

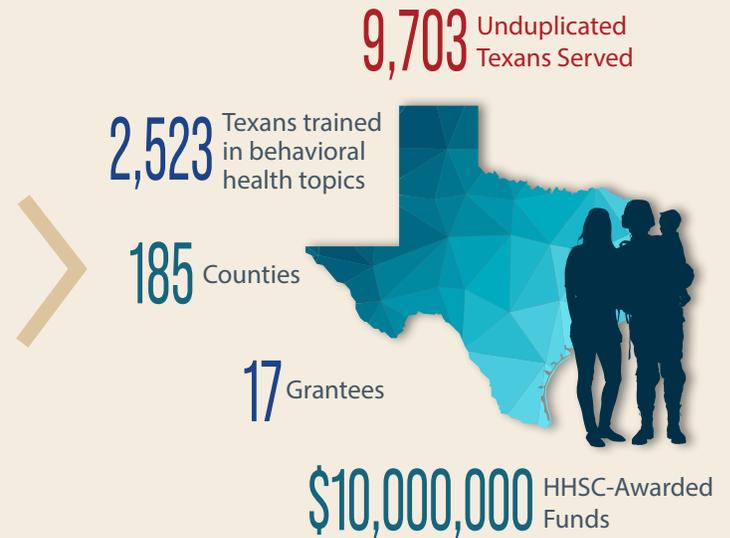
# FY22

## PROGRAM REPORT CARD

### Texas Veterans + Family Alliance Grant Program

#### Program Overview

The Texas Veterans + Family Alliance (TV+FA) grant program was created to improve the quality of life of Texas veterans and their families by supporting local communities across the state in expanding availability and access to mental health treatment and services. Funds are intended to augment the work of the U.S. Department of Veterans Affairs. TV+FA seeks to empower local communities to identify and address the mental health needs of veterans and family members through collaborative, sustainable partnerships and coordinated service-delivery systems.



## TEXAS-SIZED ACHIEVEMENTS

The TV+FA program implemented Behavioral Health Services' newly developed set of standard performance measures in fiscal year 2022. Accomplishments across service domains illustrate the numerous beneficial effects and impacts of TV+FA-funded services.

#### Rural Texas

TV+FA-funded projects increased access to mental health services in rural Texas counties:

**16 grantees** administered projects across **166 rural counties**, connecting **more than 1,400 Texans** to individualized mental health services.

Rural community capacities increased through grantees' delivery of targeted services:

**Over 190 peer support groups** were conducted, complementing individual clinical counseling, employment and housing services.

#### Individual and Community Strengthening

Grantees providing employment-related services fostered self-sufficiency:

- **Gaining Employment: 84% of participants** unemployed at enrollment achieved their goal of obtaining employment.
- **Maintaining Employment: 82% of participants** achieved their goal of maintaining employment.

In FY22, grantees conducted a total of:

- **551 trainings on behavioral health topics.**
- **454 support groups.**
- **310 community education events.**

#### Recovery and Wellness

TV+FA-funded service participants made notable gains in personal well-being:

- **Improved Mental Health: 2,095 participants** achieved clinically significant improvement in their mental health.\*
- **Quality of Life: over 1,500 participants** achieved improved quality of life.\*

*\*As indicated by evidence-based measurement scales.*



### FY22 GRANTEEES

Castle Cares Community Ministry, Inc.

Dallas County My Health My Resources (MHMR)  
Metrocare Services

Easter Seals of Greater Houston Inc.

Emergence Health Network (El Paso MHMR Center)

Family Endeavors, Inc. – Alamo

Family Endeavors, Inc. – El Paso

Family Endeavors, Inc. – Killeen

Family Support Services of Amarillo

Heart of Texas Region MHMR Center

The League of United Latin American Citizens:  
Project Amistad

Recovery Resource Counsel

Samaritan Center for Counseling and Pastoral Care, Inc.

The Ecumenical Center

Tropical Texas Behavioral Health

University of Texas Health Science Center at San Antonio

University of Texas at Austin

West Texas Counseling and Guidance Center

### TV+FA Success Story

After almost 25 years of naval service, Will retired in Texas to be near family. Excited about a new chapter in his life and a new career, Will enrolled in the TV+FA-funded veterans' services program with West Texas Counseling and Guidance (WTCG) Center. Sadly, during his first year of retirement, two veterans he was close to died by suicide.

Will learned coping skills in a naval leadership role and did his best to teach these skills to sailors reporting to him. In the wake of losing close friends, however, he discovered firsthand how difficult it can be to apply them to personal challenges. "When we have to help ourselves, that is when it's hard. We are used to doing it for other people, not ourselves," Will explained.

Lost sleep and nights plagued by recurring nightmares pushed Will to tentatively approach WTCG staff about counseling. "It was tough, because I don't like talking, I don't think a lot of us veterans do," Will said. "She (his therapist) made it easy. She was very personable and actually listened."

Because of the professional counseling received through WTCG, Will learned to "recognize his emotions and set them where they need to be." WTCG's programming creates opportunities for veterans like Will to process and effectively navigate trauma and other mental health challenges.