House Committee on County Affairs:  
Texas Mental Health Workforce Needs  
Andy Keller, PhD | March 9, 2017
About MMHPI

- **History**
  - The Meadows Mental Health Policy Institute traces its origins to the vision of The Meadows Foundation and its philanthropic leadership throughout the state of Texas on mental health and other vital public issues.

- **Mission**
  - To support the implementation of policies and programs that help Texans obtain effective, efficient mental health care when and where they need it.

- **Vision**
  - For Texas to be the national leader in treating people with mental health needs.

- **Key Principles**
  - Accessible & effective behavioral health care
  - Accountability to taxpayers
  - Delivery through local systems & collaboration
  - Data driven quality outcomes
  - Necessary robust workforce
Health Care vs. Mental Health Care

The best Mental Health Care should be just like the best Health Care.
The Local Burden of Unmet Mental Health Needs on Texas Counties

- **30,000** Texas children are at risk for entry into the “school to prison pipeline”
- **300,000** Texans in need receive no treatment at all

**THE COST of UNMET MENTAL HEALTH NEED**

- **$2.2 billion** total cost to local Texas governments
  - **$1.4 billion** in emergency room costs
  - **$700 million** in local justice system costs
  - **$100 million** other

**“SUPER UTILIZATION”**

- **92%** do not receive care adequate to break the cycle of “super utilization”
- **6 in 7** who need ACT do not receive it
- **9 in 10** who need FACT do not receive it

| Jail Costs for Individuals with Mental Illness | $461 million |
| Juvenile Justice Costs for Youth with Serious Emotional Disturbances | $236 million |
| Psychiatric Emergency Department Costs | $965 million |
| Alcohol and Substance Abuse Emergency Department Costs | $457 million |
| Other Costs (e.g. shelter services to homeless individuals and school district costs) | $100 million |
| **Total Costs to Local Governments** | **$2.2 billion** |
The Biggest Challenge in Texas: Workforce

• Inadequate numbers of providers:
  – 207 of our 254 counties are designated, in whole or in part, as Mental Health Professional Shortage Areas (MHPSAs).
  – 241 counties have some level of shortage, both prescribers and core professionals. Over 80% are rural counties.
  – The vast majority of providers live in five counties.
  – We have a dramatic lack of diversity, resulting in a shortage of culturally and linguistically competent professionals.

• Inadequate preparation of providers for integration.
## Low Levels of Mental Health Specialists

### Behavioral health practitioners
Number per MM population

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<tr>
<th>Location</th>
<th>Psychologists</th>
<th>LPC</th>
<th>LPA</th>
<th>LCSW</th>
<th>LMFT</th>
<th>Total</th>
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<td>National</td>
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<td>711</td>
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<td>39</td>
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Key Drivers of Workforce Shortage

Similar restrictions exist for other mental health professionals.
The truth is: mental illness affects more people than you may think, and we need to talk about it. It’s Okay to say..." okaytosay.org