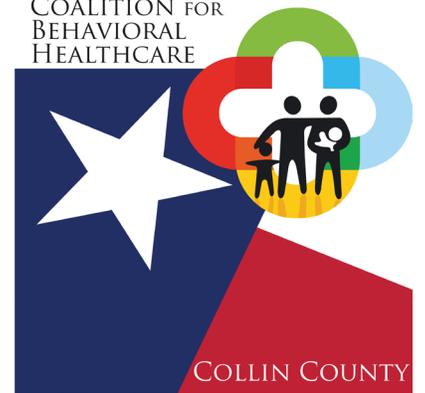


COALITION FOR
BEHAVIORAL
HEALTHCARE



BEHAVIORAL HEALTH

IN COLLIN COUNTY

2022 Profile and Status Report on Capacity,
Emerging Trends and Needed Services

EXECUTIVE SUMMARY AND RESOURCE GUIDE



EXECUTIVE SUMMARY

BEHAVIORAL HEALTH

IN COLLIN COUNTY

A MESSAGE FROM THE BOARD OF DIRECTORS OF THE COALITION FOR
BEHAVIORAL HEALTHCARE IN COLLIN COUNTY:

Thank you for reading and considering the information in this Executive Summary of our first report on behavioral health in Collin County. This Executive Summary provides a high level background of the issues, brief summaries of the good news and troubling trends which call us to action, our recommendations and where to start to find resources. We invite you to download the full report on our website: www.collincountybehavioralhealth.org, where you will find many facts, analysis, and information that support our findings, conclusions, and recommendations. In it we cover the current capacity available in Collin County to provide behavioral healthcare, our communities' strengths, trends and challenges. It also outlines recommendations for enhancing that capacity.



Background

With 1.1 million people, Collin County is one of the fastest growing and healthiest places to live in the United States. Like the rest of the nation, however, the importance of good behavioral health is just beginning to be recognized. Behavioral health (mental health and substance abuse/addictions) issues impact all parts of our society: families, friends, colleagues, schools, employers, hospitals, law enforcement, the justice system, first responders and religious organizations.

Individuals who receive timely and appropriate treatment can recover and continue to live productive lives. Those who do not receive care often languish in a debilitating cycle that results in lack of success in schools and employment, loss of friends, homelessness, poor medical care and even early death. The State of Texas estimates one in five in our adult population and 17% of our youth from 6-17 years old will experience mental illness each year.

Treatment in Collin County is provided by numerous private providers, non-profit organizations and governmental agencies, including psychiatrists, medical doctors, counselors, hospitals, and others. Different levels of treatment are necessary for each patient and may include crisis response, outpatient treatment (medications and counseling), inpatient treatment (hospital care), and other support systems.

The success of treatment in behavioral health is heavily influenced by several key variables:

- Stigma associated with a behavioral health diagnosis keeps people away from treatment for lengthy periods which, just as with a physical condition, usually worsens over time.
- Insufficient affordable housing and homelessness perpetuates the inability of mentally ill people to properly care for themselves within effective support systems.
- The fast growing and changing Collin County population combined with significant adverse trends in mental health conditions are overwhelming current capacity for treating the ill. This results in our jails and prisons

becoming the mental institutions of last resort when many people cannot access successful treatment.

- Behavioral health workforce shortages are currently severe and getting worse, which limits treatment options for the ill.
- Inadequate state and federal funding for community care continues to trail the needs by a wide margin.
- The COVID19 pandemic with lockdowns and isolation orders compounded and accelerated deteriorating pre-COVID trends and brought more patients with higher levels of severity to behavioral healthcare providers of all types, adding significant stress to a healthcare system already struggling with capacity issues.

The Good News

Several new approaches in Collin County offer great promise. Early identification and intervention help to resolve issues before they become entrenched. Telehealth allows individuals to receive care when transportation or contagious diseases are issues. Enhanced education and public awareness efforts are aimed at reducing the stigma associated with these illnesses and increasing the general public's ability to identify and address problems. Our jails and justice system are implementing new staffing and specialty courts. Schools throughout the county are coordinating on "best practice" training and policy development. Collin County is home to many enviable resources whose ongoing support is vital.

Troubling Trends/Calls to Action

Troubling local trends reflecting nation-wide problems that bear close monitoring and further intervention include:

- Evidence of fentanyl use, resulting in an 886% increase in accidental poisoning deaths between 2019 and 2022.
- Increases in suicides and reports of thoughts of suicide, especially among youth, with a very high percentage of school age girls reporting these thoughts.
- Schools reporting higher numbers of students with behavioral needs and inpatient hospitalizations for such conditions as depression, anxiety, eating disorders, self-harm and others.

Recommendations

The Board of the Coalition for Behavioral Healthcare in Collin County recommends the following action steps for strengthening care:

1. Continue to raise awareness of and training on behavioral healthcare issues among citizens, institutions, businesses, and community organizations. Communicate facts, analysis, and initiatives widely among parents of school age children to help eliminate stigma associated with behavioral health conditions and encourage early evaluation and treatment where needs arise.
2. Encourage support for behavioral health initiatives and collaborations throughout Collin County schools.
3. Convene leaders and stakeholders to explore options for enhancing the crisis response system in Collin County.
4. Educate business and institutional leaders on behavioral health in the workplace and provide tools and means to mitigate negative impact.
5. Coordinate with all relevant entities to collect and share data for monitoring community-wide behavioral health trends and changes.
6. Encourage and support citizens to volunteer in a variety of capacities in support of organizations with a behavioral health or community support focus.
7. Support behavioral healthcare workforce development initiatives



Where to Go for Help

Below is contact information to access care and help from several very helpful organizations.

<p>Emergency: If someone is hurt, in a life-threatening situation or in danger, or threatening harm to themselves or others.</p>	<p>911</p>
<p>Mental Health Crisis: If someone is worried about what might happen if they don't get help or an individual is deteriorating so they can no longer care for themselves/make rational decisions</p>	<p>988 or 877-422-5939</p>
<p>Mental Health or Substance Abuse Outpatient Evaluation and Treatment: For individuals with insurance, find approved providers by contacting your insurance company's "Customer Service" listed on the insurance card or website.</p> <p>For individuals without insurance, low cost or free services for all ages may be available through the Local Behavioral Health Authority's providers. Contact them through the following phone number or website.</p>	<p>972-562-0190 www.lifepathsystems.org</p>
<p>Grant Halliburton Foundation: Helps families and young people recognize the signs of mental illness through education, collaboration, and connection. www.granthalliburton.org</p> <p>Here For Texas: Here for Texas Mental Health Navigation Line is a free helpline offering guidance, information, resources, and support for mental health and addiction issues.</p>	<p>GHF: 972-744-9790 www.granthalliburton.org</p> <p>HFT: 972-525-8181 www.HereforTexas.com</p> <p><small>*Here for Texas is part of the Grant Halliburton Foundation</small></p>
<p>National Alliance on Mental Illness (NAMI): Family and Client Support line</p>	<p>214-341-7133</p>
<p>CollinCares.org is a searchable online directory of service providers serving Collin County, Texas</p>	<p>www.collincares.org</p>
<p>211Texas.org is a website of the Texas Health and Human Services Department to find resources for food, health, housing, and more.</p>	<p>www.211texas.org</p>
<p>Resources for Homeless in Collin County (The full Collin County Homeless Coalition Pocket Community Resource Guide is also attached as Appendix III of the Coalition's report: BEHAVIORAL HEALTH in Collin County: 2022 Profile and Status Report on Capacity, Emerging Trends and Needed Services found on the Coalition's website.)</p>	<p>214-531-1111</p>
<p>Alcoholics Anonymous</p>	<p>877-871-4177</p>
<p>Narcotics Anonymous</p>	<p>800-407-7195</p>

You are NOT ALONE

Millions of people are affected by mental illness each year. Across the country, many people just like you work, perform, create, compete, laugh, love and inspire every day.



1 in 5 U.S. adults experience mental illness

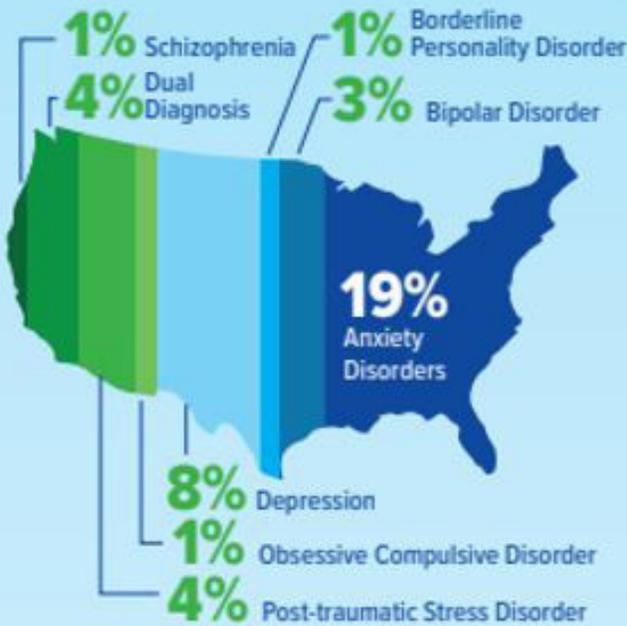
1 in 20

1 in 20 U.S. adults experience serious mental illness

17%

of youth (6-17 years) experience a mental health disorder

12 MONTH PREVALENCE OF COMMON MENTAL ILLNESSES (ALL U.S. ADULTS)



12 MONTH PREVALENCE OF ANY MENTAL ILLNESS (ALL U.S. ADULTS)



WAYS TO REACH OUT AND GET HELP



Talk with a health care professional



Call the NAMI HelpLine at 800-950-NAMI (6264)



Connect with friends and family



Join a support group

Data from CDC, NIMH and other select sources. Find citations for this resource at nami.org/factsheets

NAMI HelpLine
800-950-NAMI (6264)



NAMI



NAMICommunicate



NAMICommunicate



www.nami.org





1 in 5 U.S. adults experience mental illness each year.



3,347,000 adults in Texas have a mental health condition.

That's more than **3X** the population of Austin.

It is more important than ever to build a stronger mental health system that provides the care, support and services needed to help people build better lives.



More than half of Americans report that **COVID-19** has had a **negative impact** on their mental health.

In February 2021, **43.4% of adults in Texas** reported symptoms of **anxiety or depression**.

26.4% were unable to get needed counseling or therapy.



1 in 20 U.S. adults experience serious mental illness each year.

In Texas, **796,000 adults** have a **serious mental illness**.



1 in 6 U.S. youth aged 6–17 experience a **mental health disorder** each year.

314,000 Texans age 12–17 have depression.

Texans struggle to get the help they need.



More than half of people with a mental health condition in the U.S. **did not receive any treatment** in the last year.

Of the **839,000 adults in Texas** who **did not receive needed mental health care**, **45.3%** did not because of cost.

18.4% of people in the state are uninsured.



Texans are over **5x more likely to be forced out-of-network** for mental health care than for primary health care — making it more difficult to find care and less affordable due to higher out-of-pocket costs.

15,072,179 people in Texas live in a community that **does not have enough mental health professionals**.

An inadequate mental health system affects individuals, families and communities.



High school students with depression are more than **2x more likely to drop out** than their peers.

64.7% of Texans age 12–17 who have depression **did not receive any care** in the last year.



27,229 people in Texas are homeless and **1 in 6 live with a serious mental illness**.



On average, 1 person in the U.S. **dies by suicide every 11 minutes**.

In Texas, **3,930 lives were lost to suicide** and 756,000 adults had thoughts of suicide in the last year.

1 in 4 people with a serious mental illness has been arrested

by the police at some point in their lifetime –



leading to over **2 million jail bookings** of people with serious mental illness each year.

About **2 in 5 adults** in jail or prison have a history of mental illness.



7 in 10 youth in the juvenile justice system have a mental health condition.



NAMI Texas is part of NAMI, National Alliance on Mental Illness, the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

This fact sheet was compiled based on data available in February 2021. For full citations, visit: nami.org/mhpolicystats.

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BEHAVIORAL
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COLLIN COUNTY

For more information please contact:

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214.289.3866