

All Texas Access Report

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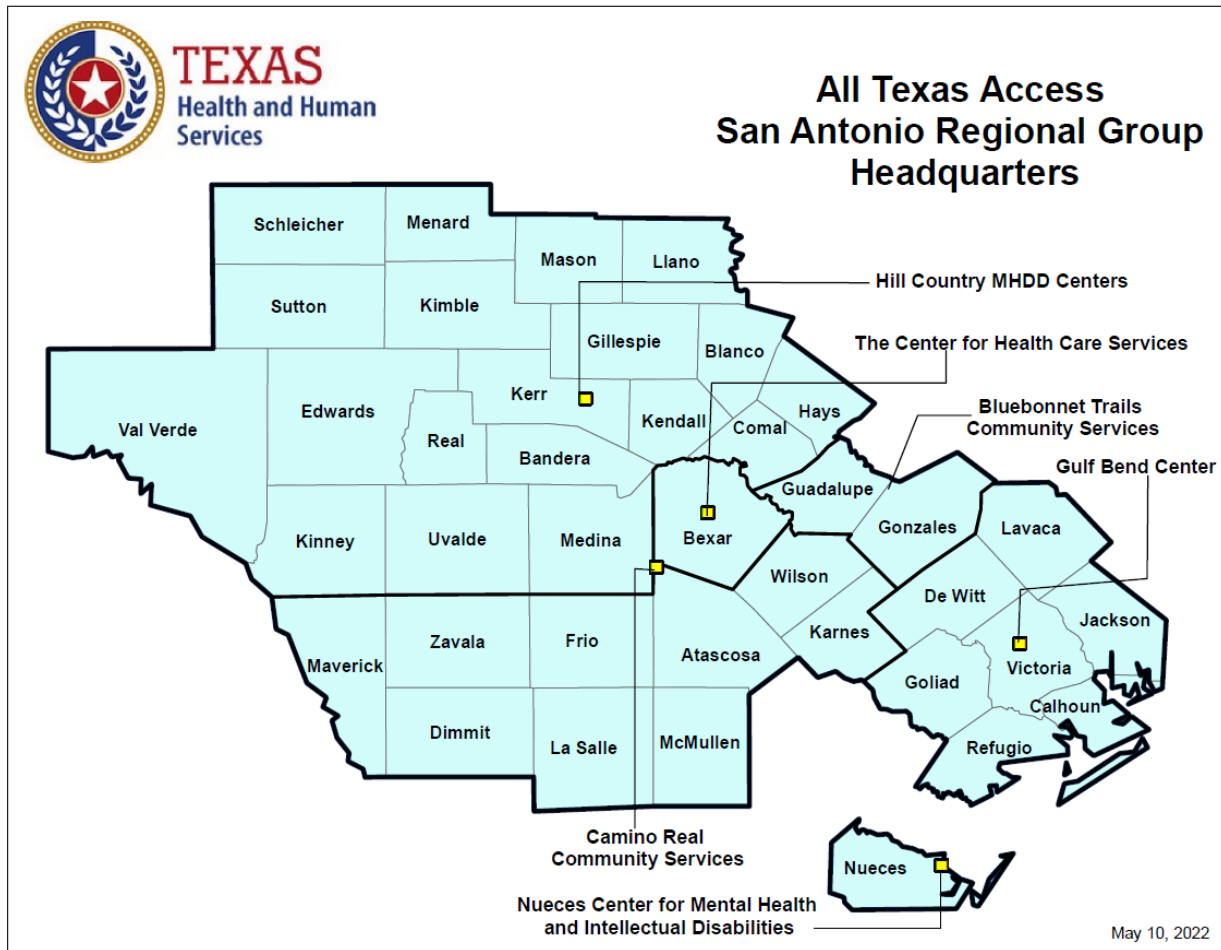
**Texas Health and Human Services
December 2023**



TEXAS
Health and Human
Services

All Texas Access SASH Regional Group

Figure 38. Map of All Texas Access San Antonio State Hospital (SASH) Regional Group^{xxxi}



Participating LMHAs and LBHAs

- Bluebonnet Trails Community Services
- Camino Real Community Services
- Gulf Bend Center
- Hill Country MHDD Centers

BTCS participates in both the All Texas Access Austin State Hospital (ASH) and San Antonio State Hospital (SASH) Regional Groups. Border Region Behavioral Health

Center and Coastal Plains Community Center are members in the All Texas Access Rio Grande State Center (RGSC) Regional Group and ex-officio members in the All Texas Access SASH Regional group.

The Center for Health Care Services and Nueces Center for Mental Health and Intellectual Disabilities are ex-officio members in this group.

All Texas Access SASH Regional Group Plan

Jail Diversion and Community Integration

Bluebonnet Trails Community Services (BTCS): Crisis Care Expansion

During Winter of 2022-2023, BTCS renovated and expanded the adult crisis respite program located in Seguin. Now offering 11 beds, the program diverts persons from local emergency rooms and supports persons transitioning from inpatient psychiatric care as well as persons court-ordered into care as a diversion from incarceration. Critical to success is the collaboration between mental health officers with Guadalupe County and the City of Seguin, funded in part through HHSC's Mental Health Grant for Justice-involved Individuals and a federal BJA grant award. During the three months post renovation, the program served 56 adults with an average length of stay of 12 days.

BTCS is planning to open a second diversion center in Seguin during the winter of 2023-2024.

Camino Real Community Services: Rural Crisis Response and Diversion

Camino Real Community Services chose to expand their MCOT, providing access to people within their community. Through the Rural Crisis Response and Diversion project, Camino Real Community Center was able to divert 1,307 people experiencing a mental health crisis from February 1, 2022-February 28, 2023.

Camino Real also hired a law enforcement liaison with the Rural Crisis Response and Diversion funds who works with the various law agencies serving as a connection for those needing crisis services. The law enforcement liaison presents at quarterly Crisis Task Force meetings which provide opportunities for law enforcement officers to engage and address any concerns expressed by the law

enforcement community. The law enforcement liaison has provided 15 trainings to include suicide prevention and crisis intervention training for employees in local jails and for peace officers.

Camino Real implemented a drop-off facility for law enforcement which is where people experiencing a crisis can receive access to a crisis assessment while allowing law enforcement to drop off the people and return to protecting the community. There were 59 people diverted from February 1, 2022- February 28, 2023. Camino Real also uses technology to provide immediate access to law enforcement who are needing crisis assessments for people using tablet computers. Law enforcement are given immediate access to crisis assessment workers so people encountered in crisis receive care at the right time with the goal of diverting them from being detained or arrested.

Camino Real has added a peer recovery coach, an onsite LCDC and a veteran peer coordinator at the drop-off center to assist persons in crisis.

Gulf Bend Center: Co-Responder

Through the Community Mental Health Grant Program, Gulf Bend Center currently has four co-responder teams for the seven counties that Gulf Bend serves. The teams currently work with local law enforcement for those in crisis or wellness checks or both. The co-responders can provide transportation to an inpatient hospital if the local law enforcement is short staffed. In the previous All Texas Access report, Gulf Bend Center was proposing equipping sheriff's deputies with technology to enable law enforcement to access Gulf Bend crisis staff to complete remote assessments while officers were in the field. At this time, Gulf Bend Center has not been able to implement this initiative and will continue using their co-responder teams.

Hill Country MHDD Center: Care Navigation and Risk Stratification

Hill Country MHDD Center planned to establish a dedicated Care Navigation Team to provide referral and appointment follow up along with addressing resource limitations and overall navigation of services in their service area.

Hill Country, like much of the state, has experienced workforce shortages which create barriers to the Care Navigation project. From February 1, 2022 - February 28, 2023, Hill Country has been able to serve 397 persons while continuing to roll

out this project. Risk Stratification tools have been built in their electronic health record to flag unmet needs. Also, each person coming into services is referred to the Care Navigation program based on their individual needs.

Monitor Promising or Evidence-based Practices

During January 2023, BTCS engaged in a pilot program serving children and families in Guadalupe, Caldwell, and Gonzales Counties. The Multisystemic Therapy program, which will begin on April 1, 2023, will serve children between the ages of 12-17 who are at risk of experiencing severe consequences due to anti-social or delinquent behaviors. Multisystemic Therapy is an evidenced based practice for at-risk children, providing children and caregivers with tools to transform their lives.

Camino Real is using both MAT and Matrix Model programs for people with SUD, which are evidenced based practices that are in place to support people in engaging in recovery in the community. The Matrix Model is an intensive 32-week outpatient program. In this intensive outpatient program, 28 people were served from February 1, 2022 to February 28, 2023.

Gulf Bend Center provides monitoring and ongoing training for their staff to ensure evidence-based practices are utilized.

Hill Country MHDD Center is in the process of implementing a Multisystemic Therapy program in Comal, Hays, and Uvalde counties. They are also implementing Coordinated Specialty Care in Hays and Comal counties. Due to workforce shortages, these programs have not been fully implemented.

Substance Use and Withdrawal Management

To combat the increasing youth substance use rates in Guadalupe County, in January 2023 BTCS and the Guadalupe County Juvenile Services Department entered into a partnership agreement to provide therapeutic services to at-risk youth 10-17 years old referred to juvenile services. The program is now licensed by HHSC at its location in the Guadalupe County Probation Office and Detention Center in Seguin and Schertz. The goal of the program is to reduce substance use among Guadalupe County youth and diversion of the substance-related referral upon successful completion of the program. During the first two months the program received referrals of 14 youths. Participation in this program diverts youths from judicial intervention and conviction.

BTCS was licensed by HHSC to operate four new substance use treatment sites including within three independent school districts and the Guadalupe County Juvenile Services location.

Camino Real Community Services has an active SUD program that offers MAT. The treating psychiatrist is an addiction specialist and has made progress with many service participants. Both SUD individual and group services are provided to help support people as they work through withdrawal management. The SUD program recently celebrated seven people reaching their one year of sobriety mark.

Gulf Bend Center received their substance use facility license in January 2023. They are developing and recruiting staff to provide intensive outpatient services and are currently providing MAT and SUD counseling. From January 2023 through April 2023, Gulf Bend's substance use counselor has provided individual SUD counseling to 37 people and provided group SUD counseling for 31 people. Gulf Bend Center has provided MAT services for alcohol and tobacco use for 34 people.

Hill Country MHDD Center met with the medical director from Be Well Texas to discuss contracting with them for withdrawal management services. An MOU with Be Well Texas has been signed to streamline SUD referrals. Hill Country MHDD is preparing to license additional facilities as satellite clinics, developing stages to expand to youth services and further developing single diagnosis services. Hill Country is participating monthly in the Kendall-Kerr County Opioid Response Coalition and working to develop Naloxone training for staff.

Telehealth

Telepsychiatry in Jails

BTCS has been partnering with Guadalupe and Gonzales County jails and Sheriffs' Offices since 2018, ensuring timely access to mental health assessments, psychiatric evaluations and medication management. From February 1, 2022-February 28, 2023, the partners have been able to divert 127 persons prior to booking, serve 459 persons through assessments of mental illness, and reduce the number of persons from committing a felony offence while in jail by 34 percent from the previous year. Working alongside jail medical staff during the 13-month period, BTCS served 68 persons incarcerated the Gonzales County Jail and 391 persons incarcerated the Guadalupe County Jail.

Hill Country MHDD Center currently uses telepsychiatry services in the Comal County Jail.

Gulf Bend Center uses telepsychiatry in all the seven county jails they serve for medication treatment for current clients, intake, and crisis services. Gulf Bend Center also participated in a voluntary Jail In-Reach learning collaborative through HHSC. They are learning and implementing the sequential intercept model in three of the seven county jails and plan to expand to the other county jails in their region.

Collaboration

Enhance Strategic Collaborations in the Region

During January 2023, BTCS was awarded a contract through HHSC to establish a Vocational Apprenticeship program. The program began in Guadalupe County in spring 2023. Through this program, a Job Coach and a Program Instructor will provide classroom instruction and paid on-the-job-training to twelve apprentices. Classroom instruction is part of the program to teach appropriate social and communication skills to enhance employment opportunities. As of May 2023, two local employers are engaged to participate in the program and provide apprenticeships within their companies. Efforts are now underway to recruit apprentices to the program.

Camino Real holds quarterly Crisis Task Force meetings in various counties which gives the stakeholders and partner agencies a chance to exchange information and improve processes. Camino Real also has a Suicide Coalition established in McMullen County (a frontier community), where staff have been actively engaged in the Crisis Task Force meetings. Their participation is enhancing relationships, knowledge, and communication in the area. In Maverick County, the MCOT team leader is participating in the Eagle Pass Threat Assessment Group, which is a prevention focused group comprised of multiple law enforcement agencies and other partners.

Hill Country MHDD participated in SIM mapping in Kerr, Comal and Hays counties and has scheduled a SIM mapping for Kendall County in January 2024. Hill Country MHDD participated in the Jail In-Reach program for Hays County. Through a collaboration with the San Marcos Police Department, a ride-a-long position was created for a care coordinator to be embedded with the San Marcos Police

Department. Hill Country MHDD will be implementing this program in Summer 2023.

Hill Country MHDD continues working on the Uvalde Diversion Center planning. The city of Uvalde has donated property for the facility and the United States Congress has appropriated \$2 million in funding to assist in the design and construction of the facility. The center will have extended observation and crisis residential beds for both adults and youth as well as an integrated outpatient behavioral health clinic. Additional funding for the center was appropriated by the 88th Texas Legislature (Regular Session, 2023)

Hill Country MHDD is also working on developing the Comal County Diversion Center. Comal County has donated land and approved funding for construction of the facility. Architectural drawings are being finalized and construction is anticipated to begin January 2024. The center will have six adult extended observation beds and 10 adult crisis residential beds.

Gulf Bend Center continues to meet quarterly with the Gulf Bend Regional Collaborative which has been in existence for the last seven years.

Access to Care

Community Mental Health Hospitals

Gulf Bend Center has been educating the community about the need for an inpatient unit in their region through engaging regional community collaborations. They have developed a proposal to fund a 60-bed inpatient unit and garnered support from over 300 community members. Gulf Bend submitted the proposal to their local representatives.

Extended Observation Units

Camino Real has two closed extended observation facilities that they estimate could each become operational with approximately \$1.5 million per facility per year to bring the eight extended observation beds on-line. Camino Real has received funds through the legislature to reopen the facilities in the next biennium.

Outpatient Competency Restoration

BTCS established an OCR program in Guadalupe County that became operational in March 2022. Between February 1, 2022 - February 28, 2023, 38 adults were served

through the OCR program. Working alongside the court, BTCS assists the court with identifying people most likely to be successful in a community-based program, providing and connecting the person with necessary care and treatment, and providing routine monitoring and reporting to the court. As of May 2023, 35 people remain adherent with the court-ordered care, two people returned to court for additional restrictions, and one person was incarcerated.

Step-Down Pilot Program

BTCS opened a six-bed step-down pilot program in Guadalupe County during late February 2022. Alongside state hospital staff across the state, BTCS staff review referrals submitted by state hospitals with the goal of assisting people to make successful transition from the most intensive level of psychiatric care. The program aims to serve adults with a length of stay at a state hospital of greater than one year. Since opening its doors, the team has served 10 adults, celebrating five successful graduations from the program. The National Council on Wellbeing invited HHSC to provide a poster session on the State Hospital Step-Down program during the NatCon23 annual conference showcasing new ideas and innovative solutions.

BTCS is in the process of adding a 10-bed Youth Therapeutic Respite Program to open in Seguin by late Summer 2023. This program provides intensive therapeutic care for children and adolescents between the ages of 5-17 years with the goal of reunifying the family. The program follows the success of the 16-bed program located in Williamson County. DFPS contracts with the center to ensure youth in DFPS custody and are without a placement can receive care through the Youth Therapeutic Respite Program.

Hill Country MHDD re-opened the six-bed Youth Crisis Respite Home in San Marcos on June 1, 2023.

Certified Community Behavioral Health Centers

BTCS has engaged integrated primary and behavioral health care since 2010. The 13-year partnership with the Federally Qualified Health Centers (FQHC) in Guadalupe and Gonzales Counties continues to grow, serving over 8,600 children and adults during the time period of February 1, 2022 through February 28, 2023, through the integrated practice. As one of the eight pilots of the Texas Certified Community Behavioral Health Clinics (T-CCBHC) model in Texas, BTCS continues to add specialized programs serving people diagnosed with co-occurring conditions including physical, psychiatric, intellectual and developmental disabilities and

substance use. BTCS is accredited by National Committee for Quality Assurance and Commission on Accreditation of Rehabilitation Facilities.

Camino Real has seen success with physical health indicators to include body mass index documentation. A1c testing, used to diagnose type 1 and type 2 diabetes, is actively conducted, and results are documented for high-risk patients. The co-located office in McMullen County contains a licensed clinician and Health Care Navigator to address patients with physical health, mental health, and substance use. Camino Real also has a pediatric nurse practitioner to provide behavioral health services along with addressing any physical health concerns.

Gulf Bend Center offers primary health screenings, monitoring of key health indicators, and health education for all clients receiving medication management services. Laboratory services are an integral part of risk identification and are offered in the outpatient clinic. During 2023, 570 labs were collected by clinic nurses and more than 700 were gathered by partnering labs. Of clients screened, 1,298 were assessed for elevated hemoglobin A1c levels. Within the calendar year, 1,239 were able to achieve or maintain levels below nine percent. The screenings provided by Gulf Bend also resulted in the identification of 1,123 clients with an elevated body mass index. More than 440 of those with an elevated body mass index achieved a reduction during the calendar year, with 68 percent of these clients participating in nurse-lead health education sessions on nutrition and physical activity. Finally, because of T-CCBHC certification, Gulf Bend began providing transportation to any appointment associated with the client's wellness. Over the last year, Gulf Bend has provided 1,610 transports, which significantly improved the availability and accessibility of comprehensive health care.

Hill Country MHDD continues to improve on tracking and linking people and families to primary care providers. Care coordination is closing the loop with referrals to medical care and an increase of MOUs have been executed to streamline care and follow up. Hill Country MHDD is collaborating with EMS by embedding staff with paramedics in Blanco County to divert people from unnecessary admissions to the hospital by using field medical clearance to transport people directly to the psychiatric facility and bypass medical clearance in the emergency department.

Estimates: Number of Inpatient and Outpatient Beds

Each rural-serving LMHA and LBHA in the regional group submitted information about the outpatient and inpatient beds currently available to them and projected

changes over the next two years. LMHAs and LBHAs also reported how many beds they need in order to adequately serve their community. Refer to the [All Texas Access Implementation](#) section of the report for additional explanation of the chart below.

Figure 39. All Texas Access SASH Regional Group Bed Capacity^{xxxii}

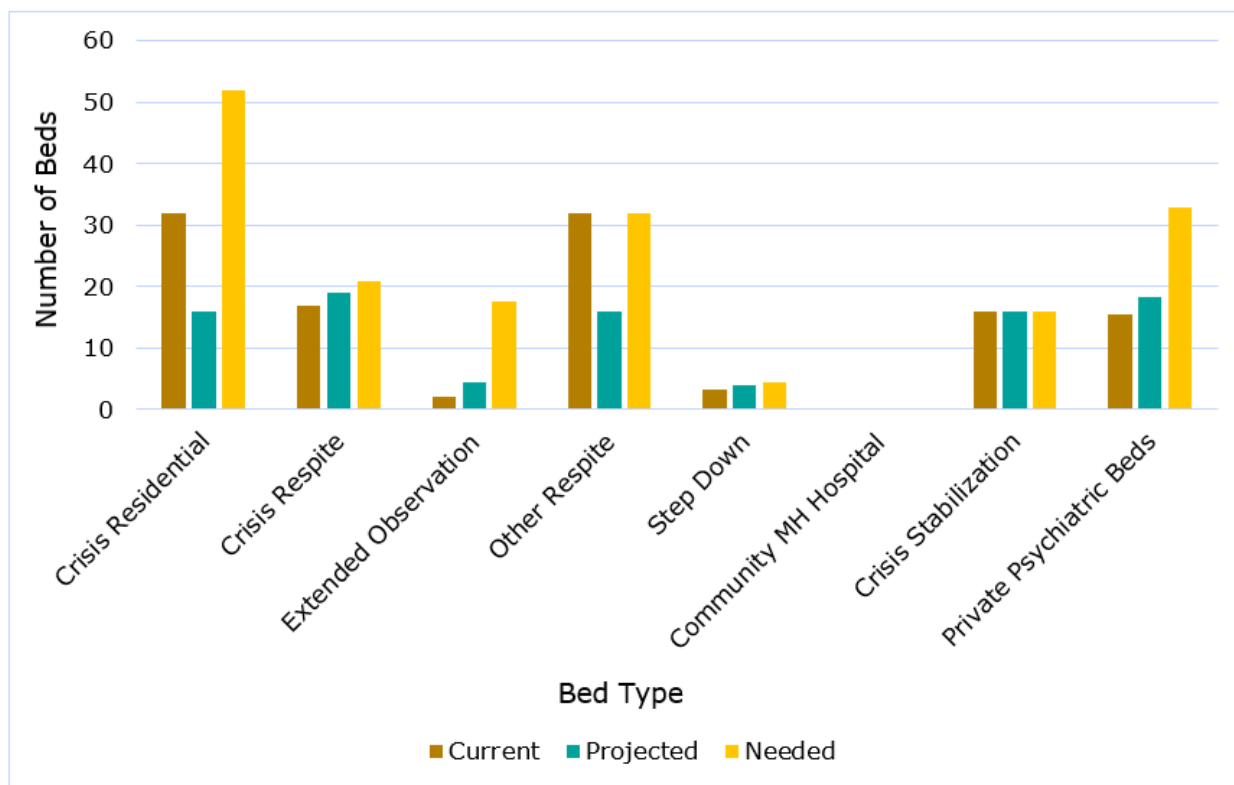


Table 30. All Texas Access SASH Regional Group Bed Capacity

	Current Number of Beds	Number of Beds Projected in Two Years	Number of Beds Needed in Two Years
Crisis Residential	32	16	52
Crisis Respite	16.9	18.9	20.9
Extended Observation	2	4.4	17.6
Other Respite	32	16	32
Step Down	3.2	4	4.4
Community MH Hospital	0.2	0.2	0.2
Crisis Stabilization	16	16	16
Private Psychiatric Beds	15.4	18.3	32.9