



TEXAS

The University of Texas at Austin



Hogg Foundation
for Mental Health

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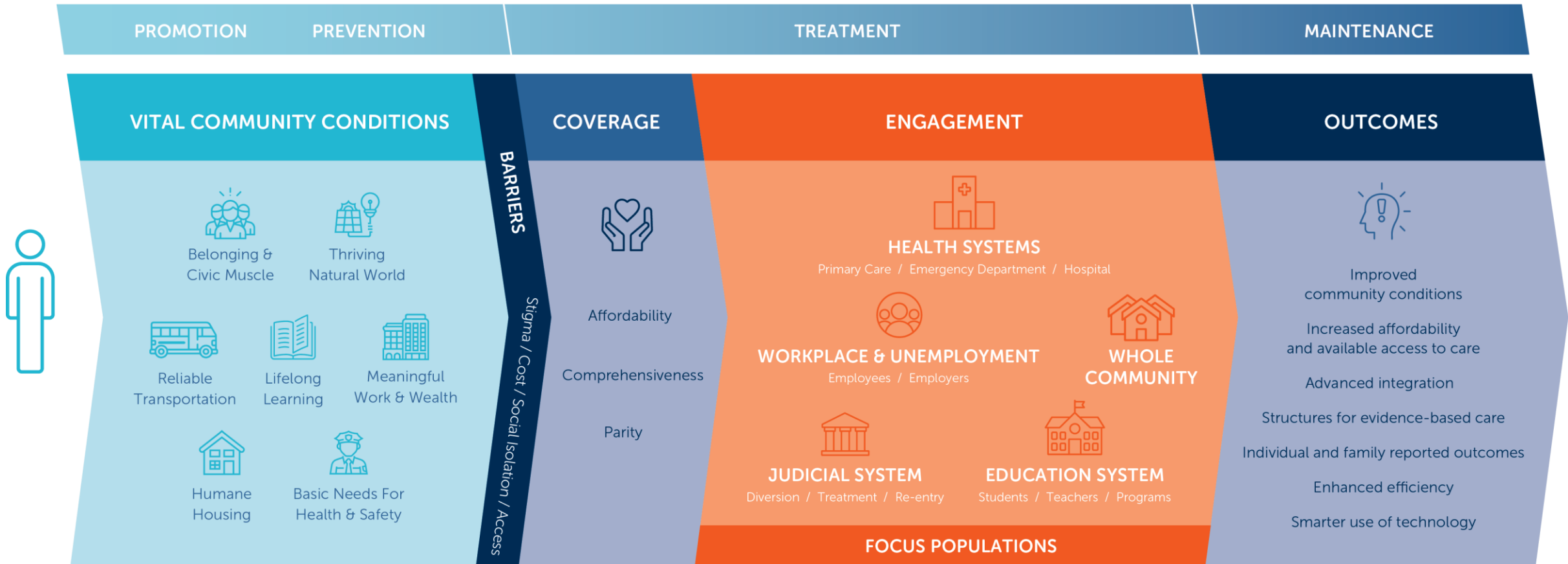
The Future of Mental Health & SUD

- **Culturally and Linguistically Centered Health Care:**
 - **Respects the whole person across the lifespan**
 - **Includes prevention and early intervention methods**
 - **Strength based**
 - **Trauma informed**
 - **Recovery focused**
 - **Achieves Health Equity**

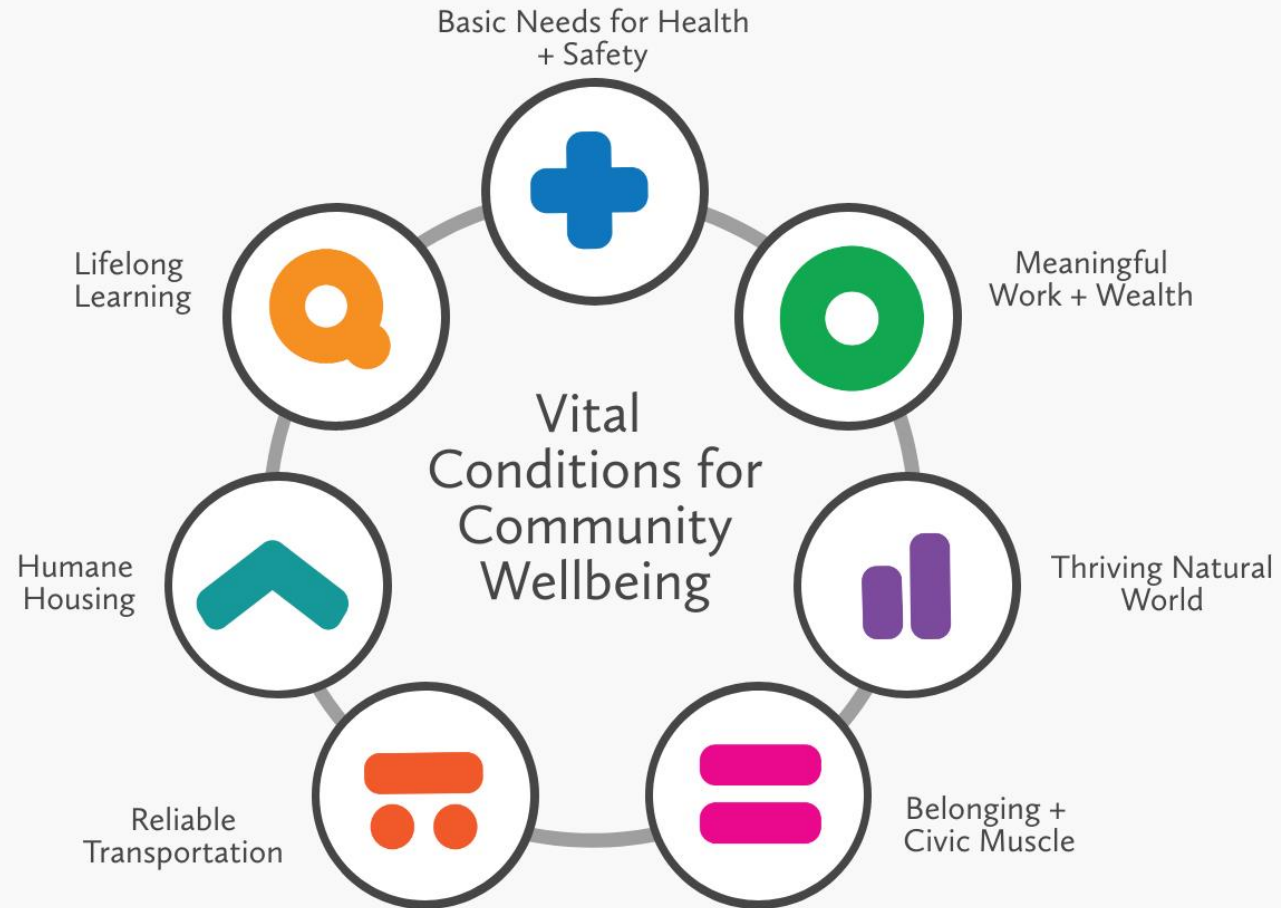


Person, Family, and Community Centered

A Framework for Excellence in Mental Health and Well-Being



Vital Community Conditions



Social Determinants of Mental Health

- Several factors have been linked to mental health, such as **interpersonal, family, and community dynamics, housing quality, social support, employment opportunities, and work and school conditions**, which influence mental health risk and outcomes, both positively and negatively.



Principles of Community Engagement

- Understand the history.
- Recognize and acknowledge the cumulative impact of stressful experiences and environments.
- Recognize the role of privilege.
- Create an environment for public participation.
- Do not blame individuals or groups for their disadvantaged status.
- Strengthen the social fabric of neighborhoods.
- Include all age groups.
- Work across multiple sectors.
- Focus on community determinants through a health equity lens.
- Measure and track the impact of social policies.
- Build on the strengths and assets of communities.

Key Components:

- Identify strengths and assets.
- Prioritize concerns.
- Develop an action plan.
- Increase resilience.
- Improve community conditions.
- Instill hope.
- Support a recovery philosophy.
- Expand opportunities.
- Foster sustainability initiatives.
- Incorporate community-defined evidence (CDE).



Texas Judicial Commission on Mental Health

- The Judicial Commission on Mental Health was created by a joint order of the Supreme Court of Texas and the Texas Court of Criminal Appeals on February 13, 2018.
- Its mission to engage and empower court systems through collaboration, education, and leadership, thereby improving the lives of individuals with mental health needs and persons with intellectual and developmental disabilities (IDD).



21st Century Infrastructure Redesign

- State report in 2014 found that five of the 10 Texas psychiatric hospitals were in such disrepair that they needed to be replaced.
- The 85th Texas Legislature approved \$300 million to overhaul the state's psychiatric hospitals.
 - The first phase of improvements included remodeling projects to expand capacity at the Kerrville and San Antonio state hospitals, adding beds to Rusk State Hospital and planning for a new hospital in Houston.
 - It also included developing plans for reimagining the Austin State Hospital and San Antonio State Hospital campuses.

A postcard circa 1919 of Rusk State Hospital.

It was originally constructed in the late 1870s-1880s as a penitentiary.



Texas Child Mental Health Care Consortium

- Texas 86th Legislature: SB 10, \$99 million allocation.
- Composed of 13 health related institutions of higher education, HHSC, THECB, Texas Council of Community Centers, MMHPI, and the Hogg Foundation for Mental Health.
- The Child Psychiatry Access Network (CPAN):
 - To provide consultation and training to pediatricians and PCPs in their respective geographic regions.
- The Texas Child Health Access Through Telemedicine program (TCHATT):
 - To establish or expand tele-programs for identification, assessment, and provide services for mental health with a focus on at-risk youth.
- Child Psychiatry Community Workforce Expansion.
- Create/Expand CAP Fellowships.



Primary Care = Integrated & Collaborative Care

- **Help achieve the Quaternary Aim:**
 - Improve quality of services and outcomes, enhance the patient experience of care, decrease cost, and increase engagement.
- **Eliminate long standing disparities in health status for people from diverse racial, ethnic, cultural, and geographic backgrounds.**
- **Continue to diminish and eventually eliminate the stigma associated with mental illness and substance use.**

Source: Hogg Foundation for Mental Health; AIMS Center, National Center for Cultural Competence, Goode & Dunne, 2003.



Health Coverage



Mental Health and Substance Use Parity

What is Mental Health and Substance Use Disorder Parity?



Mental health and substance use disorder parity means **comparable insurance coverage** for mental health, substance use disorder and physical health care.

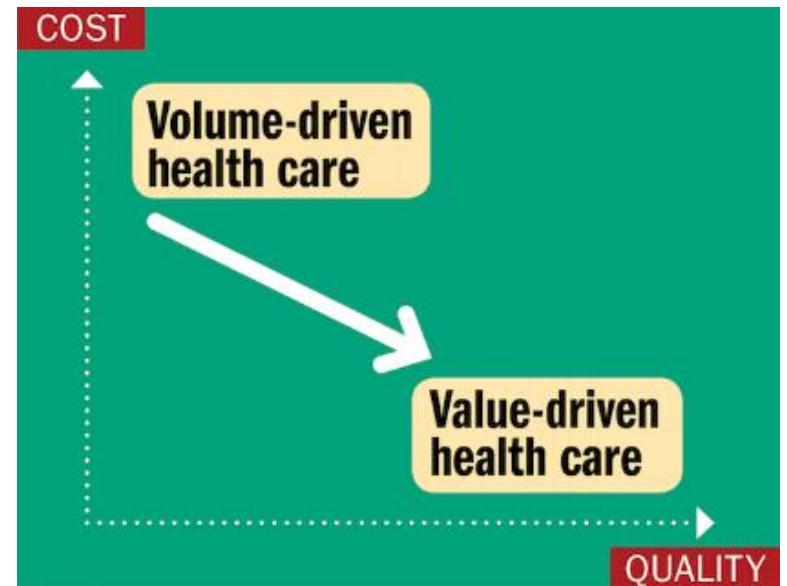
Source: Substance Abuse and Mental Health Services Administration

#parity

hhs.gov/parity

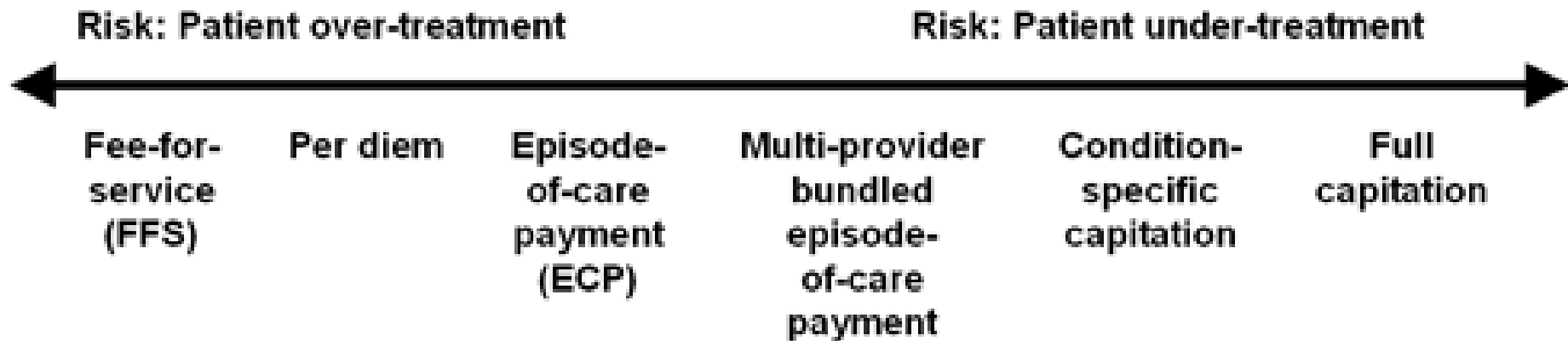
The Health Care Cost Equation

- Total Health Care Cost is driven by the number of “episodes of care” per condition, how many and what type of health care services are received in each episode, how many and what types of processes, devices, medications, etc. are involved in each service, and finally the costs/prices of each of those individual processes, devices, medications, etc.
- Number of conditions per person is affected by Nonpreventable Conditions and Preventable Conditions.



Value-Driven Health Care

Figure 1. Continuum of Health Care Payment Methods



H. D. Miller, *Creating Payment Systems to Accelerate Value-Driven Health Care: Issues and Options for Policy Reform* (New York: The Commonwealth Fund, Sept. 2007).

Engagement



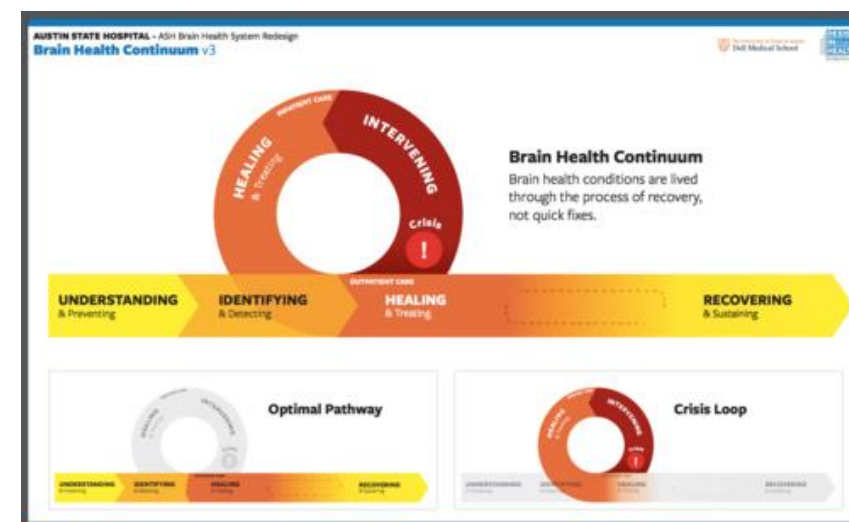
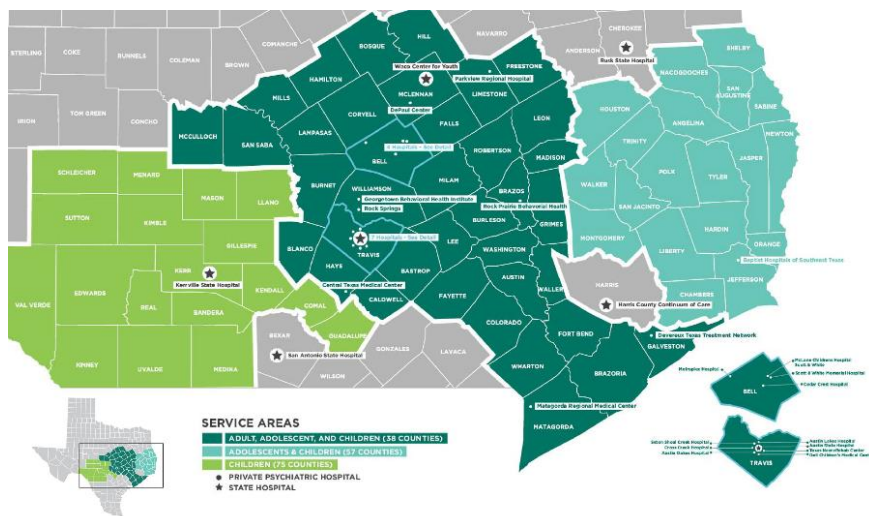
Mental Health Care & SUD System

- Provide services where needed
- Ensure institutions reflect the populations they serve
- Address cultural and linguistic diversity
- Evaluate practice for efficacy

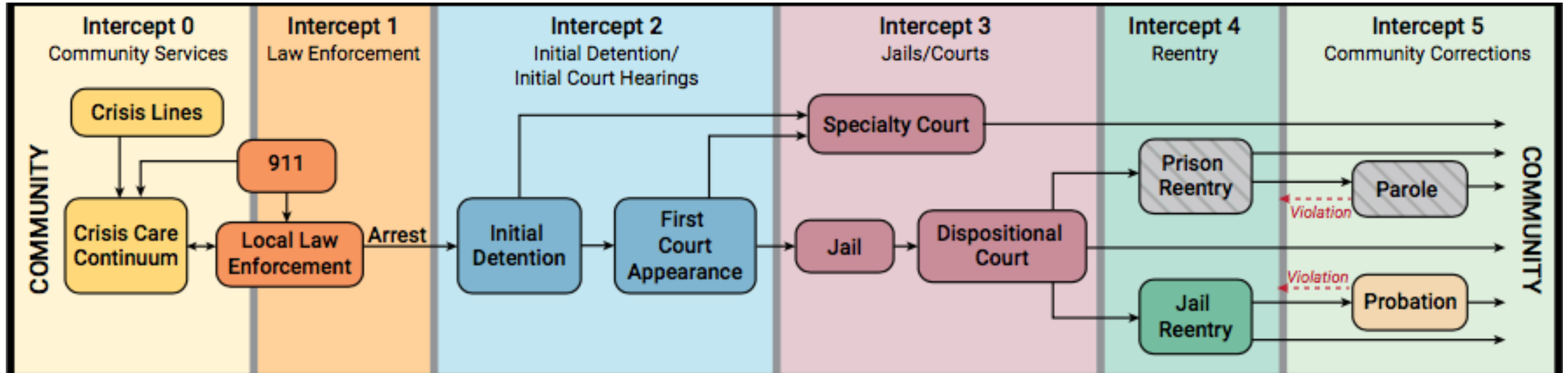


A 21st Century Neuropsychiatric Health Care Delivery System

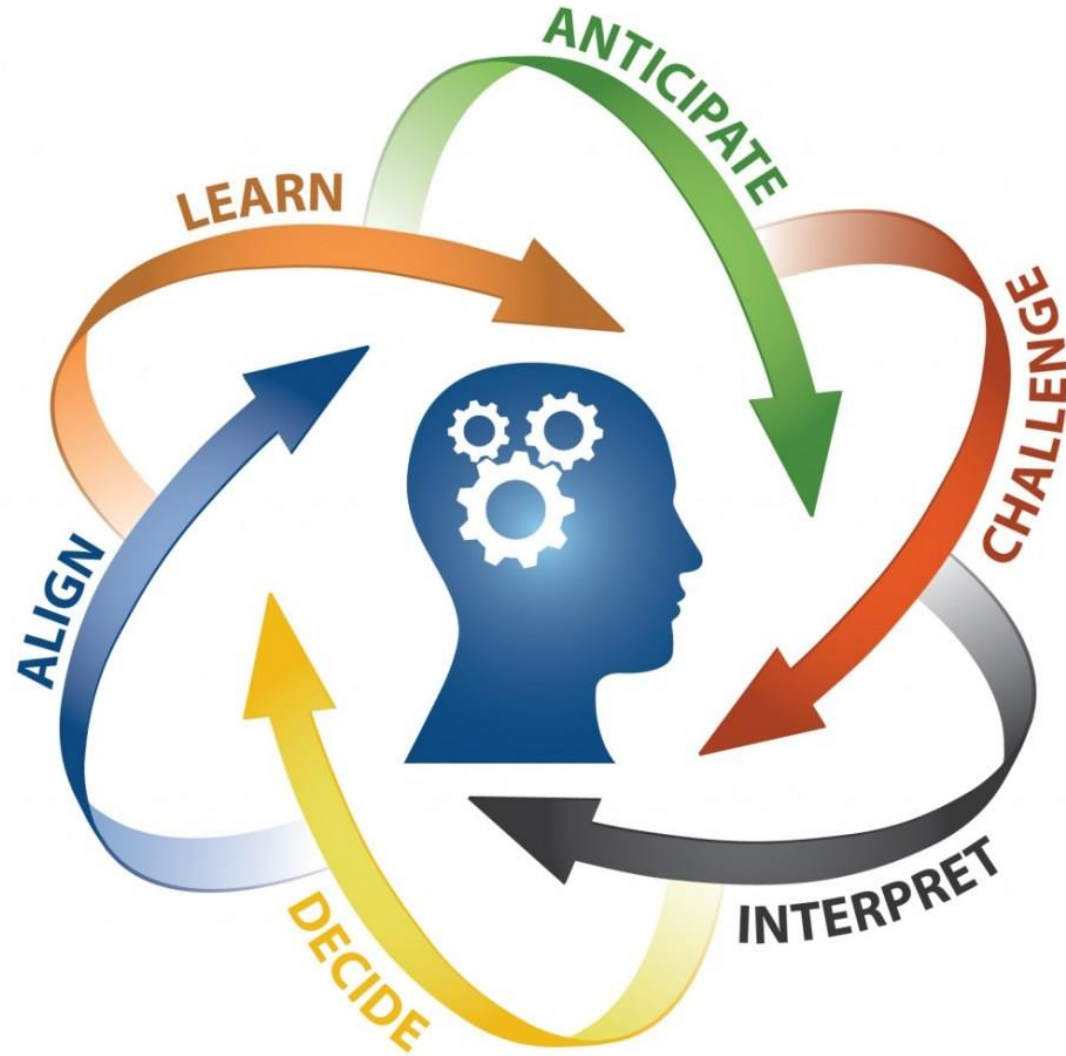
- A center for brain health on the Austin State Hospital campus.
 - Transform mental health and substance abuse care into an integrated system of comprehensive brain health.
 - Create innovative, person-centered facilities and programs that better serve the continuum of needs across Austin State Hospital's broad service areas.



Sequential Intercept Model



Outcomes



The Vision Becomes Reality

- **Seamless integrated health/mental health and substance use care delivered in a culturally and linguistically person-centered framework at the individual/family/community/practice/system and workforce level.**
- **Mental illness and substance use are infrequently stigmatized and misunderstood.**

A Workforce for the 21st Century

- [The University of Texas at Austin – Dell Medical School](#)
- [The University of Texas Rio Grande Valley Medical School](#)
- [University of Houston College of Medicine](#)
- [University of the Incarnate Word School of Osteopathic Medicine](#)



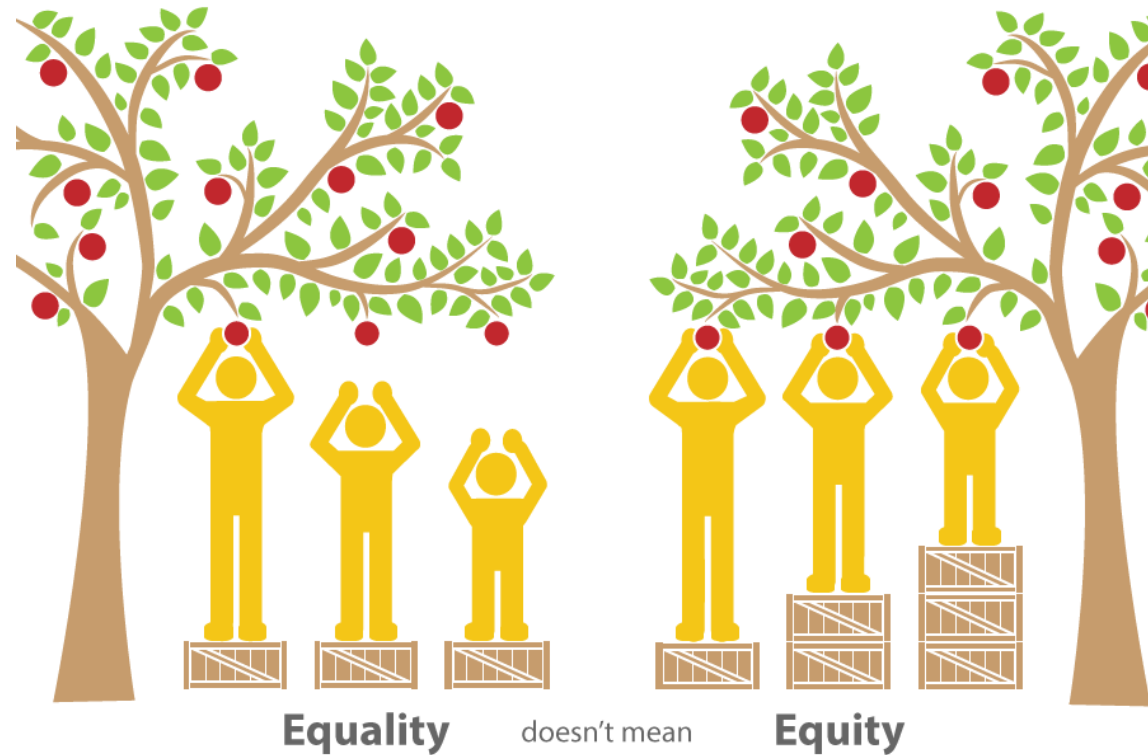
Build a Diverse Multidisciplinary Workforce

- Identify and engage potential mental health care workers early in their studies/careers.
- Develop robust Health Equity pipeline programs.
- Attract and retain multilingual/multicultural providers.
- Build and support diverse, empowered leadership.



Health Equity

Health Equity: Attainment of the highest level of health for all people. Health Equity means efforts to ensure that all people have full and equal access to opportunities that enable them to lead healthy lives. [Health Equity Framework](#)

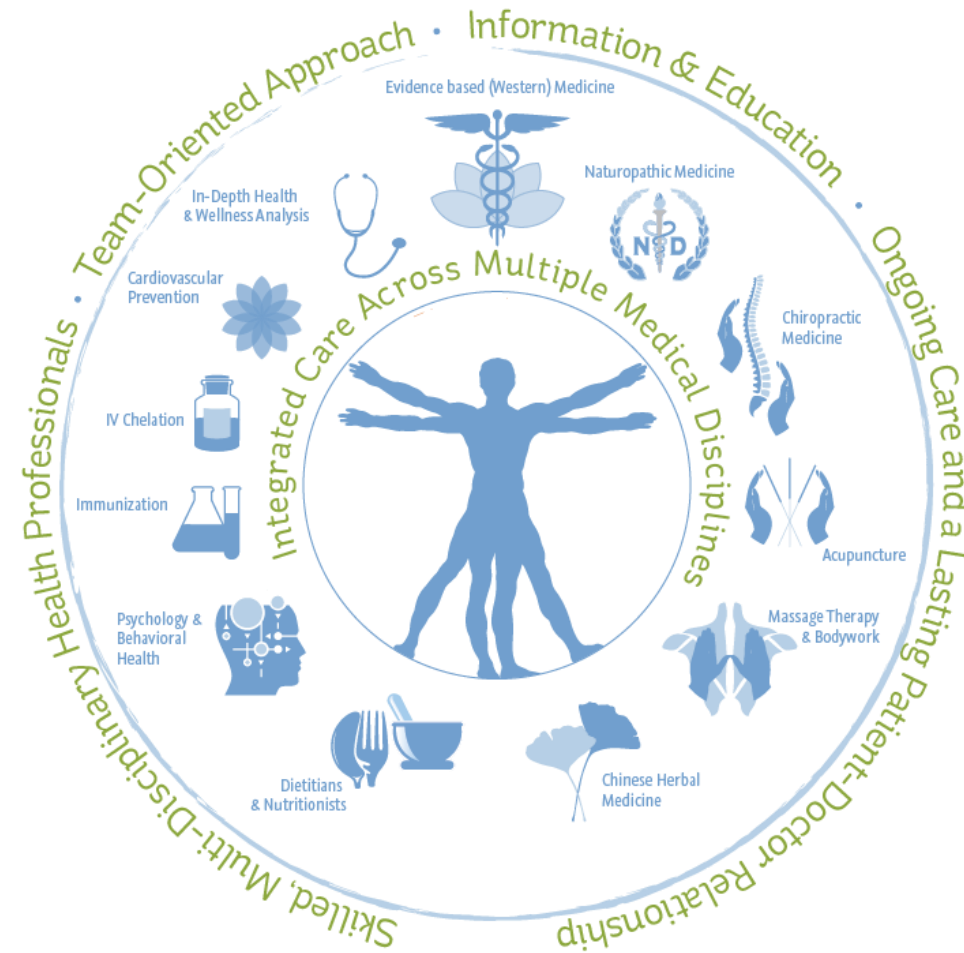


Well-Being

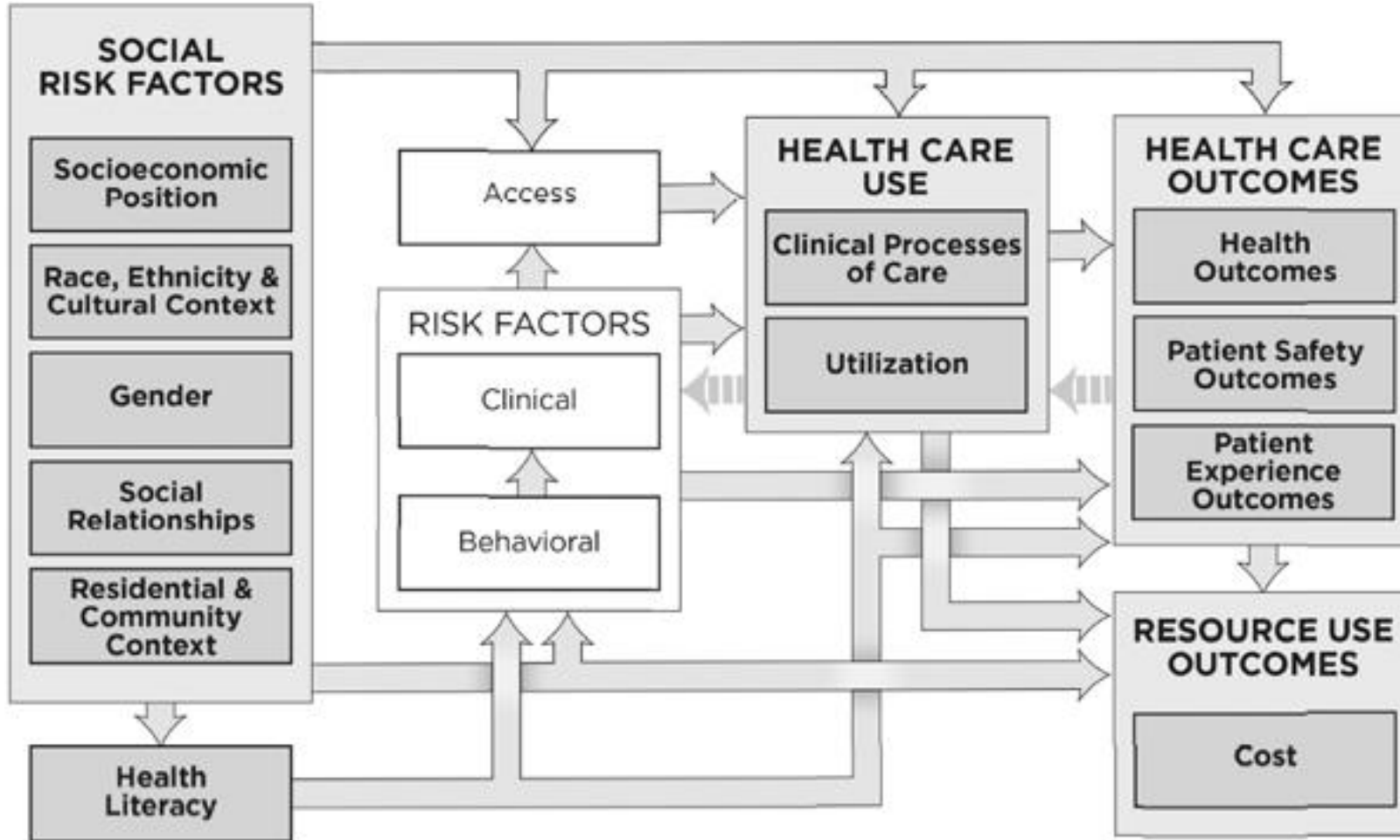
- Well-being isn't a synonym for wellness. While wellness is also a holistic concept, it tends to be applied solely to physical health. We like to think about well-being as the mental health companion to wellness (physical health).
- When we say “well-being,” we invoke an ongoing condition—a state of *being*—that requires more than physical health to produce feelings of satisfaction or fulfillment.



Research & Studies



Research to Practice



Ensuring a Just and Equitable Outcome



Implicit Bias

- Subconscious or unacknowledged preferences that can affect a person's beliefs or behaviors, and in particular, a subconscious favoritism toward or prejudice against people of a certain race, gender, or group that influences one's own actions or perceptions.
- Implicit bias resides within the larger context of structural racism, a system of structuring opportunity and assigning value based on the social interpretation of how one looks, which is what we call race, that unfairly disadvantages some communities and unfairly advantages some individuals in other communities.



Bias is Present in Many Contexts

- **Education**
 - Black students are more harshly disciplined.
- **Health Care**
 - Effect of race and sex on cardiac catheterization.
- **Workplace**
 - Resumes that appear to be “white” are more likely to receive a call back.
- **Criminal Justice System**
 - Black faces are more likely to be associated with a weapon.

What is Bias?

- Subconscious expectations based on prior beliefs or experiences.
- Natural and essential for human survival.
- Learned by observing others rather than through explicit lessons.
- Challenge comes when expectations or decisions are made based on “false priors.”

How does Implicit Bias Work?

- Implicit bias exists without prejudice or “racist intent,” but it impacts judgment and outcomes.
- Reveals more about the individual’s context than of them as an individual.
- Biases change based on context and over time.
 - As the environment changes, the brain adapts.
- To mitigate implicit bias, we should focus on changing systems, structures, and situations.

Prompts for Implicit Bias

- Subjective standards
- Lack of accountability
- Lack of training
- Lack of positive contact
- Lack of trust
- Lack of empathy
- Threat
- Fatigue
- Time pressure



Rationalization of Our Subconscious

- Develop explanations that act as barriers to action:
 - A narrow focus on the individual.
 - Lack of historical context.
 - The myth of the zero-sum game.
 - White supremacy.



Addressing Implicit Bias

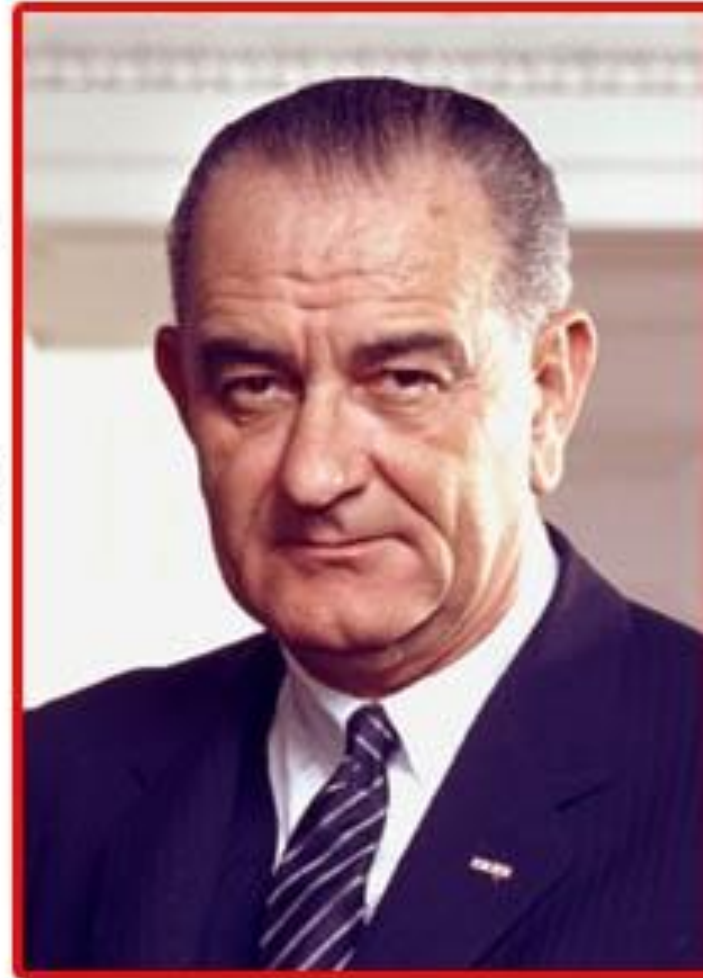
- Discussions about implicit bias are necessary for problem awareness.
 - Implicit Association Test (IAT): <https://implicit.harvard.edu/implicit>.
 - Evidence of disparate impacts. Not about personal failing.
 - Changing biases at the individual level is insufficient. Intergroup contact is needed.
- Proximity to the issue: meaningful contacts to see and understand. We will then see things that we did not see before.
- Minimize the prompts:
 - Checklist examples (before sentencing hearings; Oakland police officers)
- Identify where biases matter most and change policies and procedures.

Intentionality Exercise

- **Kimberly D. Manning, M.D., F.A.C.P., F.A.A.P.**
 - **Professor of Medicine and Associate Vice Chair of Diversity, Equity, and Inclusion, Emory Department of Medicine.**
- **Intentionally develop relationships with people who have different backgrounds from yourself.**

“Until justice is blind
to color, until
education is unaware
of race, until
opportunity is
unconcerned with the
color of men's skins,
emancipation will be
a proclamation but
not a fact.”

*Lyndon B. Johnson,
36th US President*



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