



TEXAS STATE
— of —
MIND

A COMMITMENT TO
CONNECT

— MEADOWS MENTAL HEALTH POLICY INSTITUTE —

ANNUAL REPORT

2016

HARRIS COUNTY



AUSTIN

“For all its enormous range of space,
climate, and physical appearance, and
for all the internal squabbles, contentions,
and strivings, Texas has a tight cohesiveness
perhaps stronger than any other section of
America. Rich, poor, Panhandle, Gulf, city,
country, Texas is the obsession, the proper
story and passionate possession of all Texans.”

JOHN STEINBECK

Our History, Mission, and Vision

The Meadows Mental Health Policy Institute

provides independent, nonpartisan, and trusted policy and program guidance that creates systemic changes so all Texans can obtain effective, efficient behavioral health care when and where they need it.

The Institute grew out of the Meadows Foundation's unyielding concern for the people of Texas. In 2014, after an extensive planning process, the Meadows Foundation awarded the lead grant to establish the Institute as an independent nonprofit organization.

With offices in the Austin, Dallas-Ft. Worth, Houston, and San Antonio areas and projects in every region of the state, the Institute has become an objective source of information and analysis. We work at the state, regional, and local levels to evaluate mental health systems, share best practices, develop resources, and increase public awareness that mental illness is treatable.

The Institute's vision is for Texas to be the national leader in treating people with mental health needs.

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MESSAGE FROM THE CHAIRMAN



Our state's mental health landscape can look daunting:

About 40,000 Texans bounce among jails, emergency rooms, homeless shelters and hospitals because of poverty and serious, undertreated mental illness. An estimated 30,000 children with critical mental health needs are at high risk of landing in the criminal justice system, but only a few hundred receive appropriate services. More than 400,000 adults struggle with severe substance abuse disorders.

We can solve this. Connecting Texans so they can collaborate is absolutely vital right now.

The encouraging news is that the Meadows Mental Health Policy Institute is transforming that landscape. It is nurturing reforms that use data to improve care, wisely invest taxpayers' dollars, and alleviate human suffering. As a psychiatrist, and as executive director of the Hogg Foundation for Mental Health, I am encouraged. I have never witnessed so much high-level focus on improving services for Texans with behavioral health needs.

The Institute itself has matured. In 2016, while engaged in a variety of external projects, it greatly strengthened its internal resources. We brought on our own content and evaluation experts so we could rely less on consultants. Our board divided its work among committees, to make the most of each member's experiences, knowledge and network of contacts. We also had a leadership transition, from founding CEO Tom Luce to current CEO Andy Keller, PhD. The transition of governance is a measure of the strength of an organization, and this one was as smooth as any I've seen.

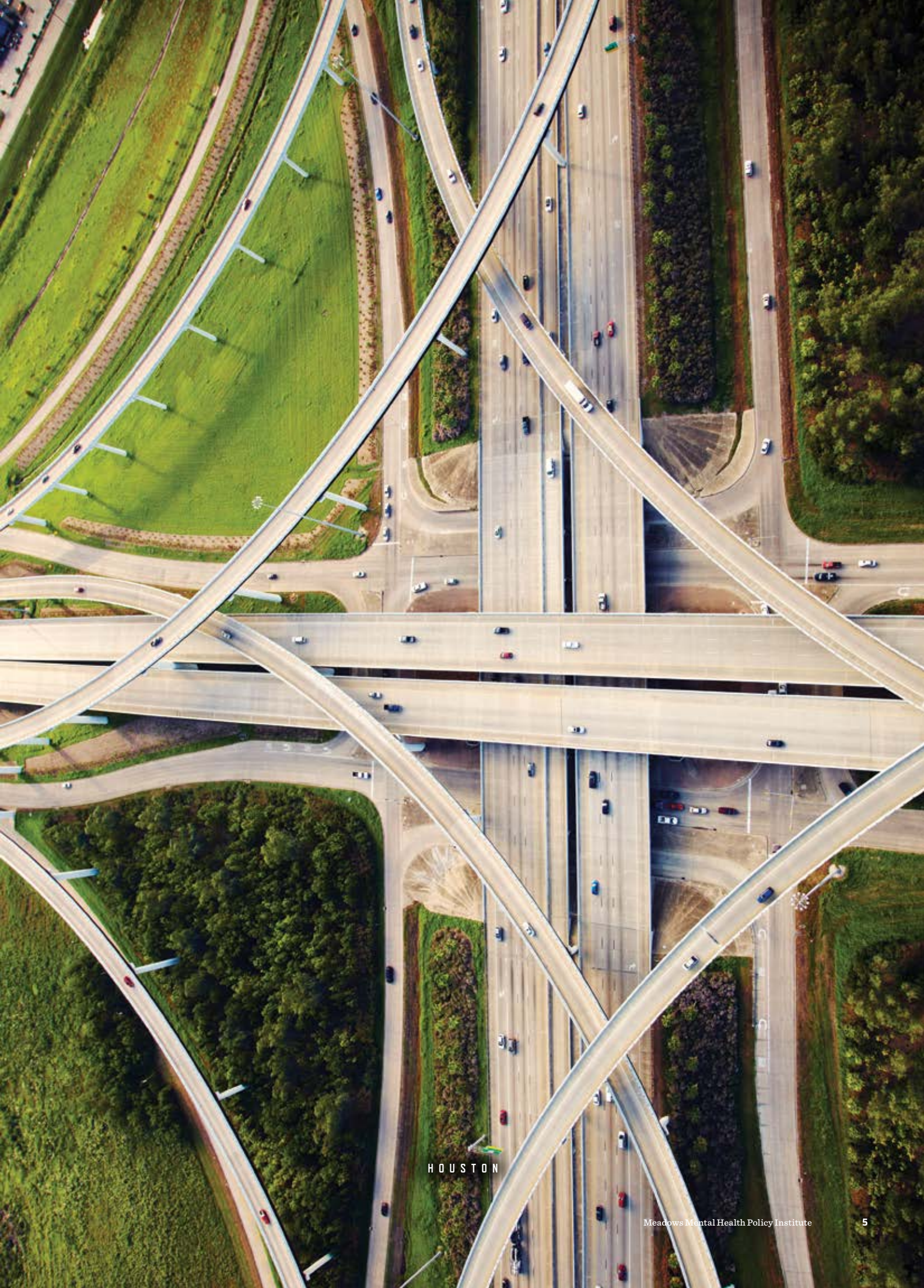
We have plenty of work ahead. The state hospital system is crumbling—figuratively and literally. Children in foster care languish in state care because they cannot access the intensive behavioral health services they need to stay out of institutions and go back home. Texans still don't feel as comfortable talking about mental illness as they do about other diseases.

These are difficult, long-term challenges. But I am optimistic for our state because the Meadows Mental Health Policy Institute has the experience, resources and determination to solve them.

Dr. Octavio N. Martinez, Jr.

Chairman of the Board

A handwritten signature in black ink, appearing to read "O. Martinez, Jr.", written in a cursive style.



HOUSTON



RIO GRANDE VALLEY

MESSAGE FROM THE CEO



I feel incredibly lucky to lead an organization in which I truly believe

that everyone who works here is the best person for his or her job and a person who deeply cares about the Institute's mission – to improve mental health care in Texas.

Thanks to the early trust and generous support of The Meadows Foundation, Lyda Hill, and a handful of other leading philanthropists and foundations across Texas, we were able to jump right into important state policy discussions almost three years ago when we were a fledgling nonprofit with a staff of five.

Now fast forward to 2017. We have over 30 full-time employees and dozens more foundations and generous Texans to thank. The Meadows Mental Health Policy Institute today works with communities from every corner of our great state, and we enjoy a well-established reputation for providing timely, unbiased, expert analysis to lawmakers and state agency officials. We are guided by a stellar board of directors that includes outstanding civic, business and health care leaders from across Texas.

And we have produced concrete results. We developed a new mental health assessment tool for jails that has helped lower the number of jail suicides. We helped State Senator Jane Nelson design the state's \$40 million Texas Veterans + Family Alliance grant program. We provided reams of information and analysis to the House Select Committee on Mental Health, convened by Texas House Speaker Joe Straus. We provided similar research services to the new Mental Health Committee of the Texas Judicial Council convened by Texas Supreme Court Chief Justice Nathan Hecht and Sharon Keller, presiding judge of the Court of Criminal Appeals. And Texans ranging from Dallas Mavericks owner Mark Cuban to former President George W. Bush have pitched in to support our Okay to Say™ campaign.

I credit the wonderful people who make up this Institute for achieving our remarkable progress, especially our founding CEO Tom Luce. The trust that state and local leaders have in Tom's wise counsel, and his skill at navigating policy barriers, created a path this institute followed to quickly make a real difference in the lives of thousands of Texans. His lifelong passion to help Texans achieve their potential is truly inspiring. I am grateful that Tom still serves on our board, pushing us toward new opportunities and offering critical advice and unwavering support.

Thanks to our board members, donors, staff and numerous partners, the Meadows Mental Health Policy Institute has had a tremendous three years. This young organization is well on its way to making Texas the national leader in providing high-quality, accessible mental health care to everyone who needs it. And best of all? We are just getting started.

Andy Keller, PhD

Chief Executive Officer

A handwritten signature in black ink, appearing to read 'A. Keller', written in a cursive style.



2016: THE YEAR IN REVIEW

As a policy institute, the rhythm of our work tends to mirror that of the state Legislature.

In 2016, even though lawmakers weren't in session, they were working hard on interim charges. Likewise, our staff stayed busy, pushing Texas towards more evidence-based, integrated, and accountable behavioral health care.

Our statewide policy activities focused to a large degree on the Select Committee on Mental Health, convened by Texas House Speaker Joe Straus, and the new Texas Judicial Council Committee on Mental Health, convened by Chief Justice Nathan Hecht of the Texas Supreme Court and Sharon Keller, presiding judge of the Court of Criminal Appeals. We also were actively following the work of two key senate committees: Finance and Health and Human Services.

We greatly expanded our engagement with local organizations and leaders, helping them analyze and reform their behavioral health care systems. This work is critical because Texans receive, or should receive, the majority of their mental health care in their home communities. Local work also allows us to understand more about different regions' needs and priorities, and we use what we've learned in local communities to inform our statewide policy efforts.

Our approach to local system development is always the same: we only come in if invited, we act with transparency and respect, and we are impartial, honest and solution-focused with our assessments. We facilitate and recommend, but local partners prioritize and decide. With this approach, we have already completed projects in more than a dozen regions around the state. To promote learning across these projects, the Institute also organized our first statewide meeting for local partners, which we called “Engage and Excel”, in December. The conference was held in Austin and allowed teams from every community in which we work—plus a few other interested communities—to hear from lawmakers and learn from one another.

We also took preliminary steps toward several other long-term goals. Texas has a critical shortage of licensed behavioral health professionals,

state mental hospitals are in an astounding state of disrepair, and we lack sufficient research programs dedicated to mental health and the treatment of mental illness. Throughout 2016, Institute leaders met with psychiatry department chairs from every medical school in Texas to explore solutions to these challenges. Also, because untreated mental illness places a great burden on productivity, we collaborated with the Texas Business Group on Health to survey and begin to engage major employers about ways to improve treatment options for depression in the workplace.

The Institute's effort to change the conversation around mental health conditions blossomed around the state. We worked with partners to spread the message that it's ok to talk about mental illness in schools, through social media and television. Thousands of people liked our Okay to Say™ Facebook page and hundreds posted their own stories or messages.

We were honored to receive additional support from foundations and donors who recognize the impact improved mental health care could have on the Lone Star State. Their gifts have allowed us to focus solely on our mission, accelerating our ability to achieve results.

The Institute also strengthened our organizational resources. After our first CEO, Tom Luce, retired from that position at the end of 2015, the board conducted a national search for a new leader. The board decided ultimately to promote from within, and Andy Keller, PhD, formerly executive vice president for policy and programs, became our new CEO in January 2016. He started in that position overseeing 12 employees. By December 31, the Institute had added 18 more staff members—and we needed every one of them. We ended 2016 committed to our mission and equipped with the human and financial resources to fulfill it.



CONNECTING WITH COMMUNITIES

Texas is an enormous, and enormously diverse, state. It's home to nearly 30 million residents, covers 269,000 square miles of land, and has a 1,200 mile international border.

Each community and region is different. That's why the Meadows Mental Health Policy Institute works closely with

local stakeholders to help them analyze their current mental health system and develop recommendations that align with local priorities. These outstanding leaders reflect the diversity of their communities and represent nonprofit organizations, city and county governments, school districts, health care institutions, law

enforcement agencies, faith communities, and the general public – including people with mental health needs. They all help our staff understand the complexity of improving mental health care throughout the state. We are grateful for their collaboration and inspired by their compassion for fellow Texans.



BARTON CREEK



TEXAS FIELDS

Panhandle Behavioral Health Alliance

Meadows Mental Health Policy Institute board member Laura Street is a nurse practitioner

by training, a health care administrator by profession, and a leader by nature. Even with that preparation, Street said her understanding of behavioral health care was fairly basic until she started meeting with Institute leaders. Then she was struck by the differences between medical and mental health systems.

“When you have a physical symptom, you go see a doctor, you get a test, and you go down that road,” she said. “With mental health, there’s such a stigma. You may not know anything about it until you’re arrested and go to jail. The mental health system is very disjointed.”

Street now leads the effort to improve mental health care in the 26 counties of the Texas Panhandle. She helped convene the Panhandle Behavioral Health Alliance, which brings together mental health professionals, health system administrators and nonprofit leaders to learn about the issue. Most members had heard about one another, but some had never met or worked together.

The group engaged the Institute to analyze the region’s current mental health system and identify ways to make it more responsive, effective, and accessible to insured and uninsured residents. The Panhandle Behavioral Health Alliance reviewed our team’s recommendations and created a behavioral health leadership alliance committed to improving the region’s mental health system. Institute experts will continue to serve as a resource as local leaders transform the Panhandle’s behavioral health system.

“We really believe we don’t have to spend a lot more money to become more effective and more efficient,” Street said.



Laura Street
Chair
Panhandle Behavioral Health Alliance



Kim McPherson
Senior Program Officer
St. David's Foundation

Integrated Behavioral and Physical Health

Most medical practices and hospitals routinely screen patients for diabetes and heart disease. They don't usually screen patients for depression or substance use disorders. However, astute medical professionals and health care funders know that physical and mental illnesses overlap and intertwine. To achieve the best outcome, patients need integrated care—coordinated, one-stop treatment for both their physical and mental health conditions.

The St. David's Foundation (SDF) has long recognized the importance of integrated behavioral care. The Austin-based foundation funds health-related projects in five central Texas counties, and has encouraged an integrated care approach through its grant making. Its leaders wanted to share what they were learning about integrated care.

"We wanted to advance the field," said Kim McPherson, a senior program officer at SDF. "There was a lot of research out there, and it was really good but very theoretical. We were trying to make something that was more practical for very busy clinicians."

SDF was an early supporter of the Institute and knew MMHPI was well positioned to

further their work in advancing Integrated Behavioral Health, a priority for the Foundation and as well as for key stakeholders across Texas. The two groups worked closely together to research and write a guide about integrated behavioral health care: what it is, how to achieve it and how to evaluate it.

The report identified seven key components of successful integrated behavioral health programs and also noted barriers, such as the difficulty of combining funding streams. It's intended to be a road map for administrators and providers looking to treat patients holistically and use resources more efficiently.

"In the end, we were very pleased with it," McPherson said. "The Meadows Policy Institute did a fabulous job putting in resources and checklists."



AUSTIN

The Dallas County Smart Justice Initiative

From 2012 to 2015, the number of mental health-related emergency calls to Dallas 911 dispatch rose by an average of 18 percent, with some divisions surging up to 85 percent. Because those crisis calls can escalate quickly, Dallas police send four officers and a sergeant to each one. Many mental health calls end with an arrest: about 17,000 people with mental illness are booked in to the Dallas County jail annually, and 40 percent return within a year of their release.

The W. W. Caruth, Jr. Foundation at the Communities Foundation of Texas awarded a generous grant to the Institute to transform how the City of Dallas Police Department, Lew Sterrett County Jail, and the courts handle residents with mental illness.

“Mr. Caruth was very clear that public safety was his greatest interest,” said Monica Egert Smith, the foundation’s chief relationship officer. “He said that without safety of property and life, none of the other things matter.”

The Dallas County Smart Justice Initiative began with an extensive analysis of the current system. The analysis included reviews of police, emergency room and jail records, mapping of community psychiatric resources, and 58 focus groups with more than 400 officers. Institute experts

pinpointed places in the arrest and detention process where people with mental illness could be identified and diverted into community treatment. Recommendations also include embedding mental health professionals in the City of Dallas 911 dispatch center to triage calls and dispatch appropriate resources rather than additional law enforcement. Next, Institute staff will work with local partners to implement suggested reforms.

“In the public safety arena, there aren’t many organizations with the capacity to take the lead on something big and bold like this,” Smith said. “The Institute has the perspective, the relationships, the staff capacity, and the expertise to lead these transformational types of initiatives.”



Monica Egert Smith
Chief Relationship Officer
Communities Foundation of Texas

Engage and Excel

In a state as big as Texas—it spans two time zones—simply bringing people together is a logistical challenge. Nevertheless, the Institute has always recognized the value of collaboration and sharing best practices, and that the most effective way to do both is directly, person-to-person.



In December 2016, the Institute convened the first-ever Engage and Excel: Communities Transforming Behavioral Health Systems event in Austin. The day-and-a-half-long conference attracted 180 local leaders from 25 communities around the state. Institute staff requested that each community send a team of mental health and medical professionals, nonprofit executives, law enforcement officials, school district employees, community leaders and others. The team approach encouraged continued information-sharing and collaboration when attendees returned home.

The first day of the conference was opened by State Senator Kirk Watson explaining that Texas could—and should—be the nation's leader in behavioral health treatment. Participants learned about state policy



from State Rep. Four Price, who chaired the House Select Committee on Mental Health, and about the Texas budgeting process from senior legislative committee staff. There was a panel discussion about the role of foundations in transforming behavioral health systems. Engage and Excel also featured roundtable discussions on topics such as crisis system and criminal justice collaborations, children, early intervention and integrated care. The sessions were lively and interactive, and offered practical advice and a chance to network with peers.

“Those were two wonderful days,” said Michelle Lemming, president and CEO of the Texoma Health Foundation. She appreciated

the focus on collaboration. She said she often works closely with grantee agencies, but the conference encouraged larger collaborations across regions and fields of expertise. “It was just really powerful.”

The Engage and Excel conference was so successful that the Institute decided to make it an annual event.



Okay To Say™

Two generations ago, breast cancer was too frightening and too embarrassing for most people to discuss publicly. Now, thanks to research into effective cures, and the remarkably effective “pink ribbon” awareness campaign, women and men openly discuss breast cancer, its treatment, and their hopes for recovery.



The Meadows Mental Health Policy Institute believes the public should approach mental illness with the same open, frank, supportive attitude. In 2016, we launched Okay to Say, a public awareness campaign that works with community partners across the state. Its goal is to spread a message of hope: mental illness is treatable and all Texans deserve access to effective mental health care.

Although Okay to Say is a grassroots, community-driven campaign, much of the initial outreach was done through digital engagement. Okay to Say is based around a central hub, its website. There, Texans can access information, stories and resources surrounding mental health issues. The campaign also uses research-based public education information and user-generated stories to “normalize” conversations about mental health. The website and social media platforms provide judgment-free zones and “in-person” public forums that encourage people to engage and talk openly about mental health.

To bring traffic to the website and the social media platforms, and to show that mental illness touches all lives, we recruited Texas celebrities to show their support for the Okay to Say message. The campaign features prominent Texans from all walks of life, including former President George W. Bush; Shark Tank judge and Dallas Mavericks owner Mark Cuban; Dallas Cowboys legendary running back Emmitt Smith; Olympic boxing medalist Marlen Esparza; Houston Astros’ Jose Altuve; the voice of the Texas Rangers Eric Nadel and many others.



Okay To Say milestones include:

- Our message has reached all 254 counties and 613 cities of Texas, and our website has had traffic and engagement from all 50 states and 117 countries
- We welcomed the support of over 60 community partners, 23 media partners and several civic and business leaders including State Rep. Four Price, U.S. Rep. Eddie Bernice Johnson, U.S. Senator John Cornyn, State Rep. Garnet Coleman, State Senator Kirk Watson, State Rep. John Zerwas, and the mayors of Austin, Dallas and Houston
- 8,636 people registered for updates and shared their own stories
- More than 486,000 video views
- 86 media placements and stories from March-December including 17 national placements
- Participation on NBC5 “Talk Street” and NBC5 Mental Health “State of Mind” Week that showcased in-depth stories in the DFW area airing every newscast for a full week in December
- Over 180 million instances of Okay to Say being seen online through social media and digital advertising
- Partner launch events held in Amarillo, Dallas and Austin which resulted in further partner commitments
- Recipient of the 2016 Prism Award for Media from Mental Health America of Greater Dallas
- Presented Texas State Representative Garnet Coleman with the inaugural Okay to Say Leadership Award for his dedication and tireless efforts in furthering the conversation of mental health in Texas
- A partnership with the Wezmore Foundation that resulted in 54 live, interactive performances at 28 schools across Texas, spreading Okay to Say’s message to more than 28,000 children between the ages of 5-18 years old.



A graphic for the "Stand Up. Speak Out. Make it Okay to Say." campaign. On the left is a portrait of a man in a blue polo shirt. To the right, the text "Stand Up. Speak Out. Make it Okay to Say." is written in bold, with "Stand Up. Speak Out." in red and "Make it Okay to Say." in blue. Below this, it says "Show your support. Add your voice at OkayToSay.org #okaytosay" and features the "okay to say" logo.

AT THE CAPITOL

To improve behavioral health care in Texas, you must eventually get to Austin. The Meadows Mental Health Policy Institute has been active in Austin since its launch in 2014, providing pro bono research and analysis to lawmakers and technical assistance to state agencies.

During the 84th Legislature, in 2015, the Institute's understanding of local mental health needs around the state helped inform policy discussions in a range of committees. We provided expert and unbiased advice to lawmakers as they worked to reform the Health and Human Services Commission and the Department of State Health Services. We earned a reputation for independence and objectivity.

The 84th Legislature brought an intense focus on the issue of mental health and its human and economic costs. After the session ended, Texas House Speaker Joe Straus created the House Select Committee on Mental Health and charged it with examining a broad range of topics related to behavioral health. The Speaker appointed Rep. Four Price of Amarillo, an experienced lawmaker with deep knowledge of both human services and appropriations, as chairman.

Institute professionals provided information analysis to all members of the Select Committee. CEO Andy Keller, PhD, testified at its first hearing, offering an overview of the prevalence of mental illness in Texas, treatment systems and finance, and opportunities for realistic improvements. His testimony highlighted three populations with severely unmet needs: patients with high needs who cycle between jails and emergency rooms because of inadequately treated mental illness and addictions, young Texans experiencing their first episode of psychosis, and children and youth at high risk of entanglement with the juvenile justice system.

The Senate Finance Committee, led by Senator Jane Nelson of Flower Mound, also sought the Institute's advice on populations where additional resources could have a measureable impact. Dr. Keller walked the committee



through the Legislature's success in building one of the nation's best crisis systems, why there should be a priority focus on intervention in childhood, and how mental health is treated differently than physical health.

Also during the interim, Institute Board Member and former Texas Supreme Court Justice Harriet O'Neill worked with the Texas Judicial Council to establish a committee on mental health. The committee gathered input from stakeholders and studied best practices in the administration of civil and criminal justice for those with mental illness or affected by it. Our staff contributed to committee meetings and provided research and technical assistance.



TEXAS STATE CAPITOL

The committee identified several critical needs: better mental health screening in jails, competency restoration and the pressures on Texas' obsolete state hospital system, and improved jail diversion. It also listed several issues for future study.

Throughout 2016, the Institute also worked on several one-time projects, such as developing a new mental health screening form for county jails and a training module to accompany it. We continued to develop mental health resources for children in foster care. In addition, we provided feedback to state officials hoping to build new hospitals in Rusk, Austin, Houston, and Dallas, with Senator Kirk Watson of Austin championing a "MD Anderson for the Brain" in Central Texas.

The Select Committee's final recommendations align with the Institute's goals. The Select Committee recommended that Texas:

- Work toward integrating mental and physical care in its health care systems
- Prioritize early intervention and prevention for school-age children
- Strengthen and expand jail diversion programs for nonviolent offenders
- Continue efforts to expand the behavioral health workforce
- Enforce regulations requiring mental health parity among providers and insurers
- Develop a true continuum of care for patients leaving state hospitals

Texas Veterans + Family Alliance

Almost 1.5 million veterans

call Texas home. All deserve accessible, appropriate, effective mental health care—but Institute town hall meetings around the state showed they don't all get it.

An innovative grant program, the Texas Veterans + Family Alliance (TV+FA), uses state, local and private resources to increase and improve the quality of mental health services available to veterans and military families. A champion for our state's veterans, Sen. Jane Nelson authored Senate Bill 55 in 2015, which created TV+FA and authorized a \$1 million pilot project, followed by \$20 million for the 2016-17 biennium. Through this program, grant recipients are able to match state money with local or private funds, effectively doubling their budgets. The Meadows Mental Health Policy Institute was chosen by the Texas Health and Human Services Commission to administer the new program at no cost to the state.

As of December 31, 2016, 17 organizations from across Texas had been chosen to receive TV+FA grants: Texas Panhandle Centers, United Way Denton County, Center for Brain Health, Emergence Health Network, Tropical Texas Behavioral Health, Catholic Charities of

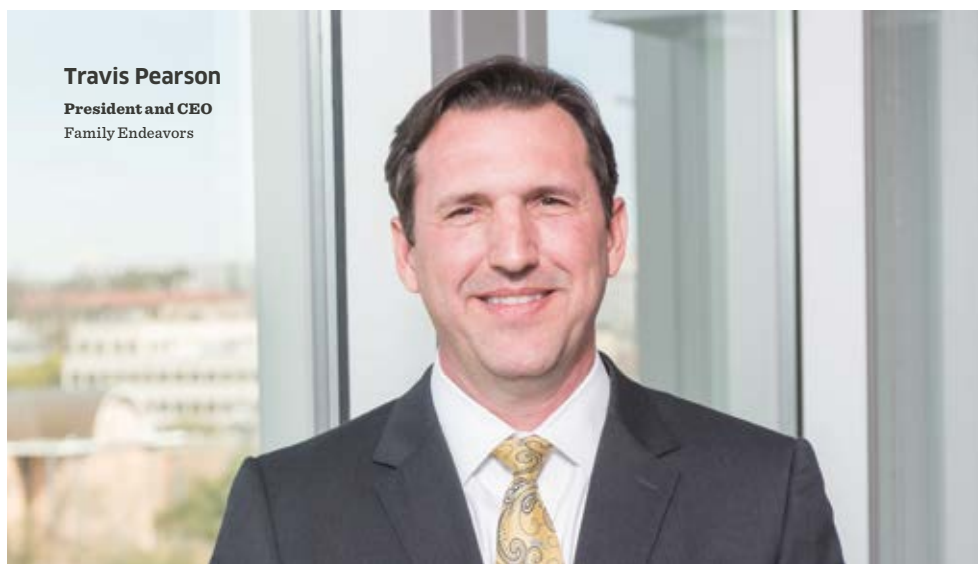


Alex Reed
Community Impact Director
United Way of Denton County

Fort Worth, Easter Seals Greater Houston, Ecumenical Center, Equest, Family Endeavors, Headstrong, Heart of Texas MHMR, Heroes Night Out, Metrocare Services of Dallas, StarCare Specialty Health, Veterans Coalition of North Central Texas, and West Texas Counseling and Guidance.

The United Way of Denton County (UWDC) applied for a TV+FA grant during the program's pilot phase. A previous needs assessment found that Denton County has a good mix of services, but many of the 3,000 veterans

living there who struggle with both traumatic brain injuries and post-traumatic stress are often reluctant or unable to access those services. The TV+FA grant allowed the United Way to hire two "veteran community navigators" to work with veterans of all ages. By the end of 2016, these specialized caseworkers already had met with 100 veterans, the largest percentage of whom had served during the Vietnam era. Navigators helped homeless veterans find housing and counseled others about how and where to apply for benefits.



Travis Pearson
President and CEO
Family Endeavors



Dr. Amy Williams
Director
Steven A. Cohen Military Family Clinic
Metrocare Services

“Our community navigators meet with veterans wherever they’re most comfortable,” United Way’s Alex Reed said. “It really broke down barriers to service.”

Other TV+FA grants will help younger military families cope with the challenges of separations and deployments, depression and anxiety, post-traumatic stress, parenting, the transition to civilian life and other issues. Metrocare Services of Dallas and San Antonio-based Family Endeavors are partnering with the Cohen Veterans Network to establish mental health clinics that will serve post-9/11 veterans and their families. Services will be provided regardless of a veteran’s ability to pay or discharge status.

In Dallas, the grant helped underwrite the cost of adapting a successful, evidence-based program for active duty military to veteran families. The Strong Families Moving Forward program supports families with children after a parent has been discharged from the military. The program helps parents and children work

through topics they want to address as a family. The grant also helped cover the cost of therapists’ salaries and training, outreach efforts and developing a program evaluation protocol. The clinic began working with families in January 2017.

The new El Paso military family clinic will provide counseling, medication management, case management, life skills training, referrals and transportation. It will even provide free childcare during appointments and classes. Family Endeavors



Jane Nelson
State
Senator

Family Endeavors is renovating space for a clinic in El Paso. Data analysis showed the city will add about 12,000 post-9/11 veterans as residents by 2020. “The VA there works very hard to meet the needs of the veterans there, but they’re overwhelmed,” said Travis Pearson, president and CEO of Family Endeavors, which opened its first Stephen A. Cohen Military Family Clinic in San Antonio in 2016.

expects to open the clinic in May 2017 and serve about 800 individuals annually.

“This has been a great process,” Pearson said. “Texas is going to have some great data on working with veterans with PTSD and working with family members, and what treatments cost and which treatments work. That’s pretty exciting.”

PROGRESS TOWARD HISTORIC CHANGE

As the 85th Texas Legislature came into session in January 2017, lawmakers shared a strong consensus about the need to continue to invest in and reform behavioral health care in Texas. In its final report, the House Select Committee on Mental Health stated that is it “optimistic that the services being provided can be maintained and enhanced even in these challenging fiscal times.” That’s good news for the people of Texas.

The Meadows Mental Health Policy Institute will work tirelessly to help lawmakers make best use of the resources available. As state executives struggle to overhaul our overburdened child protection system, our staff is working to develop intensive mental health service options for children in foster care with the most severe needs. We are exploring new partnerships between the state and local criminal justice systems that could move thousands more low-level offenders with mental illness out of jails and state hospitals

and into community-based treatment. The Institute believes Texas can make progress even with limited funds.

One of our most ambitious goals is to change attitudes about mental illness. The Institute’s Okay to Say™ campaign aims to make it as acceptable to talk about mental illness as it is to discuss diabetes or cancer. We believe mental illnesses should be a top research priority. Our leaders are making that case with academic medical institutions, urging greater investments in mental health research,

improved training for clinicians and stronger collaboration with community mental health systems. Today, there are effective treatments for many mental illnesses. But there are better ones—perhaps even cures—waiting to be discovered.

So we end 2016 and begin 2017 as optimistic as ever about the potential to achieve our vision for Texas to be the national leader in treatment for mental illness. We are thankful to everyone who made our progress in 2016 possible, and we look forward to the year ahead!



OUR THANKS TO SUPPORTERS

No good idea goes very far without support. Thanks to generous financial and in-kind support from across the state, the Meadows Mental Health Policy Institute has been able to identify, implement, and share transformational ideas about behavioral health reform. We will honor our supporters' trust in us by working unceasingly towards our shared goal: making Texas a national leader in treating people with mental health needs.

VISIONARY

MEADOWS FOUNDATION, INC.

LYDA HILL

BENEFACTOR

CHARLES BUTT

HACKETT FAMILY FOUNDATION

HOUSTON ENDOWMENT, INC.

METHODIST HEALTHCARE
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ST. DAVID'S FOUNDATION

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“We cannot live for ourselves alone.
Our lives are connected by a thousand
invisible threads, and along these
sympathetic fibers, our actions run as
causes and return to us as results.”

HERMAN MELVILLE



BIG BEND NATIONAL PARK

An aerial photograph of Texas, showing a dense network of roads and a grid-like pattern of land parcels. A prominent river, likely the Colorado River, winds through the lower right portion of the map. The entire image is overlaid with a semi-transparent teal color.

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