



**Quarterly Reporting of
Waiting Lists for Mental
Health Services and of
Mental Health Services
for the Former
NorthSTAR Service Area**

As Required by

**2018-19 General Appropriations
Act, Senate Bill 1, 85th Legislature,
Regular Session, 2017 (Article II,
Health and Human Services
Commission, Riders 75 and 90)**

Health and Human Services

April 2019



TEXAS
Health and Human
Services

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1. Introduction

The *Quarterly Reporting of Waiting Lists for Mental Health Services and of Mental Health Services in the Former NorthSTAR Service Area* meets requirements in the 2018-19 General Appropriations Act, Senate Bill (S.B.) 1, 85th Legislature, Regular Session, 2017 (Article II, Health and Human Services Commission [HHSC], Riders 75 and 90). These riders require HHSC to report quarterly to the Legislative Budget Board and Governor regarding waiting lists for mental health services, including mental health services for the former NorthSTAR service area, no later than 60 days after the end of each fiscal quarter.

Rider 75 requires the report to include for each local mental health authority, state facility, and contracted entity, any required waiting list and expenditure data for community mental health services for adults and children, forensic state hospital beds, and maximum security forensic state hospital beds. Required data include:

- Number of individuals waiting for all services;
- Number of underserved individuals waiting for additional services;
- Number of individuals removed from the waiting list;
- Funds expended to remove individuals on the waiting list in the current fiscal quarter;
- Average number of days spent on the waiting list; and
- Whether waiting lists are due to operational or other short-term factors, or to long-term issues such as insufficient capacity.

Rider 90 requires the report to include:

- Use of funds, including state, local, Medicaid, federal, and other sources to serve former NorthSTAR clients;
- Current waiting list for mental health services in the area; and
- Projection of any anticipated additional funding needed to avoid a future waiting lists.

Data Context and Limitations

The community mental health waiting list is a point-in-time calculation of the total number of people waiting for mental health services and a measure of the demand beyond funded capacity. During any given reporting period, the list will change as people are added or removed daily for various reasons (e.g., admitted to services, no longer interested in services, receiving services elsewhere, no longer able to be contacted).

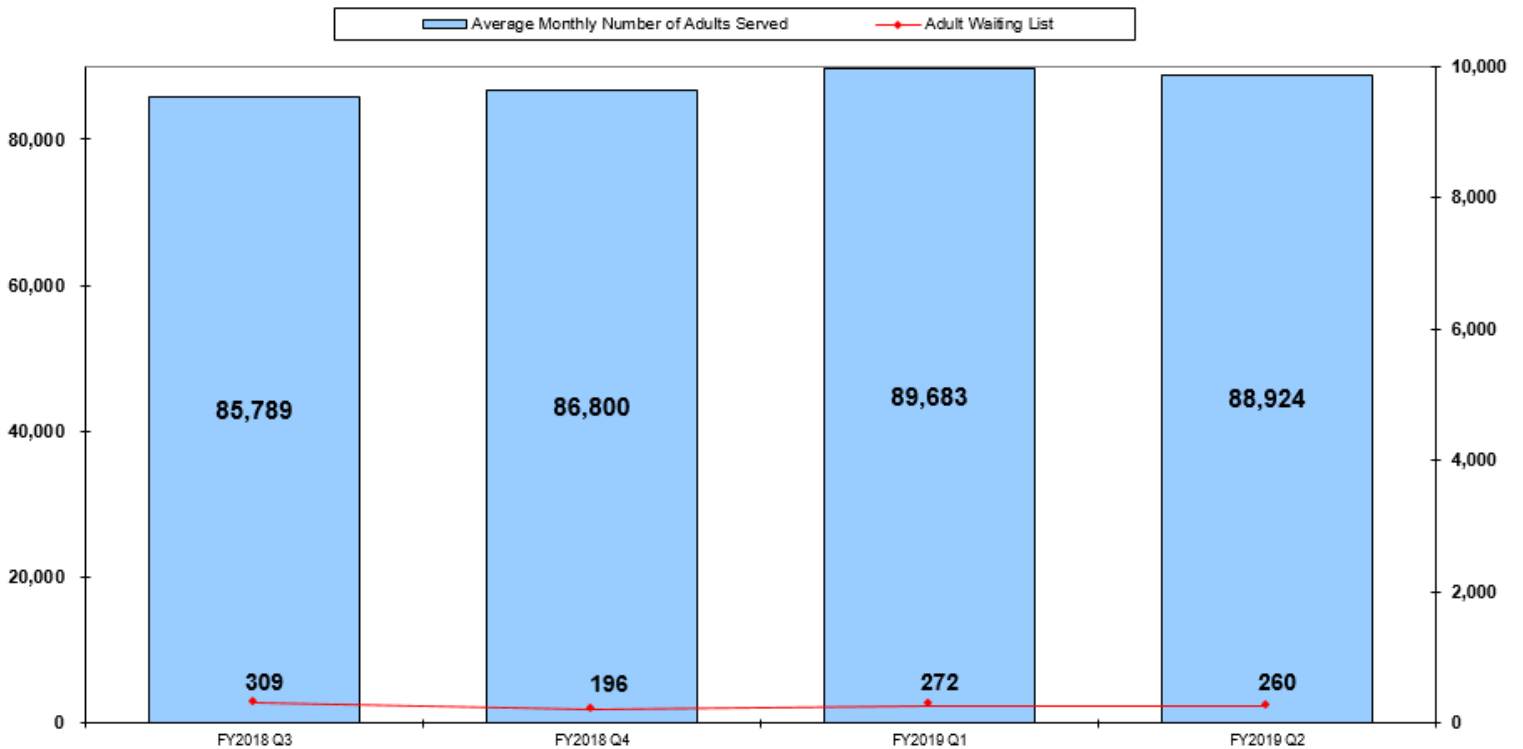
HHSC anticipates additional funding associated with waiting list reduction will increase numbers served and reduce the waiting list. However, if demand increases beyond the total funded capacity for mental health services, a waiting list may remain despite the effective use of additional funding and local authorities' success in meeting their contracted targets.

2. Adult and Children's Community Mental Health Services Waiting List Data

Adult Community Mental Health Services

The following chart compares the average monthly number of adults served and adult waitlist for fiscal years 2018 and 2019 by quarter.

Chart 1. Adult Community Mental Health Waiting List Trend



The tables in this section show the required report elements for the community mental health services waiting list for adults.

Table 1. Specifies Number of Adults Waiting for All Services¹, Number of Adults Removed from the Waiting List², and Average Days Adults Spent on Waiting List^{3, 4}

Provider	Waiting for All Services	Number Removed	Average Number of Days
Anderson/Cherokee Community Enrichment Services	0	N/A	N/A
Andrews Center	0	N/A	N/A
Austin Travis County Integral Care	0	N/A	N/A
Behavioral Health Center of Nueces County	0	N/A	N/A
Betty Hardwick Center	0	N/A	N/A
Bluebonnet Trails Community Services	0	N/A	N/A
Border Region Behavioral Health Center	0	N/A	N/A

¹ Data provided represents the waiting list as of February 2019.

² N/A means these providers do not have an adult community mental health waiting list as of February 2019, and there is no applicable data.

³ Data is reported using a methodology that allows for the summation of total days assigned for each individual who is assigned to a Level of Care 8 (LOC-8) across each month. This number is then calculated to find the average days waiting in different centers.

⁴ N/A means these providers do not have an adult community mental health waiting list as of February 2019, and there is no applicable data.

Provider	Waiting for All Services	Number Removed	Average Number of Days
Burke Center	0	N/A	N/A
Camino Real Community Services	26	N/A	76
Center for Health Care Services	0	N/A	N/A
Center for Life Resources	0	N/A	N/A
Central Counties Services	0	N/A	N/A
Central Plains Community Center	0	N/A	N/A
Coastal Plains Community Center	0	N/A	N/A
Community Healthcore	39	5	89
Denton County Mental Health Mental Retardation Center	0	N/A	N/A
Emergence Health Network	0	N/A	N/A
Gulf Bend Center	0	N/A	N/A
Gulf Coast Center	0	N/A	N/A
Harris Center for Mental Health and IDD	0	N/A	N/A
Heart of Texas Regional Mental Health Mental Retardation Center	3	N/A	89

Provider	Waiting for All Services	Number Removed	Average Number of Days
Helen Farabee Centers	0	N/A	N/A
Hill Country Mental Health and Developmental Disabilities Center	0	N/A	N/A
Lakes Regional Community Center	0	N/A	N/A
LifePath Systems	0	N/A	N/A
Mental Health Mental Retardation Authority of Brazos Valley	0	N/A	N/A
Mental Health Mental Retardation Services for The Concho Valley	0	N/A	N/A
My Health My Resource of Tarrant County	0	N/A	N/A
North Texas Behavioral Health Authority	0	N/A	N/A
Pecan Valley Centers	0	N/A	N/A
Permian Basin Community Centers	0	N/A	N/A
Spindletop Center	0	N/A	N/A
Starcare Specialty Health System	0	N/A	N/A

Provider	Waiting for All Services	Number Removed	Average Number of Days
Texana Center	0	1	90
Texas Panhandle Centers	0	N/A	N/A
Texoma Community Center	1	16	165
Tri-County Behavioral Healthcare	191	22	96
Tropical Texas Behavioral Health	0	N/A	N/A
West Texas Centers	0	N/A	N/A
Total	260	44	N/A⁵

Table 2. Number of Underserved Adults Waiting for Additional Services⁶

Provider	Number
Anderson/Cherokee Community Enrichment Services	0
Andrews Center	61

⁵ N/A means a total number is not possible due to the calculation being an average number for each provider.

⁶ Number of underserved adults waiting for additional services is not the same as the adult community mental health waiting list. A provider may not have a community mental health waiting list, but still have individuals receiving a lower level of care than recommended based on assessment scores. This data does not include individuals in a lower level of care due to "consumer refused." Data is as of February 2019.

Provider	Number
Austin Travis County Integral Care	207
Behavioral Health Center of Nueces County	4
Betty Hardwick Center	5
Bluebonnet Trails Community Services	0
Border Region Behavioral Health Center	21
Burke Center	0
Camino Real Community Services	1
Center for Health Care Services	26
Center for Life Resources	55
Central Counties Services	10
Central Plains Community Center	0
Coastal Plains Community Center	1
Community Healthcore	4
Denton County Mental Health Mental Retardation Center	45
Emergence Health Network	24
Gulf Bend Center	6

Provider	Number
Gulf Coast Center	0
Harris Center for Mental Health and IDD	8
Heart of Texas Regional Mental Health Mental Retardation Center	1
Helen Farabee Centers	0
Hill Country Mental Health and Developmental Disabilities Center	2
Lakes Regional Community Center	1
LifePath Systems	18
Mental Health Mental Retardation Authority of Brazos Valley	57
Mental Health Mental Retardation Services for The Concho Valley	0
My Health My Resource of Tarrant County	1
North Texas Behavioral Health Authority	5
Pecan Valley Centers	53
Permian Basin Community Centers	1
Spindletop Center	3
Starcare Specialty Health System	88
Texana Center	0
Texas Panhandle Centers	4

Provider	Number
Texoma Community Center	1
Tri-County Behavioral Healthcare	131
Tropical Texas Behavioral Health	164
West Texas Centers	2
Total	1,010

Children's Community Mental Health Services

The following chart compares the average monthly number of children served and children's waitlist for fiscal years 2018 and 2019 by quarter.

Chart 2. Children's Community Mental Health Waiting List Trend

The tables in this section show required report elements for the community mental health services waiting list for children.

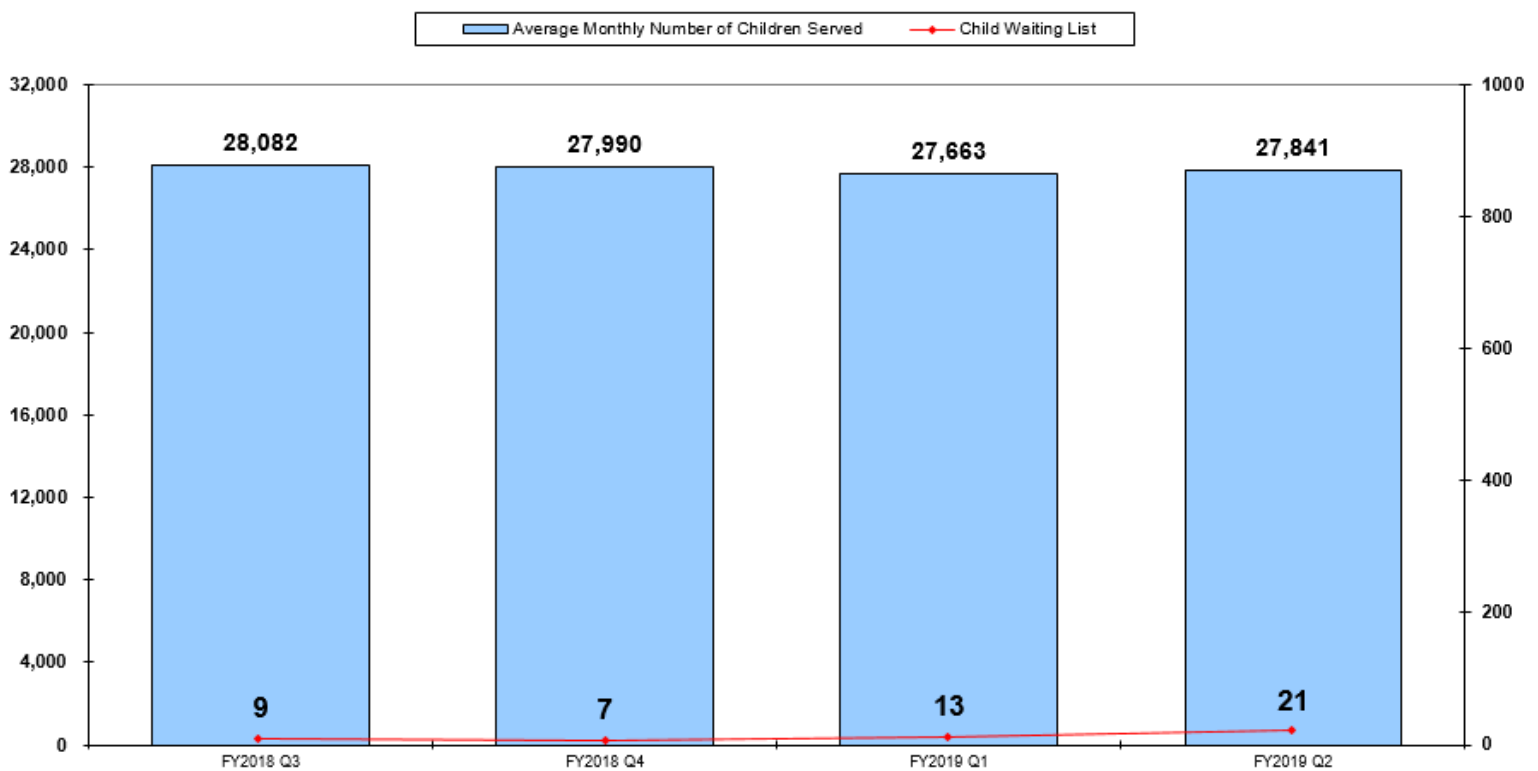


Table 3. Specifies Number of Children Waiting for All Services⁷, Number of Children Removed from the Waiting List⁸, and Average Days Children Spent on Waiting List^{9,10}

Provider	Waiting for All Services	Number Removed	Average Number of Days
Anderson/Cherokee Community Enrichment Services	0	N/A	N/A
Andrews Center	0	N/A	N/A
Austin Travis County Integral Care	0	N/A	N/A
Behavioral Health Center of Nueces County	0	N/A	N/A
Betty Hardwick Center	0	N/A	N/A
Bluebonnet Trails Community Services	0	N/A	N/A
Border Region Behavioral Health Center	0	N/A	N/A

⁷ Data provided represents the children’s waiting list as of February 2019.

⁸ N/A means these providers do not have a children’s community mental health waiting list as of February 2019, and there is no applicable data.

⁹ Data is reported using a methodology that allows for the summation of total days assigned for each individual who is assigned to a Level of Care 8 (LOC-8) across each month. This number is then calculated to find the average days waiting in different centers.

¹⁰ N/A means these providers do not have a children’s community mental health waiting list as of February 2019, and there is no applicable data.

Provider	Waiting for All Services	Number Removed	Average Number of Days
Burke Center	0	N/A	N/A
Camino Real Community Services	0	N/A	N/A
Center for Health Care Services	0	N/A	N/A
Center for Life Resources	0	N/A	N/A
Central Counties Services	0	N/A	N/A
Central Plains Community Center	0	N/A	N/A
Coastal Plains Community Center	0	N/A	N/A
Community Healthcore	0	N/A	N/A
Denton County Mental Health Mental Retardation Center	0	N/A	N/A
Emergence Health Network	0	N/A	N/A
Gulf Bend Center	0	N/A	N/A
Gulf Coast Center	0	N/A	N/A
Harris Center for Mental Health and IDD	0	N/A	N/A
Heart of Texas Regional Mental	0	N/A	N/A
Helen Farabee Centers	0	N/A	N/A

Provider	Waiting for All Services	Number Removed	Average Number of Days
Hill Country Mental Health and Developmental Disabilities Center	0	N/A	N/A
Lakes Regional Community Center	0	N/A	N/A
LifePath Systems	0	N/A	N/A
Mental Health Mental Retardation Authority of Brazos Valley	0	N/A	N/A
Mental Health Mental Retardation Services for The Concho Valley	0	N/A	N/A
My Health My Resource of Tarrant County	0	N/A	N/A
North Texas Behavioral Health Authority	0	N/A	N/A
Pecan Valley Centers	0	N/A	N/A
Permian Basin Community	0	N/A	N/A
Spindletop Center	0	N/A	N/A
Starcare Specialty Health System	0	N/A	N/A
Texana Center	0	N/A	N/A
Texas Panhandle Centers	0	N/A	N/A
Texoma Community Center	21	N/A	54

Provider	Waiting for All Services	Number Removed	Average Number of Days
Tri-County Behavioral Healthcare	0	N/A	N/A
Tropical Texas Behavioral Health	0	N/A	N/A
West Texas Centers	0	N/A	N/A
Total	21	0	N/A¹¹

Table 4. Number of Underserved Children Waiting for Additional Services¹²

Provider	Number
Anderson/Cherokee Community Enrichment Services	0
Andrews Center	0
Austin Travis County Integral Care	0
Behavioral Health Center of Nueces County	1
Betty Hardwick Center	0

¹¹ N/A means a total number is not possible due to the calculation being an average number for each provider.

¹² Number of underserved children waiting for additional services is not the same as the children’s community mental health waiting list. A provider may not have a community mental health waiting list, but still have individuals receiving a lower level of care than recommended based on assessment scores. This data does not include individuals in a lower level of care due to “consumer refused.” Data is as of February 2019.

Provider	Number
Bluebonnet Trails Community Services	0
Border Region Behavioral Health Center	0
Burke Center	0
Camino Real Community Services	0
Center for Health Care Services	0
Center for Life Resources	0
Central Counties Services	0
Central Plains Community Center	0
Coastal Plains Community Center	0
Community Healthcore	48
Denton County Mental Health Mental Retardation Center	8
Emergence Health Network	0
Gulf Bend Center	0
Gulf Coast Center	0
Harris Center for Mental Health and IDD	0
Heart of Texas Regional Mental Health Mental Retardation Center	0
Helen Farabee Centers	0

Provider	Number
Hill Country Mental Health and Developmental Disabilities Center	0
Lakes Regional Community Center	0
LifePath Systems	0
Mental Health Mental Retardation Authority of Brazos Valley	2
Mental Health Mental Retardation Services for The Concho Valley	0
My Health My Resource of Tarrant County	0
North Texas Behavioral Health Authority	0
Pecan Valley Centers	6
Permian Basin Community Centers	0
Spindletop Center	0
Starcare Specialty Health System	0
Texana Center	0
Texas Panhandle Centers	0
Texoma Community Center	2
Tri-County Behavioral Healthcare	0
Tropical Texas Behavioral Health	73
West Texas Centers	0
Total	140

Funds Expended to Remove Individuals on the Waiting List

The 2018-19 General Appropriations Act, S.B. 1, 85th Legislature, Regular Session, 2017 (Article II, HHSC, Rider 80) designated \$62,673,000 of new funding to eliminate community mental health services waiting lists, increase capacity to avoid future waiting lists, address population growth in LMHA service areas, and increase equity in LMHA funding allocations. HHSC notified LMHAs in December 2017 regarding the amount of funds their center would receive for the 2018-19 biennium. With the understanding that the funds would be forthcoming and rolled into the funding base, some LMHAs chose to begin serving individuals from the waitlist through the use of local resources prior to receiving new state funds. HHSC disbursed a total of approximately \$47 million of the funds through February 2019 to all LMHAs for the 2018-19 biennium targeted toward waitlist reduction and capacity increases. Of that amount, HHSC disbursed approximately \$13.4 million of the funds to LMHAs in the former NorthSTAR local service area.¹³

Factors Impacting Community Mental Health Waiting Lists for Adults and Children

The table in this section shows long- and short-term factors LMHAs identify as impacting waiting lists.

¹³ The Quarterly Wait List Report for fiscal year 2018 reported distribution of \$7 million, but did not specify funding was for LMHAs in the former NorthSTAR local service area.

Table 5. Factors Impacting Community Mental Health Waiting Lists for Adults and Children

Issue	Long or Short-term	Description
As Texas’ population grows, so will the number of people likely to qualify for state-supported mental health services.	Long-term	<ul style="list-style-type: none"> • Texas population to increase to more than 40.5 million by 2050. • 811,000 adults likely to qualify for state-supported mental health services in 2050, compared to 533,907 in fiscal year 2016. • 320,000 youth likely to qualify for state-supported mental health services in 2050, compared to 253,466 in fiscal year 2016.
Workforce shortages.	Long-term	<ul style="list-style-type: none"> • Shortages cause challenges to recruiting and retaining psychiatrists, licensed clinicians, nurses, and qualified mental health professionals. • Challenges are even greater in rural and underserved areas.
Other workforce issues.	Short-term	<ul style="list-style-type: none"> • Loss or retirement of a prescribing provider. • Limited funding. • Low reimbursement rates.

3. Former NorthSTAR Service Area Data

The table in this section shows required data elements for people served in the former NorthSTAR service area, which is now served by the two local behavioral health authorities, North Texas Behavioral Health Authority and LifePath. Neither authority has a current or anticipated waiting list. HHSC does not anticipate additional funds will be needed to avoid a future waiting list in the former NorthSTAR area.

Table 6. Use of Funds to Service Former NorthSTAR clients¹⁴

Funding Source	Amount
State	\$35,592,316
Federal	\$14,885,475
Medicaid	\$2,223,899
Other	N/A ¹⁵
Local	\$9,449,136
Total	\$62,150,826

¹⁴ This data comes from CARE Report III, which is reported state fiscal year-to-date by local authorities. This data represents both North Texas Behavioral Health Authority and LifePath.

¹⁵ CARE Report III does not include an "Other" funding category.

4. Forensic State Hospital Bed Waiting List Data

The tables in this section show required data elements for the forensic state hospital bed waiting lists. The state hospital system maintains two distinct lists of pending admissions for people on forensic commitments, one for people pending admission to a non-maximum security unit and one for people pending admission to a maximum security unit.

Table 7. Forensic State Hospital Bed Waiting List (Non-Maximum Security)

Data Element	Number
People Added to the Waiting List	513
People Removed from the Waiting List	509
People on the Waiting List ¹⁶	293
Average Number of Days People Remained on Waiting List	49

Table 8. Maximum Security Forensic State Hospital Bed Waiting List

Data Element	Number
People Added to the Waiting List	142
People Removed from the Waiting List	162
People on the Waiting List	446

¹⁶ This data is the number of people on the waitlist on the last day of the quarter.

Data Element	Number
Average Number of Days People Remained on Waiting List	263

Factors Impacting Forensic State Hospital Bed Waiting Lists

The table in this section shows the long- and short-term factors which caused state hospital beds to go off-line or require more beds, leading to increased waiting lists.

Table 9. Factors Impacting Forensic State Hospital Bed Waiting Lists

Issue	Long or Short-term	Description
Staffing shortages take beds offline.	Long-term	<ul style="list-style-type: none"> Recruitment and retention of direct care and professional staff are challenging due to a variety of factors. HHSC is using telemedicine to extend psychiatric coverage and expanding recruitment and retention efforts. The 86th Legislature is considering the agency’s request for market rate increases for direct care staff.
Mitigation or remediation of life safety code issues.	Long-term	<ul style="list-style-type: none"> When resources to address deferred maintenance related to life safety code or regulatory requirements (e.g., ligature risks) are not available hospitals must take beds offline until issues can be mitigated. The Health and Specialty Care System is using deferred maintenance funds appropriated for this biennium for anti-ligature projects and other efforts to keep beds online; however, funds are insufficient to address all issues. Specifically, the cost of ligature remediation exceeds the total appropriation for deferred maintenance. The 86th Legislature is considering the agency’s request for deferred maintenance funds.

Issue	Long or Short-term	Description
Demand exceeds capacity.	Long-term	<ul style="list-style-type: none"> • Patients on a forensic commitment have longer lengths of stay on average, meaning discharge rates have slowed and fewer people can be served with existing beds. • The Health and Specialty Care System (HSCS) is identifying steps that can be taken to reduce patients' length of stay. HSCS is engaged in approved state hospital construction and renovation projects that will increase the number of patient beds available statewide by 350. • HSCS requested a statutory change to the assignment of maximum security based on charge, and is developing a review process of all forensic commitments to determine clinical need for maximum security. • The state hospitals are developing standardized procedures and tools for evaluating the competency of criminally charged patients. The patients' recovery teams will use a standardized screening tool at regular intervals to conduct competency screenings. A pool of forensic evaluators will be established to assess patients when the screenings indicate competency, which will help reduce the timeframe in which a formal assessment will be performed and recommendations for trial competency will be returned to the court, ultimately reducing patients' lengths of stay. • HHSC will open an additional 20 beds at Terrell State Hospital in Summer 2019.