



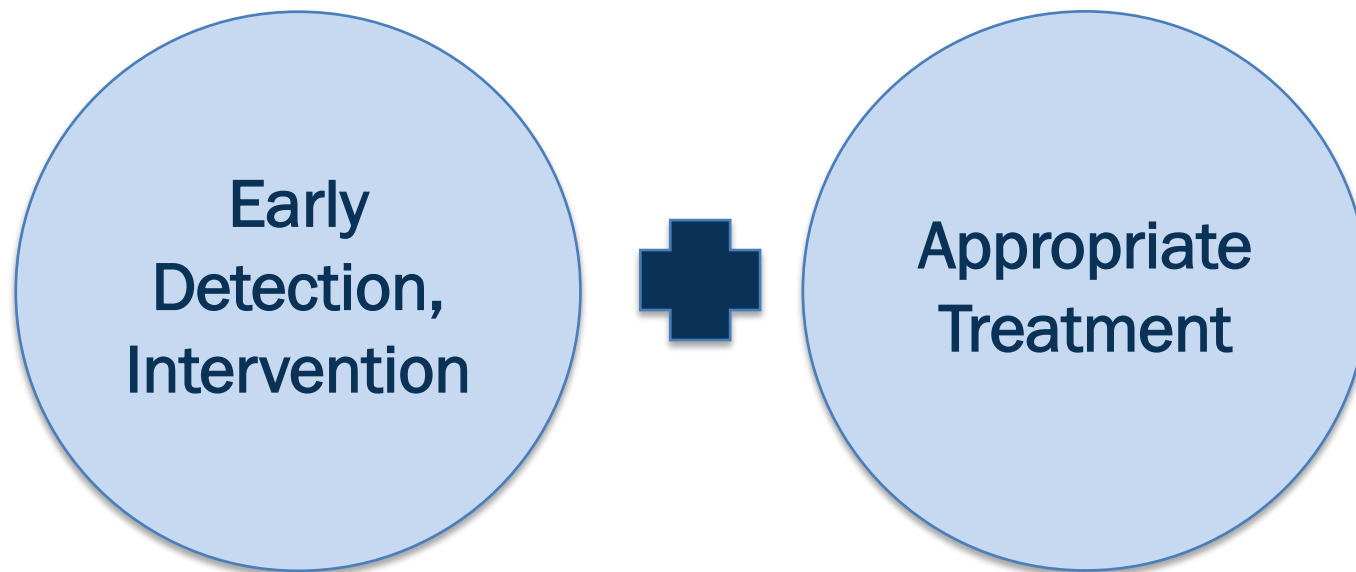
THE MEADOWS MENTAL HEALTH POLICY INSTITUTE

**House Committee on Public Health:
Invited Testimony on Senate Bill 10**

Andy Keller, PhD | May 1, 2019

The Progression of Mental Health Conditions

- Half of all mental health conditions manifest by age 14.
- Like all diseases, care works best at this early stage when symptoms are *less severe, more treatable, and more readily prevented from escalating* to conditions that increase risk.
- By young adulthood, **75% of lifetime cases have presented**.



SB 10: Texas Mental Health Care Consortium

- **FORMALIZES** a consortium of state-funded medical schools.
- **GOAL** – to coordinate the expansion and delivery of mental health care services by leveraging the infrastructure and expertise of state-funded medical schools.
- **FOCUS** – children and youth with behavioral health needs.



ACCESS TO CARE



WORKFORCE

Texas Child Health Access Through Telemedicine/Telehealth (TCHATT)

All schools need someone to coordinate identification and linkage (“liaisons”). This role can be filled by **school counselors** with dedicated time to address mental health concerns, **Communities In Schools**, and others.

SB 10 works with parents, caregivers, and students to offer telemedicine and telehealth programs to:

- *Identify and assess behavioral health needs, and*
- *Provide access to mental health care in real-time.*

SB 10 explicitly prohibits mental health care services from being provided unless written parental consent is given.

Leveraging Primary Care: Child Psychiatry Access Networks (CPAN)

- 75% of children with mental health issues *who receive care today* are treated in a primary care setting.
- **Nearly 30 states** have implemented CPAN-like programs.

A statewide system of regional children's behavioral health consultation and referral hubs located at academic medical centers.

- Over a decade of research demonstrates that primary care providers can treat behavioral health issues as they would any other health issue – **treating mild and moderate cases** and **detecting the more severe cases** for specialists.

Texas Child Psychiatry Access Network

In response to Hurricane Harvey, local philanthropy funded CPAN prototypes in Harris County and the surrounding region that were developed by Baylor College of Medicine, UTHealth Houston, Texas Children's Hospital, and Harris Health. Children's Health in Dallas also has a long-standing project.

SB 10 establishes a network of mental health professionals to consult with pediatricians and primary care providers to help them better care for Texas children with mental health needs.

- A similar consultation program in another state helped reduce the use of psychotropic medication by 49% for children served.

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MIND

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FOR MENTAL HEALTH



The truth is: mental illness affects more people than you may think, and we need to talk about it. It's Okay to say..." okaytosay.org