



# Cultivating Collaboration

The Paso del Norte Center at the Meadows Mental Health Policy Institute, established in El Paso, Texas in 2021 by a grant from the Paso del Norte Health Foundation. It is the second regional center of the Meadows Institute.

## MISSION

The Paso del Norte Center provides trusted policy and program support to cultivate collaboration and create lasting improvements so that mental health and emotional well-being\* services and support are available where and when they are needed.

## VISION

We envision the Paso del Norte region as a national leader in achieving emotional well-being\* and treating mental health conditions for all residents.

\*\*Mental health" includes our emotional, psychological, and social well-being and affects how we think, feel, and act. "Emotional well-being" is an overall positive state of one's emotions, life satisfaction, sense of meaning and purpose, and ability to pursue self-defined goals. In this context we intend the two to be inclusive of behavioral health and recovery from conditions related to mental illness, substance use and addiction.

**1<sup>in</sup>3 TEXAS  
CHILDREN**

EXPERIENCE A MENTAL  
HEALTH DISORDER  
IN A GIVEN YEAR\*

**50% OF  
MENTAL ILLNESSES  
BEGIN BY  
AGE 14\*\***

**11 MILLION  
ADULTS SUFFER FROM  
MAJOR DEPRESSION\*\***

**35% ADULTS  
WITH MAJOR DEPRESSION  
RECEIVE NO  
TREATMENT\*\***

\*Meadows Mental Health Policy Institute  
\*\*National Institute of Mental Health

## PRIORITIES

The Paso del Norte Center implements policy, program, and practice improvements in collaboration with regional community leaders and stakeholders, and shares successes and learning experiences with other communities. The Center **cultivates collaboration** among local, regional, national, and international entities to:

- Engage key system leaders in **coordinated approaches to improve regional systems** of care including those from organizations and agencies in health, mental health, education, faith, early childhood, juvenile justice, family and protective services, and substance use care.
- Expand and enhance model approaches for **crisis response**
- Build strategic alliances for making **integrated and collaborative** health care available where and when it is needed.
- Promote and facilitate implementation of best practice mental health guidance and supports for school districts, educational resource centers, and care providers to ensure **optimal student readiness**.
- Strengthen mental health **recovery and resilience** service and support systems along the entire continuum of care.
- Advance **Health Equity** to reduce mental health disparities in all populations
- Foster opportunities to share translational research on childhood trauma and grief and effective treatments.
- Increase adoption of **evidence-based assessments and interventions** for children, youth, and families with trauma experiences.
- Translate regional health promotion and disease management needs into local, state and national **policy and practice improvements**.

## PASO DEL NORTE HEALTH FOUNDATION



The Paso del Norte Health Foundation works to ensure that the people in the binational, tri-state Paso del Norte region have the knowledge, resources, support, and environment to live happy, healthy and productive lives. To help achieve this vision, the Paso del Norte Center, a regional center of the Meadows Institute, was established by a \$1.5 million grant from the Health Foundation.

Thanks to the Paso del Norte Health Foundation, the Paso del Norte Center works to improve mental health and emotional well-being in El Paso and Hudspeth counties in Texas with plans to expand into New Mexico's Doña Ana, Luna, and Otero counties and Ciudad Juárez in Chihuahua, Mexico.

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