

Texas Child Mental Health Care Consortium (TCMHCC)

Suicide Prevention Conference

March 1, 2022

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The University of Texas System

TCMHCC Background

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.

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.

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

Administrative Support Entity

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

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

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?



Register by phone or email

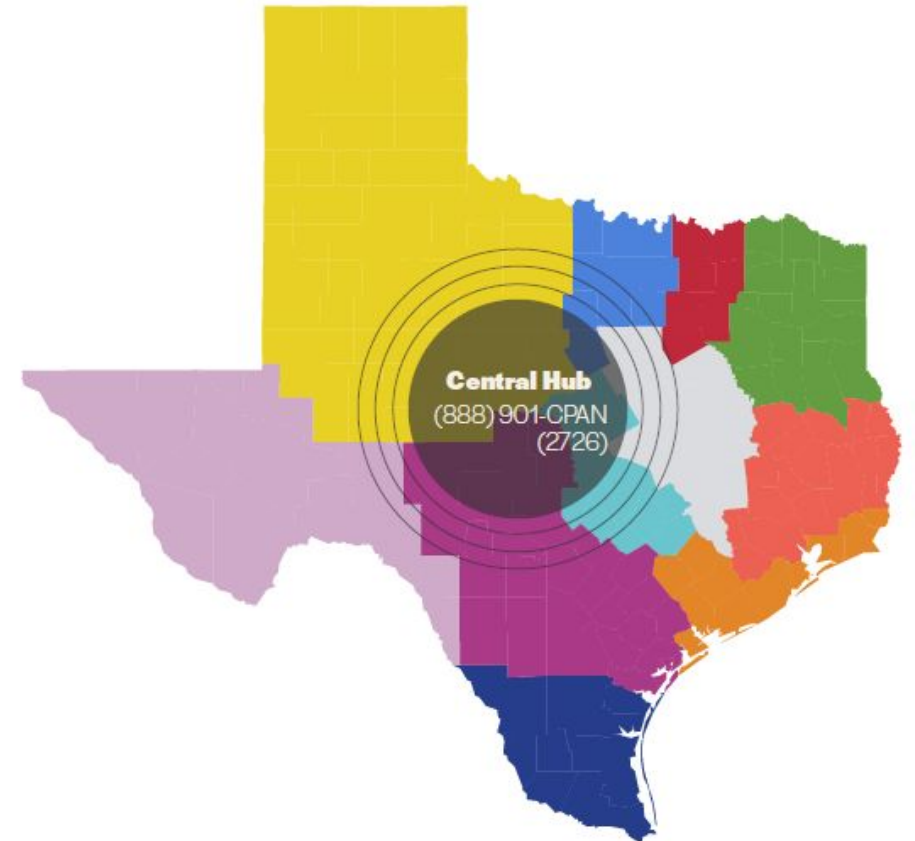


When you want help, call us to speak with a pediatric psychiatrist or mental health clinician



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



Child Psychiatry Access Network (CPAN)

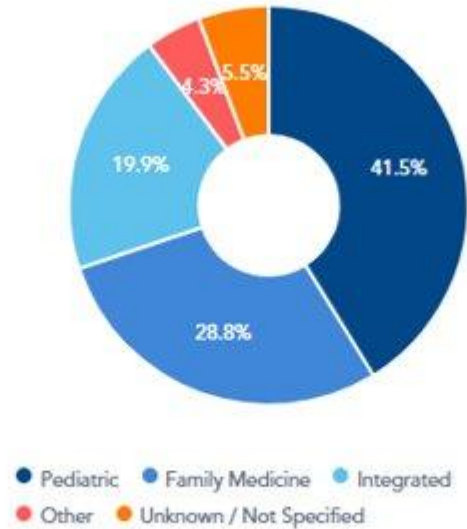
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Enrollment

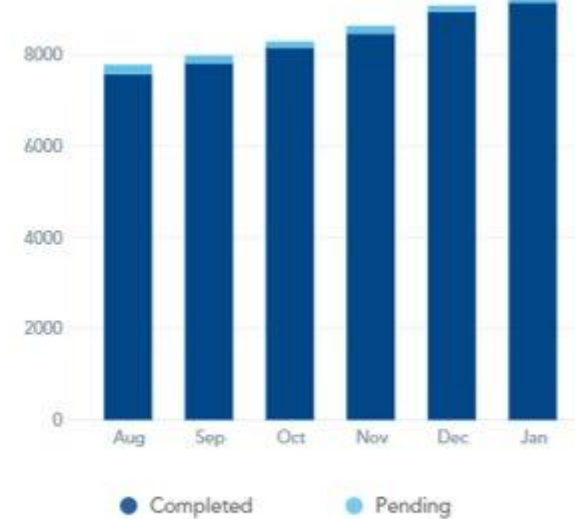
Clinic Enrollment



Clinic Type



Clinic Staff Enrollment



7783
ENROLLED PROVIDERS



1359
ENROLLED CLINICS



7042
COMPLETED CONSULTS

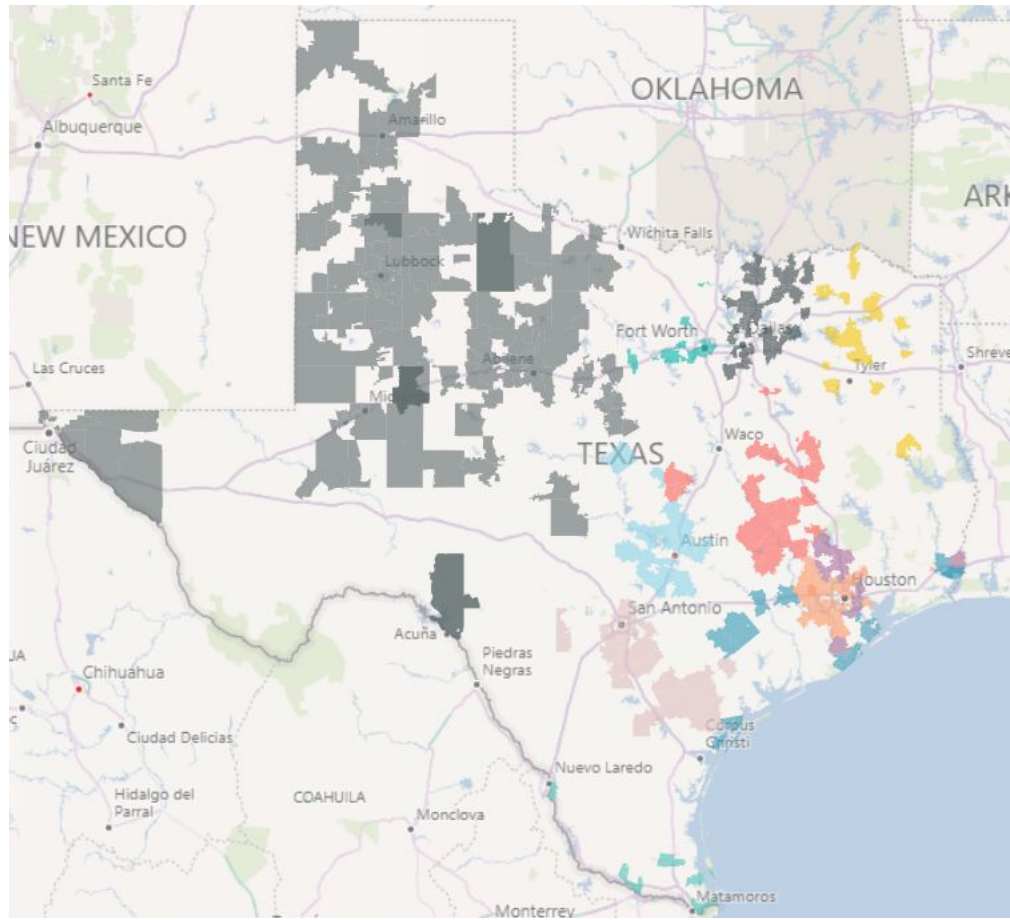


6274
PATIENTS SERVED (EST.)



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.



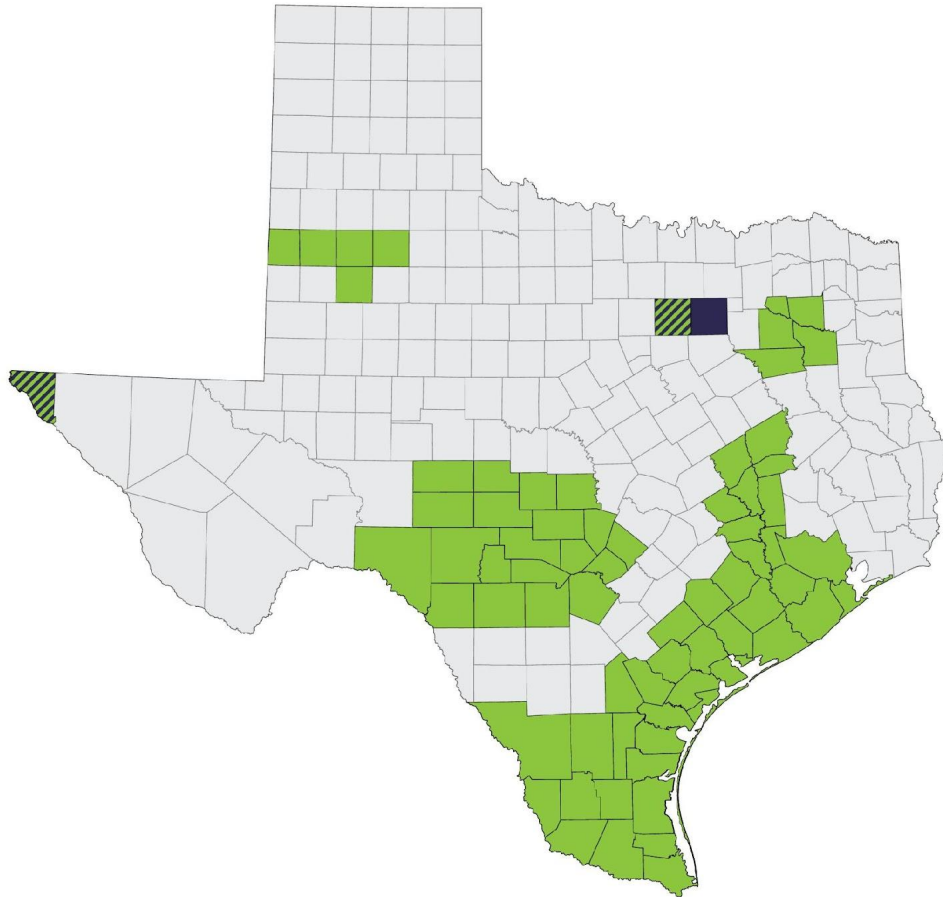
**2,023,569 Students Currently
Have Access to Services**

**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.



LMHA

- Harris Center
- Brazos Valley MHMR
- StarCare Speciality Healthcare System
- Emergence Health Network
- My Health My Resources (MHMR) of Tarrant County
- Texana Center
- Center for Health Care Services
- Gulf Bend Center
- Hill Country
- Andrews Center
- Gulf Coast Center
- Nueces Center for MHID
- Tropical Texas BH
- Coastal Plains Community Center
- Border Behavioral Health

Community MH Partner

- Metrocare Services
- Aliviane
- El Paso Child Guidance Center
- JPS Local Commitment Alternative hospital

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

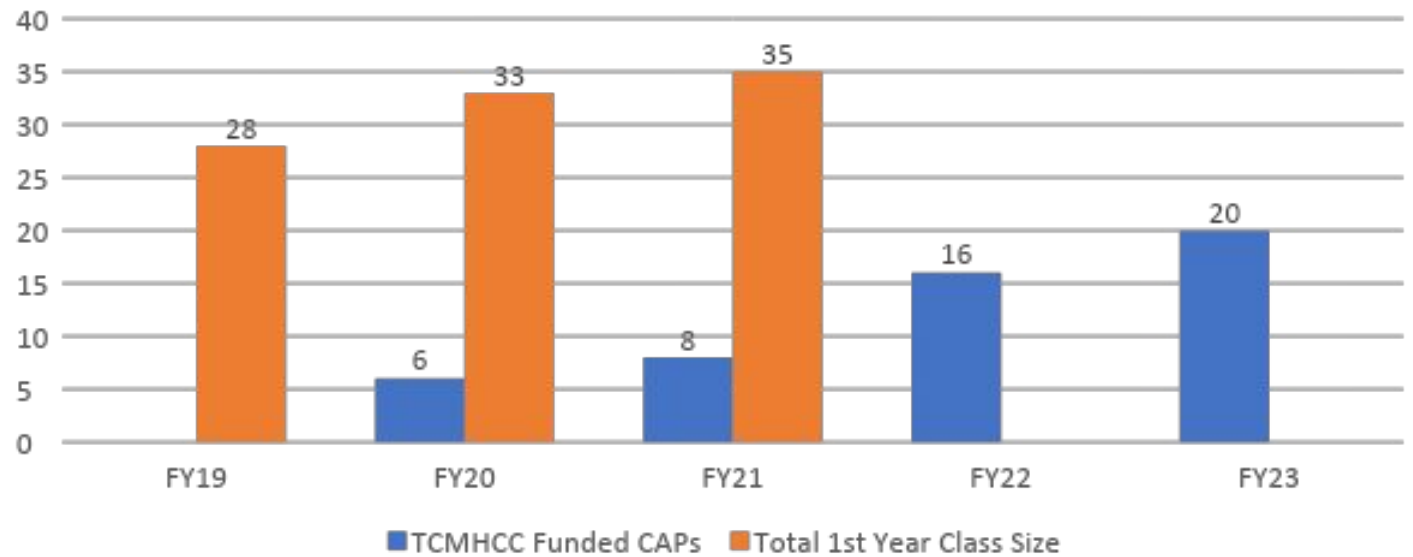
The CAP Fellowship initiative has allowed HRIs to add fellowship capacity within their departments of psychiatry. Training and retaining CAP fellows is essential to address the current shortage within the state.

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

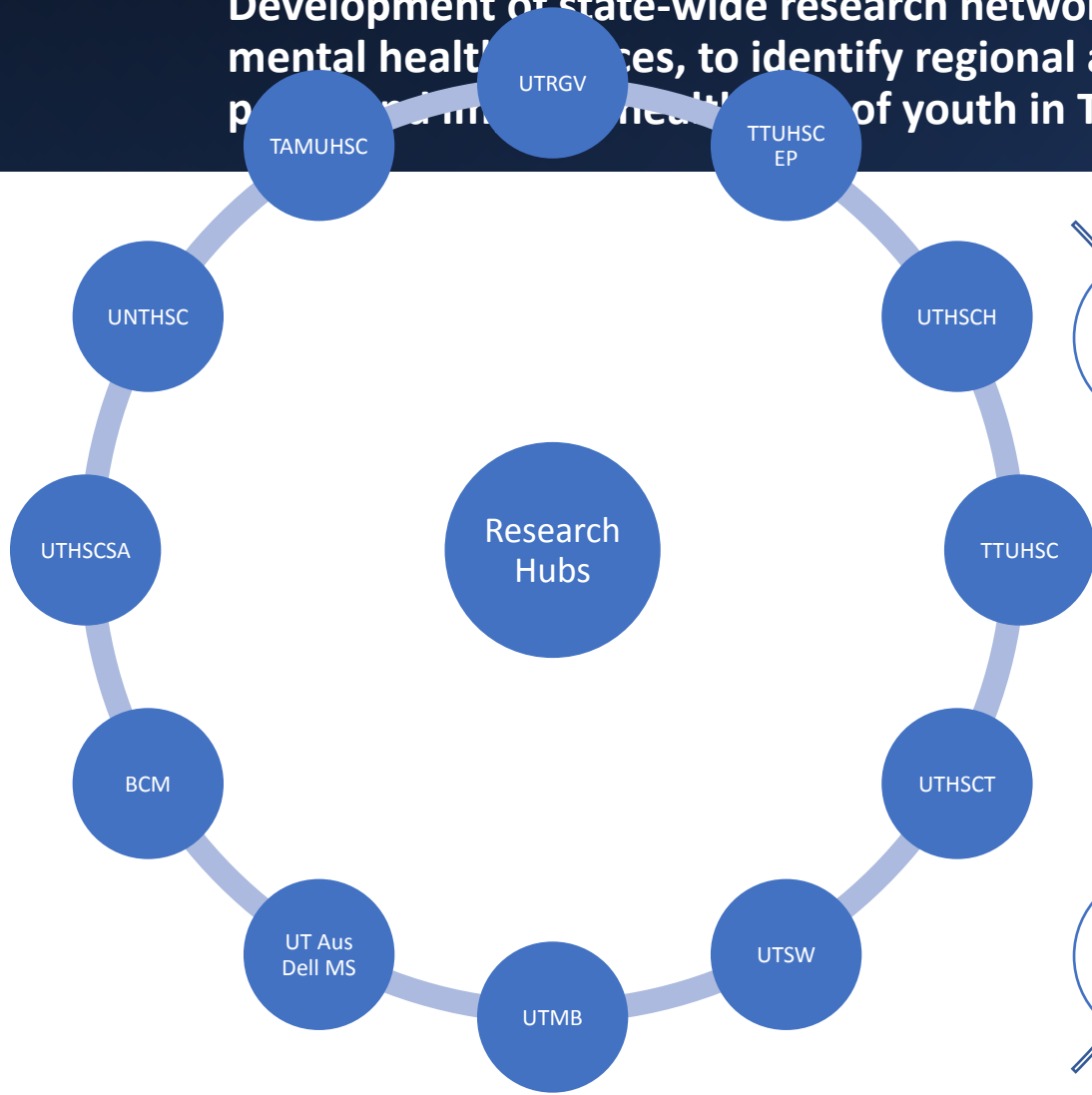
36 new fellowships have been funded for the FY22-23 Biennium

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 practice of youth in Texas.



- 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

Pandemic Impacts – TCMHCC Challenges Stemming from COVID-19



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.

Impact of the Pandemic on Children's Mental Health

(NIHCM Data May 2021)

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)

TCHAT Enhancements

- Additional Service Types (trauma, grief, depression, substance use)
- Expansion to More Schools
- Increase # of TCHAT 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.