

Thursday, January 20, 2022 | 8:00 a.m. – 9:30 a.m.

Meeting Agenda

I.	Welcome	L. Elliott	2 min.
II.	Vote to Approve Minutes	L. Elliott	2 min.
III.	New Participant/Guest Introductions	L. Elliott	5 min.
IV.	New Business	L. Elliott	5 min.
	a. Vote to Approve New Appointees and Ex-officios		
V.	Presentation from Child and Family Systems Workgroup: The Case for Mental Health Navigators	L. Elliott	35 min.
VI.	Report from Mental Health Authority	P. Gutierrez	5 min.
VII.	Report on UNT Research	K. Partin	5 min
VIII.	Workgroup Committee Reports		15 min.
	a. Veterans/Veteran Stability Program	E. Baxter	
	b. Substance Use	H. Galloway/L. Holloway	
	c. Suicide Prevention	S. Domingue/B. Waymack	
	d. Data	S. Spencer	
IX.	Backbone Support Updates		10 min.
	a. COVID-19 Relief & Recovery Fund Outcomes	G. Henderson	
	b. Denton County Homelessness Leadership Team Update	E. Lusk	
	c. Denton County Workforce Success Leadership Team	O. Williams	
X.	Public Comment		6 min.
XI.	Adjourn		

Next Meeting: Thursday, March 17, 2022 | 8:00 a.m. to 9:30 a.m. | United Way Denton County

2022 Meeting Schedule
Thursday, May 19, 2022
Thursday, July 21, 2022
Thursday, September 15, 2022
Thursday, November 17, 2022

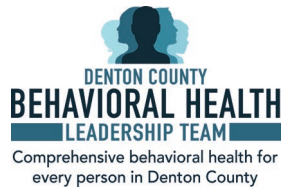




Thursday, November 18, 2021 | 8:00 a.m. – 9:30 a.m.
Hybrid Meeting

Meeting Minutes

- I. Welcome: The meeting was called to order at 8:00 a.m. by Chair, Terry Widmer. She welcomed the group and thanked them for attending.
- II. Vote to Approve Minutes: Terry called for a motion to approve the minutes from the previous meeting. Lisa Elliott moved and T.J. Gilmore seconded. The vote to approve the minutes was unanimous.
- III. Vote to Approve Bylaw Amendment: Terry reviewed the proposed bylaw amendment, to add 2-1 community members at large to the appointee list, bringing the total maximum number of appointees the thirty-eight (38.) Terry Widmer moved for approval and Scott Domingue seconded. The vote for amendment to the bylaws was unanimous.
- IV. New Participant/Guest Introductions: Terry introduced and welcomed new attendees and guest of the group.
- V. Report from MHA: Pam Gutierrez reported from the Local Mental Health Authority. MHMR has been trying to recruit and hire new staff. The effort is difficult due to MHMR's funding inability to adequately compensate staff in comparison to other local providers. Pam also reported that suicide completion numbers have increased. They are also working on revamping their intake process to make it more efficient.
- VI. Report on UNT Research: Kelly Partin reported that she is completing data collection and will begin data analysis over the next month. She is still seeking people with personal experience and is having a difficult time recruiting them. She is still taking interviews with service providers. She will have some preliminary information to share at the January meeting.
- VII. Workgroup Committee Reports
 - a. Child and Family Systems: Lisa and Laura reported that the CFS workgroup continues to meet bimonthly. There is a complete lack of pediatric inpatient beds in Denton County and Dallas Children's is permanently closing its pediatric inpatient unit. They reported that the members of the CFS have recommitted to their work and they will be focusing in on mental health navigators and revitalizing the Okay to Say campaign.
 - b. Substance Use: Hope Galloway reported for the substance use ad hoc workgroup. The group sponsored a substance use training for Lewisville ISD with nearly 50 attendees. The group continues to obtain data and work to develop resources to improve access to substance use treatment.
 - c. Suicide Prevention: Scott Domingue gave a presentation on suicide trans in Denton County over the past 5 years. The presentation was included in the meeting packet for members' review. Scott indicated that the workgroup is hoping to identify ways to better understand the numbers, educate the community, and work toward reducing suicide numbers.



- VIII. Denton County Veteran Stability Program: Elishia Baxter reported that the Denton County Veteran Stability Program continues to provide financial assistance to community veterans for housing, utilities, transportation, child care, and restorative dental work.
- IX. New Business
- a. Terry presented the slate of officers for the new year with Dr. Lisa Elliott as chair, Sgt. Elisa Howell as Co-chair, and Dr. Stephanie Brown as secretary. She called for a vote. Bobbie Mitchell moved, TJ Gilmore seconded, and the vote was unanimous in the affirmative. New officers will take their seats in January 2022.
 - b. Terry presented a slate of proposed ex-officio members as follows: Pam Gutierrez (MHMR), Laura Prillwitz Juvenile Detention), Kristin Howell (Children’s Advocacy Center), and Honorable Coby Waddill. Scott Domingue moved for vote, Lisa Elliott seconded, and the vote was unanimous in the affirmative.
 - c. Terry presented a slate of proposed appointees as follows: Amy Lawrence (Denton ISD), Tiffany Haertling Denton County), Hanna Moericke (Our Daily Bread), Jon Lasell (UBH), and Erin Williams (Mayhill). Doug Lee motioned for vote, TJ Gilmore seconded, and the vote was unanimous in the affirmative.
 - d. Terry proposed changes to workgroups as follows:
 - i. Jail Diversion to rest as strategic plans goals have been met.
 - ii. Veterans to meet quarterly while new leadership is determined and strategic plan is revised.
 - iii. Substance Use from ad hoc to full workgroup status.
 - iv. Suicide Prevention from ad hoc to full workgroup status.
 - v. Addition of data workgroupScott Domingue called for a vote, Hope Galloway seconded, and the vote was unanimous in the affirmative.
- X. Public Comment: Dr. Ann Hughes from Sanger ISD presented that July 16 is Youth Resiliency Day.
- XI. Adjourn: Terry adjourned the meeting at 9:35 a.m.

Next Meeting: Thursday, January 20, 2022 | 8:00 a.m. to 9:30 a.m. | United Way Denton County



2022 Denton County Behavioral Health Leadership Team Appointees and Ex-Officios

Appointee	Organization	Sector	Title
Ms. Elizabeth Ferring	Community Member	Community	Community Member
Dr. Kathryn Stream	Community Member	Community	Community Member
Mrs. Terry Widmer	Denton County Commissioners' Court	Denton County	Community Member
Ms. Monya Crow, M.Ed. LPC-S	Lewisville ISD	ISD	Director of Guidance and Counseling
Dr. Tamara Knapp-Grosz	UNT	Higher Education	Director of Counseling and Testing
Ms. Amy Lawrence	Denton ISD	ISD	Director of Counseling Services
Mr. Chris McGinn	City of Lewisville	Lewisville City Council	Neighborhood Services Director
Honorable Bobbie Mitchell	Denton County Commissioners' Court	Denton County	County Commissioner Precinct # 3
Mr. T.J. Gilmore	City of Lewisville	Lewisville City Council	Mayor Pro Tem Place 3
Ms. Dianne Hickey	Denton County MHMR	MHMR	Board Member
Ms. Hope Galloway	Texas Health Resources	Health System	Program Developer for Mental Health Services
Mr. Scott Domingue	Texas Health Resources	Health System	Chief Operating Office & Chief Nursing Officer, Behavioral Health
Dr. Stephanie Brown, Ph.D	Texas Woman's University	Higher Education	Associate VP for Student Enrichment, Health, and Support
Dr. Roxanne del Rio, Ph.d	North Central Texas College	Higher Education	Associate Dean of Denton County Campuses for North Central Texas College (Corinth & Flower Mound)
Mr. Gerard Hudspeth	City of Denton	Denton City Council	Mayor
Honorable Tiffany Haertling	Denton County District Court	Denton County	442nd Judicial District Court Judge
Chief Kevin Deaver	City of Lewisville Police Department	Law Enforcement	Chief
Lt. Chris Summit	Denton Police Department	Law Enforcement	Lieutenant
Chief Jerry Garner	City of Corinth Police Department	Law Enforcement	Chief
Chief Deputy Douglas Lee	Denton County Sheriffs Office	Law Enforcement	Assistant Chief Deputy
Vacant		Insurance Provider	
Vacant	Our Daily Bread	Human Systems	Board Member
Dr. Matt Richardson	Denton County Health Department	Health Department	Director
Mr. Juan Rodriguez, MPH	Denton County Health Department	Health Department	Assistant Director & Chief Epidemiologist
Ms. Suzann Woodard	Texas District 64-Lynn Stucky	State and Federal Legislatures	District Director
Dr. Linda Holloway	United Way of Denton County	UWDC/MHMR	Board member
Dr. Lisa Elliott, Ph. D	Cook Children's (WATCH)	WATCH	Licensed Psychologist& Clinic Manager
Sgt. Elisa Howell	City of Denton	Law Enforcement	Sergeant
Vacant	UBH	Health Systems	Chief Executive Officer
Erin Williams	Mayhill	Health Systems	Business Development Liaison
Honorable Lauri Ragland	Cumberland Presbyterian Children's Home	Human Systems	Board Member
Dr. Ann Hughes	Sanger ISD	ISD	Director of Student Intervention
Ex Officio	Organization	Sector	Title
Gary Henderson	United Way of Denton County	UWDC	President, CEO
Danielle Shaw	City of Denton	Government	Director of Community Services
Pam Gutierrez	MHMR	Local Mental Health Authority	Executive Director
Laura Prillwitz	Denton County	Juvenile Probation Services	Deputy Director
Kristen Howell	Children's Advocacy Center	Human Systems	CEO
Honorable Coby Waddill	Denton County Criminal Court	Denton County	Judge Criminal Court 5
Ms. Courtney Jaimes	NCTC	Higher Education	Director of Counseling Services
Ms. Alisa Quimby	Cook Children's (WATCH)	WATCH	Program Manager, Community Health

Proposed
Vacancies



Child and Family Systems Workgroup

**The Case for a Mental
Health Navigator**

Denton County Youth are Experiencing a Mental Health Crisis

- Denton Co. Friends of the Family are currently treating 368 minor clients with mental health concerns (DCFOF)
- 14.6% of Texas youth had at least 1 major depressive episode within the past year (Mental Health America)
- 8 out of every 10K Denton Co. youth are being seen in a State-funded substance use disorder treatment program (DSHS)
- Denton ISD is on pace to refer 646 students to counseling services for suicidal ideation in the 2021-2022 school year (Denton ISD)
- Denton Co. hospitals will see over 1,000 minors with psychiatric complaints in 2021 (Medical City Healthcare, Texas Health Resources)
- Family Tree is serving 200+ families (Family Tree)
- Prosper ISD has identified 57 students with mental health needs (Prosper ISD)

And it's Getting Worse

- According to their caregiver, 50% of school-aged children in Denton Co. have had a negative impact to their mental health due to the Covid-19 pandemic (Cook Children's 2021 CHNA)
- DCFOF has seen a 54% increase in youth clients served and a 76.4% increase in youth counseling hours in 2021 vs. 2020 (Denton County Friends of the Family)
- Denton ISD is on pace for a 12% increase in referrals for suicidal ideations (577 referrals in the 2020-2021 school year include 165 elementary students, 189 middle school students, and 223 high school students). (Denton ISD)
- Denton ISD is on pace for a 261% increase in referrals to their "Family Centers" for the 2021-2022 school year vs. prior school year. (Denton ISD)
- Psychiatric presentations to local Emergency Departments by minor patients are up 47.2% in 2021 vs. 2020 (Medical City Healthcare, Texas Health Resources)
- Community leaders survey conducted by Cook Children's reports that 96% of community leaders are concerned about the mental health impact of Covid-19 on Denton Co. youth (Cook Children's 2021 CHNA)
- MHMR is on pace for 332 Crisis Assessments on Denton Co. youth in 2021, a 24% increase vs. prior year (Denton Co. MHMR)

Suicide deaths
are increasing
in Denton
County

Suicide Death Numbers

- In 2021 there were **98** suicides in Denton County
- In 2020 there were **81** suicides in Denton County
- In 2019 there were **92** suicides in Denton County
- In 2018 there were **89** suicides in Denton County

Mental Health Service Resources are Scarce and Difficult to Access

- 2 in 3 school-aged children in Denton Co. have caregivers who are not familiar with mental health services in the county (Cook Children's 2021 CHNA)
- 8,000 Denton Co. school-aged children did not receive needed mental health care during the Covid-19 pandemic (Cook Children's 2021 CHNA)
- Of all the school-aged children in Denton Co. that needed mental health care, over half experienced difficulty accessing care (Cook Children's 2021 CHNA)
- Texas ranks 41st in the U.S. on the prevalence of mental illness and access to mental healthcare among youth (Mental Health America)
- Nearly 75% of youth with a major depressive episode in Texas did not receive mental health treatment. This ranks Texas as last (51st) in the U.S. (Mental Health America)
- Texas ranks 50 out of 51 U.S. states, including D.C., in mental health workforce availability with 831 providers for every citizen (Mental Health America)
- While Texas is at the bottom of the list in terms of mental health providers, Denton County is worse with 890 providers for every citizen (Robert Wood Johnson Foundation)
- Every agency has a waiting list, such as: DCFOF currently has 65 minor clients on a waitlist for counseling services (Denton County Friends of the Family)

Mental Health Service Resources are Scarce and Difficult to Access (continued)

- Mental health providers report that staffing challenges are taking existing bed capacity offline. Mayhill Hospital reports “deflecting” 126 admissions in October 2021 due to staffing creating a strain on an already under resourced system. (Mayhill Hospital)
- Denton County has zero pediatric inpatient psychiatric beds and hospitals such as Dallas Children’s have closed.
- North Texas State Hospital has closed to adolescents and children for an indefinite period of time.
- There is an overall lack of qualified mental health providers in Denton County and retaining quality providers is increasingly difficult.
- Denton and Lewisville ISD counseling staff report that they are at a level of crisis never before seen.

Effectively
Navigating Youth
in Need of
Services to
Available
Resources is
Critical to
Improving the
Mental Health of
Denton County

- Early intervention is critical, as mental health and addiction issues manifest before the age of 24 in 70% of cases.
- Early intervention reduces later burdens on an already taxed mental health system.
- Intervention for families as well as the targeted client is critical, as families are often overlooked in adolescent mental health and addiction care.

The Case for Mental Health Navigators

- Mental Health Navigation is an evidence-based approach to connect individuals in need to mental health services.
- Kids' Minds Matter through Lee Health, located in Lee County, Florida launched its Mental Health Navigator Program in spring 2020. They launched in two Lee County Schools. Parents of eight participating families reported their children's attendance and grades have improved significantly.
- By the end of 2020, they cited the following accomplishments:
 - The children in the program have improved in grade performance by 15% in just one quarter.
 - For math, students in the program improved their average grade by 12%.
 - The percentage of students who had perfect school attendance rose from 15% to 55%.
 - MHN program has connected eight children and two parents with mental health therapy services, helped families become self-sufficient in meeting their mental health care needs, secured funds for purchasing basic needs, such as food, toiletries, clothes, and help with auto repairs for work-related purposes, and helped families apply for Lee Cares assistance.

The Case for Mental Health Navigators

- Mental Health Navigation has a higher-level function than standard case management.
- Standard case management lasts 1-5 months and focuses on the referred need only.
- Mental Health Navigation can last up to two years.
- Mental Health Navigators assess for other areas of need or barriers to resource access, such as food insecurity, insurance issues, lack of housing, transportation, etc.
- Mental Health Navigation involves “walking with the client,” providing warm hand-offs and follow up that don’t happen with standard case management.

The Case for Mental Health Navigators

- Mental Health Navigation aims to:
 - Reduce barriers to care
 - Connect clients to the most appropriate resources in a timely manner
 - Empower clients to manage their mental health
- Navigators provide low barrier access, comprehensive assessment, collaborative service planning, and linkage and referral facilitation for any individual or family who request assistance with a mental health or substance use concern.
- Navigators also serve as an information resource for any community service provider or family physician needing to assist a client, and collect data on local service needs.

Mental Health Navigation Opportunities

- Provide health information and education through written materials, discussion of test results, treatment options, and answer questions
- Improved patient self-efficacy
- Facilitate linkage to health-care resources;
- Facilitate decision making;
- Facilitate seeking of practical assistance;
- Tracking patients over time with a defined end-point;
- Provide psychosocial or emotional support directly or indirectly;
- Overcome gaps during episodes of care by coordinating diagnostic or care from multiple providers, completing paperwork, schedule, confirm, and coordinate communication;
- Greater patient satisfaction with health care;
- Reduced patient use of emergency resources and specialist time

Qualifications of a Mental Health Navigator

- Master's degree in a social science field, or closely related field OR Bachelor's degree and 3-4 years of experience
 - This level of experience is needed as referral calls will often involve crisis situations requiring knowledgeable intervention quickly.
- Ability to work independently in a fast-paced environment
- Strong organizational, time management, and communication skills
- Knowledge of the mental health community
 - Mental health services and other resources in Denton County are siloed. A mental health navigator will have the most up to date information to coordinate services for clients.
- Strong oral and written communication skills

Beginning the Program

- The Mental Health Navigator Program is recommended by the Child and Family Systems Workgroup of the Denton County Behavioral Health Leadership Team.
- The Mental Health Navigator Program will be overseen by Shanan Spencer, the Director of Health and Mental Health Initiatives at United Way of Denton County.
 - Shanan is a LPC in Texas, with over 30 years of experience in mental health services.
 - Shanan has supervised crisis programs, psychiatric rehabilitation programs (similar to mental health navigation,) mental health clinics, and counseling centers.
- The Mental Health Navigator Program will initially be housed at United Way of Denton County, with the goal of establishing permanent work sites in Lewisville and Denton.

What are the Costs?

Staff Cost	Average Employee Annual	24 months	Total (x4 staff)
Salary	\$55,000	\$4,583.33 per month x 24 months = \$110,000	\$80,000x 4 = \$420,000
Health Insurance	\$6,000	\$500 per month x 24 months = \$12,000	\$48,000
Dental/Vision/Life	\$830	\$69.17 per month x 24 months = \$1,660	\$6,640
Retirement	\$4,000	\$333.33 per month x 24 months = \$8,000	\$32,000
Cell Phone	\$1,600	\$50 per month x 24 months = \$1,200	\$4,800
Travel	\$1,800	\$100 per month x 24 months = \$2,400	\$9,600
			\$477,840

What are the Costs? (continued)

Other Costs			
Computer (under office in template)	4 x \$1,000	One time purchase	\$4,000
Printer, scanner, fax combo (under office)	\$500	One time purchase	\$500
Postage	\$180	\$10 per month x 24 months	\$240
Conferences & Seminars	\$1000	\$250 per staff	\$1000
Utilities	\$3,600	\$200 per month x 24 months	\$4,800
Rent	\$14,500	\$800 per month x 24 months	\$19,200
Printing/Marketing	\$5,000	Brochures, business cards, etc.	\$5,000
Misc.	\$4730	Any unaccounted expenses	\$4730
			\$39,470
Total Budget			\$517,310

Our Children and Families of Denton County Need Help

- The Child and Family Systems Workgroup of the Denton County Behavioral Health Leadership Team cannot finance a Mental Health Navigator pilot program.
- We need financial assistance from the Denton County Commissioners to fund a pilot program, using American Recovery Plan Act or other available funding.
- Beginning with a 24 month pilot, we will gather data to confirm the need for ongoing Mental Health Navigator programs in Denton County.
- During the 24 month pilot, we estimate serving at least 200 children and families in the program.