

COMMUNITY MENTAL HEALTH AND SUBSTANCE ABUSE SERVICES AT THE DEPARTMENT OF STATE HEALTH SERVICES

AN ISSUE BRIEF FROM LEGISLATIVE BUDGET BOARD STAFF

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OBJECTIVE

The Mental Health and Substance Abuse Division of the Texas Department of State Health Services is aimed at improving health and well-being in Texas by providing leadership and services that promote hope, build resilience, and foster recovery.

KEY FACTS

- ◆ The Texas Department of State Health Services' Mental Health and Substance Abuse Division funds providers of mental health and substance abuse services, who then assist those in need of such services.
- ◆ The Texas Department of State Health Services ensures the provision of community behavioral health services through 39 local mental health authorities, 135 substance abuse treatment providers and through NorthSTAR, a publicly funded managed care program.

BUDGETARY IMPACT

Collectively, funding for the five community behavioral health strategies at the Department of State Health Services increased by 13 percent from fiscal year 2006 to fiscal year 2013.

STATUTORY REFERENCES

Texas Health and Safety Code, Title 7 Chapter 534 and 535

The Health and Human Services Commission and the Department of State Health Services (DSHS) are responsible for the oversight and provision of public behavioral health services to persons in crisis, Medicaid clients, and medically indigent persons living in Texas. Behavioral health services include mental health services and substance abuse treatment.

DSHS' Mental Health and Substance Abuse (MHSA) Division provides a continuum of services ranging from community-based mental health services to inpatient hospital services. DSHS funds child and adult community mental health and substance abuse services through the following five strategies:

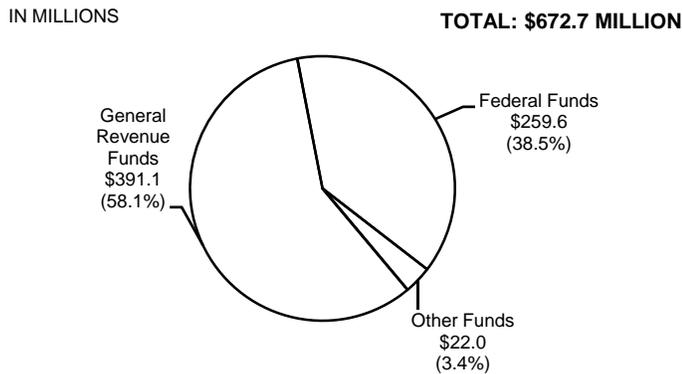
- **B.2.1. Mental Health Services—Adults:** This strategy funds community mental health services designed to facilitate an independent lifestyle for adults with mental illness.
- **B.2.2. Mental Health Services—Children:** This strategy funds community mental health services for children and adolescents ages 3 through 17.
- **B.2.3. Community Mental Health Crisis Services:** This strategy funds an array of ongoing mental health and substance abuse crisis services to individuals.
- **B.2.4. NorthSTAR Waiver:** This strategy funds NorthSTAR, a publicly funded managed care program. NorthSTAR provides behavioral health services to eligible persons residing in seven north Texas counties.
- **B.2.5. Substance Abuse:** Funding in this strategy provides substance abuse prevention, treatment and recovery services.

DSHS provides behavioral health services through 39 local mental health authorities (LMHAs), 135 substance abuse treatment providers and through NorthSTAR, a publicly funded managed care program. Clients must meet certain eligibility criteria to receive non-crisis mental health and substance abuse services. Any individual experiencing a behavioral health crisis who requires stabilization may access crisis services.

FUNDING SOURCES

Community-based behavioral health services are funded by a combination of state, federal and other funds. Fig. 1 shows the methods of finance in fiscal year 2013 for the five community behavioral health strategies in DSHS' bill pattern.

**FIG. 1
BUDGETED AMOUNTS FOR ALL COMMUNITY BEHAVIORAL HEALTH STRATEGIES
FISCAL YEAR 2013**



SOURCE: Legislative Budget Board.

FUNDING TRENDS

Fig. 2 shows the eight year funding trend for the five community behavioral health strategies at DSHS. The 80th Texas Legislature appropriated \$82 million for the 2008–2009 biennium for the redesign of the community mental health crisis system. The redesign was aimed at improving the response to behavioral health crises.

Collectively, funding for the five community behavioral health strategies increased by 13 percent from fiscal year 2006 to fiscal year 2013. According to the National Alliance on Mental Illness, the national average per capita spending on mental health services was \$122.90 in 2010. The average per capita spending on mental health services in Texas was \$38.99 for the same time period. Texas ranked 50th in per capita spending (general fund appropriations) on mental health services in 2010.

USEFUL REFERENCES

DSHS Mental Health and Substance Abuse Division

<https://www.dshs.state.tx.us/MHSA/>

A Comparison of Behavioral Health Data across NorthSTAR and Other Selected Service Delivery Areas

<http://www.lbb.state.tx.us/GEER/GEER01012011.pdf#CompBehavioralHelthData>

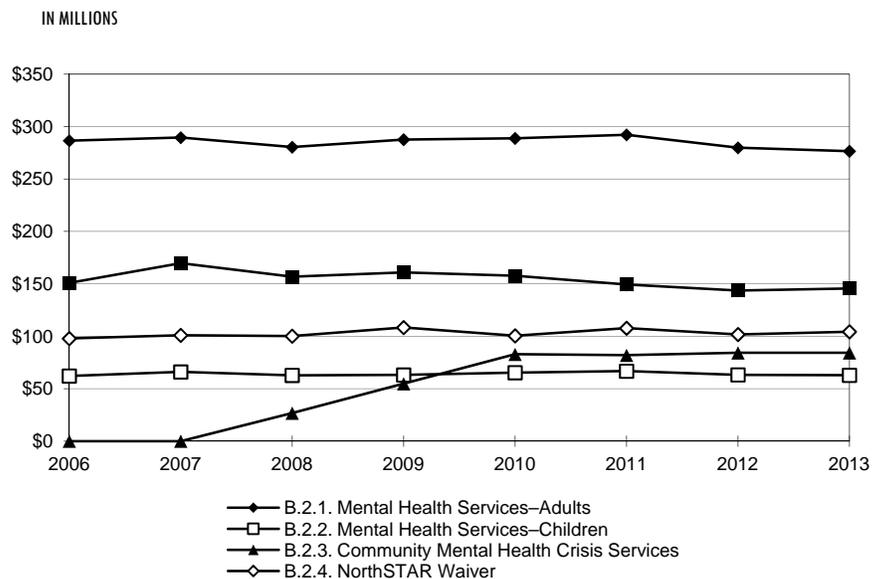
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Key federal funds include the Community Mental Health Services (CMHS) Block Grant and the Substance Abuse Prevention and Treatment (SAPT) Block Grant. The SAPT Block grant assists states in developing and implementing prevention, treatment and rehabilitation activities to address alcohol and drug abuse. The CMHS block grant funds comprehensive community mental health services for adults with serious mental health illness and children with a serious emotional disturbance. Both block grants have a minimal Maintenance of Effort (MOE) requirement for the grant to be awarded to Texas. States are required to maintain spending at the average amount of expenditures for the previous two fiscal years to receive CMHS and SAPT Block Grant funds.

Other funding sources for community mental health and substance abuse services include interagency contracts and local contributions from Dallas County for the NorthSTAR program.

**FIG. 2
FUNDING FOR COMMUNITY BEHAVIORAL HEALTH STRATEGIES
AT DEPARTMENT OF STATE HEALTH SERVICES
FISCAL YEARS 2006 THROUGH 2011 EXPENDED,
2012 ESTIMATED, AND 2013 BUDGETED**



SOURCE: Department of State Health Services.