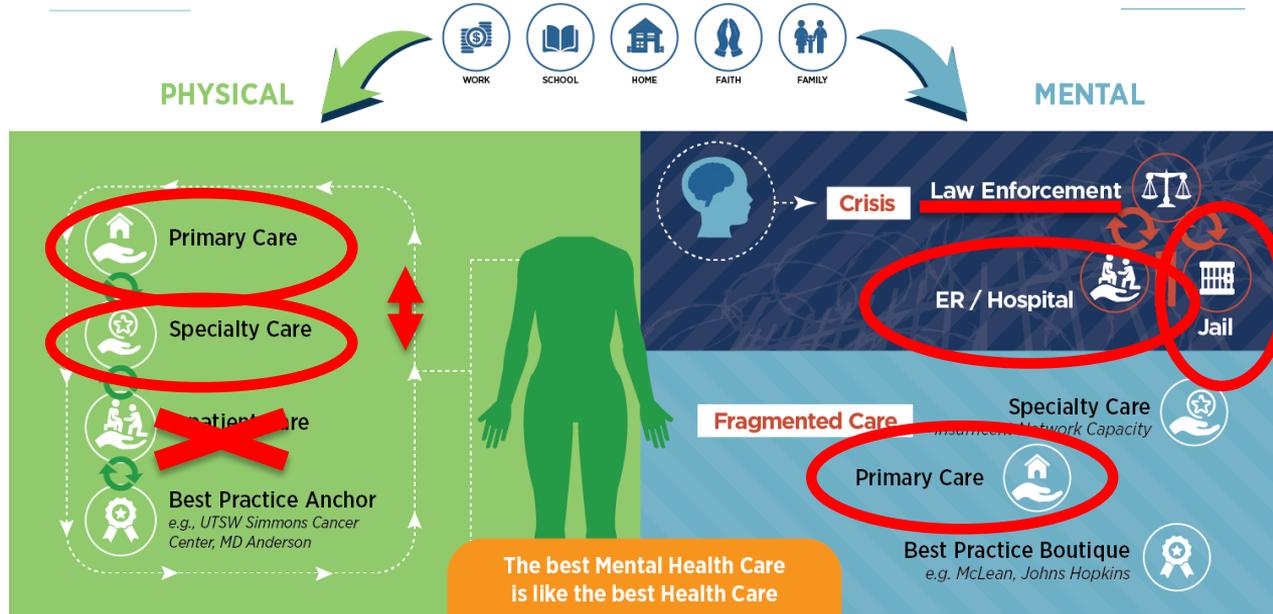
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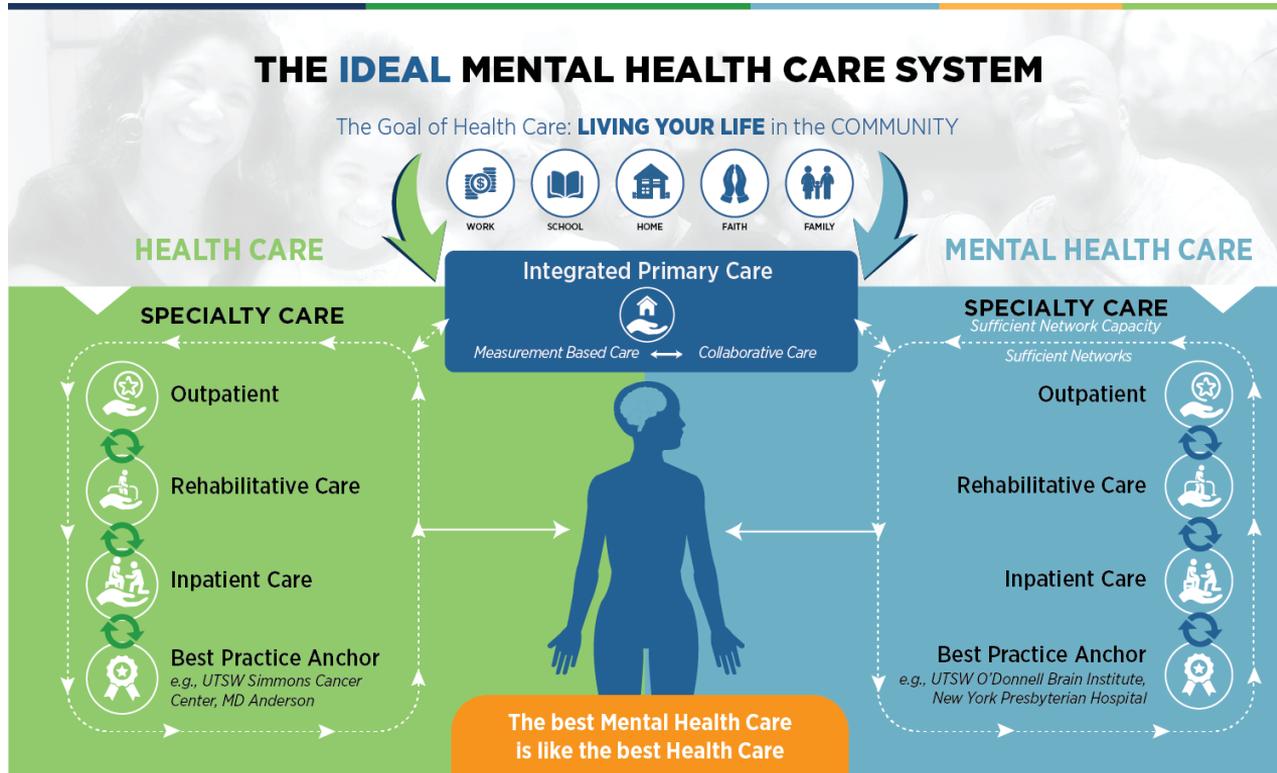
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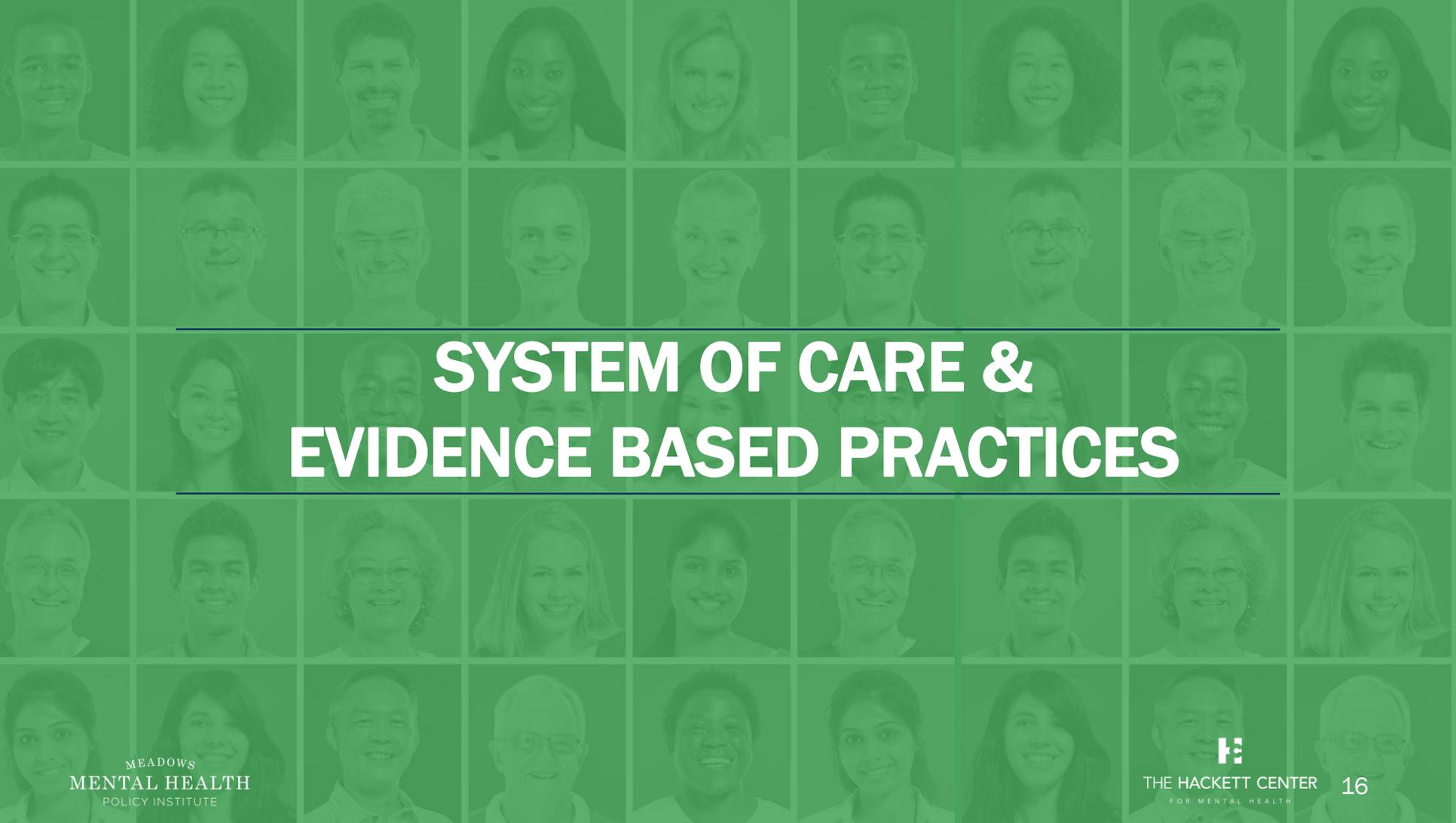
The Goal of Health Care: **LIVING YOUR LIFE** in the COMMUNITY



# Policy Question: Why isn't the head attached to the body?

# Integrated Health Care: The System of Tomorrow





# SYSTEM OF CARE & EVIDENCE BASED PRACTICES

# A System of Care (SOC)...

A spectrum of effective, community-based services and supports for children and youth with or at-risk for mental health or other challenges and their families...



...is organized into **coordinated networks**



...builds meaningful **partnerships** with families and youth

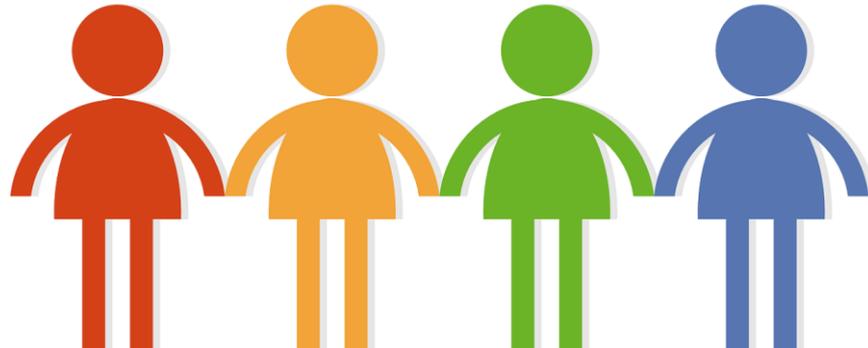


...addresses **cultural and linguistic needs**

...in order to help families function better at home, in school, in the community, and throughout life.

# A System of Care Concept is...

- ✓ A framework and guide, not a prescription
- ✓ Flexible and creative
- ✓ Adaptive to community needs
- ✓ Consistent in philosophy



# The Impact of Systems of Care



Reduced behavioral & emotional problems



Improved functioning in school & the community



Increased behavioral & emotional skills



Reduced suicidal ideation & attempts



Reduced substance use problems



Improved ability to build relationships



Education

Child Welfare  
Juvenile Justice  
Primary Care  
Education  
Integrated Care

ry

# Data on Rural Mental Health

- 18.7% of individuals in nonmetropolitan areas have a mental health condition
- Rural residents are more likely than urban residents to experience a serious mental illness (SMI)
- 206 Texas counties have the designation of “Health Provider Shortage Area” for mental health providers
  - Darker colors indicate a larger shortage

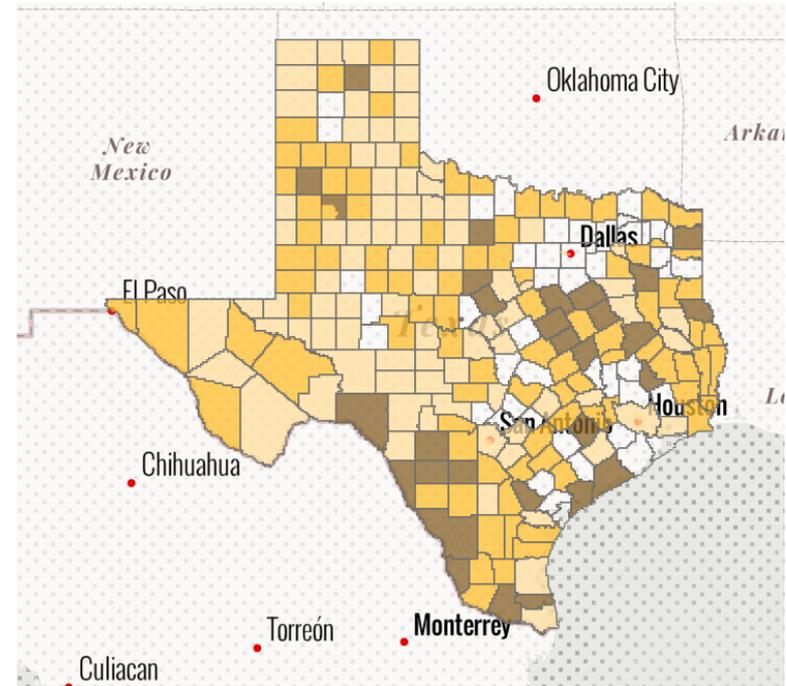
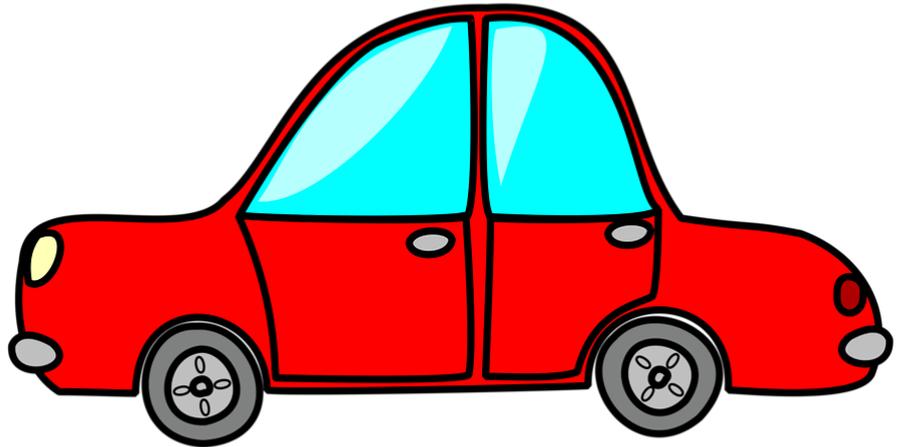


Image from the Texas Department of State Health Services

# Special Considerations for Rural Communities

## Barriers to care in rural communities

- Transportation
- Broadband access
- Capacity and access
- Workforce shortages
- Affordability



# Best Practices in Rural Mental Health: Telehealth

- Collaborate with other professionals
- Consider developing an integrated practice
- Identify mutual-help resources within the community/online
- Provide education opportunities in telehealth





# POLICY PRIORITIES

# Secure Access Gains Through Telehealth

*COVID-19 has modernized the treatment dynamic.*

- Since March, HHSC has authorized certain behavioral health services to be reimbursed in Medicaid when delivered by telemedicine, telehealth, or telephone.
- These waivers should be permanently adopted through legislation or, at minimum, adopted for the biennium through a rider.

# Implement Collaborative Care in Medicaid

*Collaborative Care (CoCM) is a proven, team-based approach to detect and treat mental illness in primary care.*

- **Coverage:** Medicare since 2017, commercial since 2019
- **Cost saver:** Up to 6 to 1 in total medical costs in Medicare and Medicaid settings and an estimated \$15 billion in Medicaid savings if only 20 percent of beneficiaries with depression receive it.
- Our Texas models suggest universal access to CoCM to treat major depression could reduce suicide deaths by 725 to 1,100 per year.

# Continue to Scale-Up the Consortium

*The Texas Child Mental Health Care Consortium is critical to early intervention and the wellness of Texas children.*

- **Child Psychiatry Access Network (CPAN)** – saw a 62% increase in calls from providers in October 2020 and another 40% increase in calls in November 2020
- **Texas Child Health Access Through Telemedicine (TCHATT)** – working with 96 school districts with continued expansion and a steady increase in referrals
- **Workforce Expansion** – partnerships with 17 community mental health providers are augmenting the delivery of public mental health services

# Resources

- <https://www.samhsa.gov/dbhis-collections/rural-populations>
- <https://store.samhsa.gov/product/In-Brief-Rural-Behavioral-Health-Telehealth-Challenges-and-Opportunities/SMA16-4989>
- <https://www.nimh.nih.gov/news/media/2018/mental-health-and-rural-america-challenges-and-opportunities.shtml>
- <https://store.samhsa.gov/sites/default/files/d7/priv/sma16-4989.pdf>
- <https://mmhpi.org/topics/category/covid19-resources/>



# QUESTIONS?

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*The truth is: mental illness affects more people than you may think, and we need to talk about it. It's Okay to Say...* [okaytosay.org](http://okaytosay.org)