

By: Clardy

H.C.R. No. 84

#### CONCURRENT RESOLUTION

1 WHEREAS, National Mental Health Month is observed each May to  
2 raise awareness about mental illness and related issues in the  
3 United States; and

4 WHEREAS, Good mental health is essential to one's overall  
5 health and well-being, but each year one in five adults, of any age,  
6 gender, race, ethnicity, religion, and economic status, face mental  
7 health issues; and

8 WHEREAS, Studies have shown that about a third of all people  
9 experiencing mental illnesses and about half of the people living  
10 with severe mental illnesses also confront or battle against  
11 substance abuse, and about a third of all alcohol abusers and more  
12 than half of all drug abusers report experiencing a mental illness;  
13 and

14 WHEREAS, People with mental illness can achieve recovery and  
15 wellness when appropriate mental health services and support are  
16 available; cognitive behavioral therapy is particularly effective  
17 in helping people with dual diagnoses learn to cope and to change  
18 ineffective patterns of thinking, and involving families through  
19 psychoeducation is an important component of successful mental  
20 health and substance abuse treatment; also, publication of a  
21 diagnostic and statistical manual of mental disorders has vastly  
22 increased innovation in psychiatric treatment and clarified  
23 diagnosis in a wide range of practice settings, and current  
24 treatment is now more objective, consistent, and effective than

1 treatment in the past; and

2 WHEREAS, Recovery does not happen in isolation, however; it  
3 requires a sufficient number of licensed health care providers,  
4 including psychologists, marriage and family therapists, licensed  
5 professional counselors, social workers, and psychiatrists, who  
6 use their training and clinical skills to diagnose and treat  
7 patients; and

8 WHEREAS, "The Mental Health Workforce Shortage in Texas"  
9 report identifies the lack of mental health professionals and  
10 primary care practitioners in rural communities, and this shortage  
11 results in greater difficulty in developing the multidisciplinary,  
12 integrated service that would be optimal for people with comorbid  
13 conditions; and

14 WHEREAS, As of March 2009, 173 out of 254 Texas counties and  
15 two partial counties were designated as Health Profession Shortage  
16 Areas for mental health; state agencies and community health care  
17 organizations report extensive problems in recruiting and training  
18 psychologists, marriage and family therapists, licensed  
19 professional counselors, social workers, and psychiatrists, and it  
20 is estimated that only 39 percent of persons with mental illness and  
21 11 percent of persons with substance abuse issues receive needed  
22 treatment; and

23 WHEREAS, The economic value of providing appropriate and  
24 timely access to mental health services can be measured beyond  
25 individual patient benefits to include cost savings to state and  
26 local hospitals and reduced expenditures by state agencies and  
27 programs, including the criminal and juvenile justice systems,

1 children and family services, housing, and employment; and

2 WHEREAS, Increased funding has been provided, but even with  
3 these new funds, challenges remain to keep up with demand, to ensure  
4 that the delivery system is strong, and to better integrate  
5 behavioral health into the traditional health care system;  
6 professional oversight, training, and clinical experience all are  
7 essential to the effectiveness of mental health licensees, and  
8 their success is crucial to meeting the ongoing challenges facing  
9 the efficient delivery of quality mental health services; now,  
10 therefore, be it

11 RESOLVED, That the 84th Legislature of the State of Texas  
12 hereby commend mental health professionals for their invaluable  
13 contributions to the citizens of this state and extend to them  
14 sincere best wishes for success with their important work.