

NAVIGATING MENTAL HEALTH RESOURCES

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AGENDA

- Brief Introduction to Mental Health
- Mental Health Care in Texas
- Here For Texas
- Additional Resources
- Q & A

BRIEF INTRODUCTION TO MENTAL HEALTH

MENTAL HEALTH

- How you think, feel and act
- Managing life stresses
- Adapting to change and trauma
- Mental flexibility



Source: Centers for Disease Control

MENTAL ILLNESS

- Diagnosable condition
- Interferes with various spheres of life – employment, education, relationships, spirituality
- Disconnect among thoughts, feelings, and behaviors
- Can be triggered by a combination of factors – biological, psychological, environmental and social factors



Source: Centers for Disease Control

PREVALENCE OF MENTAL ILLNESS

- 23% or nearly 1 in 5 U.S. adults live with a mental health condition.[5](#)
- 6% or nearly 1 in 18 U.S. adults live with a serious mental health condition—for example, schizophrenia, bipolar, or major depression—that significantly interferes with the ability to carry out life's activities.[5](#)
- 20% or nearly 1 in 5 adolescents ages 12-17 have a current, diagnosed mental or behavioral health condition.[6](#)

Source: Center for Disease Control, CDC

STRESS FACTORS

- Lack of access to housing, healthcare, education, childcare
- Lack of access to employment and economic opportunities
- Experience of interpersonal and systemic oppression
- Current social climate – anti-LGBT, anti-immigrant, and other discriminatory policies

Source: Center for Disease Control, CDC

MENTAL HEALTH AND PHYSICAL HEALTH ARE LINKED

- **Mental and physical health are equally important components of overall health.**
- Mental health is closely linked to physical health.
- For example, depression increases the risk for many types of physical, long-lasting (chronic) conditions like diabetes, heart disease, and stroke. Similarly, the presence of chronic conditions can increase the risk for developing a mental health condition.[1](#)
- Addressing mental health and physical health needs can improve overall health.

Source: Centers for Disease Control, CDC

MENTAL HEALTH CARE IN TEXAS

IN TEXAS

- In 2022-2023, 9.20% of adults with any mental illness (AMI) in the U.S. were uninsured, totaling over 5 million people. Nine of the states with the highest rates of uninsured adults were in the southern U.S. In Texas (ranked 51) nearly 1 in 5 adults with AMI did not have health insurance.
- In 2023, 26.58% of adults who reported experiencing 14 or more mentally unhealthy days each month were not able to see a doctor due to costs. This was a 2% increase over 2022 and a 4% increase over 2021.
- In Texas (ranked 49), more than 4 in 10 people with frequent mental distress could not afford to see a doctor in 2023.

Sources: [State-of-Mental-Health-2025.pdf](#), Mental Health America, [About Mental Health | Mental Health | CDC](#), CDC

LEVELS OF CARE IN TEXAS

- Support Groups
- Outpatient
- IOP and PHP
- Acute Inpatient
- Long-term Inpatient
- Residential
- State Hospital



Sources: Texas Health and Human Services

FUNDING AND CARE IN TEXAS

Multiple state agencies receive mental health or substance use funding and provide services to people across Texas.

- Texas Health and Human Services
- Texas Department of State Health Services
- Texas Department of Family and Protective Services
- Texas Education Agency
- Texas Higher Education Coordinating Board
- Texas Department of Criminal Justice
- Texas Juvenile Justice Department

Source: Hogg Foundation for Mental Health

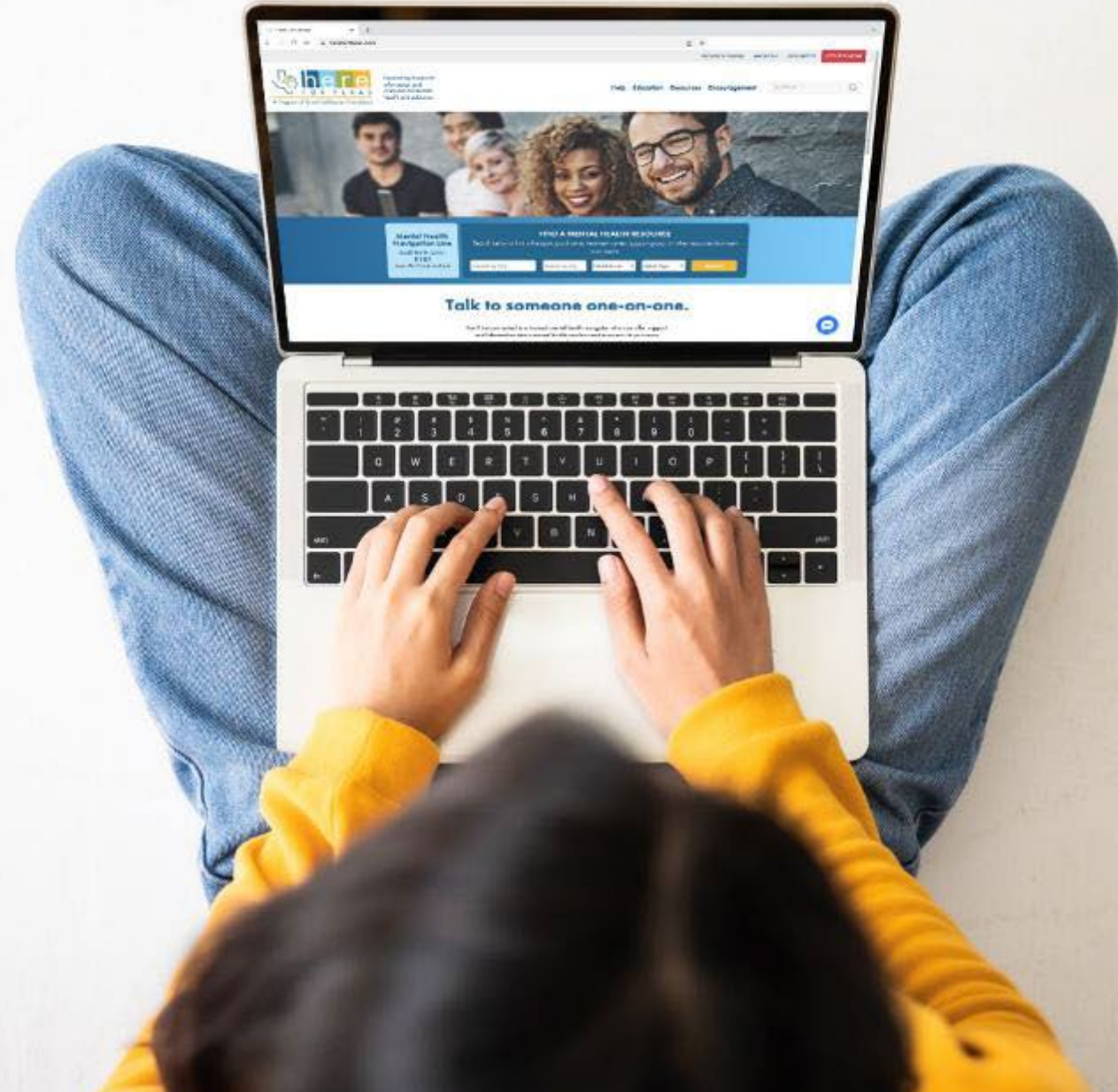
HERE FOR TEXAS

EXPLORING RESOURCES

WEBSITE AND DATABASE

HEREFORTEXAS.COM/ESPANOL HEREFORTEXAS.COM

A searchable online database of mental health resources connecting Texans to information and resources for mental health and substance use.



HERE FOR TEXAS MENTAL HEALTH NAVIGATION LINE

Developed by Grant Halliburton Foundation, The Here For Texas Mental Health Navigation Line is a free helpline offering guidance, information, resources, and support for mental health and substance use.

The free helpline is for parents, grandparents, siblings, teachers, community members, or mental health professionals. Anybody can call to say, "Here's what's going on, what do I do?"

Are you looking for a therapist? A treatment center? Somewhere that is in-network with your insurance? Someone that does sliding scale?



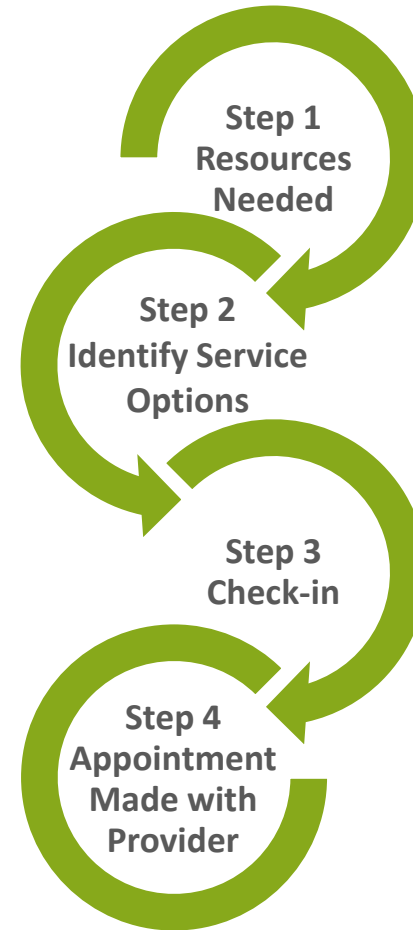


Tailored Resources

- Location
- Language spoken
- Ability to pay
- Transportation needs
- Type of therapy
- Provider preferences

THE RESOURCE REQUEST EXPERIENCE

- Incoming request via phone, email, or resource request form
- Resource email sent within 24-48 hours with tailored options
- Follow up phone call in 2 days to ensure resources are received
- Follow up phone call in 10 days to ensure appointment has been made



HOW TO ACCESS HERE FOR TEXAS



CALL

972-525-8181

Press 1 for English

Press 2 for Spanish

RESOURCE REQUEST FORM

HereForTexas.com/resource-request

CHAT ONLINE

HereForTexas.com

HereForTexas.com/espanol

TEXAS DEPARTMENT OF HEALTH SERVICES

EXPLORING RESOURCES

CHILD PSYCHIATRY ACCESS NETWORK (CPAN)

The Child Psychiatry Access Network, CPAN, can enhance child and youth mental health care at your practice and save you time. There is no cost to you or your patients for this evidence-based, clinician-to-clinician program.

Texas CPAN offers real-time access to a multidisciplinary network of mental health experts in your region—including child psychiatrists—for peer-to-peer consults by phone, vetted and personalized referrals and resources, and behavioral health CMEs.



CPAN
Child Psychiatry
Access Network

HOW DOES CPAN WORK?

- Call or text to start your consult with a mental health expert as you move between patients in your busy day, or during your admin time.
- A child psychiatrist will call back within 30 minutes or at a time of your choosing.
- Receive vetted, local, and individualized referrals within 1 business day.
- After-hours messages are returned the next business day.



CPAN
Child Psychiatry
Access Network

Call 888-901-CPAN (2726)
Monday-Friday, 8 a.m. to 5 p.m.

TEXAS HEALTH AND HUMAN SERVICES

EXPLORING RESOURCES

ADULTS SERVICES

HHSC provides programs and services based on evidence-based practices to help people manage mental illness.

The following is a list of basic services offered by LMHAs and LBHAs.

- Case Management
- Assertive Community Treatment (ACT)
- Medication Management
- Counseling (CPT, CBT)
- Psychosocial Rehabilitative Services,
- Skills Training and Development

CHILDREN'S SERVICES

Mental health services start with a thorough assessment and developing a plan to address goals identified by the child and family.

Services to the child and family may include:

- Crisis intervention
- Skills training and development
- Counseling
- Supportive employment
- Medication training and support
- Case management
- Peer services (family partner support services)
- YES Waiver for children and youth with serious mental, emotional and behavioral difficulties

HOW TO ACCESS SERVICES

HHS contracts with 37 local mental health authorities (LMHA's) and 2 local behavioral health authorities (LBHA's) to deliver mental health services to residents in communities across the state.

- [Visit the HHS website](#) to find the local mental health authority for your county.
- Call them directly to access services.
- Ask specifically for the process to access services.



Travis County
Integral Care – 512-447-4141
<https://integralcare.org>

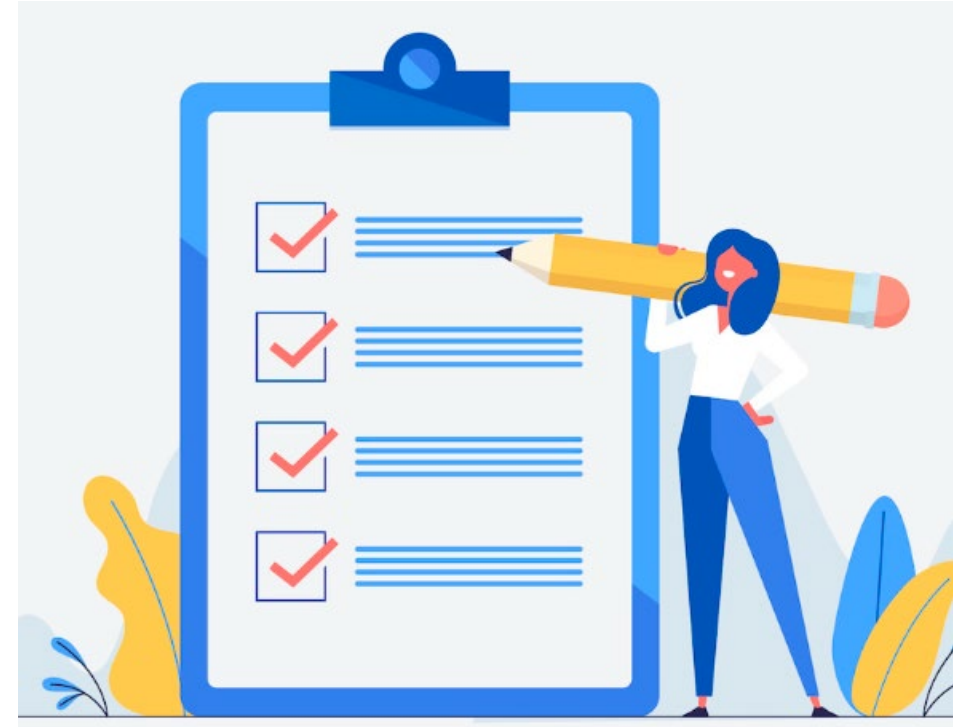
DOCUMENTATION REQUIREMENTS

Who qualifies for services?

- Anyone living in Texas

What documents are needed?

- Proof of Identification
- Proof of Income
- Proof of Residency
- Verification of Assistance Form



QUESTIONS?



CONTACT

Email

Blanca.N.Garcia.LCSW@gmail.com

LinkedIn

[Linkedin.com/in/blancangarcia-lcsw/](https://www.linkedin.com/in/blancangarcia-lcsw/)