



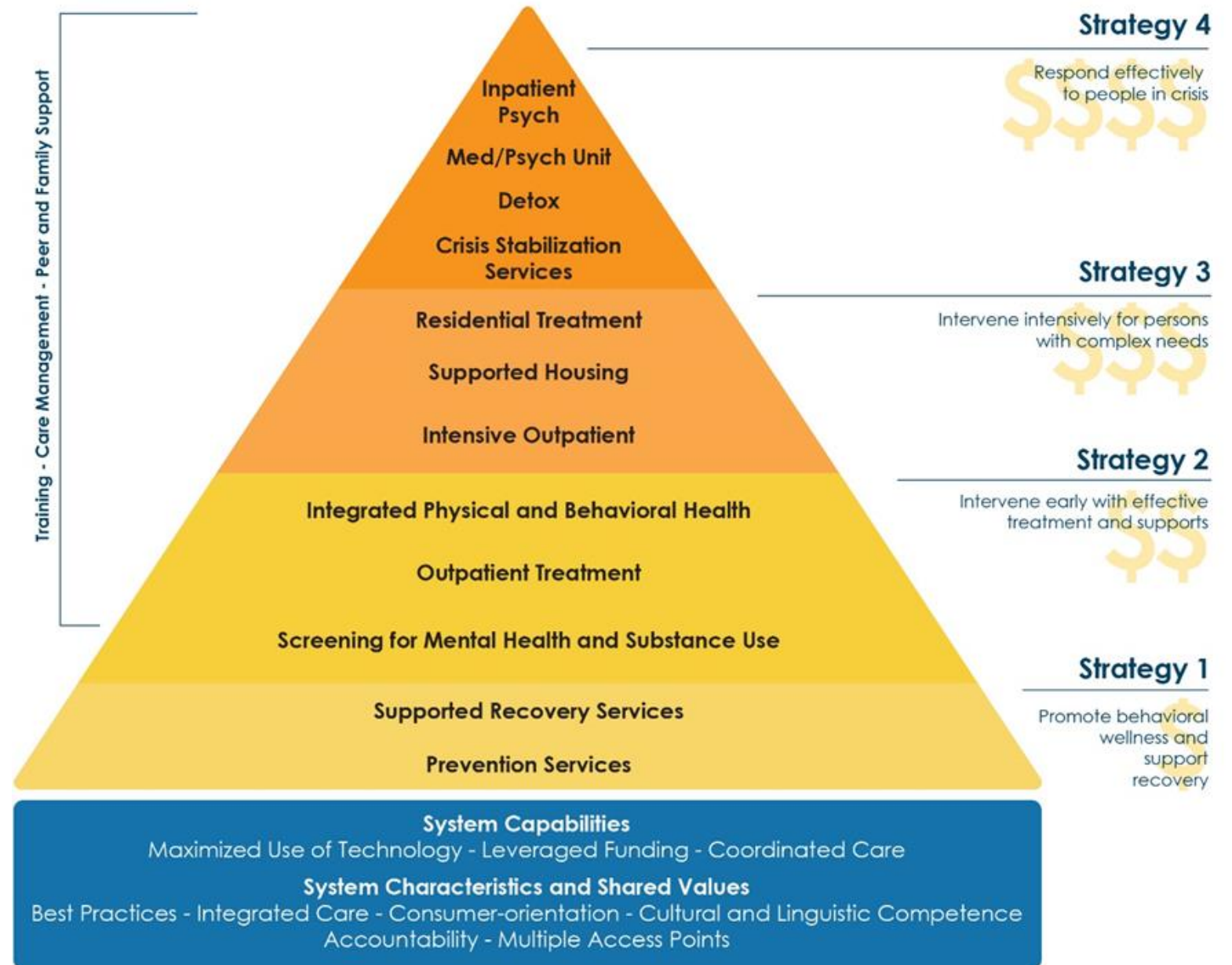
Integral Care



Children's Mental Health CAN Community Council

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Travis County Behavioral Health Framework



How Prevalent are Mental Health Issues?

- 1 in 5 children either currently or at some time, have had a disabling mental health issue
- Ages 8 to 15: 13% had a diagnosable mental disorder in the prior year
- Half of all mental illness is diagnosable by the age of 14
- Most common conditions
 - ADHD (8.5%)
 - Mood Disorders (3.7%)
 - Major Depression (2.7)



Risk Factors

- Risk Factors
 - Low income
 - Unemployed parents
 - Teen parents
 - Being in the child welfare system system
 - Living in a military family
 - Experiencing trauma



Treatment and Recovery

- Treatment Seeking
 - Half of all children ages 8 to 15 do not receive treatment
 - Boys more likely to receive treatment
 - Anxiety the least likely to receive treatment
 - Teens more likely to use mental health services than younger children
- Recovery
 - Early treatment improves lifelong outcomes
 - Recovery is possible

Children's Mental Health Plan



Goal #1: Promote wellness & support resilience for all Travis County children & youth.



Goal #2: Provide a continuum of intervention services & effective treatment to children & youth exhibiting a range of needs from emerging symptoms to complex mental health needs.



Goal #3: Respond effectively to children, youth & families in crisis.



Goal #4: Improve outcomes & accountability in the entire Travis County children's mental health system.

State of Travis County

- What's Working
 - Increased connections across agencies and providers
 - A lot of good work is happening across the community benefitting children
 - Dedicated effort to make changes/implement improvements
- Continuing Challenges
 - Too many competing issues
 - Limited dedicated resources to work on system improvements
 - Connecting systems together to create seamless care
 - Looking at issues in isolation from one another
 - Not considering the long game



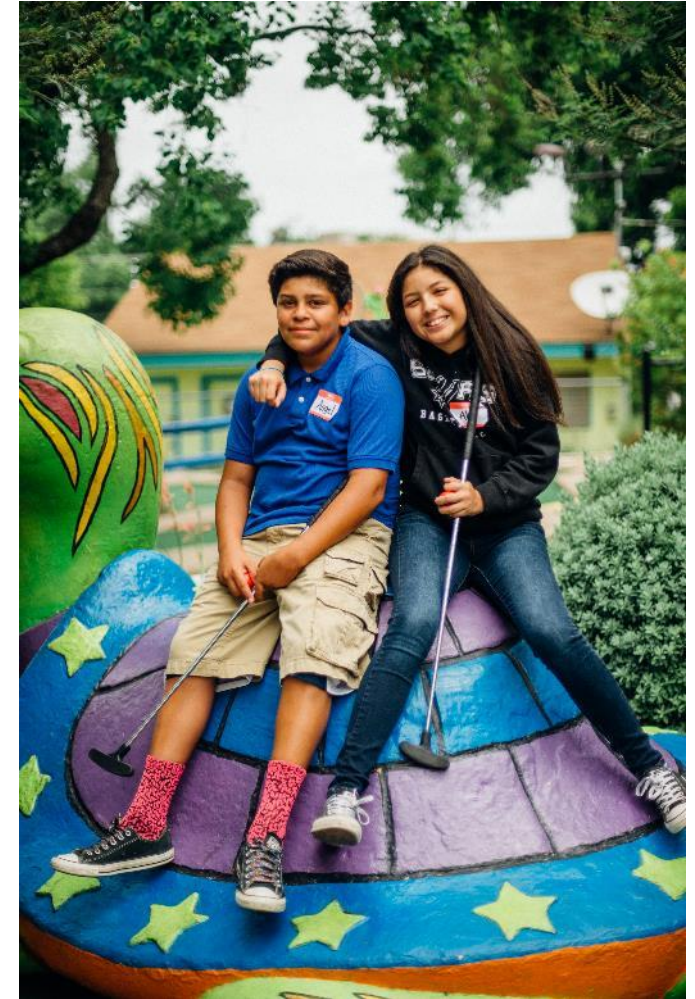
Crisis

- Challenges
 - Too many inappropriate children referred to Dell Children's Medical Center
 - Data sharing for better treatment
- Opportunities
 - Improve the process for responding to children in crisis
 - Increase training within school districts
 - Change referral protocols
 - Expand Mobile Crisis Outreach Team capacity
 - Expand access to outpatient services
 - Create post referral follow-up care connection



Prevention & Wellness

- Opportunities
 - Raise awareness of mental health issues
 - Decrease stigma through education
 - Increase/promote screening and referral
 - Encourage treatment seeking behavior
- Challenges
 - Lack of adequate centralized information and referral system
 - Lack of sufficient services



Intervention

- Opportunities
 - Expand geographic access to services
 - Make services available at home and in community
- Challenges
 - Available workforce
 - Established agreements for space
 - Reimbursement issues
 - Telehealth



School Based

- Opportunities
 - Strengthen early identification
 - Expand access to mental health services in schools
 - Expand teacher and staff knowledge
 - Improve referrals process
- Challenges
 - Inconsistent availability of services across districts
 - Varying commitment from districts
 - Competing training demands



Our community is stronger when we invest in the health and wellbeing of children that supports them reach their full potential

Questions & Comments