

COALITION FOR
BEHAVIORAL
HEALTHCARE



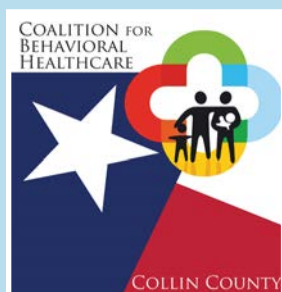
BEHAVIORAL HEALTH

IN COLLIN COUNTY

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



A STATUS REPORT ON BEHAVIORAL HEALTH IN COLLIN COUNTY 2022



Collin County: In Behavioral Healthcare, we have come a long way in the last 5 years, but the challenges have dramatically increased here and across the nation. This Status Report on Behavioral Health in Collin County is designed to help stakeholders and citizens focus on what matters.

Collin County has been one of the fastest growing and most attractive destinations in the United States for homeowners, families, career building, and lifestyle attractions for many years. This is due in no small part to a rapidly expanding business community, diverse cultural and social activities, outstanding educational opportunities for children and college students, a low impact/pro-business government philosophy and much more. Ongoing rapid growth has presented significant challenges, and when these challenges are combined with significant adverse trends in behavioral health indicators across the United States, we in Collin County are well served to review the situation here at home and ask ourselves:

1. Can we better address the behavioral healthcare challenges we face today, and if so, how?
2. How do we best prepare for the challenges we expect over the next few years as Collin County's growth continues?

While trends across multiple indicators show great progress, others are trending unfavorably and thus worrisome. Given growth projections over the next decade, the potential for declining quality of life is real in the absence of coordinated preparation for the challenges ahead.

This report examines our current capacity to support the behavioral health of Collin County and is intended to stimulate collaboration, dialogue and action around observed challenges and potential solutions. The report is a product of a dedicated group of volunteers on the Board of the Coalition for Behavioral Healthcare in Collin County (CBHCC). (See Attachment I)

Meaningful discussion of behavioral healthcare has been hampered by the stigma associated with mental health issues for decades. Since the arrival of COVID-19 pandemic, behavioral health has garnered much attention as a crisis in itself. Recent experiences tell us that business and community leaders now see behavioral health in a different light, and we believe they will become strong advocates for improved behavioral health in Collin County. See [The Center for Workplace Mental Health](#).

Challenges to producing this and future reports:

While this report covers the capacity afforded by public and private providers, governmental institutions and volunteers of all types, historically, very few of these institutions have consistently collected reliable data that can be used across communities to identify behavioral health trends. As a result, at this time, there is no standard data set used by police, counselors, schools, hospitals, etc. across the county, or even by city. We are hopeful that over time and with proper protections, more information will become available to help assess needs, trends, guide efforts, and help provide a comprehensive framework for the building and delivery of county-wide mental health support services. Doing so will drive improved quality of life and the long-term growth and prosperity of our business community.

Actions Steps for Strengthening Behavioral Healthcare in Collin County

Listed below are prioritized recommendations from the Coalition Board for future work in Collin County to address system gaps, improve available care, increase effectiveness, and eliminate inefficiencies.

1. Continue to raise awareness of and training on behavioral health throughout Collin County's many stakeholders.
2. Encourage support for behavioral health initiatives and collaborations at educational institutions of all levels. Advocate for reduction of screen time by all children and youth.
3. Convene leaders and stakeholders to explore options for enhancing crisis response capacity. *See Attachment II, P. 30.*
4. Educate business and institutional leaders on behavioral health issues within organizations and ways to mitigate negative impact. Enlist their support for behavioral health initiatives in Collin County .
5. Coordinate with all relevant entities to collect and share data for monitoring community-wide behavioral health trends and changes. Report regularly on key measures that describe status in Collin County.
6. Encourage and facilitate citizens to volunteer in a variety of capacities at behavioral health agencies.
7. Support behavioral healthcare workforce development initiatives.

Even with the challenges described above and below, we think you will agree that the information presented in this report is compelling and warrants good faith collaboration for the betterment of Collin County's citizens, children and institutions. We look forward to working with you on the path ahead.



Dana Bickford

President

Coalition for Behavioral Healthcare in Collin County



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What is Behavioral Health?

Over the last few years, the world has become increasingly aware of the declining mental health of our communities and its impact through news coverage, events and related data. Some clear examples include:

- Hospitals have noted significantly increasing costs related to covering individuals with substance abuse or severe mental illnesses.¹
- Employers who analyze their absenteeism and/or loss of productivity in the workplace (presenteeism) are increasingly providing training to supervisors on best practices for helping employees with behavioral health conditions succeed in the workplace.²
- Many law enforcement agencies have expressed concern about the amount of time officers spend dealing with mental health or addiction issues which reduces the amount of time available to investigate and resolve criminal activities.³
- Schools have identified an increasing number of children and adolescents whose behavioral health issues require treatment before they can benefit from the education system.⁴

Collin County has recently been recognized as the [healthiest community in Texas](#). A vibrant and healthy community requires strong and resilient individuals to adapt, survive and thrive through the changes and challenges of today's world. Illnesses and stress on both bodies and brains can

significantly impact whether each individual is successful or not. Like other types of specialty health care, we want to insure adequate access to different levels of service and treatment for mental health conditions.

It is well documented that the human brain is an extremely complex organ. While the scientific community is learning more each day about how the brain functions, there is much left to discover. While there are no "cures" there are many evidence based pharmacological and psychotherapy interventions shown to be highly effective in treating mental health and substance use disorders.

A holistic view of behavioral health issues encompasses both diagnosable mental health conditions and substance abuse and addiction problems. Mental illnesses include a large array of diagnosable conditions including depression (the most common), multiple forms of schizophrenia, obsessive-compulsive disorders, anxiety, and others. Substance abuse/addiction includes physical addictions to chemicals (both legally prescribed and illegal) and/or psychological dependence (someone who feels they can only operate or "feel normal" when they are under the influence of alcohol or drugs). It is not unusual for individuals with mental illnesses to try to lessen troubling symptoms like hallucinations, sleep disturbances, anxiety, etc. with the use of substances or unprescribed medications which often complicate their own recovery.

¹ See resident discharge charts on page 18-19, Source: DFW Hospital Counsel for Collin County Hospitals, 2018 – 2022.

² Source: Greenberg PE, Fournier AA, Sisitsky T, Pike CT, Kessler RC. The economic burden of adults with major depressive disorder in the United States (2005 and 2010). *J Clin Psych.* 2015;76(2):155-162. Referenced by Frank Wright, M.D., Senior Medical Director, Behavioral Health, Health Care Service Corporation (parent of Blue Cross Blue Shield of Texas, Oklahoma, Illinois, New Mexico and Montana).

³ Refer to LifePath Systems bi-monthly meeting between Law Enforcement and Hospitals.

⁴ Refer to CBHCC Education Committee meeting minutes, CY: 2021-2022 and CY 2022-2023.

Mental Health Conditions and Quality of Life

Mental health and substance abuse issues occur in all parts of our society. [Collin County residents are fortunate to have more resources on average than most other Texans](#) which makes a significant difference in one's ability to manage these conditions. It has been shown, however, that the prevalence of behavioral health conditions is relatively stable across all populations, including all ethnic groups and ages, regardless of economic status.

Sadly, for those who do not get treatment, individuals with serious mental illnesses or addictions often experience:

- loss of support systems (family, friends, co-workers)
- loss of employment
- inadequate medical and dental care
- increased risk for poverty, and
- increased risk for interaction with the justice system

The World Health Organization and studies by others have shown that individuals with severe mental illnesses die on average 10-25 years before their peers without mental illnesses.

The good news is that TREATMENT WORKS and RECOVERY IS POSSIBLE. There are many Collin County residents who have survived and recovered from mental illnesses or addictions. Many others have learned effective coping skills to manage their condition that allows them to live a happy and productive life.



How Many of Our Residents are Considered “At Risk”?

Texas Department of Health Service prevalence data estimates 271,500 Collin County residents have mental health issues and almost 55,000 of those individuals have a serious mental illness.

One in five (19.86% of the U.S. population) as reported in [“The State of Mental Health in America-Prevalence 2022”](#) by Mental Health America will have mental health issues. One in twenty will have a serious mental illness, defined as one of several diagnoses which are typically long term, chronic conditions with serious impacts on an individual’s ability to function effectively. Examples of serious mental illnesses are major depression, schizophrenia, and bipolar disorders. [“Emerging Issues in Adolescent and Young Adult Health”](#) (Texas Department of State Health Services) states that approximately 50% of individuals with a serious mental illness begin experiencing symptoms by the age of 14. Almost 75% have symptoms by the age of 24.

Substance abuse and addictions degrade individuals’ lives, destroy careers, and negatively impact families. The federal Substance Abuse and Mental Health Services Administration estimates that 4% of youth (11,000 in Collin County) and 7.7% of adults (84,700) admit to problems with substance abuse or addictions. Alcohol abuse is by far the most common problem for adults.

By far, most individuals in our county who receive treatment access it from a private psychiatrist, psychologist, counselor, or hospital. LifePath Systems is the largest single provider of services for individuals who have a serious mental illness and are indigent. In their “2021 Impact Report” Lifepath reports serving approximately 10,000 Collin County residents annually. Adding in the numbers served by all other public, non-profit, and for-profit providers, Collin County looks similar to the rest of U.S., where for a variety of reasons only about half of those in need receive any treatment for their mental illnesses in 2021 ([“The State of Mental Health in America”](#), Mental Health America).

Even before the COVID-19 pandemic, substance abuse disorder was rising. Individuals seeking treatment for opioid addiction in Collin County increased from 2018 to 2021. Counselors indicating many clients’ stories reflect a rapidly growing use of the dangerous drug Fentanyl, especially among those users under 25 years of age and that is evident in the rapidly growing number of overdoses attributed to Fentanyl.



Essential Services/Systems Available in Collin County

Essential Services: Crisis Response

An essential system component is crisis response, which must be available 24/7/365 to quickly respond to crises. In Collin County as in many places around the nation, the crisis response system is “under development.” Significant components are in place and operational while others that can improve effectiveness or efficiency need additional work and financing. The State of Texas provides a limited amount of funding for Local Behavioral Health Authorities (LBHA) to work with law enforcement, inpatient and outpatient providers to intervene as needed to provide a safe environment that assists the individual through a crisis. LifePath Systems, as Collin County’s designated LBHA, hosts a semi-monthly meeting open to all law enforcement agencies and hospitals to review data on crises, identify issues and make improvements not to mention cycles of poverty and/or homelessness due to lack of support from their families and/or inability to maintain steady employment. Treatment options are limited due to funding, and currently individuals often end up in local emergency rooms or jails.

In 2021 the Crisis Hotline answered over 8,300 calls from Collin County residents and visitors. The toll-free number is (877) 422-5939.

Source: Data Report by Pete Kabira, LifePath Systems COO

Attachment II is a matrix of services that comprise a complete system for Collin County. Many of the components are currently in place in whole or in part, while others await adequate funding for full implementation.

To respond/assess/intervene before a crisis becomes an emergency and requires law enforcement involvement, a nationally accredited Crisis Hotline is available 24 hours a day for individuals in Collin County. Hotline workers provide a risk assessment including brief counseling when appropriate, schedule an appointment for follow up with a therapist or may send a Mobile Crisis Team (or law enforcement as needed) to the caller’s location.

Since 2017 Collin County has had a Mobile Crisis Team available 24 hours a day to assess situations and begin the process of getting help. The Mobile Crisis Team works closely with law enforcement agencies, hospitals, and outpatient clinics to determine and access the most appropriate level of service. For the last 3 years, the Mobile Crisis Outreach Team has encountered an average of 655 adults and 64 child/adolescents per month. A current pilot using tele-assessments with the Plano Police Department holds great promise for increasing coordination and faster response time.

Essential Services: Outpatient Care

Collin County outpatient providers (primarily psychiatrists and licensed counselors) as expected are concentrated in the larger cities. They, along with family doctors and other physicians, are the source of medications and counseling for most residents. Individuals with serious mental illnesses can get partially or fully funded outpatient care at LifePath’s Plano and McKinney clinics or at Child and Family Guidance Center in Plano. Some churches also provide counseling as do schools and colleges. LifePath maintains an “Open Access” clinic five days a week to provide a brief initial assessment of the need for mental health or substance abuse treatment. The individual is then able to choose a provider organization that seems right for them depending upon their insurance coverage or ability to pay. This process may involve LifePath completing a financial assessment to qualify the client for state funding assistance which is provided on a sliding scale

Substance abuse outpatient programs are available at Grace to Change, LifePath, MedPro, and West Texas Counseling and Rehab for uninsured and low-income individuals. There are numerous private substance abuse providers throughout the county including Changes McKinney, Carrolton Springs Hospital, Changes Plano, Arise Recovery Centers of McKinney, Sojourn Center, Exult Healthcare, etc.

A variety of support services are needed to assist and sustain an individual in mental health or substance use disorder recovery. AA and NA groups throughout the county offer vital encouragement to reach and maintain sobriety. For many others, such as the homeless population in Collin County, additional support is needed. Successful response to intervention is compromised without stable housing and food. During 2021 LifePath funded \$328,000 in emergency rent, food, utilities and transportation. Other institutions and local groups also provide assistance. Unmet needs frequently identified as priorities by clients and stakeholders in Collin County include:

- assistance in finding and maintaining employment,
- affordable housing,
- integrated medical/behavioral healthcare,
- recreation/socialization opportunities and
- expanded public transportation.

Essential Services: Inpatient Care

Inpatient care in a specialty unit of a hospital may be required for a variety of reasons, such as safety, trying a new medication or removal from a volatile situation. If a person's illness has become so severe it impacts their ability to care for themselves or they present a danger to others, they may voluntarily seek inpatient care or be legally compelled with a signed court order to enter a secure psychiatric facility for a temporary period typically up to 72 hours. Several of the large hospital systems operate psychiatric units in Collin County in addition to several free-standing units.

There are three significant factors impacting inpatient care in Collin County.

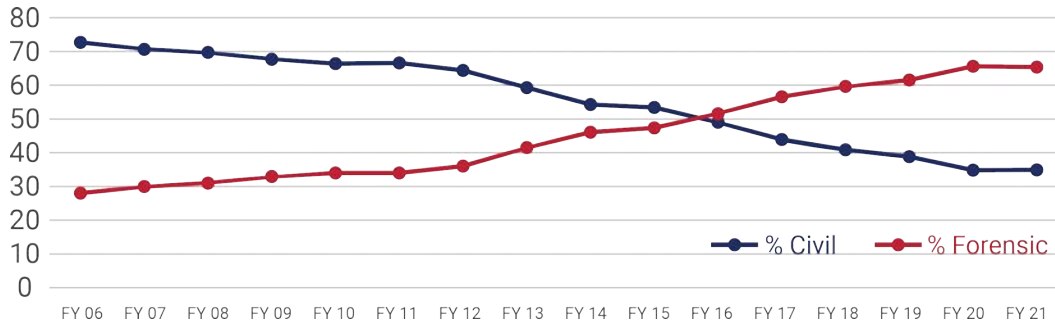
1. Even though inpatient care is a critical piece of crisis response, the State of Texas does not include any funding for inpatient care as a standard part of its contract with Local Behavioral Health Authorities (LBHA), relying primarily on its state-owned hospital system for individuals who require longer periods of treatment. In the past few legislative sessions, however, limited grant funds have been allocated that LBHAs can use to provide local inpatient care.
2. From 1964 to 2021, the Texas population rose from 10.3 to 29.5 million people, almost tripling in fifty-six years. Despite astounding population growth, the number of inpatient psychiatric beds in Texas State Hospitals shrank by almost 80% during this time, from 14,921 to 3,013 beds. Demand for both forensic and civil psychiatric beds far exceeds current State Hospital system capacity, placing severe strain on local communities, jails and hospital systems. As a result, the state hospital system with nine campuses almost always has a waiting list for admission.

Even individuals mandated by a court for competency restoration or maximum security often wait many months sometimes years for an opening, usually detained in a local jail cell. In the current budget cycle, the Legislature funded 2,241 state hospital beds. Of those, only 1,524 are useable due primarily to staffing shortages.

Since 2006 Texas has seen a significant increase in the number of forensic patients committed to state inpatient care resulting in very little access and very long waiting time for individuals who receive a civil commitment to inpatient care or need an extended time for recovery. In 2006 civil commitments comprised 72% of the beds used with only 28% forensic patients. Forensic patients (inmates previously judged to be incompetent to stand trial or not guilty by reason of insanity) occupy more than 65% of all state hospital beds today. The chart below from the State's Strategic Plan for Behavioral Health clearly shows the changes.



Average Daily Census (ADC) Fiscal Years (FY) 06-21



As of March 21, 2022, the Collin County jail had not been able to transfer any inmates to the maximum-security unit (Vernon State Hospital) for 966 days. Similarly, the longest inmate awaiting transfer to the State Hospital at Terrell had been waiting 612 days. It is not uncommon for such inmates to serve out their sentences in jail with minimal treatment available and to be discharged prior to an opening becoming available in a State Hospital for inpatient care. According to a Department of Health and Human Services presentation to a legislative committee on June 28, 2022, statewide there are over 1,400 forensic patients waiting for a non-maximum security bed and 885 waiting for a bed in a maximum security unit. This means there are more people waiting for beds than there are functional beds in the entire State of Texas’ system.

The Texas Legislature has funded the development of several new psychiatric hospitals over the last 3 sessions. The Dallas area hospital is a partnership with UT Southwestern, with 200 adult and 100 child/adolescent beds planned. The projected opening is March 2025.

3. Lastly Collin County has not had a public hospital since the mid-1980s.

These three factors (limited state funding for crisis response, decreased state hospital access and no county hospital) have created a situation when individuals without resources often show up in emergency rooms of all local hospitals needing inpatient psychiatric care, many of which are not prepared to treat psychiatric cases.

There are also several hospitals located just beyond county lines that regularly serve Collin County residents. Hospitals in the county and those nearby provide many millions of dollars of uncompensated care each year for indigent individuals along with the individuals who have insurance or the resources to pay for services.

LifePath as the LBHA and with the help of the Collin County Commissioners, competed for and secured funding for the purchase of inpatient psychiatric beds for uninsured individuals of all ages. LifePath used this funding to purchase 3,606 bed days in FY2020, 4345 bed days in FY 2021, and 4471 bed days in FY2022, at a cost of \$2.25 million, \$2.70 million, and \$2.79 million, respectively, at local psychiatric facilities. While they were able to increase the funding by 24% to cover the needs over this two year period from a variety of programs, there is no guarantee of needed funding sources in the future. Hospitals currently providing inpatient psychiatric care for individuals from Collin County under this arrangement includes:

- Texas Health Resources: Plano, Prosper, Frisco
- Medical City Plano, McKinney
- Haven Behavioral Health
- Methodist Richardson Medical Center
- Perimeter Behavioral Hospital of Dallas
- Children’s Hospital in Plano,
- Texoma Medical Center
- Glen Oaks
- Dallas Behavioral Health
- Garland Behavioral Health
- Oceans Behavioral Center
- Carrollton Springs
- Terrell State Hospital

For individuals who no longer need inpatient care but are not quite ready to be on their own, or for individuals who can be safely diverted from inpatient care, LifePath offers a “step down” program at their Crisis Center location. The step down provides 24 hour, medically supervised care but does not have the full staffing associated with an inpatient facility.

Substance use disorder inpatient programs are more limited but include three Dallas providers:

- Homeward Bound (includes detox facilities)
- Nexus Recovery Center
- Turtle Creek Manor

As with all other services, the ongoing rapid population growth in Collin County predicts the need for additional funding to meet the need for additional dedicated forensic and non-forensic inpatient units. With limited state funding and the lack of a public hospital in Collin County, one of the greatest potential areas for improved efficiency and efficacy through coordination of care is for all parties to collaborate and jointly create a shared emergency psychiatric center.

The only detox center located in Collin County is in the jail, and to utilize its services the client must be an inmate.

Essential Services: Child and Adolescent Specialty Care

Collin County residents and leaders have a long history of supporting children and adolescents through multiple approaches and initiatives. As of this writing, the American Academy of Pediatrics, the American Academy of Child and Adolescent Psychiatry and the Children’s Hospital Association have declared a national emergency in children’s mental health. Rapid and significant increases in mental health concerns and suicidal behavior are cause for alarm, and the concerning behaviors are heavily impacting all of Collin County’s Independent School Districts as they are across Texas and the United States. We are not immune to the greater societal trends, but we can be proactive in responding to them.

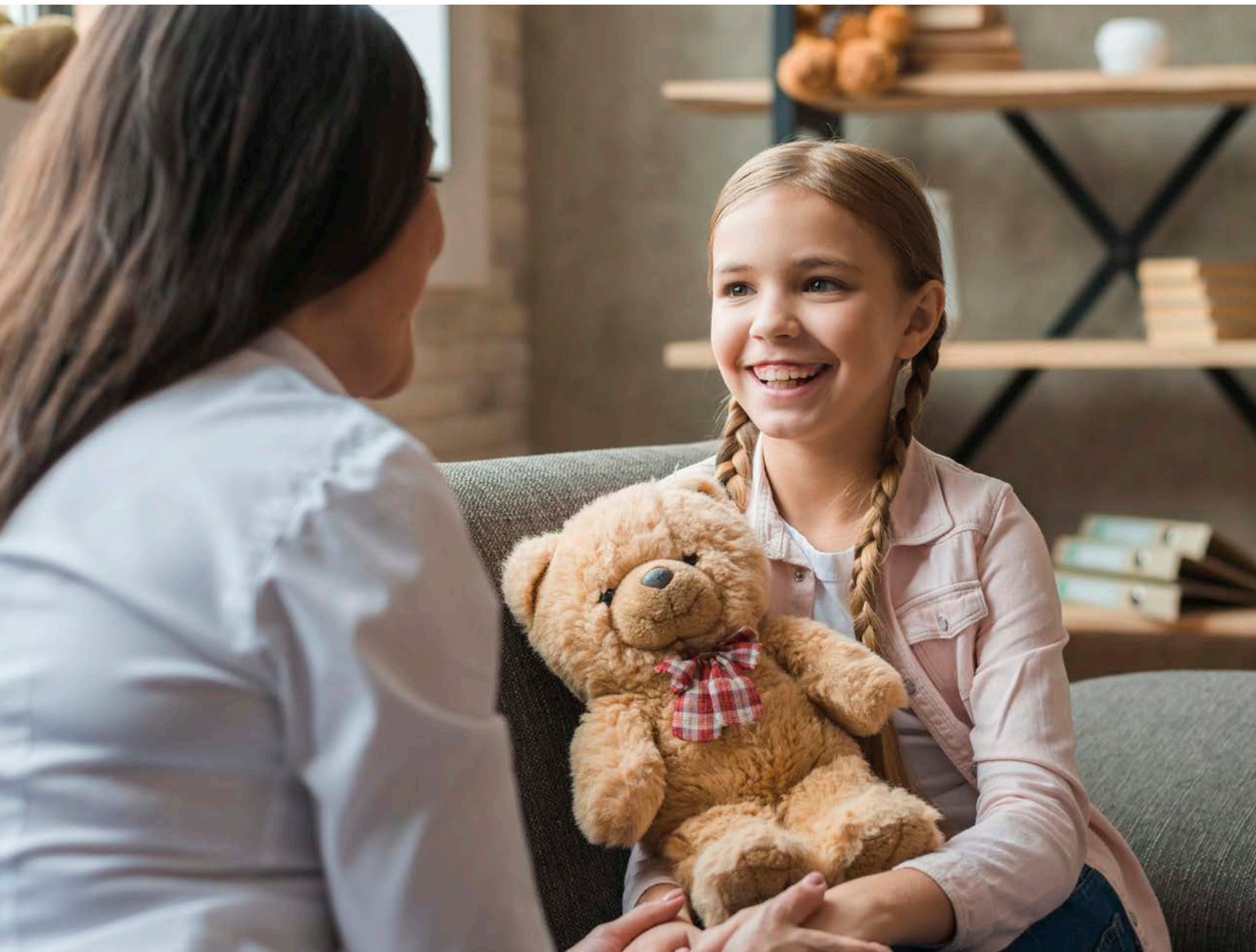
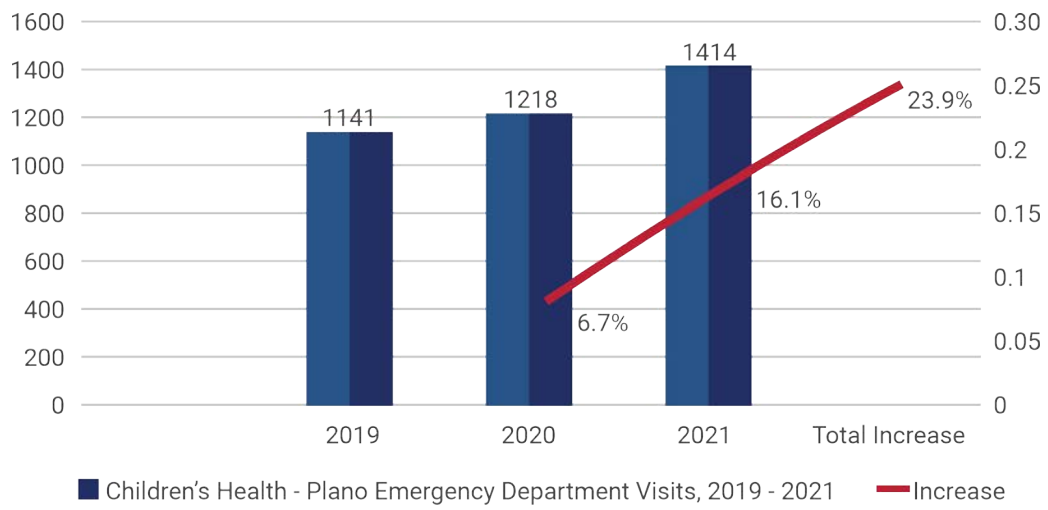
Prior to the onset of the COVID19 pandemic, prevalence rates for child mental health and suicidality were on the rise for the past decade. By 2018, suicide was the second leading cause of death for youths ages 10 to 24 years in the United States. Additionally, emergency room visits for suspected suicide attempts increased over 50% among girls ages 12 to 17 in 2021 as compared to the same period in 2019. More than 140,000 children have experienced the loss of a loved one due to COVID19, with children of color disproportionately impacted. The impact of forced isolation, quarantines and dramatically increased “screen time” due to COVID19 on very young children may not be known for years but is expected to surface over time.

Child/Adolescent ER Visits 2020 - Ages 5 to 11 years: Up 24% | Ages 12-17 years: Up 31%

A Local View

Children’s Health has seen an increase in behavioral health visits at its Emergency Department on the Plano campus. In 2019, there were 1,141 behavioral health visits, in 2020 1,218 visits and in 2021 1,414 visits (a 24% increase over 2019).

Children's Health-Plano ED Department Visits



The Behavioral Health Delivery System for Children and Adolescents

Negative Trends:

In recent years North Texas has seen the closure of two inpatient psychiatric facilities providing child/adolescent services: Timberlawn Hospital closed in February 2018 and Sundance Behavioral Health closed in December 2018. Additionally, in 2021 Children's Health closed its inpatient psychiatric unit on the Dallas campus (representing an additional loss of nine beds in our region).

Current System:

Today 8% of Collin County children are uninsured and 7% live in poverty. School leaders state they are serving large numbers of children who live in temporary housing (shelters, cars, friends' houses). The Children's Health Beyond ABC report, published in November 2021, indicates as of 2019, there were 255,940 children and youth living in Collin County with 31,037 Collin County children and youth experiencing an emotional disturbance or addictive disorder (12%). Severely behaviorally disordered children and youth, such as those with low-functioning Autism Spectrum Disorder have been housed in the emergency rooms for extended periods including weeks at a time due to the lack of specialty treatment programs in the area or state.

The major child and adolescent behavioral health providers in Collin County are:

LifePath Systems in Plano, McKinney, and Frisco

LifePath receives federal, state, local and philanthropic funding as well as insurance reimbursements to provide an array of community-based services to address mental health and substance use issues. Almost 2000 children receive these services each year. Demand for services grew 8% from 2020 to 2021. Services include:

- Medical Services, including psychiatric and nursing services
- Counseling and Case Management
- Parent skills training
- Suicide Prevention
- Family Education and Support

- School Support
- Substance use assessments, residential treatment, and outpatient services
- Youth Empowerment Services (YES) Waiver
- Wraparound services
- Crisis Hotline and Mobile Crisis Outreach
- Inpatient psychiatric services for individuals without insurance

Seay Center in Plano, TX

Texas Health Resources' Seay Center provides adolescent inpatient, partial hospitalization and outpatient treatment. Health care professionals, which includes physicians on the medical staff and licensed counselors, assess the child's needs and develop an individualized care plan to help them manage their medical and emotional health concerns in a supportive and collaborative environment.

Families are encouraged to participate. After-care plans are provided to give the patient the support, strategies, and tools they need for success. The behavioral health program has provided care for more than 30 years as part of one of the largest health care systems in North Texas and is in-network with most major insurers.

Children's Health School-Based TeleBehavioral Health

In response to some of the alarming statistics regarding adolescent suicide rates as well as the closure of behavioral health hospitals mentioned above, Children's Health implemented a school-based tele-behavioral health program in the Fall of 2017. This program served as a model for a state funded initiative called Texas Child Health Access Through Telemedicine (TCHAT) program, funded and administered by the Texas Child Mental Health Care Consortium formed by Senate Bill 11 in the 2019 Texas Legislative Session. With its legacy School-Based Tele-Behavioral Health Program and the TCHAT program in collaboration with UT Southwestern, Children's Health now provides access to behavioral health services in more than 300 campuses across North Texas. More than 92,000 students across 101 campuses in Collin County now have access to virtual behavioral health services including assessment, brief intervention, referrals as needed and case management without having to leave school.

Children’s Health Network Affiliations

In mid-2021 Children’s Health announced network affiliations with Perimeter Behavioral Health in Garland and Haven Behavioral Health in Frisco. As part of that affiliation, Perimeter will staff 30 reserved inpatient beds for use by transfers from Children’s Health emergency departments, including the emergency department at the Plano campus. This arrangement represents a significant increase in bed capacity.

The Haven Behavioral Health Hospital: Adolescent Inpatient Treatment in Frisco, TX

Haven’s Adolescent Inpatient Program provides treatment for adolescents, ages 12 to 17 years, experiencing acute mental health and/or addiction issues. Services include the comprehensive evaluation and treatment of a variety of emotional, behavioral and substance use issues including:

- Sudden Mood Changes
- Anxiety and Panic Attacks
- Suicidal Thoughts
- Self-injury
- Psychotic Disorders
- Severe Disruptive Behavior
- Drug or Alcohol Use
- Depression

Local School Districts

Schools are required to identify and address emotional disturbances and behavioral health challenges in a way that allows the student to be successful in the classroom. The Texas Education Agency requires each independent school district (ISD) to have a Safe and Supportive School Program Team to evaluate threats posed by students. The first full year of reporting (2021-2022), Collin County school teams were referred 1,196 students. After evaluation, 293 of those students were deemed to be a credible threat and needed treatment and supportive assistance.

Summary of Child/Adolescent Services

Overall, children and adolescents in Collin County are some of the healthiest and most economically advantaged in the state. Despite this prosperity, significant gaps in access to behavioral health care still exist. Hospital

emergency departments continue to see and treat large numbers of behavioral health cases despite many not being equipped to do so. Payor reimbursements for behavioral health services, particularly those from Medicaid, remain low—sometimes pennies on the dollar compared to the cost of providing care. Poor and rural communities in Collin County continue to experience a digital divide, lacking access to digital devices and infrastructure crucial to make virtual services delivery models successful. As it is throughout the state, the number of child/adolescent behavioral health providers in Collin County remains in the lower ranks nationally.

Essential Services: Law Enforcement and Justice System

Police Departments and Sheriff’s personnel routinely interact with individuals with mental illnesses or substance abuse issues. They must assess the safety of the individual and those around him/her. At times that responsibility includes taking someone into custody and finding the appropriate level of treatment. Officers throughout Collin County receive training in Crisis Intervention Team best practices, increasing their ability to handle challenging scenarios involving mental health crises. As a way to prevent future interactions, several local departments have hired Mental Health caseworkers to follow up on previous encountered individuals and assist them in accessing treatment and supports when needed.

If a person is a danger to himself or others or their ability to care for themselves is deteriorating a judge, typically through the Collin County Probate/Mental Health Court, may sign an Order of Protective Custody (OPCs) based on evidence that is presented by family or others. Those individuals are detained by law enforcement and held in an inpatient facility until they can be fully evaluated. After the evaluation and report by the treating psychiatrist, the judge may release the person or order them into treatment at the “least restrictive environment” that is estimated to be successful. In 2019, this court approved 2,198 OPCs, in 2020 there were 2,178 and in 2021 the number increased to 2,428 OPCs.

Some individuals with behavioral health issues are confined in the Collin County Jail, due to criminal charges or convictions. Collin County contracts with a medical provider for medical services in the jail, including psychiatric care. In 2022, the County is also contracting with LifePath for the initial assessment of potential inmates. Without a fully developed crisis response system and adequate access to inpatient long-term care, the number of inmates with behavioral health problems continues to rise. It appears that sometimes this occurs because it is easier and quicker for law enforcement to file charges than it is to find a hospital

bed. Hopefully continued growth in collaborations with the Mobile Crisis Team, earlier assessments and dedicated funding for inpatient space will decrease that number in the near future.

Collin County has been a leader in developing specialty courts to address specific identified issues. Graduates from the North Texas Veteran's Court serve as excellent examples of how treatment and structured guidance can assist with successful rehabilitation.



Behavioral Health Impacts Us All

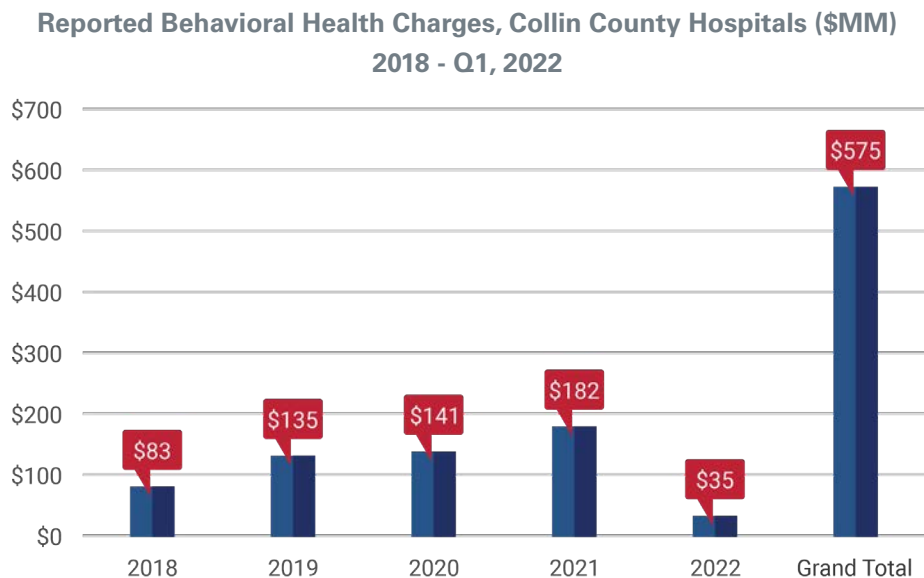
These illnesses have a wide ranging and significant impact on our public institutions and private lives. As examples:

- Last year the Texas Education Agency reported that Texas schools had to create individualized education plans (IEP) for 7.4 out of every 1,000 students due to diagnosed emotional disturbances (the term commonly used for mental health related concerns of school aged children).
- The implications for businesses are costly. Depression and alcohol-related health issues are high on the list of expenditures paid by health insurers, and a key driver of healthcare insurance costs.
- As residents and taxpayers, we see increased costs as well. Individuals who do not get treatment in time often show up in hospital emergency rooms (the most expensive option), with costs for the uninsured or underinsured being transferred to paying customers.
- Inmates with mental illnesses cost more per day due to their treatment needs and stay in jail markedly longer than those without mental illness, resulting in higher costs in city and county budgets.

Crisis Events and Hospitalizations

The most common way for a severe mental illness or even a temporary mental health issue to be identified is when a disruption occurs that threatens safety, family/friend relations or reflects an individual’s inability to care for themselves. Having the capacity to respond to behavioral health crises is critical. Key components of a comprehensive crisis response system are trained law enforcement, a 24-hour crisis hotline, a mobile crisis team, access to temporary inpatient options and a willingness by all to coordinate care. The following graphs/charts illustrate the scale of the current need, and do not count patients treated by free-standing psychiatric hospitals nor do they consider the needs that will come rapidly upon us with continued population growth. The trends, however, are evident and provide strong incentive for a collaborative stakeholder effort to consider improvements to the current system. These charts consider Collin County residents only.

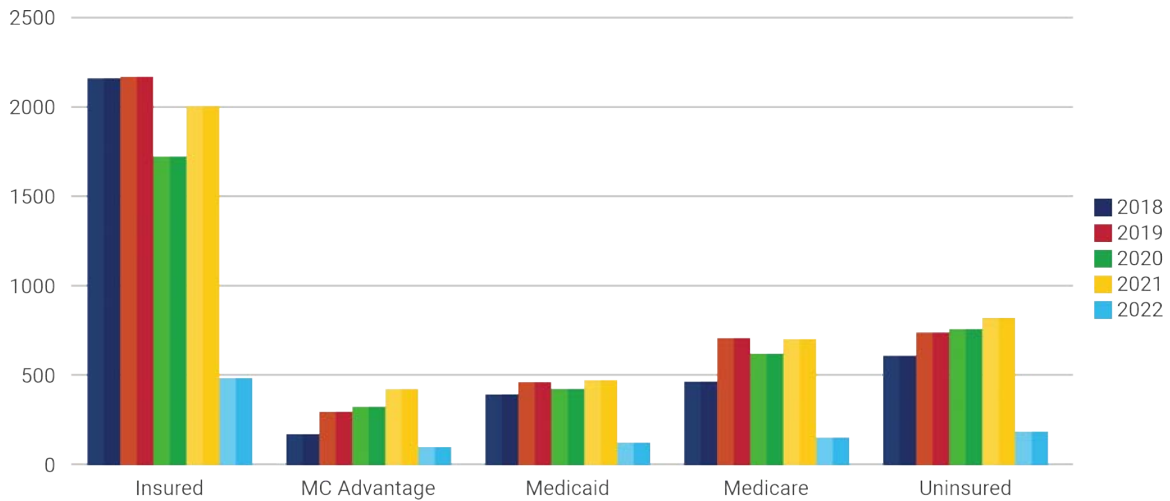
For the 51-month period from 2018 to the end of Q1, 2022, there were 17,183 behavioral health discharges from emergency departments and hospitalizations for mental health and substance use patients. The grand total of charges for those patients is \$575 million, or an average of about \$11 million per month in the following chart.



Source: DFW Hospital Counsel for Collin County Hospitals, 2018 – 2022

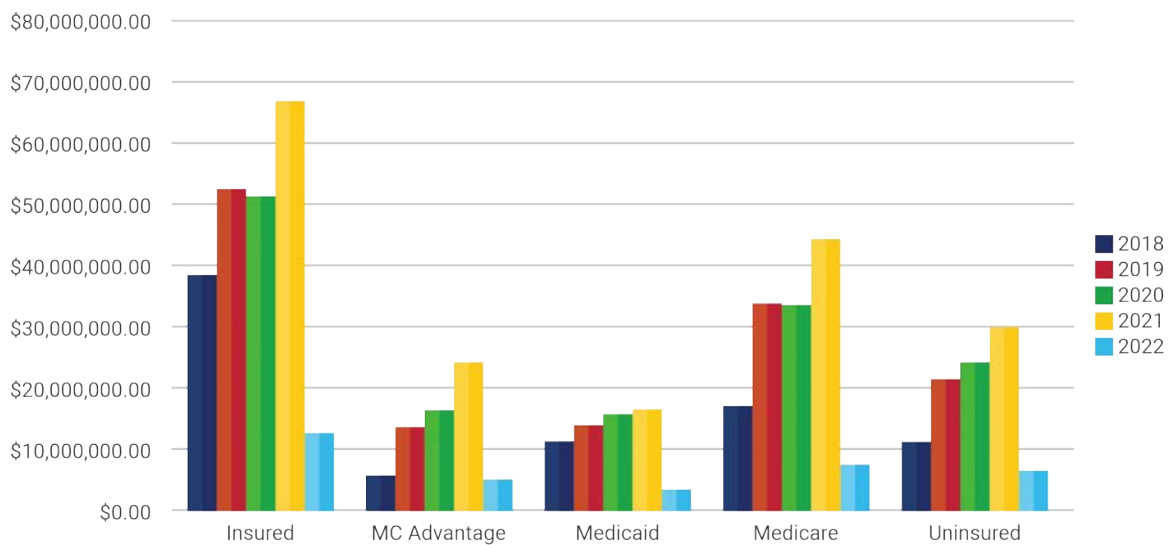
The two graphs below reveal a major increase in 2021 charges associated with all funding categories for a marginal or no increase in patients.

Number of Patients by Funding Source



Source: DFW Hospital Counsel for Collin County Hospitals, 2018 – 2022

Charges by Funding Source



Source: DFW Hospital Counsel for Collin County Hospitals, 2018 – 2022

Further analysis of the data revealed that one major driver of increased behavioral health treatment cost for this period was a significant increase in acuity. Typically, the more severe the acuity, the longer the hospitalization and the higher the costs associated with treatment. Total charges for inpatient behavioral health treatment for Collin County residents as measured by this discharge data has risen 119% in the three years between 2018 and 2021. We do not know whether this is a result of the pandemic, a long-term trend, whether it will slow down or reverse itself in coming years. We do know that vast majority of the data we have uncovered suggest increased acuity is continuing at the present time and is also evident in the 2022 overdose data on page 24 of this report.

Collin County hospitals report charges for uninsured patients rose 200% in the three-year period from \$10 million in 2018 to \$30 million in 2021.

There are four important takeaways from this analysis.

- First, the charges for all patients increased dramatically from 2018 to 2021. These increases are being driven by escalating acuity levels which drive longer hospitalizations.
- Second, this analysis is limited to only those costs reported by hospitals that are members of the DFW Hospital Council. It does not consider any costs incurred by cities and their police departments and jails, schools, the county jail, and the costs citizens incur through their health insurance costs (which are driven by rising behavioral healthcare costs) and taxes which fund a portion of the current system.

The absence of a system designed for smooth transitions between all providers, clinicians, and families or support structures often results in patients dropping out of treatment and recycling through the crisis system repeatedly, driving costs higher and higher.

- Third, this analysis does not include the human impact of the current improving, but still difficult to navigate system on the patients and their families, which leads to patients coming through emergency rooms, police departments and jails, sometimes repeatedly.
- Fourth, with significant projected growth of Collin County's population, it is clearly in stakeholders' best interest to consider a collaborative approach to address these challenges by designing a more cost-efficient, humane, and effective framework.

While Collin County is ranked as the healthiest in Texas, we anticipate the human and financial costs of our legacy system will continue to rise faster than may be acceptable to all stakeholders. The time for major stakeholders to strategically collaborate for a more effective and efficient system is clearly now.

Incarcerations

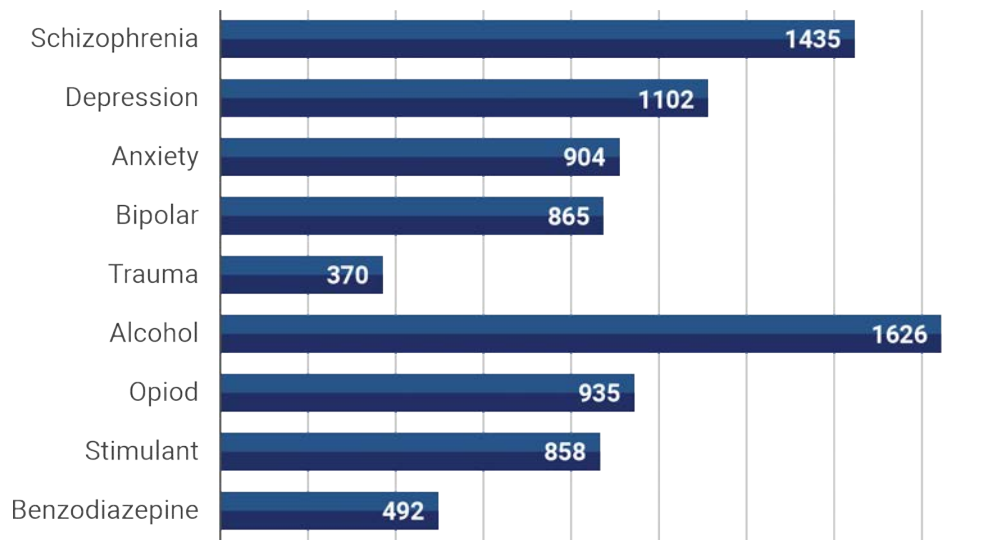
Dating back to President Kennedy's days in office, jails and prisons in the United States have been ever more utilized as a repository for individuals with serious mental illness. They should be viewed as a proxy for the prevalence of serious mental illness in our society. Collin County is not immune to this trend and in March 2022 the Collin County jail provided information in some detail that reveals the extent of mental illness, and the effort and resources required to manage behavioral health issues in the jail. With an average jail census of about 1000 inmates since 2017, the following information is taken from that report.

Collin County's Jail Psychiatric Program:

- 40% of inmates are followed for mental health issues
- 30% are on psychiatric medications
- 20% have a diagnosed serious mental illness
- 1.8 FTE Psychiatrists and 2 PMHNP saw 7,900 annual visits (2021)
- 7.6 FTE LPC/LCSW saw 15,700 visits (2021)
- 4.2 FTE QMHP from LifePath Systems added (2022)
- Primary duties of the program include identification of mental illness, suicide prevention program, medication management, competency restoration

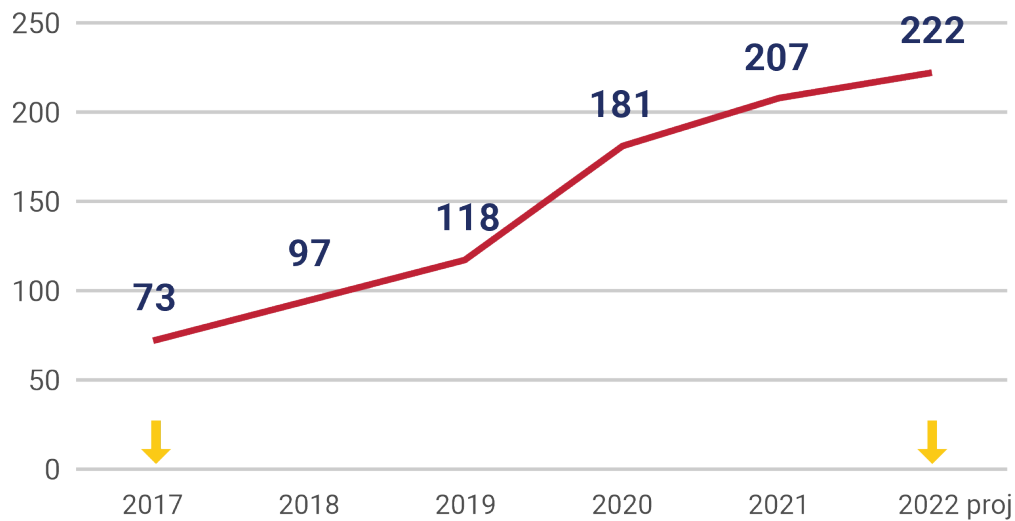
In effect, the jail is running a 115-bed inpatient psychiatric unit and a psychiatric emergency room at all times.

Past 12 month - Encounters Diagnosis



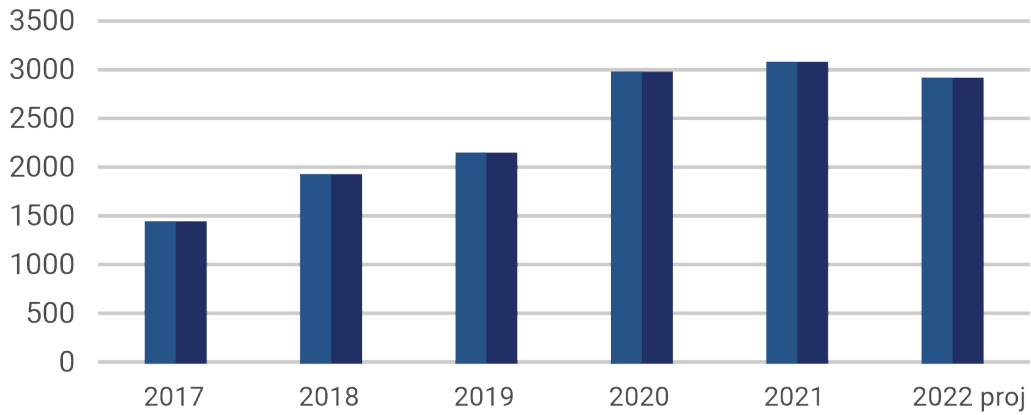
Schizophrenia/schizoaffective/psychosis has a prevalence of 1% in the general population, but it is highly overrepresented in the jail population.

Suicide Attempts in Jail

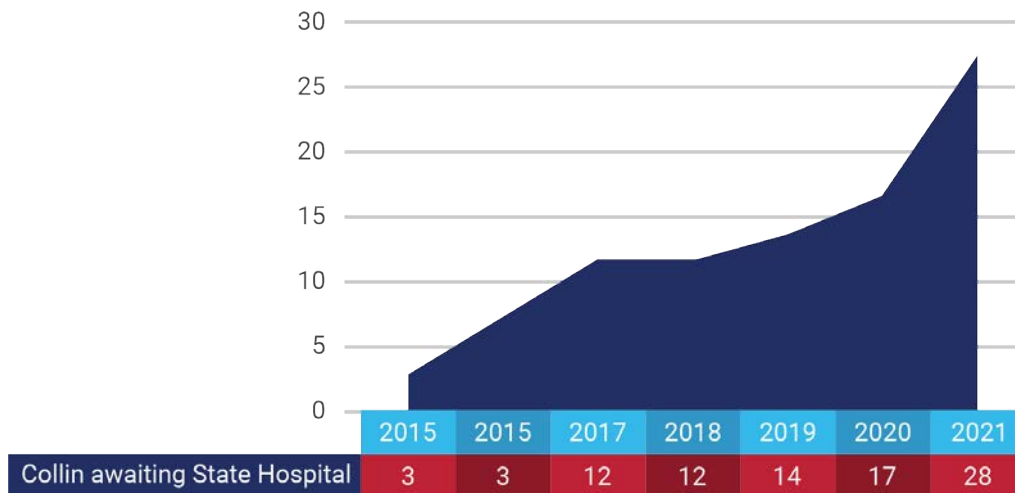


The graph above depicts attempts (hanging, ligature, jumping, cutting, banging head) in the jail. There was one successful suicide in 2017 and one in early 2022. Note the near – tripling of these suicide attempts in the jail over a 5-year period.

Unstable Mental Illness: those on watch who are hospitalizable



Waiting for state hospital.. almost doubled in 2021



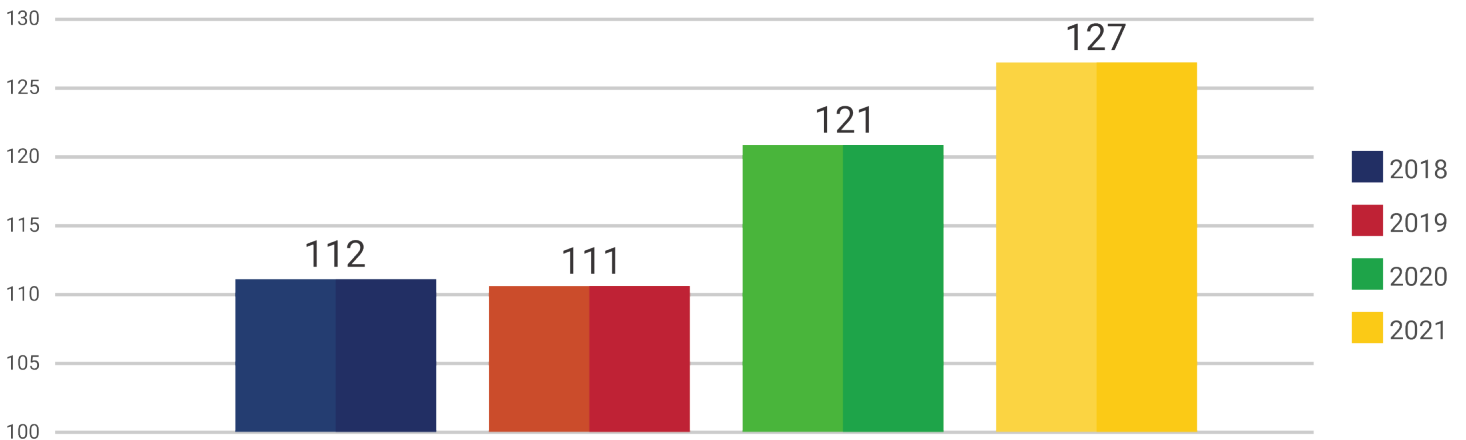
As of the report date in March 2022, the number of inmates awaiting transfer to a state psychiatric hospital was 30, and as a comparison, the Dallas County number waiting transfer was 350 at that time. In March, the last transfer to Vernon State Hospital was 968 days ago, and the Terrell State Hospital wait time was 300+ days, with the longest wait by an inmate at that time being 612 days. Because of these wait times, some psychotic inmates will serve out their sentences and be released into the public before a hospital bed becomes available. While all attempts are made to continue their treatment that was initiated in the jail, there are no guarantees they will continue treatment. Further information is provided in the section above about the availability of inpatient care that directly impacts the ability of the jail to refer inmates to treatment (in addition to the impact on civil commitments).

Collin County is currently expanding its jail infirmary from 24 beds at the detention center to a 450-bed separate facility at the county campus in McKinney, with 75 of those beds to be utilized as a detox facility. The cost of the expansion is \$134 million with the funding coming from the American Rescue Plan Act. This facility is expected to satisfy the county jail's behavioral health needs for the foreseeable future, however they do not address Collin County's non-forensic needs described throughout this report.

Suicides and Overdoses

Suicides and overdoses result in a loss to that individual's potential, to his/her family and to the community. Families and friends often grieve for years. The following comprehensive Collin County suicide data is provided. We have not included the provisional suicide data previously reported on the Wonder database because it has not been finalized, but an earlier report as of October 1, 2022 showed total provisional suicides at 247 persons. We await final reporting from the CDC on this data, but given the earlier provisional reporting, we anticipate it is likely that reported suicides in Collin County will again increase in 2022. As an indicator of mental health trends among Collin County's citizens, the data support the view of the Coalition that overall behavioral health trends are deeply concerning.

Collin County: Suicides: All Causes/all age groups

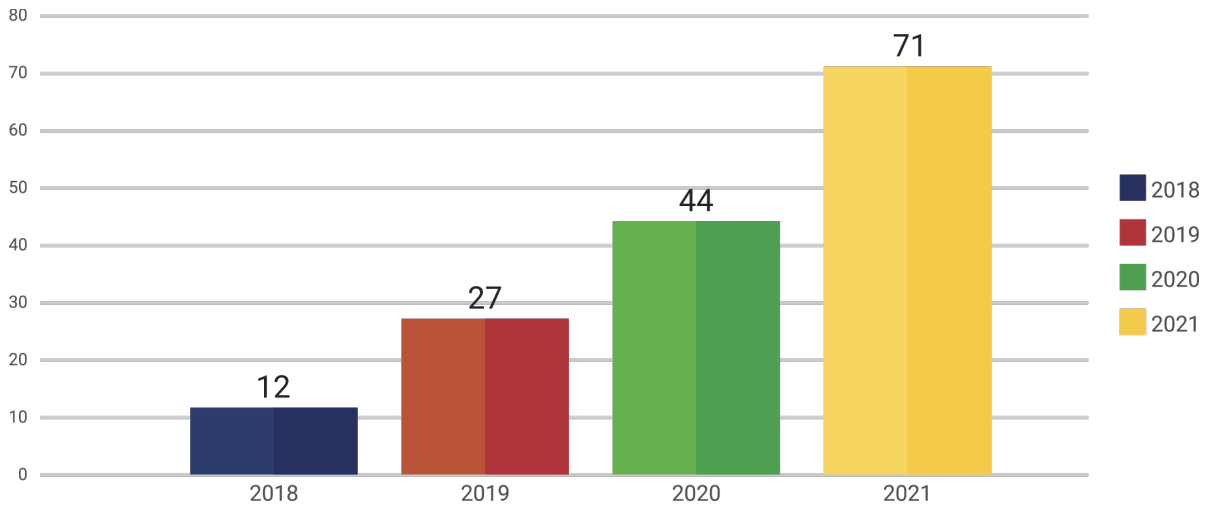


Source: Centers for Disease Control and Prevention, National Center for Health Statistics. National Vital Statistics System, Provisional Mortality on CDC WONDER Online Database. Data are from the final Multiple Cause of Death Files, 2018-2020, and from provisional data for years 2021-2022, as compiled from data provided by the 57 vital statistics jurisdictions through the Vital Statistics Cooperative Program. Accessed at <http://wonder.cdc.gov/mcd-icd10-provisional.html> on Nov 15, 2022 1:57:55

- One American dies by suicide every 12 minutes, with almost 4% of all Texans reporting recent thoughts of suicide.
- Suicide is the 2nd leading cause of death for young individuals ages 15-34 years.
- Military veterans commit suicide at two times the rate of the general population

Accidental poisonings, commonly referred to as overdoses, in the period from 2018 – December 31, 2021 totaled 169. There were 264 additional drug related deaths during the period from January 1, 2022 to October 1, 2022, with only 14 of those deaths confirmed as accidental poisonings. This means there are an additional 250 deaths that have not received an official cause at the time of this publication. The increase in poisonings described in this chart reflects a dramatic increase of 174% from 2019 through 2021, with a potentially more dramatic increase in 2022. We believe but cannot prove at this time that this spike in poisonings may be related to the importation and distribution of Fentanyl in Collin County, which would be consistent with the spike in accidental poisoning deaths nationwide. Again, the trend is deeply concerning.

Collin County: Accidental Drug Poisoning Deaths through 12/30/2021



Source: Centers for Disease Control and Prevention, National Center for Health Statistics. National Vital Statistics System, Provisional Mortality on CDC WONDER Online Database. Data are from the final Multiple Cause of Death Files, 2018-2020, and from provisional data for years 2021-2022, as compiled from data provided by the 57 vital statistics jurisdictions through the Vital Statistics Cooperative Program. Accessed at <http://wonder.cdc.gov/mcd-icd10-provisional.html> on Nov 15, 2022 1:57:55



Critical Variables Influencing Success in Behavioral Healthcare

1. Stigma Associated with a Behavioral Health Diagnosis

Unlike most other medical conditions, behavioral health issues often have strong stigma attached to them. That stigma can work against recovery for these individuals and their families. Because of the negative associations of having a mental health condition individuals experiencing a mental illness on average do not seek treatment until 11 years after the first symptoms. As in all other forms of healthcare, early intervention is most likely to have the greatest chance of successfully managing the life trajectory of the impacted individual and those around them.

In general stigma is a negative outcome of:

- Lack of knowledge about the illness, how to access treatment or how to help someone who is showing symptoms
- Fear of unusual behaviors or responses
- Myths or inaccurate beliefs about causation
- Concerns about making the illness worse by discussing it

2. Homelessness and Insufficient Affordable Housing

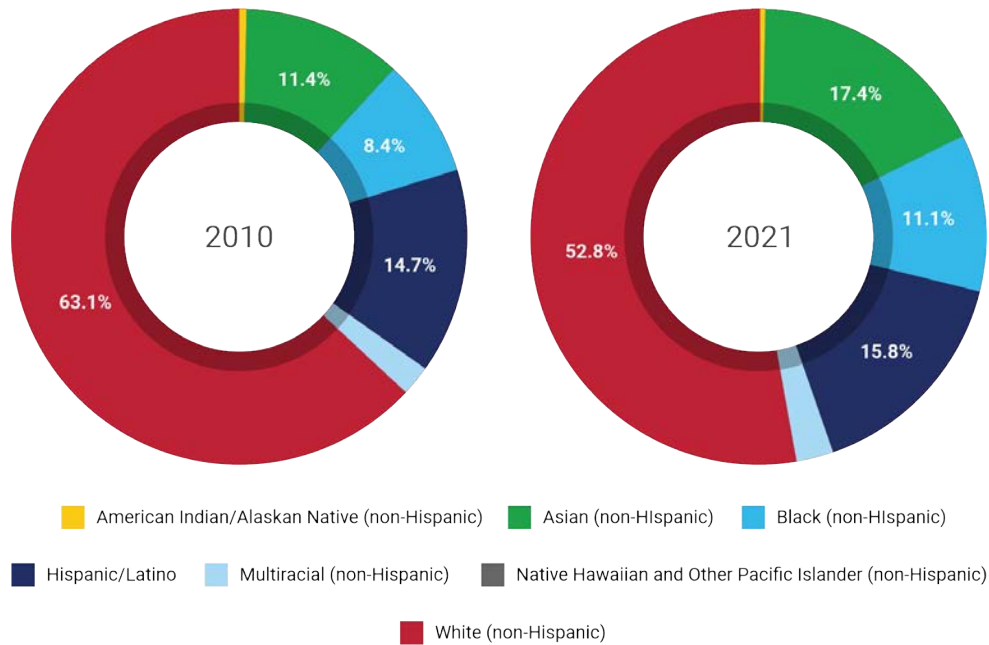
Not having a safe, secure place to rest, store medications/food/clothing makes recovery very difficult. Affordable housing options are extremely limited in Collin County, and we continue to see an increase in the number of homeless individuals on street corners, under bridges and in wooded areas. The US Department of Housing and Urban Development reports a 5.3% increase in homelessness across Texas over the last year. The annual count conducted February 18, 2021, by the Metro Dallas Homeless Alliance identified 465 homeless individuals in Collin County. As stated in a section above, schools are finding many of their students are living in less than stable situations. Of the unsheltered individuals found in the Metro study, 24% reported having a serious mental illness and 22% reported having a substance abuse disorder.

3. A Fast Growing and Changing Population

Collin County for many years has been one of the fastest growing counties in the nation. Large and small businesses have moved here as a desirable place to live, work and go to school. Continually increasing the number of providers to meet the expanding needs requires constant monitoring and adjustment, which also means finding the funding to make that possible for both public and private systems.

Adding a further complication, Collin County's racial and ethnic composition has been changing over the last several years with minority groups representing a much larger percentage of the total population. Those changes bring both language and cultural differences that must be addressed in and by the workforce. Successfully recruiting mental health professionals and staff who are representative of the population remains a challenge. Today 28.7% of Collin County residents primarily speak a language other than English in the home.

Racial makeup of Collin County



4. Workforce Issues

Having an adequate workforce (psychiatrists, psychologists, licensed counselors, advanced nurse practitioners, social workers, etc.) available is critical. Like other medical specialties wait times to see a private psychiatrist in Collin County range from several weeks to many months. Mental Health America’s 2021 national study ranked Texas as next to last (50 out of 51) in solving this issue, having a citizen ratio to professionals of 830:1. The median ratio of all states is 430:1 while the number 1 ranking (highest number of professionals to population) went to Massachusetts with a ratio of 180:1.

The University of Wisconsin at Madison Population Health Institute publishes county-level health rankings. In the 2021 report (which included data through 2019), Collin County had 1 behavioral health provider for every 810 citizens. Top performing counties across the U.S. have ratios of around 270:1. Collin County fared slightly better than Texas. Data from the American Psychological Association’s Center for Workforce Studies looks at supply and demand projections for psychologists between 2015 and 2030. Without improving access to mental healthcare services by 2030 the country will need an additional 5900 psychologists. If we want to move to adequately addressing the unmet needs in our communities, we would need an additional 26,000 psychologists nationwide by 2030. Current estimates suggest we will have roughly 3700 new doctoral practitioners entering the field each year while roughly 3000 retire each year. This would add about 12,000 additional psychologists over the current number of practicing psychologists, which will address some of the expected demand. This pattern is also repeated in other behavioral health specialties such as pediatric psychiatrists.

Locally, the demand for behavioral healthcare clinicians of all types is high, and providers, especially nonprofit providers, are competing against larger, better funded organizations for talent. In addition, the plans by the State of Texas to place a 350-bed inpatient facility in Dallas County, with plans to hire 600+ staff may have an adverse impact on non-profit and other providers' ability to attract qualified mental health staff of all skill levels.

5. Inadequate Funding for Community Care

The Texas Legislature has dedicated significant additional funds for Behavioral Health during the last several sessions. Due to its fast-growing population and having started so far down in funding, Texas' per capita spending on mental health and substance abuse remains at the bottom end of all states. Overall access to treatment is rated by the Mental Health Association as 51st of 51 states (includes District of Columbia). According to the Mental Health Association report, an important factor making up that ranking is the high number of uninsured (21.50%) in the state's population. Almost 61 % of Texans who have a mental illness received no care whatsoever in 2021.

Overall funding (regardless of source) has not been sufficient to attract some of the needed specialty providers. Referrals out of county are common for locked residential programs for youth, child/adolescent inpatient, detox programs and residential substance abuse recovery. Care of individuals suffering from trauma of all types (including sex trafficking) has recently been raised as an unmet need in the region.

6. Impact of COVID19

In early 2020 the World Health Organization (WHO) noted its concerns over the impact of COVID19 on mental health. In addition to the stress brought on by the physical manifestations of the illness, social-isolation and quarantine interfered with school attendance, typical routines, and livelihoods of people. WHO projected an increase in loneliness, anxiety, depression, insomnia, harmful alcohol and drug use, and self-harm or suicide. Here are just a few items of concern from the report as it relates to mental health:

1. By the middle of 2020 13% of adults reported new or increased substance abuse.
2. Statistics from the United States show an increase in the number of adults reporting anxiety or depression from 11 % of the population during the period from January through June of 2019 to 41 % in January of 2021.
 - Groups most at risk were young adults (18-24 years) at 56%; individuals experiencing job loss at 53%; 49% of parents (particularly mothers of young children); communities of color (Black 48% and Latino 46%) and those designated as essential workers (42%). Members in these groups reported increased anxiety and thoughts of suicide.
 - In Collin County, the reported rate of suicide has varied but hospitals have reported a significant increase in the number of individuals seeking services who admit to suicidal ideation and result in longer hospital stays.

As a response to COVID19, public and private behavioral health providers adjusted and whenever possible, evaluations and counseling appointments were done via tele-medicine. Somewhat surprisingly, most clients readily adopted the new method of counseling. Both the state and federal governments allocated funds to make some of these adjustments.



Moving Forward

*“There comes a point where we need to stop just pulling people out of the river. We need to go upstream and find out why they’re falling in.”~
Desmond Tutu*

Promising New Approaches

Below are a few of the new approaches in Collin County with the potential to make significant gains.

1. Early Identification and Intervention

Efforts to identify problems as soon as possible and to offer professional assistance are expected to create a more productive clinical environment and give the individual the best chance for complete recovery. This early detection approach is supported by the Meadows Mental Health Policy Institute and it enlists general practitioners and family practice physicians, along with easily used measurement devices, to screen for depression during routine patient visits. This approach along with these physicians’ ability to prescribe common mental health medications hold great promise for early detection and treatment of depression and other disorders in the relatively near future.

2. Tele-health

Tele-health is providing quicker access to care and more efficient use of the available workforce

3. Enhanced education and awareness efforts

Several Collin County or North Texas area organizations have initiated campaigns to reduce stigma and provide training to the general public on behavioral health.

4. Jail diversion, Justice System and Law Enforcement Initiatives

Specialty courts, increased training and collaborative ventures should aid in faster, more appropriate/less expensive resolutions.

5. Coordination of training and policy development in schools

Through an initiative of the Coalition for Behavioral Healthcare in Collin County, school representatives have been meeting on a regular, ongoing basis to share techniques, collaborate on solving common problems, share best practices, programs and training, and find ways to better respond to student mental health issues.

Collin County’s Admirable Resources

Families

Families have truly been the unsung heroes of mental healthcare in Collin County (and throughout Texas). For too long elected officials, the general public, institutional leaders and even some medical staff believed that mental illness or addiction was a choice or a character flaw, rather than a scientifically validated diagnosable condition. That often has early-age trauma at its roots. In many cases, families have provided housing and transportation, paid for medications, advocated for effective treatment, filled out innumerable forms, negotiated with law enforcement and housing managers, and found other critical supports when needed. Despite families providing a great deal of support to those impacted, they are frequently overwhelmed by the challenges of caring for a loved one, which may result in the loved one living on the street or in jail.

Faith communities

Many houses of faith have been on the forefront of addressing behavioral health conditions. Some have counseling and respite programs, along with special events for individuals with disabilities. When people are out of resources and ideas, they often walk into a church office and ask for help. The members of all our Collin County religious institutions represent a great resource that could be expanded even further through educational opportunities and collaborations that have a tremendous impact.

Schools

Collin County’s businesses employ many of its parents, and those parents are raising the approximately 255,000 students in Collin County’s Independent School Districts

(ISD's). The ISD's are delivering tomorrow's work force and they are staffed by passionate and caring professionals who show deep concern for the students in their districts. Under CBHCC auspices, representatives from the various ISDs have worked together for about two years, sharing training, best practices, policies, programs, and much more.

Hospital systems

Hospital systems that operate in and near Collin County have some of the most progressive hospital administrators anywhere. They regularly adjust to the demands of a rapidly growing populations during times of great business stress and uncertainty. They have funded several indigent healthcare initiatives in Collin County in the past and continue to assist with the challenges of increased individuals in need.

Local Behavioral Health Authority

The State of Texas, in conjunction with local officials, designates a Local Behavioral Health Authority (LBHA) for each region (single or multiple counties). On January 1, 2017 LifePath Systems began as the LBHA for Collin County. That change dramatically increased the amount of funding and number of programs based in Collin County. Since that time, LifePath's administrators and Board of Trustees have aggressively sought and received additional funding from the state and federal government, local officials and granting agencies to improve the availability of substance abuse services, veterans' services, children's services, funding for inpatient care, jail diversion and others while collaborating with most all non-profits that operate in the county.

Community advocates and volunteers

Collin County has a long history of committed advocates and volunteers who have taken on big and complex problems. Attachment III is a list of the caring individuals who created the Coalition. Volunteers serve in official and unofficial capacities in many organizations throughout the county. Attachment IV shows information about mental health developed by the National Alliance for the Mentally Ill.

Higher Education/The Chicago School of Professional Psychology, The University of North Texas, The University of Texas at Dallas, Texas Women's University, and The

University of Texas – Southwestern Medical Center:

All these institutions offer multiple programs in the healthcare professions that serve, among other needs, patients with mental health and addiction conditions. That said, it is clear from the data referred to on page 22 that we do not have enough of these professionals serving patients. To our knowledge The Chicago School of Professional Psychology is the most recent educational institution of higher learning to enter North Texas, and they have become very proactive in Collin County and North Texas in partnering with local stakeholders to address immediate needs of mental health and addictions, especially in school systems. A short description follows.

With 6,000 students at 7 campuses in major metropolitan areas across the country and an online program featuring 30 academic programs available for students, this nonprofit university was formed in 1979 in Chicago. The Dallas Campus was founded in 2018 and currently features a Clinical Psychology Program at the Doctorate level with about 40 students, many of whom are local and hope to remain in the area upon graduation. The Chicago School is focused on innovation, service, and community. The Chicago School's leadership has been actively reaching out to Collin County stakeholders including CBHCC to leverage the resources of the campus in support of community mental health needs. The Chicago School – Dallas Campus has already been instrumental in a grant award for Plano Independent School District and is currently working with another, major district. The workforce impact of the Chicago School is expected to be significant, as is their ability to leverage the expertise and skills of their faculty and students to improve behavioral healthcare and education in the greater Collin County community.

Businesses

One of Collin County's most important strengths is its dynamic and powerful business community, which is comprised of thousands of companies from small businesses to some of the largest and best-known companies in the United States. They employ tens of thousands of Collin County's citizens and contribute in many ways to the economic, social, and cultural strengths of the county through their dynamism, generosity, and intellectual capital. That said, because of stigma and the evolution of societal values about behavioral health issues over decades, the business community has

not been as engaged in these issues as may be possible. It is in everyone's interest – including the business community itself – to help Collin County stay attractive as a magnet for the modern workforce. It is the children of business leaders and their employees who are educated in county schools and who will become the future workforce in Collin County. Those very schools are experiencing major behavioral health challenges among the children who walk their halls. A challenge for Collin County's behavioral healthcare stakeholders is to better engage the business community in supportive educational and leadership opportunities along with traditional stakeholders to assist in educating the public, promoting stronger behavioral healthcare programs for youth and families, and add its strengths to promoting and building out a more effective and efficient crisis response system.

Elected Officials

Collin County is fortunate to have county commissioners that have been involved and continue to participate in the development of behavioral health services in Collin County. They have led community meetings of stakeholders, presented testimony at the State Capitol, and encouraged better coordination of care, increased efficiency and an increased array of services. The Commissioners also help provide the local matching funds required by the State.

Legislators from Collin County (both Representatives and Senators) have represented the needs of all county residents, including those with behavioral health conditions. During difficult and sometimes contentious discussions they have successfully argued for better and more complete capacity to serve the needs in Collin County.

Ongoing: Measuring for Continuous Improvement

The Coalition is recommending ongoing monitoring of key measures to track the status of Behavioral Health in Collin County by all stakeholders. Below are some specific measures to be used for the annual Behavioral Health Status Check. Measurements must be reliable (consistently reporting same data over time), instructional (giving information that can be used for change) and accessible (found in a data source that is willing to provide it).

- Number of crisis hotline calls
 - o Target: establish baseline and watch for trends

- Percentage of crisis hotline calls diverted from higher levels of care
 - o Target: establish a baseline and watch for trends
- Number of Mobile Crisis Team encounters
 - o Target: establish a baseline and watch for trends
- Percentage of Mobile Crisis Team encounters diverted from higher levels of care
 - o Target: establish a baseline and watch for trends
- Number of adults and child/adolescents with hospital Emergency Department visit for mental health
 - o Target: establish baseline and reduce
- Number of adults and child/adolescents with hospital Emergency Department visit for substance abuse
 - o Target: establish baseline and reduce
- Number of general psychiatric beds available for adults in Collin County
 - o Target: establish a baseline and watch for trends
- Number of general psychiatric beds available for child/adolescents in Collin County
 - o Target: establish a baseline and watch for trends
- Total number of threat assessments completed by all schools in the County
 - o Target: establish baseline and reduce
- Number of deaths due to suicide
 - o Target: compare to state and national data and reduce
- Number of deaths due to overdose
 - o Target: compare to state and national data and reduce
- Percentage and number of adolescents in Collin County Juvenile Detention with BH diagnosis
 - o Target: establish a baseline and watch for trends
- Percentage and number of inmates in Collin County jail with BH diagnosis
 - o Target: establish a baseline and watch for trends
- Number of Orders of Protective Custody by Mental Health Court
 - o Target: establish a baseline and watch for trends
- Number of mental health providers and professionals available in Collin County.
 - o Target: establish a baseline and watch for trends

ATTACHMENT I
2022 Board of Directors and Staff
Coalition for Behavioral Healthcare in Collin County

Jennifer Akins

Senior Director for Guidance and Counseling, McKinney Independent School District, (Chair of Education Committee/Non-voting Director)

Dana Bickford

President, Coalition for Behavioral Healthcare in Collin County

Kathleen (Kathi) Cox, MBA

Chief Operating Officer, Ambulatory and Virtual Channels
Texas Health Resources

Lance Garrison, Ph.D.

Dallas Campus Dean, The Chicago School of Professional Psychology

Jason Isham, MS, LMFT, CCM

Director, Integrated Behavioral Health, Children's Health

Tammy Mahan, MA, LPC-S

Chief Executive Officer, LifePath Systems

Amy Pool

Thrive Strategy Manager, Grant Halliburton Foundation

Sandy Potter

Vice President of Behavioral Health Strategy and Outcomes, AmeriHealth Caritas

Randy Routon, Ph.D.

Chief Executive Officer (Ret), LifePath Systems

Athena Trentin, Ed.D.

Executive Director, National Alliance on Mental Illness North Texas

Honorable Cynthia McCrann Wheless

Chairman, Juvenile Board, 417th District Court, McKinney, Texas

Dr. Theresa Williams

Superintendent, Plano Independent School District

Janice Bickford

Advocate, Corporate Secretary



ATTACHMENT II

Ideal Crisis Response System Components

Crisis System Component	Education & Outreach Programs	LOSS Program	HUGO Team	988	Crisis Hotline	Colling County 911 Diversion Program	Mobile Crisis Outreach Teams	Colling County Tele-Crisis Assessment Program (TAP)	Living Room
Description of Service(s)	Education materials on Crisis Hotline, Destigmatizing MH (It's OK not to be OK), access to MHFA, etc.	Local Outreach to Suicide Survivors (preventative measure to reduce risk of suicide in loved ones)	High Utilizer Group Outreach Team - specialized team that reaches out to high utilizers (ED, LE, etc) to establish rapport, initiate MH/SUD services	Transition of National Suicide Prevention Center's Lifeline from 800-273-8255 to 988	BH crisis hotline available 24 hrs/day, 7 days/wk through LifePath to access MCOI, EDU/CRU, etc 877-422-5939	MH Professionals in the 911 Call Center (# of 911/ Communication Centers = 5-6)	Trained BH teams, responding 24 hrs/day to calls requiring an in person or telehealth MH/SUD assessment	MCOI team member available 24 hrs/day, 7 days/wk to answer telehealth call and complete a MH/DUS assessment on individual interacting with law enforcement	Living room environment, with extended hours and mental health staff (QMHPs, Peers, access to telemed) available to divert individuals (not in crisis) with MH needs from interaction with LE. Offers food, laundry, counseling, and to psychiatric care
Degree of Implementation	50%	100%	100%	Only 45% of calls are answered in State	100%	0%	90%	20%	100%
Who currently operates program?	LifePath / Hospitals / NAMI / MHA / MMHPI	LifePath	LifePath	5 Centers across Texas	LifePath		LifePath	LifePath & Plano PD	LifePath
Type of Service	Prevention / Education	Prevention / Education / Referral	Diversion / Treatment Initiation	Prevention	Accessing Services	Accessing Services / Screening	Assessment, Referral, Access	Assessment, Referral, Access	Assessment, Referral, Access



Crisis and Triage Center (LCTC)	LifePath Extended Observation Unit (Adults)	LifePath Crisis Respite Unit (Adults)	Youth Crisis Respite Unit	Collin County Detox Program (DETOX)	Psychiatric Inpatient Beds	State Hospital System	Collin County Assisted Outpatient Treatment (AOT) Program	Crisis Discharge Peer Program
A one-stop shop, with round the clock psychiatric and nursing services, able to evaluate, triage, and stabilize psychiatric emergencies.	A locked unit, available for those who do not require inpatient care, with psychiatric stabilization services. Available up to 48 hours prior to transition to higher or lower level of care.	An unlocked, voluntary unit for adults experiencing a MH crisis, but who do not require a higher level of care. Available for up to 10 days. Psychiatric stabilization and rehabilitation services available.	An unlocked, voluntary unit for youth experiencing a MH crisis, but who do not require a higher level of care.	Residential detox unit for non-judicial individuals	Psychiatric inpatient beds for adults and youth who are experiencing a psychiatric emergency and cannot be stabilized at a lower level of care.	State Psychiatric Beds for longer-term psychiatric stabilization needs	Civil Commitments for Outpatient Treatment	
0%	80%	80%	0%	0%	95%	5%	0%	0%
	LifePath	LifePath			LifePath & Contracted Hospitals	LifePath & Terrell State Hospital; TBD Dallas State Hospital		
Triage, Stabilization, & Referral	Triage, Stabilization, & Referral	Stabilization & Coordination w/ Outpatient	Stabilization & Coordination w/ Outpatient		Stabilization	Stabilization		Recovery



ATTACHMENT III Resource Guide



Collin County Homeless Coalition Pocket Community Resource Guide

➔ Patricia Garcia, MDHA Homeless Resource Coordinator 214-531-1111		Patricia.Garcia@mdhadallas.org ➔					
24 Hour Hotlines				Food Pantries			
Domestic Violence	Dallas - Family Place Plano – Hope’s Door	214.941.1991 972.276.0057		1 st Baptist Church of Allen (TU 10-11:30a; W 6-7:30p; Sun 4-5:30p)	201 E. McDermott Dr.	Allen	972.727.8241
Domestic Violence	National	1.800.799.7233		All Community Outreach (TU, TH, Sat 9a-11a; TU 5:00p-7p)	801 E. Main St.	Allen	972.727.9131
Information & Referral and TX Health & Human Services	DFW	DIAL 211 or 1.877.541.7905		Allen Ministerial Alliance (M, TR 6:30p-8p / TU, F, Sat 9:30a-12p)	1515 N Greenville Ave.	Allen	214.644.2090
Mental Health Crisis	Collin County	1.877.422.5939		First United Methodist Church	100 W 2nd St.	Anna	972.924.3734
Suicide Prevention	National	1.800.273.8255		First Baptist Church (TU, 9-10:30)	316 Highway 78 North	Blue Ridge	972.752.5611
Human Trafficking Hotline	National	1.888.373.7888		Grace Bridge Food Pantry (1 st & 3 rd Sat, 11am – 1pm)	319 W. Walnut St.	Celina	214.425.9423
Homeless Crisis Helpline	Dallas/Collin County	1.888.411.6802		First Baptist Church	124 S. Washington	Farmersville	972.782.8428
Rape Crisis/ Sexual Violence Center	Plano – The Turning Point	1.800.886.7273		City on a Hill Ministries (Sun 2-4pm)	355 Audie Murphy Pkwy.	Farmersville	No phone
Runaway Hotline	National	1.888.580.4357		Little Elm Food Bank	501 Bill St.	Little Elm	972.294.4061
Social Security Administration	National Local	1.800.772.1213 1.866.931.2731		Frisco Family Services (M, TU, TR, F 9a-5p, W 9a-6p)	9085 Dogwood St.	Frisco	972.335.9495
Homeless Veterans Resources	National	1.877.424.3838		High Pointe Food Pantry	3201 N. Central Expy.	McKinney	214.544.6565
Health Services (Free or Reduced)				Collin County Committee on Aging (Meals on Wheels)			
Healthcare Services of Collin County (Collin Co. Health Dept)	825 N. McDonald St., #110	McKinney	972-548-4702	Community Lifeline Center (TU, TR 8:30-11:30am; 1-2:30pm)	1601 North Waddill St., #102	McKinney	972.542.0020
Life Path Systems (Collin Co. Mental Health/MR)	1515 Heritage Dr. #105 7308 Alma Dr.	McKinney Plano	972.562.9647 972.422.5939	Community Food Pantry (M-F, 1-3pm)	307 Smith St.	McKinney	972.547.4404
Carevide Family Medicine	111 N. Johnson St.	Farmersville	972.782.6131	Salvation Army (M, W 10a; TU, TR 8:30a-11:30a)	600 Wilson Creek Pkwy.	McKinney	972.542.6694
Hope Clinic (new clients T, 2pm)	103 E. Lamar St.	McKinney	469.712.4246	St. Marks Baptist Church	1308 Wilcox St.	McKinney	972.542.6178
Community Health Clinic	4510 Medical Center Dr., #204	McKinney	972.547.0606	Minnie’s Food Pantry (W – Sat, 8:30-11:30a, closed 5 th Sat)	661 18 th St.	Plano	972.596.0253
Health Services of North Texas	2540 K Ave, #500	Plano	972.424.1480	His Extended Hands (Sat 10a-2p)	920 E. 14th St.	Plano	972.423.6695
Primary Care Clinic of North Texas	3900 American Dr. #201	Plano	972.596.6005	Willow Creek Fellowship (TU 10a- 1p, 75074 & 75075 only)	1804 Avenue P	Plano	972.423.2950
Plano’s Children Medical Clinic	1407 14th Street	Plano	972.801.9689	Plano Food Pantry	2200 18 th St.	Plano	972.422.1850
Planned Parenthood Health Ctr	600 N. Central Expy.	Plano	972-424-6311	God’s Food Pantry (TU, TR, Sat 10a-1p)	3420 E. 14th St.	Plano	972.633.9777
Julia’s Center for Healthcare (Tues, TH 5p-8:30p)	1947 K Ave. #A400	Plano	972.535.5099	A Christian Food Pantry (M, TU, W, Sat 7:30a – 1:00p)	1116 Dobie Dr. #102	Plano	972.578.5730
Baylor S&W Douglass Clinic	801 E. Plano Pkwy, #160	Plano	469.800.6230	Salvation Army (M, W, F 10a-2p)	3528 14th St.	Plano	972.423.8254
Watermark Urgent Care	910 W. Parker, #102	Plano	972.972.8930	Storehouse of Collin Co. (TR 3:30-6p / Sat 9-11:30a) + clothes by appt	1401 Mira Vista Blvd.	Plano	469.385.1813
Wylie Children’s Medical Clinic	303 S. Hwy 78, #106	Wylie	972.801.9689	Princeton Church of Christ	301 E. Princeton Dr.	Princeton	972.734.3355
Community Resource Centers				Christ Cares for Princeton (2 nd Tues of month 6-7p)			
Assistance Center of Collin Co.	900 18 th St.	Plano	972.422.1850	First United Methodist Church	205 S. Church St.	Prosper	972.347.2372
Allen Community Outreach	801 East Main St.	Allen	972.727.9131	Wylie Community Christian Care Center (M, W, TR 10a-2p)	1310 West Brown	Wylie	972.442.4341
Community Lifeline Center	1601 N. Waddill, #102	McKinney	972.542.0020	Amazing Grace (TU 10a-2p, TR 6-8p, Sat 8a-12p)	1711 Parker Rd.	Wylie	972.292.7241
Frisco Family Services Center	8780 Third St.	Frisco	972.335.9495	North Texas Food Bank - call for SNAP, mobile pantries, partner agencies	info@ntfb.org		214.330.1396
Legal Aid of Northwest Texas	901 N. McDonald, #702	McKinney	972.542.9405	Free Shower/Laundry Facilities			
Veterans Center of North Texas	900 E. Park Blvd., #155	Plano	214.600.2966	Streetside Showers (Hope Fellowship Church) Sat 10a - 1:30p	1720 W. University Dr. (Hwy 75 & 380)	McKinney	214.842.3132
Emmanuel Labor (Homeless Resources/ Support)	(McKinney Mini Storage @ Lamar & Chestnut)	McKinney	214.491.8695	Streetside Showers (Assist Center of Collin Co.) Sat 10a – 1:30p	900 18 th St.	Plano	214.842.3132
Hope Restored Missions (Homeless Resources/ Support)	1947 Avenue K, #A300	Plano	214.501.2181	Laundry Love (Nixon’s Coin-Op Cleaning Center) -1st Tues 6p-8p	799 W. University Dr.	McKinney	469.667.7775
Wellness Ctr for Older Adults (Homeless Resources/ Support)	401 W. 16 th St., #600	Plano	972.953.7669	Laundry Love (MVP Wash n Dry) 1st Fridays 6p-8p	6958 Main St.	Frisco	972.352.1378
Texas Workforce Solutions- (Vocational Rehabilitation Services)	520 E. Central Pkwy 901 N. McDonald, #403	Plano McKinney	214.365.2800 214.491.1300				
City of Plano Homeless Services	Harrington Library, 1501 18 th (Wed 1pm-4:30pm)	Plano	972.208.8150				



Collin County Homeless Coalition
Pocket Community Resource Guide

A=ALL ACCEPTED	M/F=MALE & FEMALE	M=MALE	F=FEMALE	W/C=WOMEN & CHILDREN	U= FAMILY UNITS
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Adult/Family Emergency Shelters				Adult/Family Transitional Living Programs			
Texoma Family Shelter (A)	331 W. Morton St.	Denison	903.465.6041	The Samaritan Inn (A)	1710 N. McDonald St.	McKinney	972.542.5302
Dallas Life Foundation (A)	1100 Cadiz St.	Dallas	214.421.1380	Agape Resource & Assistance Center (W/C)	P.O. Box 861664	Plano	469.814.0453
Union Gospel Mission – Calvert Place (M)	3211 Irving Blvd.	Dallas	214.637.6117	Dallas Life Foundation (New Life Program) (A)	1100 Cadiz St.	Dallas	214.421.1380
The Bridge (M/F)	1818 Corsicana St.	Dallas	214.670.1100	Reconciliation Outreach (A)	1421 N. Peak St.	Dallas	214.545.6500
Salvation Army (M/F)	5302 Harry Hines Blvd.	Dallas	214.424.7000	Shared Housing Center (A)	402 N. Good Latimer Expy.	Dallas	214.821.8510
Salvation Army (M/F)	5700 Texoma Pkwy	Sherman	903.868.9602	Interfaith Family Services (U)	5600 Ross Ave.	Dallas	214.827.7220
Salvation Army (M/F)	1508 E. McKinney Street	Denton	940.566.3800	Family Promise (U)	750 W. Lucas Rd.	Allen	972.442.6966
Austin Street Center (M/F)	2929 Hickory St.	Dallas	214.428.4242	Housing Crisis Center (A)	4210 Junius St.	Dallas	214.828.4244
Domestic Violence Shelters & Programs				Salvation Army (A)	5302 Harry Hines Blvd	Dallas	214.424.7000
Emily’s Place (W/C)	P.O. Box 860911	Plano	972.424.7775	Under 1 Roof (A)	5787 S. Hampton Rd.	Dallas	972.298.4002
Hope’s Door (W/C)	860 Ave F, #100	Plano	972.422.2911	Family Gateway (U)	711 S. St. Paul St.	Dallas	214.823.4500
Texas Muslim Women’s Foundation (W/C)	P.O. Box 863388	Plano	972.880.4192 469.467.6241	Buckner Family Pathways (W/C)	700 N. Pearl St.	Dallas	214.758.8023
The Family Place (A)	P.O. Box 7999	Dallas	214.559.2170 214.941.1991	Union Gospel Mission – Riverpointe (F)	9823 Summerfield Circle	Dallas	817.339.2553
Genesis Women’s Shelter (W/C)	4411 Lemmon Ave	Dallas	214.389.7700 214.946.4357	Union Gospel Mission – Center of Hope (W/C)	4815 Cass St.	Dallas	214.638.2988
Mosaic Family Services (W/C)	12225 Greenville Ave #800	Dallas	214.821.5393 214.823.4434				
Pregnancy Shelters				Child/Youth Shelters			
The Bella House (F)	P.O. Box 940802	Plano	972.379.7450	City House (M/F)	830 Central Pkwy. East, #350	Plano	972.424.4626
Viola’s House (F)	1819 MLK Blvd.	Dallas	469.751.2017	Blake’s House (F)	N/A (Leave message)	Plano	972.358.4732
In My Shoes	P.O. Box 227301	Dallas	469.857.3264	Promise House (M/F)	224 West Page Ave.	Dallas	214.941.8578
Promise House (W/C)	224 West Page Ave.	Dallas	214.941.8578	The Ebby House (F)	1234 Abrams Rd.	Dallas	214.827.0813
Ex-Offender Shelters				Zoie’s Place (F)	306 North Loop 288 Suite 118	Denton	214.530.6200
Cornerstone Baptist Church Martha’s House (F)	1819 Martin Luther King Jr. Blvd.	Dallas	214.426.5468	Our Friend’s Place (F)	6500 Greenville Ave. #620	Dallas	214.520.6268
Cornerstone Baptist Church Philemon’s House (M)	1819 Martin Luther King Jr. Blvd.	Dallas	214.426.5468	Reconciliation Outreach (M)	1421 N. Peak St.	Dallas	214.545.6500
Exodus Ministries (W/C)	4630 Munger Ave., #110	Dallas	214.827.3772	City Square (M/F)	1610 S. Malcolm X Blvd	Dallas	214.823.8710
→ Cold Weather Shelters ←							
Plano Overnight Warming Station (A)	3528 14th St. (Salvation Army)	Plano	214.988.9434	Our Calling (Screening for Shelters; Resources) Get the “Our Calling” App	1702 S. Cesar Chavez Blvd.	Dallas	214-444-8796
McKinney Overnight Warming Station (A)	600 Wilson Creek Pkwy. (Salvation Army)	McKinney	214.945.4637				

More resource information can be found on the Collin County Homeless Coalition (CCHC) website at:

<http://collinhomeless.wixsite.com/cchc> or at www.collincares.org.

Updated by Wellness Center for Older Adults. Send updates to info@wellctr.org.

(Print double sided. Fold in half lengthwise, and in quarters widthwise to fit in pocket. CCHC Logo should show on front.)

ATTACHMENT IV
Organizing Committee, 2017
Coalition for Behavioral Healthcare

The Board of Directors of the Coalition would like to thank the members of the Coalition’s Organizing Committee for their contributions. Their initial recommendation to publish this report as a top priority to align Collin County stakeholders was inspired. This is the first such report, and our expectation is that future reports will show steady improvement as more stakeholders join with the Coalition to broaden public support for collaborative solutions to behavioral health challenges.

Dana	Bickford	Coalition for Behavioral Healthcare in Collin County
Janice	Bickford	Advocacy
Candy	Blair	Collin County
Nicole	Bowers	Plano Police
James	Caldwell	Frisco ISD
Claudia	Coggin, Ph.D.	RHP Team 18
Des Anges	Cruser, Ph.D.	PCI ProComp Solutions, LLC
Sherry	Cusumano	NAMI North Texas
Mary Jo	Dean	Texas Health Plano
Alyse	Ferguson	Collin County
H. Lynn	Hadnot	Collin County Juvenile Services
Candace	Hamilton	Baylor Scott & White
Jana	Hancock	Plano ISD
Susan	Holsapple	Baylor Scott & White
Jason	Isham	Children’s Health
Lori	Lange	Advocacy
Danelle	Parker	Texas Health Plano
AD	Paul	Plano ISD/Plano Police
Amy	Pool	Grant Halliburton Foundation
Terry	Qualls	McKinney Police Department
Matt	Roberts	Mental Health America - Dallas
Randy	Routon	LifePath Systems
Caryn	Sawlis	Plano ISD
Glinda	Shaffer	CRGC Collin County
Jennifer	Sublett	Medical City Health
Mary	Taddiken	Advocacy
Cheryl	Williams	Collin County Commissioner
Andy	Wolfskill	Child and Family Guidance Center
Maroba	Zoeller, Ph.D.	Allen ISD

ATTACHMENT IV
Model Mental Health Education Documents
By National Alliance for Mental Illness

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

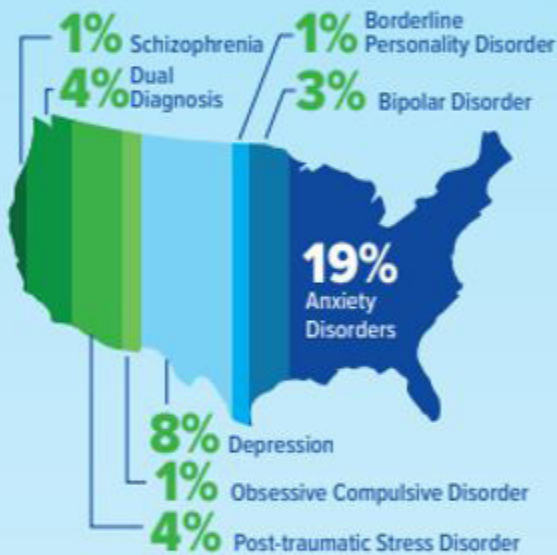
1 in 20

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)





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.



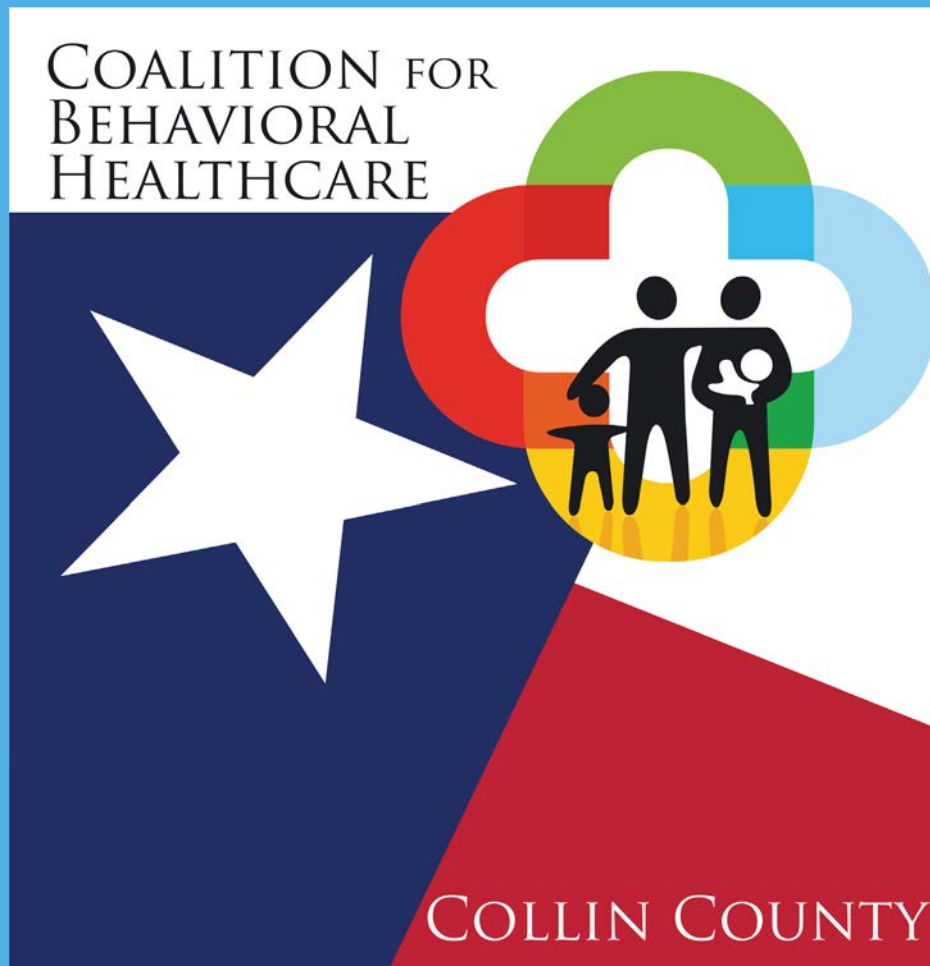
7 in 10 youth in the juvenile justice system have a mental health condition.



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.





For more information please contact:

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More resources:

www.collincares.org

www.211texas.org