Texas Child Mental Health Care Consortium (TCMHCC)

Suicide Prevention Conference
March 1, 2022

Luanne Southern, Director, TCMHCC
The University of Texas System
Established through Senate Bill 11 of the 86th Regular Legislative Session in order to:

1. leverage the expertise and the capacity of the health-related institutions of higher education in Texas to:
   • address urgent mental health challenges and
   • 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.
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.
Texas Child Mental Health Care Consortium
Executive Committee Structure
(35 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.

HRI and Medical Schools
(26 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)

Any other entity designated by the Chairs of Psychiatry members
(2 members)
Baylor S&W UT System

Administrative Support Entity
UT System appointed by the Executive Committee to provide administrative support for Consortium activities.
TCMHCC’s Programs

• **Child Psychiatry Access Network (CPAN)**
  CPAN is a network of psychiatrists, based at each of the Health-Related Institutions (HRIs), that provides consultation services and training opportunities for Primary Care Providers (PCPs) to improve the care of children and adolescents with behavioral health needs.

• **Texas Child Health Access Through Telemedicine (TCHATT)**
  Creates or expands telemedicine programs to identify, assess and provide short-term, school-based treatment for the mental health needs of at-risk children and youth.

• **Community Psychiatry Workforce Expansion (CPWE)**
  Partners HRIs with community mental health providers and provides training opportunities for residents under an academic medical director provided by the HRI.

• **Child & Adolescent Psychiatry (CAP) Fellowships**
  The CAP Fellowship initiative has allowed HRIs to add fellowship capacity within their departments of psychiatry. Training and retaining CAP fellows is essential to address the current shortage within the state.

• **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.
Child Psychiatry Access Network (CPAN)

CPAN is a network of psychiatrists, based at each of the HRIs, that provides consultation services and training opportunities for PCPs to improve the care of children and adolescents with behavioral health needs.

How does CPAN Work?

1. Register by phone or email

2. When you want help, call us to speak with a pediatric psychiatrist or mental health clinician

3. We will let you know when free CMEs are available to you

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
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Texas Child Health Access Through Telemedicine (TCHATT)

Creates or expands telemedicine programs to identify, assess and provide short-term, school-based treatment for the mental health needs of at-risk children and youth.

- 2,023,569 Students Currently Have Access to Services
- 2,823 Schools Across Texas Currently have Agreements in Place for TCHATT Services
- 947 Student Referrals Were Received from Schools in the Month of December 2021
Community Psychiatry Workforce Expansion (CPWE)

Partners HRIs with community mental health providers and provides training opportunities for residents under an academic medical director provided by the HRI.

Currently Partnering with 15 out of 39 LMHAs/LBHAs and 4 other Community Mental Health Providers across Texas

Sept – Aug 2021, Residents Participating in the CPWE program had 4,099 encounters with 1,907 patients
Child & Adolescent Psychiatry (CAP) Fellowships

The CAP Fellowship initiative has allowed HRIs to add fellowship capacity within their departments of psychiatry. Training and retaining CAP fellows is essential to address the current shortage within the state.

There is currently a growing shortage of mental health professionals in Texas, which is expected to worsen due to the upcoming retirement of Child and Adolescent Psychiatry (CAP) professionals, the low number of medical professionals entering the CAP workforce, and the rising number of youth population identified as needing services.

- A total of 14 new CAP Fellows were matched and funded by TCMHCC during the last Biennium
- 36 new fellowships have been funded for the FY22-23 Biennium
- 2 New CAP Programs Accredited; 1 more in Progress
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.

- TAMUHSC
- UTRGV
- TTUHSC EP

Research Hubs

- UTHSC
- UTHSCA
- UTHSCT
- UTHSCH
- BCM

2 Research Hubs Involving All 12 HRIs

One Hub Focused on Youth Depression & Suicide

One Hub Focused on Childhood Trauma

Research actively identifies and implements improvements to services to children in alignment with the state-wide Behavioral Health Strategic Plan.
Recruitment and hiring challenges resulted in slowed program implementation.

Key stakeholders’ attention was focused on dealing with their own COVID-19 impacts.

Program service models had to shift to accommodate remote working of staff and service users.

Ability to develop relationships / rapport with service users impacted the speed of enrollment and the uptake of services.

Clinic volumes decreased, leading to decreased demand for CPAN consultations.
The pandemic has created a perfect storm of stressors for children and youth and experts warn that it may negatively impact mental health.

**Stressors**
- Uncertainty
- Social Isolation
- School Closures
- Familial challenges & economic instability
- Losing a family member to COVID-19

**Barriers to Care**
- Lack of internet or technology limiting telehealth access
- Fewer mental health screenings due to school closures and delayed pediatric care

The share of mental health-related ED visits among all pediatric visits increased between mid-March and October 2020 compared to the same period in 2019.

- 24% among children aged 5-11 years
- 31% among adolescents aged 12-17 years
SB8 Special Session: ARPA funds

• Section 8 of SB 8 provides $113,082,885 for “…supporting the operations and expansion of the Texas Child Mental Health Care Consortium to expand mental health initiatives for children, pregnant women, and women who are up to one year postpartum during the two-year period beginning on the effective date of this Act.”

• The funds are provided for the following services:
  • Enhancements and expansion of the Child Psychiatry Access Network;
  • Enhancements and expansion of the Texas Child Access Through Telemedicine program;
  • Expansion of the child and adolescent mental health workforce; and
  • Administrative expenses.

• Governor Abbott signed SB 8 on November 8, 2021.
Future Enhancements to Address COVID impact
ARPA funds

**CPAN Enhancements**
- Suicide Prevention Approaches
- Direct Assessment Support for PCPs
- Collaborative Care
- Alternative Communication Methods (DM/Text)

**TCHATT Enhancements**
- Additional Service Types (trauma, grief, depression, substance use)
- Expansion to More Schools
- Increase # of TCHATT sessions
- Suicide Prevention Training

**Workforce Expansion (CPWE)**
- Provide clinical supervision opportunities for those seeking licensure
- Expand partnerships
- Child practicums for psychology graduate students

**Perinatal Mental Health**
- Perinatal Psychiatry Access Network
- Enhance the existing CPAN program to include a service that will bring the experience of specialty academic psychiatrists to OB/GYNs and other primary care providers in the care of women suffering from perinatal mental health issues including substance use disorders and depression.