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Appendix 2. Additional Resources

**AGENCY WEBSITES**

- Texas Health and Human Services Commission (HHSC): https://hhs.texas.gov/
- Texas Department of State Health Services (DSHS): www.dshs.state.tx.us
- Texas Department of Family and Protective Services (DFPS): www dfps.state.tx.us
- Texas Department of Criminal Justice (TDCJ): www.tdcj.state.tx.us
- Texas Juvenile Justice Department (TJJD): http://www.tjjd.texas.gov
- Texas Education Agency (TEA): www.tea.state.tx.us
- Texas Department of Housing and Community Affairs (TDHCS): www.tdhca.state.tx.us
- Texas Workforce Commission: www.twc.state.tx.us

**CERTIFIED PEER SPECIALISTS AND CERTIFIED RECOVERY COACHES**

- Centers for Medicaid and Medicare Services, Letter to state Medicaid directors regarding peer support services: www.magellanhealth.com/training2/peersupport/magellanmodule1/graphics/cms.pdf
- Copeland Center for Wellness and Recovery: http://copelandcenter.com/
- Georgia Certified Peer Specialist Project: http://www.gacps.org/
- Institute for Recovery and Community Integration: http://www.mhrecovery.org/home
- Mental Health of America: http://www.mentalhealthamerica.net/peer-services
- Pillars of Peer Support: http://www.pillarsofpeersupport.org/
- Via Hope – Texas Mental Health Resource: http://www.viahope.org/

**CHILD WELFARE/CHILDREN’S MENTAL HEALTH**

National Federation of Families for Children’s Mental Health: http://www.ffcmh.org/
TexProtects Champions for Safe Children: https://www.texprotects.org/
Texans Care for Children: http://texanscareforchildren.org/
Texas Network of Youth Services: http://tnoys.org/

CIVIL RIGHTS
American Civil Liberties Union of Texas: https://www.aclutx.org/
Disability Rights Texas: https://www.disabilityrightstx.org/
Judge David L. Bazelon Center for Mental Health Law: http://www.bazelon.org

CONSUMER AND FAMILY ORGANIZATIONS
Prosumers of San Antonio: http://www.prosumersinternational.org/
Mental Health America: http://www.mentalhealthamerica.net/
National Alliance on Mental Illness: http://www.nami.org/
National Alliance on Mental Illness – Texas: http://www.namitexas.org/
National Empowerment Center: http://www.power2u.org/
World Federation for Mental Health: https://wfmh.global/
World Health Organization: http://www.who.int/

CRIMINAL/JUVENILE JUSTICE AND MENTAL HEALTH
National Center for Mental Health and Juvenile Justice: http://www.ncmhjj.com
SAMHSA’s GAINS Center for Behavioral Health and Justice Transformation: http://gainscenter.samhsa.gov/
Texas Appleseed: https://www.texasappleseed.org/
Texas Criminal Justice Coalition: http://www.texascjc.org/
Texas Jail Project: https://texasjailproject.org/
Texas Public Policy Foundation: https://www.texaspolicy.com/centers/detail/effective-justice

CULTURAL AND LINGUISTIC COMPETENCY
Georgetown University National Center for Cultural Competence: http://nccc.georgetown.edu
Hogg Foundation for Mental Health. Enhancing the delivery of health care: Eliminating health disparities through a culturally and linguistically centered integrated
health care approach: http://muse.jhu.edu/article/545273


**EARLY CHILDHOOD AND MENTAL HEALTH**

First3Years (previously Texas Association for Infant Mental Health): https://first-3yearstx.org/

TexProtects: http://www.texprotects.org/

Zero to Three: http://www.zerotothree.org/child-development/early-childhood-mental-health/

**FAITH-BASED MENTAL HEALTH**


Hogg Foundation for Mental Health: http://hogg.utexas.edu/what-we-do/faith-based-outreach-education

Mental Health.gov: https://www.mentalhealth.gov/talk/faith-community-leaders

NCBI Resources (National Center for Biotechnology Information/National Institute of Health): https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4000587/

Substance Abuse and Mental Health Services Administration: https://www.samhsa.gov/faith-based-initiatives

**GENERAL INFORMATION ON MENTAL HEALTH AND SUBSTANCE USE**

Center for Public Policy Priorities: http://forabettertexas.org/

Meadows Mental Health Policy Institute of Texas: http://www.texasstateofmind.org

National Association of State Mental Health Program Directors – National Research Institute: http://www.nri-inc.org/

National Council for Behavioral Health: http://www.thenationalcouncil.org/

National Institute of Mental Health: http://www.nimh.nih.gov/index.shtml

Substance Use and Mental Health Services Administration: http://www.samhsa.gov/


**HOUSING**

Coalition for Supportive Housing: https://www.csh.org/about-csh/in-the-field/tx/

Neighborhood Housing and Community Development: http://www.austintexas.gov/department/permanent-supportive-housing-initiative

National Alliance to End Homelessness: http://www.endhomelessness.org/

Technical Assistance Collaborative: http://www.tacinc.org/
Texas Department of Housing & Community Affairs: https://www.tdhca.state.tx.us/
U.S. Department of Housing and Urban Development: http://www.huduser.org/

INTEGRATED PHYSICAL AND MENTAL HEALTH CARE

Academy for Integrating Behavioral Health and Primary Care: https://integrationacademy.ahrq.gov/about/what-integrated-behavioral-health

Advancing Integrated Mental Health Solutions (AIMS) Center: http://aims.uw.edu/

Hogg Foundation for Mental Health: http://hogg.utexas.edu/what-we-do/integrated-health-care-2

Integrated Behavioral Health Project (IBHP): http://www.ibhp.org/

National Council on Community Behavioral Health’s Center for Integrated Solutions: http://www.thenationalcouncil.org/consulting-best-practices/center-for-integrated-health-solution/

INTELLECTUAL DISABILITY WITH CO-OCCURRING MENTAL HEALTH CONDITIONS


Mental Health Wellness for Individuals with an Intellectual or Developmental Disability: https://hhs.texas.gov/about-hhs/communications-events/news/2017/01/free-training-people-who-support-clients-idd

Texas Advocates, a coalition of self-advocates throughout the state working to support one another: http://arctx.convio.net/site/PageServer?pagename=TXA_homepage

The National Association for the Dually Diagnosed: http://thenadd.org/

Mental Health Care for Adults with Intellectual and Developmental Disabilities toolkit: http://vkc.mc.vanderbilt.edu/etoolkit/mental-and-behavioral-health/

MENTAL HEALTH IN SCHOOLS

Center for Health and Health Care in Schools: http://www.healthinschools.org/
Communities in Schools (CIS) of Texas: http://www.cisoftexas.org/
Texas Education Agency: http://www.tea.state.tx.us/
Texas Education Service Centers (ESCs): http://www.tea.state.tx.us/regional_ser-
MENTAL HEALTH WORKFORCE DEVELOPMENT


The Annapolis Coalition on Behavioral Health Workforce Development: http://annapoliscoalition.org/


PROMOTORES(AS)

MHP Salud: https://mhpsalud.org/


USA Center for Rural Public Health Preparedness: http://www.usacenter.org/

RECOVERY AND WELLNESS

National Empowerment Center: http://www.power2u.org/


Texas Department of State Health Services, Recovery-oriented systems of care (ROSC): https://www.dshs.state.tx.us/substance-abuse/ROSC/

Recovery Support Center, Houston: http://wellnessandrecovery.org/recovery-coaching.html

Recovery People: https://recoverypeople.org/

SUBSTANCE USE

Communities for Recovery: https://cforr.org/


Recovery People: https://recoverypeople.org/

Substance Abuse and Mental Health Services Administration: https://www.samhsa.gov/disorders/substance-use
Texas Certification Board of Addiction Professionals: https://www.tcbap.org/default.aspx

World Health Organization: http://www.who.int/topics/substance_abuse/en/

**SUICIDE PREVENTION**

Preventing Suicide: A toolkit for High Schools: http://store.samhsa.gov/product/Preventing-Suicide-A-Toolkit-for-High-Schools/SMA12-4669


Texas Suicide Prevention: http://www.texassuicideprevention.org/

Texas Suicide Prevention Resource Center: http://www.sprc.org/states/texas

Texas Department of State Health Services, Texas Suicide Prevention: http://www.dshs.state.tx.us/mhsa/suicide/Suicide-Prevention.aspx

**TELEMEDICINE AND TELEHEALTH**

American Telemedicine Association: http://www.americantelemed.org/

Anxiety and Depression Association of America: https://adaa.org/finding-help/tele-mental-health

Telemedicine Journal and E-Health: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3662387/

The Effectiveness of Telemental Health a 2013 Review: https://www.liebertpub.com/doi/abs/10.1089/tmj.2013.0075

Texas e-Health Alliance: http://txeha.org/

**VETERANS SERVICES**

Make the Connection: Share experiences and supports for veterans: http://makethe-connection.net/

Military Veteran Peer Network: http://www.milvetpeer.net/

Texas Veterans Commission: http://www.tvc.texas.gov/

TexVet: www.texvet.org

US. Department of Veterans Affairs: http://www.va.gov/
Appendix 3. Glossary: Common Behavioral Health Terms

1115 Waiver: A waiver under section 1115 of Social Security Act that allows CMS and states more flexibility in designing programs to ensure delivery of Medicaid services.

Acute: Refers to a disease or condition that develops rapidly and is intense and of short duration.

Adjudication: Is a finding that a youth has engaged in delinquent conduct or “conduct in need of supervision.” It is similar to a “conviction” in adult court.

Affect: Feeling or emotion, especially as manifested by facial expression or body language.

Affordable housing: Housing units that are affordable for people who have an income below the median family income of a specific area. Affordable is often considered to be 30% or less of a person’s monthly income.

Alternative therapy: Mental health care that is used instead of or in addition to conventional mental health services.

Anxiety: A sense of fear, nervousness, and apprehension about something.

Anxiety disorders: A group of chronic disorders ranging from feelings of uneasiness to immobilizing bouts of terror. Anxiety disorders include panic disorder, obsessive-compulsive disorder, post-traumatic stress disorder (PTSD), phobias, and generalized anxiety disorder.

Behavioral health care: Continuum of services for individuals at risk of, or currently living with, one or more mental health conditions, substance use disorders or other behavioral health disorders.

Behavioral therapy: Therapy focusing on changing unwanted behaviors through rewards, reinforcements and desensitization. Desensitization, or exposure therapy, is a process of confronting something that arouses anxiety, discomfort or fear and overcoming the unwanted responses.

Biomedical treatment: Treatment involving medication. The kind of medication a psychiatrist prescribes varies with the disorder and the individual being treated; also referred to as psychopharmacology.

Bipolar disorder: A mood disorder in which a person alternates between episodes of major depression and mania.

Boarding home: A business that provides basic care, such as meals and transportation, to at least three residents who have a disability and/or are elderly, where the residents are unrelated to the owner.

Capitated: Relating to, participating in, or being a health-care system in which a medical provider is given a set fee per patient (as by an HMO) regardless of treatment required.

Caregiver: A person who has special training to help people with mental health conditions. Caregivers can be, but are not required to be, mental health professionals. Caregivers may include social workers, teachers, psychologists, psychiatrists, family members and mentors.

Case manager: An individual who organizes and coordinates services and supports for persons with mental health needs and their families. [Also service coordinator, advocate and facilitator.]

Centers for Medicare and Medicaid Services (CMS): The U.S. federal agency that administers Medicare, Medicaid, and the State Children’s Health Insurance Program.

Certified Family Partner (CFP): Individuals with experience parenting a child with mental, emotional or behavioral health disorders and who have had personal involvement with the public mental health system and have received approved training and passed a certification exam. A family partner provides information and support to other parents in similar circumstances.

Certified Peer Recovery Coach: Peer Recovery Support Specialists are individuals who are in recovery from substance use or co-occurring mental health disorders. Their life experiences and recovery allow them to provide recovery support in such way that others can benefit from their experiences. Certified peer recovery coaches have received approved training and have passed a certification exam.

Certified Peer Specialist (CPS): Individuals whose personal experience and struggles with mental illness or substance use enables them to provide assistance and recovery support to other people with similar diagnoses. Certified peer specialists have received approved training and have passed a certification exam.

Children’s Health Insurance Program (CHIP): CHIP was created in 1997 under Title XXI of the Social Security Act. As with Medicaid, CHIP is jointly funded by the state and federal governments and is available for children aged 0–19 with income up to 200 percent of the federal poverty level so that low-income children can have access to health care, including inpatient and outpatient mental health and substance use services.

Chronic: Refers to a disease or condition that persists over a long period of time.
Cognitive therapy: Aims to identify and modify distorted thinking patterns that can lead to feelings and behaviors that may be troublesome, self-defeating, or self-destructive.

Cognitive behavioral therapy (CBT): A combination of cognitive and behavioral therapies that help people identify and modify maladaptive thought patterns, beliefs, and behaviors. Counseling is intended to be brief, time-limited and focused.

Conduct in need of supervision (CINS): Generally conduct committed by a minor that, if committed by an adult, could result in only a fine, or conduct that is not a violation if committed by an adult, such as truancy or running away from home.

Consumer: A person who is obtaining, or has obtained, conventional or alternative treatment or support for a mental health condition.

Consumer-operated service providers: Independent organizations operated and governed by individuals in recovery that deliver services through subcontracts with Local Mental Health Authorities (LMHAs), such as peer support, outreach, education and advocacy. A fundamental component of COSPs is peer support.

Crisis: A situation in which, due to a mental health condition, an individual presents an immediate danger to self or others or is at risk of serious deterioration of mental or physical health, or a situation in which an individual believes that he or she presents an immediate danger to self or others, or that his or her mental or physical health is at risk of serious deterioration.

Crisis intervention services: Interventions provided in response to a crisis in order to reduce symptoms of severe and persistent mental illness or serious emotional disturbance and to prevent admission of an individual to a more restrictive environment. This service may be delivered to anyone experiencing a mental health crisis. This service does not require prior authorization.

Cyclothymia: A mood disorder characterized by periods of mild depression followed by periods of normal or slightly elevated mood.

DSM-V (Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition): A book published by the American Psychiatric Association that gives general descriptions and characteristic symptoms of different mental illnesses. Physicians and other mental health professionals use the DSM-V to confirm diagnoses for mental illnesses.

DM-ID (Diagnostic Manual – Intellectual Disability): A textbook of diagnoses of mental disorders in persons with intellectual disabilities. This manual was developed cooperatively by the National Association of the Dually-Diagnosed and the American Psychiatric Association.

Day treatment: Treatment including special education, counseling, parent training, vocational training, skill building, crisis intervention and recreational therapy for at least 4 hours a day.

Deductible: The amount an individual must pay for health care expenses before insurance (or a self-insured company) begins to pay its contract share. Often insurance plans are based on yearly deductible amounts.

Delusion: An idiosyncratic belief or impression that is maintained despite being contradicted by what is generally accepted as reality.

Developmental disability: a severe, chronic disability of an individual that: (a) is attributable to a mental or physical impairment or combination of mental and physical impairments; (b) is manifested before the individual attains age 22; (c) is likely to continue indefinitely; (d) results in substantial functional limitations in 3 or more of the following areas of major life activity: self-care, receptive and expressive language, learning, mobility, self-direction, capacity for independent living, or economic self-sufficiency; and (e) reflects the individual’s need for a combination and sequence of special, interdisciplinary, or generic services, individualized supports, or other forms of assistance that are of lifelong or extended duration and are individually planned and coordinated.

Disease: An impairment of health or functioning often characterized by physical findings and specific symptoms that are common among a number of individuals who ultimately receive a diagnosis of the disease in question.

Disorder: An interruption of the normal structure or function of the body or mind that is manifested by a characteristic set of physical findings or specific symptoms.

Disproportionality: Overrepresentation of a particular group of people in a particular group or system.

Dose: A quantity to be administered at one time, such as a specified amount of medication.

Dually diagnosed: This term refers to an individual who has co-occurring conditions. The term is often used when an individual has both a substance use disorder and a mental health condition, or an individual living with one or more developmental or intellectual disabilities and a substance use disorder or mental health condition.

Dysthymic disorder: A mood disorder characterized by feelings of sadness, loss of interest or pleasure in usual activities, and some or all of the following: altered appetite, disturbed sleep patterns, lack of energy, decreased ability to concentrate and feelings of hopelessness. Symptoms are less severe than those of major depressive disorder.

Exclusionary discipline: Disciplinary practices in schools that remove students from the classroom.

Electroconvulsive therapy (ECT): A highly controversial technique using electrical stimulation of the brain to treat some forms of major depression, acute mania and some forms of schizophrenia.

Employee assistance plan (EAP): Resources provided by employers either as part of, or separate from, employ-
er-sponsored health plans. EAPs typically provide preventive care measures, various health care screenings and wellness activities.

**Euthymia:** Mood in the “normal” range, without manic or depressive symptoms.

**Evidence-based practices (EBP):** Integration of best research evidence, clinical experience, and patient values.

**Food and Drug Administration (FDA):** A federal agency whose responsibilities include protecting the public health by assuring the safety, efficacy, and security of prescription and over-the-counter drugs.

**Forensic commitment:** Patients on a forensic commitment fall into one of the following two categories: 1) the patient has been admitted to a hospital by judicial order because they have been determined not to have the capacity to stand trial, or 2) the patient has been determined to be not guilty by reason of insanity (NGRI).

**Generalized anxiety disorder (GAD):** An anxiety disorder characterized by consistent feelings of anxiety for a period of at least six months and accompanied by symptoms such as fatigue, restlessness, irritability and sleep disturbance.

**Generic:** Drugs that do not have a brand name but are typically required to be equivalent to a brand-name counterpart, with the same active ingredients, strength and dosage form and have the same medical effect. Some drugs are protected by patents and supplied by only one company. When the patent expires, other manufacturers can produce its generic version.

**Genetic:** Inherited; passed from parents to offspring through genes.

**Group-model health maintenance organization (HMO):** A health care model involving contracts with physicians organized as a partnership, professional corporation or other association. The health plan compensates the medical group for contracted services at a negotiated rate, and that group is responsible for compensating its physicians and contracting with hospitals for care of their patients.

**Group therapy:** Therapy involving groups of usually 4 to 12 people who have similar experiences and who meet regularly with a mental health professional. The mental health professional uses the emotional interactions of the group’s members to help them get relief from distress and possibly modify their behavior.

**HMO (health maintenance organization):** A type of managed care plan that acts as both insurer and provider of a comprehensive set of health care services to an enrolled population. Services are furnished through a network of providers.

**Halfway house:** A residential center or home where drug users, sex offenders, persons with mental illness, or individuals convicted of a felony are placed immediately after their release from a primary institution such as a prison, hospital or rehabilitation facility. The purpose of a halfway house is to allow the persons to begin the process of reintegration with society, while still providing monitoring and support; this is generally believed to reduce the risk of recidivism or relapse when compared to a release directly into society.

**Hallucination:** The perception of something, such as a sound or visual image, that is not actually present.

**Health and Human Services (HHS) Enterprise:** refers to state agencies under the Health and Human Services Commission (HHSC), including the Texas Department of State Health Services (DSHS), Texas Department of Family Protective Services (DFPS), Texas Department of Aging and Disability Services (DADS) and Texas Department of Assistive and Rehabilitative Services (DARS).

**Health Insurance Marketplace:** The Health Insurance Marketplace, also called the health exchange, was developed as a result of the Affordable Care Act and is accessible online. It allows a person to shop and enroll for a health plan. The Health Insurance Marketplace also lets you compare prices, coverage levels, and other details for health insurance plans.

**Health Homes:** Section 2703 of the Affordable Care Act created an optional Medicaid State Plan benefit for states to establish Health Homes to coordinate care for people with Medicaid who have chronic conditions. Health Home providers integrate and coordinate all primary, acute, behavioral health, and long-term services and supports to treat the whole person.

**Home and Community Based Services (HCBS):** provides opportunities for Medicaid beneficiaries to receive services in their own home or community with the goal of preventing institutionalization.

**Homeless (USC 42 §11302(a)):** An individual who lacks a fixed, regular, and adequate nighttime residence.

**Housing cost burden:** A housing cost burden exists when a household pays more than 30 percent of its total income before taxes and deductions toward housing.

**Housing first:** An approach that offers permanent, affordable housing as quickly as possible for individuals and families experiencing homelessness, and then provides the supportive services and connections to the community-based supports people needed to keep their housing and avoid returning to homelessness.

**Inpatient care:** The term refers to medical treatment that is provided in a hospital or other facility and requires at least one overnight stay.

**Intermediate Care Facilities (ICF-IDD):** Intermediate care facility/developmentally disabled is a facility that provides 24-hour personal care, habilitation, developmental, and supportive health services to developmentally disabled clients whose primary need is for developmental services and who may have a recurring but intermittent need for skilled nursing services.
Residents of Dallas, Ellis, Collin, Hunt, Navarro, Rockwall and Kaufman counties. This service delivery model is

NorthSTAR: a publicly funded managed care approach to the delivery of behavioral health services to the eligible residents of Dallas, Ellis, Collin, Hunt, Navarro, Rockwall and Kaufman counties. This service delivery model is
referred to as a “carve-out,” as behavioral health services are provided through a behavioral health managed care organization and is not integrated with primary care services.

**Obsessive-compulsive disorder (OCD):** An anxiety disorder characterized by recurrent thoughts, feelings, ideas or sensations (obsessions) or repetitive, ritualized behaviors (compulsions).

**Outcome measure:** A measure that identifies the results or impact that services, interventions and supports have on the individuals or communities.

**Outpatient care:** Health care that does not require an overnight stay in a hospital or health care facility.

**Panic disorder:** An anxiety disorder in which people have feelings of terror, rapid heartbeat and rapid breathing that strike suddenly and repeatedly without reasonable cause.

**Patient Protection and Affordable Care Act (ACA):** A United States federal statute established in March 23, 2010 that is characterized as the most significant regulatory overhaul of the U.S. healthcare system since the passage of Medicare and Medicaid in 1965.

**Permanent supportive housing:** An evidence-based practice that combines stable and affordable living arrangements with access to flexible health and human services designed to promote recovery for people with behavioral health conditions.

**Pharmacological management services:** Includes supervision of administration of medication, monitoring of effects and side effects of medication, and assessment of symptoms. Includes one psychiatric evaluation per year.

**Phobia:** An intense or irrational fear of something. Examples of phobias include fear of closed-in places, heights, escalators, tunnels, highway driving, water, flying, dogs and injuries involving blood.

**Post-Traumatic Stress Disorder (PTSD):** A mental health condition that is triggered by a terrifying event — either experiencing it or witnessing it. Symptoms may include flashbacks, nightmares, severe anxiety, and uncontrollable thoughts about the event.

**Primary care physician (PCP):** The PCP is responsible for monitoring an individual’s overall medical care and referring the individual to more specialized physicians for additional care. Typically PCPs are included in the following specialties: group practice, family practice, internal medicine, obstetrics/gynecology and pediatrics.

**Promising practice:** A prevention or treatment intervention that shows positive outcomes but does not have the same level of rigorous scientific evaluation as evidenced-based practice.

**Psychiatric/psychotherapeutic/psychotropic medications:** Medications capable of affecting the mind, emotions and behavior that are used to treat or manage a psychiatric symptom or challenging behavior.

**Psychiatrist:** A medical doctor who specializes in the diagnosis, treatment and prevention of mental illness.

**Psychologist:** A health care professional who diagnoses and treats mental, nervous, emotional and behavioral conditions.

**Psychosis:** A severe mental health condition in which thought and emotions are so impaired that a person loses contact with external reality.

**Psychotherapy:** A treatment method for mental health concerns in which a mental health professional and a consumer discuss needs and feelings to find solutions. Psychotherapy can help individuals change their thought or behavior patterns and understand how past experiences affect current behaviors.

**Public Housing Agency (PHA):** A governmental entity that is responsible for the operation of subsidized housing and rental assistance programs.

**Rapid cycling:** Experiencing changes in mood from mania to major depression, or mixed states, within hours, days or months.

**Receptor:** A molecule that recognizes specific chemicals, including neurotransmitters and hormones, and transmits the message into the cell on which the receptor resides.

**Recidivism:** The tendency to relapse into a previous type of behavior.

**Recovery:** A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.

**Rehabilitative case management:** A form of service that provides a variable level of integrated support to people including assistance in accessing medical, social, psychological, educational and other appropriate support services. Where routine case management is similar to basic service coordination and has higher caseloads, rehabilitative case management is similar to the Medicaid service of targeted case management.

**Relapse:** The reoccurrence of symptoms of a disease; a deterioration in health after a temporary improvement.

**Rental assistance:** Rental assistance funds help tenants with low incomes afford rent at or near market rate for specified housing units. Typically, rental assistance funds allow eligible tenants to pay approximately 30 percent of their income toward rent. A subsidy pays the difference between that amount and the market rent for the specific unit.

**Residential treatment:** Behavioral health services provided at a residential health care facility.

**Routine case management:** A form of service that includes basic facilitation of access to resources and services and coordination of services with the individual, as well as administration of instruments to assess treatment
progress.

**Seclusion and Restraint**: Techniques used by administrators and staff to isolate (seclude) or restrict (restrain) movement of individuals. Restraints may be physical, mechanical, or chemical.

**Serotonin**: A neurotransmitter that most likely contributes to the regulation of sleep, appetite and mood. People experiencing depression or anxiety often have a serotonin deficiency.

**Signs**: Indications of illness that are observed by the examiner rather than reported by the individual.

**Skilled Nursing Facility**: Licensed healthcare facility that serves chronically ill, usually elderly patients, and provides long-term nursing care, rehabilitation, and other services.

**Social Security Disability Insurance (SSDI)**: A federal supplemental income for individuals or their family members who have a disability, have worked in a job covered by Social Security, and have paid enough money into the Social Security program. SSDI is funded by Social Security taxes.

**Social Security Income (SSI)**: A federal supplemental income funded by general tax revenue, not Social Security taxes. SSI is for people with limited income and who have a qualifying disability or are over 65.

**Serious Emotional Disturbance (SED)**: A group of psychiatric disorders in children and adolescents which cause severe disturbances in behavior, thinking and feeling.

**State hospital**: A hospital run by the state for the care and treatment of patients affected with acute or chronic mental illness; also called a mental health hospital or a state psychiatric facility.

**State Supported Living Center (SSLC)**: Large institutions that provide 24-hour residential services to people with intellectual and developmental disabilities; formerly called state schools.

**Stigma**: A negative stereotype about a group of people.

**Supported employment**: A service that provides individualized assistance in choosing and obtaining employment at integrated work sites in the community of the consumer's choice. It includes supports provided by identified staff that will assist individuals in keeping employment and finding another job as necessary. This may include the services of a job coach to support the individual at the job site.

**Symptom**: An indication of a disease or other disorder experienced by the patient

**Syndrome**: A collection of physical signs and symptoms that, when occurring together, are characteristic of a specific condition.

**System of Care**: An organizational philosophy and framework that involves collaboration across agencies, families, and youth for the purpose of improving services and access and expanding the array of coordinated community-based services for youth with a serious emotional disturbance and their families

**Substance use disorder**: A medical condition that includes the abuse or dependence on alcohol or drugs.

**Sunset review**: The Sunset Advisory Council's periodic evaluation of state agencies in order to determine whether an agency's functions are still needed and whether it operates efficiently and effectively.

**Telemedicine/Telehealth**: The use of technology to deliver health care services.

**Trauma**: Occurs from an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or threatening and that has lasting adverse effects on the individual's functioning and physical, social, emotional, or spiritual well-being.

**Trauma-informed approach**: Treatment interventions that specifically addresses the consequences of trauma on an individual and are designed to facilitate healing. A trauma-informed approach has the following principles: safety, trustworthiness, peer support, collaboration and mutuality, empowerment, voice, and choice. Trauma-informed support should also consider cultural, historical, and gender issues.

**Traumatic Brain Injury (TBI)**: Caused by a bump, blow or jolt to the head or a penetrating head injury that disrupts the normal function of the brain.

**Third-party payer**: A public or private organization that is responsible for the health care expenses of another entity.

**Veteran**: Somebody formerly in the armed forces.

**Vocational rehabilitation services**: Services that include job finding, development, assessment and enhancement of work-related skills, as well as provision of job experience to individuals.

**Sources**:
- Institute of Medicine
- National Institute of Mental Health
- U.S. Dept. of Health and Human Services
- Substance Abuse Mental Health Services Administration (SAMHSA)
- Texas Resilience and Recovery
- Various medical dictionaries

Hogg Foundation for Mental Health | A Guide to Understanding Mental Health Systems and Services in Texas
Mission
Transform how communities promote mental health in everyday life.

Vision
The people of Texas thrive in communities that support mental health and well-being.