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Texas Child Mental Health Care Consortium

Texas Child Mental Health Care Consortium

Improving access to mental health care for the children and adolescents of Texas.

David Lakey, MD

Vice Chancellor for Health Affairs

University of Texas System

Presiding Officer, TCMHCC

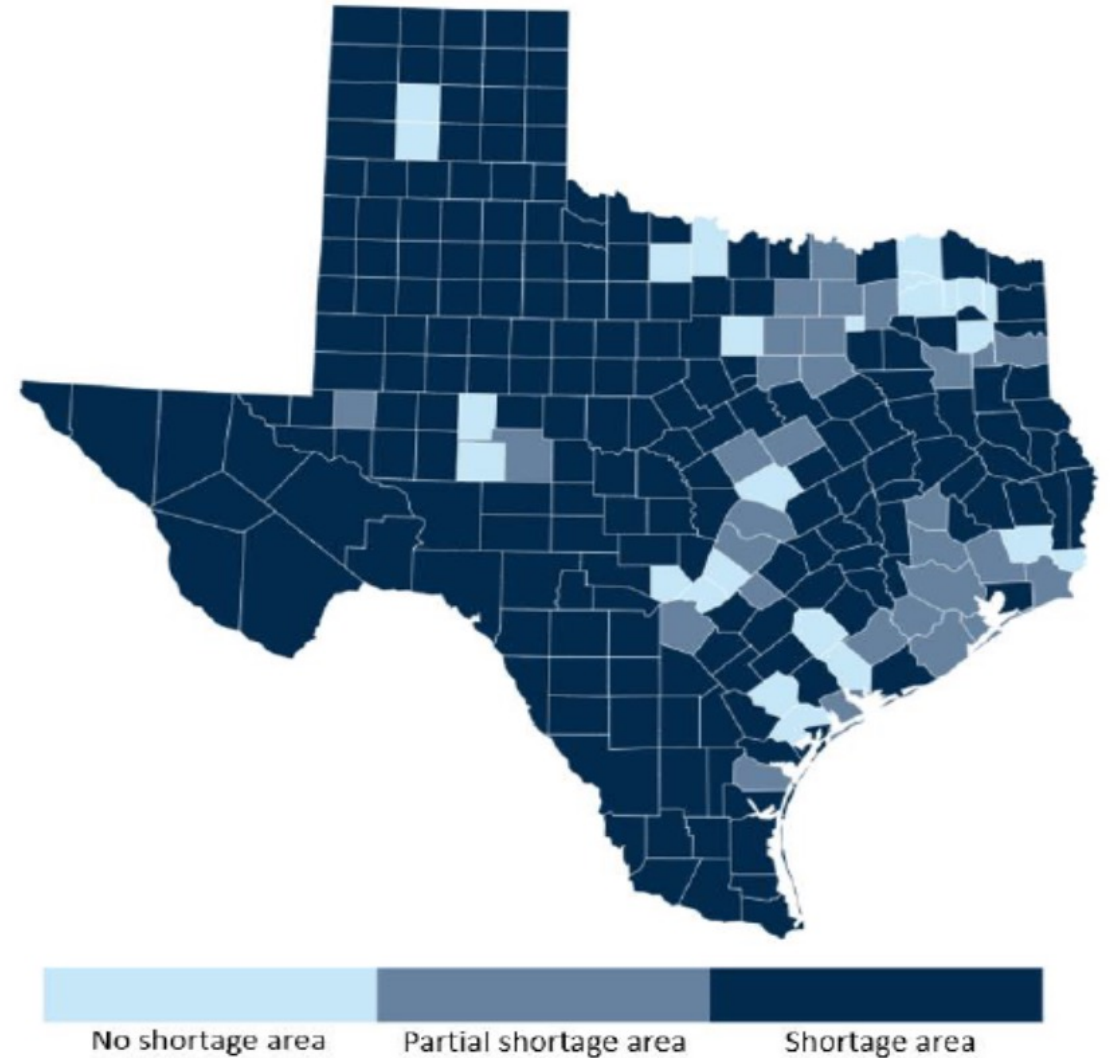
Children's Mental Health by the Numbers

- According to U.S. Census Bureau data, one of every 10 persons under the age of 18 in the U.S. lives in Texas. (approx. 7.4 million)
- MMHPI estimates that approximately 350,000 children in TX experience severe mental health needs in a year.
- 75-80% of children, youth and young adults with serious mental health needs to not receive adequate treatment, due to structural, financial or personal barriers to accessing high-quality MH services. (CDC 2021).
- 61% of children with depression receive no treatment (NIMH).
- Suicide is the 2nd leading cause of death for children and young people between 10-24 (CDC).



Lagging Supply

- More than 80 percent of Texas counties are federally designated as Mental Health Professional Shortage Areas
- Of the 254 counties in Texas, 185 have no psychiatrist; almost 3.2 million people without access. (Merritt Hawkins data)



Background

Established through Senate Bill 11 of the 86th Legislative Session to:

- 1. Leverage the expertise and the capacity of the health-related institutions of higher education in Texas to:**
 - address urgent mental health challenges;
 - improve the mental health care system in this state in relation to children and adolescents; and
- 2. Enhance the state's ability to address mental health care needs of children and adolescents through collaboration of the health-related institutions of higher education.**



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TCMHCC Vision and Mission

Vision

- All Texas children and adolescents will have the best mental health outcomes possible.

Mission

- To advance mental health care quality and access for all Texas children and adolescents through inter-institutional collaboration, leveraging the expertise of the state's health-related institutions of higher education, local and state government agencies, and local and state mental health organizations.



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Executive Committee Structure
(34 Members)

Administrative Attachment

Higher Education Coordinating Board receives state funding and sends it to the Consortium for services as directed by the Consortium's plan, once approved by the Legislative Budget Board

Administrative Support Entity

UT System appointed by the Executive Committee to provide administrative support for Consortium activities

HRI and Medical Schools

(24 total members)
Two members per institution:
Chair of Psychiatry Dept.
President's Designee

HHSC

(2 members)
One services expert
One facilities expert

Nonprofit Orgs

(3 members)
Selected by Consortium:
Meadows MH Policy Institute
Hogg Mental Health Foundation
Texas Council of Community Centers

Hospital System

(1 member)
Selected by Consortium:
Children's Health

Higher Education Coordinating Board

(1 member)

Education Service Center

(1 member)
From a rural region of the state

Any other entity designated by the Chairs of Psychiatry members

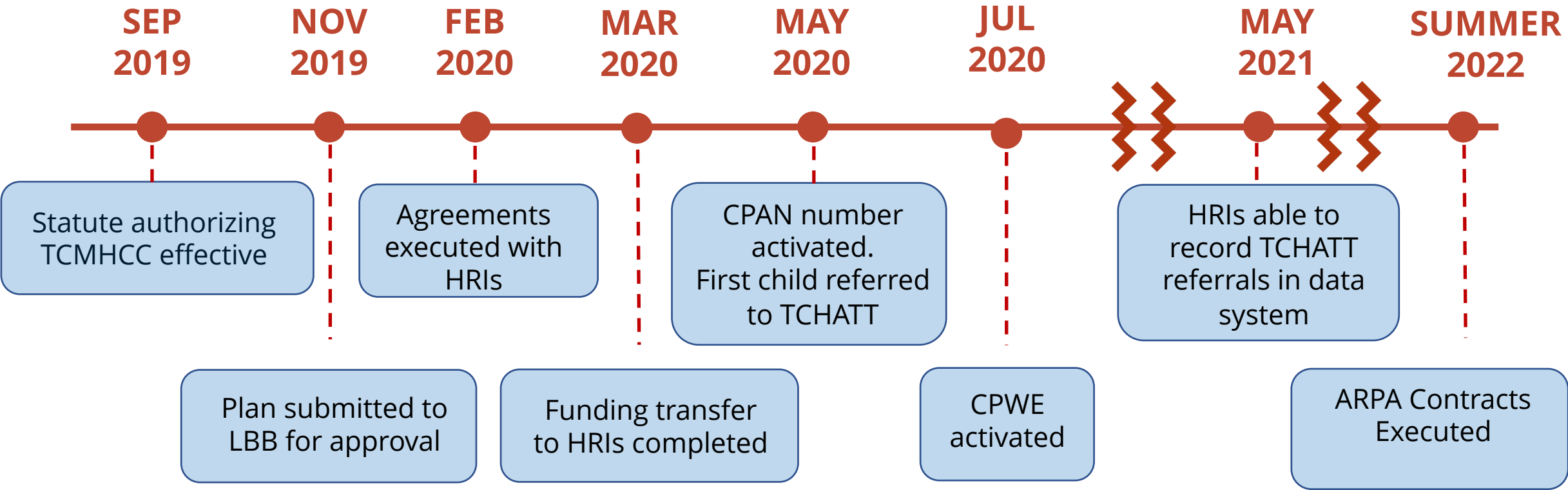
(2 members)
UT System
TEA



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TCMHCC Timeline



TCMHCC Programs

More info at
www.tcmhcc.utsystem.edu/



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Child Psychiatry Access Network (CPAN)



Perinatal Psychiatry Access Network (PeriPAN)



Texas Child Health Access Through
Telemedicine (TCHATT)



Child Psychiatry Workforce Expansion (CPWE)



Child and Adolescent Psychiatrist (CAP)
Fellowships



Children's Mental Health Research

Why CPAN?

More children and youth need mental health support than ever before, and CPAN is expanding mental health care access for patients up to age 23.



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- Families often wait months to see a child psychiatrist when they need treatment immediately.
- Children and families trust their pediatric health clinicians—and see them regularly.
- CPAN is state-funded, so there is no cost to clinicians or families.
- Pediatric provider’s time consulting with CPAN may be billable.

How Does CPAN Work?

Clinicians can call and enroll within 5 minutes. Clinic administrators can enroll multiple clinicians.



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It's simple to enroll, easy to use, and completely free. Call [888-901-CPAN \(2726\)](tel:888-901-CPAN) to enroll and get help with a patient quickly. No call is too small.

- Reach a mental health expert within 5 minutes. Call or text to start the consultation as clinicians treat children and youth.
- A child psychiatrist will call back within 30 minutes or at a time of the provider's choosing.
- CPAN sends vetted, local, and individualized referrals within 1 business day.
- Teams are available Monday-Friday, 8 a.m. to 5 p.m., and they follow up on after-hours messages the next business day.
- Pediatric primary health providers can call as often as they need.

Child Psychiatry Access Network (CPAN)

Helps providers provide mental health support to children and adolescents



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What Free Services Does CPAN Offer?



Telephonic clinical consultation during business hours with a child psychiatrist or mental health clinician.



Care coordination for assistance with referrals to community mental health services.

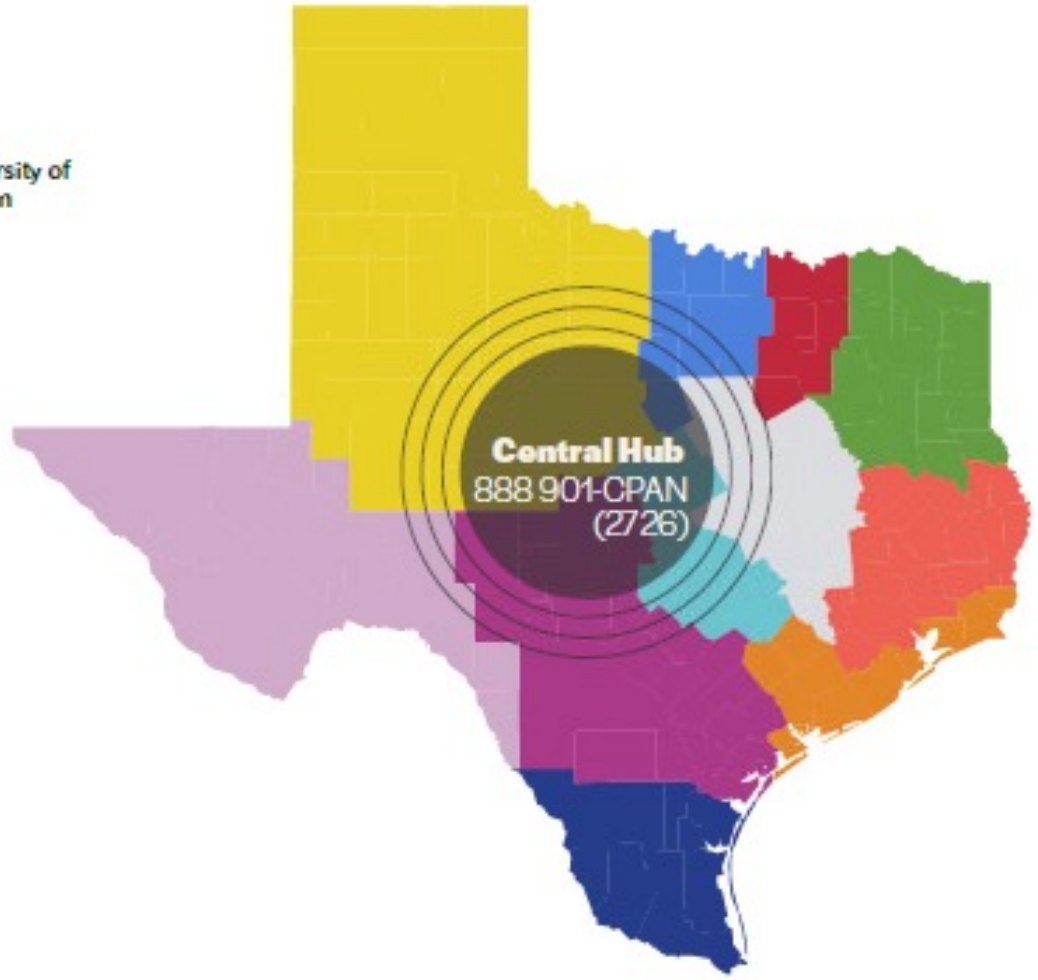


Continuing professional education designed for pediatric primary care providers.



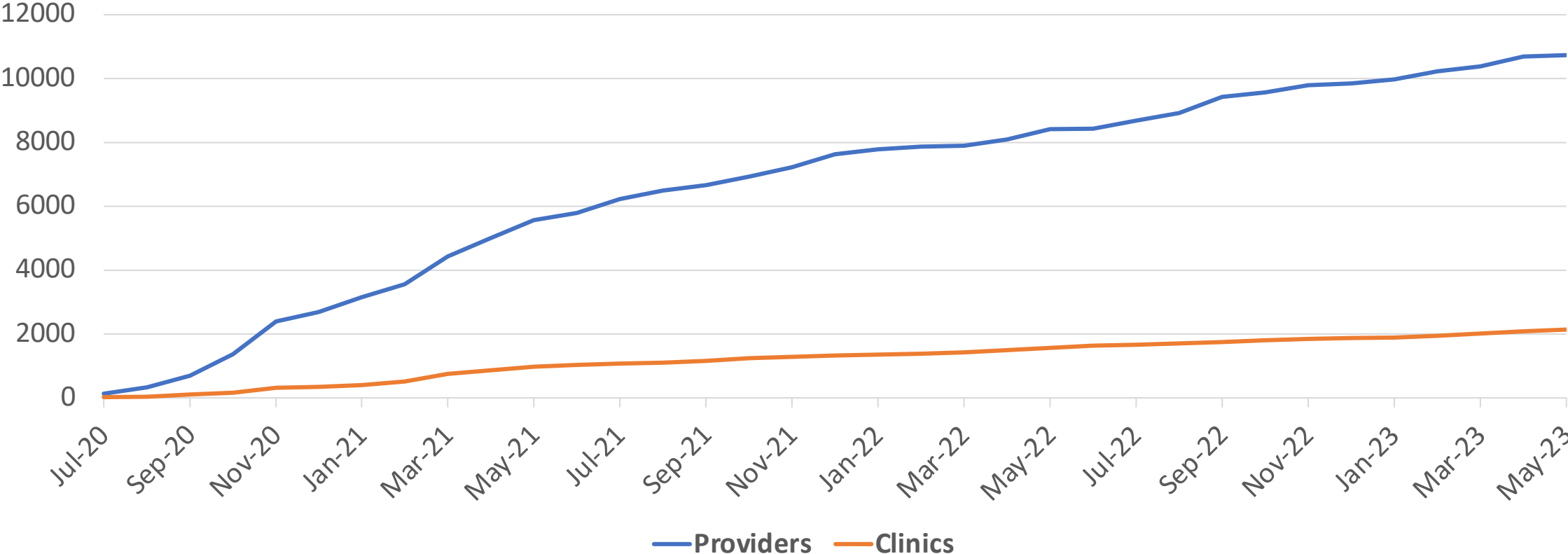
CPAN Coverage Map

- Texas A&M University System 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



CPAN Growth Over Time

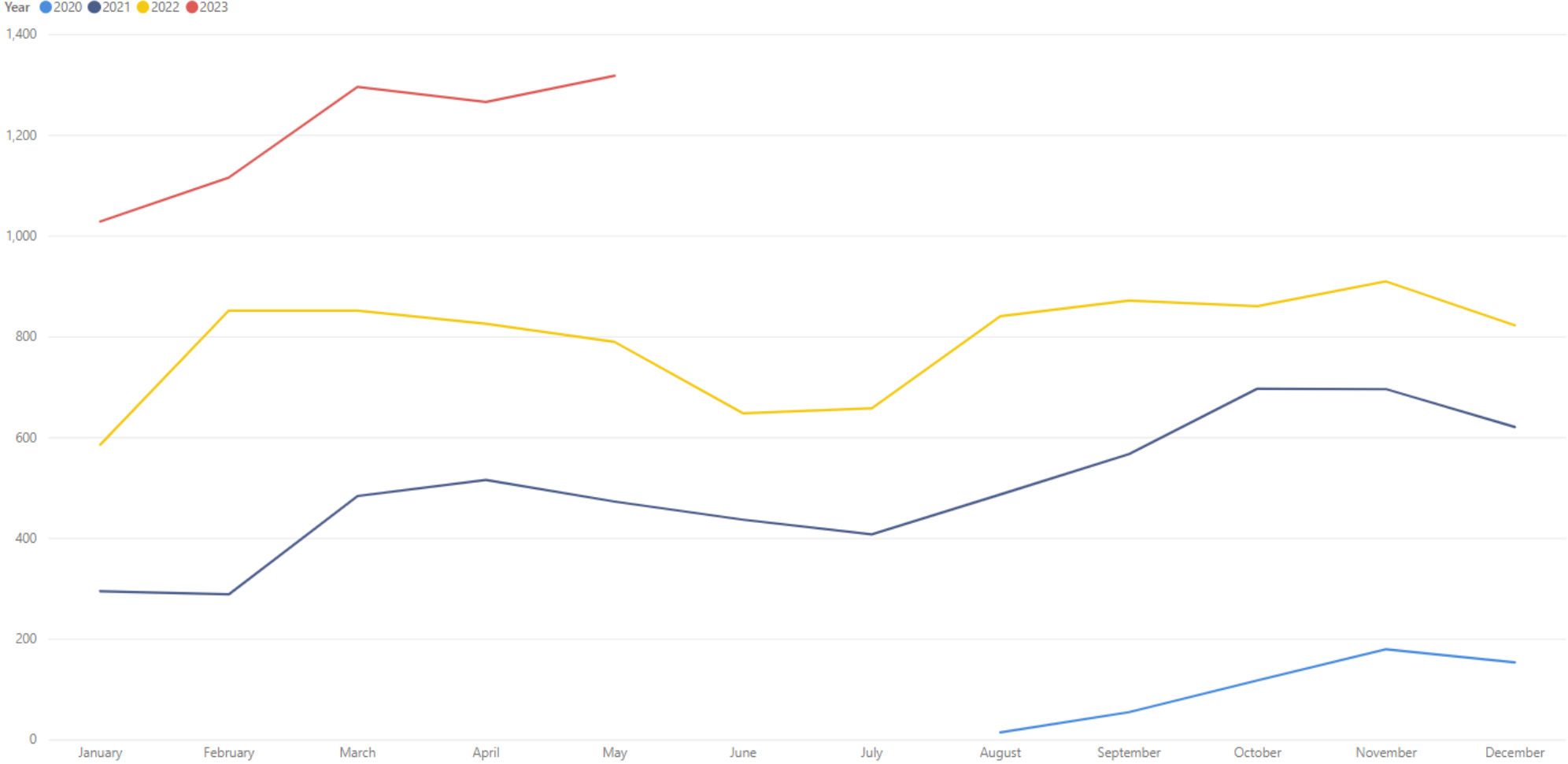
Growth of Enrolled CPAN Providers and Clinics



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CPAN Growth Over Time: Call Volumes by Month & Year



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CPAN Metrics

Through May 31, 2023



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This is exactly the help small, rural communities need to help with the mental health of our children.

- CPAN Enroller

”

Perinatal Psychiatry Access Network (PeriPAN)

Addressing Maternal Mental Health
Concerns - CPAN expansion
opportunity in the 3rd Special Session
of the 87th Legislature (2021) –
American Rescue Plan Act (ARPA)

- Shortage of mental health care providers in almost every county in Texas
- MMHC 16% of pregnancy-related deaths in Texas
- Up to 1 and 8 pregnant and postpartum women in Texas suffer from mental health disorders like depression

.....
Untreated MMHCs are costly and have multigenerational consequences.



MMHCs account for an estimated **\$2.2 billion** in societal costs for all births in 2019, from conception through five years post-delivery.

.....
Nationally, half of perinatal women with a diagnosis of depression do not get the treatment they need.



Texas Child Health Access Through Telemedicine

Provides in-school behavioral telehealth care to at-risk children and adolescents.



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Direct telepsychiatry or counseling to students at schools.



Educational and training materials for school staff.



Statewide data management system.

Texas Child Health Access Through Telemedicine (TCHATT)



TCHATT Referral Process

01	FERPA Consent	School gets their Ferpa consent before sending student information to the TCHATT team
02	Consent for TCHATT Services	TCHATT team gets consent for TCHATT services from student's parent/guardian before moving forward
03	Schedule	Once consents are signed team begins scheduling process

* FERPA = Family Educational Rights and Privacy Act



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TCHATT Metrics

Through April 30, 2023



3,123,234

Number of Students Able to Access TCHATT Care



612

Number of School Districts Enrolled



4,874

Number of School Campuses Enrolled



57%

Total Proportion of Student Lives Covered by TCHATT



93%

of families reported satisfaction with TCHATT services



88%

of families report the child is doing a little or a lot better after TCHATT services



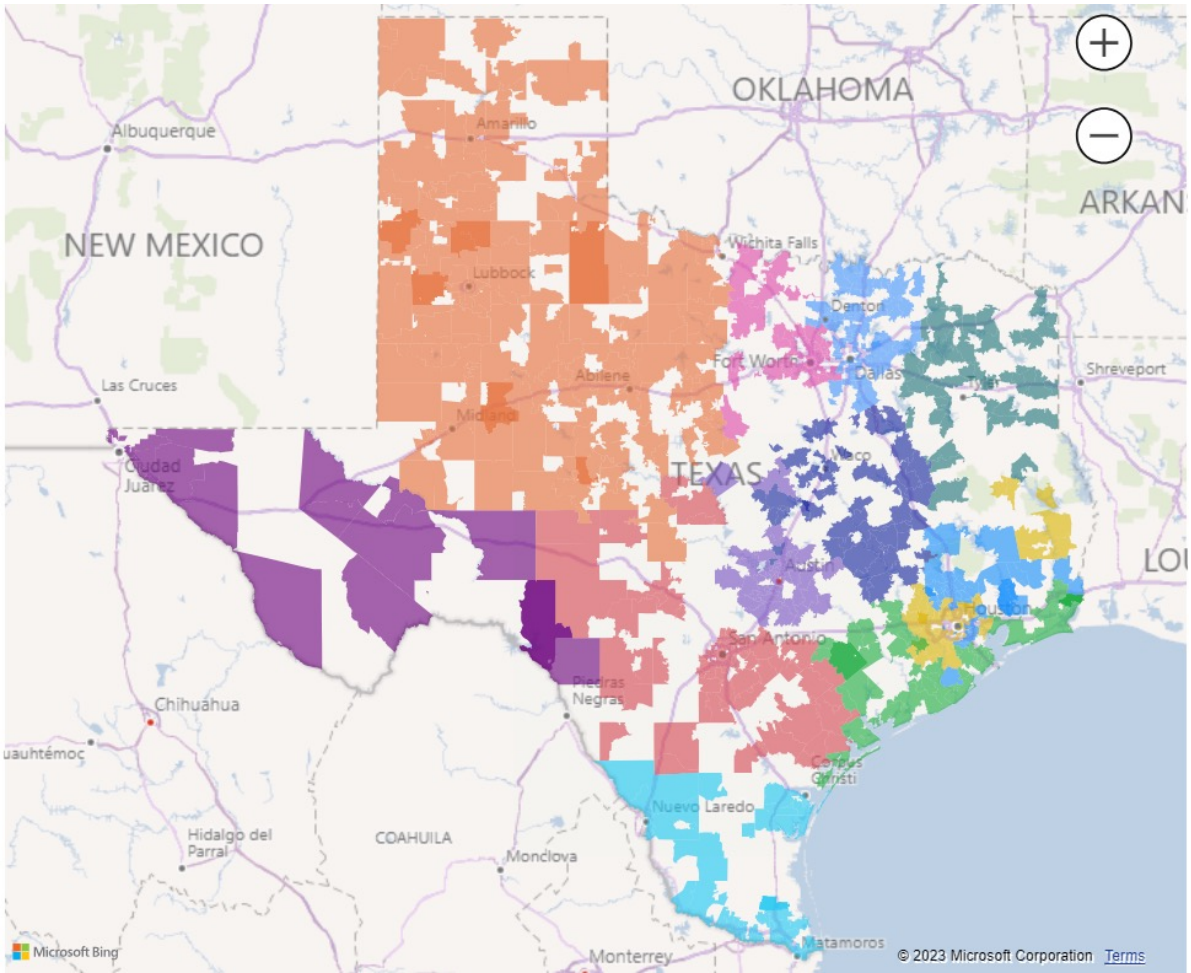
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TCHATT Campuses Active in April 2023

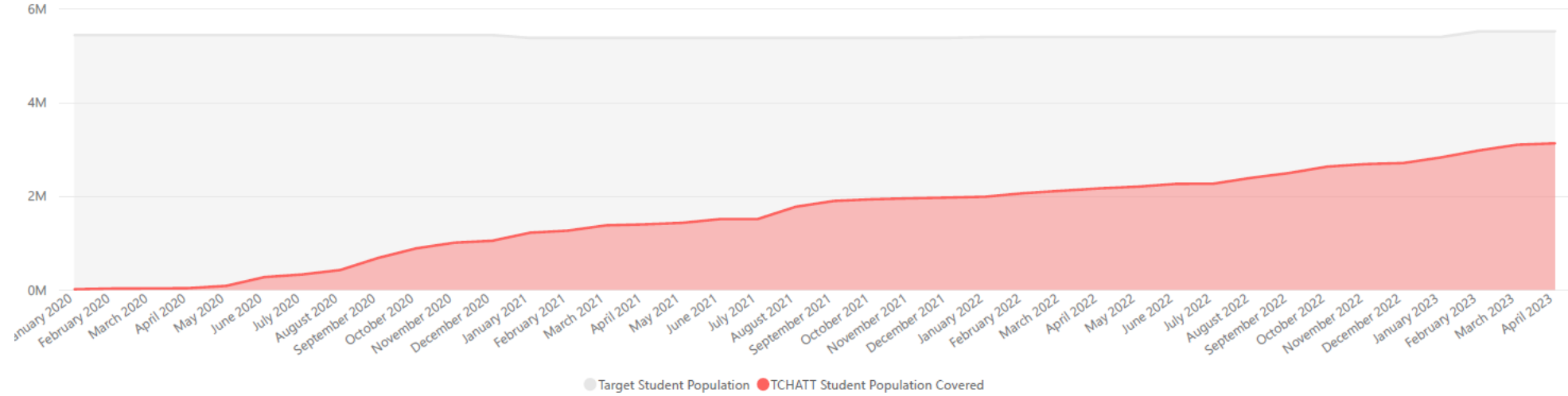
Map reflects current campuses enrolled in TCHATT

The process to complete a MOU involves careful review and coordination at the District level-processes varied based on local regulations.

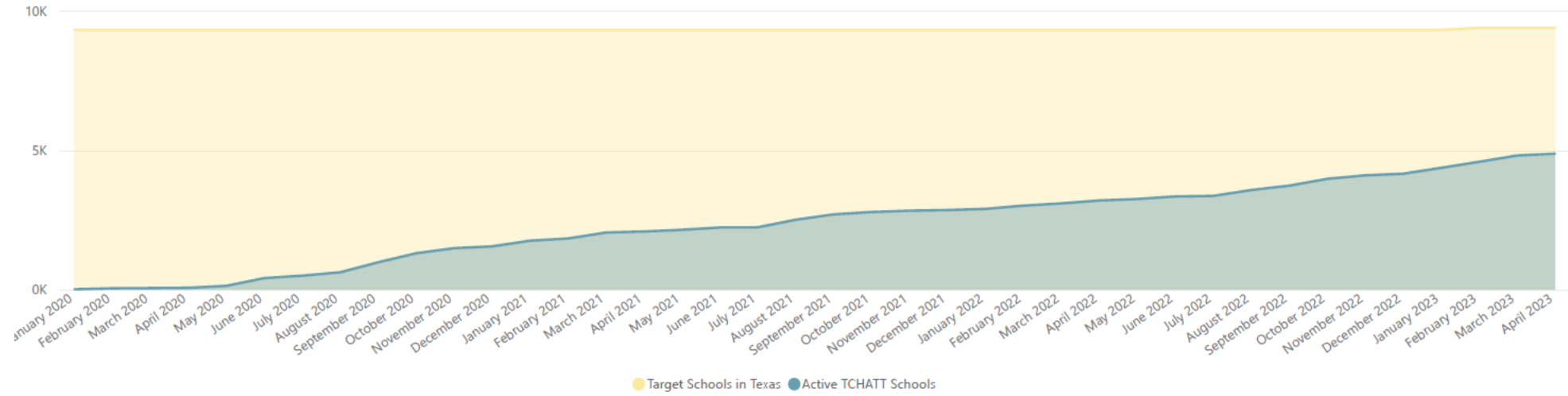


TCHATT Growth Over Time

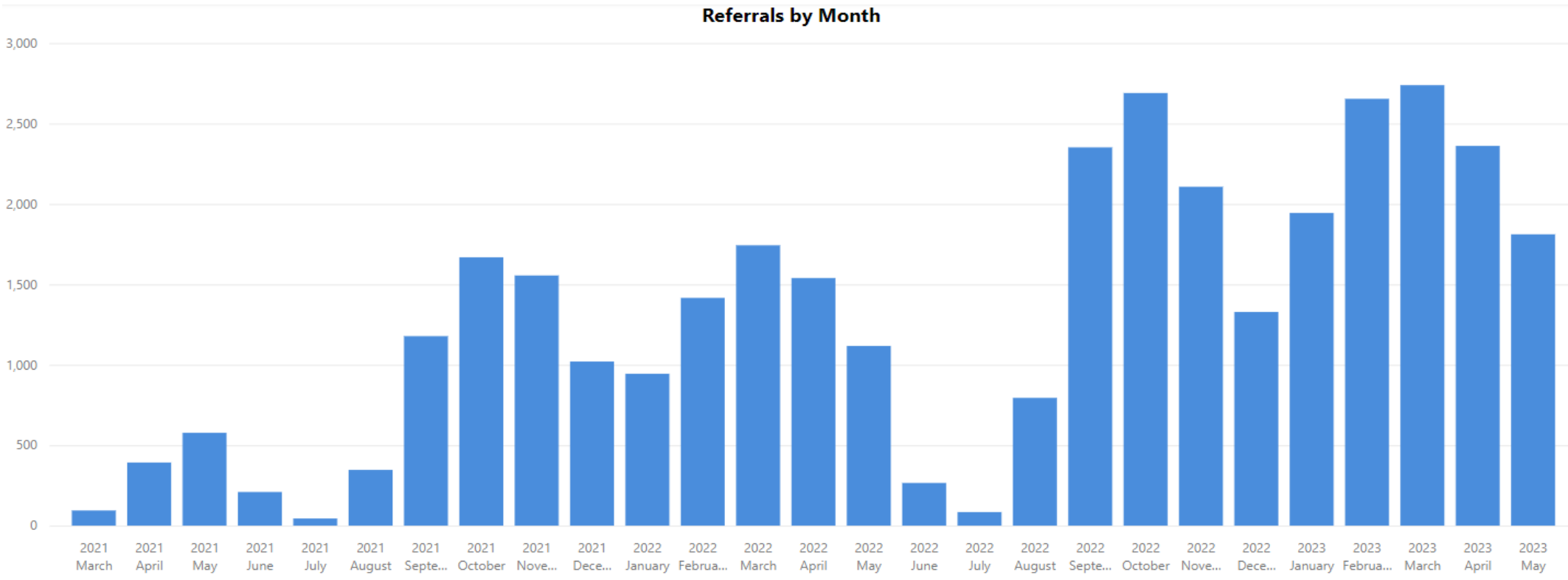
Growth of Student Population Covered by TCHATT over Time



Growth of Schools Covered by TCHATT over Time



TCHATT Referrals

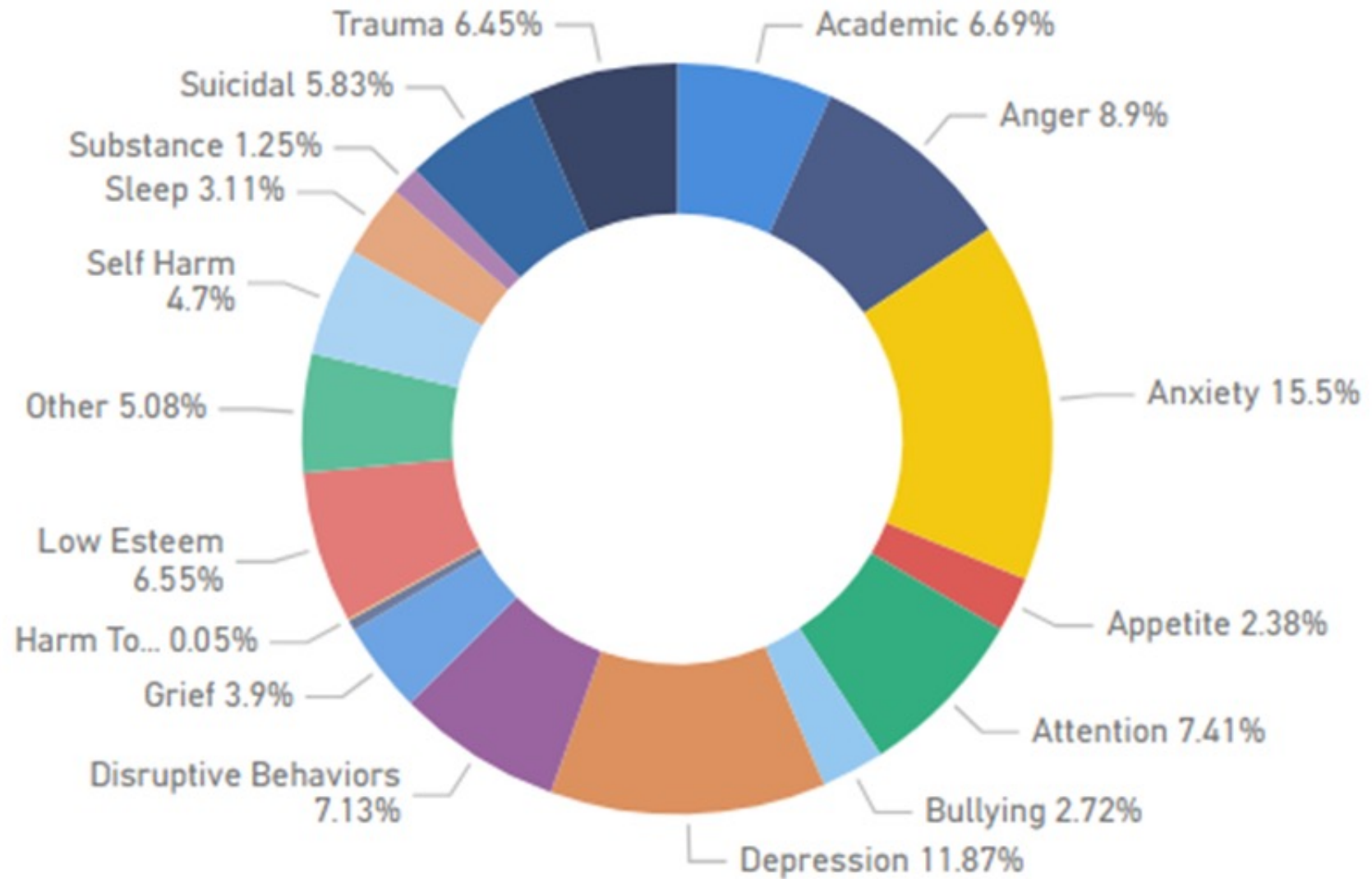


Through April 2023

- # Referred to the program - 39,061
- # Students served – 22,443
- # Sessions with students – 83,309

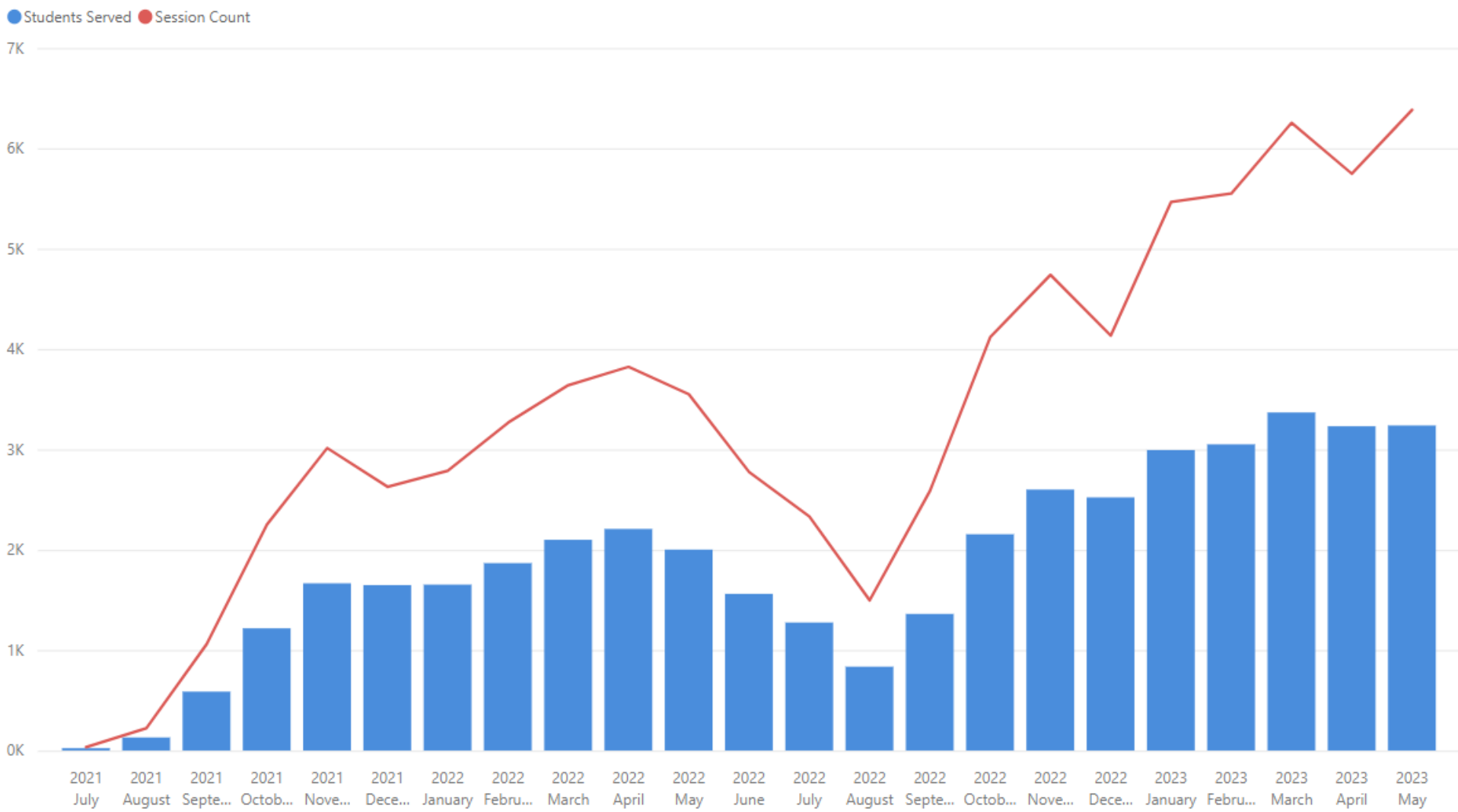


Reasons for Referral

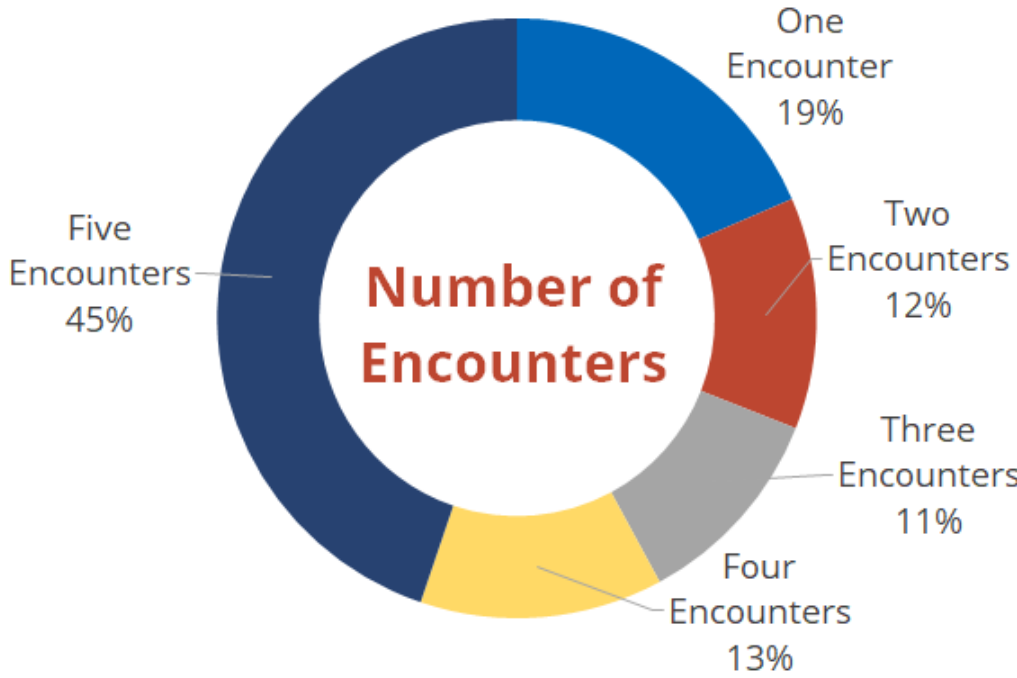


TCHATT Service Delivery

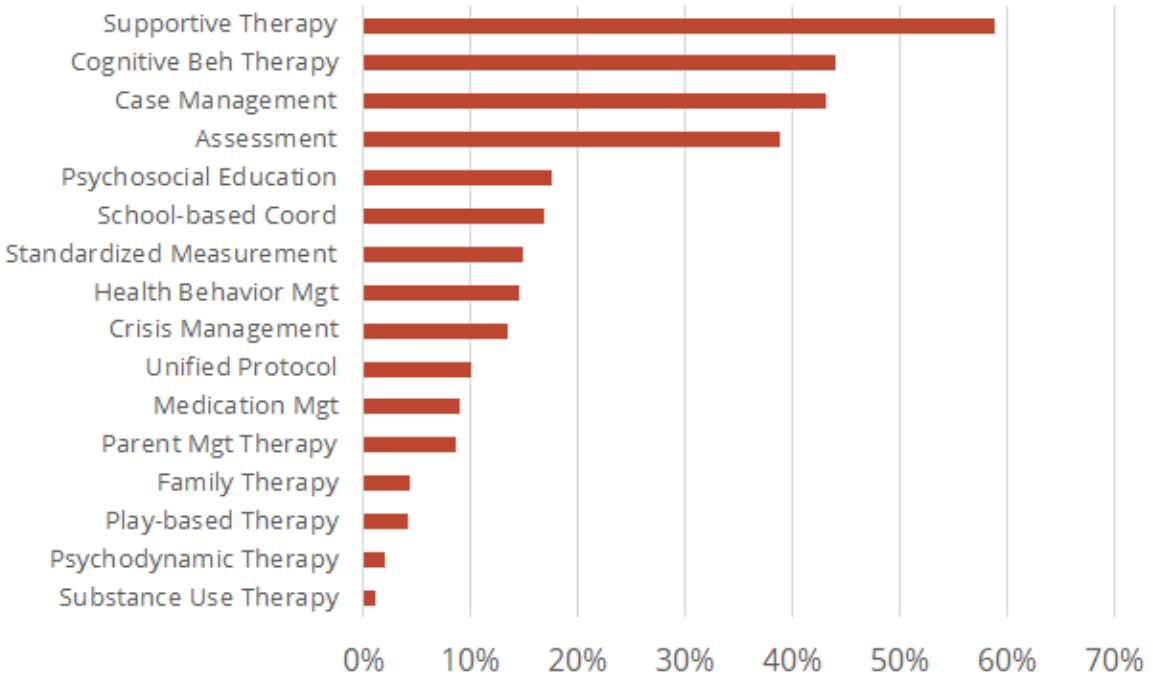
TCHATT Students Served and Session Count by Year and Month



Types of Supports Families Receive through TCHATT, Standard Episode of Care

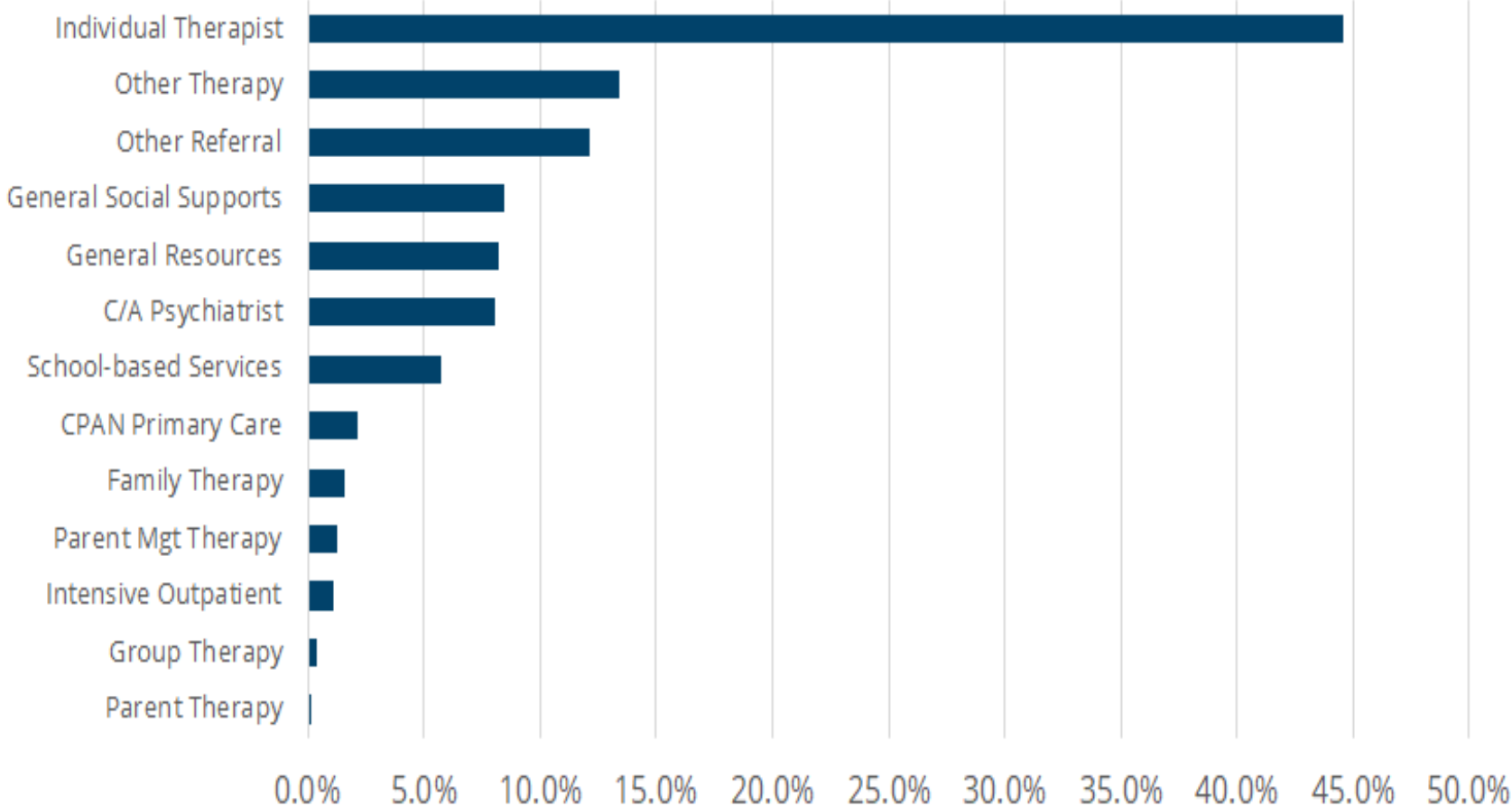


Proportion of Students/Families Receiving Types of Services and Supports



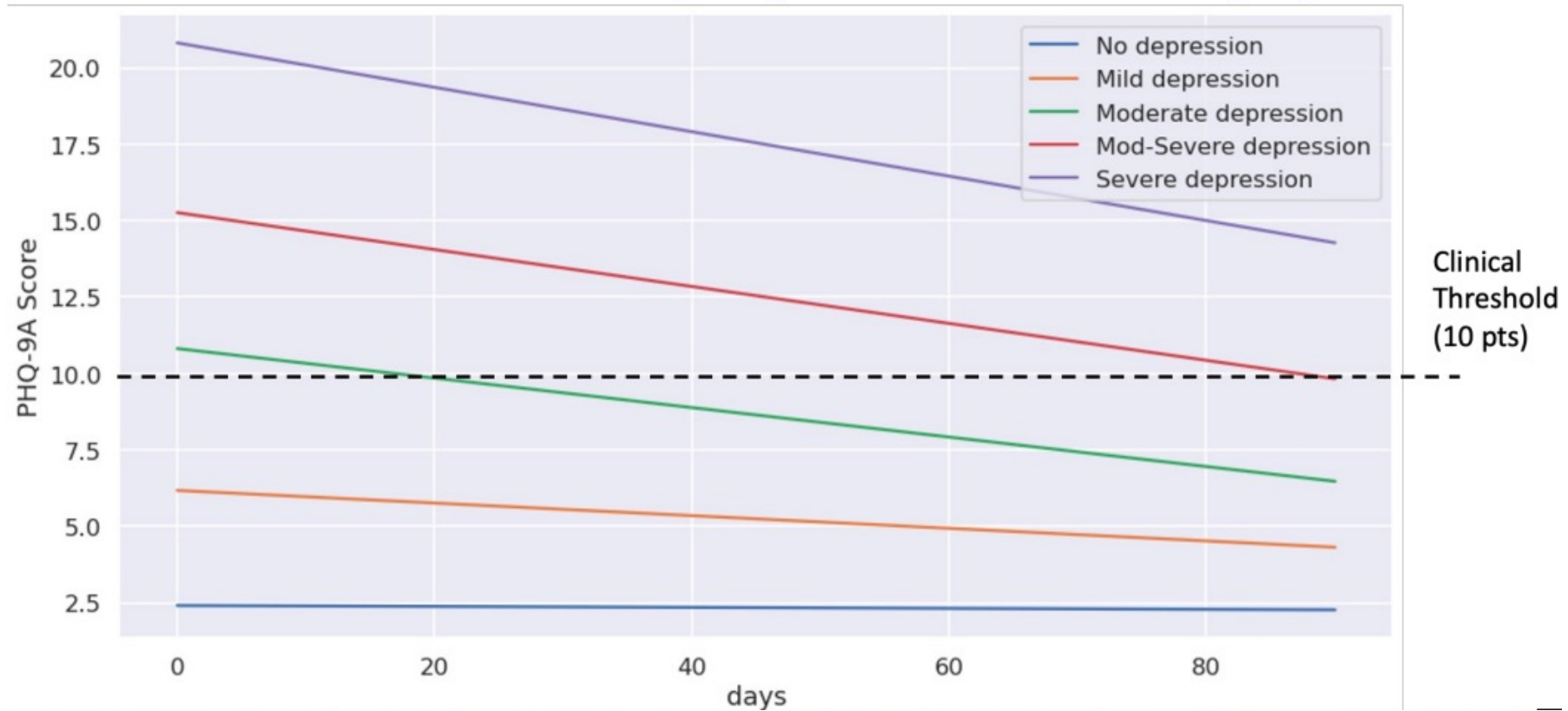
Referrals Following TCHATT Care

49.6%
Students or Families Referred



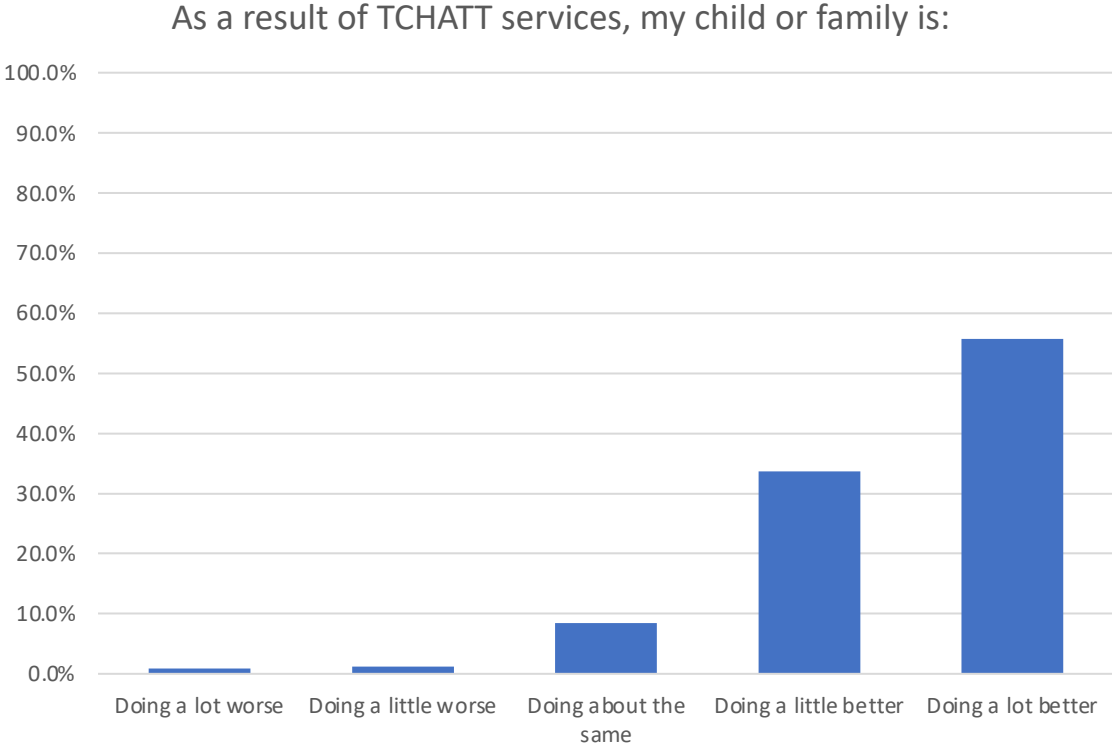
Measuring TCHAT Success

PHQ-9A score change by baseline score category



Analysis of 509 TCHAT students, outcomes similar for all demographics

Parent Ratings of TCHATT



Survey of 330 parents



I am so grateful for this program. My daughter was in a really rough place and this program was like a shining light to her. It sparked amazing conversation between my daughter and I. She has some tools in her belt to handle situations she can't control in the future. Thank you! Thank you! Thank you!



Community Psychiatry Workforce Expansion (CPWE)

CPWE Funds full-time academic psychiatrists as academic medical directors and new psychiatric resident rotation positions at facilities operated by community mental health providers.



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- Currently partnering with 21 out of 39 LMHAs/LBHAs and 4 other Community Mental Health Providers.
- 157 Residents participated in the CPWE program in the last 2 fiscal years.
- CPWE Residents have completed over 34,000 sessions with Texas patients since September 2020

“I appreciated working within community mental health setting and the wealth of integrated care it provided for our patients...the private clinics we worked at did not have such access to counseling, case management, substance use treatment, etc.” – CPWE Resident

CPWE Partnerships

LMHA:

- Andrews Center Behavioral Healthcare System
- Bluebonnet Trails Community Services
- Border Region Behavioral Health Center
- Brazos Valley MHMR
- Burke Center
- Center for Health Care Services
- Coastal Plains Community Center
- Emergence Health Network
- Gulf Bend Center
- Gulf Coast Center
- Harris Center
- Hill Country Mental Health & Developmental Disabilities Center
- Integral Care

LMHAs:

- LifePath Systems
- Metrocare Services
- Nueces Center for Mental Health & Intellectual Disabilities
- Parkland Health and Hospital
- StarCare Specialty Healthcare System
- Tarrant County MHMR
- Texana Center
- Tropical Texas Behavioral Health

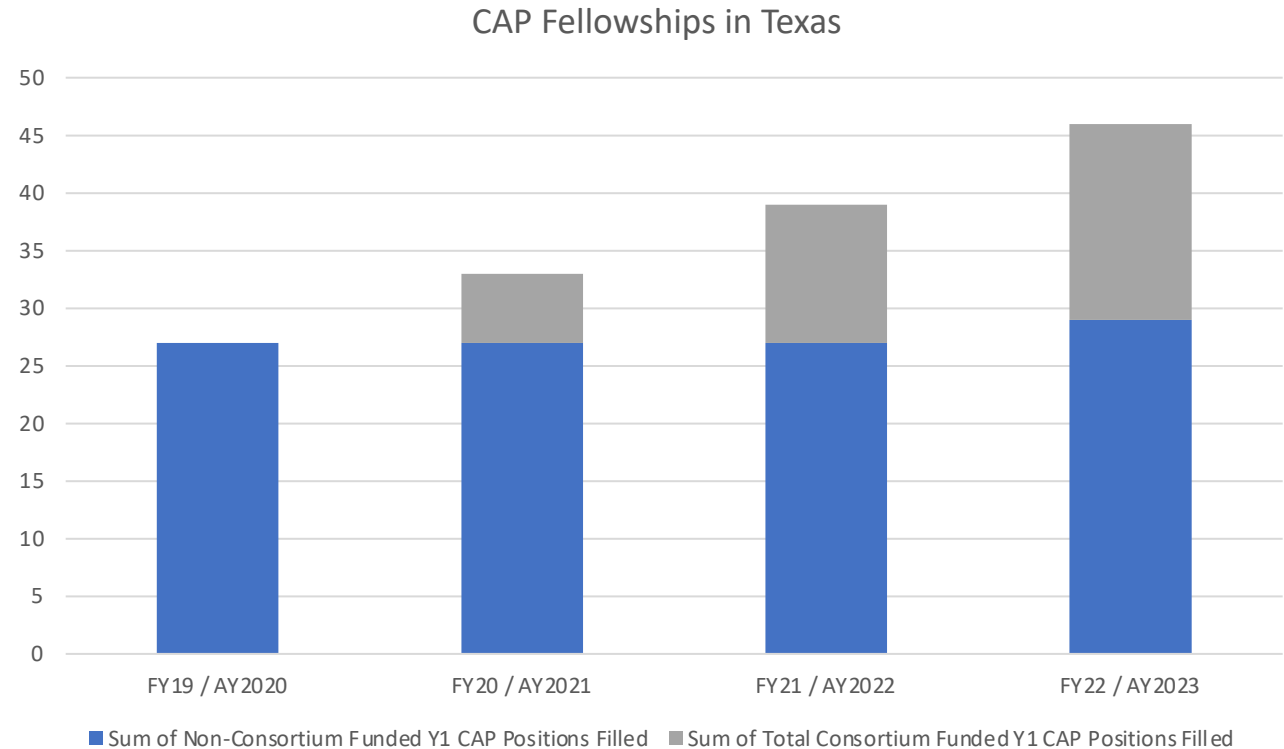
Community Mental Health Providers:

- Aliviane
- El Paso Child Guidance Center
- JPS Local Commitment Alternative Hospital
- BBSB Fellows Continuity Clinic

Child Adolescent Psychiatry (CAP) Fellowships

CAP expands both the number of child and adolescent psychiatry fellowship positions in Texas and the number of these training programs at Texas HRIs.

- In 2020, there were 27 First Year CAP positions filled in the state.
- With the support of TCMHCC funding, that number jumped to 46 in academic year 2023.



CAP Metrics

- Onboarded an additional 35 new first-year CAP Fellows in Texas
- Since 2019, the Consortium has created 3 new programs:
 - Texas Tech University Health Sciences Center (TTUHSC),
 - University of Texas Health Science Center at Tyler (UTHSCT) and
 - The University of North Texas Health Science Center (UNTHSC).

“All of my CAP Fellows from the last academic year decided to practice medicine in Texas.” – Dr. Laurel Williams, Baylor College of Medicine

First-year CAP fellowships increased by 70% in Texas



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Research

- Children's Mental Health Research
 - Development of state-wide research networks with a focus on understanding and improving children's mental health services, to identify regional and state-wide service delivery gaps in order to inform policy and improve health care of youth in Texas.
- Two Networks have been established:
 - Youth Depression and Suicide Research Network
 - Childhood Trauma Research Network
- All HRIs are included in both networks
- HRIs are prohibited from recruiting from the TCMHCC clinical programs into the research projects



2,678

children have been engaged in research associated with the two networks



75

faculty from across the 12 HRIs are involved



5

publications submitted



21

publications under review or in development



\$6,338,911

awarded from federal and private sources with one submitted grant (for \$8,622,185) still pending a decision.



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Program Evaluation

External: University of Texas Health Science Center Houston School of Public Health

- Identify and compare delivery models by HRI
- Conduct program process evaluation, including HRI-specific process outcomes
- Evaluate primary program outcomes within the HRIs
- Assessment of implementation that address local needs: health, economic, racial equity
- Assessment of cost and cost effectiveness in years 1-2: ROI analysis for implementation of year 3

Internal: University of Texas at Austin Steve Hicks School of Social Work

- Assessment of effectiveness of implementation, reach, and ability to achieve goals
- Clarify and create consistency for the measures' collection and reporting
- Utilize surveys and key interviews to identify key successes, potential barriers/needs, and capacity for expansion



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Goals for Next Year



ROLLOUT TCHAT TO ALL TEXAS SCHOOLS DESIRING THE PROGRAM



ROLLOUT PERIPAN STATEWIDE



DEVELOP ADDITIONAL WORKFORCE INITIATIVES



DEVELOPMENT OF ADDITIONAL RESEARCH INITIATIVES FOCUSED ON NEW INVESTIGATORS



HIRE NEEDED STAFF STATEWIDE



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