

MINUTES
Texas Mental Health Transformation Workgroup Meeting
November 3, 2008

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 Monday, November 3, 2008, from 9:00 am – 12:00 pm.

Transformation Workgroup (TWG) Members present:

Dr. David Lakey, **TWG Chair** (Department of State Health Services)
Mike Maples (Department of State Health Services)
Jessica Olson (Office of the Governor)
Nnenna Ezekoye (Texas State Senate)
Tom Valentine (Health and Human Services Commission)
Jon Weizenbaum (Aging and Disability Services)
Jim Hanophy (Department of Assistive and Rehabilitative Services)
Sue Milam (Department of Family and Protective Services)
Naomi Trejo (Department of Housing and Community Affairs)
Dee Wilson (Texas Department of Criminal Justice)
Kathryn Kotrla (Texas A&M College of Medicine)
Teresa Cruz (Office of Rural Community Affairs)
Mike Halligan, (Consumer, Youth and Family Member Representatives)
Maurice Dutton (Consumer, Youth and Family Member Representatives)

Project Implementation Team Members present:

Sam Shore, MHT Project Director, DSHS
Dolly Klinefelter, Executive Assistant, DSHS
Steve Eichner, IT Project Manager, DSHS
Ellen Trevino, Contracts Manager, DSHS
Mimi McKay, MHSA Information Center Director, DSHS
Stacey Stevens, UT Center for Social Work Research
Camille Miller, CEO, Texas Health Institute
Susan Griffin, MHT Community Development Specialist, Texas Health Institute
Valarie Garza, MHT Consumer Coordinator, Texas Health Institute
Nancy Speck, Consultant to Community Collaborative Development

1. Call to Order / Review and Approval of Minutes

- a. Dr. David Lakey, Commissioner of the Texas Department of State Health Services (DSHS) and Chair of the Texas Mental Health Transformation Workgroup (TWG), called the meeting to order at 9:08 am.
- b. Dr. Lakey called for the approval of the Minutes from the August 5, 2008 meeting. A motion was made and seconded to accept the minutes without change. The motion was approved unanimously.

2. Director's Report – Sam Shore, MHT Project Director

- a. Federal Site Visit on September 23-24, 2008 - Representatives from SAMHSA met over the course of two days with MHT stakeholders, partners and Consumer, Youth and Family representatives to review progress of state-level and community-based MHT initiatives. The review was complimentary of the past year's work in MHT, and technical assistance was offered to support the coming year's work.

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- b. The Director announced that the Comprehensive Mental Health Plan (CMHP) has been updated and is available for viewing on the MHT website. The Updated CMHP identifies thematic areas for MHT in 2009.
- c. The following MHT activity areas were discussed and work for 2009 proposed:
 - i. Recovery and resiliency studies updates – these studies are required by SAMHSA for each MHT state. The Texas MHT grant has two projects, still in the early stages of organization: The Adult Recovery Study is a self-directed care project in the Dallas area, incorporating a randomized control trial model. The Children’s Resiliency Study is projected to be a trauma-focused, evidence-based cognitive behavioral model; a control site is currently being selected.
 - ii. Financing Consultation –will look for the best use of funding streams, or “braided funding”, to make recommendations for transforming the existing state mental health financing system into a more integrated approach capable of producing improved outcomes for children and youth with serious emotional disturbances (whose service needs and costs are shared among multiple agencies) and for infants and children (to prevent any further penetration into any systems.)
 - iii. Returning Veterans and their Families workgroup has held two meetings and reviewed needs, services and gaps. The workgroup has developed a set of recommendations for consideration and will generate an overview report of components and funding, with the intent of ongoing analysis and study as issues develop.

3. Legislative Items for Behavioral Health

- a. MHT is requesting support in tracking each of the TWG agencies for exceptional item requests (items which are not part of an agency’s usual funding request to the Legislature, but warrant further consideration for funding) as Texas enters into the 2009 legislative session. The tracking should provide a starting point for overlaps and highlight areas in which common or similar issues could be coordinated.
- b. The most obvious intersection of initiatives is in the information technology arena. TWG agencies with these initiatives should contact the MHT program so resources can be coordinated.

4. Workgroup Report – Returning Veterans and their Families

- a. The workgroup focus is on returning veterans from Afghanistan and Iraq, and the impact returning to Texas has on these veterans and their families. The foundational concern is the impact of Post Traumatic Stress Syndrome (PTSD) and Traumatic Brain Injury (TBI). The workgroup has met twice, reviewed the multiple resources and efforts already in place, and identified gaps in need and use of those services.
- b. A series of recommendations were developed into a summary report addressing gaps, access and eligibility, quality of services, evidence-based treatment availability and partnerships.
- c. Discussion following the workgroup report covered issues such as peer support, State-level Memorandums of Understanding (MOU) to enhance linkages between service providers, benefit loss to veterans in prisons, information and data sharing across services and partners (federal issue) and enabling local networks to effectively share information without breach of confidentiality with the Veterans Administration.

5. Announcements

- a. The Department of Family and Protective Services (DFPS) has developed 2009 calendars on prevention of child abuse which are positive and informational. They are available in both English and Spanish, and are free for public distribution, particularly in clinics and social services offices.

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- b. A list of 2009 Meetings of the TWG has been developed and included in the meeting packet. Proposed meeting dates are: February 13, June 12, September 11 and December 1, 2009. All meetings are currently scheduled to be held in the DSHS Moreton Building Board Room in the afternoon from 1:30 pm until 5:00 pm.
- c. The Consumer Voice Report will not be given in the interest of devoting more time to the meeting's guest speaker on trauma-informed care. A handout was included in the meeting packet.

6. The STARS Grant – Sherri Hammack, Health and Human Services Commission (HHSC)

- a. STARS stands for the *State of Texas Alternatives to Restraint and Seclusion*, a project grant with the goal of using evidence-based practices for infrastructure improvements in four public psychiatric hospitals in order to reduce and end use of restraint and seclusion as a treatment method.
- b. The project is founded on four development strategies: Trauma-Informed Care, policy and procedures development, data-driven decision making, and the hospital's physical environment. There are also six core strategies addressing areas of the environment, consumer and family participation, peer support, leadership, and a broadening public health perspective.
- c. The STARS program has been in place for approximately one year and, in that time, has developed multiple initiatives and partners dedicated to increasing system capacity and alternatives to seclusion and restraint practices in the State of Texas.

7. Trauma-Informed Care Presentation - Tonier Cain for the National Center for Trauma Informed Care (NCTIC)

- a. Background to presentation – Tonier Cain is the technical assistance lead for the National Center for Trauma Informed Care. She assists in identifying states which could receive trauma training, promoting peer involvement in addressing trauma, and supporting early intervention of trauma with appropriate intervention and treatment.
- b. Ms. Cain is a consumer advocate who has personal experience with the long-term effects of untreated trauma and shares her story as a method of furthering the understanding of trauma-informed practices through education and outreach.
- c. Discussion following the presentation made the point that people who have experienced trauma and received appropriate treatment don't call themselves "consumers", but rather "survivors". The right question to ask is not "What's wrong with you?" but rather "What happened to you?" and to move away from medications and instead address the underlying issues and causes of the trauma.

8. Public Comments

- a. Gyl Wadge, Mental Health America of Texas – spoke on issues facing the military, particularly returning veterans with mental health issues. She feels, from the perspective of her agency, that the impact on families is the big issue, and that efforts need to be included to get prevention and support to the families as well as to the veteran. She closed with a request to consider increasing funding requests from the State on behalf of mental health programs which address prevention efforts for veterans and their families.

The meeting was adjourned at 11:55 am.

The next TWG meeting is scheduled for February 13, 2009, from 1:30 pm – 5:00 pm, in Room M-739 of the Moreton Building, DSHS.