



**COMMUNITY NEEDS ASSESSMENT  
AT A GLANCE**

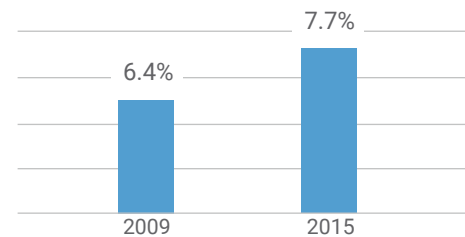
# MENTAL HEALTH



“County jail has become the #1 provider of Mental Health Services in Denton County.”

TJ Gilmore  
Lewisville City Councilman

Diagnosed mental illness in children in Denton County



# SIXTY PERCENT

of Texans with a mental illness did not receive treatment.

**57.1%** people experiencing homelessness report diagnosable mental illness

An estimated **131,767** Denton County residents will experience mental illness in a single year.

Mental illness and behavioral health issues are both a cause and a symptom of experiencing homelessness.



To view the entire Community Needs Assessment visit [UnitedWayDenton.org/Needs](http://UnitedWayDenton.org/Needs)

## Health Findings:

- In 2013 cancer was the leading cause of death in Denton County with lung cancer as the most common cause of cancer deaths. Breast cancer was the leading cause of new cancer cases in females and prostate cancer was the leading cause of new cancer cases in males (Texas Health Data, 2013).
  - The Texas Department of State Health Services estimated that there would be over 2,592 new cancer cases in Denton County during 2015 and over 994 cancer deaths.
- While Texas has a lower breast cancer rate than the national average, the incidence rate of breast cancer in Denton County is on the rise.
- Heart disease is the second leading cause of death in Denton County (Texas Health Data, 2013). Heart disease and stroke cause 1 in 3 deaths in women each year, more than all cancers combined. Heart disease is the leading cause of death for women in the United States.
- The need for dental care, especially among uninsured adults, was identified in community surveys and community focus groups. Data regarding the number of individuals that do not have access to dental care is not available.
- 15.6% of children in Denton County did not receive dental care in 2015 (Denton County Child Health Summit, 2016).
- Between 2011 & 2014 the cost of potentially preventable hospitalizations of Denton County adults was \$725,270,898 (Texas Department of State Health Services, 2011).

## Mental Health Findings:

- In 2013, the State of Texas ranked 48th amongst U.S. States on expenditures for mental health.
- Estimates indicate that approximately 131,767 residents of Denton County will experience a mental illness this year.
- Mental Health America reports that 59.7% of individuals with AMI (any mental illness) in Texas did not receive treatment.
- An estimated 36,314 Denton County residents with a disability were unable to see a doctor due to costs.
- Of those experiencing homelessness in Denton County, 57.1% report exhibiting a diagnosable mental illness.
- One person dies of suicide every three hours in the state of Texas. In 2017, suicide was the 11th leading cause of death in Texas.
- Diagnosed mental illness in children is on the rise in Denton County (6.4% in 2009 to 7.7% in 2015).



## Access and Barriers to Health and Mental Health Care

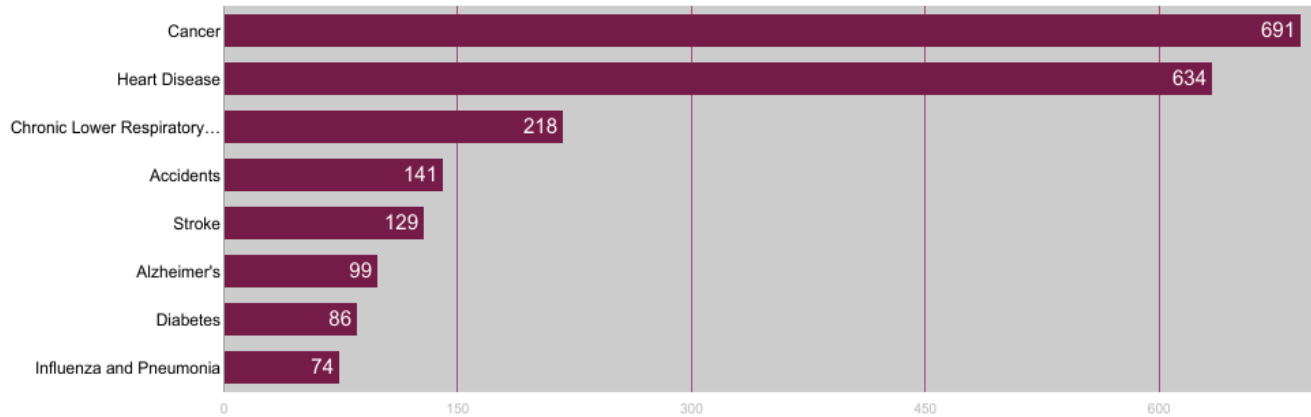
The Robert Wood Johnson Foundation, in collaboration with the University of Wisconsin, has ranked Denton County as the third healthiest county in Texas (County Health Rankings and Roadmaps, 2017). While Denton County compares favorably to other Texas counties, challenges like access to care, preventative initiatives, and mental health continue to affect the health of residents. More than 17% of adults and 10% of children in Denton County

lack health insurance, with the primary reason being that it is too expensive. As of 2016, Texas has the 10th highest obesity rate in the nation at 32.4%, up from 21.7% in 2000. (State of Obesity). Children are especially affected by the obesity epidemic in the nation as poor eating habits form during childhood and are difficult to change. There are over 27% of children in Denton County fighting obesity, indicating a need for more nutrition education and access to healthy foods.

The following Summary Comparison Report, provided by the Center for Disease Control and Prevention, provides an “at a glance” summary of how Denton County compares with peer counties. The reported data is from 2011-2012:

	Better	Moderate	Worse
<b>Mortality</b>		Alzheimer's disease deaths (26.4%) Cancer deaths (1,224) Chronic kidney disease deaths (106) Coronary heart disease deaths (777) Male life expectancy (78.4 years) Motor vehicle deaths (62) Stroke deaths (296) Unintentional injury, including motor vehicle (212)	Chronic lower respiratory disease (CLRD) deaths: 432 Diabetes deaths: 148 Female life expectancy: 82 years
<b>Morbidity</b>		Adult diabetes (7.4%) Cancer (3,457) Preterm births (11.1%)	Adult obesity: 26.5% Adult overall health status (adults reporting fair or poor health): 12.5% Alzheimer's diseases/dementia: 12.1% Older adult asthma: 5.3% Older adults depression: 15.2%
<b>Health Care Access and Quality</b>		Primary care provider access (452)	Older adult preventable hospitalizations: 571 Uninsured: 17.5%
<b>Health Behaviors</b>	Adult binge drinking (11.5%)	Adult female routine pap tests (86.3%) Adult smoking (9.6%)	Adult physical inactivity: 22.4% Teen births: 197
<b>Social Factors</b>	On time high school graduation (93.1%)	High housing costs (31.3%) Inadequate social support (12.6%) Unemployment (5.5%)	Children in single parent households: 22.4% Poverty: 8.8% Violent crime 1,407
<b>Physical Environment</b>		Access to parks (50%) Housing stress (31.5%)	Limited access to healthy food: 4.4% Living near highways: 4.4%

Leading Causes of Death in Denton County 2013



**MORTALITY**

- In 2013 cancer was the leading cause of death in Denton County with lung cancer as the most common cause of cancer deaths. Breast cancer was the leading cause of new cancer cases in females and prostate cancer was the leading cause of new cancer cases in males (Texas Health Data, 2013)
- The Texas Department of State Health Services estimated that there would be over 2,592 new cancer cases in Denton County during 2015 and over 994 cancer deaths.
- Heart disease is the second leading cause of death in Denton County, and the leading cause of death for women in the United States. (Texas Health Data, 2013). Heart disease and stroke cause 1 in 3 deaths in women each year, more than all cancers combined.
- Deaths from Alzheimer’s are on the rise, with 70 deaths in 2008 versus 99 deaths in 2013; and deaths from Influenza are on the decline, 95 deaths in 2008 versus 74 in 2013.

**ACCESS TO HEALTH CARE**

- **Health Care costs are the number one cause of bankruptcy in the United States.**

There are a number of federal and state programs that provide medical health insurance coverage to eligible needy individuals and families. These include **Medicaid, Medicare, and CHIP** (Children’s Health Insurance Program).

**Medicaid:** defined as: a health care program that assists low-income families or individuals in paying for long-term medical and custodial care costs. Medicaid is a joint program, funded primarily by the federal government and run at the state level, where coverage may vary.

- To be eligible for Medicaid in Texas an adult must be pregnant, a parent or relative caretaker of a dependent child(ren) under age 19, blind, have a disability or a family member in their household with a disability, or be 65 years of age or older.
- To qualify for Medicaid in Texas, annual incomes must be below the following amounts:

Household Size	Maximum Income Level (Per Year)
1	\$23,522
2	\$31,720
3	\$39,917
4	\$48,114
5	\$56,311
6	\$64,508
7	\$72,725
8	\$80,962

(Texas Medicaid, n.d)



## AFFORDABLE CARE ACT

In 2016 1.3 million Texas signed up for Affordable Care Act (ACA) Marketplace health insurance plans. Denton County had the 9th highest enrollment in the state (Sim, 2016). The following 10 counties account for 67% of the Texas marketplace enrollment total:

1. Harris County: 239,656
2. Dallas County: 132, 637
3. Tarrant County: 100,833
4. Bexar County: 92,692
5. Travis County: 73,093
6. El Paso County: 62,922
7. Collin County: 49,542
8. Fort Bend County: 47,509
- 9. Denton County: 38,884**
10. Hidalgo County: 38,143

The Affordable Care Act mandates that all health insurance plans provide ten essential health benefits:

1. Preventative wellness visits, including chronic disease management
2. Maternity and newborn care
3. Mental and behavioral health treatment
4. Services and devices to help people with injuries, disabilities, and/or chronic conditions
5. Lab tests
6. Pediatric care
7. Prescription drugs
8. Outpatient care
9. Emergency room services
10. Hospitalizations

(Amadeo, 2017)

Subsidies are available to exchange enrollees if their income is between 100% and 400% of the federal poverty level. The average per capita personal income in Denton County in 2015 was \$50,112, just above 400% of the poverty level (Denton County Profile, 2015).

### Federal ACA Marketplaces used the following guidelines to determine eligibility for subsidies:

Household size	100%	133%	150%	200%	250%	300%	400%
1	\$11,880	\$15,800	\$17,820	\$23,760	\$29,700	\$35,640	\$47,520
2	\$16,020	\$21,307	\$24,030	\$32,040	\$40,050	\$48,060	\$64,080
3	\$20,160	\$26,813	\$30,240	\$40,320	\$50,400	\$60,480	\$80,640
4	\$24,300	\$32,319	\$36,450	\$48,600	\$60,750	\$72,900	\$97,200
5	\$28,440	\$37,825	\$42,660	\$56,880	\$71,100	\$85,320	\$113,760

(Norris, 2017)

- Although the Affordable Care Act calls for Medicaid expansion in every state for legal residents with incomes up to 133% of the poverty level, Texas has elected to not expand Medicaid. As such, Texas now has the largest coverage gap in the nation. More than 684,000 Texans are ineligible for Medicaid and are also ineligible for premium subsidies through the state marketplace.
- Medicaid is generally not available at all to childless adults in states not expanding Medicaid, regardless of how low their income is.

**Medicare:** is a federal health insurance program for people who are 65 or older, as well as certain younger people with disabilities, and individuals with End-Stage Renal Disease.

- In 2011, a survey released by UnitedHealthcare and the National Council on Aging showed that less than half (46%) of seniors had a solid understanding of how Medicare works, and 39% of seniors said their ability to navigate Medicare's options was "fair to poor."

## CHIP/Children's Medicaid

- The Children's Health Insurance Program (CHIP) offers low-cost health coverage for children from birth through age 18. CHIP is designed for families who earn too much money to qualify for Medicaid but cannot afford to buy private health coverage.

## DENTAL CARE

- The need for dental care, especially among uninsured adults, was identified in community surveys and community focus groups. Data regarding the number of individuals that do not have access to dental care is not available.

Proper oral health has been shown to impact the overall health and well-being of individuals. Periodontal (gum) disease and tooth decay are both very prevalent among adults. Tooth decay is the most prevalent chronic infectious disease affecting children in the U.S., and impacts more than a quarter of children ages 2 to 5 and more than half of children ages 12 to 15. It is very imperative to maintain good dental hygiene and oral health in order to prevent serious health problems such as these. The best way to maintain proper oral health is for individuals to see a dentist on a regular basis. Professional dental care helps to maintain the overall health of the teeth and mouth, and provides for early detection of pre-cancerous or cancerous lesions.

### Community Assets:

- The **Denton County Public Health Department** offers dental check-ups and preventative services, including x-rays and extractions, for a \$15 flat rate if they fall below 150% of the poverty line. However, eligible clients will not be refused services due to inability to pay. The department does not offer fillings, cleanings, or deep fillings.
- The **First Refuge Ministries Dental Clinic** offers full dental services to adults 18 and older who fall below 200% of the poverty line and live north of Lake Lewisville for a \$10 appointment fee. They currently do not offer services to children.
- The **Kiwanis Club of Denton** offers low-cost or no-cost dental services to children in Denton County.

## PREVENTIVE CARE

- Between 2011 & 2014 the cost of potentially preventable hospitalizations of Denton County adults was \$725,270,898 (Texas Department of State Health Services, 2011).

In addition to accessing care, **complying with care that has been prescribed** is essential in preventing ongoing health issues. Between 2011 and 2014 there were over 17,500 hospitalizations that may have been prevented if individuals had access to and complied with care. Diagnoses for which evidence based interventions exist include diabetes, bacterial pneumonia, congestive heart failure and chronic obstructive pulmonary disease. **Preventing hospitalizations** requires a partnership between care providers and the community to improve understanding of disease processes, outpatient monitoring of chronic conditions, and prevention measures like immunizations.

Access to healthcare is compounded by a lack of community resources that assist individuals in maintaining healthy lifestyles (American College of Healthcare Executives, 2011).

In the UWDC focus group sessions and community surveys participants noted the **need for preventive healthcare**. Preventive care can be defined as care that assists individuals in identifying and managing personal risk factors for chronic disease. Three modifiable risk factors affect as much as 50% of health care costs. These are **smoking, poor diet, and physical exercise** (Pennsylvania Department of Health, 2008).

**Primary care** may be available through the Denton County Health Department, Health Services of North Texas, Christian Community Action's Adult Health Center, and Denton Community Health Clinic. **Project Access** (administered by the Denton County Medical Society) remains the sole resource facilitating specialty care for persons without resources in Denton County.

## DIABETES

According to the Centers for Disease Control and Prevention, diabetes affects the health of 9.8 percent of the population of Texas – approximately 2.6 million people. Diabetes costs Texans more than \$18 billion annually in medical costs and indirect costs such as lost work time and productivity (Texas Health Resources, 2017). While there is no direct data for how many individuals in Denton County are living with diabetes, it is estimated that over 700,000 people in North Texas have diabetes, and that 1 out of 3 children born after 2000 will be directly affected by diabetes.

- Medicaid spent \$1,043.52 per beneficiary with diabetes in the North Texas Region in 2012, a higher amount than the state average.

### The Centers for Disease Control projects that by 2050, 1 in 3 adults could have diabetes

Annual Healthcare Costs of Diabetes:

- \$2,669 Without Diabetes
- \$5,000 Pre-Diabetes
- \$10,000 Diabetes without Complications
- \$12,000 Undiagnosed Diabetes
- \$30,000 Diabetes with Complications

Source: Center for Disease Control, 2011

**Texas Health Presbyterian Hospital Denton** is the first healthcare provider in Denton County to be accredited by the American Diabetes Association. They offer a multi-disciplinary team of diabetes educators, nurses, dietitians, and doctors to assist patients in managing their diabetes. They estimate that approximately 30% of their admitted patients have diabetes. Some of the topics included in their Diabetes & Nutrition Center include:

- Learning to self-manage diabetes
- Pathophysiology
- Type 1, Type 2, gestational and pre-diabetes
- Exercise
- Stress management
- Acute and chronic complications
- Behavioral changes
- Nutrition topics such as meal planning, carbohydrate counting, proteins, fats, sodium and fiber, eating out, portion sizes and label reading
- Alcohol guidelines
- Managing medications
- Self-monitoring blood glucose

- Sick day management
- Insulin instruction
- Problem-solving
- Reducing risks
- Healthy coping

(Texas Health Resources, 2017)

In addition to the proper meal planning, **regular activity** is key in managing diabetes. There are 32 parks with walking/hiking trails, more than 75 athletic fields, 2 public pools, and a water park in Denton County for residents to get out and get active in.

Because adults spend the majority of their waking hours at work, **worksite wellness programs** can be ideal for sites for preventive health messages to occur. Studies have shown that worksite wellness programs can reduce healthcare costs, improve the health status of participants and slow the development of risk factors for chronic disease like obesity & high blood pressure. Additionally, adults at highest risk may stand to benefit the most from workplace policies and initiatives aimed at improving the health of workers. Ensuring that those employed part time and the unemployed have access to prevention resources like smoking cessation programs, blood cholesterol testing and nutrition counseling would likely assist in protecting and improving the health of those without access to care.

### What's Preventable?

- 80% of Cardiovascular Disease and Diabetes
- 60% of Cancers
- 90% of Obesity

74% of all health care costs are confined to these 4 conditions!

Source: Cooper Wellness/Cooper Aerobics Company



## SEXUALLY TRANSMITTED DISEASES

- Reported cases of AIDS in Denton County have increased slightly since 2008.
- Reported cases of Chlamydia in Denton County have almost doubled from 2008-2013.

### HIV CASE RATES\*

	2008	2009	2010	2011	2012	2013	2014	2015
Texas	17.0	17.6	17.7	16.8	16.7	16.4	16.5	16.3
Collin County	10.0	11.9	11.4	8.0	9.3	9.5	10.0	8.3
Dallas County	32.4	36.1	39.8	35.0	32.3	31.6	34.9	31.0
Denton County	7.5	8.5	8.1	10.5	7.9	7.0	8.1	9.7

### GONORRHEA CASE RATES\*

	2008	2009	2010	2011	2012	2013	2014	2015
Texas	130.0	116.3	121.8	119.5	112.9	125.8	131.3	136.7
Collin County	45.3	36.8	47.4	49.5	46.0	44.7	46.0	59.8
Dallas County	227.4	181.5	209.6	211.6	183.2	194.3	226.8	208.9
Denton County	49.4	39.7	50.7	48.4	45.3	42.8	57.4	69.3

### CHLAMYDIA CASE RATES\*

	2008	2009	2010	2011	2012	2013	2014	2015
Texas	407.6	422.1	457.3	479.1	477.4	475.3	484.2	487.3
Collin County	190.9	205.1	216.8	244.6	258.0	236.4	236.8	251.7
Dallas County	608.4	584.3	644.3	698.7	662.0	588.8	681.8	600.8
Denton County	185.0	202.7	222.8	259.7	255.8	272.2	276.0	282.5

### SYPHILIS CASE RATES\*

	2008	2009	2010	2011	2012	2013	2014	2015
Texas	26.0	27.8	25.2	24.1	27.1	26.6	28.4	30.6
Collin County	5.8	9.7	6.7	7.2	11.7	7.7	10.4	12.8
Dallas County	53.3	63.7	59.7	54.3	61.3	56.6	60.9	62.3
Denton County	5.7	7.5	4.9	4.7	7.3	7.8	9.8	12.7

(Texas STD Surveillance Report, 2015)

\*Rates represent cases per 100,000 population

### Community Assets:

- The Denton County Public Health Department offers testing for HIV, syphilis, chlamydia, and gonorrhea for a \$30 fee. The fee also includes counseling and treatment for positive results for the individual and their partner.
- FREE HIV testing is available at the Health Services of North Texas Denton Office.
- Reduced cost STD testing for low income individuals may be available at Denton County Planned Parenthood centers and Family Health Care Incorporated.

# MENTAL HEALTH:

## Defining Mental Health:

Mental Health is a term which refers to two ends of a continuum in a person's cognitive and behavioral functioning: well-being on one end of the spectrum and mental illness on the opposite end. Mental well-being describes an individual who is able to adaptively cope with daily stressors and discomfort without impacting typical functioning such as eating, sleeping, or problem-solving.

Mental illness is characterized by pronounced and/or prolonged alterations in mood, thinking, and behavior. These changes can be moderate to disabling, affecting every area of a person's life, and

even cause physical impairments. Mental illness can have a dramatic impact on a person's social and professional functioning, as well as impacting domestic life.

Mental illnesses are also known as brain disorders. The term brain disorder refers to the imbalance of chemicals in the brain and attributing physical features of the illness. Many professionals are moving toward this term in lieu of mental illness due to the negative stigma that surrounds mental illness. Mental illnesses and/or brain disorders can be treated and managed by mental health professionals through the utilization of medication and therapy.

Mental Health - Mental Illness Continuum



Source:

[http://hr.umich.edu/mhealthv/programs/mental\\_emotional/understanding/learn/mental\\_health.html](http://hr.umich.edu/mhealthv/programs/mental_emotional/understanding/learn/mental_health.html)

## Mental Health Overview

- In 2013, the State of Texas ranked 48th amongst U.S. States on expenditures for mental health (Kaiser Family Foundation, 2013).
- Estimates indicate that approximately 131,767 residents of Denton County experience any mental illness annually (Nguyen & Davis, 2016).

In assessing mental health needs, it is important to understand the pervasiveness of mental illness in the community. However, to date there has not been a study empirically describing the prevalence and incidence of mental illness in Denton County.

In 2013, the State of Texas ranked 48th amongst U.S. States on expenditures for mental health at \$40.65 per capita with the national average spending of \$119.62 (Kaiser Family Foundation, 2013). This spending is compared to the highest funded states of Maine at \$345 and Alaska at \$341 per capita spending for mental health services.

**Mental Health America of Greater Dallas reported in the 2014 Texas Mental Health Numbers that a conservatively estimated 51,530 individuals would move into Texas with serious and persistent mental illness by the end of 2015 (Metzinger, 2014).** This prediction is seemingly coming to fruition as we see the population growth

within Denton County and the increase in mental illness estimates within the County population. In the 2014 Mental Health Needs Assessment it was reported that an estimated 77,136 individuals in Denton County experienced any diagnosable mental illness. **Estimates now indicate that approximately 131,767 residents of Denton County experience any mental illness annually** (Nguyen & Davis, 2016).

**In fiscal year 2015, Denton County MHMR's funding rate was set at \$12.94 per capita, 25th among all 38 Texas LMHA's** (Local Mental Health Authority) (Manning, personal communication, 2015). **This is in comparison to \$13.79 per capita in 2014 for Denton County MHMR.**

In 2015, approximately 35% of the residents of Texas live under 200% of the Federal Poverty Level, ranking 12th in highest rates of the state population at 200% below FPL (Kaiser Family Foundation, 2015). **Based on the Census Bureau population data for Denton County, it is estimated that 46,118 individuals meet the criteria for any diagnosable mental illness and live below 200% of the FPL in Denton County** (United States Census, 2015). Health Services of North Texas (HSNT), a Denton County Federally Qualified Health Center, reports an increased proportion of clients at 100% and below the FPL from 25% to 39%. Below is a table indicating FPL service data for HSNT.

**HSNT Clients Served and FPL**

Income as Percent of Poverty	2014	2015
100% and below	25%	39%
101 – 150%	40%	14%
151 – 200%	4%	4%
Over 200%	1%	2%
Unknown	30%	41%

(Weston-Ferrill, personal communication, 2016)

In 2014, DCMHMR opened a psychiatric triage facility, integrated behavioral and primary healthcare clinic, and crisis residential facility with Texas' 1115 demonstration, entitled Texas Healthcare Transformation and Quality Improvement Program. **In a 12-month period, Denton County MHMR Psychiatric Triage provided 749 assessments, conducting an average of 3 assessments per day.** Primary referral sources for Psychiatric Triage are the crisis hotline, walk in or law enforcement. The most commonly occurring discharge disposition from Psychiatric Triage is outpatient mental health treatment. Since 2014, 548 clients have been recommended for inpatient treatment (Manning, personal communication, 2015).

**Denton County MHMR Psychiatric Triage Referral Sources**

<b>Hotline / Walk In / Internal Referral</b>	692
<b>Law Enforcement</b>	303
<b>Hospital</b>	148
<b>University</b>	42
<b>Grade School</b>	41
<b>Other</b>	205

(Manning, 2016)

- According to the Texas Behavioral Risk Factor Surveillance System 2014 data, 20.9% of Denton County survey respondents reported 5 or more days of poor mental health within an annual period.
- Mental Health America reports that 59.7% of people with any mental illness in Texas did not receive treatment (Mental Health America, 2017).
- An estimated 36,314 Denton County residents with a disability could not see a doctor due to costs (Mental Health America, 2017).
- Of those experiencing homelessness in Denton County, 56.3% report exhibiting a diagnosable mental illness (Point-In-Time Survey Results, 2017).



## AMI (Any Mental Illness) Diagnoses in Denton County Cities and Towns

	Population	Est. Number of Individuals with AMI
Argyle city:	3,905	659
Aubrey city:	3,352	566
Bartonville town:	1,680	284
Carrollton city (pt.):	78,359	13227
Celina city (pt.):	-	-
Coppell city (pt.):	810	137
Copper Canyon town:	1,431	242
Corinth city:	20,998	3544
Corral City town:	28	5
Cross Roads town:	840	142
Dallas city (pt.):	29,281	4943
Denton city:	131,044	22120
DISH town:	387	65
Double Oak town:	3,078	520
Flower Mound town (pt.):	71,020	11988
Fort Worth city (pt.):	8,767	1480
Frisco city (pt.):	58,804	9926
Grapevine city (pt.):	-	-
Hackberry town:	1,037	175
Haslet city (pt.):	-	-
Hebron town (pt.):	412	70
Hickory Creek town:	4,139	699
Highland Village city:	16,149	2726
Justin city:	3,437	580
Krugerville city:	1,669	282
Krum city:	4,990	842
Lake Dallas city:	7,892	1332
Lakewood Village city:	560	95
Lewisville city (pt.):	103,129	17408
Lincoln Park town:	326	55
Little Elm city:	38,341	6472
Northlake town:	2,237	378
Oak Point city:	3,349	565
Pilot Point city (pt.):	4,093	691
Plano city (pt.):	5,831	984
Ponder town:	1,530	258
Prosper town (pt.):	678	114
Providence Village town:	5,700	962
Roanoke city (pt.):	7,400	1249
Sanger city:	7,747	1308
Shady Shores town:	2,866	484
Southlake city (pt.):	866	146
The Colony city:	41,779	7052
Trophy Club town (pt.):	11,233	1896
Westlake town (pt.):	17	3

(The County Information Project: Texas Association of Counties, 2015)



According to the Texas Behavioral Risk Factor Surveillance System 2014 data, 20.9% of Denton County survey respondents reported 5 or more days of poor mental health within an annual period. Of Denton County survey respondents, 11.5% reported 14 or more days with poor mental health. Of the respondents reporting 14 or more days of poor mental health, 94.1% reported having no disability status, 87.7% employed and 90.7% had insurance.

Mental Health America reports that 59.7% of individuals with any mental illness in Texas did not receive treatment (Mental Health America, 2017). Numerous components of care generate lack of accessibility to behavioral health care. The table below indicates access to care factors of Mental Health America. In 2014 Texas ranked 46th in access to care, as compared to ranking 47th in 2011. Texas ranks 48 out of 51 for adults with any mental illness who are uninsured, estimating 24.5% of Texans with mental health needs lack medical insurance. For every one mental health provider in Texas there are 990 individuals with a mental health need. Mental Health America reports “six out of 10 of the states with the least access to mental health care also have the highest rates of incarceration”, with Texas being one of those (Nguyen & Davis, 2016).

**Measures that make up Access Ranking include:**

- Adults with AMI who Did Not Receive Treatment
- Adults with AMI Reporting Unmet Need
- Adults with AMI who are Uninsured
- Adults with Disability who Could Not See a Doctor Due to Costs
- Youth with MDE who Did Not Receive Mental Health Services
- Youth with Severe MDE who Received Some Consistent Treatment
- Children with Private Insurance that Did Not Cover Mental or Emotional Needs
- Students Identified with Emotional Disturbance for an Individualized Education Program
- Mental Health Workforce Availability

If statewide data were assumed locally, this would indicate approximately 78,500 Denton County residents with any mental illness did not receive treatment within the last year. An estimated 36,314 Denton County residents with a disability could not see a doctor due to costs. United States census bureau data from 2015 indicates over 19,000 individuals 65 and younger lack medical insurance. Health Services of North Texas served 3,155 uninsured individuals in Denton County in 2015. This was an increase from 1,742 in 2014 (Weston-Ferrill, personal communication, 2016).

Individuals with mental health needs are 2.5 to 7 times more likely to face barriers to medical care that include lack of access to primary care, lack of access to medication and inability to pay for treatment (Nguyen & Davis, 2016).

According to a data snapshot for Denton County MHMR, 2,156 clients were authorized for services across all levels of care in July 2016. Across levels of care, treatment plans extend for 180 days. The most prevalent diagnosis serviced by Denton County MHMR is major depression. In Denton County, 18.5% of all Medicare and Medicaid beneficiaries have a diagnosis of depression (Prevention Resource Center, 2016). A breakdown of diagnoses for individuals receiving care at Denton County MHMR in July 2016 is provided below:

**Denton County MHMR Top 9 Diagnoses**

Top 9 Diagnoses	Average Case Load	Percent
Affective Disorders – Major Depression	859	44.2%
Affective Disorders – Bipolar	623	32.0%
Schizophrenia and related disorders	351	18.1%
Anxiety / Somatoform/ Dissociative	26	1.3%
Drug related disorders	23	1.2%
Adjustments and other non-psychotic disorders	15	0.8%
Other psychoses	15	0.8%
Alcohol related disorders	14	0.7%
Affective disorders- other	11	0.6%

*(Data provided by Troy Manning – Denton County MHMR)*



The majority of clients receiving mental health treatment at Denton County MHMR are older than 25 years of age. Currently, 1,701 clients are over the age of 25.

Denton County MHMR provides mental health crisis response in Denton County through the crisis telephone line, response to law enforcement request for psychiatric evaluation, and local provider referral. The Mobile Crisis Outreach Team provided the majority of screenings for local police departments and Denton County Jail (Manning personal communication, 2016).

The majority of patients receiving services through HSNT are adult females. In 2015, HSNT provided 97 behavioral health practitioner visits and increased from 52 visits in 2014. A reported 14% of patients had a diagnosis of depression or anxiety disorder (Weston-Ferrill, personal communication, 2016).

In Texas, the annual unemployment rate for individuals with serious mental illness is estimated at 90%. According to the Perry Group in collaboration with The Meadows Foundation, Texas business activity amounts to annual losses of:

- \$269 billion in spending
- \$1.7 million in permanent jobs
- \$136 billion on gross product
- \$83 billion on annual personal income
- \$61 billion in annual retail sales

This estimate excludes the costs associated with incarceration, homelessness and early mortality. In addition, the cost in terms of state tax dollars lost from the foregone activity and actual outlays (net of federal matching and reimbursement funds) total \$13 billion each year. If these costs and losses could be eliminated, the Texas economy would be approximately 10% larger than its current size (The Meadows Foundation, 2011).

Of clients receiving services at Denton County MHMR, 20.78 of clients are unemployed and an additional 47.37% of clients are not in the labor force. For clients with the highest level of care through Denton County MHMR, 4.26% are independently employed (Manning, personal communication, 2016). According to the Denton County Homeless Coalition 2017 Point-in-Time (PIT) Count, 50% of those experiencing homelessness are unemployed. **Of those experiencing homelessness in Denton County, 56.3% report exhibiting a diagnosable mental illness** (Point-In-Time Survey Results, 2017). Denton County MHMR data indicates 3.27% of individuals receiving services are currently experiencing homelessness. The most prevalent housing status for clients of Denton County MHMR is independent or supported housing, with 89.08% of clients within this demographic (Manning, personal communication, 2016).

**2017 Point-In-Time Respondent Diagnoses Report (self-reported):**

	Frequency	Percent
Substance Use Disorder	41	22.4%
Severe Mental Illness	34	18.6%
Chronic Physical Illness	42	23.0%
Post-Traumatic Stress	28	15.3%
HIV/AIDS	2	1.1%
Developmental Disability	6	3.3%
Traumatic Brain Injury	4	2.1%

*\*96 individuals answered this question; those 96 individuals were able to pick more than one disability (Point-In-Time Survey Results, 2017)*

## Suicide Data

- In 2017, suicide was the 11th leading cause of death in Texas, versus the 10th leading cause Nationwide, with one individual dying by suicide every 3 hours (American Foundation for Suicide Prevention, 2017).

According to the American Foundation for Suicide Prevention, in 2010 suicide cost Texas a combined lifetime medical and work loss of \$3,516,245,000 (American Foundation for Suicide Prevention, 2017).

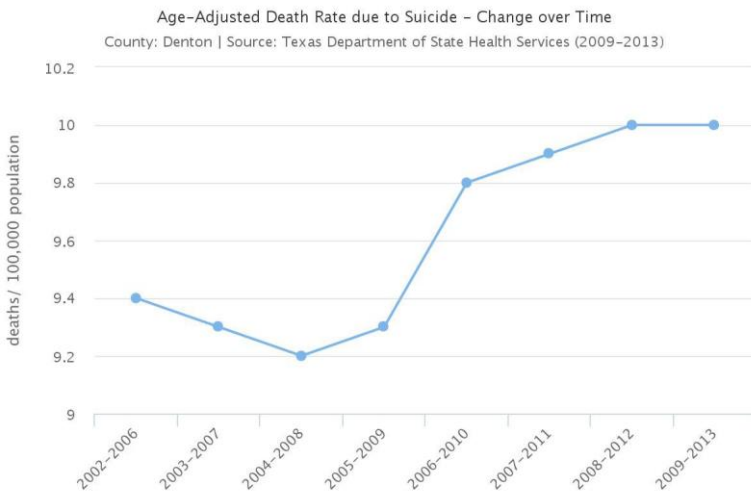
In 2011, Texas ranked lowest in adults with serious thoughts of suicide at 2.9% prevalence. Texas currently ranks third in lowest prevalence of adults with serious thoughts of suicide (Nguyen & Davis, 2016). In 2014, 67 Denton County residents died by suicide (Texas Health Data, 2014).

### Denton County Deaths by Suicide

Year	2009	2010	2011	2012	2013	2014
Number of Deaths	64	58	66	66	63	67

(2014 Mental Health Needs Assessment – UWDC)

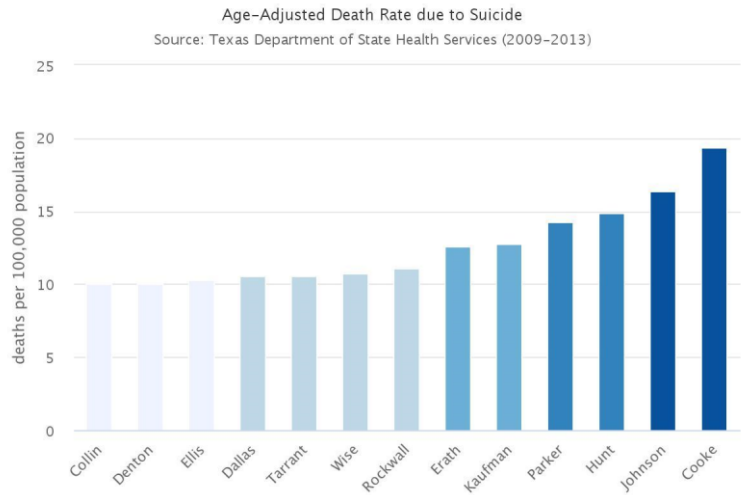
### Death by Suicide Rate per 100,000 Residents – Denton County



(DFW Health Care Foundation, 2015)

Denton County is estimated to have 10 deaths by suicide per every 100,000 individuals. Denton County has one of the lowest prevalence rates of death by suicide, with Cooke County experiencing 19.4 deaths by suicide per every 100,000 individuals (Healthy North Texas, 2014). Below is a graph indicating prevalence of death by suicide rates in North Texas counties.

## North Texas Death by Suicide Prevalence



(DFW Health Care Foundation, 2015)

## Veterans Mental Health

- Over 6,000 Veterans in Denton County meet criteria for Post-Traumatic Stress Disorder, Traumatic Brain Injury, and substance abuse disorders
- The suicide rate is 21% higher in veterans compared with civilian adults

According to a report published by the King Foundation in 2016, there are approximately 44,839 Veterans living in Denton County. **Of these, approximately 25% are under 44, making the average age of Veterans in Denton County the youngest in the entire DFW region.** Vietnam-era Veterans make up the largest group living in Denton County, followed by Gulf War and post-9/11-era Veterans. Feedback from focus groups and interviews indicates that Vietnam-era Veterans present the greatest need for services (Carter, Kidder, & Schafer, 2016). A study conducted by the U.S. Department of Veterans Affairs in 2013 found that 7% of female and 11% of male Vietnam-era Veterans continue to struggle with symptoms of PTSD, for some, over forty years after the end of their wartime service; two-thirds of these Veterans reported experiencing difficulties with behavioral health or substance abuse. Among Gulf War Veterans; about 12% are diagnosed PTSD in a given year; and that female Veterans are more than twice as likely to develop PTSD as male Veterans (Schlenger & Corry, 2015).

The Substance Abuse and Mental Health Services Administration (SAMHSA) reports that an estimated 18.5% of Iraq and Afghanistan War Veterans experience PTSD and/or depression, and 19.5 %

report experiencing a traumatic brain injury (TBI) while deployed (Veterans and Military Families, 2014). Applying calculations available from statewide data, **approximately 3,139 Veterans in Denton County meet the diagnostic criteria for both PTSD and TBI. Additionally, about 3,184 Veterans in Denton County meet the criteria for substance use disorder.** According to a recent study by the Department of Defense, the rate of prescription drug misuse among Veterans is two-and-a-half times higher than the civilian rate (National Council on Alcoholism, 2015).

The Meadows Mental Health Policy Institute estimates that approximately 8% of Texas Veterans have severe mental health and substance abuse needs, translating to approximately 3,587 in Denton County Veterans (Meadows Mental Health, 2014). Approximately 50% of Veterans with mental health needs access services annually, and of those only slightly more than half report receiving minimally adequate care.

Homelessness in the North Texas Veteran community has been on the decline since the Department of Housing and Urban Development and the VA began tracking in 2009, but it remains a significant problem that is often tied to mental health.

For example, studies have found that about 70% of homeless Veterans experience a substance use disorder (Veterans and Military Families, 2014). At the 2016 Homeless Veterans Stand Down in Denton, there were 20 self-reported Veterans experiencing homelessness.

Longer and more frequent deployments, the intensity of combat, and non-traditional conditions (e.g. urban warfare, suicide bombings, etc.) have all contributed to the prevalence of PTSD, and, although technological advances have allowed Veterans to survive incidents that would have been fatal in previous wars, the psychological toll has been both immense and often unacknowledged. The stress of multiple deployments has also been reflected in Veteran deaths by suicide rates, with the most recent study conducted by the VA estimating that 20 Veterans die by suicide each day. In 2014, Veterans constituted 8.5% of the U.S. population but accounted for 18% of all deaths from suicide among U.S. adults, making the risk for suicide 21% higher among Veterans as compared to U.S. civilian adults; older and female Veterans are at an elevated risk for suicide; and in 2014, approximately 65% of all Veterans who died from suicide were 50 years of age or older (VA Suicide Prevention Program, 2016).



## Child and Adolescent Mental Health

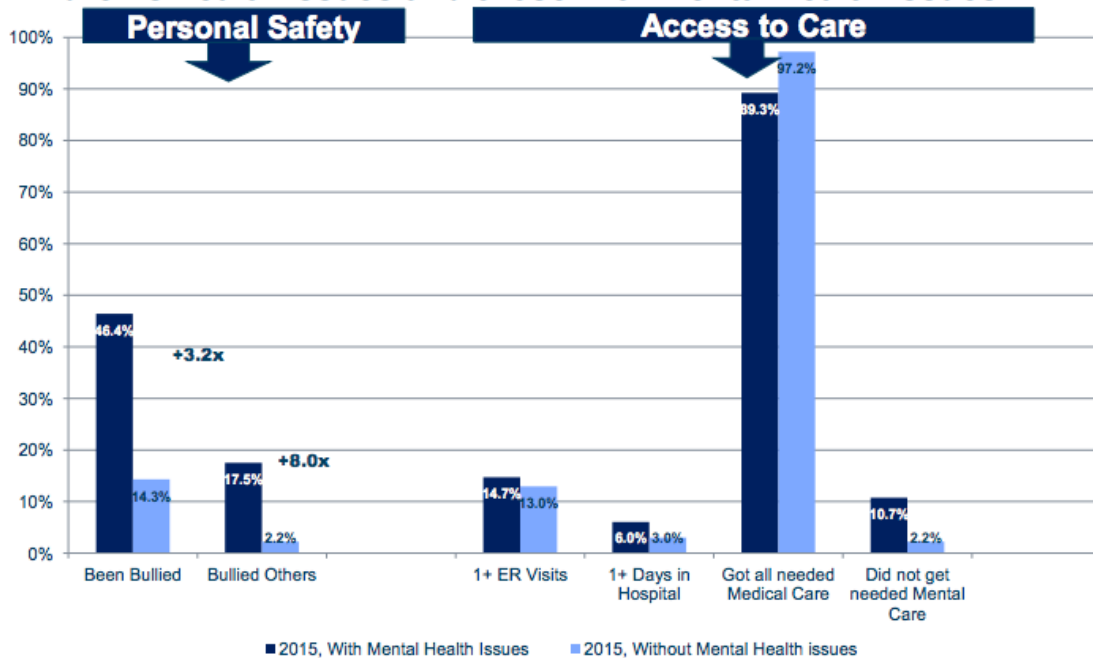
- Diagnosed mental illness in children is on the rise in Denton County (Denton County Child Health Summit, 2016).
- 70% of children engaged with Denton County Juvenile Justice have a mental health diagnosis

Based on the 2015 Community-wide Children’s Health Assessment and Planning Survey (CCHAPS), 7.7% of children aged 0 – 14 have a diagnosed mental illness in Denton County. This number has steadily risen from 6.4% in 2009. A significant increase has been indicated in experiencing trauma from 4.5% in 2012 to 7.1% in 2015 for Denton County children, coupled with an increase in self-esteem issues from 9.3% to 13.6% (Denton County Child Health Summit III, 2016).

Denton County children age 4 to 14 with a mental health need were 3.2 times as likely to be bullied as children without. Children with mental health diagnosis were also 8 times as likely to bully other children.

Denton County children with mental health needs were reportedly less likely to access all needed medical care and did not receive needed mental health care (Denton County Child Health Summit III, 2016). The Substance Abuse and Mental Health Services Administration (SAMHSA) reports that one-third of young adults with Any Mental Illness (AMI) received mental health treatment in the last year and only 3.7% of young adults with AMI received inpatient behavioral health services in the last year (The CBHSQ report, 2016). The WATCH Coalition and The Center for Children’s Health by Cook Children’s provided the below graphic of CCHAPS data specific to Denton County.

**Denton County Age 4-14:  
Children’s health issues and those with mental health issues**



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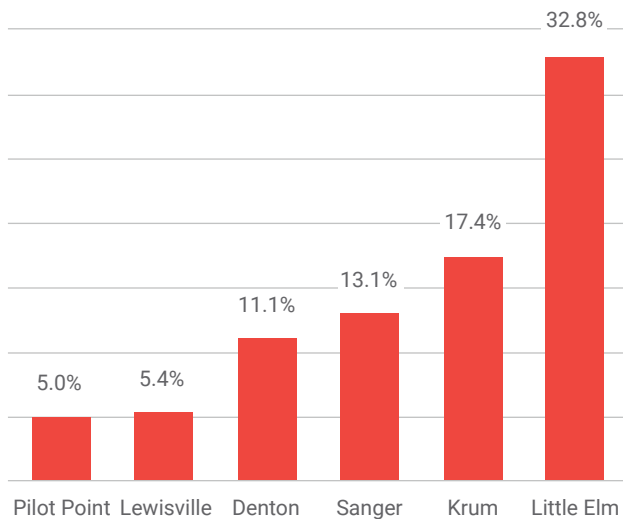
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# DEMOGRAPHICS

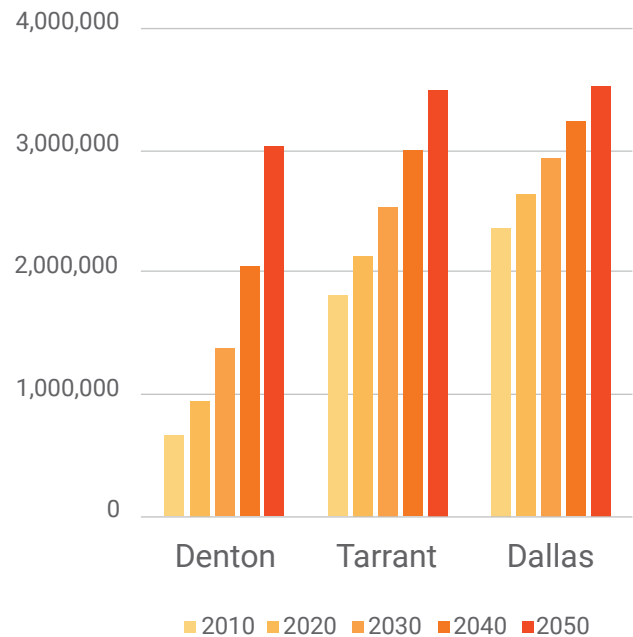
Denton County is one of the fastest growing communities in the nation. An Oxford Economics study ranked Denton County as the top growing county in the nation for 2017-2021. By 2050, the US Census Bureau projects that **Denton County will more than triple in size with more than 3 million people living within our county**, far surpassing both present-day Dallas and Fort Worth. With such exciting growth comes not only great opportunity, but great challenge as the needs of our community grow as well.

## % POPULATION GROWTH 2010-2016

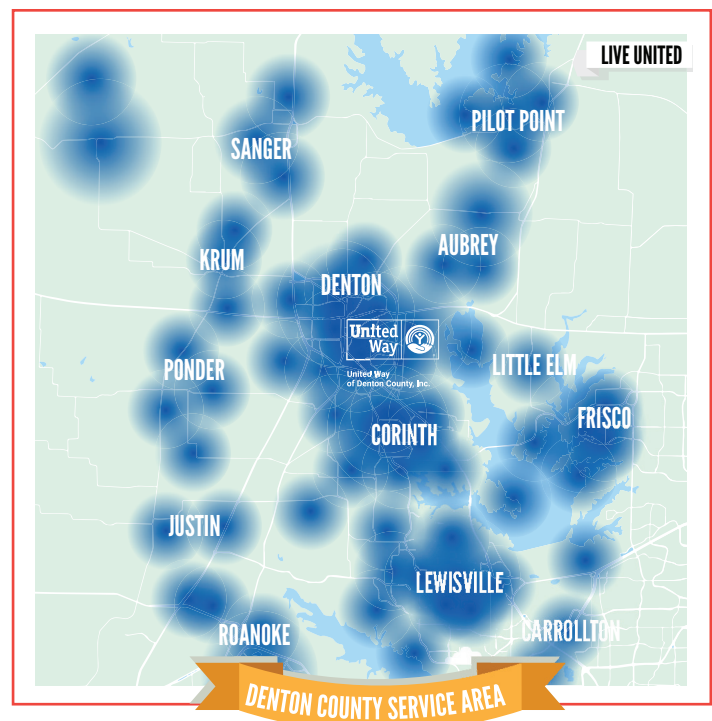
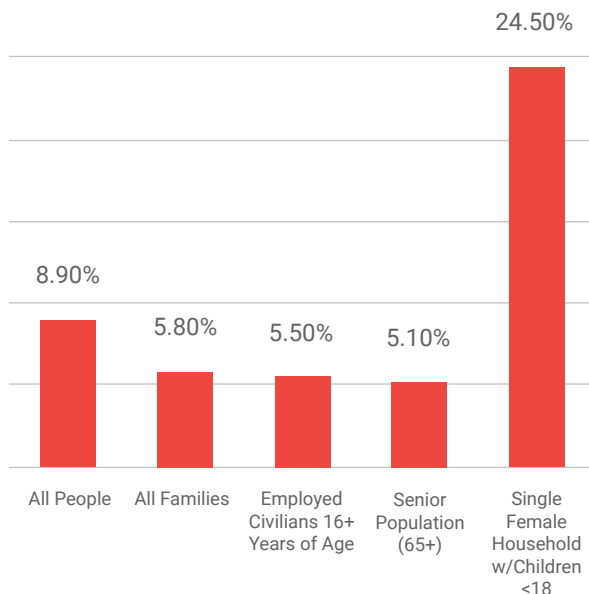


Across Denton County, cities and towns are seeing enormous growth as housing developments spring up on cheap land close to major highways leading into Dallas and Fort Worth.

## PROJECTED POP. GROWTH BY COUNTY



## DENTON COUNTY POVERTY RATE BY CHARACTERISTIC



To view the entire Community Needs Assessment visit [UnitedWayDenton.org/Needs](http://UnitedWayDenton.org/Needs)



# WE EMPOWER DONORS, VOLUNTEERS, BUSINESSES, GOVERNMENTS, NONPROFITS AND COMMUNITY GROUPS TO INVEST IN NEIGHBORS FOR A BETTER DENTON COUNTY COMMUNITY.

We LIVE UNITED to help children and families succeed, to guide & serve Veterans and their families, to advocate for overall mental health, and to make homelessness rare, brief and nonrecurring. Working together, we identify the community's most critical needs and implement collaborative, innovative solutions to improve lives in Denton County.

## We LIVE UNITED 4 Denton County



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**Denton County**