



As part of the commitment to provide educational opportunities to donors, GHCF held a Lunch and Learn Series focusing on Mental & Behavioral Health and Adolescent Recovery.

During the sessions, we learned that:

- Gaps exist in coordination, prevention, early intervention, and workforce (there are not enough mental health professionals in Houston). There is also a gap in imagination.
- Solutions to explore: colocation of services, good public policy, integrated healthcare.
- Philanthropy can incentivize schools to train differently.
- Need equity in treatment and recovery options.
- Majority of people seeking care for behavioral health issues present in primary care settings.
- Most individuals served in behavioral health settings have physical/medical conditions.
- Individuals with severe mental illness die an average of 25 years earlier than the general population due to physical health ailments.
- Depression is the most common complication of almost all chronic or serious medical conditions.
- Integrated care models improve outcomes for underserved patients who may have transportation difficulties and other challenges because patients receive treatment in one location.
- Coordination of care ensures a patient's healthcare providers have all information to best work with a patient.
 - Primary care and behavioral health providers work together with patients and their families.
- Trauma and fear can cause arrested development in children and put them at higher risk for addictive behaviors as they get older.
 - Addictive substances and behaviors can also arrest development.
- Consistent, positive interaction with children is key for their brain development.
- The Dopamine Release and the Hedonic Threshold shows how certain addictive substances affect dopamine production.
 - Due to the stimulant properties of ADHD medications, children are at higher risk for addiction.
 - If the child needs medication, extra care and prevention should be utilized to lower the risk for addiction.
- You can reduce the stigma associated with mental illness through campaigns, conversations, and peer groups.
- Crisis system is the criminal justice system.
- Harris County Jail is the largest psychiatric facility in our area.
 - There is a lack of enough reasonable, "open door" care in Houston.
- All work with teens is prevention.
 - Past success was measured by abstinence in teens, instead of looking at "global functioning."

Click the following links to learn more about our speakers and view the slide decks from the presentations.

February 6, 2018: [Houston's Mental Health Landscape](#)

Alix CaDavid, Mental Health America of Greater Houston

Susan Fordice, The Hackett Center

Mel Taylor, Council on Recovery

March 21, 2018: [What is Integrated Care?](#)

Dr. Stephanie Chapman, Texas Children's Center for Children and Women

Alejandra Posada, Mental Health America of Greater Houston

April 24, 2018: [Prevention and Early Intervention](#)

Dr. Quianta Moore, Baker Institute for Public Policy

Dr. Crystal Collier, Council on Recovery

May 17, 2018: [Reducing Disparity in Mental and Behavioral Health](#)

Gwen Emmett, wife of Harris County Judge Ed Emmett

Elizabeth Perez, Harris County Public Health

George Youngblood, Teen and Family Services

To learn more about future mental health education opportunities at GHCF, please contact LaTanya Flix at 713-333-2229 or lflix@ghcf.org.