

2022 Community Health Needs Assessment | Key Findings

The following fact sheet, covering November 2019–June 2022, summarizes key findings identified through publicly available data, patient surveys and interviews with stakeholders representing public health, mental health providers, universities, local government and organizations focused on mental health.

OUR COMMUNITIES

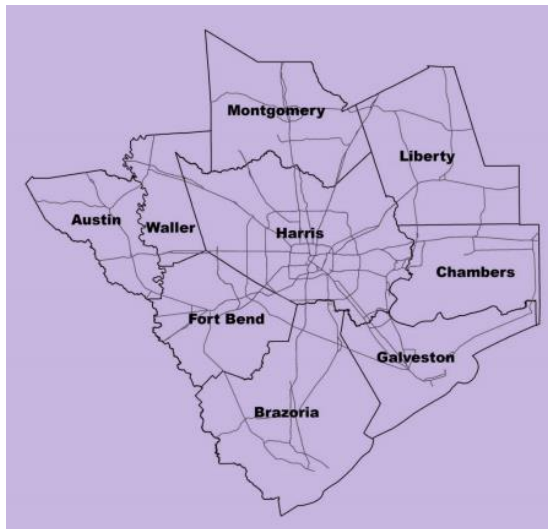


Menninger’s **inpatient programs** serve patients from across the United States and internationally, with more than half of patients originating from outside the nine-county Greater Houston area.

- **52.9 million adults in the United States have mental illness**
- **14.2 million adults in the United States have serious mental illness**



For the 2022 CHNA, the **outpatient community** was defined as the Houston-The Woodlands-Sugar Land Metropolitan Statistical Area (MSA), also known as Greater Houston, where more than two thirds of outpatients live.



- **210,000 adults in Greater Houston area have serious mental illness**
- **95,000 children/youth in Texas have serious mental illness**

TOP MENTAL HEALTH NEEDS



Cost and coverage were top of mind for both patients and stakeholders, who cited high cost of care, lack of insurance benefits and limitations for what insurance will pay for as major barriers to mental wellness.

- **1 in 5 people in the Greater Houston region are uninsured**
- **13% of people in the Greater Houston area live below the poverty line**



Access to mental health care was also seen as a critical issue. Problems included lack of affordable services where people live and work, a shortage of inpatient beds for children and adolescents and long waits for medication and counseling services.

WHAT STAKEHOLDERS SAY:

“Access and care for communities of color are significantly lacking.”



Education about mental health is needed in schools, the workplace, and the community in general, to raise awareness of mental health symptoms and how to access services.



Social and Structural Barriers to Mental Health mentioned included transportation, stigma, not knowing how to access mental health services, a lack of coordinated care, and a shortage of assessment and treatment for autism and people with low intellectual ability.

Sources:

National Institutes of Health, Mental Health America, Meadows Mental Health Policy Institute American Community Survey and Understanding Houston

WHAT STAKEHOLDERS SAY:

"One of the overwhelming needs that we see is employment support for people with chronic mental illness...If someone can't maintain employment, then they also lose access to mental health coverage."



Mental Health Workforce

More than 15 million people in Texas live in mental health professional shortage areas, with only 32.9% of the need being met. Texas ranks LAST in terms of workforce availability.

WHAT STAKEHOLDERS SAY:

"We have a major shortage of trained, licensed mental health professionals affecting access to mental health services."

COVID-19 PANDEMIC



The COVID-19 pandemic had a significant impact on communities with stakeholders reporting:

- An uptick in anxiety and depression in the populations they serve
- Increased barriers to accessing in-person services
- The switch to telehealth increased access to treatment for some

WHAT STAKEHOLDERS SAY:

"We have seen a dramatic increase in suicidal behavior and also death from suicide is just way, way up ... People are feeling at the end of their rope."

STAKEHOLDER RECOMMENDATIONS

- Increase educational opportunities in diverse communities
- Address affordability and access of mental health care
- Lead the way in mental health education and combatting stigma

"It's about investing in our communities and ways that enhance a person's overall well-being because we know that is protective against having mental health problems and issues."



MENNINGER'S COMMUNITY IMPACT

Between July 1, 2020 and June 30, 2021:

\$5.2 million invested by Menninger in programs that directly and indirectly benefit the community. These investments include charity services for individuals who cannot pay.

\$2.7 million plus in uncompensated care to more than 120 patients.

In the past three years, Menninger has:

- Added an adolescent intensive outpatient program.
- Boosted our educational programming to mental health professionals and community members through free, regular webinars on current topics in mental health.
- Expanded individual and group outpatient therapy through telehealth, making 10,502 telehealth visits.
- Renovated The Gathering Place, Menninger's psychosocial clubhouse, including adding a new exercise room and gym, expanding the computer lab and creating a teaching kitchen where members with serious mental illness learn to prepare healthy meals and hone vocational skills.
- Launched "Mind Dive," a podcast for mental health professionals.
- Added or expanded the following training programs:
 - ✓ Licensed Professional Counselor (LPC) Fellowship
 - ✓ Addiction Psychiatry Fellowship
 - ✓ Social Work Fellowship
- Provided free mental health crisis intervention training to thousands of new deputies and detention officers with the Harris County Sheriff's Office.
- Elevated the skills of mental health professionals and advanced the effectiveness of patient care through medical education and training, community education and leading research activities.