Presentation to the House Youth Health & Safety Committee – Behavioral Health

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Deputy Executive Commissioner, Intellectual and Developmental Disability & Behavioral Health Services

August 8, 2022
Texas Statewide Approach to Behavioral Health

Statewide Behavioral Health Coordinating Council established in House Bill 1, 84th Legislature, Regular Session, 2015
Children’s Progress Overview

Statewide Behavioral Health Coordinating Council
Progress Report

**Coordination**
- Intergency work groups
- Residential Treatment Center Relinquishment Avoidance Project
- Coordinated response to shootings
- Governor’s School Safety Action Plan continuation
- Intergency response to opioid epidemic

**Service Delivery**
- Recovery-focused clubhouses
- Military health promotion workshops
- Vocational rehabilitation services
- Mental health training program
- Workforce development
- MH waitlist almost eliminated
- Expanded inpatient beds
- Certified Community Behavioral Health Clinic expansion

**Prevention**
- Texas Alliance for Innovation on Maternal Health

**Data**
- Transformational Collaborative Outcomes Management
- Expand DORS and HHSC continuity of care data exchange to include people with IDD
- Enhancements to the Texas Uniform Health Status Update form

**Financial Alignment**
- Home and Community-Based Services — Adult Mental Health (HCBS-AMH) Program
- Special Needs Divisinary Program

**Coordination**
- Texas Judicial Commission on Mental Health Collaborative Council
- HB 3980 work group
- IOO services rules work group of the Texas Commission on Jail Standards
- Behavioral Health Advisory Committee — Housing Subcommittee

**Service Delivery**
- Emergency Mental Health Support Teams
- Housing Choice Plan work group
- Unified Services for All Children
- HCBS-AMH Furlough Pilot
- Continuum of Care work group

**Prevention**
- Project Advancing Wellness and Resilience in Education
- Substance use disorder prevention services
- Peer services
- HB 18 and HB 19 mental health training and resource expansion for schools

**Financial Alignment**
- Collaborative matching grant programs
- Residential Treatment Center Relinquishment Avoidance Project
- SB 292, Mental Health Grant Program for Justice-Involved Individuals
- Mental Health Public Defender Program
- Veterans assistance grants

**Prevention**
- Family First Prevention Services Act — evidence-based behavioral health prevention services
- Suicide Care Initiative
- Resilient Youth Safer Environments

**Coordination**
- All Texas Access
- Texas Health Steps
- Section 811 Project
- Project Access Program
- Supplemental funding for housing
- Homeless Veteran Initiative
- TexasAIM

**Service Delivery**
- Counselors for military service members and families
- Mental Health Program for Veterans
- Supported employment through peers
- Campus Alliance for Telehealth Resources
- Child Psychiatry Access Network

**Financial Alignment**
- Statewide Sequential Intercept Model Mapping Summit
- Texas Strategic Plan for Diversification, Community Integration, and Forensic Services
- SAMHSA GAINS Center Community of Practice: Crisis Care System
- Eliminate the Wait State Initiative
- Jail In-Reach Learning Collaborative
- Judicial and Court Personnel Mental Health Education and Training Program
- Improve Indigent defense practices through grants
- Juvenile Justice Grant Program

**Data**
- Quality improvements to the Child and Adolescent Needs and Strengths Assessment (CANS)
- Use of military unit risk inventories to identify high-risk units and deliver preventive services
- Collect and analyze suicide-related data to inform suicide prevention policy
Community Mental Health Services

- Crisis Services
- Children’s Outpatient Services
- Adult Outpatient Services
- Peer Services
- Mental Health Grant Programs
- Disaster Behavioral Health
# HHSC Behavioral Health Appropriations

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<tr>
<th>Strategy</th>
<th>FY 2022</th>
<th>FY 2023</th>
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<tbody>
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<td>State Hospitals</td>
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<td>G.2.1, Mental Health State Hospitals&lt;sup&gt;1&lt;/sup&gt;</td>
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<td>Substance Use Services</td>
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<td>Treatment</td>
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<td>Other</td>
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<td>Multiple Strategies&lt;sup&gt;2&lt;/sup&gt;</td>
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<td>Total</td>
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Notes: 1) Does not include $321.3 million in state hospital construction appropriations in FY 2021 made in House Bill 2 (87th Legislature, Regular Session, 2021), or $237.8 million in state hospital construction appropriations made in Senate Bill 8 (87th Legislature, 3rd Called Session, 2021); 2) Includes behavioral health appropriations across several strategies, including Facility Program Support.
# Intellectual and Developmental Disability & Behavioral Health Services Clients Served in FY 2021

<table>
<thead>
<tr>
<th>Program Area</th>
<th>Number Served</th>
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<tr>
<td>Behavioral Health Services*</td>
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<tr>
<td>Mental Health</td>
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<td>Substance Use Disorder</td>
<td>1,693,580</td>
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<td>Disaster Behavioral Health Services</td>
<td>10,804,013</td>
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<td>Office of Mental Health Coordination</td>
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<td>IDD Services</td>
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<td><strong>TOTAL</strong></td>
<td><strong>13,029,603</strong></td>
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Local Authorities and HHS Service Area Regions

Local Mental Health/Behavioral Health Authorities and Local Intellectual and Developmental Disability Authorities*

- Health Service Region
- ACCESS
- Andrews Center
- Integral Care
- Betty Hardwick
- Bluebonnet Trails
- Border Region
- Burke Center
- Camino Real
- Center for Life Resources
- Central Counties
- Central Plains
- Coastal Plains
- Community Healthcare
- Denton County
- Emergence
- Gulf Bend Center
- Gulf Coast Center
- Heart of Texas
- Helen Farabee
- Hill Country
- Lakes Regional
- LifePath Systems
- MHMR Brazos Valley
- MHMR Concho Valley
- MHMR Harris County
- MHMR Nueces County
- MHMR Tarrant County
- NITBHA (LBHA); Metrocare (LIDDA, Dallas County)
- Pecan Valley
- PermaCare
- Spindletop Center
- StarCare
- Texana Center
- Texas Ranchhandle
- Texoma
- CenTexCare
- Center for Health Care Services (LMHA); Alamo Area Council of Governments (LIDDA)
- Tri-County Services
- Tropical Texas
- West Texas Centers

(*authorities serve as both LMHA/LBHA and LIDDA except as indicated)

Source: Health and Human Services Commission, Behavioral Health Services

January 2020

Miles

0 40 80 120 160 200 240 320

7
Certified Community Behavioral Health Clinics

- Crisis Services
- Outpatient MH/SUD Treatment
- Targeted Case Management
- Peer Support
- Armed Forces and Veterans Services
- Primary Health Screening and Monitoring
- Psychiatric Rehab
- Individual Centered Treatment Planning
- Screening Assessment and Diagnosis
Children’s Community Mental Health Programs

- Provide community mental health services to eligible children and youth through Local Mental Health Authorities (LMHAs) and Local Behavioral Health Authorities (LBHAs)

- Services include:
  - Counseling
  - Skills training and development
  - Routine and intensive case management, including wraparound planning process
  - Medication management
  - Family partner services
  - Crisis intervention

- 98 percent of individuals receiving LMHA services remain in the community and do not require inpatient care
- Serving children in an outpatient setting costs less than $13 per day
Community Mental Health Services Waiting List - Children

**FY 2014 through FY 2021**

**Source:** Behavioral Health Services, Mental and Behavioral Health Outpatient Warehouse (MBOW)
FY 2021–22 Children Mental Health Number Served and Waitlist by Month
Behavioral Health Workforce Challenges

• Even before the pandemic, over 80 percent of Texas counties were designated as a Mental Health Professional Shortage area

• The COVID-19 Public Health Emergency has led to shortages at every level of mental health care including state hospitals, private psychiatric hospitals, and local mental health providers

• People seeking treatment may face limited options or wait lists as providers face challenges hiring staff
Community Private Psychiatric Beds (PPBs)
All Texas Access

Enabling SB 454, 87(R) Texas Legislature

All Texas Access

Ensuring all Texans have access to care at the right time and the right place
The YES Waiver is focused on providing an array of services to keep children out of institutions and to prevent parental relinquishment. 3,055 Served in FY 2021. Participation in YES services results:
Residential Treatment Center (RTC) Relinquishment Avoidance Project

- Collaborates with DFPS to contract for the provision of 50 RTC beds for high need youth ages 5-17 in order to prevent relinquishment of custody to the state
- Supports families in obtaining services to meet youth and family needs
- Served 115 youth in FY 2021

39% received services in a Residential Treatment Center

40% successfully diverted to community mental health services
FY 2021 Coordinated Specialty Care

1,059 People Served

66% decrease in hospitalizations

68% decrease in crisis episodes
Mental Health First Aid
Numbers Trained FY 2014 to FY 2022

*FY 2022 data reported to date
Source: Office of Mental Health Coordination – Local Mental and Behavioral Health Authorities
Behavioral Health Matching Grants

MENTAL HEALTH GRANT PROGRAM FOR JUSTICE-INVOLVED INDIVIDUALS
FY21: 47,692 served
FY21: 47,692 served

COMMUNITY MENTAL HEALTH GRANT PROGRAM
FY21: 40,721 served

HEALTHY COMMUNITY COLLABORATIVES
FY21: 33,739 served

TEXAS VETERANS + FAMILY ALLIANCE
FY21: 18,626 served
Community Mental Health Grant
Children-Directed Projects

FY 2021 By The Numbers

- 18,400+ Children Served
- $5.3 M+ Funds Awarded
- 60 Counties
- 11 Projects
- 11+ Direct Service Types

77% of 2,575 students served showed improvement in behavior in an academic setting as an outcome of receiving services
Mentalhealthtx.org

Statewide Behavioral Health Coordinating Council Website

• Available to all Texans seeking mental health and substance use resources
• Service Locator
• Educational Information
• Available in 64 languages
Coronavirus Response and Relief Supplemental Appropriations Act and American Rescue Plan Act Act

$203.4M for Mental Health

- Crisis Services
- Housing Initiatives
- Outpatient Capacity Expansion
- Coordinated Specialty Care
- Peer Recovery Support

COVID-19 Needs and Gaps
Federal Funding

Families First Coronavirus Response Act, 2020
• 6.2 percent Medicaid Federal Medical Assistance Percentage (FMAP) increase during Public Health Emergency

Coronavirus Aid, Relief, and Economic Security Act, 2020
• $558 million in Coronavirus Relief Funds (through the Office of the Governor) for COVID-19 expenses incurred in State Hospitals and State Supported Living Centers (SSLCs)
• $28.4 million in Provider Relief Funds for COVID-19 expenses incurred in State Hospitals and SSLCs.

Consolidated Appropriations Act, 2021
• $74.6 million in supplemental Mental Health Block Grant award
• Expansion of telehealth mental health services for Medicare patients

American Rescue Plan Act, 2021
• $128.8 million in supplemental Mental Health Block Grant award and $4.4M for COVID-19 testing and mitigation efforts
• $237.8 million for Dallas State Hospital construction and $15M for Sunrise Canyon Hospital expansion (Coronavirus State and Local Fiscal Recovery Fund appropriated through Senate Bill 8 (873))
• 10 percentage point increase to the FMAP for Home and Community Based Services from April 2021 through March 2022. Increased funding can be expended by the state through March 31, 2025