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Texas Child Mental Health Care Consortium



TEXAS TECH UNIVERSITY
HEALTH SCIENCES CENTER™

Improving Access to Children's Mental Health Services

Sarah Mallard Wakefield, MD

Chair, Department of Psychiatry

Texas Tech University Health Sciences Center

Luanne Southern, MSW

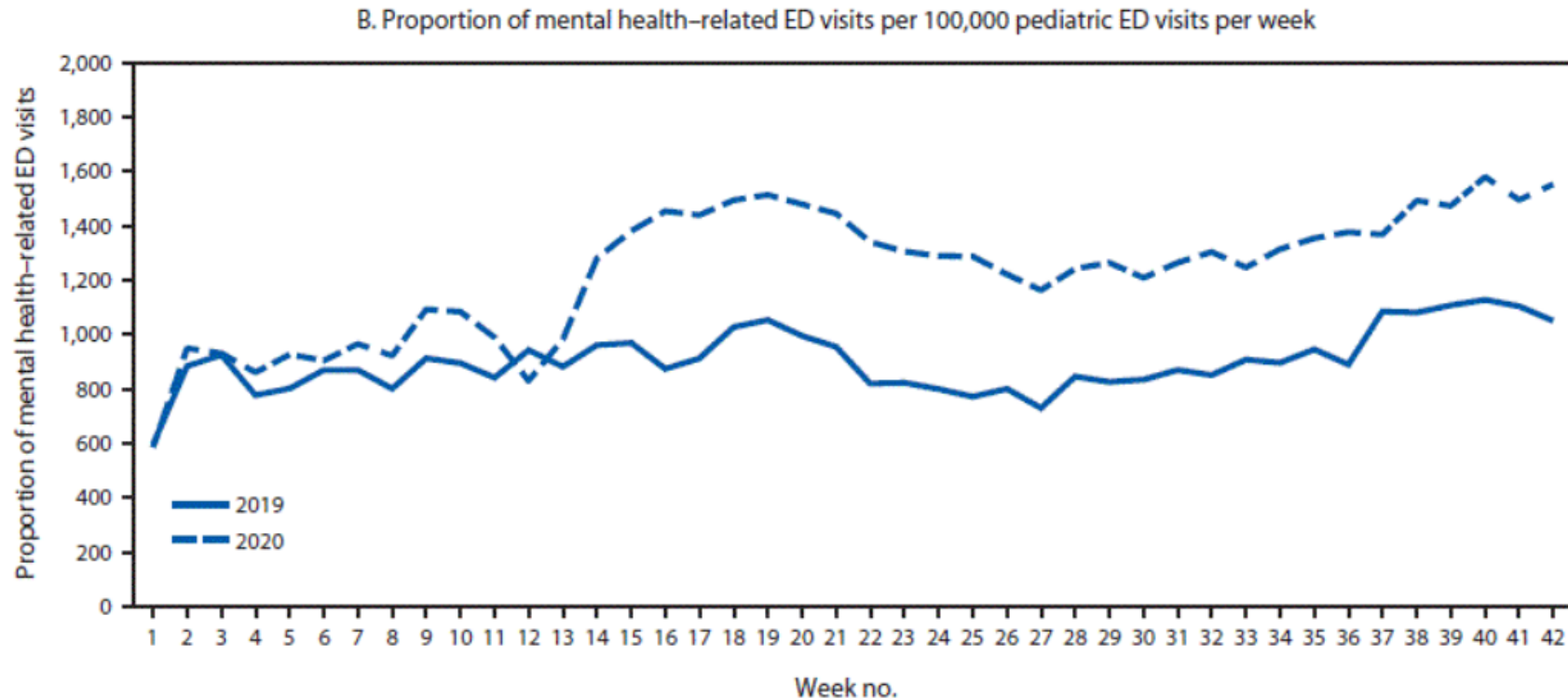
Executive Director

Texas Child Mental Health Care Consortium

June 9, 2022

Rural Texas Symposium on Healthcare
and Economic Development

Increasing Demand for Mental Health Services



* Proportion of mental health-related ED visits = number of ED visits for children's mental health/total number of pediatric ED visits x 100,000.



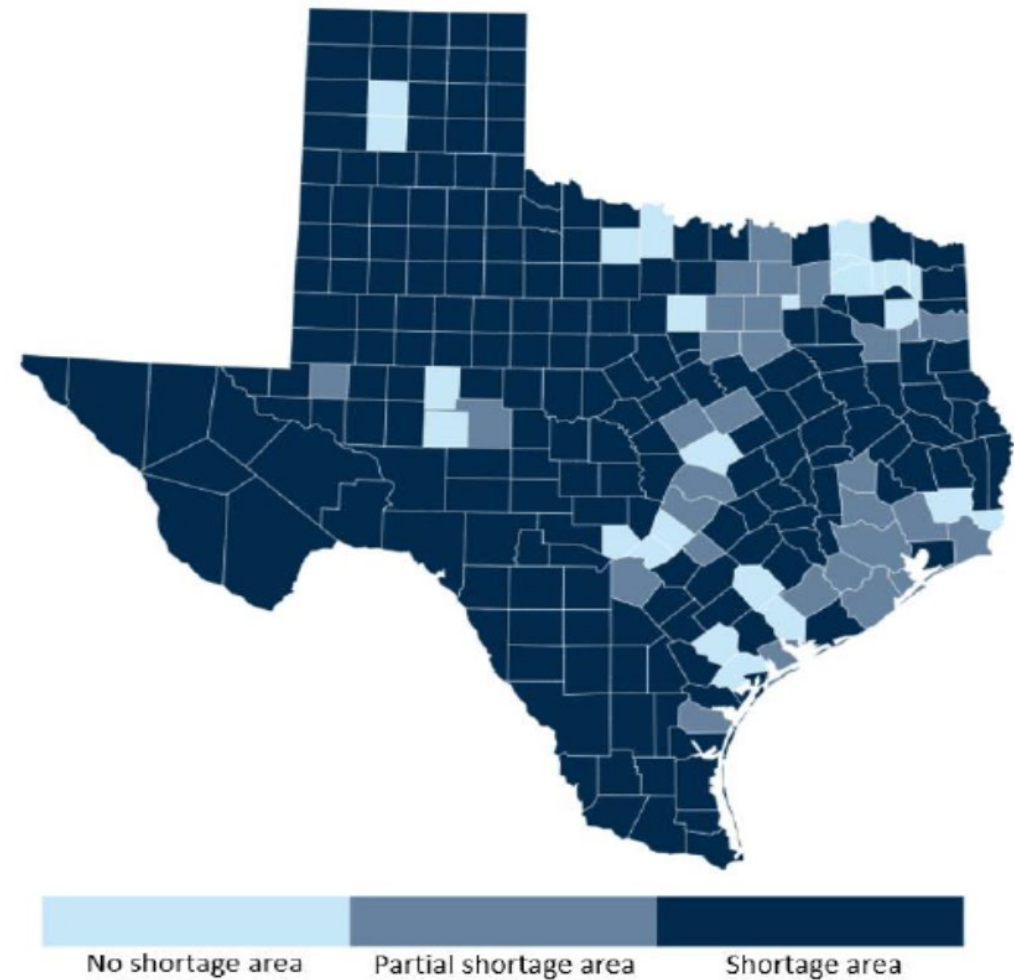
Lagging Supply

Of the 254 counties in Texas, 185 have no psychiatrist; almost 3.2 million people without access.

(Merritt Hawkins data)



**More than 80 percent
of Texas counties are
federally designated as
Mental Health
Professional Shortage
Areas**



Allocation of Child Psychiatrists in Texas

Practicing Child and Adolescent Psychiatrists

Select a state for county population and workforce data

Texas

*Hover for Data Source

Number of Children < 18

7,272,795

Total CAPs

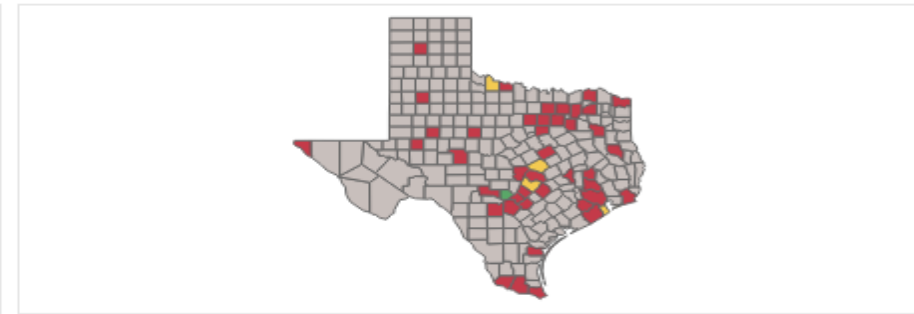
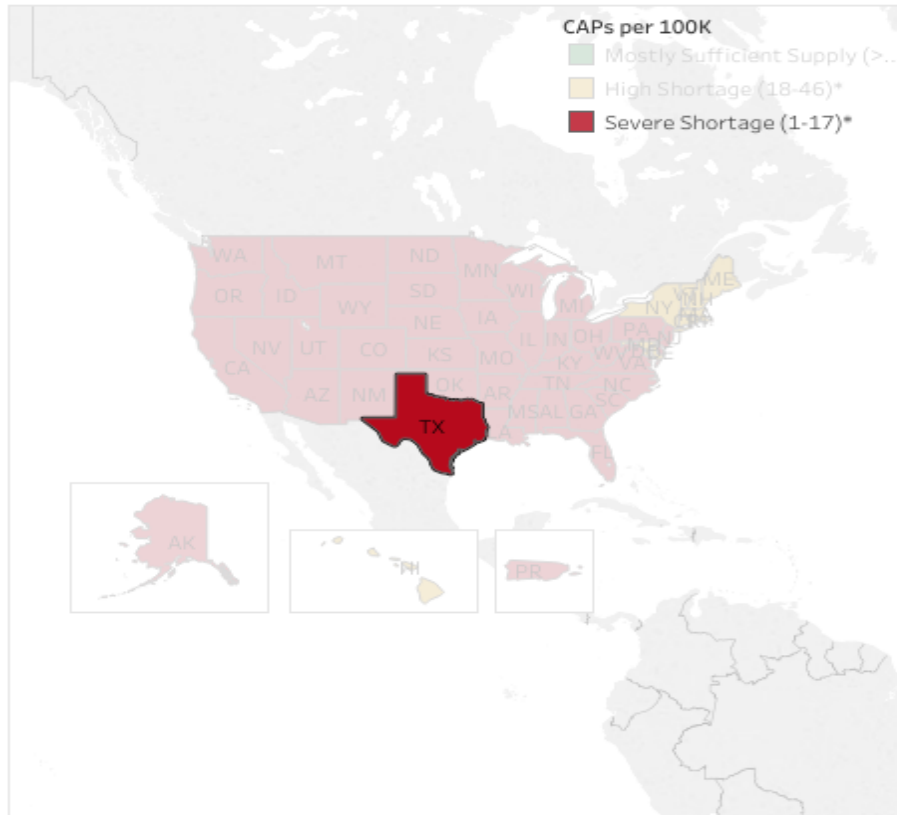
646

Number of CAPs/100K

9

Avg. CAP Age

49



Legend

- Mostly Sufficient Supply (≥ 47)
- High Shortage (18-46)*
- Severe Shortage (1-17)*
- No CAPs

County	Pop. < 18	Number of ..
Anderson County	11,191	0
Andrews County	5,309	0
Angelina County	22,915	0
Aransas County	4,575	0
Archer County	1,952	0
Armstrong County	433	0
Atascosa County	13,401	0





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Texas Child Mental Health Care Consortium

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

Mission: To advance mental health care quality and access for all Texas children and adolescents through inter-institutional collaboration, leveraging the expertise of the state's health-related institutions of higher education, local and state government agencies, and local and state mental health organizations.

Texas Child Mental Health Care Consortium

Executive Committee Structure
(35 Members)

Administrative Attachment

Higher Education Coordinating Board receives state funding and sends it to the Consortium for services as directed by the Consortium's plan, once approved by the Legislative Budget Board

Administrative Support Entity

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

HRI and Medical Schools

(26 total members)
Two members per institution:
Chair of Psychiatry Dept.
President's Designee

HHSC

(2 members)
One services expert
One facilities expert

Nonprofit Orgs

(3 members)
Selected by Consortium:
Meadows MH Policy Institute
Hogg Mental Health Foundation
Texas Council of Community Centers

Hospital System

(1 member)
Selected by Consortium:
Children's Health

Higher Education Coordinating Board
(1 member)

Any other entity designated by the Chairs of Psychiatry members
(2 members)
Baylor S&W
UT System



TCMHCC's Programs

More info at:
<https://tcmhcc.utsystem.edu/>



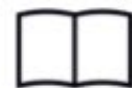
Child Psychiatry Access Network (CPAN)



Texas Child Health Access
Through Telemedicine



Community Psychiatry Workforce
Expansion



Child & Adolescent Psychiatry
(CAP) Fellowships

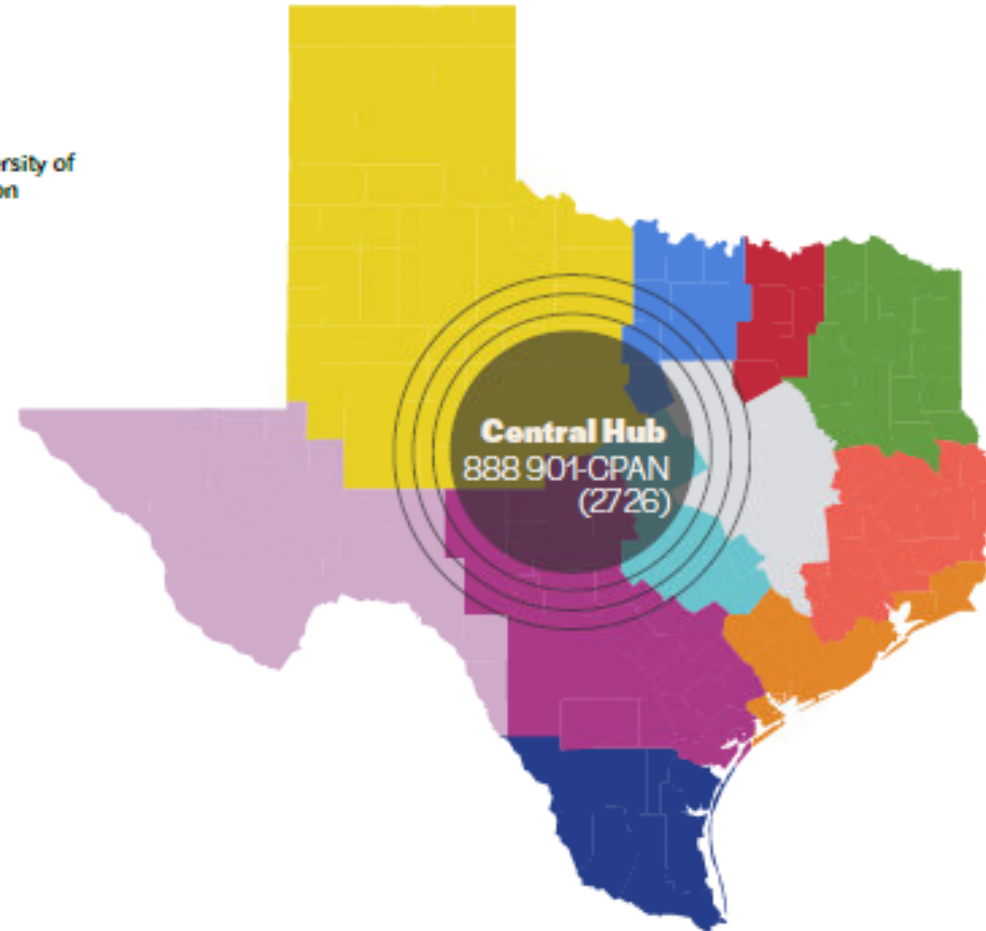


Children's Mental Health
Research



Child Psychiatry Access Network (CPAN)

- Texas A&M University System Health Science Center
- Baylor College of Medicine | The University of Texas Health Science Center at Houston
- Dell Medical School at The University of Texas at Austin
- The University of Texas Southwestern Medical Center
- Texas Tech University Health Sciences Center at El Paso
- Texas Tech University Health Sciences Center
- The University of Texas Health Science Center at Tyler
- University of North Texas Health Science Center
- The University of Texas Medical Branch at Galveston
- The University of Texas Rio Grande Valley School of Medicine
- The University of Texas Health Science Center at San Antonio



CPAN Network Development: Clinic and Provider Reach

(Trayt Data: May 2020-August 2021)

- 13.5% of enrolled clinics located in non-metropolitan counties
- 1.3% of enrolled clinics located in rural counties

Table 3. Enrolled CPAN Clinics by Rural-Urban Continuum Designation

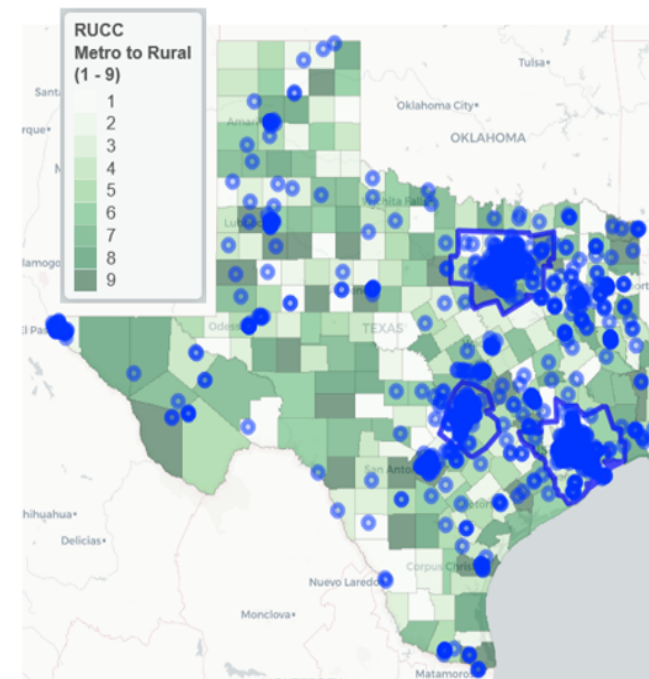
2013 RUCC Code ^c	Total Enrolled Clinics ^a n (%)	Clinics on Outreach List ^b n (%)
Metro	924 (85.1%)	7484 (93.3%)
Non-metro	147 (13.5%)	297 (3.7%)
Rural	15 (1.3%)	243 (3.0%)

(a) Data source: Trayt CPAN Clinic and Clinic Staff Directory Data (May 1 2020-August 31, 2021). 4 clinics missing RUCC codes (USDA could not calculate the RUCC code).

(b) Data source: List of clinics (adolescent medicine, family medicine, pediatrics, internal medicine, general practice) in Texas purchased from the Texas Medical Association by COSH.

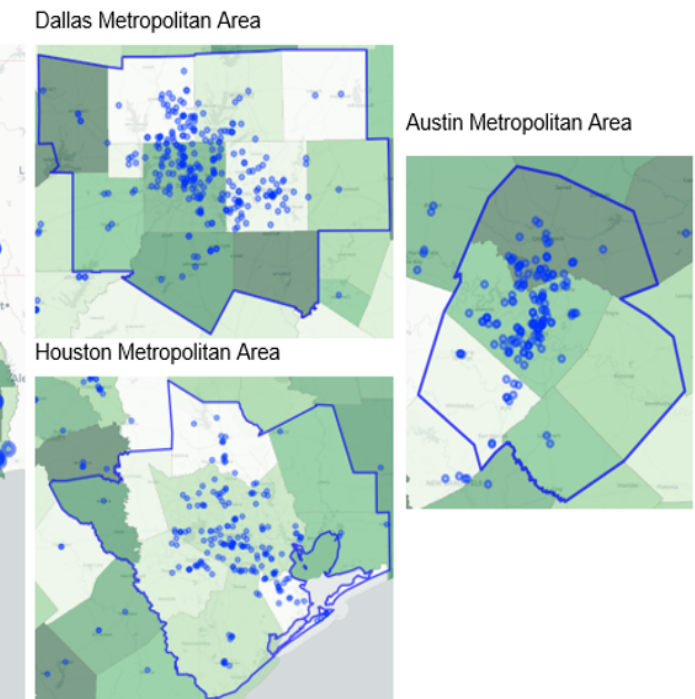
(c) 2013 Rural-Urban (RUCC) Continuum Codes, USDA Economic Research Service, U.S. Department of Agriculture. RUCC Codes 1-3 = Metro; RUCC Codes 4-7 = Nonmetro; RUCC Codes 8-9 = Nonmetro, completely rural.

Figure 6a. Enrolled CPAN Clinics^a by Rural-Urban Continuum at the County-Level



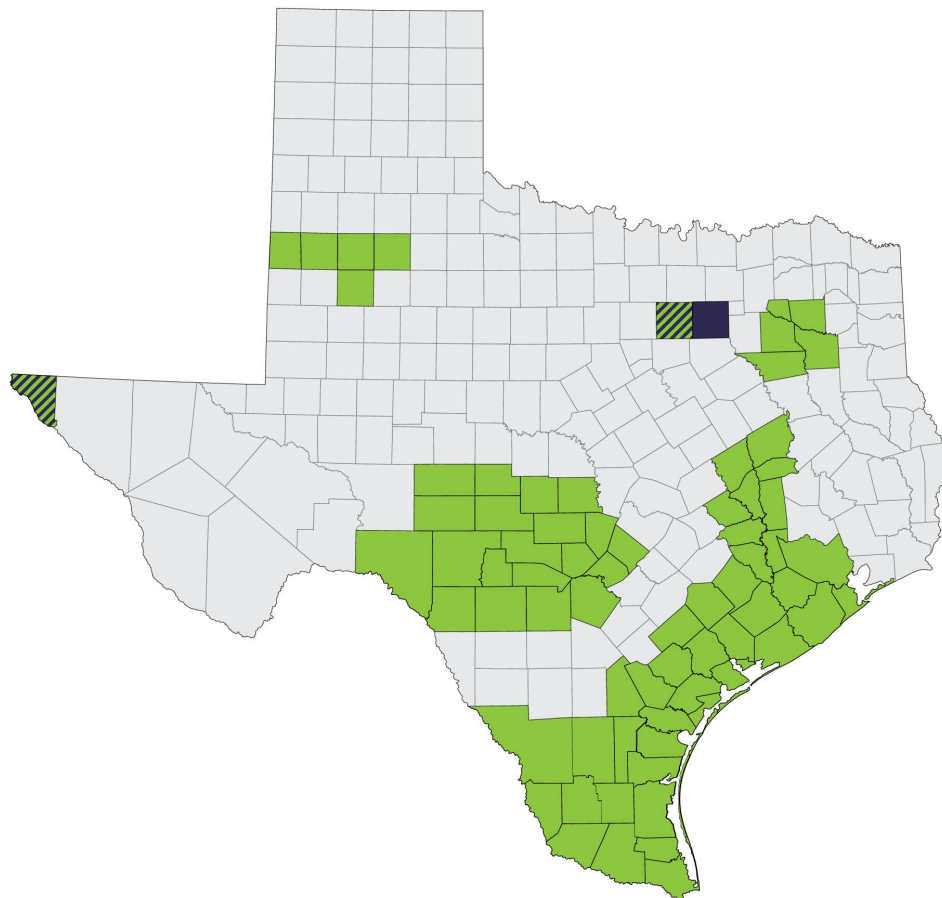
(a) Data source: Trayt CPAN Clinic and Clinic Staff Directory Data (May 1 2020-August 31, 2021). 4 clinics missing RUCC codes.
(b) Data source: 2013 Rural-Urban (RUCC) Continuum Codes, USDA Economic Research Service, U.S. Department of Agriculture. RUCC Codes 1-3 = Metro; RUCC Codes 4-7 = Nonmetro; RUCC Codes 8-9 = Nonmetro, completely rural.

Figure 6b. Enrolled CPAN Clinics^a by Rural-Urban Continuum at the Metropolitan Area Census Block Group Level



Community Psychiatry Workforce Expansion (CPWE)

Partners HRIs with community mental health providers and provides training opportunities for residents under an academic medical director provided by the HRI.



LMHA

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

Community MH Partner

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

**Currently Partnering with
15 out of 39 LMHAs/LBHAs and
4 other Community Mental
Health Providers across Texas**

**Sept – Aug 2021, Residents
Participating in the CPWE
program had 4,099 encounters
with 1,907 patients**



Texas Child Health Access Through Telemedicine (TCHATT) offers:



TCHATT
Texas Child Health Access
Through Telemedicine



Direct telepsychiatry
or counseling to
students at schools



Educational and
training materials for
school staff



State-wide data
management
system

Parental Consent and Involvement are Mandatory



Current TCHATT Service Access, March 2022



336
LEAs / Districts

Total number of public school districts or charter schools with an MOU for TCHATT, snapshot on 3/31/22.



3,077
School Campuses

Total number of school campuses enrolled in TCHATT, snapshot on 3/31/22.



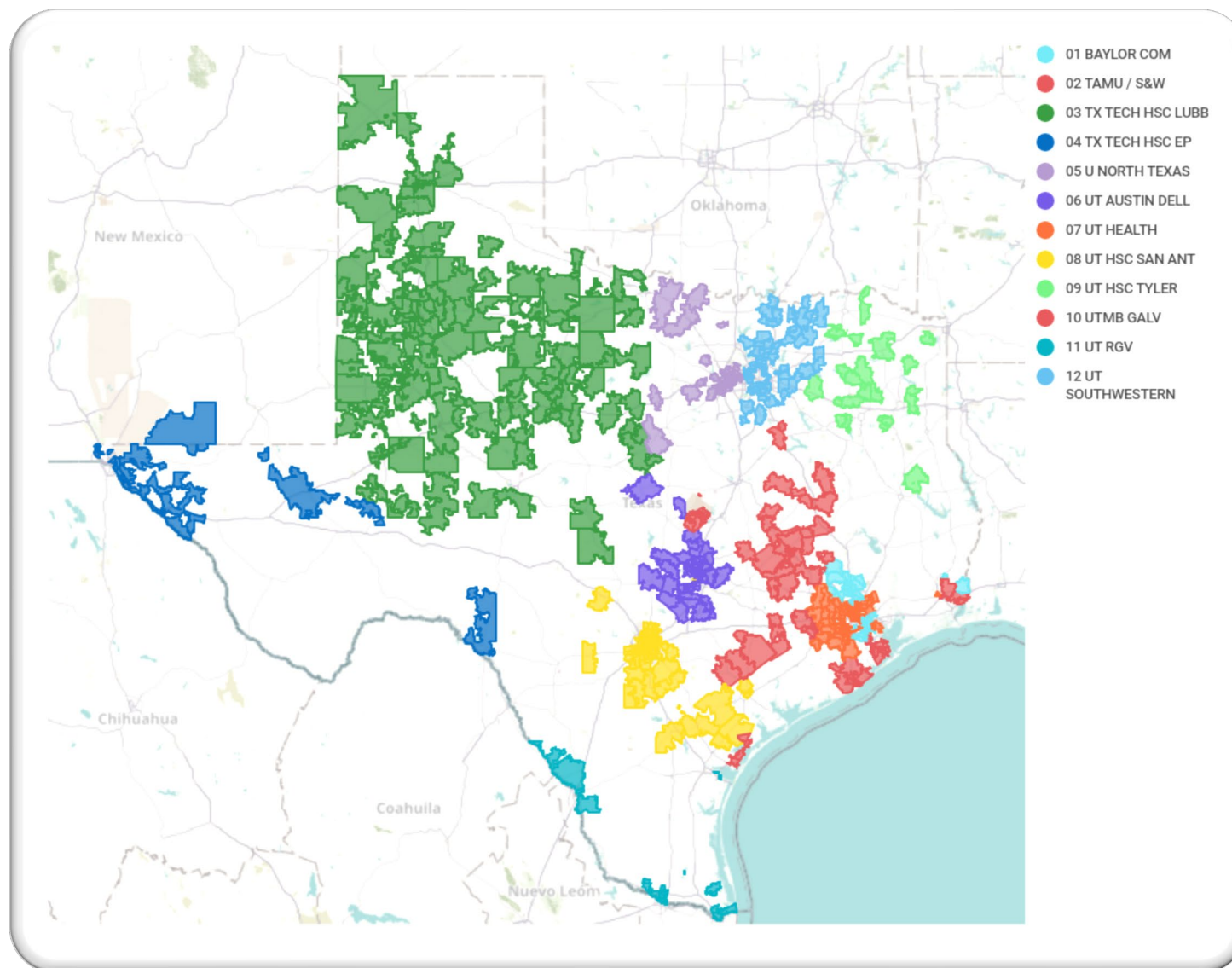
2,149,956
Covered Students

Total number of students able to access TCHATT care (covered lives), snapshot on 3/31/22.



TCHATT Campuses Active in April 2022

HRIs partnered with Educational Support Centers and other local and state agencies for ISD engagement. The process to complete a MOU involves careful review and coordination at the District level-processes varied based on local regulations





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TEXAS TECH UNIVERSITY
HEALTH SCIENCES CENTER™

Texas Tech TCMHCC programs providing services to rural areas of Texas

Sarah Mallard Wakefield, MD

Chair, Department of Psychiatry

Texas Tech University Health Sciences Center

TCHATT can be part of the Texas Solution

”

I am so grateful for this program. My daughter was in a really rough place and this program was like a shining light to her. It sparked amazing conversation between my daughter and I. She has some tools in her belt to handle situations she can't control in the future. Thank you! Thank you! Thank you!

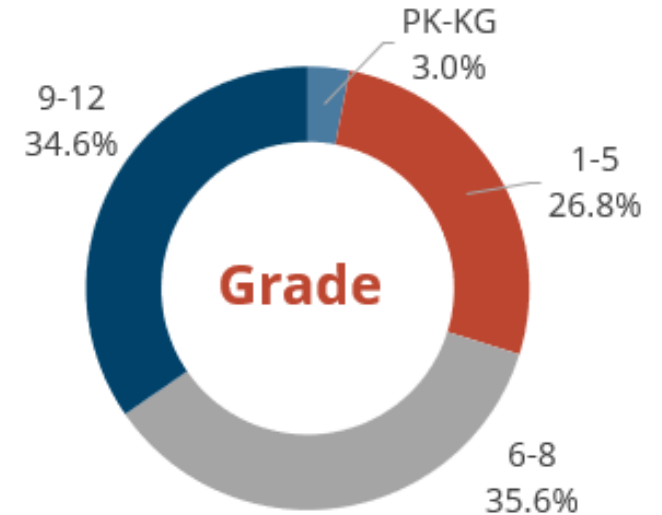
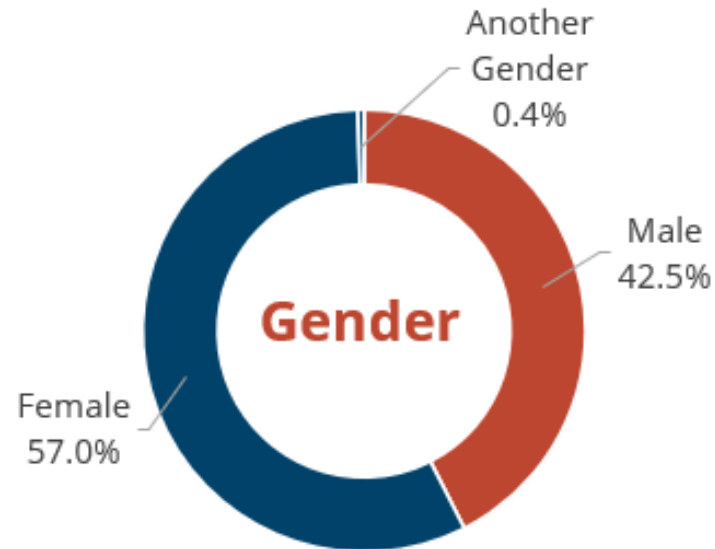


Students Served in TCHATT, FY22 to Date



**6,023
Students
Served**

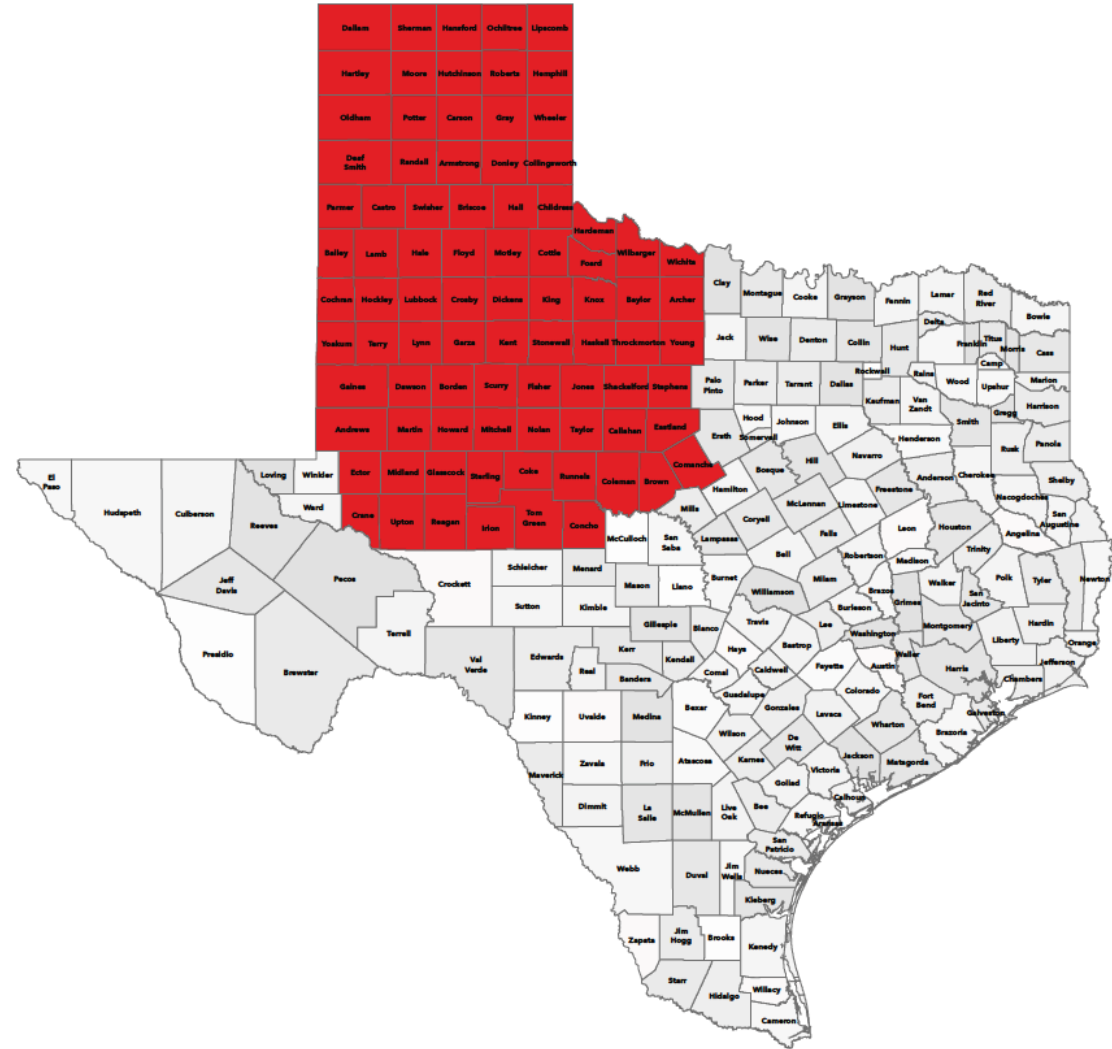
Number of students receiving
at least one TCHATT service
during FY22, from 9/1/21 –
4/30/22.



Overarching Philosophy

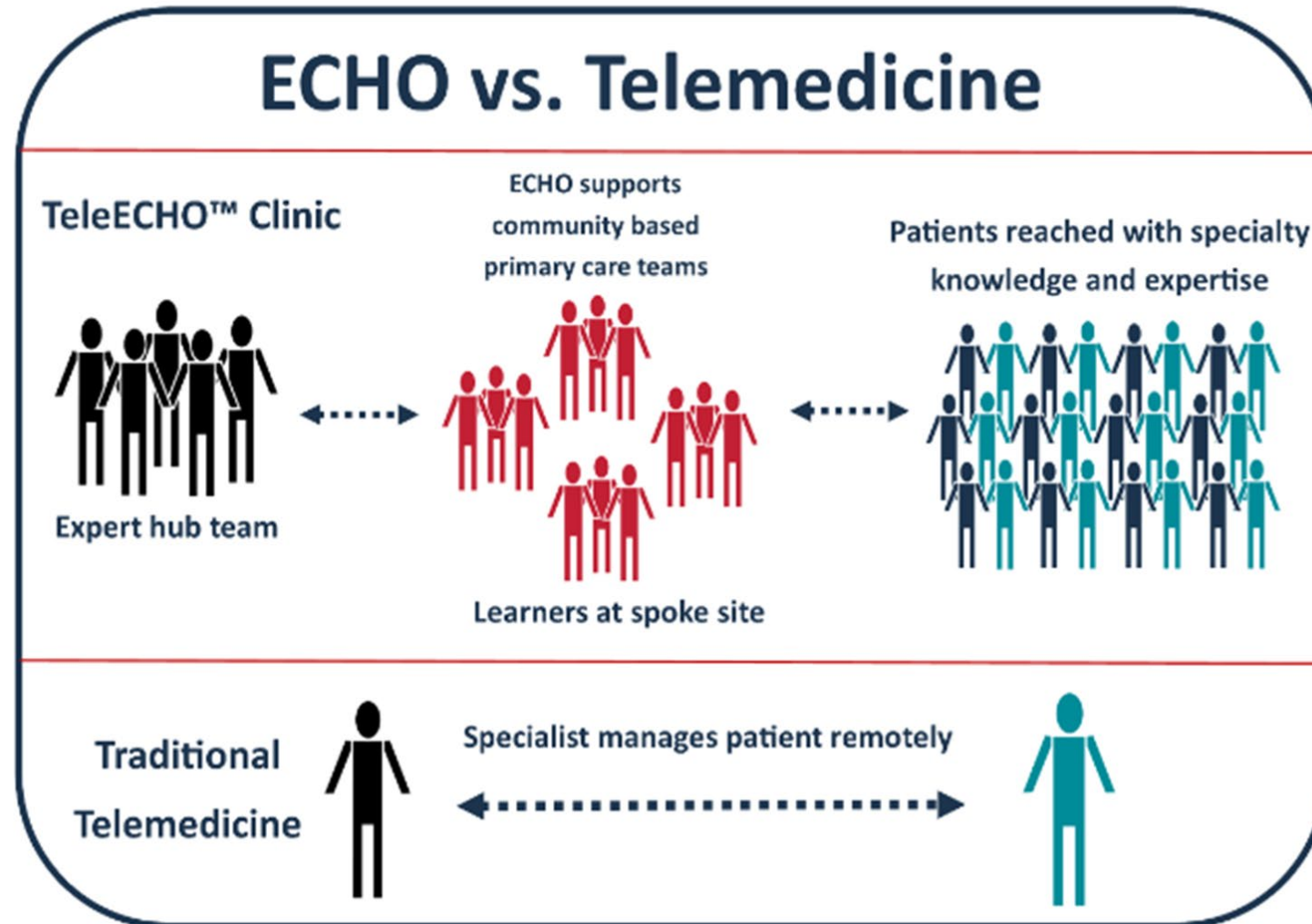


Coverage area



Direct Services & Education

All Teach/All Learn



Launching CPAN

**Are you a pediatrician with
questions about treating
pediatric patients with
mental health concerns?**

Call 888-901-CPAN to consult with a child
psychiatrist within 30 minutes.



CELEBRATING TWO YEARS!



98%

of providers reported
satisfaction with
CPAN experience



98%

of calls returned
within **30 minutes**



8,749

Completed
consultations



7,840⁺

Texas **children**
supported



760

Educational events
hosted by CPAN



1,428

Enrolled **clinics**



6,370

Providers **trained**



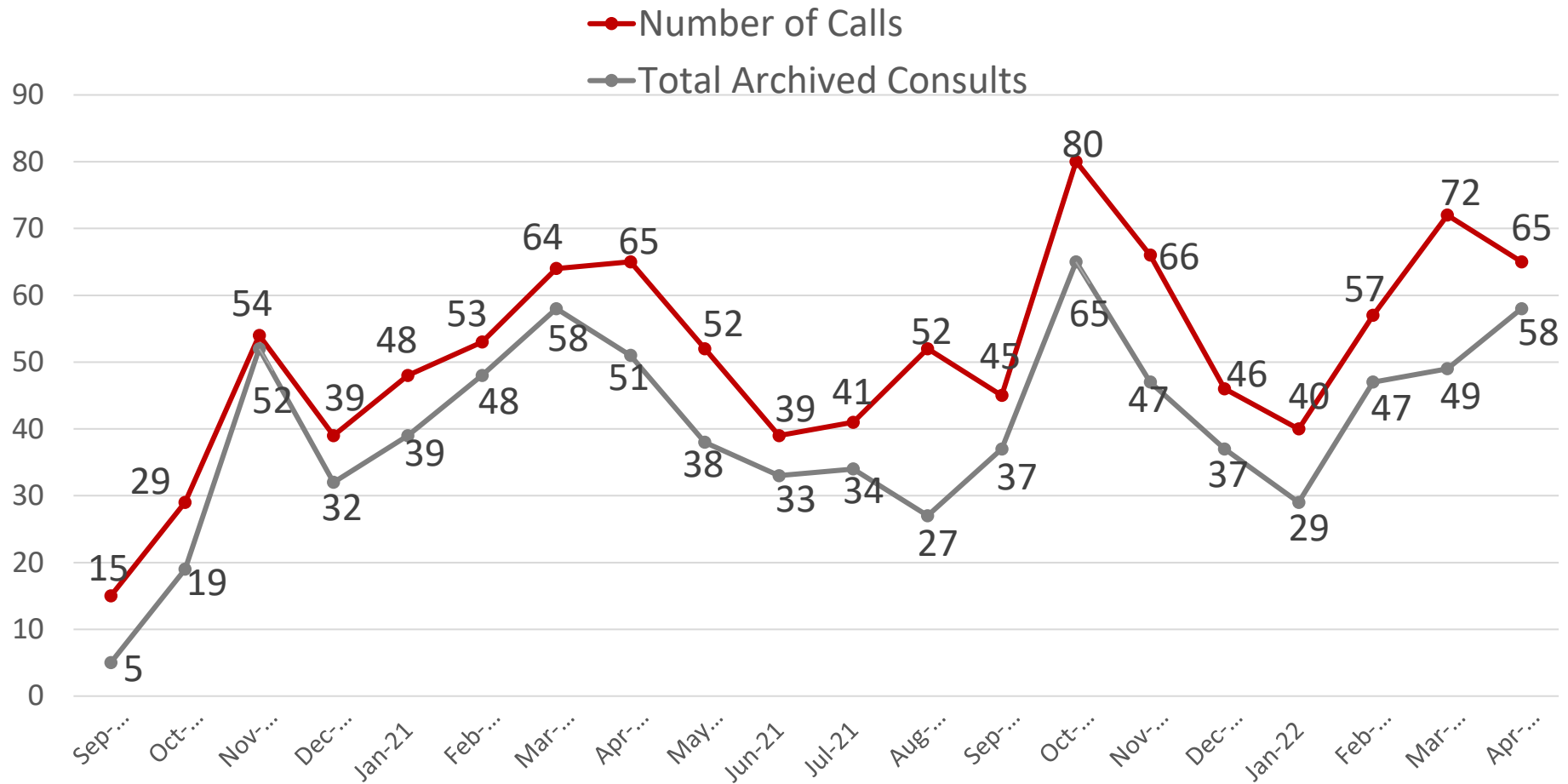
7,901

Providers **enrolled**
in CPAN



Number of Calls Per Month

(August 1, 2020-April 30, 2022)



CPAN Learning Opportunities

**2nd Wednesday
Monthly 12pm -
1pm**

Evidence-Based
Practices
Virtual Delivery

**CPAN
ECHO**

**Grand
Round
s**

**Custom
ized
Content**

**Tue/Thu Every
Other Week
12:15pm -1:15pm**
Collaborative Virtual
Sessions
Professional
Development
Self-Care
or In-Person

**Clinic Specific
Content**

Professional
Development
Self-Care
Development
or In-Person



Launching CATR/TCHATT



Texas Child Health Access Through Telemedicine (TCHATT)

provides students with up to 4 sessions of psychological or psychiatric care as needed in schools.



Program Update – CATR/TCHATT

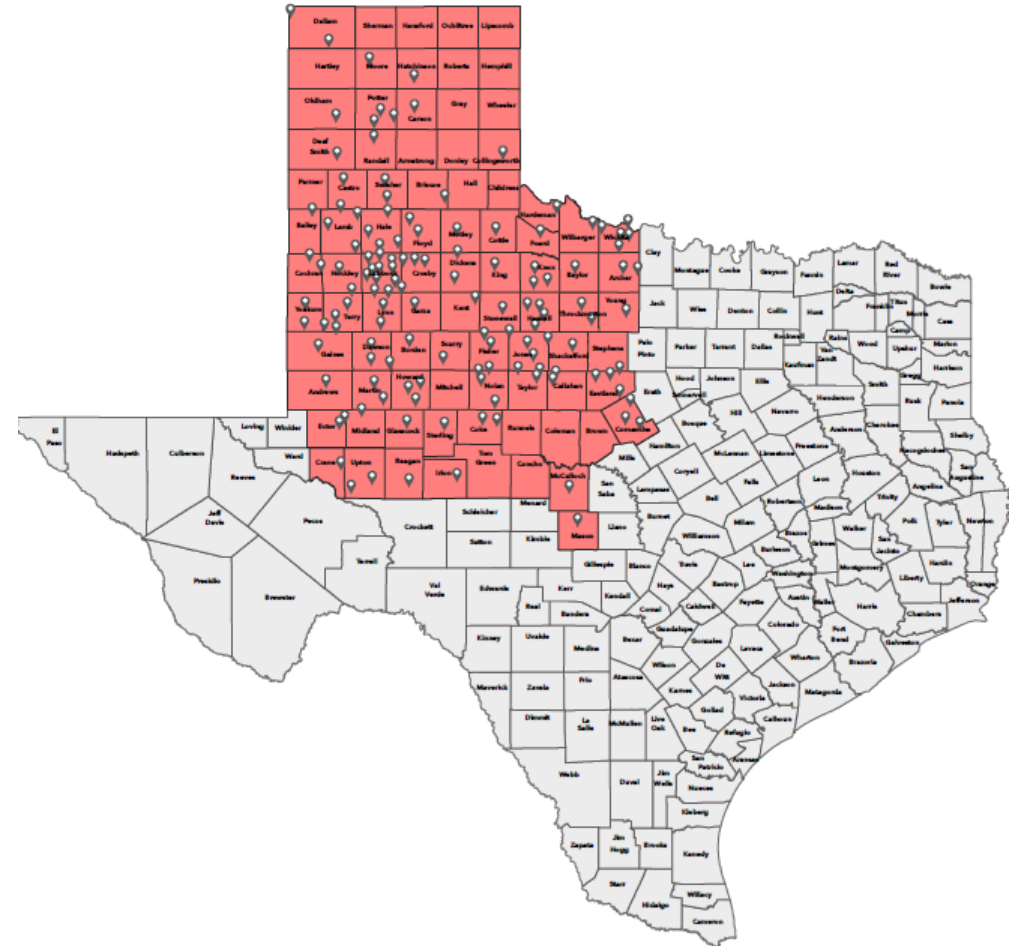
(August 1, 2020-April 30,2022)

132 Districts Enrolled

764 Total Schools

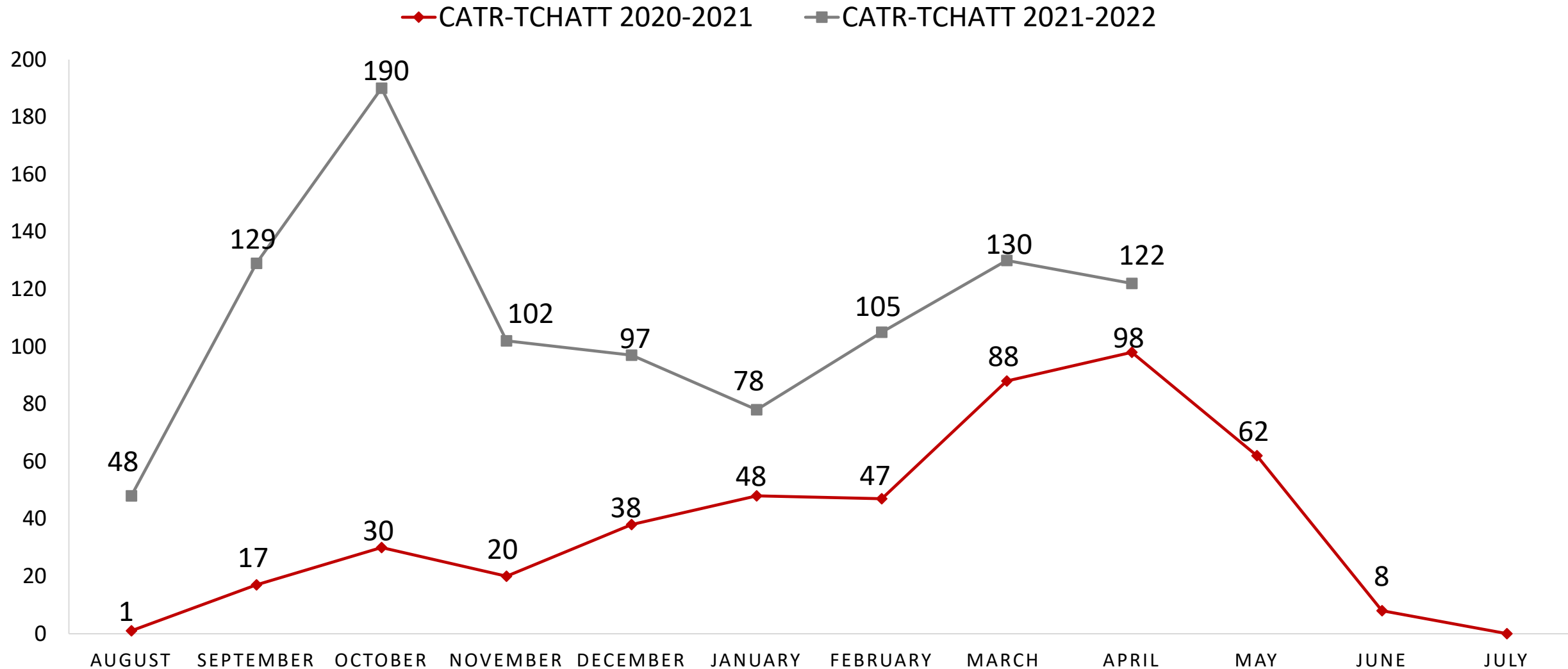
184,713 Covered Lives

1001 Total Referrals



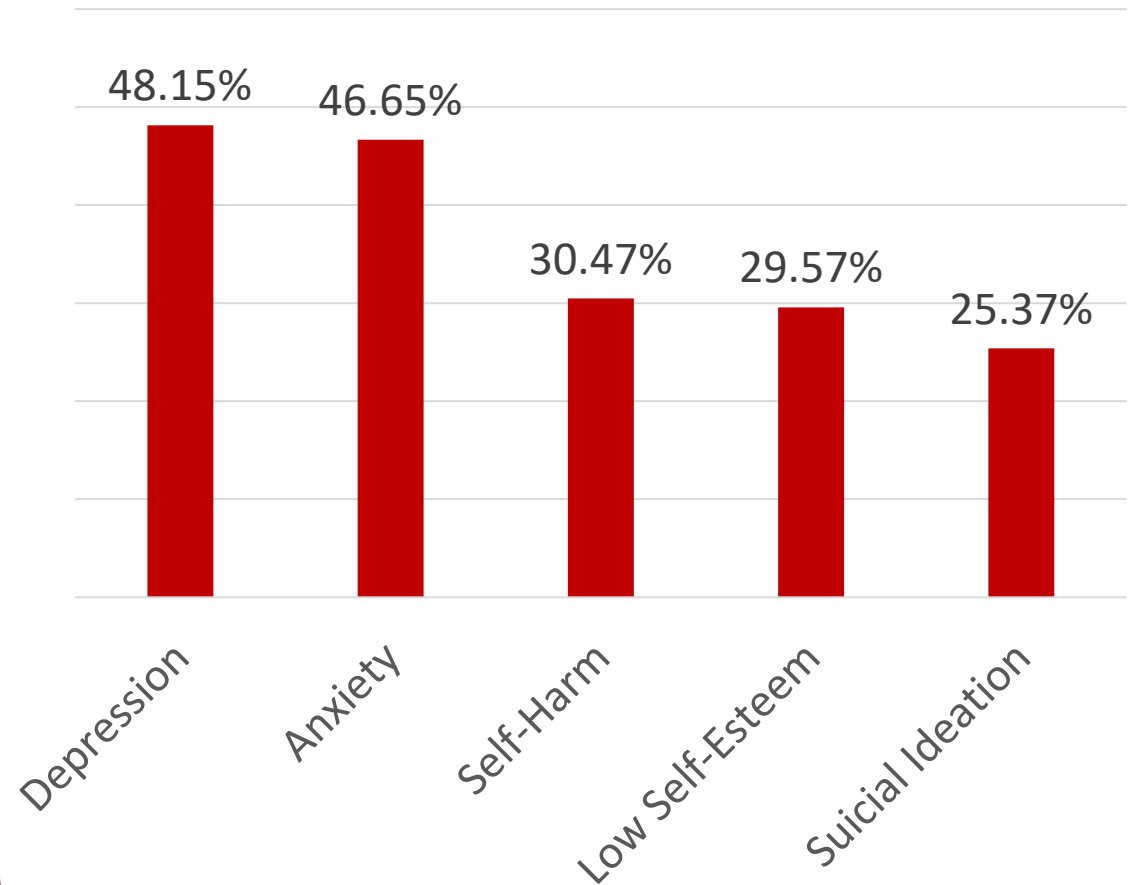
Referrals Per Month by Academic Year

(August 1, 2020-April 30, 2022)

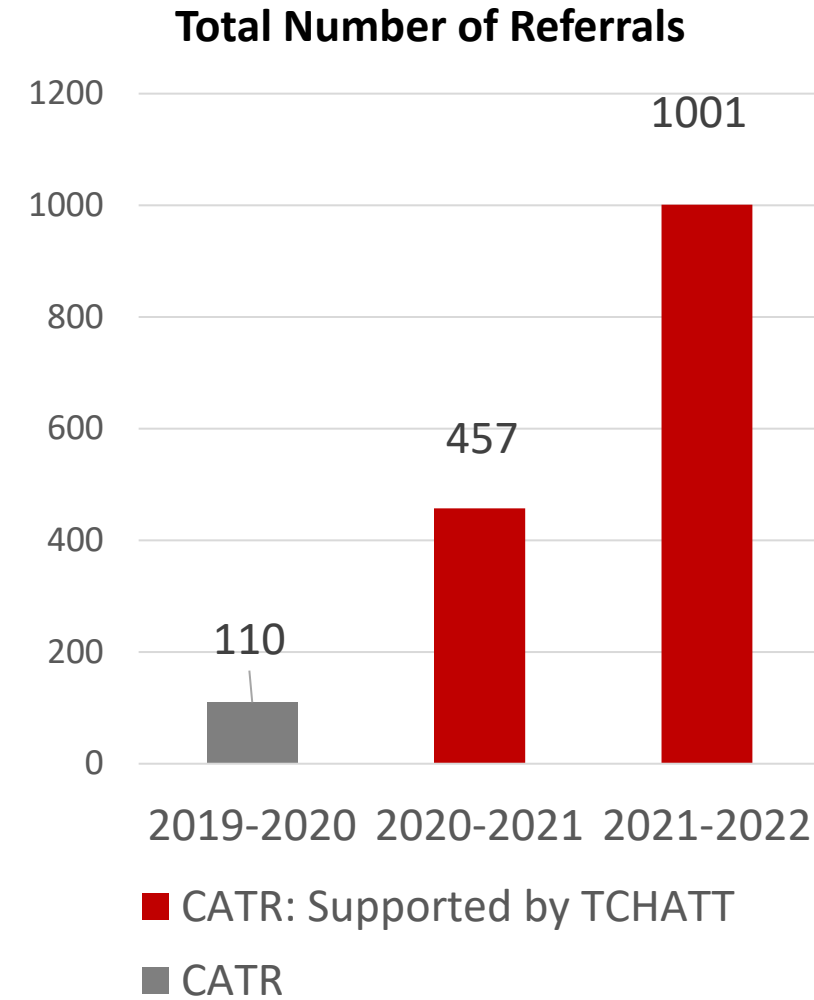
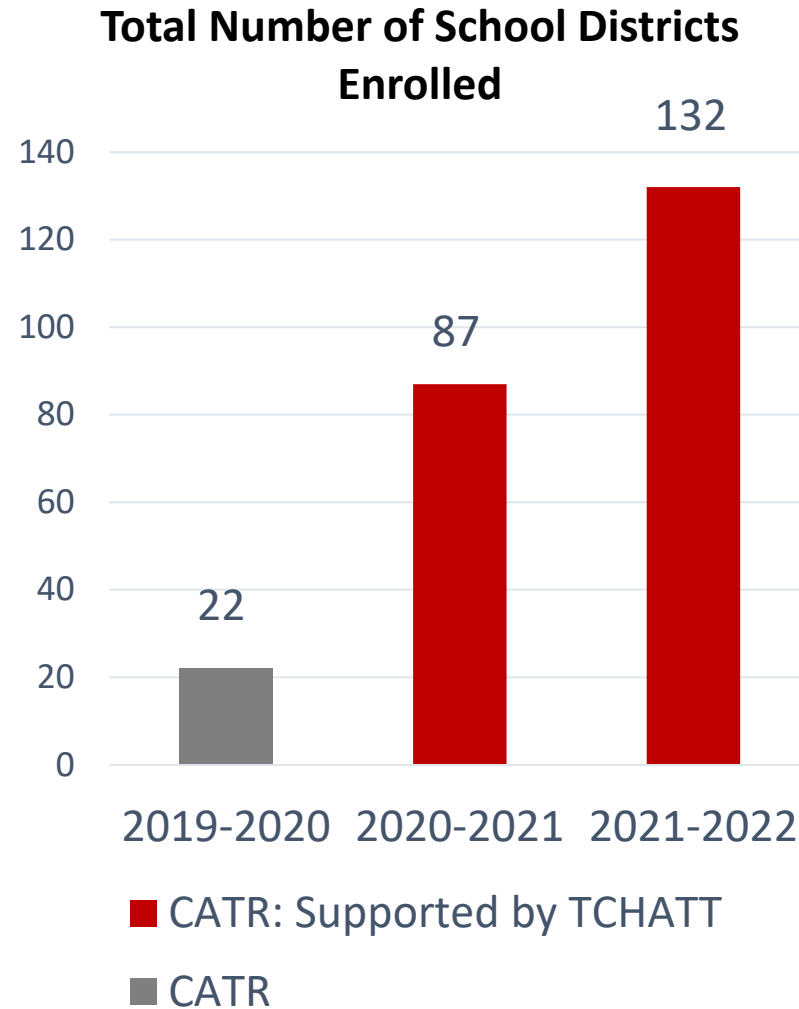


Top Reasons for Referrals

(As of April 30, 2022)



Pattern of Growth



*Total referrals for 2021-2022 academic year are reflective of numbers up to April 30, 2022.



ISD Learning Opportunities

Wednesdays 10am - 11am
Program Processes
Q&A
Open Virtual "Office Hour"

Professional Development
Evidence-Based
Approaches

**ECHO -
School
Behavioral
Health**

**Program
Pop-Ins**

**Counseling
Connections**

**Education
Service
Centers**

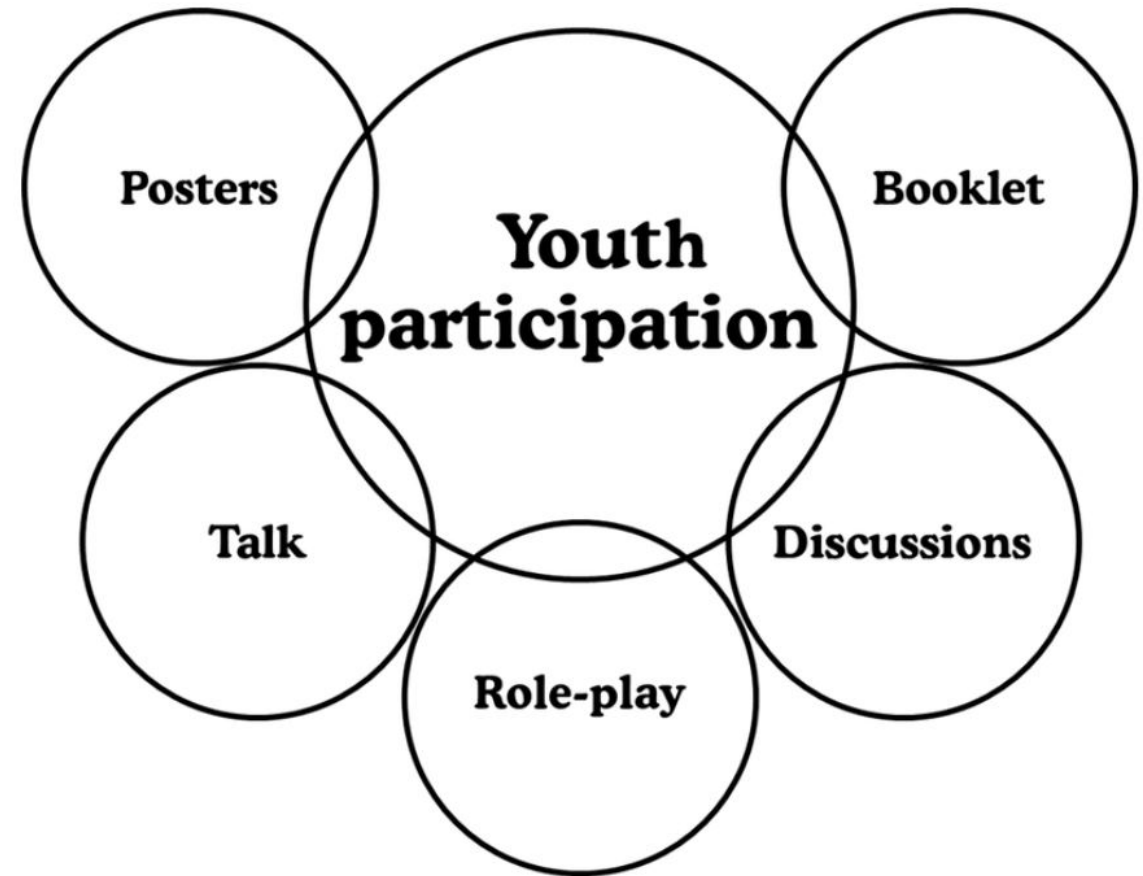
Tuesdays 9am - 10am
Collaborative Virtual Sessions
Professional Development
Case-Based Learning

Thursdays 1pm - 2pm
Guided Discussions
Self-Care Focused

Customized
Content



Youth Aware of Mental Health (YAM)



Program Update - CPWE

(August 1, 2020-April 30,2022)

Engaged with LMHA

1st First Episode Psychosis
Program

Child and Adolescent Fellowship
Accreditation

Fully matched fellowship 2022-
2023



Program Update – Research Networks

(August 1, 2020-April 30,2022)



Child Trauma

Youth Depression and Suicide

Research infrastructure!!

Measurement based care

3rd Special Session, 87th Texas Legislature

Sec. 8 of SB 8 and ARPA resources will enhance and expand:



Child Psychiatry
Access Network
(CPAN)



Texas Child Health
Access Through
Telemedicine (TCHAT)



Community
Psychiatry Workforce
Expansion (CPWE)



TTUHSC approved ARPA projects

CPAN enhancement and expansion

1. CPAN DM-Text Add On (\$0)
2. CPAN Direct Consults (\$300K)
3. Perinatal PAN (PeriPAN) (\$2.5M)
4. FISP Zero Suicide (\$1.5M)
5. Pediatric Collaborative Care (TBD)

Community Psychiatry Workforce expansion

6. Additional CAPP Training (\$1.2M)
7. LPC/LCSW/LCDC/LMFT/NP training (\$1.1M)
8. LMHA Telehealth Services (\$5M)

TCHATT enhancement and expansion

9. TCHATT Additional Sessions as needed (\$1.5M)
10. Cover more TCHATT Regions (\$7.5M)
 - San Angelo area
 - Wichita Falls area
11. Adolescent Substance Use Disorder Services (\$2.1M)
12. TCHATT Individual and Group Therapy (\$4.7M)
13. Trauma-focused expansion including bilingual trauma intervention (\$3.3M)
14. Youth Aware of Mental Health (YAM) Suicide Prevention (\$1.1M)



ARPA Impact - CPAN

Direct assessment when needed

Text communication

Collaborative Care

Suicide prevention programming

Perinatal Psychiatry Access Network



ARPA Impact – CATR/TCHATT

113 Districts

135,889 Covered Lives

Expanded service area

Expanded service lines



ARPA Impact – Workforce Expansion

Child Psychology Training:
Post-doc, Intern, Graduate

LPC, LCDC, LMFT, LCSW
Training

Services to four LMHAs





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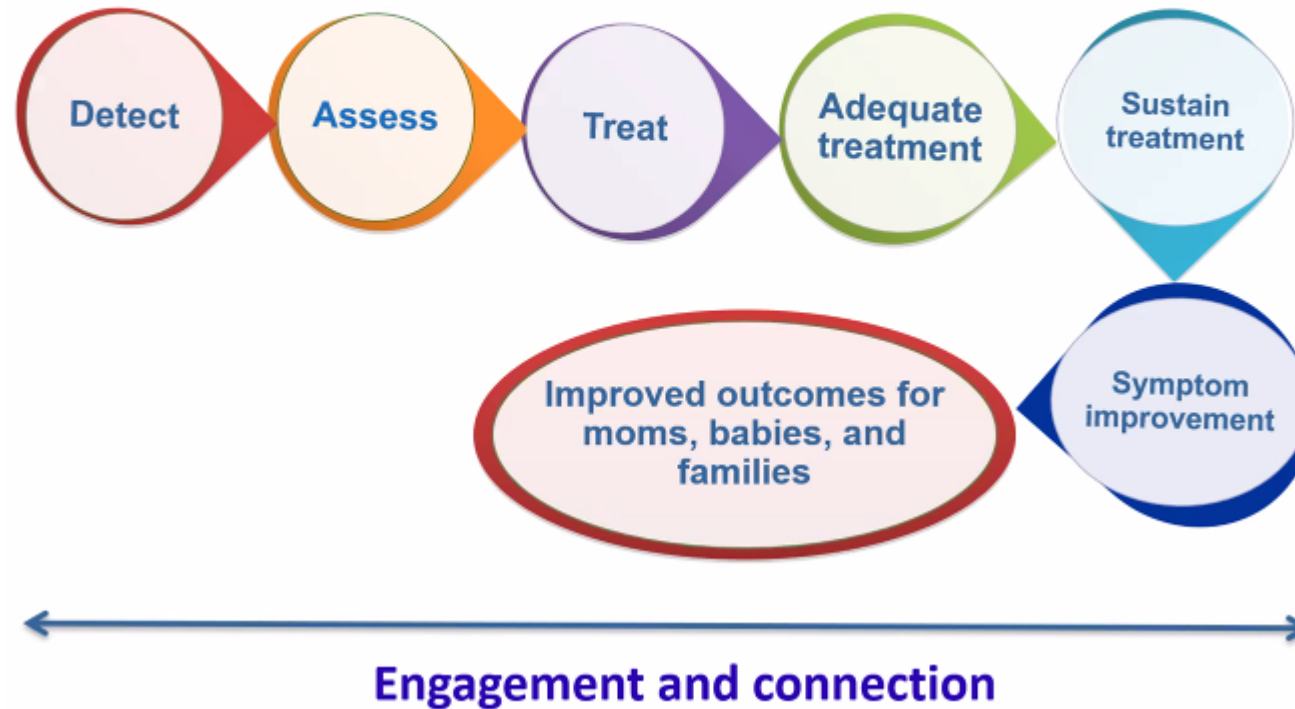


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Texas Child Mental Health Care Consortium

Following slides related to efficacy of psychiatry access programs

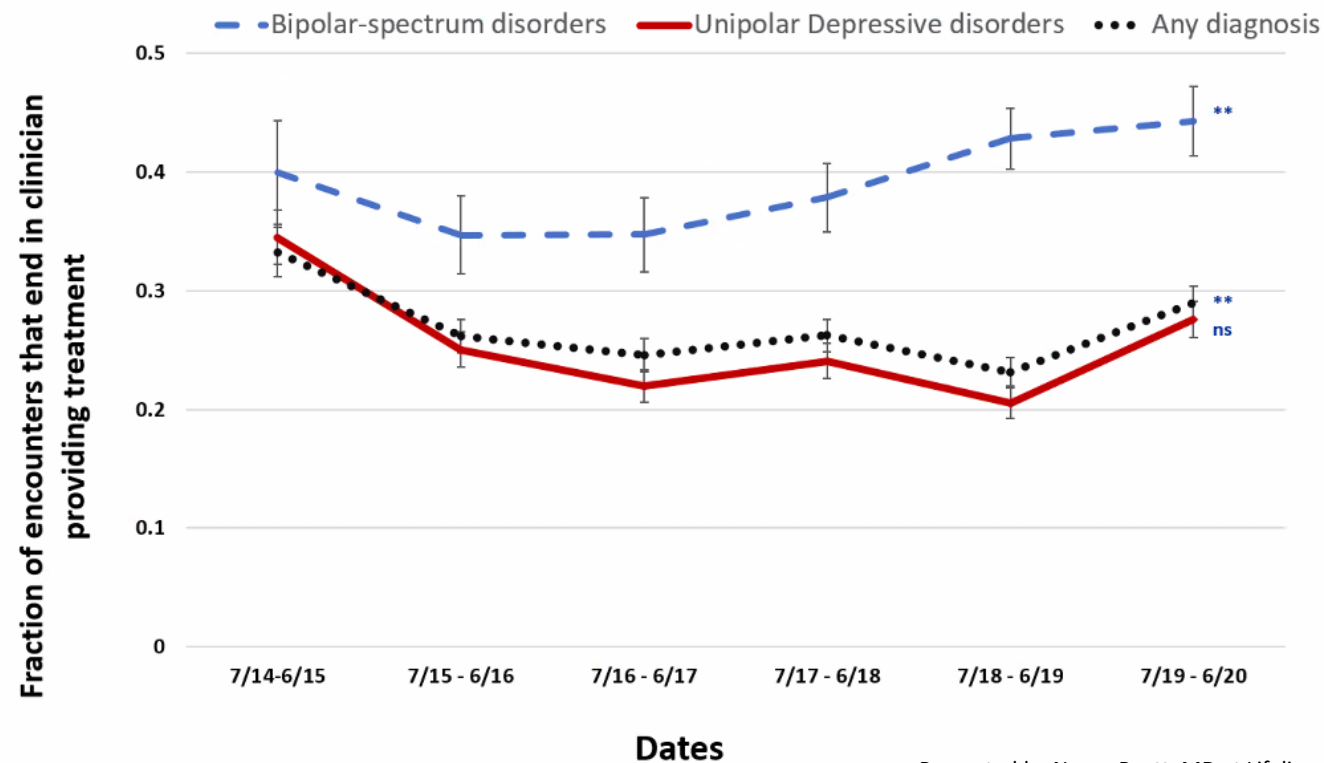
Practice-level interventions are needed to fully integrate mental health care into obstetric care



Presented by Nancy Byatt, MD at Lifeline for Moms Summit 2022



Goal: Build Provider Capacity to Deliver Mental Health Care



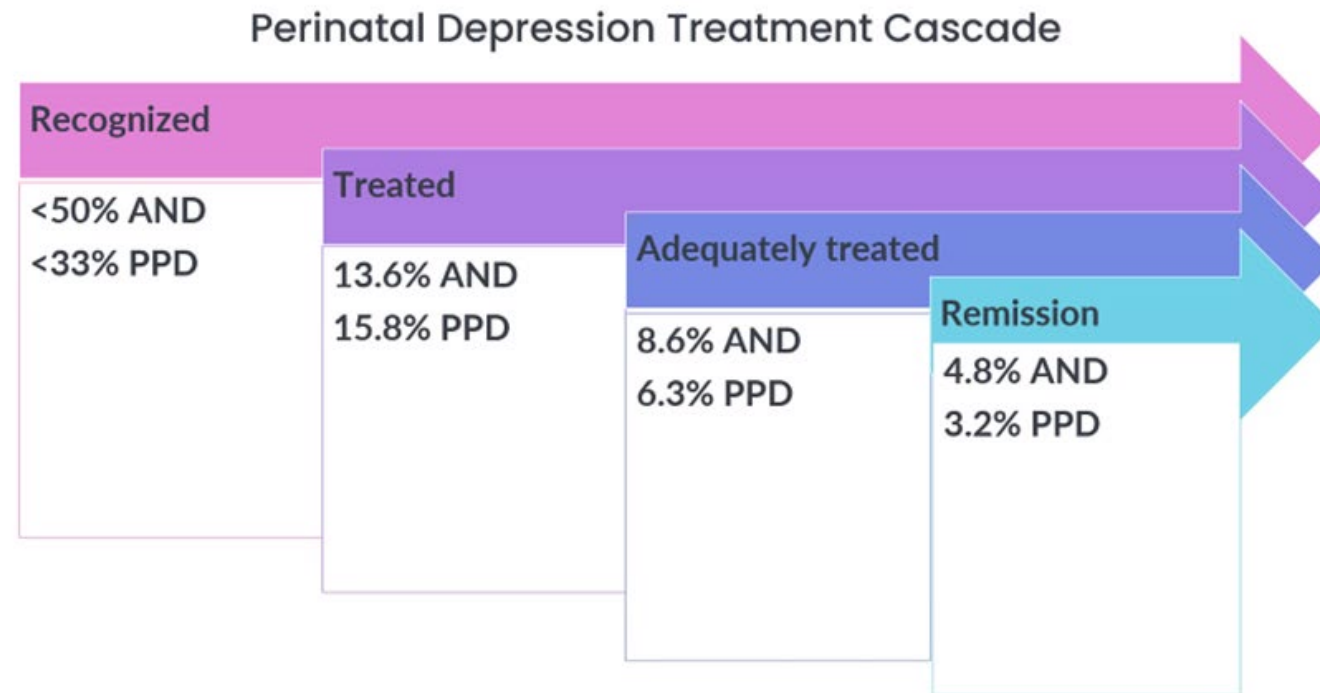
**p<0.01 based on trend

Masters et al. (2021). Submitted.

Presented by Nancy Byatt, MD at Lifeline for Moms Summit 2022



Screening does not equal treatment



(AND=antenatal depression; PPD=postpartum depression)



ARPA Impact- CPAN -> PeriPAN

American Rescue Plan Act

21 Access Programs now cover >60% of US births



<https://www.umassmed.edu/lifeline4moms/Access-Programs/network-members-us/>