



# PLANTING SEEDS OF HOPE

A RETROSPECTIVE OF MENTAL HEALTH  
SYSTEM OF CARE GRANTS  
ACCOMPLISHMENTS OVER 16 YEARS



\$51.7

MILLION IN  
SUPPORT

THOUSANDS  
OF VOLUNTEER  
HOURS

Total funding - \$22.7 million

Total match required - \$16.5 million

Total match received - \$29 million

Total number of agencies - More than 100

It's not about  
what it is,  
it's about what  
it can become.

– Theodore Geisel



**Transformation begins with a single seed  
– a thought, a dollar, an inspiration.**

The seed in Tarrant County grew from a federal grant in 2002. SAMHSA\* gave the City of Fort Worth, with Mayor Ken Barr's leadership, the first of three system of care (SoC) grants. The community nurtured that seed, leading to an unprecedented three SoC grants designed to build and improve the system. MHMR of Tarrant County provided fiscal oversight for the second two grants, and the scope expanded to all of Greater Tarrant County. Mental Health Connection leveraged that funding, allowing the collaboration to receive even more dollars for additional opportunities. Today, MHC – Tarrant County's system of care – serves as a model for communities across the country.

MHC has now leveraged more than **\$100 million** in support from the federal and state governments, foundations, and individual mental health and government agencies. The funds alone would not have made a difference in the community, though. The real force behind the transformation has been the thousands of volunteer hours.

Today, the system continues to improve and transform, thanks to members and supporters. More seeds are needed, but strong roots have been established to sustain the work accomplished so far.

\*US Department of Health and Human Services Substance Abuse and Mental Health Services Administration



Nurturing Quality

Since its earliest days, Mental Health Connection has found ways to improve the quality of mental health care in Tarrant County. In its first year, the collaboration led a successful campaign to re-open adolescent psychiatric beds at JPS Health. The SAMHSA grants seeded even more opportunities.

Upon realizing it takes an average of **17 years** for proven research to reach the field, MHC held five Bridging the Gap Symposiums, hosted by Texas Christian University, to speed best practices to Tarrant County. These events, which drew about **1,000 individuals**, led to Learning Communities that studied literature and proposed training in evidence-based practices. Their recommendations resulted in county-wide cognitive behavioral therapy, Trauma-Focused CBT, and cultural competence training, as well as a pilot to test a new substance use intervention/prevention program in area high schools.

Through evaluation from the initial grant and the literature review by one Learning Community, it became evident that MHC needed to improve the cultural competence of providers in Tarrant County. The result was the California Brief Multicultural Competency Scale Training (CBMCS). More than **800 providers** in Tarrant County have participated in this intensive four-day training, geared specifically to the mental health community. More than **200 providers** added to their knowledge with a training in implicit bias.



# BRIDGING THE GAP: RESEARCH TO PRACTICE



**Bridging the Gap**  
1,000 participants

**Learning Communities**  
150 volunteers

**CBMCS**  
800 trained and growing

**Trauma-focused CBT**  
59 trained

**CBT**  
25 trained



The Learning Communities also recognized the role trauma played in mental and physical health, leading to three Trauma Symposiums. The first speaker, Kenneth Ginsburg, M.D., asked MHC to pilot a community-wide rollout of his curriculum, *Reaching Teens*. Over three years, more than **400 providers** at **10 MHC** agencies worked together to create a community-wide systemic approach for building resilience in adolescents. The American Academy of Pediatrics provided continuing education credits for many disciplines, including physicians.



Today, MHC continues its trauma work. It is currently training more than **2,000 providers** in Trust-Based Relational Intervention (TBRI), an evidence-based trauma treatment developed by the Karyn Purvis Institute of Child Development at TCU. MHC's goal is to create a fully trauma-informed community, resulting in a healthier, more resilient community.

In 2012, MHC members requested more information on working with the LGBTQ community. In response, MHC created programs designed to educate, inform and increase sensitivity to the needs of the LGBTQ community. First, Caitlyn Ryan of the Family Acceptance Project, spent a day with more than **100 mental health providers**. More recently, a series of trainings resulted in more than **100 "safe zones"** for members of the LGBTQ community who need mental health services.

# TBRI TRAINING: MORE THAN 2,000 PROVIDERS





# 50 INDIVIDUALS AT 30 AGENCIES BECAME TRANSFORMATION AGENTS



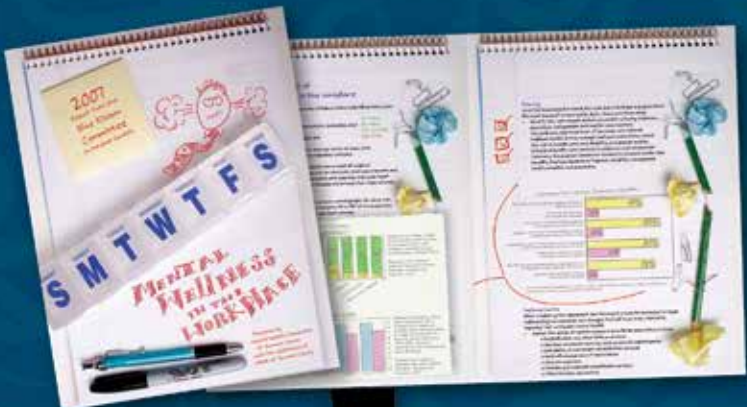
Nourishing the Workplace

The grants provided resources to support MHC’s goal of developing the mental health workforce throughout Tarrant County. Through cross-trainings in such areas as trauma, cultural competence and treatments, providers across the community now use the same approaches. As a result, it is easier for children, youth and their families to receive the services they need.

To address the future, MHC’s Workforce Committee has forged relationships with area universities and medical schools, working to expand the qualified mental health workforce on every level.

Tarrant County’s workplaces took center stage when MHC convened **50 human resource directors** to discuss barriers they faced. Working together, this group convinced insurance providers to increase enrollment of Tarrant County providers on insurance panels.

As its member agency executives began to retire, MHC strategically worked to identify and cultivate emerging leaders for the future by creating the “Transformation Bureau.” More than **50 individuals** – identified as leaders by their agencies – participated in Adaptive Leadership Training provided by Georgetown University. These Transformation Agents enhanced their leadership skills and helped to develop MHC’s current long-range plan. They now serve on key committees for MHC and in individual agencies.



## Cultivating Access

The Family Resource Centers at Fort Worth ISD heralded some of the first signs of growth in access. In these centers, students and their families find support from a variety of sources, with multiple agencies co-locating services. The FRCs served as the primary referral source for the first system of care grant, and the grant provided important services to students and families. Today, the FRCs have served **35,420 students and families**. Community partners have contributed **68,013 hours**, or the equivalent of more than **\$4.5 million**.

Because of MHC's proven ability to build collaborations, Tarrant County Judge Glen Whitley asked the coalition to coordinate the first Network of Care in the country to roll out nine modules at once. MHC also led the development of local branding for the online resources site. Tarrant Cares has now added a tenth module and has received more than **1 million visits** a year since it launched in 2011. MHC continues to lead the collaborative effort.

Most recently, MHC developed the Intake Network, which convenes intake specialists from mental health agencies across the community. This group meets monthly to discuss ways they can work as a team to better help members of the community who are seeking mental health care.

### Family Resource Centers 2004-2017

Families/Students  
35,420 Intakes

Community Partner Contributions  
68,013 Hours

Value of Community Partner Services  
\$4,533,259

**1** MILLION  
PLUS VISITORS  
A YEAR TO  
TARRANT CARES.ORG





## Pollinating the Conversation

Every month, more than **100 individuals** gather early on a Monday morning to learn, explore barriers and close gaps in the system. MHC's website and member newsletter ensure communication continues between these meetings. Since 2002, member agencies have contributed **\$3.2 million** in cash to support the MHC infrastructure.

The first SAMHSA grant gave MHC an opportunity to conduct a community attitudes survey, which made it clear that stigma was a barrier to MHC's growth and progress. The survey's seeds led to two award-winning anti-stigma campaigns that became known and used throughout the country.



To further address stigma, MHC hosted the exhibit Fine Line: Mental Health/Mental Illness twice, both times at the Fort Worth Museum of Science and History. More than **75,000** community members "met" people with mental illnesses by listening to their stories while viewing their portraits. The result was reduced stigma and increased education about mental illness.



# \$3.2

## MILLION IN CASH TO SUPPORT THE INFRASTRUCTURE



As MHC continued to enhance trauma care, it produced a public education campaign designed to teach all community members to recognize trauma. A second campaign is under development now.



# FINE LINE 75,000 ATTENDEES






## Harvesting the Rewards

**T**hrough the work of collaboration, MHC has created a mental health community that is willing to **discuss tough issues** and seek solutions that will benefit providers and the community alike.

### These discussions have resulted in:

- Common goals and shared values
- Communication across systems
- Shared knowledge and expectations
- Common language and approaches
- A forum for problem solving
- Shared resources
- Strong relationships
- Enhanced referral systems
- Leveraging over \$100 million to support the collaborative effort to improve mental health care

Sow the seeds of  
hard work and  
you will reap the  
fruits of success.



– Israelmore Ayivor



# THANK YOU

**MENTAL HEALTH CONNECTION  
WOULD LIKE TO THANK ALL WHO HAVE  
HELPED OVER THE LAST 16 YEARS**

