

## Proposals Sought for Integrated Health Care

The Hogg Foundation for Mental Health is seeking proposals from nonprofit health and mental health service providers to implement an integrated health care model in a primary care setting to improve the quality and accessibility of services.

This Request for Proposals (RFP) is the inaugural step in the Foundation's Integrated Health Care Initiative, which plans to invest \$1.5 million per year for three years to implement a model that addresses the clinical, financial, policy, and organizational barriers to integrating mental health services into primary care settings.

Approximately \$790,000 of the funds distributed annually will come from the Ima Hogg Endowment and will be used for children and family services in Harris County. The Foundation intends to award grants in both rural and urban areas of the state and to both child and adult service providers. The number of awards will be based on the quality of proposals.

The initiative is the product of a strategic planning process the Foundation underwent in the summer to better focus its time and resources toward three priority areas: integrated mental and physical health care, culturally and linguistically competent mental health services, and mental health workforce development.

### Why Integrate Mental and Physical Health Care?

Most people seek help for mental health problems in the primary care setting. Some do so because they are uninsured or their insurance does not provide adequate mental health coverage. For people in rural areas, the closest mental health clinic can be miles away. Cultural beliefs and



*For the next three years, the Hogg Foundation will invest a total of \$1.5 million a year in an Integrated Health Care Initiative to address clinical, financial, policy, and organizational barriers service providers may encounter when implementing an evidence-based model for managing mental health disorders in the primary care setting.*

attitudes toward mental illness lead some people, including those in ethnic minority groups, to seek help in medical settings.

The shortage of public mental health services in Texas, in addition to the state's restrictive eligibility criteria for services, is another factor in people's decision to seek mental health care in medical settings.

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## Are the Kids Alright? Wins Emmy for Best Documentary

*Are the Kids Alright? Stories of Children's Mental Health in Texas* was awarded a Lone Star Emmy in the "Outstanding Documentary Program" category during the third annual Lone Star Emmy Awards gala in October.

The film, which chronicles the struggles facing Texas children with mental illnesses, was the first statewide television documentary in Texas to address issues surrounding children's mental health care. The Emmy award judges panel chose it from more than 1,050 statewide entries.

Produced by award-winning documentarians Karen Bernstein and Ellen Spiro of Austin, the hour-long film was broadcast on public television stations across the state on June 24, 2004 and again

in April of 2005. It was the product of nearly two years of research and interviews to understand the multifaceted issues and tough decisions confronting the state's mental health system. The film also represented an extraordinary level of collaboration and innovative partnership among Mobilus Media; the Hogg Foundation for Mental Health; The University of

Texas at Austin's Department of Radio, Television and Film; HoustonPBS; the Houston Endowment; and the Austin Film Society.

In addition, twelve of the state's thirteen PBS stations carried the documentary, and several of the stations—including KLRU in Austin, KACV in Amarillo, KMBH in Harlingen, KUHT in Houston, KNCT in Killeen, KWBU in Waco, and KOCV in Odessa—produced their own special programs on the mental health needs of children in their communities in conjunction

with the documentary that included local mental health professionals, families, and children's advocates.

Local programming was supported by a \$100,000 award from the Meadows Foundation of Dallas as part of a comprehensive public information campaign conducted by the Hogg Foundation for Mental Health. The outreach effort included

informational brochures, an extensive web site, and a media information campaign, which all seek to raise public awareness of children's mental health issues in Texas, improve understanding about the appropriate diagnosis and treatment of emotional disorders, and describe the gaps within the fractured public mental health system in the state.

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# *Are the Kids Alright?* Named Best Documentary

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The statewide Lone Star Chapter of The National Academy of Television Arts and Sciences serves all 19 television markets in Texas and bestows Emmys annually to recognize creative excellence; to advance the arts and sciences of television; and to promote leadership for artistic, educational, and technical achievements in television.

The narrative of *Are the Kids Alright?* unfolds through the stories of children, therapists, parents, and judges who confront the issues of children with mental illnesses on a daily basis. The documentary not only portrays the steep obstacles and painful choices confronting families who have a loved one suffering from mental illness, but the daily struggles of mental health advocates, service providers, and policy-makers in helping youths get treatment.

"The tremendous level of participation by Texas PBS stations had a lot to do with the impact the documentary has produced," according to Jeffery R. Patterson, communications director of the Hogg Foundation and an advisor to the film.

"The response to this film is truly a testament to the compassion and skill of the filmmakers. Karen has a great ability

to engender trust and openness in the folks who shared their lives to illustrate the conditions families face when dealing with a child who has a behavioral disorder," Patterson said.

The documentary does more than trace a lack of public and private funding as a source of the problem. By following the stories of affected families, the filmmakers illustrate the complexities of mental illnesses and the pervasiveness of how many children are suffering from them. State officials estimate that some 420,000 Texas youths under the age of 18 suffer from a severe emotional disturbance that impairs their ability to function, but only a fraction of these children are appropriately diagnosed or treated each year.

"Although we connected with families from different backgrounds and regions in the state, their stories were surprisingly similar. All of them faced frustrations, misunderstandings, and a lack of resources in trying to get help for their children," said Bernstein.

Free copies of the VHS video are available by contacting the Hogg Foundation at 1-888-404-4336 or by email at [comm@hogg.utexas.edu](mailto:comm@hogg.utexas.edu).



*One of the film's most poignant stories is that of an Austin father who must surrender custody of his son to the state in order to get him mental health care.*



The *Hogg Foundation News* is a quarterly newsletter of the Hogg Foundation for Mental Health.

The Foundation is an administrative unit of The University of Texas at Austin and accomplishes its mandate through public education and grantmaking to mental health service, research, and policy projects in the state of Texas.

The Hogg Foundation for Mental Health also fulfills its benefactors' mandate by "operating" its own programs—including public education, convening, and program evaluation—to the benefit and enrichment of organizations and communities statewide.

For more information about the Hogg Foundation and its programs, please visit the web site at [www.hogg.utexas.edu](http://www.hogg.utexas.edu).

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## News and Notes

### *Longoria Named Postdoctoral Fellow*

Dr. Richard Longoria joined the Hogg Foundation for Mental Health as a part-time Postdoctoral Fellow for the period of October 2005 through July 2006.

Longoria has been working on activities associated with cultural competence. He is also assisting in the development and analysis of a database from the recent Special Mental Health Services Initiative. That initiative provided bridging grants to mental health service providers that were facing budget cuts or dislocations due to the legislative changes to the public mental health system in Texas. He will also assist in writing project findings for reports and publications.

In addition to this part-time position, Longoria is a lecturer at The University of Texas at Austin's School of Social Work and is a consultant to the United States Children's Bureau in support of the National Child and Family Services Reviews (NCFSR), which evaluates the safety, permanency, and outcomes of public child welfare systems across the United States.

Longoria was a Hogg Foundation Evaluation Research Fellow during 2002-2003. He earned his doctorate in Social Work in May 2005 from The University of Texas at Austin.

### *Whaley Receives Psychology Appointment*

Dr. Arthur Whaley, associate director for mental health services research at the Hogg Foundation for Mental Health, has been awarded a courtesy appointment as full professor in the Department of Psychology at The University of Texas at Austin.

The courtesy appointment permits Whaley to participate in course development, course cross listing, colloquia, joint programs, projects and other activities of the psychology department.

Whaley says that he looks forward to the opportunity to work more closely with members of the psychology faculty and anticipates greater collaboration between the Hogg Foundation for Mental Health and the Psychology Department. He has been with the Hogg Foundation since December 2003.

Prior to joining the Foundation, Whaley had served as a medical professor in the Department of Community Health and Social Medicine at the Sophie Davis School of Biomedical Education at the City University of New York Medical School. He was an assistant professor in the Department of School Psychology at Rutgers University between 1987 and 1990.

# Integrated Health Care Proposals Sought

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Providing effective mental health treatment in the primary care setting presents an important opportunity to reach groups who cannot or will not access care in the specialty mental health setting. Treating mental health problems in the primary care setting is also crucial because many who seek help there have mild to moderate symptoms that, if treated effectively, can be prevented from developing into a more disabling disorder.

Activities at both the state and federal level support the move toward integrated health care. In 2003, the Texas Legislature reorganized the state's public health, mental health, and substance abuse services into a single agency, the Department of State Health Services, in order to support integrated health care planning and service delivery. On the national level, the recently released Institute of Medicine report on mental health and substance abuse emphasizes the importance of integrated health care approaches. That same emphasis is clear in the final report of the President's New Freedom Commission on Mental Health and in the Substance Abuse and Mental Health Services Administration's action agenda for transforming mental health care in the United States.



## The Collaborative Care Approach

Over 20 years of rigorous research supports the collaborative care model as the most effective approach to integrated health care. In the collaborative care model, physical health and mental health providers partner to facilitate the treatment of psychiatric disorders in the primary care setting.

Collaborative care is an appropriate model for treating mild to moderate psychiatric disorders and for maintaining the treatment of stable severe psychiatric disorders. The model's effectiveness has been demonstrated with patients diverse in age, gender, ethnicity, socioeconomic status, and geographic location.

While there is considerable flexibility in how the collaborative care model can be implemented, four elements are essential:

- **Mental health assessment tool:** A clinical instrument used to assess psychiatric disorders in primary care patients and to track the recovery of those with identified mental health needs
- **Clinical care manager:** A primary care staff person responsible for providing education to patients with identified mental health needs and monitoring their treatment response
- **Patient registry:** A database used to track primary care patients with identified mental health needs
- **Psychiatrist:** A psychiatric expert who supervises the clinical care manager and provides consultation to the primary care physician

The effectiveness of the collaborative care model is well-documented. However, substantial clinical, financial, policy, and organizational barriers stand in the way of its implementation, including the lack of time to treat psychiatric disorders in the primary care setting; the inability to bill essential activities (e.g., consultation between psychiatrist and physician); and difficulties in sharing information across organizations due to HIPAA and other policies.

## Integrated Health Care RFP

The purpose of the Hogg Foundation for Mental Health's Integrated Health Care Initiative is to address the barriers that hinder the implementation of integrated health care approaches in Texas. To achieve this objective, the Foundation will partner with grantees to find solutions to the barriers they encounter as they implement a collaborative care approach to managing mental health disorders in the primary care setting. Foundation staff will work with grantees over the three-year grant period to identify barriers, test solutions, and share lessons learned with other Texas organizations.

The Integrated Health Care RFP is available on the Foundation's website. Applications will be due by February 15, 2006. Awardees will be announced on or around April 3, 2006. For more information, visit the Foundation's Integrated Health Care website at [www.hogg.utexas.edu/pages/IHC.html](http://www.hogg.utexas.edu/pages/IHC.html).

# Hogg Foundation Seeks Entries for Mental Health Reporting Award

News organizations and reporters from across Texas are encouraged to submit entries for the Second Annual James S. Hogg Award for Mental Health Reporting sponsored by the Hogg Foundation for Mental Health and the School of Journalism at The University of Texas at Austin.

The Mental Health Reporting award recognizes exemplary journalism that informs, educates, or empowers the people of Texas on issues related to mental health and mental illness. Entries must have been published or aired between Jan. 1, 2005 and Dec. 31, 2005. The deadline for submissions is Feb. 1, 2006.

Entries will be divided into print and broadcast (radio/television) categories and will be judged on writing/production quality, capacity for explaining complex issues, and contributions to public understanding about mental illness and associated stigma.

"News media are the primary source of information affecting how the public views and understands mental health issues," said Jeffery R. Patterson, communications director for the Hogg Foundation. "This award seeks to distinguish reporting that stimulates productive discussion about mental health issues and informs the public to reduce stigma and discrimination."

"Informed journalists can have a significant impact on public understanding of public health issues," said Lorraine Branham, director of the UT School of Journalism. "Award programs such as this are one way that the UT School of Journalism seeks to broaden reporters' knowledge and establish exemplars for truly great work."

The award is named for former Texas Governor James Stephen Hogg, who pursued a career as newspaper editor and lawyer before his career in politics.

First place winners will receive \$1,000, second place winners will receive \$500, and third place winners will receive \$250. Late or incomplete entries will not be accepted. Entries in languages other than English require complete translations. Winners will be announced in May 2006.

For more information, call the Hogg Foundation at 512-471-5041 or the UT School of Journalism at 512-471-1845. You can also access the award web site at: [www.hogg.utexas.edu/pages/journaward.html](http://www.hogg.utexas.edu/pages/journaward.html).

**The University of Texas at Austin**

Hogg Foundation for Mental Health

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**The Hogg Foundation's Mission**

*To develop, support, evaluate, and promote culturally relevant mental health services, research, public policies, and education.*

**REQUEST FOR PROPOSALS ALERT**

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## Integrated Health Care Initiative

The Hogg Foundation for Mental Health has announced that it is soliciting proposals for an Integrated Health Care Initiative scheduled to begin in 2006 (*See story, page one*).

Over a decade of rigorous research has demonstrated the effectiveness of models that integrate mental and physical health care, but few health care organizations employ them. The Hogg Foundation's Integrated Health Care Initiative will focus on addressing the barriers to integrated health care in Texas.

The Hogg Foundation will partner with grantees to address the clinical, financial, policy, and organizational barriers they encounter as they implement an evidence-based model for managing mental health disorders in the primary care setting.

For the next three years, the Foundation will invest a total of \$1.5 million a year in the Integrated Health Care Initiative. Approximately \$790,000 of those funds distributed annually will come from the Ima Hogg Endowment and will be used for children and family services in Harris County.

The Hogg Foundation expects to award grants in both rural and urban areas of Texas and to both child and adult providers.

Eligible organizations will include Texas-based public and private nonprofit health and mental health providers.

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**Application Deadline: February 15, 2006**

FOR MORE INFORMATION:  
[www.hogg.utexas.edu](http://www.hogg.utexas.edu)

- *Submit an application for funding online*
- *Find out more about the RFP process*
- *Read about Integrated Health Care models*
- *Access informational resources on Integrated Health Care*



**RFP Guidelines Available  
DECEMBER 1, 2005**

**Application Deadline  
FEBRUARY 15, 2006**

**Award Notification Begins  
APRIL 1, 2006**