



mhmrtarrant
WE CHANGE LIVES



MY HEALTH MY RESOURCES OF TARRANT COUNTY

ANNUAL REPORT

FISCAL YEAR 2022
(SEPT. 2021- AUG. 2022)

www.MHMRtarrant.org

A MESSAGE FROM OUR CEO

My Health My Resources of Tarrant County works in the public interest and while our delivery of services and supports may have looked a little different the last few years thanks to the pandemic, our staff continued to help people with disabilities access services in our community and empower them to live their best lives. Our services range from:

- Early Childhood Intervention services that support babies with developmental delays and their families through the childhood period with supports in the schools as well as mental health and substance use disorder services for adolescents.
- Adults with mental health or substance use disorders can receive outpatient services in clinics located around the county as well as brief residential programs.
- For people with intellectual and developmental disabilities (or IDD such as diagnosis like Autism Spectrum Disorder and Cerebral Palsy) we provide case management to assist them and their families in making life work after they complete special education services in school. We also have 13 small group homes that enable people with IDD to live a regular life in regular communities.

Our services are primarily state-funded and available to people regardless of insurance. For people who don't have health insurance we can cover the cost of doctor visits and/or medications.

Some services might assist people who might not be sure what they need: We answer 988 calls (formerly The National Suicide Prevention Lifeline) for a 73 county region and we link people with services in their communities and assist them in figuring out what they need.

We also have a 24/7 ICARE Crisis Line that encourages callers to reach out if they or a loved one might be experiencing a psychiatric crisis. We can assist with determining what level assistance the person needs and a response that ranges from establishing a routine appointment for care to deployment of a Mobile Crisis Team for onsite help.

For children we also offer some specialized navigation resources. We have a nationally known program called Help Me Grow that assists caller with resources to assist young children. Assistance can be as simple as helping a caller sort through online options for care or as extensive as linking the family with appropriate community resources and continued contact to be sure the referral is effective for the family. We also have an enhancement of this program called Help Me Thrive that is navigation for families of kids throughout the developmental period. In addition, we provide navigators on some FWISD campuses to assist students, families and school personnel to link to community resources.

We work extensively with Community Partners including JPS, law enforcement agencies, Juvenile Justice, Tarrant County Jail and non-profit providers such as ACH Services and Alliance for Children to assist them serving people with complex needs.

We have over 2,000 employees who work for us helping our communities assist more than 70,000 people with disabilities each year.

I thank our Board of Trustees, Employees, Patients and Volunteers for their work to help change lives in Tarrant and surrounding counties.

Susan Garnett, MSW

CHIEF EXECUTIVE OFFICER



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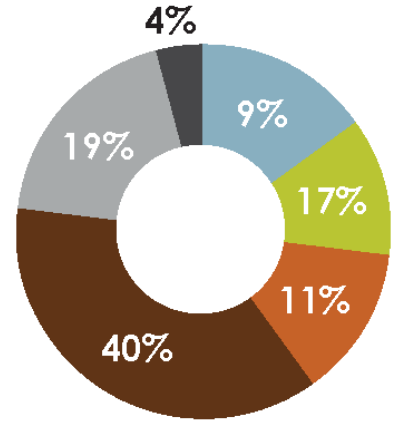
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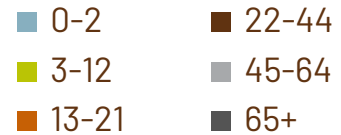
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70,988 People Served

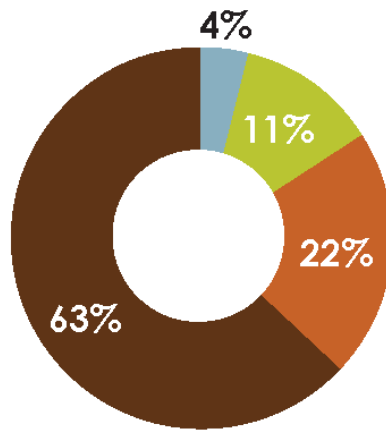


People Served by Age

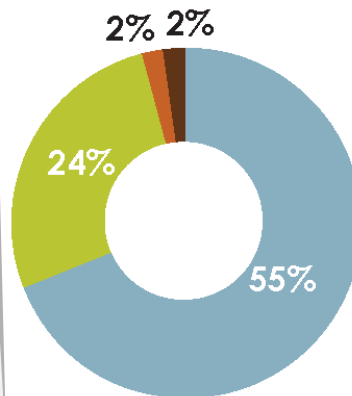


People Served by Program

- Behavioral Health: Substance Use Disorders
- Behavioral Health: Mental Health
- Disability Services
- Early Childhood Services



89,025 calls to the ICARE Call Center



People Served by Race*

- White
- Black
- Asian
- More than one race

*Hispanic Ethnicity: 20%

Behavioral Health Highlights

Tarrant County Mental Health Jail Diversion Center

The Tarrant County Diversion Center gives law enforcement officers a place to take someone who, could have been detained for criminal trespassing but who instead might have mental health issues that need to be addressed.

Instead of jail, the person could be taken to the diversion center where they could stay while MHMR and community partners find resources to get help psychiatric needs, housing, medication management, health issues, and more.

The Tarrant County Mental Health Jail Diversion Center is a partnership with JPS Hospital, MHMR of Tarrant County and law enforcement. MHMR employees operate the center; a Tarrant County Sherriff Deputy is always on site.



ICARE Call Center and 988 Suicide and Crisis Lifeline

- MHMR operates one of the five call centers in Texas that answers 988 calls since the soft launch of the new number in July; they have received 2,965 calls since July 16, 2022.
- In 2018, MHMR's ICARE joined the National Suicide Prevention Lifeline Network. Initially, the call center served only residents of Tarrant County, but now our service area has grown to 71 counties.
- The ICARE Call Center handles calls to our regular crisis line and 988. The 50 call center staff members provide a critical service and are able to answer calls and texts at varying degrees of need, and 18 of them are now full-time dedicated 988 staff.

While the 988 number is active already, the National Suicide Prevention Lifeline number (1-800-273-8255) will stay in service for now. We can expect a national marketing campaign for the 988 number in 2023.



Disability Services Highlights

The National Alliance for Direct Support Professionals (NADSP)

The NADSP Certification program offers powerful benefits to practitioners, their employers and to the people they support. Direct support professionals benefit by learning and applying best practices and evidence-based skill and knowledge in the workplace.

The organizations employing credentialed DSPs can provide stronger assurances of quality to funders and people supported and can proudly market their employment of nationally certified staff. People receiving supports from certified DSPs will have the advantage of partnering with highly trained professionals committed to supporting them using the ethical and effective interventions that they have mastered.

MHMR employees who have achieved NADSP certification have reported there is improvement in teamwork, better services provided, improved documentation, higher ethical focus and has given them a stronger sense of pride in what they do.



ABG Angels Perform at Texas Council Conference

The ABG Angels (participants who attend our Day Activity Center) performed two patriotic songs to help open the conference in June.

This is the first non-holiday and first conference the ABG Angels have performed at.

MHMR was the host agency in June for the Texas Council of Community Centers annual conference. More than 600 people from community centers like ours came to the Fort Worth Omni for nearly three days of training, professional development, legislative updates, work groups and networking



Child and Family Services Highlights

In addition to Early Childhood Intervention and youth behavioral health services, we have two new collaborations to highlight:



For children ages 0-5

Help Me Grow North Texas provides an information line that connects a family or provider to child development services and other community-based resources within your area.

You will be connected to an experienced child development specialist, a family navigator, who can provide education, resources and information on developmental screenings to meet the families specific needs.

Call 844-NTX-KIDS to get connected with a family navigator today.

www.HelpMeGrowNorthTexas.org



For youth ages 6-17

Help Me Thrive is connecting all families with our family navigators. We partner caregivers with their community resources that go hand in hand with families' needs.

The goal is to provide the best possible resources for all families with youth ages 6-18 to address the needs of the family and their children, at no cost to them.

Call 844-NTX-TEEN to get connected.

www.HelpMeThriveNorthTexas.org



Fiscal Year 2022 Financials

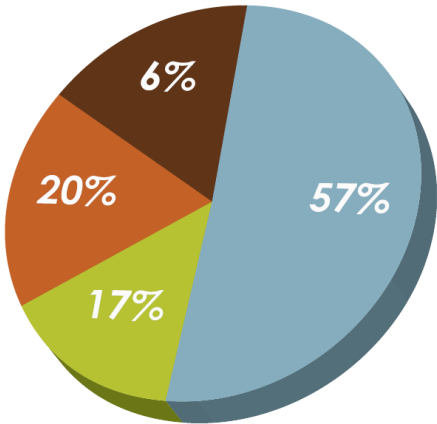
Sept. 2021 - Aug. 2022



Total Expenses: \$185,535,191

Expenses by program:

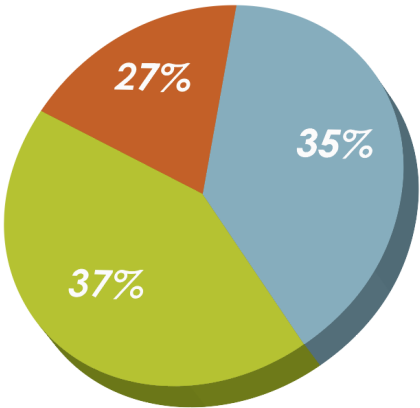
- Behavioral Health Services
- Disability Services
- Early Childhood Services
- Administration



Total Revenues: \$180,319,592

Revenue by source:

- Local
- State
- Federal



FY22 MHMR Board of Trustees

Carolyn Sims, Board Chair
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Carey Cockerell
Roy Griffin

Linda Harman
T. Ware
Lyn Willis
Brandon Teague
Chief Henry Reyes, Ex-Officio Member



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ICARE Call Center
Toll-free call/text
(800) 866-2465

Call us anytime for mental health crisis support or access to MHMR services.