

Presentation to House Select Committee on Mental Health

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Office of Mental Health Coordination

The Office of Mental Health Coordination (MHC) was created by the 83rd Regular Session to:

- Provide broad oversight on public mental health policy in Texas
- Coordinate the policy and delivery of mental health services throughout the State of Texas
- Consult and coordinate with other state agencies, local governments, and other entities to ensure a strategic, statewide approach to mental health.

Vision: to ensure that Texas has a unified approach to the delivery of behavioral health services that allows Texans to have access to the right care at the right time and place.

Behavioral Health in Texas

- Just over **500,000 adults** in Texas live with a serious and persistent mental illness; nearly **250,000 children** have a serious emotional disturbance.
- Adults with untreated mental health conditions are **eight times more likely** to be incarcerated than the general population, and are more likely to have comorbid conditions.
- There are **1.7 million veterans** in Texas who may behavioral health treatment
- Approximately **26,300 Texas students** are receiving special education services with a primary diagnosis of emotional disturbance.
- There are approximately **32,000 children** in DFPS conservatorship, and it is estimated that over **50%** of those children have a diagnosed mental illness.
- Approximately 50% of youth in the juvenile justice system have been identified with need for mental health treatment; Approximately 80% of state committed youth have a need for alcohol or drug use treatment.

Behavioral Health Populations Across Texas

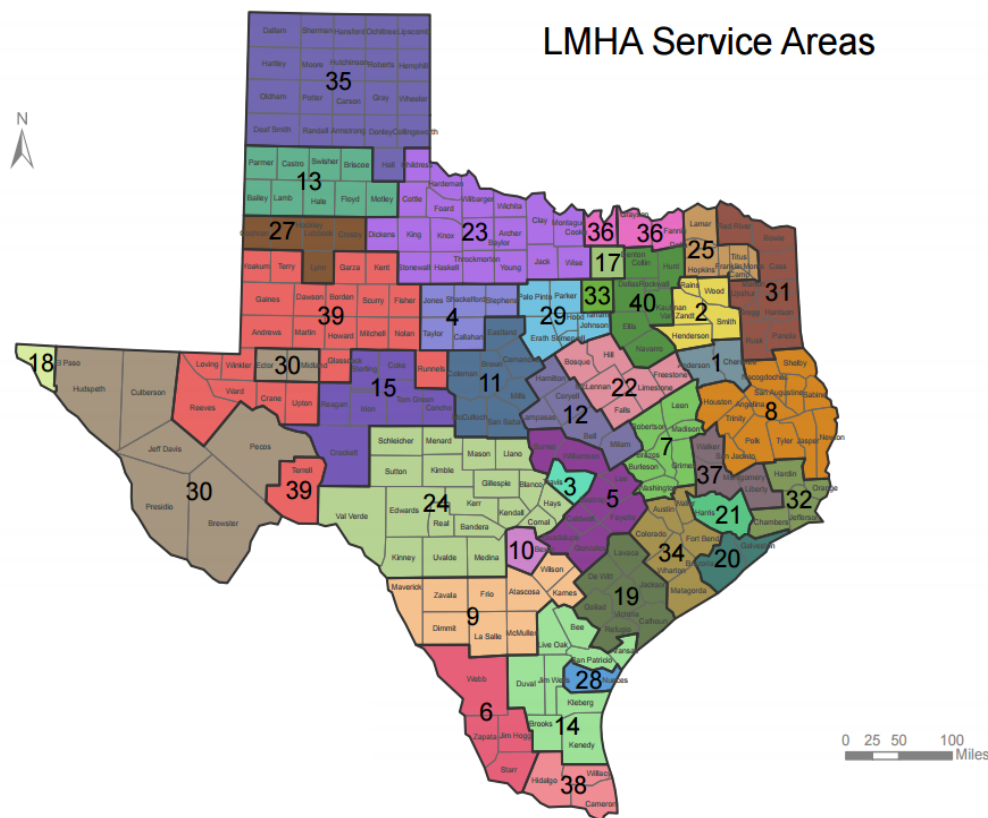
Behavioral Health issues touch many different populations across Texas who interact with different systems, and can experience unique challenges in accessing and receiving services:

- Individuals with Intellectual and Developmental Disabilities
- Individuals involved within the Criminal Justice System
- School-age children or those involved with the School System
- Veteran and Military populations and their families
- Children and adolescents in foster care
- Individuals experiencing or at risk for homelessness
- Individuals with physical illnesses (including blind, hearing-impaired)
- Individuals with limited English proficiencies
- Aging populations

Behavioral Health System: Local Mental Health Authorities

DSHS contracts with 39
Community Mental Health
Centers to provide evidence-
based, front-door, crisis, and
ongoing services

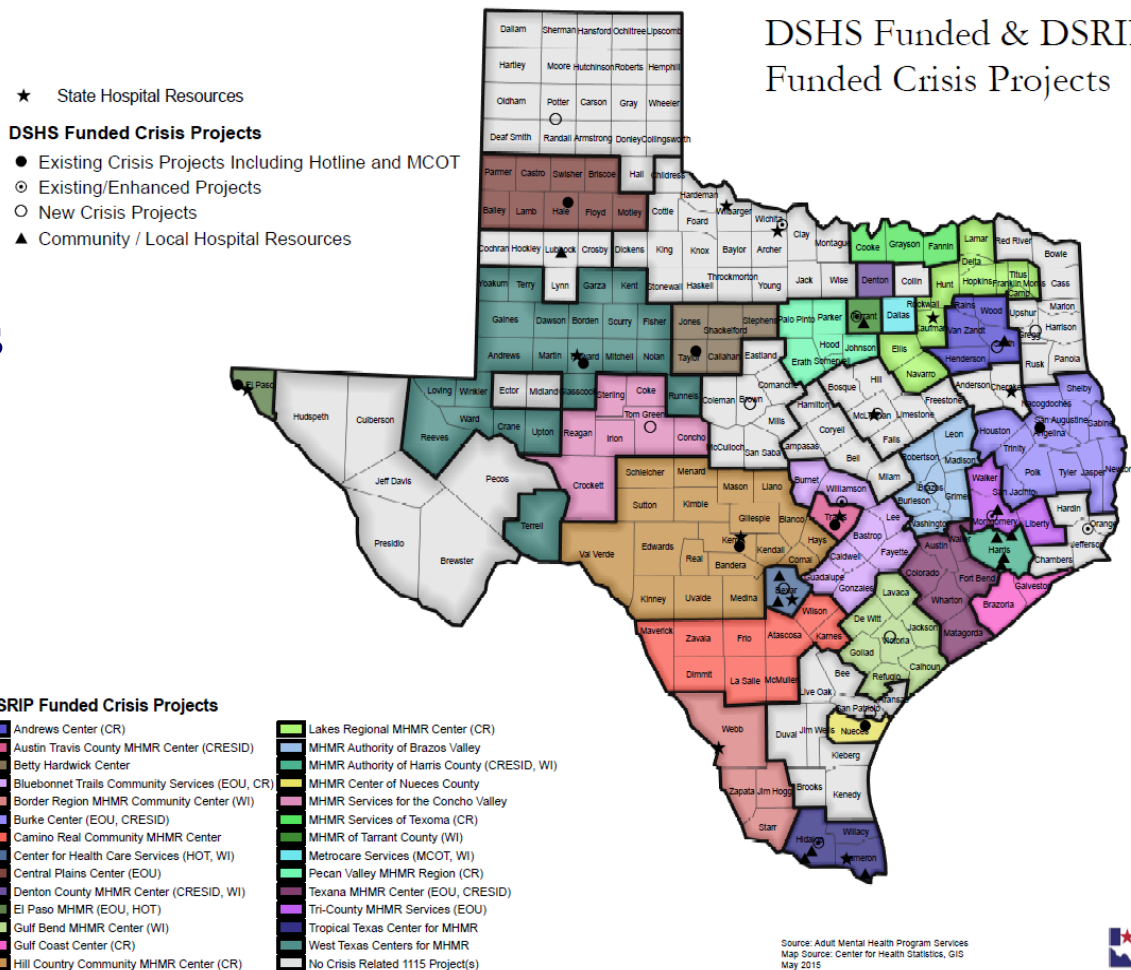
- Targets adults with severe and persistent mental illness and children with severe emotional disturbance
- Funding Sources: Local Funding, Medicaid (including managed care, State General Revenue, Medicare, Grants, PAP, 1115 Waiver, Local Partnerships



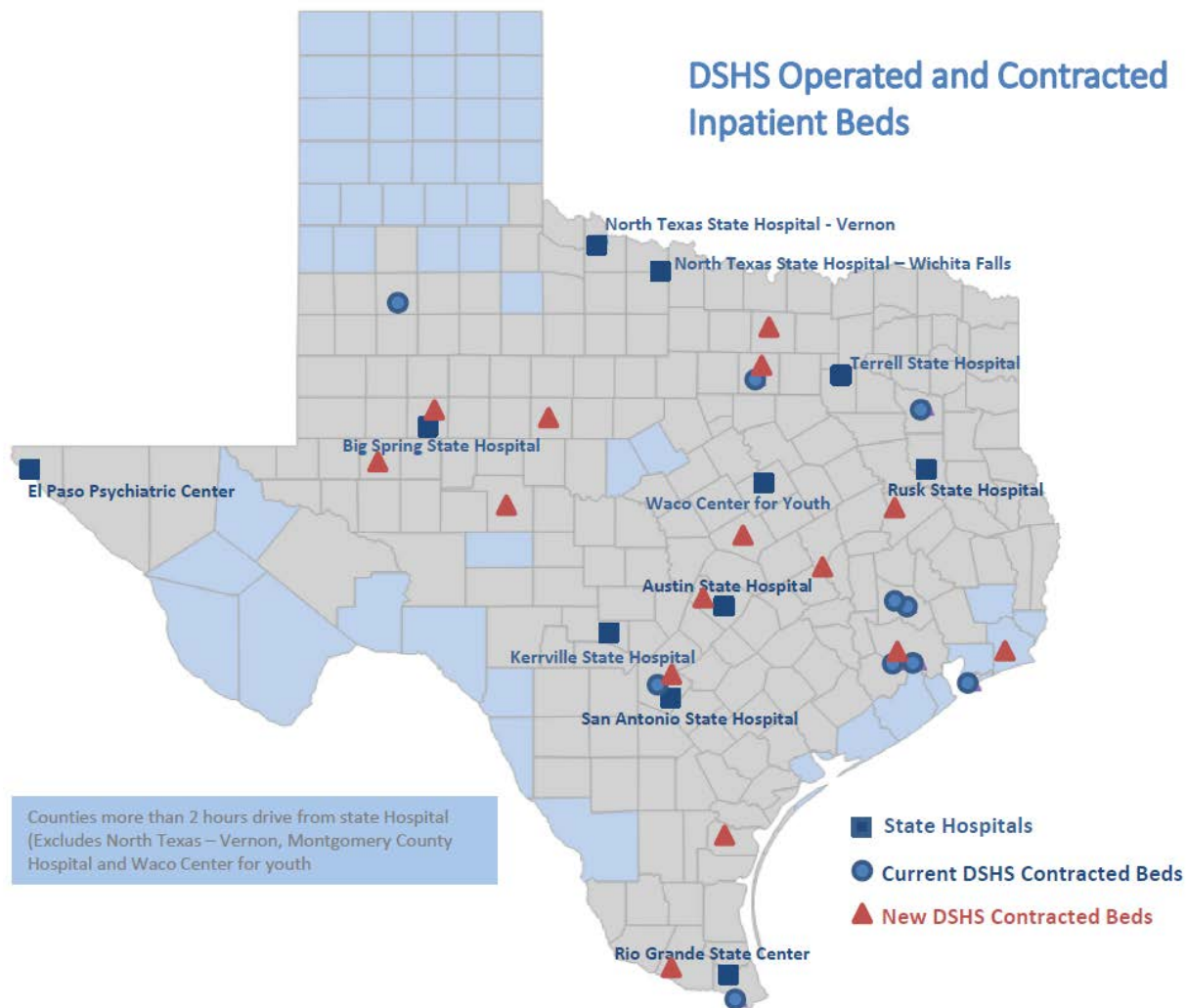
Source: Texas Department of State Health Services, MHS, Adult Mental Health
Map Source: Center for Health Statistics, GIS, November 2015

Behavioral Health System: Crisis Services

- Mobile crisis outreach teams
- 24-hour hotlines
- Crisis respite residential services
- Crisis stabilization units
- Extended observation
- Residential treatment centers for youth



Behavioral Health System: State Hospital System



Behavioral Health System: Criminal Justice and Juvenile Justice

Texas Department of Criminal Justice

Population Served: Individuals on probation, parole, pre-trial defendants, and the incarcerated

Texas Correctional Office on Offenders Texas Correctional Office on Offenders with Medical or Mental Impairments (TCOOMMI)

- Interlocal agreements for community based treatment programs, funding a continuity of care program and responsive system for local referrals from various entities for adult offenders with special needs (adult and juvenile)

Behavioral Health System: Criminal Justice and Juvenile Justice

Texas Juvenile Justice Department:

Population served: Supports county juvenile probation departments, directly serves youth committed to state programs and those released on parole status

- **Psychiatric and mental health services**

Available to those assessed at intake or who later develop a mental health need

- **Substance use treatment**

Evidence-based treatment curriculum and substance abuse education, social skills training, group and individual counseling, and relapse prevention

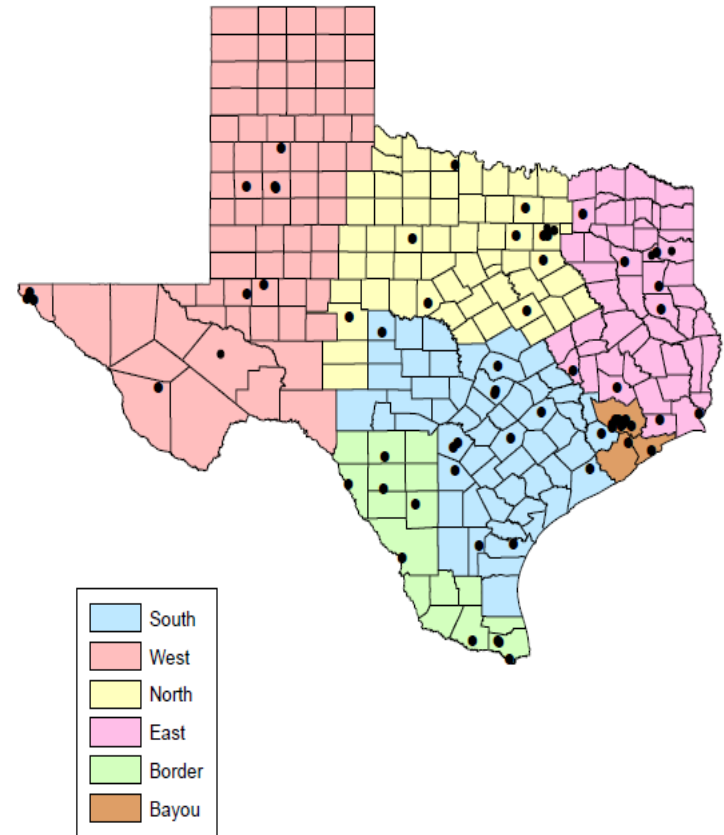
- **General rehabilitation treatment** – provided to all youth

Behavioral Health System: Federally Qualified Health Centers (FQHCs)

Federally Qualified Health Centers

(FQHCs): provide primary and preventive health care services to people who otherwise may lack access to medical care due to where they live, language barriers, income level, and/or their complex health care needs.

- Patient-driven: patients make up at least 51% of each health center's board members
- Nearly 1.2 million patients served annually
- Located in 122 counties across Texas
- Funding: Medicaid and federal grants represent nearly half of funding, with state and local funds, patient self-pay, and private grants making up the rest



Behavioral Health System: Department of Veterans' Affairs

Behavioral health services accessed through 7 VA Regional Healthcare Systems.

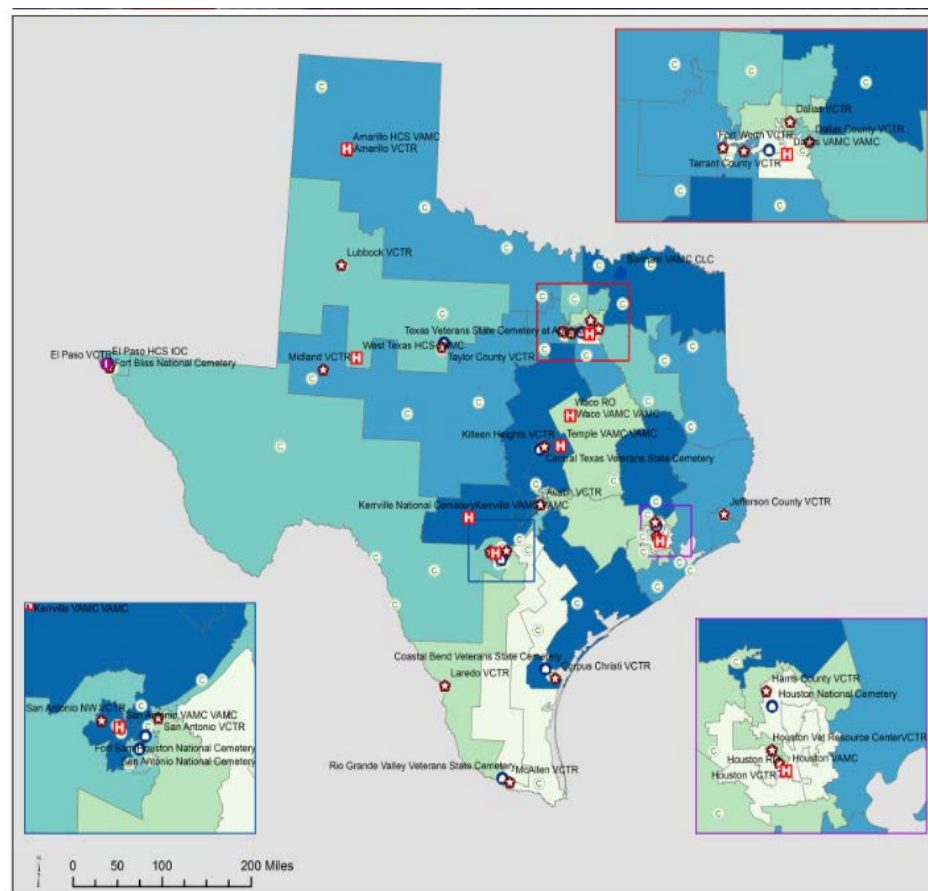
- In Texas: 6 medical centers, 20 outpatient clinics, 36 community-based outpatient clinics, 21 Vet Centers.

Services provided related to:

- Depression, Anxiety
- Substance Use Disorders
- Posttraumatic Stress Disorder
- Serious Mental Illness

Basic Eligibility:

- May qualify if served in active military service and separated under any condition other than dishonorable



Behavioral Health System: Medicaid

- Texas Medicaid provides:
 - Assessment, medication counseling, psychotherapy, family psychotherapy, and counseling
 - Substance use disorder treatment
 - Including: screening and assessment, detoxification, medication assisted therapy, individual and group counseling, residential treatment
 - Screening, brief intervention and referral to treatment (SBIRT) for clients between 10 and 20 years of age.
 - Inpatient psychiatric services (limited to under 20 and over 65 years of age)
 - Mental health rehabilitation and targeted case management
- Payments for behavioral health services in Medicaid managed care are included in the premium rates paid to the managed care organizations.

Behavioral Health System: Medicaid

S.B. 58, 83rd Legislature, Regular Session, 2013, directed HHSC to:

- Include covered mental health rehabilitation and mental health targeted case management, into managed care
- Establish an advisory committee tasked with providing formal recommendations on the inclusion of services in managed and integration of physical and behavioral health by September 2014
- Develop two health home pilots for the integration of physical and behavioral health.

Behavioral Health System: Medicaid Managed Care

Effective September 1, 2014, the following mental health services were carved into the STAR and STAR+PLUS managed care programs:

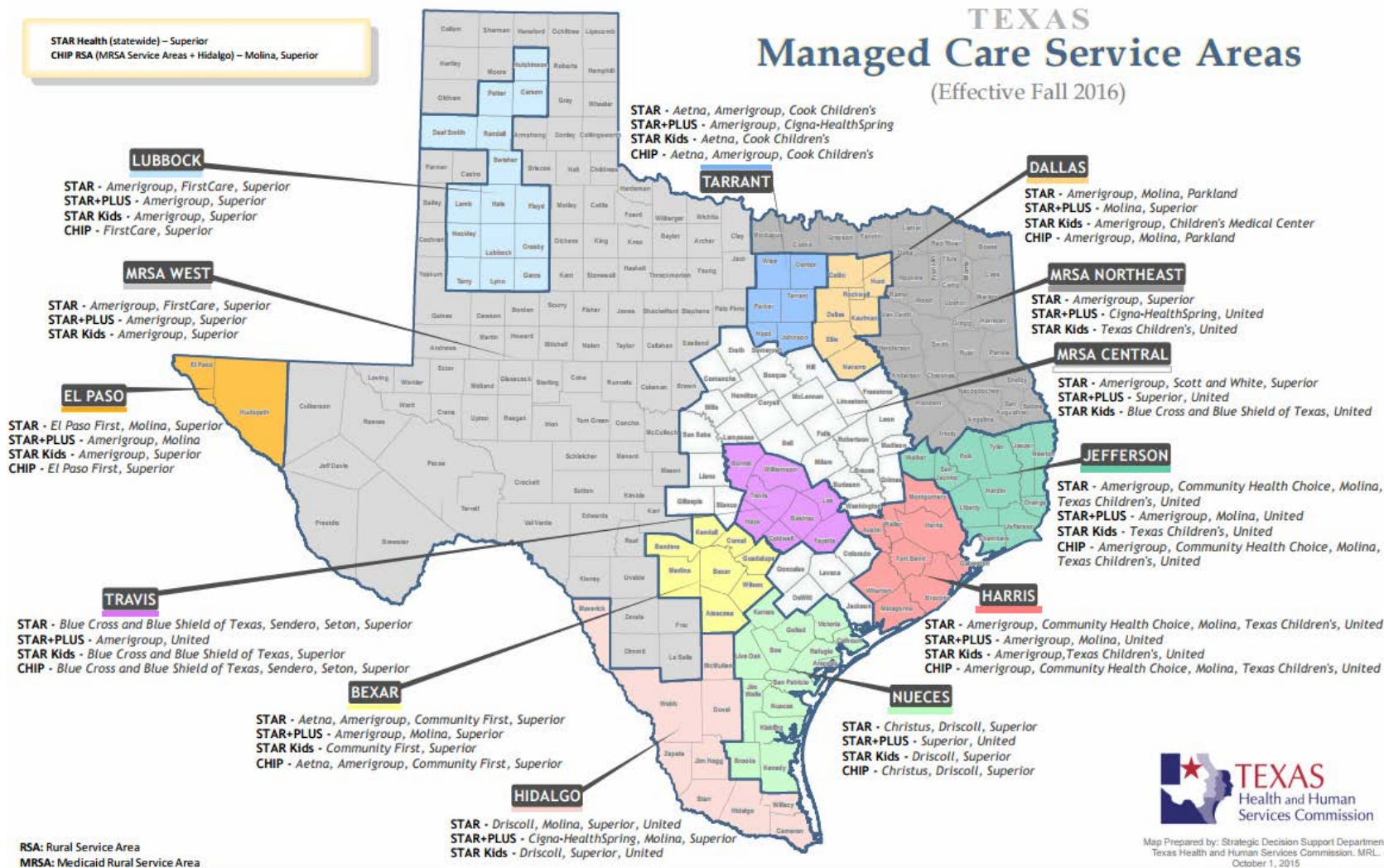
- Targeted Case Management
 - Targeted case management is a Medicaid billable service provided separate from managed care organizations (MCO) service coordination
- Mental Health Rehabilitative Services
 - Crisis intervention services
 - Medication training and support services
 - Psychosocial rehabilitative services
 - Skills training and development services
 - Day programs for acute needs

Medicaid Eligible Populations

Mental health rehabilitative services and mental health targeted case management are available to Medicaid recipients who are assessed and determined to have:

- A severe and persistent mental illness such as schizophrenia, major depression, bipolar disorder or a other severely disabling mental disorder
- Children and adolescents ages 3 through 17 years with a diagnosis of a mental illness or who exhibit a serious emotional disturbance.

Behavioral Health System: Medicaid Managed Care



Behavioral Health System: DSRIP Projects in the 1115 Medicaid Transformation Waiver

MHMRA of Harris County (RHP 3)

- Add three additional teams to the Crisis Intervention Response Team, which partners law enforcement officers with master-level clinicians to respond to law enforcement calls

Tropical Texas Behavioral Health (RHP 5)

- Develop primary care clinics co-located within three Tropical Texas clinics.

Center for Health Care Services (RHP 6)

- Establish a centralized campus from which systems or families can obtain care for children and adolescents with a serious emotional and/or behavioral problem or development delay.

Tarrant (RHP 10)

- Crisis program to support Intellectual Developmental disabilities who experience a crisis

Texas Panhandle Centers (RHP 12)

- Provide a 24/7 crisis respite program focusing on rapid stabilization and averting future crises.

Accessing Behavioral Health Resources

- MentalHealthTX.org
- Texas Veterans Mobile App
- Friends and Family Guide to Adult Mental Health Services
- Children's Mental Health Services Navigation and Resource Guide
- Enhanced Information & Referral services through 211
- Mental Health First Aid
- Navigatelifetexas.org

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HEALTH
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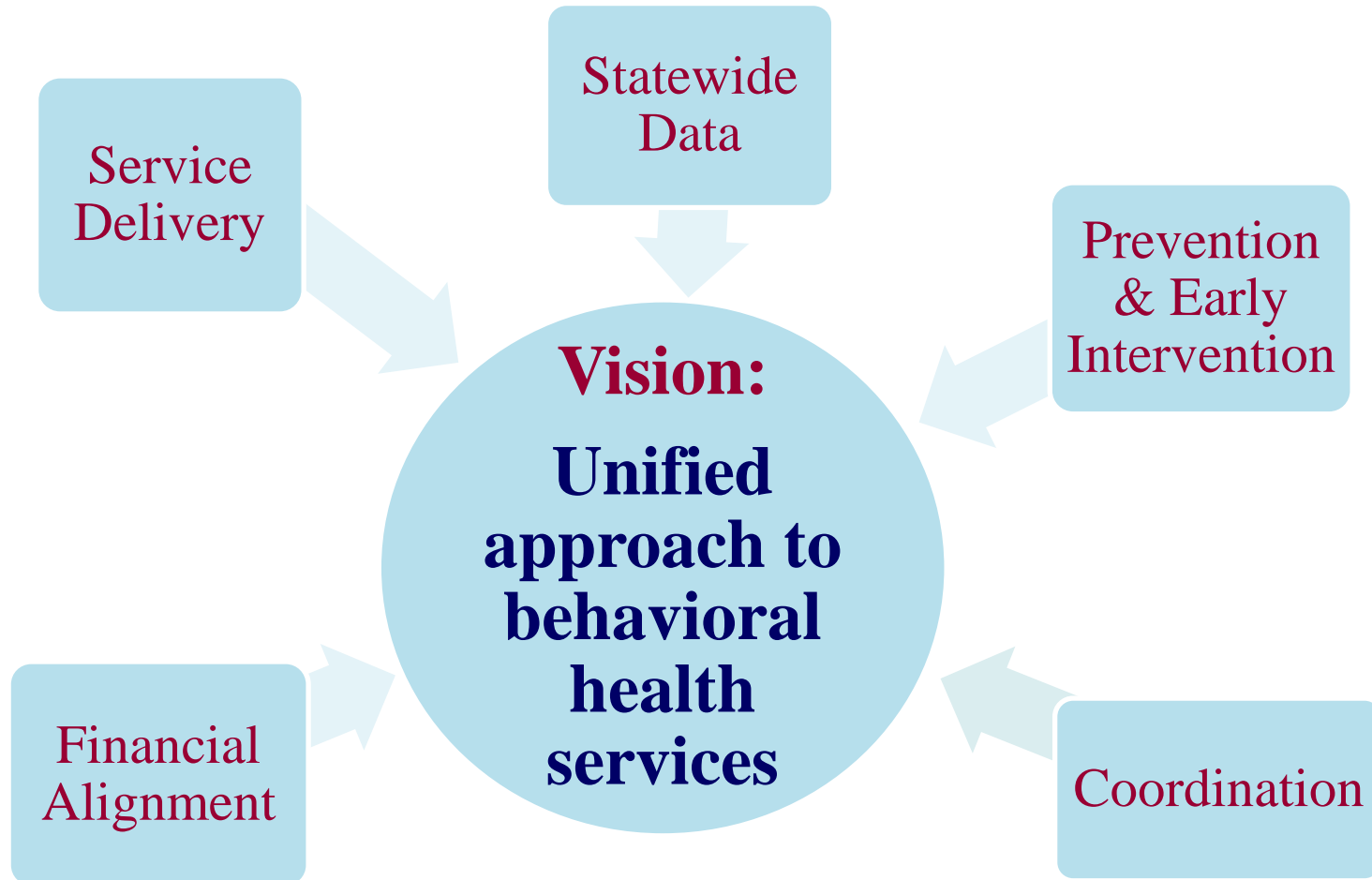
Statewide Behavioral Health Strategic Plan: Overview

The 84th Legislature created the Statewide Behavioral Health Coordinating Council (House Bill 1, Art. IX, Section 10.04) for the purpose of creating a five-year statewide behavioral health strategic plan to:

- Eliminate redundancy
- Utilize best practices in contracting standards
- Perpetuate identified, successful models for mental health and substance abuse treatment
- Ensure optimal service delivery
- Identify and collect comparable data on results and effectiveness

The Statewide Behavioral Health Coordinating Council includes members from 14 state agencies that receive funding for behavioral services.

Statewide Behavioral Health Strategic Plan: Goal Areas



Current Texas Initiatives that Support a Unified Approach: Service Delivery

- **DADS Crisis Service Enhancements Implementation**
- **TDCJ TCOOMI Program**
- **Texas System of Care programs**
- **United School Age Children (USAC)**
- **Crisis Service Array**
- **NorthSTAR Transition**
- **Behavioral Health-focused DSRIP Projects through 1115 Waiver**
- **Healthy Community Collaboratives**
- **YES Waiver**
- **Texas Veterans + Family Alliance Grant Program**
- **Certified Community Behavioral Health Clinics (CCBHC) SAMHSA Grant**
- **Mental Health First Aid**

Current Texas Initiatives that Support a Unified Approach: Financial Alignment

- Coordinated expenditures across 13 state agencies
- Carve-in of case management and rehabilitation in Medicaid managed care
- Movement toward equitable funding across the Texas system.
- State and local investment in projects that require community collaboration and match, such as homeless projects and veterans grants

Statewide Behavioral Health Strategic Plan: Achieving Vision

Vision: To ensure that Texas has a unified approach to the delivery of behavioral health services that allows all Texans to have access to care at the right time and place.

Mission: To develop a coordinated statewide approach to providing appropriate and cost-effective behavioral health services to Texans.

Phased approach to achieving vision:

1. Implement immediate short-term, low or no-cost deliverables
2. Mid-range opportunities for the upcoming biennium
3. Long-term (5 years) planning and implementation

Statewide Behavioral Health Strategic Plan: Short-Term Deliverables

Immediate, short-term, low or no-cost deliverables:

- Enhancements in cross-agency information exchanges and resource sharing
 - MentalHealthTX.org; crisis services; mental health rehabilitation; Behavioral Health Advisory Committee
- Maximize use of existing infrastructures and competencies
 - TVC and TMD share resources such as peer-to-peer and annual trainings to increase collaboration and decrease duplication of efforts
- Expansion of uniform trainings and assessments
 - Utilize existing training platforms such as DSHS; create a training workgroup from all agencies to increase competencies and decrease duplication of efforts
- Increased partnerships related to statewide initiatives
 - Mental Health Awareness Month; partnerships between TCCO, DSHS, and LMHAs to provide crisis response services and psychiatric medical services to TCCO clients at TCC Center

Statewide Behavioral Health Strategic Plan: Long-Term Deliverables

- Ensure utilization of best practices for prevention and early intervention
- Address behavioral health service gaps and needs
- Ensure utilization of successful best, promising, and evidence-based behavioral health services and service delivery
- Ensure prompt access to quality behavioral health services
- Increase service delivery coordination across state agencies
- Improve the quality of behavioral health services
- Strengthen the behavioral health workforce