



# 2024 Annual Report

Putting Policy into Practice™

The Hackett Center for Mental Health



# Organization Overview

## Introduction to The Hackett Center for Mental Health

Established in 2018, with a monumental gift from Maureen and Jim Hackett, The Hackett Center for Mental Health serves Harris County and the Greater Gulf Coast area as the first regional center of the Meadows Mental Health Policy Institute. Under the leadership of Dr. Quianta Moore, The Hackett Center focuses on Putting Policy into Practice™ by identifying solutions to the most pressing behavioral health challenges for families and their children and supporting the implementation of best practices among systems, organizations, and policymakers.





## Message from the Executive Director

As we reflect on 2024, we are incredibly proud of The Hackett Center's leadership in strengthening behavioral health across the Texas Gulf Coast Region. This year, we focused on deepening partnerships, driving innovation, and expanding our reach to ensure behavioral health solutions are accessible where they are needed most.

Through initiatives like *Knowledge for Impact: Documenting Lived Experience of Behavioral Health in Harris County*, we shed light on critical barriers to care, equipping policymakers and community leaders with insights to drive meaningful change. Our commitment to women's behavioral health took center stage through the *Maternal Mental Health Roundtables* and the *With Women in Mind Webinar Series*, fostering essential conversations and partnerships that will shape future behavioral health initiatives. Additionally, through *Brain Builders*, we expanded our efforts to support early relational health, equipping caregivers with the tools to nurture strong, healthy brain development in young children—laying the foundation for lifelong mental well-being.

We remain dedicated to leading the development, implementation, and evaluation of behavioral health services in Greater Houston and beyond, in collaboration with the Meadows Institute. Our progress would not be possible without the generosity and vision of Maureen and Jim Hackett, whose ongoing support continues to make a lasting difference in the lives of individuals and families in our community.

**Quianta Moore, MD, JD**  
*Executive Director of The Hackett Center for Mental Health*



# Influencing Systems Change

In 2024, The Hackett Center significantly expanded its impact on regional systems through research, collaboration, and advocacy.

## KEY HIGHLIGHTS INCLUDE:

**The publication of *Knowledge for Impact: Documenting Lived Experience of Behavioral Health in Harris County*:** Commissioned by The Cullen Trust for Health Care and Rockwell Fund, Inc., this community-based project, conducted collaboratively with local partners, utilized participatory research methods to document the experiences of diverse community members navigating the behavioral health system in Harris County. Additional funding from the William Stamps Farish Fund provided for a separate report examining the experience of Opportunity Youth navigating the local behavioral health system. In 2025, The Hackett Center will convene stakeholders and leaders to disseminate our findings and discuss solutions to improving access to care.

**“Too many Harris County residents continue to face significant barriers in accessing behavioral health services. More than a third of respondents lacked health insurance, while even those with coverage struggled to navigate the system. A common barrier for uninsured individuals was not knowing how to apply for coverage. Our communities need better access to information and resources. Delivering tailored messaging about available resources can help residents connect with the care they need.”**

Quianta Moore, JD, MD, Executive Director, The Hackett Center for Mental Health, Meadows Mental Health Policy Institute

**“Knowledge for Impact fills an important gap in our understanding. The data gives us insight into how our neighbors across Houston’s diverse communities think about and act to support their behavioral health. We are excited to share the results with stakeholders across the behavioral health system. In particular, we are encouraged by the interest from our Board and from other philanthropic organizations as we invest in approaches that respect and reflect the wisdom and experience of Harris County residents.”**

Dr. Cullen Geiselman, PhD, Chair, The Cullen Trust for Health Care



### Knowledge for Impact Key Findings

-  **50%** of Adults surveyed believed that access to **mental health resource guides**, along with **support groups and social services**, would help **promote their mental health**.
-  **69%** of Adults | **71%** of Youth surveyed **know people with mental health issues** in their neighborhood or family.
-  **56%** of Adults | **65%** of Youth surveyed **knew of people with substance abuse issues** in their neighborhood or family.
-  **35%** of respondents lacked health insurance.
-  **35%** of Adults | **29%** of Youth surveyed **do not have insurance that covers behavioral healthcare**.

*Findings from Knowledge for Impact: Documenting Lived Experience of Behavioral Health in Harris County*



**Influencing Systems Change** continued

**The Publication of *Lived Experience of Maternal Health***

Commissioned by the Episcopal Health Foundation, this report captures insights on the pregnancy, delivery, and postpartum experiences of women of color. The Hackett Center conducted in-depth focus group interviews and a comprehensive analysis, shaping the Episcopal Health Foundation's grantmaking strategy

**Evaluating and Enhancing the Brainy Clinics Initiative**

In collaboration with the Houston Health Foundation, the Hackett Center evaluated an early childhood brain development initiative, analyzed its integration into clinical practice, and provided actionable recommendations to enhance its reach and effectiveness.

**Partnering with The Harris Center for Mental Health and IDD to launch a new Youth and Family Wellness Center**

The Hackett Center supported the Harris Center's community engagement and stakeholder outreach activities related to the planning and launch of its new wellness center in Northeast Houston. We devised a local community survey tool, connected the Harris Center to key leaders and organizations, and supported several outreach events.



The Harris Center for Mental and IDD, in collaboration with District 141 and Representative Senfronia Thompson, hosted a town hall meeting to exchange information and ideas with local stakeholders in Northeast Houston to prepare for the development of the Youth and Family Wellness Center.



# Advancing Women's Behavioral Health

In 2024, The Hackett Center, in partnership with the Meadows Mental Health Policy Institute, launched a comprehensive campaign to elevate the conversation on women's behavioral health at both regional and state levels. Our work reflects the belief that behavioral health prevention, intervention, and support during key life stages—early childhood, adolescence, pregnancy, parenthood, perimenopause, and menopause—can significantly improve health outcomes for women and their families.

## KEY HIGHLIGHTS INCLUDE:

### Maternal Mental Health Roundtables

Because existing health systems do not yet maximize the potential of maternal mental health to improve child and family health and social outcomes, The Hackett Center and partner organizations continued a series of cross-sector leadership roundtable gatherings focused on maternal mental health in the region. Participants gained a better understanding of the barriers and assets in the mental health ecosystem and identified and acted on aligned priorities.

**“With one in seven new moms experiencing perinatal mood disorders, I’m appreciative of The Hackett Center for bringing together the Houston maternal health champions to a space where we can learn together, grow our networks, and find a collective vision as we support our families.”**

Alicia Lee, MHA, Director, MCH Collective Impact, March of Dimes

Photo from the Greater Houston Maternal Behavioral Health Roundtable Event







**“I very much appreciate you even having this discussion. It is rare in our society to address women’s health mental health issues, and you are blazing the trail.”**

Quote from webinar attendee

### **Advancing Women’s Behavioral Health** continued

#### **With Women in Mind Webinar Series**

The Hackett Center launched a monthly webinar series, exploring topics related to women’s lives and mental health through the lifespan. Webinars feature regional and national experts and are attended by service providers, policymakers, physicians, community members, and other stakeholders.

#### **Women’s Behavioral Health Policy and Practice Briefs**

The Hackett Center released a new series of policy and practice briefs to disseminate knowledge about women’s behavioral health. These briefs accompany our monthly webinars and offer a deeper exploration of the challenges and solutions discussed. We will continue with the series in 2025, publishing 4-6 new briefs.

#### **Women in Mind Series IMPACT**

 **4**  
Webinars held

 **300%**  
Increase in webinar registration

 **1,380**  
Followers (mailing list)

 **1063**  
Views of recordings



# Leading in Early Childhood and Relational Health

In 2024, The Hackett Center increased its impact in early childhood and relational health. By building organizational capacity, educating policymakers, and delivering our Brain Builders program, we promoted brain health for caregivers and young children, which helped us reach new milestones in impact.

## KEY HIGHLIGHTS INCLUDE:

### Advocating for early childhood and relational health policy

With support from The Herman H. Fleishman Foundation, The Hackett Center leveraged its expertise to advance policies

that support brain health in caregivers and young children. Nationally, Dr. Quianta Moore educated U.S. Senate staff on the importance of investing in early childhood and two-generation programs, emphasizing this critical period in brain development. Locally, our leadership collaborated with policymakers in Harris County's new Early Childhood Initiatives Division, providing expertise to help shape \$150 million in public early childhood investments. The team also testified before the Harris County Commissioners Court in support of expanding early childhood funding.





**Leading in Early Childhood and Relational Health** continued

**Expanding Brain Builders**

In 2024, The Hackett Center increased the reach and impact of Brain Builders, our evidence-based initiative supporting early relational health and brain development in caregivers and young children. In 2024, we expanded our train-the-trainer model and our ability to reach Spanish-speaking caregivers. With key investments from Episcopal Health Foundation, The Powell Foundation, and Rupani Foundation, we reached new milestones in program effectiveness and community impact.

**Brain Builders IMPACT**

 **16**  
Partner organizations

 **79**  
Trainers trained

 **224**  
Caregivers served

 **246**  
Classes provided



Photo of staff members Karla Bautista, Arely Leal, and local moms at a Brain Builders' Meet-up





# Trauma & Grief Center at The Hackett Center

The Trauma and Grief (TAG) Center at The Hackett Center for Mental Health is led by Executive Director Julie Kaplow, PhD, ABPP and aims to raise the standard of care and increase access to the best-practice care for youth exposed to trauma and bereavement. In 2024, The TAG Center increased its reach and impact on several fronts.

**Increasing Learning Collaborative training opportunities:** The TAG Center expanded its Learning Collaborative training opportunities to include Multidimensional Grief Therapy (MGT) (Kaplow et al. 2023), an assessment-driven intervention designed to reduce maladaptive grieving, promote adaptive grieving and help bereaved children and adolescents lead happy, healthy, productive lives. In 2024, our MGT Learning Collaboratives became overwhelmingly popular, resulting in over 120 school- and community-based clinicians now waiting to participate in one of our upcoming Learning Collaboratives.

**Launching a new Trauma and Grief Directory:** TAG Center launched a searchable [Trauma and Grief Coalition Directory](#) and rostered 105 national school- and community-based clinicians, with 65 in Texas, and 33 in Greater Houston area. This directory can now serve as a resource for any community across the country that experiences mass violence or a natural disasters.

**Expanding training options for practitioners:** The TAG Center has expanded its training menu to include *Growing Through Grief for Clinicians*, a workshop designed to offer mental health providers information on best practices for supporting youth who have experienced the death of a loved one.

## Reach

 **10**

Learning Collaboratives hosted

 **639**

Clinicians trained

 **800**

Youth assessed

 **246**

Classes provided

**Impact** of youth competing baseline and follow-up assessment

 **82.4%**

showed decreased PTSD symptoms

 **88.9%**

showed decreased maladaptive grief reactions

 **76.5%**

showed decreased depressive symptoms



## Impact Story\*

Olivia is a 12-year-old who was referred for trauma and grief services due to a trauma history and ambiguous loss of her father, who was incarcerated at the time of treatment. Her initial assessment revealed high levels of posttraumatic stress, maladaptive grief, and suicide risk. Olivia's results from her follow-up assessment demonstrated a significant improvement. Upon termination of treatment, Olivia was asked to write a letter to an incoming patient to describe her experience in therapy and what she had learned.

\*A Learning Collaborative participant shared this story. All names and identifying information have been changed to protect anonymity.

Here is what she wrote:

**“Therapy is going to help you get through your upsetting thoughts, so you don’t do anything bad like cutting or try to kill yourself. When I first started therapy, I was nervous, I didn’t know what to say and talking to my therapist made all the bad memories rush back at first. But my therapist taught me how to deal with memories. One thing that really helped me was to be more mindful of my thoughts because it gave me more power and control over my feelings. Now, I feel confident in myself, and I feel like I can help someone else when they’re having a hard time. I also learned that God wanted me to be here, and everyone has a reason to be in this world. I learned that I was meant to be in this world too, and no one would ever want me to go away.”**





## The Hackett Center is honored to recognize its **2024** donors:

The Boone Family Foundation  
bp

The Brown Foundation

The Cullen Trust for Health Care

Communities Foundation of Texas -  
W.W. Caruth, Jr. Fund

Dell Medical School at the University  
of Texas at Austin

El Paso Child Guidance Center

Episcopal Health Foundation

Felicia and Gideon Powell

Greater Houston Community Foundation

Greehey Family Foundation

The Herman H. Fleishman Foundation

Harris County American Rescue Plan Act

Houston Health Foundation

Humana Foundation

Jewish Federation of Greater Houston

Kozmetsky Family Foundation

Maureen and James Hackett

New York Life Foundation

The Powell Foundation

Robert Wood Johnson Foundation

Rockwell Fund, Inc.

Rupani Foundation

Texas Tech University Health  
Sciences Center

University of Texas San Antonio

William Stamps Farish Fund

To learn more about The Hackett Center's work,  
please visit **[thehackettcenter.org](https://thehackettcenter.org)**