

# The Progression of Mental Health Conditions

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- Half of all mental health conditions manifest by age 14; interventions work best at this early stage when symptoms are *less severe*, *more treatable*, and *more readily kept from escalating* to more dangerous conditions that increase risk.
- By young adulthood, **75% of lifetime cases have presented.**



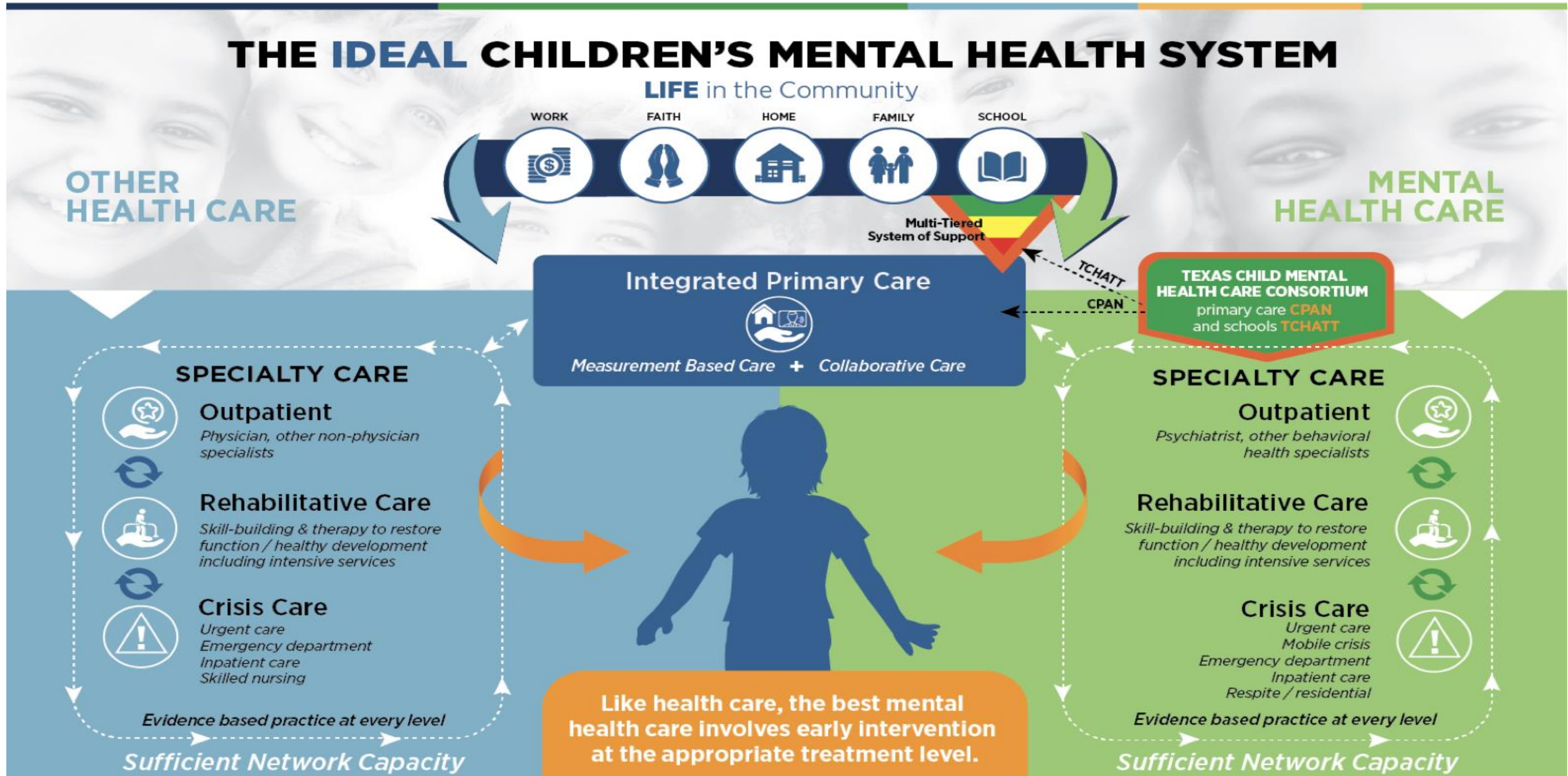
# COVID-19 and Mental Health: The Big Picture

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- COVID-19 has dramatically increased mental health needs.  
The CDC now tracks MH needs weekly, and as of June:
  - Symptoms of anxiety disorders up 3-fold (25.5% vs 8.1%),
  - Symptoms of depression up 4-fold (24.3% vs 6.5%),
  - 1 in 10 people started or increased substance use,
  - Twice as many people reported serious consideration of suicide in the previous 30 days (10.7% versus 4.3%).
- In late April, we began a series of reports projecting the mental health impacts of the pandemic overall, for veterans.
- Multiple national groups and media sources (Washington Post, Wall Street Journal, NPR, CNN) are using our estimates.



# TCMHCC – A Key Step Toward an Ideal System





# Texas Child Mental Health Care Consortium

**Vision:** All Texas children and adolescents will have the best mental health outcomes possible.

**SB 11- 86th Legislature**

leverage health-related institutions of higher education to improve mental health care for children and adolescents

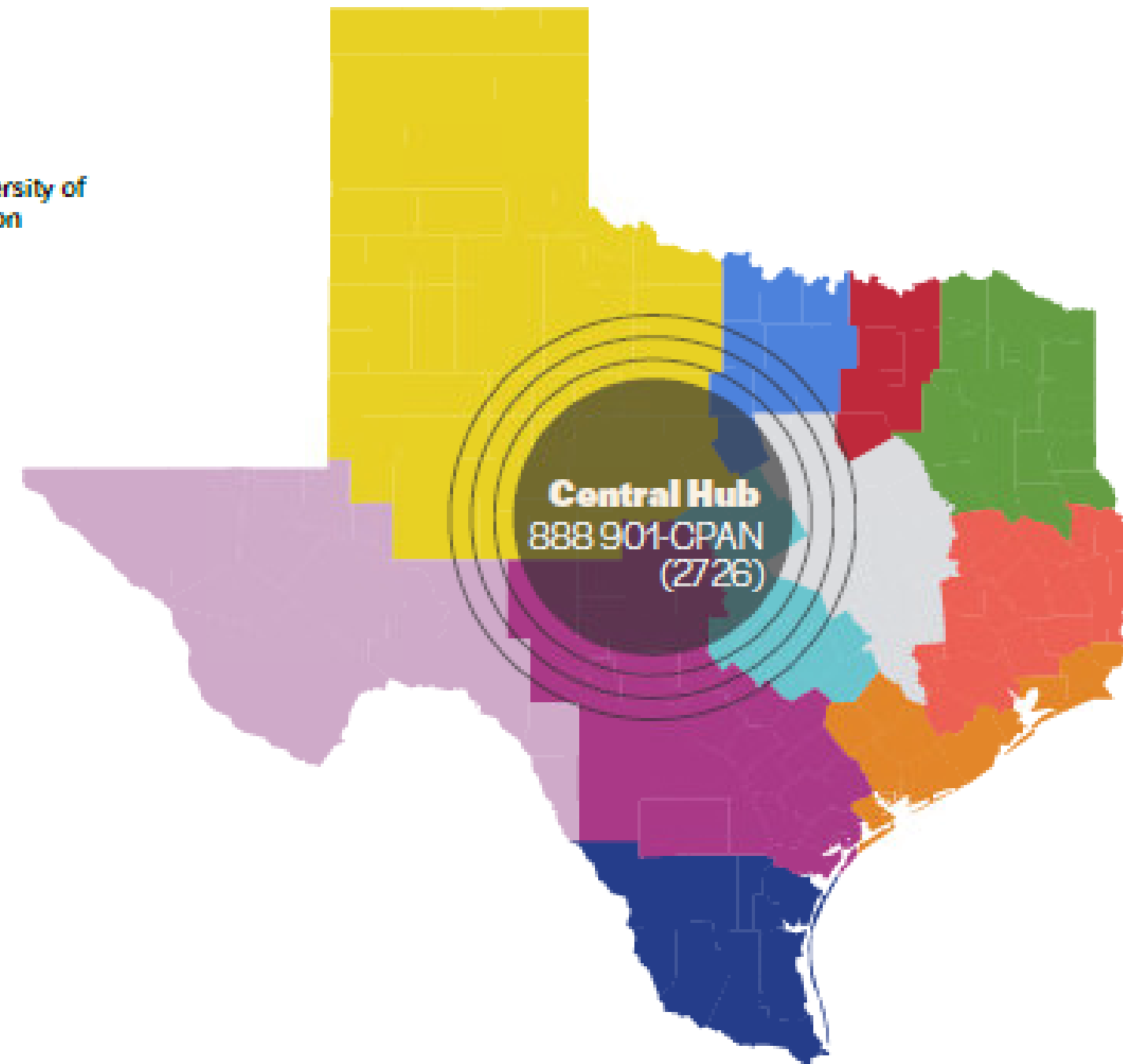


# Initiatives:

- Child Psychiatry Access Network
- Texas Child Health Access Through Telemedicine
- Community Psychiatry Workforce Expansion
- Child and Adolescent Psychiatry Fellowship
- Research

# Child Psychiatry Access Network (CPAN)

- 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



# Texas Child Access Through Telemedicine (TCHATT)



Direct telepsychiatry or counseling to students at schools

Educational and training materials for school staff

State-wide data management system

# Community Psychiatry Workforce Expansion

- Supported faculty must treat children and adolescents
  - faculty will serve as academic medical director for LMHAs
  - will supervise additional residents trained within LMHA
- Selection of LMHAs
  - Surveyed Texas LMHAs
  - 31 of 40 willing to participate
  - Seventeen LMHA or community mental health providers selected
- Beginning in July 2020
  - Twenty additional psychiatry resident FTEs (which will consist of multiple residents per FTE) a year will rotate through these LMHAs as part of training program
  - 12.25 academic faculty FTEs will be embedded into LMHAs



# Child and Adolescent Psychiatry Fellowships

- 19 new fellowship positions available
- 4 new child and adolescent training programs
- Full funding for two-year fellowships to sponsoring institutions at beginning of fellow's training experience.
- Expansion is aggressive -- some positions may not fill.



Texas Child Mental Health Care Consortium

⚠️ Texas COVID-19 Mental Health Support Line (833) 986-1919 | Mental Health Resources for Families

# Texas Child Mental Health Care Consortium (TCMHCC)

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

**(888) 901-CPAN (2726)**

Primary care providers can access the Child Psychiatry Access Network (CPAN) for assistance with behavioral health care for their child and adolescent patients.

The Texas Child Mental Health Care Consortium (TCMHCC) is dedicated to enhancing the state's ability to address the mental health care needs of its children and adolescents through collaboration with health-related institutions of higher education.

Pediatrician and PCP Support

School-Based Support

Workforce Development

Research

<https://www.utsystem.edu/pophealth/tcmhcc/>