



TEXAS TECH

Mental Health Institute™

2019 Texas Association of Counties Legislative Conference

Keino McWhinney, MPP

Texas Tech Mental Health Institute (TTMHI)



TEXAS TECH

Mental Health Institute™

Vision:

To be recognized as a leading mental health institute that *reduces the impact of mental illness, substance misuse, and related co-occurring conditions* on our communities through **collaborative activities** in education, research, and service.

Vision



National Suicide Prevention Lifeline

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

1-800-273-8255

Practical Resource



“Mental health is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.”

World Health Organization (WHO)

“Mental health care is just health care. It is really as simple as that....”

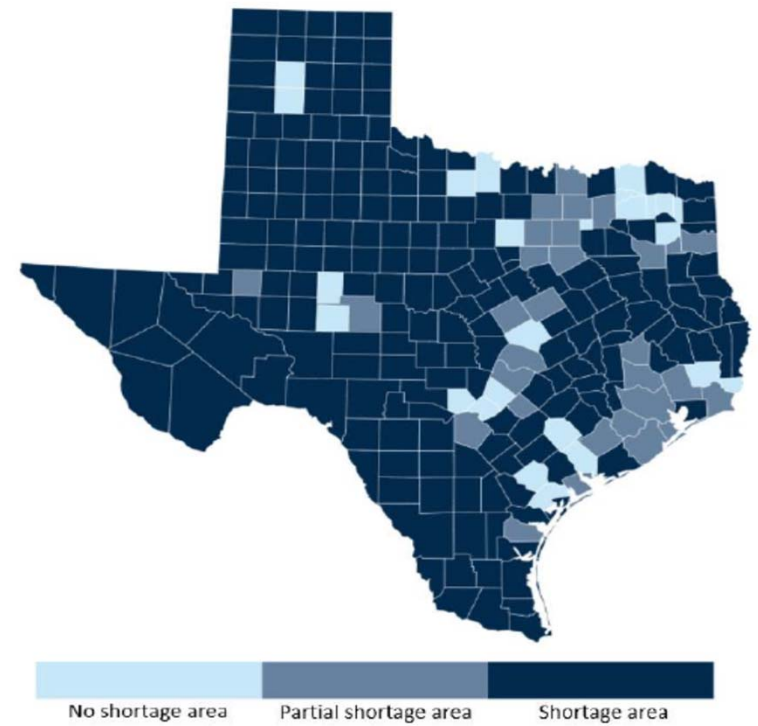
Andy Keller, Ph.D.

President and CEO Meadows Mental Health Policy Institute

What is Mental Health?



More than 80 percent of Texas counties are designated as Mental Health Professional Shortage Areas



Federally-Designated Mental Health Professional Shortage Areas



- There is limited understanding of **“the still mysterious links between genes, experience, brain, and behavior.”**
- **“The human brain is thought to have close to 86 billion neurons, each making on average about 10,000 connections. Approximately 100,000 miles of axons serve as information highways between neurons”**
- We have gone from few clues to many. **However, we still cannot explain the root cause(s) of mental illnesses.** – *NIMH Strategic Plan for Research*

Brain Health Is Complex



50% of mental health disorders begin by age 14

75% present by 25 yrs./ young adulthood.

6 -10 yrs. delay in treatment

Mental Health Progression



**Total behavioral health funding estimated at
\$8.2 billion
(\$616 million increase from previous session)
- MMHPI**

86th Texas Legislature



Texas Child Mental Health Care Consortium Senate Bill (SB) 10/ (SB) 11

86th Texas Legislature



- 86th Legislature considered SB 10, major legislation to create Texas Child Mental Health Care Consortium (TCMHCC).
- Legislation was adopted as an amendment to SB 11 (relating to school safety and mental health promotion).
- The General Appropriation Act for FY20-21 (HB 1) included \$99 million in the biennium to support the TCMHCC as well as a rider (THECB Rider 58) to set requirements for the expenditures of funds.

86th Texas Legislature



- **Leverage the expertise and capacity** of identified health-related institutions (HRIs) of higher education to address urgent mental health challenges and **improve the mental health care system** in this state in relation to children and adolescents.
- Enhance the state's ability to address mental health care needs of children and adolescents **through collaboration** of the identified HRIs.

TCMHC Purpose



- Health-Related Institutions of Higher Education (13)
- Texas Health and Human Services Commission (2)
- Texas Higher Education Coordinating Board
- Nonprofit organizations that focus on mental health care, designated by a majority of members of the Consortium:
 - Hogg Foundation for Mental Health
 - Meadows Mental Health Policy Institute
 - Texas Council of Community Centers
- A representative of a hospital system in this state
 - Children's Health of Dallas
 - Baylor Scott & White Health

Governance of TCMHCC



- **Child Psychiatry Access Network (CPAN)** - Establish a network of child psychiatric access centers at HRIs to assist pediatricians and primary care providers
- **Texas Child Health Access Through Telemedicine (TCHATT)** - Establish or expand telemedicine or telehealth programs for identifying and assessing behavioral health needs and providing access to mental health care services, with a focus on at-risk children
- Fund additional full-time psychiatrist to serve as **academic medical directors** at community health care providers, and additional **residency positions**
- Fund medical **fellowship positions** at HRIs – child and adolescents

TCMHC Four Initiatives



Local Collaboration



Consensus among key community stakeholders (including the local mental health authority, local hospitals, and local government) to undertake a mental health needs assessment with the Meadows Mental Health Policy Institute.

Mental Health Needs Assessment for
the Lubbock Area



**~200
Stakeholders**

Interviews
Phone and In-person

Focus Groups
Includes 25 Lubbock PD Officers
from three different shifts

Stakeholder Engagement to Date



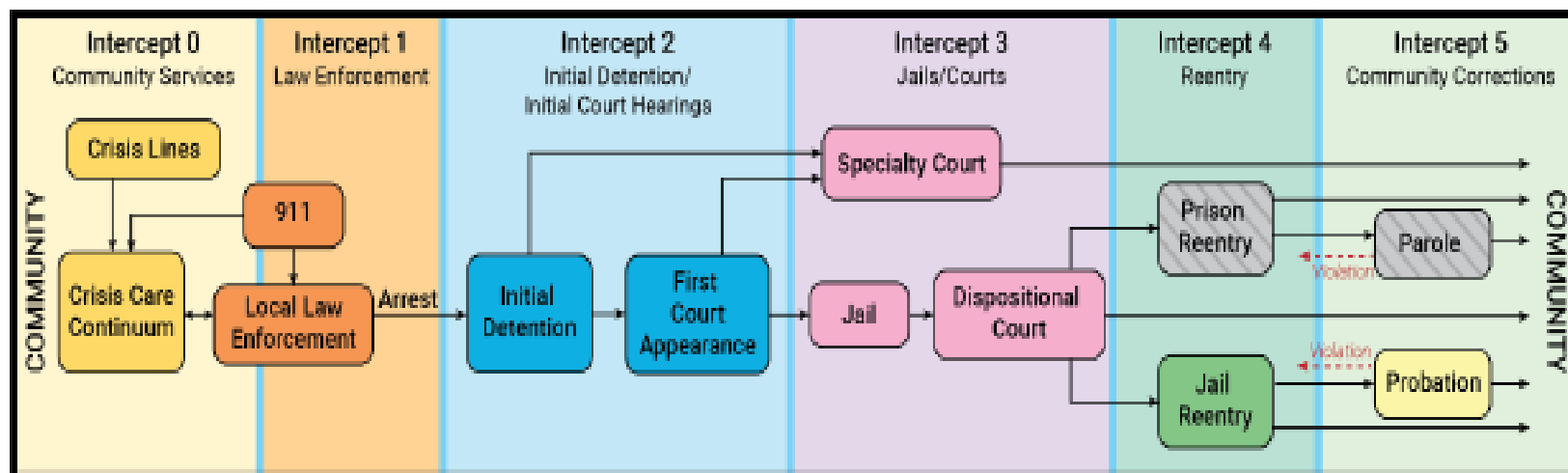
Local Examples:

- LMHA/StarCare Jail-Based Competency Restoration - partnership with Lubbock County Detention Center
- TTUHSC Medical School/Nursing - residency rotation and clinical hours at LMHA/StarCare
- Sequential Intercept Model Mapping Workshop in Lubbock County
- Justice and Mental Health Collaboration Program (JMHCP)

Lubbock Activities



THE SEQUENTIAL INTERCEPT MODEL



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SIM Workshop



THE
STEPPING UP
INITIATIVE

Systems-Level, Data-Driven Changes Should Focus on **Four Key Measures**



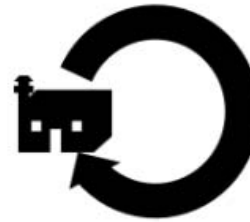
1. Reduce the number of people who have mental illnesses booked into jails



2. Shorten the length of stay in jails for people who have mental illnesses



3. Increase connection to treatment for people who have mental illnesses

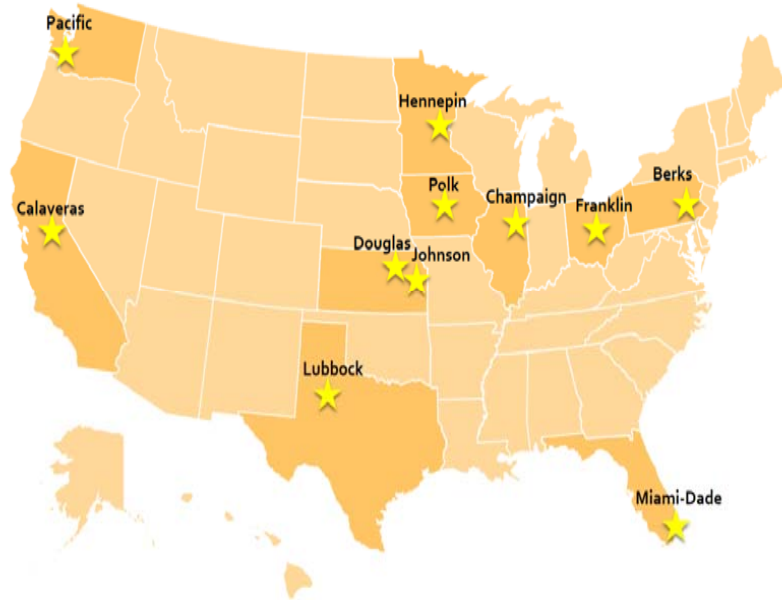


4. Reduce recidivism rates for people who have mental illnesses



Justice and Mental Health Collaboration Program Innovator County Recognition

11 Stepping Up Innovator Counties Recognized for Having Accurate, Accessible Data



The initiative recognizes that there may be more counties that are using or committed to using the three-step recommended approach to have accurate, accessible baseline data and want them to join this cohort!

Speaker: Lubbock County, Texas



Kelly Rowe
Sheriff, Lubbock County Sheriff's Office
Lubbock County, Texas



LUBBOCK COUNTY
SHERIFF'S OFFICE

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Thank you!



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