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Introduction to Mental Health Programs

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Agenda



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- Mental Health Programs (MHP) Structure
- Behavioral Health Medicaid Programs (BHMP) Overview
- Children's Mental Health (CMH) Programs
- Adult, Crisis, and Forensic Mental Health Services
- Questions?

Mental Health Programs Updated Organizational Chart



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BHMP Overview



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- Home and Community-Based Services: Adult Mental Health (HCBS-AMH)
- Youth Empowerment Services (YES) Waiver
- BHMP Outcomes
- BHMP Fiscal Year 2025 Priorities and Projects

HCBS-AMH Overview (1 of 3)

Background

- HCBS-AMH is a 1915(i) State Plan Amendment and is the first Medicaid home and community-based program in Texas for adults with serious mental illness (SMI).
- The Texas Legislature established the HCBS-AMH program for adults with SMI and extended tenure in a psychiatric hospital.
- In 2015, the Texas Legislature expanded HCBS-AMH to divert people with SMI from jails and emergency departments into community-based mental health services.



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HCBS-AMH Overview (2 of 3)

Goals

- Support long-term recovery from mental illness using a person-centered approach.
- Help the participant to live and achieve success in their chosen community.
- Provide an array of services to match each person's needs.



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HCBS-AMH Overview (3 of 3)

- **Target Group:** Adults (18 and over) with SMI
- **Risk Criteria:**
 - ▶ Long-Term Psychiatric Hospitalization: people who have spent three of the last five years in an inpatient psychiatric hospital (may be in a public or private facility and includes residential treatment centers).
 - ▶ Jail Diversion: people with four or more arrests and two or more psychiatric crises in the last three years.
 - ▶ Emergency Department (ED) Diversion: people with 15 or more ED visits and two or more psychiatric crises in the past three years.



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YES Waiver Overview (1 of 3)

- The YES Waiver is a 1915(c) Medicaid program that helps children and youth with serious mental, emotional and behavioral difficulties.
- YES Waiver provides intensive services to youth and families delivered within a strengths-based team planning process known as Wraparound.
- YES services are family-centered, coordinated and effective at preventing out-of-home placement and promoting lifelong independence and self-defined success.



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YES Waiver Overview (2 of 3)

Goals

- Reduce inpatient psychiatric treatment and out-of-home placements by all youth-serving agencies
- Ensure families have access to non-traditional support services identified in a family-centered planning process
- Prevent relinquishment of parental custody
- Improve the clinical and functional outcomes of youth with serious mental, emotional and behavioral difficulties



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YES Waiver Overview (3 of 3)

- **Target Group:** Youth (age three through 18 years old) with serious mental, emotional and behavioral difficulties
- **Demographic Criteria:**
 - ▶ Have a qualifying mental health diagnosis
 - ▶ Be at risk of being placed outside of their home due to their mental health needs
 - ▶ Meet the criteria to be in a psychiatric hospital
 - ▶ Be eligible for Medicaid — parent's income does not apply.
 - ▶ Currently live in a home setting with a legal guardian or on their own if they are legally emancipated



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BHMP Outcomes

- **HCBS-AMH:** Fiscal year 2024 enrollment: 590 (908 since inception)
 - ▶ Reduction in hospitalizations
 - ▶ Reduction in jails
 - ▶ Reduction in ED visits
- **YES Waiver:** Fiscal year 2024 enrollment: 1,988 (10,399 since inception)
 - ▶ 48% reduction in crisis services
 - ▶ 312 YES Waiver graduations
 - ▶ Cost savings



BHMP Fiscal Year 2025 Priorities and Projects

- Team growth and staff capacity
- Strengthen relationships and collaborations with external stakeholders
- Satisfaction surveys
- Quality assurance
- Access rule implementation
 - ▶ Public facing data reports
- Program growth and expansion
 - ▶ Provider recruitment and American Rescue Plan Act funds



CMH Program Overview



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- Multisystemic Therapy (MST)
- Department of Family and Protective Services (DFPS)
Purchased Psychiatric Beds
- Residential Treatment Center (RTC) Project
- Texas System of Care
- CMH Fiscal Year 2025 Priorities and Projects

MST (1 of 2)



- Multisystemic Therapy (MST) is an evidence-based treatment model designed to help youth with serious antisocial behavior and justice involvement. It focuses on the youth's family system and aims to prevent further involvement with the juvenile justice system.
- MST is:
 - ▶ Short-term: lasts three to five months;
 - ▶ Intensive: available 24/7 for support; and
 - ▶ Community-based: delivered in the youth's home and community rather than an office.
- The approach involves an ecological assessment to identify the key drivers of the youth's behavior, followed by a tailored intervention to address those specific causes.

MST (2 of 2)

Fiscal Year 2024 Outcomes

- Number of children served: 403
- Number of children referred from DFPS: 40
- Number of children referred from the Texas Juvenile Justice Department: 182 children (referred from probation and parole)



DFPS Purchased Psychiatric Beds

- Serve children under DFPS conservatorship
- Provide 24/7 inpatient mental health services in a hospital to relieve acute symptomatology and restore the child's ability to function in a less restrictive setting
- Supported by local mental health authorities (LMHAs) and local behavioral health authorities (LBHAs) providing continuity of care activities for children referred to a DFPS Purchased Psychiatric Bed



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RTC Project



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- DFPS and HHSC partner to provide children mental health care in an RTC while the guardian keeps legal responsibility for their child.
- The RTC Project supports families with a child at risk of entering DFPS custody due to their mental health care needs by:
 - ▶ Connecting families to LMHA or LBHA mental health services; and
 - ▶ Paying for the cost of an RTC to meet the child's mental health needs when families do not have the resources to pay for residential treatment.
- Fiscal year 2024 outcomes:
 - ▶ Referrals received: 233
 - ▶ Number of children served through an RTC Project-funded bed: 73
 - ▶ Number of referred children diverted to community-based services: 46

Texas System of Care (1 of 2)

Purpose: Ensures that all Texas children have access to high quality mental health care that is family-driven, youth-guided, community-based, culturally-grounded and sustainable.

- The Substance Abuse and Mental Health Services Administration awarded \$11.5 million to HHSC for Advancing the System of Care.
 - ▶ Four-year grant period: August 31, 2021 – August 30, 2025
 - ▶ Focused on increasing access to school-based mental health services and supports, including youth peer and family partner support
- HHSC will host the 2025 Texas System of Care and CRCG Conference July 15 – 17, 2025, at the Commons Conference Center in Austin.



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Texas System of Care (2 of 2)

Fiscal Years 2024 Outcomes

- Each LMHA developed a memorandum of understanding with local independent school districts to provide school and community-based services.
- Each LMHA established a team including a project director, evaluation support, school-based therapist and school-based interventionist.
- Sites hired youth peer specialists who meet with students in schools.
- Each local community established community governance boards responsible for oversight of the system of care initiative.



CMH Fiscal Year 2025 Priorities and Projects



- MST
 - ▶ Add 16 new MST programs for a total of 22 MST teams statewide
- Texas System of Care
 - ▶ Texas Mental Health Creative Arts Contest 2025
 - ◇ Theme: Hurt. Healing. Hope. What Does Mental Health and Well-Being Mean to You?
 - ◇ Website: gallery.txsystemofcare.org/submit/
 - ▶ Grant application for fiscal years 2025-2029
- Interagency coordination
 - ▶ Two new HHSC positions to coordinate with DFPS

Adult, Crisis and Forensic Mental Health Services

- Adult Mental Health (AMH) Services
- Crisis Services
- Forensic and Jail Diversion Services
- Mental Health Grant Programs
- Mental Health Special Projects
- Performance Optimization



AMH Services



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Texas Resilience
and Recovery
utilization
management

Evidence-based
practices

Supported
employment

Mental Health
First Aid

Coordinated
Specialty Care
(CSC)

Supportive
housing rental
assistance

State hospital
step-down
program

Projects for
Assistance in
Transition from
Homelessness

Centralized
Training
Infrastructure

- **Goal:** Empower a person's ability to lead a self-directed life within the community.
- Services are provided in an outpatient setting using a team-based approach.
- CSC is available to people:
 - ▶ 15 to 30 years old at the time of enrollment;
 - ▶ Who meet the criteria for a psychotic disorder from the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition, Text Revision; and
 - ▶ With private insurance, Medicaid, Medicare, or no health insurance at all.
- Fiscal year 2024 outcomes:
 - ▶ CSC expanded to 32 LMHAs and LBHAs.

State Hospital Step-Down Program



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Goal: Identify and promote evidence-based practices by reducing the incidence and duration of psychiatric hospitalizations, homelessness, incarcerations and criminal justice interactions.

Before the
88th
Legislative
Session

- Three providers
- Four homes
- 30 beds

After the 88th
Legislative
Session

- Five providers
- 11 homes
- 80 beds

Crisis Services



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Community
Based Crisis
Facilities

Crisis hotline

Mobile crisis
outreach
teams

Inpatient
psychiatric
beds

988 Suicide
and Crisis
Lifeline

Rural crisis
response and
diversion

Youth crisis
outreach
teams

Inpatient
Care Waitlist

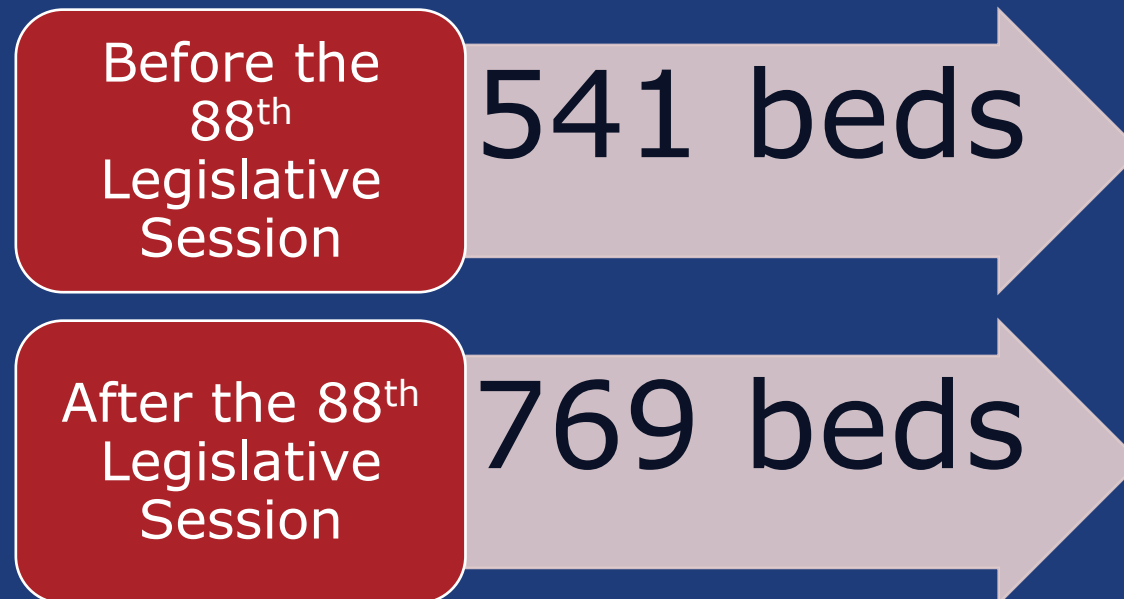
Inpatient Psychiatric Beds



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Purpose:

- Offers inpatient treatment in local private psychiatric hospitals
- Offers intensive interventions designed to relieve acute symptomology and restore the person's ability to function in a less restrictive setting
- Diverts from state hospital admissions



988 Suicide and Crisis Lifeline

988 provides 24/7 support available via call, text, or chat (chat.988lifeline.org/) and enhances local access to mental health support.



Fiscal year 2024 outcomes:

- 173,828 calls answered by Texas-based 988 centers
- 40% more calls answered from fiscal year 2023
- In-state answer rate: 85%

Forensic and Jail Diversion Services



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Competency
restoration

Mental Health
Grant for
Justice-Involved
Individuals

Mental health
deputy

Jail continuity of
care

Diversion
centers

Totals	FY 2024 Quarter 1	FY 2024 Quarter 3	FY 2025 Quarter 1
No. of programs	57	62	90
No. of grantees	35	35	36
No. of counties	118	143	159



Jail Continuity of Care



Supports continuity of care for people with SMI before, during and after incarceration



Piloted by five selected LMHAs



\$1.25 million allocated annually for pilot programs

Jail continuity of care liaisons:

- Enhance medication continuity.
- Coordinate mental health services.
- Ensure required screenings and assessments occur.
- Support smooth transitions to community-base care.

Adult, Crisis and Forensic Mental Health Service Fiscal Year 2025 Priorities and Projects



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- Implement new programs:
 - ▶ Rider 48 and 52* programs
 - ▶ Two pilot programs:
 - ◇ Transition support liaison
 - ◇ Jail continuity of care liaison
- Enhance training and technical assistance for LMHAs, LBHAs and grant providers
- Initiate the Performance Monitoring Plan
- Implement the 988 Public Awareness Campaign
- Finalize two Request for Applications
- 89th Legislative Session
- Close-out COVID-19 funded projects**

*2024-25 General Appropriations Act, 88th Legislature, Regular Session (Article II, HHSC, Rider 48 and Rider 52)

**Consolidated Appropriations Act, 2021, H.R. 133, 116th Cong. (2019-2020) and the American Rescue Plan Act of 2021, H.R. 1319, 117th Cong. (2021-2022).

Mental Health Programs Contact Information



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Behavioral Health Medicaid Programs:

- HCBS-AMH.Services@hhs.texas.gov
- YESWaiver@hhs.texas.gov

CMH:

- Childrens_MH@hhs.texas.gov

Adult, Crisis and Forensic Mental Health Programs:

- AdultMH@hhs.texas.gov
- CrisisServices@hhs.texas.gov
- HHSCForensicAndJailDiversionServices@hhs.texas.gov
- BHSGrants@hhs.texas.gov



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Thank you
