



# PBHA

Panhandle Behavioral  
Health Alliance

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## The PBHA Vision

All people in the Texas  
Panhandle have access to  
high-quality behavioral  
healthcare when and  
where they need it.

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## 2023 PBHA Summit

### Our Value:

**Neutral supportive infrastructure for improved collaboration within the Alliance and surrounding frontier communities in the Texas Panhandle.**



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## 2023 PBHA Summit

- Convening stakeholders to **collaboratively design solutions for improved access**;
- Providing **technical assistance to frontier** communities;
- Supporting a **learning culture** with participation and hosting of learning communities.



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# Updated PBHA Mission Statement

*To convene, facilitate, and support communities for improved access to mental health care\* with a focus on:*

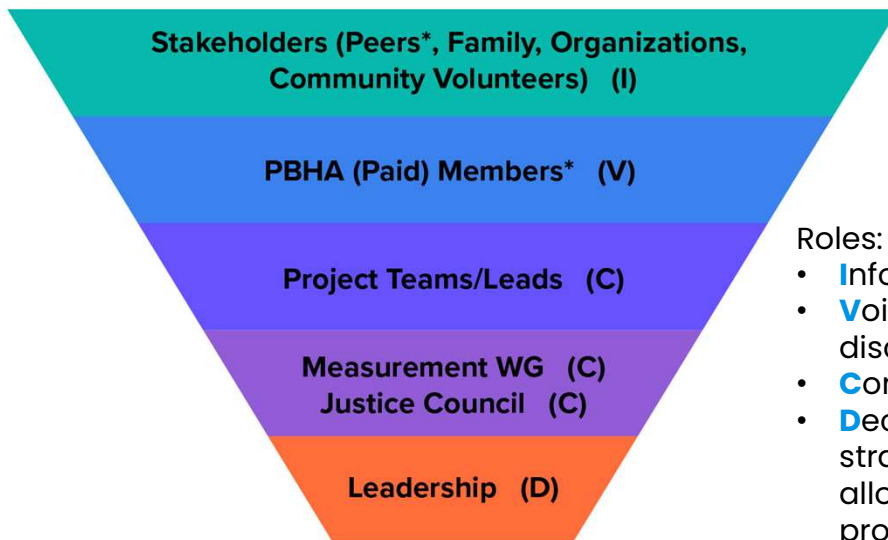
**Frontier Communities**

**Justice-Involved Population/Partners**

**Provider Shortages**

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## Alliance Composition and Roles

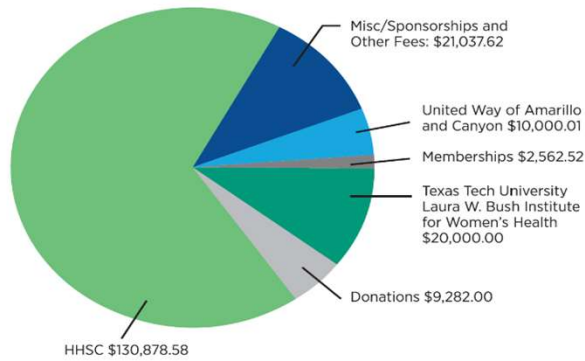


Roles:

- **I**nform/Be Informed
- **V**oice/integral to discussion
- **C**onsult/Advise
- **D**ecision making, including strategic focus, resource allocation and monitoring progress

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# PBHA Funding Sources FINANCIALS January 2023 - December 2023



### FUNDING SOURCES

- HEALTH AND HUMAN SERVICES COMMISSION-TX
- MISC/SPONSORSHIPS AND OTHER FEES
- TEXAS TECH UNIVERSITY LAURA W. BUSH INSTITUTE FOR WOMEN'S HEALTH
- UNITED WAY OF AMARILLO and CANYON
- DONATIONS
- MEMBERSHIPS

*United Way of Amarillo and Canyon is PBHA's fiscal sponsor and supporter.*

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## Phase 3 Strategic Focus Areas (27 Counties)



Community  
Wellness and  
Access



Justice



Provider  
Shortages

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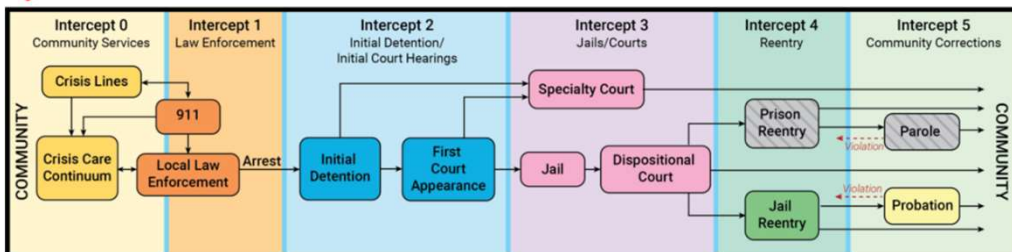
## Focus Area: Community Wellness/Access

- **PanhandleMentalHealthGuide.org**
- Learning Communities\* (*Recovery Focused Change & Zero Suicide*)
- Frontier MH Symposium (w/ AHEC)
- Frontier Technical Assistance and Consultations\*
- Support Community Education & Awareness by PBHA Members
- Other Trainings (WRAP, MHFA, TIC)

\* contact staff

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## Focus Area: Justice



Abreu, D., Parker, T. W., Noether, C. D., Steadman, H. J., & Case, B. (2017). Revising the paradigm for jail diversion for people with mental and substance use disorders: Intercept 0. *Behavioral Sciences & the Law*, 35(5-6), 380-395. <https://doi.org/10.1002/bsl.2300>  
© 2019 Policy Research Associates, Inc.

- Host Justice Forums
- Facilitate & Support Sequential Intercept Mapping (SIM) Priorities
  - Potter-Randall Counties
  - Dallam-Hartley-Moore Counties
  - Hutchinson County

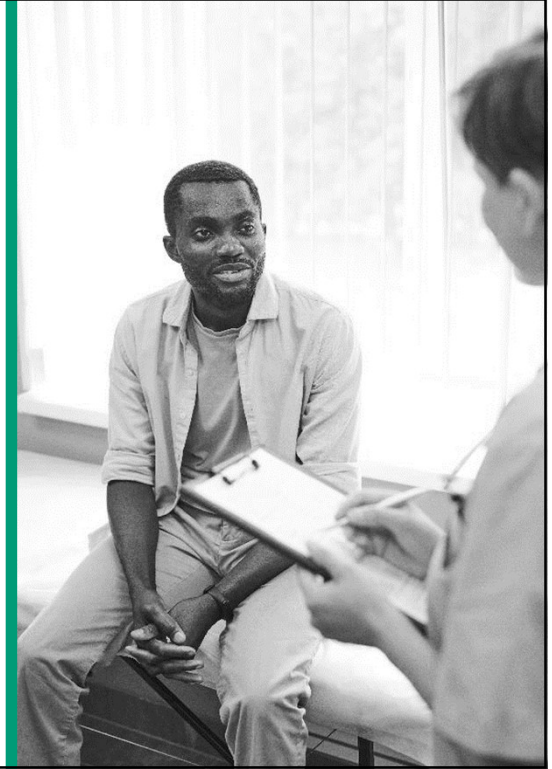
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## Focus Areas: Provider Shortages

- Convene and facilitate employers and educators
- Lunch and learns\*
- Internships and externships \*

\* Work in progress



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## PBHA Summit – parking lot items

- Provider Shortages (quality and equity)
- **DATA—**  
<https://panhandlebehavioralhealthalliance.org/mh-data/>



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# Mapping the BH System:

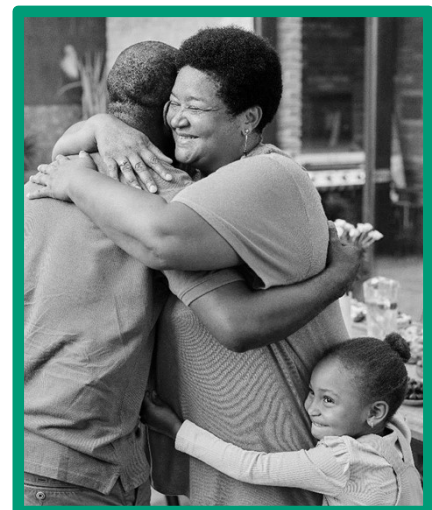
## *Frameworks for Services and Access to Care*



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## Outline

- Importance and Benefits of Mapping the Behavioral Health Care System
- Continuum of Care
- Stepped Care Approach
- Introduction to Local Maps
- PBHA Behavioral Health Care Intersections Map
- TTUHSC CAP Referral Maps of Panhandle and South Plains
- Next Steps for Mapping Behavioral Health Care Intersection
- Conclusion/Questions



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# Exploring Available Services

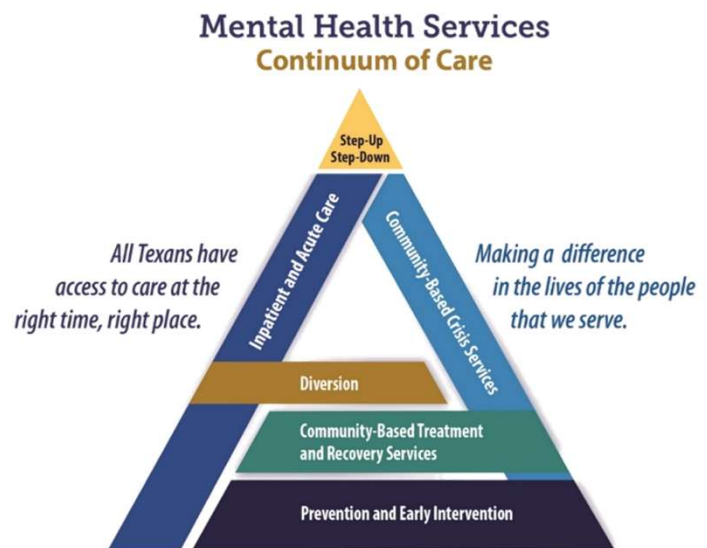
## Mapping The Behavioral Health Care System: Importance And Benefits

- Identify gaps and areas of improvement within the system
- Enhance collaborations and strategic partnerships between stakeholders
- Secure funding and enable effective allocation of resources
- Improve access and navigation for individuals seeking help

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## Continuum of Care

- Is a system of programs and services that are *community-based* and *community-oriented*
- Assists individuals *before, during and after* crisis



Ref: <https://www.hhs.texas.gov/sites/default/files/documents/about-hhs/process-improvement/improving-services-texans/continuum-care-workgroup-primer.pdf>

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# Stepped Care Approach

- Stepped Care is a system of delivering and monitoring mental health treatment so that the most effective, yet least resource-intensive, treatment is delivered first.
- Only “stepping up” to more intensive, specialized services as required based on the level of patient distress or need.

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# Stepped Care Approach

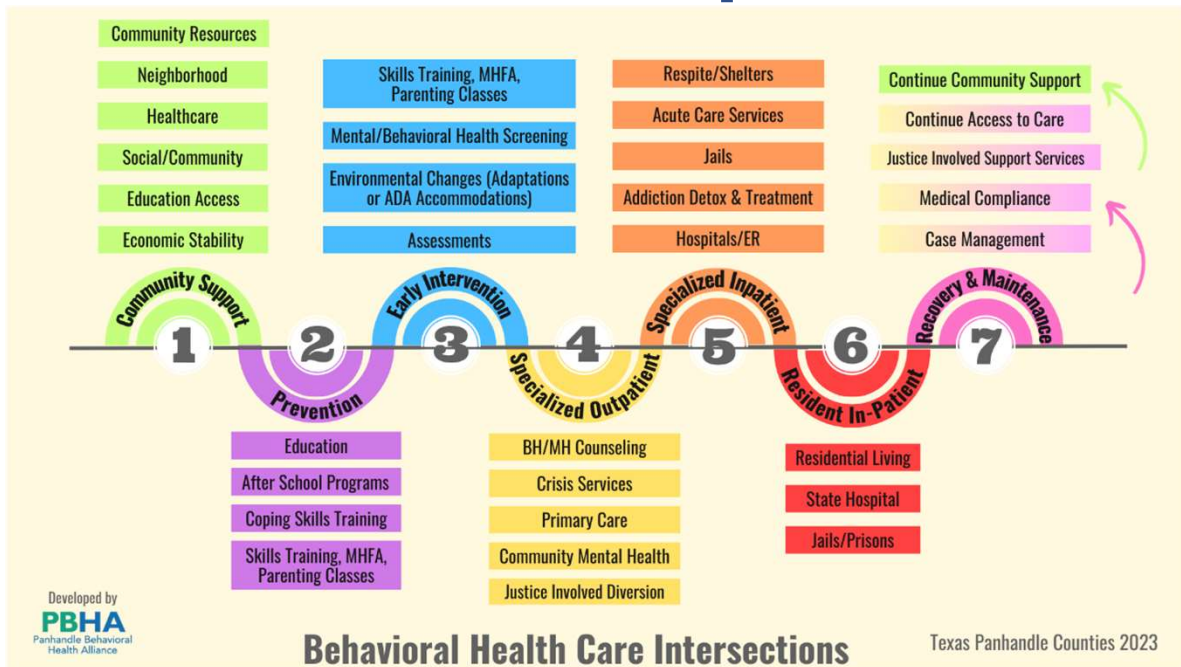
## Stepped Care Mental Health

Who is responsible for care?	What is the focus?	What do they do?
<b>Step 5:</b> Inpatient care, crisis teams	Risk to life, severe self-neglect	Medication, combined treatments, ECT
<b>Step 4:</b> Mental health specialists, including crisis teams	Treatment-resistant, recurrent, atypical and psychotic depression, and those at significant risk	Medication, complex psychological interventions, combined treatments
<b>Step 3:</b> Primary care team, primary care mental health worker	Moderate or severe depression	Medication, psychological interventions, social support
<b>Step 2:</b> Primary care team, primary care mental health worker	Mild depression	Watchful waiting, guided self-help, computerised CBT, exercise, brief psychological interventions
<b>Step 1:</b> GP, practice nurse	Recognition	Assessment

Ref: Von Korff & Tiemens (2000). Individualized stepped care of chronic illness. Western Journal of Medicine. v.172 (2). Accessed from: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1070776/>

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# Definitions and Components



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## Next steps Method for Mapping the PBHA Behavioral Health Care Intersections--Key Goals

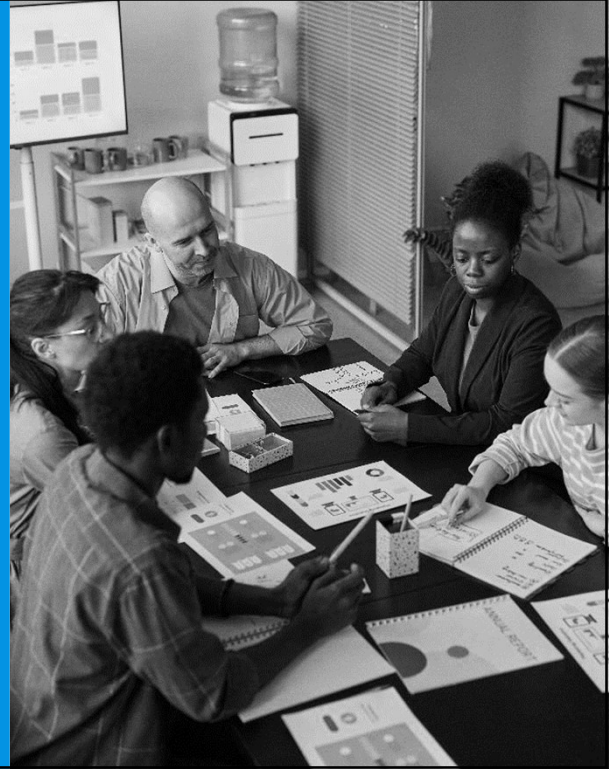
1. Inclusion of all stakeholders and constituents in system mapping efforts
2. Data accuracy and timeliness – need for regular updates
3. Practical utility for PBHA stakeholders

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## Next steps Call for Participation

Data collection: Behavioral Health System Services Survey

- Target Population
- Survey Administration
- Survey Question Categories



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## Contact Details

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# Join Us!

We welcome everyone who wants to help achieve this vision.

