

MEADOWS
MENTAL HEALTH
POLICY INSTITUTE

**House Select Committee on Youth Health & Safety:
COVID-19 and the Mental Health of Texas Youth**

Andy Keller, PhD | October 4, 2021

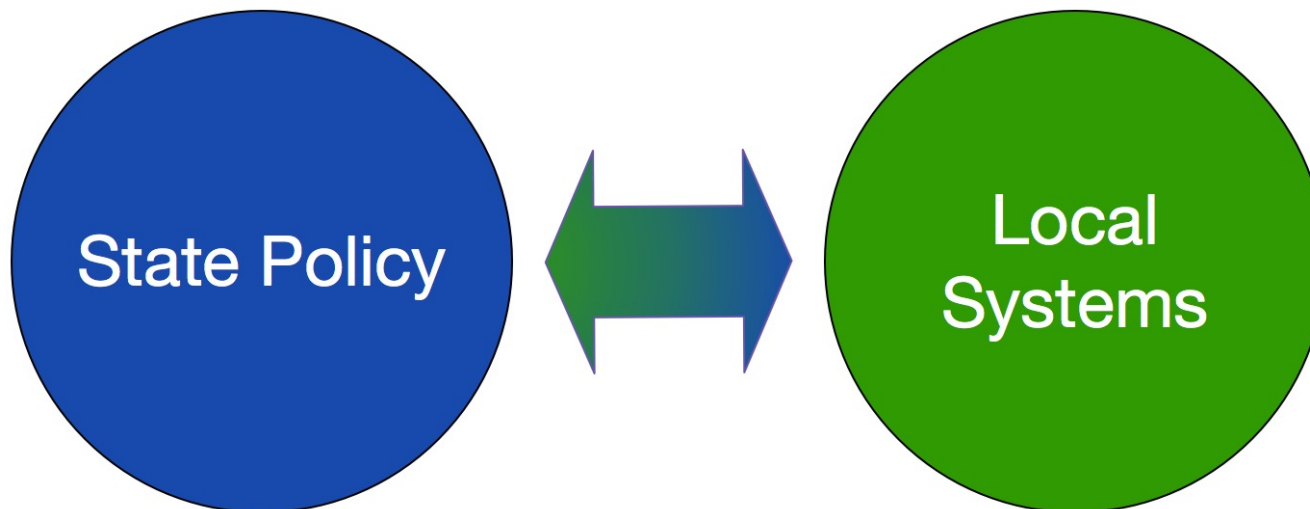
Meadows Mental Health Policy Institute

Vision

We envision Texas to be the national leader in treating all people with mental health needs.

Mission Statement

To provide independent, nonpartisan, data-driven and trusted policy and program guidance that creates equitable systemic changes so all Texans can obtain effective, efficient behavioral health care when and where they need it.



The Progression of Mental Health Conditions

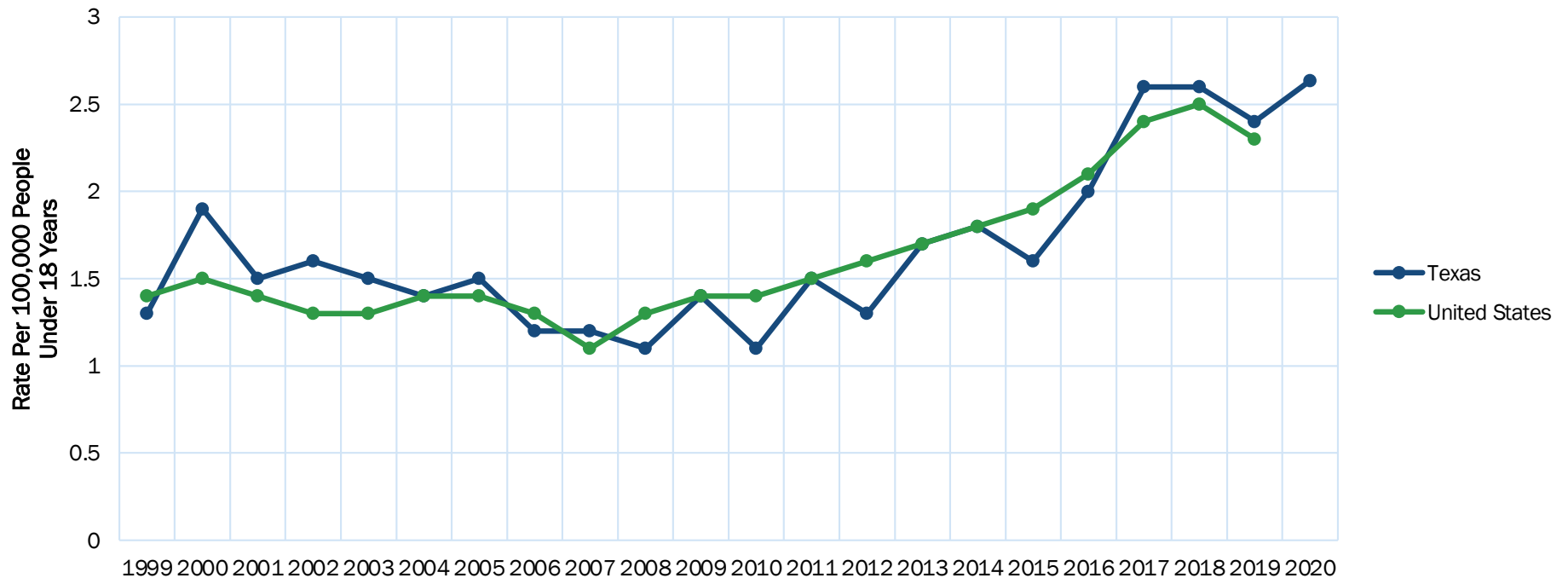
HALF
OF ALL
MENTAL
HEALTH
CONDITIONS
MANIFEST BY
AGE 14

BY YOUNG
ADULTHOOD
75% OF
LIFETIME
CASES
HAVE PRESENTED

Historic Suicide Rates

- On average, children wait **8-10 years** post-symptoms for care.
- Suicide is the second leading cause of death among youth.
- Suicide rates in 2018 reached *historic highs not seen since the early 1980s and remain elevated.*

Rates of Suicide Among Children Under 18 Years
(1999 - 2020)



COVID-19 and Mental Health Impacts

COVID-19 has dramatically increased mental health needs.

- The Centers for Disease Control and Prevention (CDC) now tracks mental health needs. As of September 13, 2021:
 - Symptoms of anxiety disorder up 3.4x (28.1% vs 8.2%)
 - Symptoms of depression up 3.4x (22.4% vs 6.6%)
- Early in the pandemic, the proportion of mental health-related ED visits increased 24% among children aged 5–11 and 31% among adolescents aged 12–17.
- The rate of pediatric emergency room visits for suicide is now double pre-pandemic levels.

Just as with COVID-19, early detection and treatment are key.

Doing More in Primary Care Is Essential

THE IDEAL MENTAL HEALTH CARE SYSTEM

The Goal of Health Care: **LIVING YOUR LIFE** in the COMMUNITY

HEALTH CARE

MENTAL HEALTH CARE



Integrated Primary Care



Measurement Based Care ↔ Collaborative Care

SPECIALTY CARE

SPECIALTY CARE

Sufficient Network Capacity

Sufficient Networks

Outpatient

Outpatient

Rehabilitative Care

Rehabilitative Care

Inpatient Care

Inpatient Care

Best Practice Anchor

e.g., UTSW Simmons Cancer Center, MD Anderson

Best Practice Anchor

e.g., UTSW O'Donnell Brain Institute, New York Presbyterian Hospital



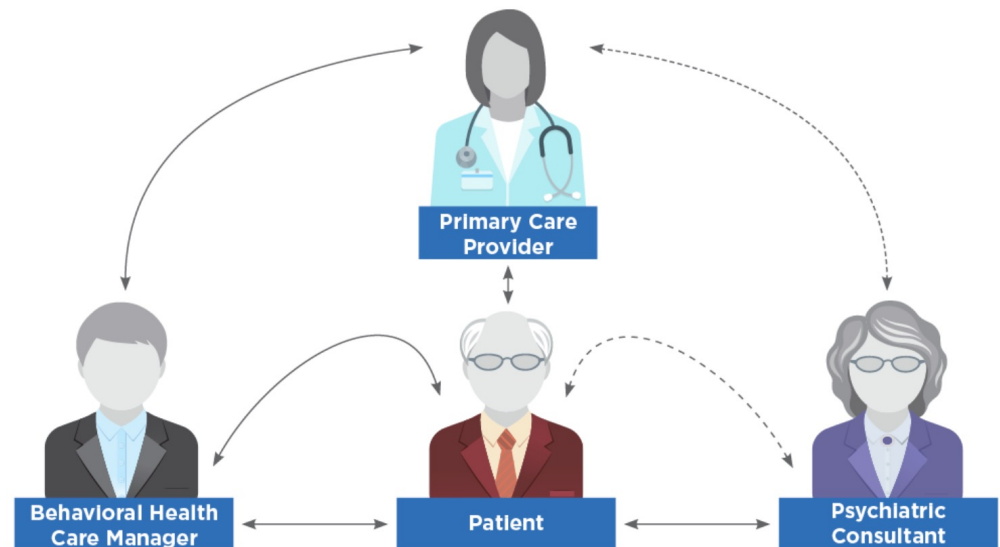
The best Mental Health Care is like the best Health Care

Implementing Collaborative Care

Collaborative Care is a proven, team-based approach to detect and treat mental illness in primary care.

- Coverage: Medicare since 2017, commercial since 2019
- Cost saver: Up to 6 to 1 in total medical costs in Medicare and Medicaid settings; \$15 billion in Medicaid savings if as few as 20% of beneficiaries with depression receive it.

87(R) SB 672 (Buckingham)
authorized Medicaid reimbursement for children and adults.



Texas Child Mental Health Care Consortium

In 2019, Senator Nelson filed 86(R) SB 10 to create the Texas Child Mental Health Care Consortium. The Consortium passed in 86(R) SB 11 with \$99 million to implement five initiatives:

- 1) Child Psychiatry Access Network (CPAN)
- 2) Texas Child Health Access Through Telemedicine (TCHAT)
- 3) Community Psychiatry Workforce Expansion
- 4) Child and Adolescent Psychiatry (CAP) Fellowships
- 5) Mental Health Research



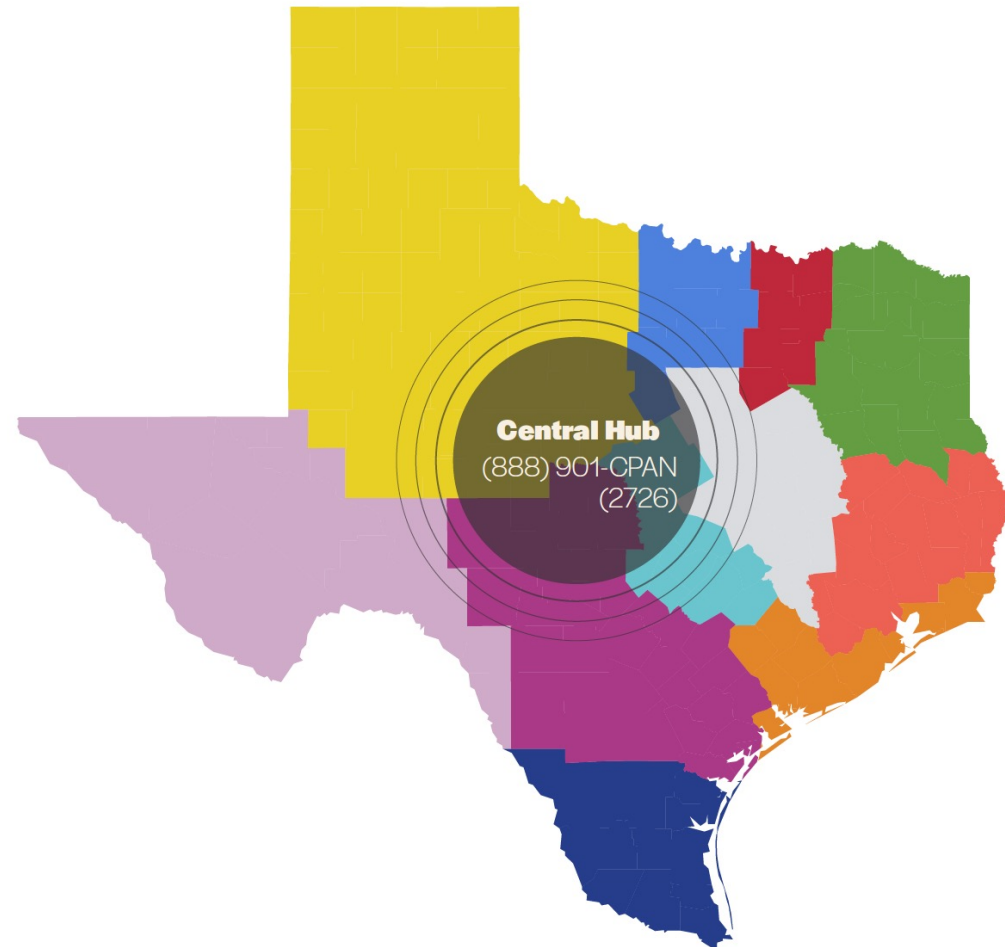
tcmhcc

87(R) SB 1 (Nelson) provided a \$19.5 million increase for the Consortium.

CPAN

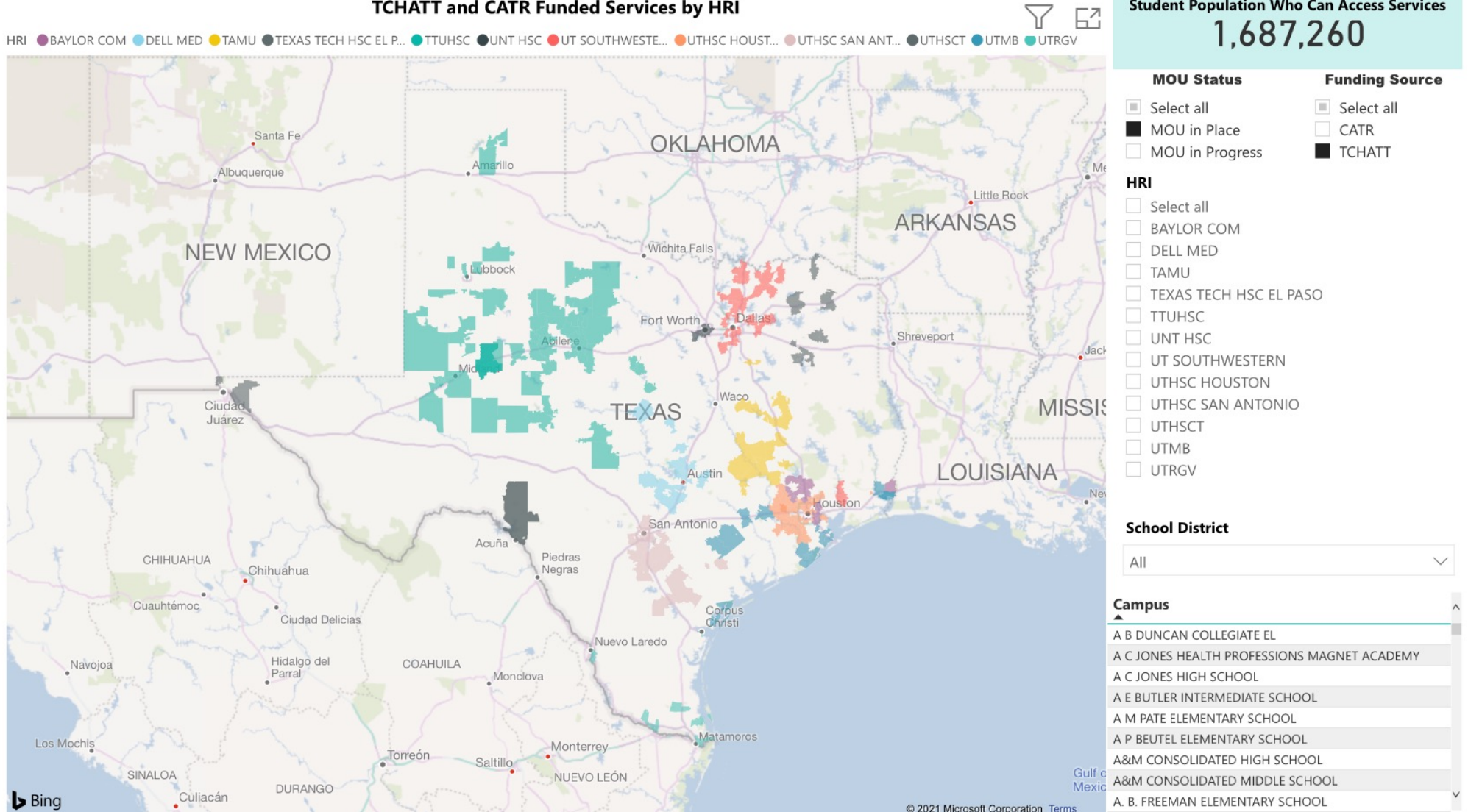
In May 2020, CPAN launched statewide through a centralized phone number, 1-888-901-CPAN, for free consultations.

- Texas A&M University Health Science Center
- Baylor College of Medicine | The University of Texas Health Science Center at Houston
- Dell Medical School at The University of Texas at Austin
- The University of Texas Southwestern Medical Center
- Texas Tech University Health Sciences Center at El Paso
- Texas Tech University Health Sciences Center
- The University of Texas Health Science Center at Tyler
- University of North Texas Health Science Center
- The University of Texas Medical Branch at Galveston
- The University of Texas Rio Grande Valley School of Medicine
- The University of Texas Health Science Center at San Antonio



TCHATT

TCHATT and CATR Funded Services by HRI



Pediatric Mental Health Crisis Response

Research shows the best service to reduce pressure on foster care systems and hospital emergency rooms are Pediatric Crisis Stabilization and Response Teams (PCSRTs).

PCSRTs differ from traditional Mobile Crisis Outreach Teams (MCOTs) in two major ways:

1. Staffed by people who know how to work with families and child-serving systems; and
2. Staffed much more intensively to go beyond initial crisis stabilization and follow-up.

Juvenile Justice Response

Multisystemic Therapy (MST) is a well-established, evidence-based program for at-risk youth with intensive needs.

- Most effective for treating youth (ages 12 to 17) who have committed **violent offenses**, have **serious mental health or substance use concerns**, are at risk of **out-of-home placement**, or have experienced **abuse and neglect**.
- Proven to **reduce violent crimes by 75%**, compared to routine congregate and other care as usual, including **RTCs**.
- Texas has **three programs** (Harris, El Paso, Nueces counties) that operate primarily through juvenile justice funding.

87(R) SB 1 (Nelson) provided \$2 million to establish new front-end teams in Houston and El Paso.



MEADOWS
MENTAL HEALTH
POLICY INSTITUTE

THE HACKETT CENTER
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
