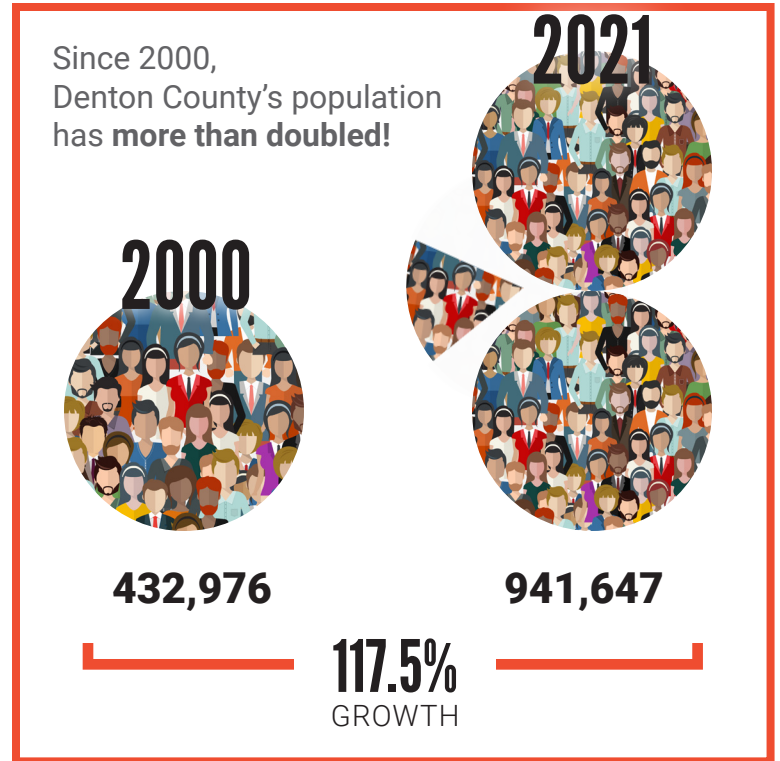
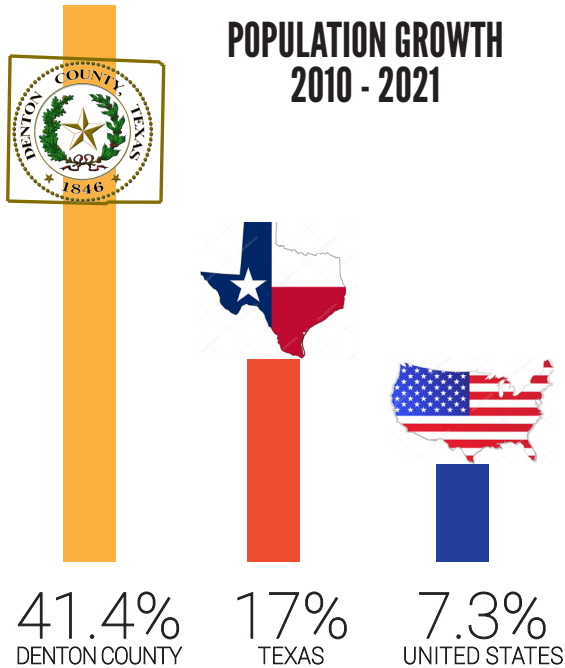




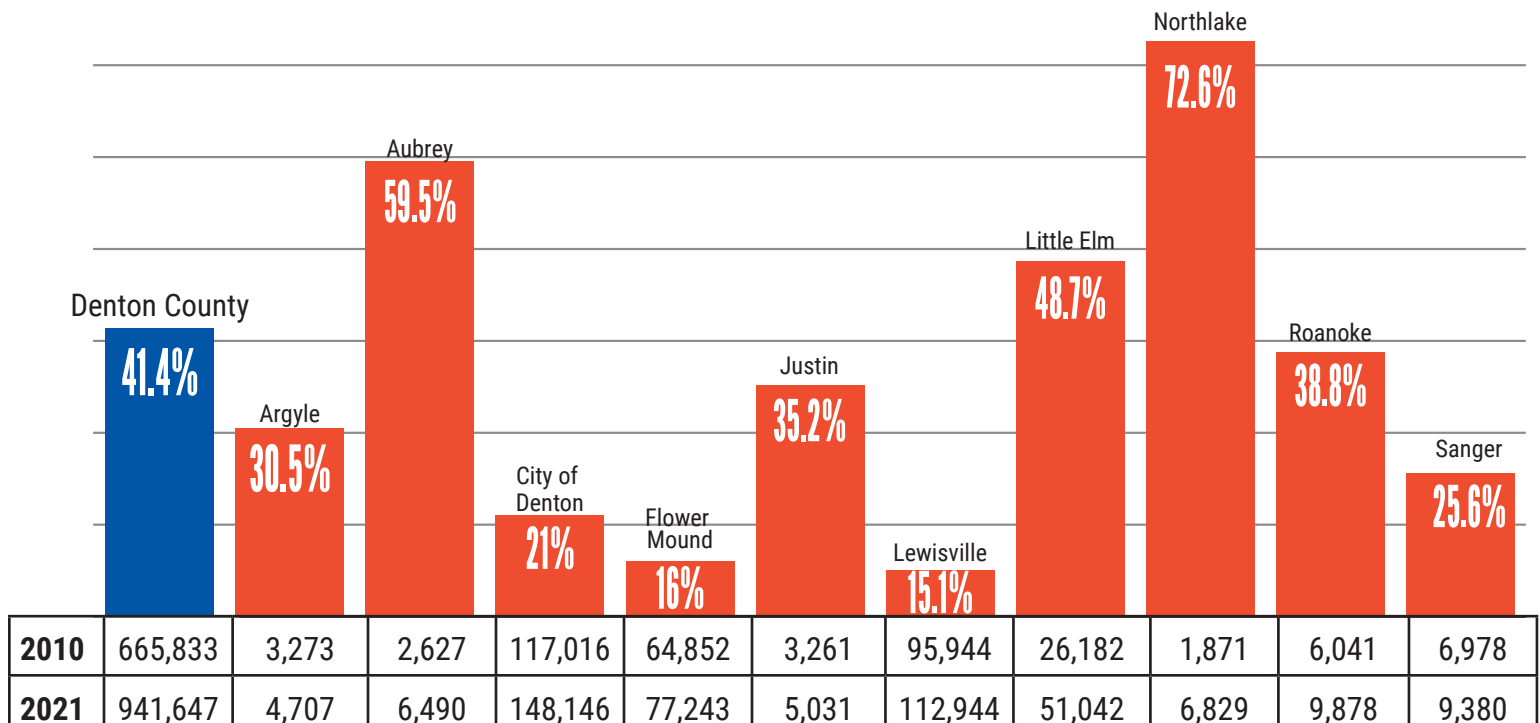
COMMUNITY NEEDS ASSESSMENT AT A GLANCE

DEMOGRAPHICS

Denton County continues to be one of the fastest-growing communities in the nation with population growth averaging 22.3% per year. With such exciting growth comes not only great opportunity, but great challenge as the needs of our community continue to grow as well.



PERCENTAGE POPULATION GROWTH - 2010-2021



To view the entire Community Needs Assessment visit UnitedWayDenton.org/Needs

MENTAL HEALTH

MENTAL HEALTH PROVIDER TO PERSON RATIO

Top 10% of Counties



Denton County

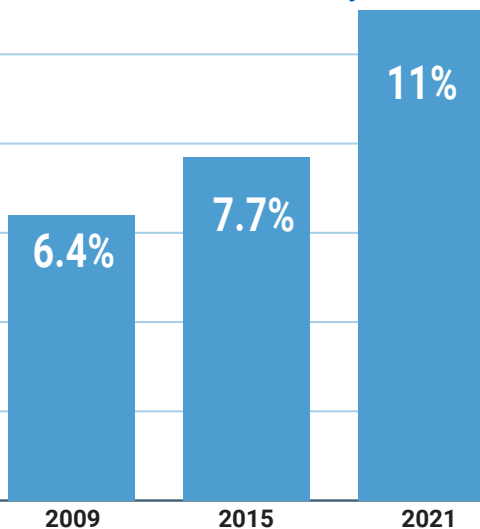


According to the 2021 Mental Health in America Report,
**TEXAS RANKS 50 OUT OF 51 FOR ACCESS
TO MENTAL HEALTH CARE.**



52.6% of people experiencing homelessness report a diagnosable mental illness

Diagnosed Mental Illness in Children in Denton County



1 in 5 People in Denton County experience a
MENTAL HEALTH CRISIS in a year.

To view the entire Community Needs Assessment visit UnitedWayDenton.org/Needs

MENTAL HEALTH

According to the 2021 State of Mental Health in America Report, **Texas ranks 50 out of 51 in terms of access to care** (Fritze et al., 2020). This suggests that Texas has low access to both insurance and treatment/services for mental health (Fritze et al., 2020). “28.7% of adults with a cognitive disability were not able to see a doctor due to costs” (Fritze et al., 2020). An estimated 47% of adults are not receiving treatment because of costs. (Fritze et al., 2017)

- County Health Rankings states that there is one mental health provider for every 750 persons in Denton County. The top 10% of counties in America are 1 to 250. Texas overall is 1 to 760. (countyhealthrankings.org)

DEFINING MENTAL HEALTH

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices.

(MentalHealth.gov, 2020)

Any mental illness (AMI) is defined as a mental, behavioral, or emotional disorder. AMI can vary in impact, ranging from no impairment to mild, moderate, and even severe impairment (e.g., individuals with serious mental illness as defined below). (National Institute of Mental Health, 2021)

Serious mental illness (SMI) is defined as a mental, behavioral, or emotional disorder resulting in serious functional impairment, which substantially interferes with or limits one or more major life activities. The burden of mental illnesses is particularly concentrated among those who experience disability due to SMI. (National Institute of Mental Health, 2021)

MENTAL HEALTH OVERVIEW

According to the 2021 State of Mental Health in America report:

- Texas had an overall ranking of 44 out of 51 states in terms of the **rate of mental illnesses** and adult/youth measures (was previously ranked 27). Higher rankings (numbers) show an increase in mental illness rates and a decrease in access to care.

16.21% of adults in Texas have a mental illness. If statewide data is applied to Denton County, then about 152,640 out of 941,647 adults in Denton County have a mental illness. (*Fritze et al., 2020*)

In assessing mental health needs, it is important to understand the pervasiveness of mental illness in the community. However, as of 2022, there has not been a study empirically describing the prevalence and incidence of mental illness in Denton County.

According to Denton County Public Health (2017) more than one out of every five adults who have a mental illness, simultaneously experience substance use disorders.

MENTAL HEALTH SERVICES FUNDING RATE - DENTON COUNTY MHMR

YEAR	FUNDING PER CAPITA	COUNTY RANKING OUT OF 38
2016	\$10.59	17th
2017	\$10.18	18th
2018	\$10.76	23rd
2019	\$9.97	25th

In 2019, Denton County MHMR's funding rate was set at \$9.97 per capita, 25th among all 38 Texas Local Mental Health Authorities. (LMHA) (*Hurt, personal communication, 2021*)

CO-OCCURRENCE BETWEEN MENTAL ILLNESS AND OTHER CHRONIC HEALTH CONDITIONS:

CHRONIC HEALTH CONDITION	WITH A MENTAL ILLNESS	NO MENTAL ILLNESS
High Blood Pressure	21.9%	18.8%
Smoking	36%	21%
Heart Disease	5.9%	4.2%
Diabetes	7.9%	6.6%
Obesity	42%	35%
Asthma	15.7%	10.6%

(Denton County Public Health, 2017)

DENTON COUNTY MHMR

In 2014, Denton County MHMR opened a psychiatric triage facility, integrated behavioral and primary healthcare clinic, and crisis residential facility with Texas' 1115 demonstration, entitled Texas Healthcare Transformation and Quality Improvement Program.

- The majority of clients receiving mental health treatment at Denton County MHMR are older than 25 years of age. As of 2021, 4,163 or 74% of clients are over the age of 25.

Denton County MHMR provides mental health crisis response in Denton County through the crisis telephone line, response to law enforcement requests for psychiatric evaluation, and local provider referral. The Mobile Crisis Outreach Team provided most screenings for local police departments and the Denton County Jail.

DENTON COUNTY MHMR PSYCHIATRIC TRIAGE REFERRAL SOURCES

SOURCE	2019	2021
Hotline / Walk In / Internal Referral	165	514
Law Enforcement	27	51
Hospital	4	84
University	28	3
Grade School	0	32
Other	8	40

Of adults over the age of 18 in Denton County who were surveyed for the Texas Behavioral Risk Factor Surveillance System, 16.% stated their mental health was not good for 14 or more days. 21.7% of adults surveyed had been told they have a depressive disorder. (*Texas Health and Human Services, 2019*)

According to the 2021 Mental Health in America report, 59.6% of adults with any mental illness in Texas did not receive treatment; 67.1% of youth with major depressive episodes did not receive treatment or services. (*Fritze et al., 2020*)

For every mental health provider in Texas, there are 880 individuals with a mental health need; this ranks Texas as 50 out of 51 states in terms of mental health workforce availability (*Fritze et al., 2020*).

AMI (ANY MENTAL ILLNESS) DIAGNOSES IN DENTON COUNTY CITIES AND TOWNS 2019-2021

Denton County Cities & Towns	2019		2020		2021 to October	
	Population	Number of Individuals Served with AMI	Population	Number of Individuals Served with AMI	Population	Number of Individuals Served with AMI
Argyle:	4,381	41	4,381	48	4,381	59
Aubrey:	4,895	155	4,895	176	4,895	187
Bartonville:	1,785	3	1,785	5	1,785	3
Carrollton (pt.):	82,412	316	82,412	324	82,412	342
Celina (pt.):	-	5	-	5	-	2
Coppell (pt.):	824	8	824	13	824	3
Copper Canyon:	1,493	1	1,493	4	1,493	2
Denton County Cities & Towns (Continued)	2019 Population	Number of Individuals Served with AMI	2020 Population	Number of Individuals Served with AMI	2021 Population (to Oct.)	Number of Individuals Served with AMI
Corral City:	49	0	49	0	49	0

Cross Roads:	1,516	30	1,516	34	1,516	35
Dallas (pt.):	31,056	175	31,056	192	31,056	207
Denton:	141,541	2027	141,541	2018	141,541	2,111
DISH:	439	0	439	0	439	0
Double Oak:	3,068	8	3,068	6	3,068	3
Flower Mound (pt.):	78,875	173	78,875	154	78,875	174
Fort Worth (pt.):	9,502	28	9,502	26	9,502	37
Frisco (pt.):	77,073	93	77,073	114	77,073	117
Grapevine (pt.):	-	6	-	10	-	7
Hackberry:	1,077	0	1,077	0	1,077	0
Haslet (pt.):	-	7	-	6	-	7
Hebron (pt.):	215	0	215	0	215	0
Hickory Creek:	4,795	17	4,795	20	4,795	24
Highland Village :	16,668	26	16,668	39	16,668	43
Justin:	4,279	125	4,279	110	4,279	127
Krugerville:	1,836	10	1,836	5	1,836	4
Krum:	5,018	76	5,018	82	5,018	81
Lake Dallas:	8,063	83	8,063	93	8,063	99
Lakewood Village:	964	1	964	3	964	1
Lewisville (pt.):	108,008	817	108,008	779	108,008	819
Lincoln Park:	558	0	558	0	558	0
Little Elm:	53,126	221	53,126	244	53,126	265
Northlake:	3,348	9	3,348	15	3,348	17
Oak Point:	5,762	18	5,762	22	5,762	20
Pilot Point (pt.):	4,522	56	4,522	65	4,522	61
Plano (pt.):	6,090	35	6,090	45	6,090	32
Ponder:	2,369	61	2,369	67	2,369	65
Prosper (pt.):	1,060	8	1,060	11	1,060	14
Providence Village:	7,377	22	7,377	22	7,377	28
Roanoke (pt.):	9,388	56	9,388	56	9,388	60
Sanger:	8,731	181	8,731	188	8,731	179
Shady Shores:	2,865	11	2,865	13	2,865	12
Southlake (pt.):	956	0	956	1	956	1
The Colony:	44,438	210	44,438	232	44,438	236
Trophy Club (pt.):	11,955	17	11,955	9	11,955	13
Westlake (pt.):	24	0	24	0	24	0

According to the 2021 State of Mental Health in America Report (Fritze et al., 2020):

- 10.8% of adults in America with Any Mental Illness (AMI) are uninsured.
- Texas ranked 49 out of 51 states, with 20.1% or 664,000 uninsured adults with Any Mental Illness.

- Although adults who did not have insurance coverage were less likely to receive treatment than those who did, 86% of people who did not receive mental health treatment were covered by health insurance, indicating that ensuring coverage is not the same as ensuring access to care.
- 59.6% of adults with Any Mental Illness in Texas did not receive treatment; 67.1% of youth with major depressive episodes did not receive treatment or services.
- Individuals seeking treatment but still not receiving needed services face the same barriers that contribute to the number of individuals not receiving treatment.
 - No insurance or limited coverage of services.
 - Shortfall in psychiatrists, and an overall undersized mental health workforce.
 - Lack of available treatment types (inpatient treatment, individual therapy, intensive community services).
 - Disconnect between primary care systems and behavioral health systems.
 - Insufficient finances to cover costs – including copays, uncovered treatment types, or when providers do not take insurance.

DENTON COUNTY MHMR TOP 5 DIAGNOSES

TOP 5 DIAGNOSES IN <u>2021</u>	AVERAGE CASE LOAD	PERCENT
1. Unspecified Anxiety Disorder	1,600	23.1%
2. Posttraumatic Stress disorder	856	12.3%
3. Major depressive disorder, recurrent episode, severe	843	12.2%
4. Generalized anxiety disorder	801	11.5%
5. Major depressive disorder, recurrent episode, moderate	711	10.2%

TOP 5 DIAGNOSES IN <u>2020</u>	NUMBER OF CLIENTS SERVED	PERCENT
1. Unspecified anxiety disorder	1,549	24.3%
2. Major depressive disorder, recurrent episode, severe	859	13.6%
3. Posttraumatic stress disorder	746	11.8%
4. Generalized anxiety disorder	685	10.9%
5. Major depressive disorder, recurrent episode, moderate	601	9.5%

TOP 5 DIAGNOSES IN <u>2019</u>	NUMBER OF CLIENTS SERVED	PERCENT
1. Unspecified anxiety disorder	1,586	26.1%
2. Major depressive disorder, recurrent episode, severe	822	13.5%
2. Posttraumatic stress disorder	720	11.8%
3. Major depressive disorder, recurrent episode, moderate	543	8.9%
4. Bipolar I disorder	526	8.6%

SUBSTANCE USE DISORDER

The U.S. National Library of Medicine, Medline Plus 2020, explains when a person has health problems directly related to alcohol or drug substance use, then the disorder is categorized as substance abuse or substance use disorder. (*Medline Plus, 2020*). Common diagnoses for people who have a substance use disorder are ADD (attention deficit disorder), depression, PTSD (post-traumatic stress disorder), and other mental health issues commonly found with low self-esteem or chaotic lifestyles (*Medline Plus, 2020*).

From September 2020 – August 2021, more than 2,300 individuals seen at Denton County MHMR had a dual diagnosis of mental health and substance use disorder. The overarching mental health issue is that Denton County does not have the funding or the resources to provide the proper care to those in need of mental health services.

- The single largest inpatient facility in Denton County for behavioral and mental health services is still the County Jail.

HOMELESSNESS

Of those experiencing homelessness in Denton County in 2020, 52.6% report experiencing a serious mental illness (*Denton County Homeless Coalition et al., 2020*).

Denton County MHMR data indicates 6.5% of individuals receiving services are currently experiencing homelessness. The most prevalent housing status for clients of Denton County MHMR is independent or supported housing, with 89.1% of clients within this demographic.

2020 POINT-IN-TIME COUNT VULNERABLE POPULATIONS:

	PERCENT
Domestic Violence	25.8%
HIV/AIDS	2.2%
Serious Mental Illness	52.7%
Substance Abuse Disorder	19.4%

(Denton County Homeless Coalition et al., 2020)

CHILDREN AND ADOLESCENT MENTAL HEALTH

According to the 2021 Cook Children's Community Health Needs Assessment Report, in Denton County:

- 11% of children (ages 5-15) are diagnosed with a mental illness or disorder.
- 12% of children (ages 0-15) received assistance for mental illness, behavioral, emotional, or a developmental problem.
- Two in three parents of school-aged children are not familiar with mental health services in their community.
- Of all school-aged children in Denton County that needed mental health care, over half experienced difficulty accessing care.
- 8,000 Denton County school-aged children did not receive needed mental health care during the COVID-19 pandemic.
- The barriers to care included:
 - Could not afford
 - Not covered by insurance
 - Didn't know where to go
 - Long wait list/delay
 - Inconvenient hours *(Cook Children's Center for Children's Health, 2021)*

In Denton County children aged 6-17 years old, 19% are diagnosed with an anxiety disorder, 16.9 % with attention deficit hyperactivity disorder, and 9.8% with depression. *(2021 Cook Children's Community Health Needs Assessment Report)*

- As of April 2022, there are no pediatric psychiatric inpatient bed services in Denton County for children in need of mental health services. When a child under the age of 13 needs hospitalization, the child must be sent out of the county for treatment, placing a hardship on the parents/families, who are required to be present for treatment and planning. *(Cook Children's, 2022)*

COVID-19 PANDEMIC ERA RELATED CHANGES IN MENTAL HEALTH

- In 2021, suicide was the number one trauma death reported at Cook Children's Emergency Room.
- Texas Health Resources (THR) has experienced a dramatic increase in the number of psychiatric assessments performed in the Emergency Departments. THR had a 46% increase in the number of psych assessments performed in the Denton and Flower Mound Emergency Departments in 2020 (vs. 2019). Through April 2021, THR was on pace to exceed 2020 by 19% which would represent a 74% increase over the 2019 baseline.
 - Pre-COVID (January 2019 through February 2020), THR averaged 91 assessments per month. THR saw a significant dip in assessments during April and May 2020. Since June 2020 (through April 2021), THR have averaged 135 per month; 48% increase in the monthly average.
- THR has seen an increase in the number of encounters where the individual was identified as being at risk for suicide. Compared to a pre-COVID pandemic era, Texas Health Presbyterian Hospital Denton and Texas Health Flower Mound have experienced an 8% increase in the number of patients identified as being at risk for suicide.
 - From 4/16/20 through 4/15/21, THR identified moderate or high suicide risk in 1,667 encounters.

The highest growth is in the moderate risk category (11.3% increase compared to pre-COVID). Within the top 10 reasons the patient presented to the Emergency Department as shortness of breath, chest pain, leg pain, vomiting, and seizures. THR Presbyterian Hospital Denton and Texas Health Flower Mound have experienced an increase in the number of patients requiring inpatient psychiatric hospitalization related to an Emergency Department visit. Texas Health Presbyterian Hospital Denton saw a 9% increase in inpatient Behavioral Health admissions vs. the 2019 baseline.

WE EMPOWER DONORS, VOLUNTEERS, BUSINESSES, GOVERNMENTS, NONPROFITS AND COMMUNITY GROUPS TO INVEST IN NEIGHBORS FOR A BETTER DENTON COUNTY COMMUNITY.

We LIVE UNITED to strengthen education, financial stability, and health and mental health across our community. Working together, we identify the community's most critical needs and implement collaborative, innovative solutions to provide greater opportunity for every person in Denton County.

We LIVE #UNITED4DentonCounty



EDUCATION



FINANCIAL STABILITY



HEALTH & MENTAL HEALTH

UnitedWayDentonCounty.org

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Denton County