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Texas Mental Health Transformation Workgroup Meeting September 11, 2009

A meeting of the Texas Mental Health Transformation Workgroup (TWG) was held in the Robert D. Moreton Building, Board Room (M-739), 1100 W. 49th Street, Austin, Texas on Friday, September 11, from 1:30 pm – 5:00 pm.

Transformation Workgroup (TWG) Members Present:

Dr. David Lakey, TWG Chair, Texas Department of State Health Services
Sam Shore, TWG Co-Chair, MHT Project Director, Texas Department of State Health Services
Jessica Olson, Office of the Governor
Tara Swayzee, Senate Committee on Health and Human Services
Jennifer Deegan, Senior HHS Advisor to the Speaker of the House*
Debra Wanser, Texas Department of Assistive and Rehabilitative Services
Brenda Hull, Texas Department of Housing and Community Affairs
Stephen Spencer, Texas Juvenile Probation Commission
Victor Polanco, Texas Veterans' Commission**
Tracy Levins, Texas Youth Commission
Theresa Cruz, Office of Rural Community Affairs
April Zamora, Texas Department of Criminal Justice***
Michael Duck, A&M Health Sciences Center, TX Vet Initiative
Allaina Nelson, Department of Family and Protective Services****
Margaret Christen, Texas Education Agency
Maurice Dutton, Consumer/Family Member Representative
Stephany Bryan, Consumer/Family Member Representative
Mike Halligan, Consumer/Family Member Representative
Jon Weizenbaum, Texas Department of Aging and Disability Services
Steve Holliday, Veterans Integrated Service Network 17
Tom Valentine, Health and Human Services Commission
Mike Maples, Texas Department of State Health Services
* *servicing as TWG Designee for Speaker Joe Strauss*
** *servicing as TWG Alternate for Charles Buerschinger*
*** *servicing as TWG Alternate for Dee Wilson*
**** *servicing as TWG Alternate for Joyce James*

Transformation Workgroup (TWG) Members Not Present:

John Fuller, Texas Workforce Commission
Frank Delgado, Consumer/Family Member Representative

Community Collaborative Members Present:

Coastal Bend Rural Health Partnership (CBRHP)

Martin Ornelas, Dr. Diana Bill, Barbara Giovannone, Kimberly Camp

Bexar County Safety Net Community Collaborative

Gilbert Gonzales

LEAF – Llano Estacado Alliance for Families

Ron Trusler, Kay Brotherton, Jere Newton

Nacogdoches County Mental Health Collaborative

Anne Bondeson

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Community Collaborative Members Attending - continued:

Tarrant County Transformation Project

Susan Garnett

Williamson County Mental Health Task Force

Annie Burwell, Andrea Richardson

* Dallas County Project Transform – not represented

Implementation Team Members present:

Ben Delgado, DSHS

Amanda Broden, DSHS

Mimi McKay, DSHS

Jessica Hartos, MHT Staff, DSHS

Steve Eichner, MHT Staff, DSHS

Ellen Trevino, MHT Staff, DSHS

Dolly Klinefelter, DSHS

Hillary Jenson, DSHS

Sherri Hammack, HHSC

Denise Brady, HHSC

Molly Lopez, UT Center for Social Work Research

Michele Murphy-Smith, UT Center for Social Work Research

Dennis Bach, Via Hope

Eileen Rosen, Via Hope

Gyl Switzer, Mental Health America of Texas

Camille Miller, Texas Health Institute

Susan Griffin, Texas Health Institute

Nancy Speck, Texas Health Institute

Melissa Miller, UT-LBJ School of Public Affairs

Meeting Goals:

- Provide an update on the MHT Comprehensive MH Plan
- Provide an update on the Consumer Voice Workgroup
- Provide an update on Via Hope
- Provide an update on the Children's Resiliency Study
- Provide an updates on Community Collaborative Projects
- Begin discussion of TWG activities for 2010 and sustainability plans
- Receive Public Comment

Opening

1. Welcome and Call to Order

Dr. Lakey

The meeting was called to order at 1:40 pm.

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Dr. Lakey called for a moment of silence and remembrance for those who died in the terrorists' attacks on September 11, 2001.

Action Item

2. Review and Approval of Minutes Dr. Lakey

It was moved and seconded to accept the Minutes from the June 12, 2009 TWG Meeting with one correction to show Margaret Christen as the current TWG designee for Texas Education Agency.

Information Items

3. CMHP Update Sam Shore

The closing of the fourth grant year, FY 2009, offers a time to reflect on questions of what Texas has done, what should be the focus in the final grant year, and how the goals and vision have been fulfilled. In reviewing the project summary of 2009 and plans for 2010, the TWG can prepare MHT for the future in terms of sustainability over coming years.

Dr. Dutton assisted MHT in the formatting and update of the Texas CMHP (Comprehensive Mental Health Plan) Goals and Sub-goals, which has been reorganized to make it easier to understand and communicate. Each project encompasses complex activities. A project list has been generated which covers all the MHT activities. The operational plan and reorganization of MHSA in DSHS are all components of ensuring sustainability beyond 2010.

A power point presentation outlined the new format for communicating MHT activities and accomplishments and forecast FY 2010 plans and sustainability options. The project conceptualization unifies all MHT activities and includes a new mission statement, categories for infrastructure innovations, and a model for impact of infrastructure innovations on the New Freedom Commission (NFC) and Texas goals.

New Mission Statement (slide 8): *The Texas MHT Project aims to accomplish the NFC/Texas Goals statewide through the use of mental health infrastructure innovations***that increase effective mental health services for all Texans. The activities undertaken within the Texas MHT Project will enhance innovative, consumer-driven, practical, and sustainable infrastructure solutions to systemic problems that hinder mental health service effectiveness.*

****"Mental health infrastructure innovations" = novel infrastructure or the novel use of infrastructure that increases effective mental health services.*

"Infrastructure" = the foundation or the bundle of facilities, services, installations, policies, processes and procedures that facilitates the production of goods and/or services.

"Innovation" = a new way of doing something, including incremental, radical, and revolutionary changes in any of the following: thinking, products, processes, or organizations.

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October 1 starts FY 2010. Operational Plans have been developed for this year. If a TWG agency has taken on a project of their own accord, MHT has not asked for an implementation plan but has developed a standardized plan for all projects handled directly by MHT.

VISN 17 (Veterans Integrated Service Network 17) Update:

Steve Holliday

MHT Returning Veterans and Their Families Workgroup met on Aug 21, 2009 to discuss legislative accomplishments and how that impacts veterans and the workgroup's efforts.

There are four main areas of focus for this workgroup's activities:

First Technology Innovation has partnered with TXVET to create an interactive system for users (veterans) to log on and perform a self assessment to review eligibility for services. This system can help avoid telephone tag and increase effective access. Michael Duck, A&M Health Sciences Center, TX Vet Initiative, is sub-chair.

Training for PTSD (Post-Traumatic Stress Disorder) Cognitive Processing Therapy: This sub-workgroup will help TXVET roll out the training and certification with the Local Mental Health Authority (LMHA) sites for PTSD Cognitive Training. Joe Lovelace, Texas Council of Community MHMR Centers, is sub-chair.

A team has been chartered to look at veterans' peer services to veterans. This team is led by Hillary Jenson, DSHS, and includes representatives from the LMHA sites, TXVET and other stakeholders.

Expanded implementation of the family to family counseling program is led by Maurice Dutton.

Each workgroup has been asked to meet and develop a timeline and budget for their plans of implementation.

Dr. Lakey introduced Jennifer Deegan, Senior HHS Advisor to the Speaker Joe Strauss and delegate on behalf of the Speaker of the House to the TWG. Ms. Deegan fills the position formerly occupied by Rep. Dianne Delisi and represented by James Cooley.

4. Consumer Voice Update

Stephany Bryan

Members of the TWG and MHT staff were encouraged to attend the **2009 Alternatives Conference: Uniting Our Movement for Change**, to be held in Omaha, Nebraska from October 28 – November 1, 2009. TWG Consumer/Family members affirmed that participation in the conference will be a life-changing experience. Conference information and registration can be accessed at www.Alternatives2009.org.

Consumer Workgroup Update: Each member has made a commitment to remain involved in MHT and will continue to offer recommendations to increase CFY (Consumer, Family and Youth) involvement, guidance, and support to Via Hope. The Consumer Workgroup continues to work with the MHT evaluation team and the Child & Adolescent Workgroup. The Consumer Workgroup has fulfilled its

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original mission as a workgroup and is now moving forward with increased CFY leadership activities. This workgroup will continue to make recommendations to MHT and the TWG, and pay attention to TWG outcomes, the ongoing growth of Via Hope, and the development of peer certification.

The TTAC (Training and Technical Assistance Center) has been accomplished – a major step in giving consumer guidance and involvement to all transformation projects. This project has assumed the name of Via Hope, a name derived from the concept that “through hope” growth, rebirth, renewal strength and wellness can be achieved. Via Hope is operated jointly by MHAT and NAMI-TX.

5. Via Hope Update

Dennis Bach

The history of the development of a new Texas consumer and mental health resource center was illustrated through a power point presentation. The original MHT goal was to create a statewide training and technical assistance center (TTAC) for consumers, family members, youth and professionals.

Since its inception in February 2009 with funding under the Texas Mental Health Transformation grant and the Department of State Health Services (DSHS), the emerging Center has partnered with Mental Health America of Texas (MHAT), the National Alliance for the Mentally Ill of Texas (NAMI TX), the Depression and Bi-polar Support Alliance of Texas (DBSA TX), and the Texas Mental Health Consumers (TMHC) organizations to fulfill the original mission statement. By September 2009, the Center has a logo and new name, *Via Hope*, and a steering committee.

Training Needs Assessment - The Via Hope Training Center has identified priority areas, but still needs to identify specific topics and training that already exists before making recommendations to the Steering Committee. The Training Needs Assessment response identified six priority areas for focus in 2010. Based on the Assessment, the number one choice in the 2010 Priority Areas Section was Personal Recovery and Resiliency. Sections 2 and 3 identified top topic choices in Peer Specialist Training and Peer Certification Training. The fourth section of the Assessment gathered responses by employers, regarding peer services in the workplace.

Curriculum – There is a new movement toward “whole health” which integrates mental and physical health, and this concept will influence the choices of curriculum for the Peer Training and Certification program. Via Hope will need to contract with some agency to teach initial classes and create a TOT (Training of Trainers) using some of those graduates. By the end of 2010, there will be a sizable number of certified peer specialist and peer specialist trainers in Texas.

Infrastructure development – Beyond training implementation, there is a need to assure or create jobs for the trained peer specialists. This project is on a fast track, with plans to have first quarter of 2010 to do actual training. By end of first year (2010), at least fifty peer specialists will be trained, certified and placed in employment; seven peer specialists will be trained as trainers; ten family partners will be trained; and ten professional partners will be trained.

There was a question regarding “grandfathering” and reciprocity for those trained in the VA as peer specialists or other types of peer support training.

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It was suggested that the Via Hope training program might want to coordinate with DARS about working with DARS consumers in vocational rehabilitation programs to determine if they wish to become peer specialists and providing payment support to pursue training.

Other areas of Via Hope activity – Via Hope is also working to promote development of a CFY Network, develop a resource database and hotline, create a one stop shop for information for consumers in Texas, and collaborate with the Texas Health Institute to support CFY network activities. A youth coordinator has been hired and will oversee a 2010 Youth Summit and Youth Networking activities.

Via Hope Website - The online Via Hope website, www.viahope.org, went “live” on September 10, 2009. Part of the website will be administrative function to manage the project, and will offer online training content, a calendar of events, a resource database, Wellness Recovery Action Plan (WRAP), research articles, CEU credits for professionals for a training fee, and management of the peer certification process.

MHT Online Community will be another part of the Via Hope website – an interactive community for consumers and family members through online blogs – currently to be developed with consumer input through a separate contract. Via Hope will manage the content of that site once it is up and running. This site will be www.mhtonline.org and will link to the viahope.org website. The overall structure was compared to a house having several doors (in this case, web sites) to provide entry, but once entered, there is access to the entire structure.

6. Children’s Resiliency Study

Molly Lopez

Two years ago, SAMHSA requested a proof of infrastructure change that demonstrated impact to the consumer’s life. Texas was asked to focus efforts on improving youth resiliency. As a result, the Texas MHT grant funded a children’s resiliency study, titled “Bringing Resiliency After Trauma” (BRAT) to focus on EBP (Evidence-Based Practices) within two communities in Texas. Project staff enrolled 75 youth in each community.

Premise for Selection of an EBP Study - It generally takes 15-20 years for scientific practice to reach the consumers and it doesn’t usually reach people directly through treatment. Workshops and continuing education courses are not sufficient to create grassroots change. All agencies are faced with decisions on how to assure implementation of practices that are EBP in nature.

MHT chose to study the Trauma-Focused Cognitive Based Therapy (TF-CBT) program because of the research support behind this model and to offer a comparison of TF-CBT to other commonly provided treatment models. Tarrant County had set the stage for working on this project since the Community Collaborative had already developed learning communities and trauma was one of the topics of interest among stakeholders.

Strengths of Trauma Focused Cognitive Behavioral Therapy – It is a SAMHSA model program with strong research support, and effective for a wide population ages 3-18, in a variety of trauma experiences. TF-CBT is successful with different cultural groups, and relatively brief – 12-15 sessions. TF-CBT can be delivered in a wide variety of settings such as homes, schools, inpatient settings, and

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with cultural adaptations. Finally, TF-CBT impacts a wide array of symptoms in children and in parental stress and skills.

Elements of TF-CBT – The therapist uses a trauma narrative, through which the child creates a story (book, poem, or drawing) over a long period of time with support of the therapist. The process helps desensitize the memories and also puts the trauma in focus and context with the greater picture of who the person is now and over the whole life experience. In time, the child reads the story to the parent as a part of closing out the session.

A power point presentation covered the research behind TF-CBT, the elements of the therapeutic model, study design, implementation plan and evaluation plan. The BRAT study is far enough along that some information has already become apparent, such as the types of agencies participating, the characteristics of project therapists, a snapshot of the youth and caregivers enrolled, and some preliminary findings.

Information Sharing is accomplished through stakeholder training, monthly newsletters, a Building Resiliency website (<http://www.utexas.edu/research/cswr/tfcbt/>), community presentations and publications.

Communities participating in the TF-CBT study are not getting additional funds for participation, aside from training and support.

Announcement

Sherri Hammack

A color flier on the National Children’s Mental Health Day was given to all TWG members and meeting attendees. Although the National Day was May 7, 2009, the flier illustrates many of the facts regarding the mental health needs of children and youth, and addresses how Systems of Care communities can help. The flier was produced by SAMHSA, U.S. Dept of Health and Human Services.

The Tarrant County Community Collaborative, in the process of implementing EBP for children and youth, created a unit on trauma as part of a five year commitment to adopt EBP. They are now hosting a conference targeting children from birth to age 11. The *3rd Annual Symposium for Bridging the Gap on Effective Mental Health Treatments for Children and Adolescents* will be held from November 2-3, 2009 at Texas Christian University in Fort Worth, Texas. Conference information is posted at www.mentalhealthconnection.org.

7. Community Collaborative Poster Session

Community Representatives

Six Community Collaboratives are present and ready to share their work in a poster section. The TWG adjourned for a break and discussion with Collaboratives on their local solutions to MH transformation in their areas.

The meeting was reconvened at 3:35 pm.

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Discussion Items

8. TWG Activities for 2010 and Sustainability

TWG Agencies

Announcement – The annual SAMHSA site visit is coming on Sept. 23-24, and will be attended by Dr. Kaufmann and Dr. Pam Fischer. Some TWG members will be asked to meet with them. TWG members may expect additional details prior to the site visit.

A common theme emerged during the morning's meeting with the Community Collaboratives to discuss sustainability at the local level: *Sustain the things that you find value in*. At this point, it is time to look at the work the TWG is doing – and the work yet to be done. This type of grant is an incentive grant for innovative infrastructure, intended by SAMHSA to attract other funds. The Collaboratives have taken the MHT \$50,000 per year and pulled off some incredible changes by utilizing other supports and funds.

Among the questions before the TWG:

- What should FY 2010 look like for the TWG and TWG agencies?
- What should be the roles and responsibilities for the coming year?
- Should we be taking stock of what works/doesn't work and make recommendations?
- Should MHT initiate new activities?
- Should the TWG take another run at some unfinished activities with partner organizations, particularly in areas such as addressing stigma, housing and employment?

One area to consider is the role of TWG workgroups in 2010; some workgroups initiated work to get projects going, and when the need dropped off they discontinued meetings. Does the TWG need some official closure for workgroups which are not going to meet any longer?

Active TWG Workgroups include the Consumer Voice Workgroup and the Children and Adolescent Workgroup, which includes three action sub-groups: EBP, School Based MH, and Early Childhood Promotion, Intervention & Prevention. The Returning Veterans Workgroup just started in 2009.

Workgroups not meeting any longer include the Data and Technology Workgroup and Housing. The Adult Workgroup broke out into Criminal Justice (TCOOMI) and Aging (DADS). Workforce development completed an assessment of resources in agencies but closed with leadership changes; the workforce development piece went to the consumer arena. MHT put staff and contract energy into moving workforce development forward.

The Housing workgroup found that there were parallel tracks with other workgroups and activities. Instead of having a housing workgroup, it might be more advisable to become partners with what is already going on. Housing is a very complex issue – it became difficult to change things. A possibility for the next year is to take an inventory of some of the things that are operating really well and leverage what is working out there to inform Housing organizations and MHT/TWG initiatives.

DARS is glad to hear of an emphasis in developing employment initiatives, and had looked for emerging employment development within the Collaboratives. If the TWG is interested pursuing that, a partnering with the DARS Medicaid Infrastructure Grant could help inform individuals of the Medicaid

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Buy-In Program to keep eligibility for Medicaid services. DARS is working with VA program consumers to get peer support training and certification, and is developing a mechanism to reimburse for peer support services. DARS is also training staff on WRAP (Wellness Recovery Action Plan) and providing additional training on Mental Health. Of the 88,000 consumers on caseload, about 14,000 actually have a mental health diagnosis. Either through the adult workgroup or a new separate workgroup, more can be accomplished in 2010.

Several TWG members spoke out in support of the “no wrong door” concept as a unifying theme across the 14 TWG agencies, as a standard of transformative infrastructure change, and as an indication of the need to create programs which serve consumers with ongoing quality improvements across all agencies.

TWG members also identified the separation of TWG state agencies and Community Collaboratives as a place where change toward greater integration of standards and sustainability might occur. The Collaboratives agree that the MHT funds have created a community-driven vision which allows people to envision what is needed and leverage additional funding resources to fulfill those needs. The MHT funds, although not large, encouraged communities to reach further and create dialog for change.

TWG agencies have come together in collaboration in several instances to apply for grants, such as the MacArthur grant for Juvenile Justice Mental health Network. There is also an application before SAMHSA for a jail diversion grant that focuses on veterans and trauma. This grant has not yet been awarded; SAMHSA has contacted MHT and wanted detailed budget information, so there is hope that it will be funded. Additionally, there are discretionary grants available to support VA work around incarcerated and homeless veterans, which are the same issues as non-veterans experience.

A consensus developed among TWG members that greater collaboration and sharing of innovative initiatives among and across all agencies and Collaboratives should be the hallmark of the grant’s final year, along with a clear plan for sustainability for each project activity. TWG members felt that the quarterly meetings should be continued for information sharing, coordination of resources, and to seek solutions as a collaboration of state agencies.

9. Public Comments

There were no official requests for public comment. The Chair opened the meeting to comments from the floor. There were none.

10. Agenda for December Meeting

No items for the December Agenda were proposed by TWG members.

The meeting adjourned at 4:25 pm.

The next meeting is scheduled for December 1, 2009, from 1:30 pm – 5:00 pm in the Board Room, M-739, in the Robert Moreton Building, DSHS, 1100 West 49th Street, Austin, Texas.