



TEXAS TECH

# Mental Health Institute™

Texas Tech University and Texas Tech University Health Sciences Center are collaborating to create and develop the Texas Tech Mental Health Institute. The TTMHI is a multidisciplinary initiative that will utilize the innovative resources across the two universities in research, education and patient care to address the challenges presented by the growing impact of mental illness in Texas.

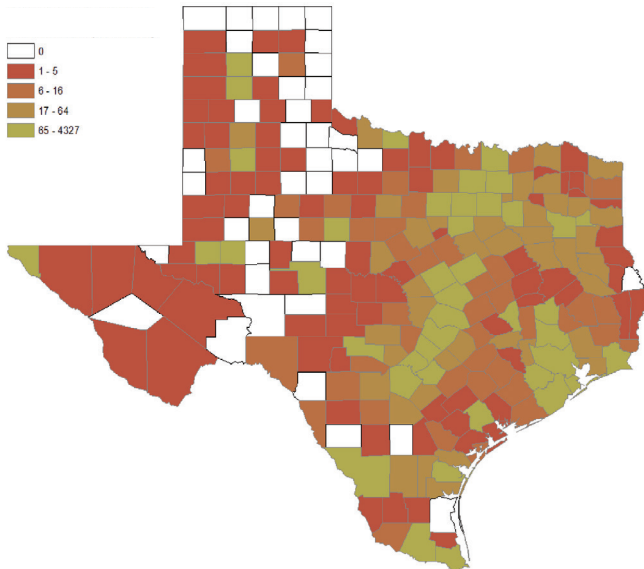
## Legislature Request: \$2.5 million developmental grant

### A Critical Need for a Growing Population

Texas currently invests \$6.7 billion biennially in state and federal dollars to provide mental health services – which encompasses both mental illness and substance abuse disorders – but is faced with the challenge of an increasing number of individuals diagnosed with mental health-related illnesses and a treatment infrastructure that is limited in meeting patient demand.

Currently, there is only one psychiatrist per 13,000 people in Texas. The state is evaluating collaborative opportunities utilizing existing resources to maximize the impact of treatment, the identification of risk factors contributing to the rising number of mental health issues and to improve access to available resources, especially those in rural communities – all of which the TTMHI serves to address.

Number of Mental Health Professionals per County



The TTMHI will serve as a strategic resource to work with state, federal and local stakeholders to bridge the gap between the demand for mental health services in a growing state and the available resources for treatment and patient care. The institute will unite the numerous areas of mental health service, research and care from TTU and TTUHSC to expand on existing strengths to address mental health needs of West Texas and the state.

### Mental Health at a Glance

- Nearly 1 in 5 U.S. adults lives with a mental illness
- Young adults ages 18-25 years old have the highest prevalence of mental illness at 22.1 percent in the U.S.
- The U.S. loses approximately 20 veterans to suicide on a daily basis
- More than 80 percent of Texas counties are designated Mental Health Professional Shortage Areas by the U.S. Health Resources and Services Administration
- Close to 1.35 million Texans have a serious mental illness

Optimal health outcomes for Texas communities requires a whole-person view of health that spans the continuum of promotion, prevention, treatment and recovery. Through the collaboration with TTUHSC and its progress made in rural health and telemedicine, the TTMHI is uniquely positioned to become the state's leader in addressing this critical need.

## A Collaborative Effort

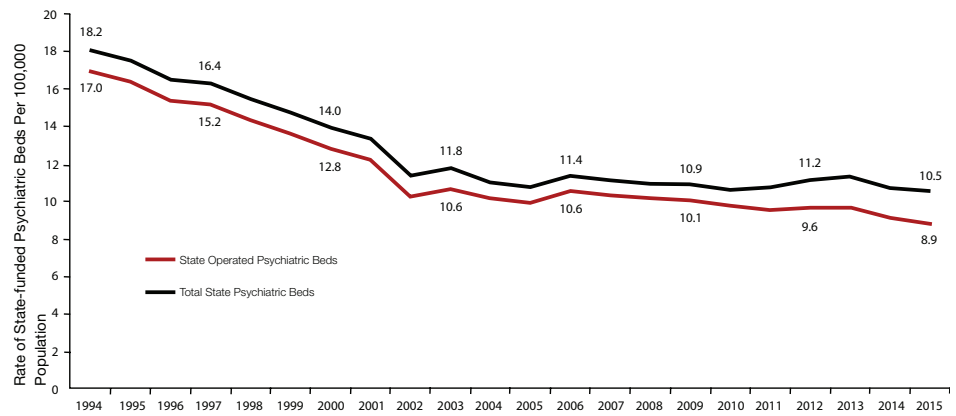
The TTMHI is working in collaboration with key community stakeholders and partnering with the Meadows Mental Health Policy Institute to conduct a needs assessment as the first phase in the program's development. The assessment focuses on Lubbock County and aims to set the foundation for a focus on the most prevalent mental health issues in the area and utilizing existing resources to formulate a plan for treatment, care and ongoing research at TTU and TTUHSC.

The assessment is a critical resource in developing a foundation for collaborative research between TTU and TTUHSC, which will be a vital part of sustaining the program. A research focus tailored to the needs of the community will create funding opportunities from federal and foundation-based stakeholders. This component will also enable the TTMHI to recruit the best mental health experts and develop the next generation of subject matter experts in this field.

The assessment also analyzes the availability of infrastructure for care delivery. While funding for state psychiatric beds has declined over the past 20 years, the actions of the 85th Legislature provide new opportunities for addressing the shortage of beds. The TTMHI will partner with area hospitals and mental health care providers to develop a community-based, integrated care model that can offset infrastructure costs while increasing both the number and access of facilities for treatment and care.

The partnership between the TTMHI and the Meadows Mental Health Policy Institute is a vital component in refining the mission to focus on the immediate mental

State-funded Psychiatric Bed Capacity FY1994-2015



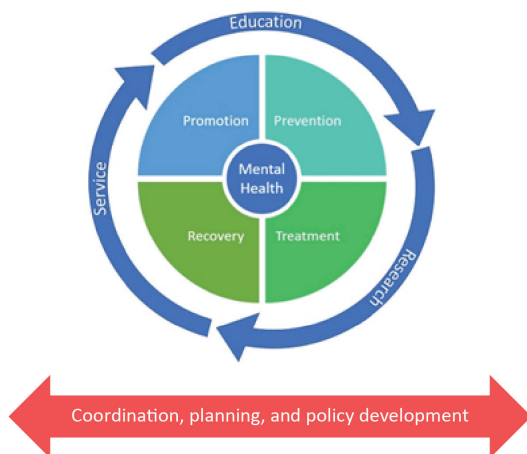
health issues affecting the West Texas area. This further develops the ongoing research, education and patient care in the implementation of the coordinated mental health approach.

## Texas Tech Model

- Brings together expertise, esteemed researchers and faculty from TTU and TTUHSC
- Integrated approach for early intervention and delivery of mental health services that is rooted in research – from bench to bedside
- Colocation of interdisciplinary team to deliver whole-person care
- TTMHI will act across the continuum of care and implement evidence-based programs for increasing community capacity to address mental health problems

## Major Developments

- In fall 2016, leadership at TTU and TTUHSC began assessing the mental health-related activities of the institutions, which culminated in the vision for TTMHI to capitalize on the unique opportunities for coordination and collaboration throughout the TTU System.
- In May 2018, TTU and TTUHSC presidents agreed to support a jointly-appointed director, Keino McWhinney, for the TTMHI to begin the strategic development of the program.
- At present, the TTMHI is working with community stakeholders and the Meadows Mental Health Policy Institute to conduct an assessment to refine the research, education and collaborative components of the institute's mission.



TTMHI Coordinated Mental Health Approach