Children’s Mental Health Services:
Presentation to the
House Select Committee on Mental Health

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Presentation Overview

• Local Mental Health Authorities and Levels of Care

• Select DSHS Initiatives

• STAR Health

• Delivery System Reform Incentive Payment (DSRIP) Projects
Local Mental Health Authorities and Levels of Care

- Children’s mental health services are currently provided by 37 Local Mental Health Authorities (LMHAs) and NorthSTAR
  - 61,117 children and youth served in fiscal year 2015

- Services are provided according to levels of care (LOCs)
  - LOC 1: Medication Management
  - LOC 2: Targeted Services
  - LOC 3: Complex Services
  - LOC 4: Intensive Family Services
  - LOC Young Child
Youth Empowerment Services (YES) 1915(c) waiver serves to prevent or reduce institutionalization of children and adolescents ages 3-18 with serious emotional disturbance (SED).

- Provides access to a flexible array of services through intensive community-based services and improved access to services.

- Include children in Department of Family and Protective Services (DFPS) conservatorship
  - March 2016: Submission of waiver amendment to CMS
Youth Empowerment Services: Children Served

Youth Empowerment Services - Enrollments

<table>
<thead>
<tr>
<th>Year</th>
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<tbody>
<tr>
<td>2011</td>
<td>46</td>
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<tr>
<td>2012</td>
<td>63</td>
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<td>167</td>
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<tr>
<td>2014</td>
<td>294</td>
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<td>2015</td>
<td>722</td>
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Collaboration between DSHS and DFPS to prevent parental relinquishment of children to DFPS due solely to a lack of mental health resources.

84th Texas Legislature appropriated $4.8 million in the FY2016-2017 biennium to DSHS to expand the Residential Treatment Center (RTC) Project from 10 beds to 30 beds.

RTC Project statistics since January 2014:
- Number of children served in RTCs: 61
- Number of children successfully discharged from RTC to home: 25
- Percentage that met program criteria and remained in parental custody: 89%
- Number that remained in home with only LMHA or YES services: 13
Zero Suicide in Texas (ZEST)

- DSHS partnership with 22 community mental health centers to develop suicide-safe care in communities through adoption of best practices.
  - Federally-funded initiative

- Youth who have received suicide screenings since implementation in FY2014:
  - 1,509
Select Initiatives:  
Mental Health First Aid (MHFA)

- Eight-hour evidence-based curriculum
  - Teaches individuals how to help someone who is developing a mental health problem or experiencing a mental health crisis.
  - Helps trainees identify, understand, and respond to signs of mental illnesses and substance use disorders until professional help arrives.

- $5 million per biennium

- Numbers trained in mental health first aid in FY 2015:
  - 6,527 Educators
  - 4,792 Non-Educators
  - 206 DSHS Staff and Contractors
STAR Health Program

Implemented in April 2008

In addition to all Medicaid-covered services, STAR Health provides:

• Immediate eligibility and access to a statewide provider network
• Increased focus on behavioral health services, such as psychotropic medication review
• Service management and coordination teams
• Access to an electronic health passport
• A range of value-added and case-by-case added services that support foster placements
STAR Health Program Features

Service Management and Coordination
• The managed care organization (MCO) completes a telephonic general screening for every new member and at every placement change.

Psychotropic Medication Utilization Review
• Can be triggered by the telephonic general screening, an automated claims screening process, or by external request.

Psychiatric Hospital Diversion Services
• Designed to decrease unnecessary acute psychiatric hospitalizations while improving placement stability.

Health Passport
• An electronic health information system.
Of the over 400 behavioral health-focused (BH) projects in the Deliver System Reform and Incentive Payment (DSRIP) program, 46 focus specifically on providing services to children and/or adolescents. Types of projects include:

- Interventions to prevent unnecessary use of services (in the criminal justice system, ED, etc.)
- Enhanced BH service availability (hours, locations, transportation, mobile clinics)
- Development of BH crisis stabilization services
- Integration of primary and BH care services
- Delivery of BH care services through telemedicine/telehealth

Of those 46 projects:

- 29 are performed by local mental health authorities.
- Other providers include hospitals, physician groups and local health departments.

Many of the other DSRIP BH projects include children and adolescents along with adults in their target population.
Center for Health Care Services (RHP 6)
- Establish a centralized campus from which systems or families can obtain care for children and adolescents with a serious emotional and/or behavioral problem or development delay.

Hill Country MHDD Centers (RHP 7)
- Implement a children’s mental health crisis respite center.

Metrocare Services (RHP 9)
- Implement the Family Preservation Program to provide services to children recently released from psychiatric hospitals or at risk for out-of-home placement.

Texas Panhandle Centers (RHP 12)
- Deliver intensive BH services to children and adolescents who are at high risk for CPS or juvenile justice involvement.

Children’s Medical Center of Dallas (RHP 18)
- Integrate behavioral health services into the primary care setting.

There are 20 Regional Healthcare Partnerships in Texas.