

Mental Health



UNCHANGED



ACTION NEEDED

CURRENT STATE

The public mental health system has not expanded to keep pace with the growing demand for services.

IDEAL STATE

Central Texans are mentally healthy.

CONTEXT

Central Texas lacks adequate resources for those who experience mental, emotional or substance use disorders. The disparities are particularly notable for those with lower household incomes. As with physical health, these disparities can be a barrier to aspirations of sustainability for an individual, a household and a region.

ADDITIONAL MEASURES

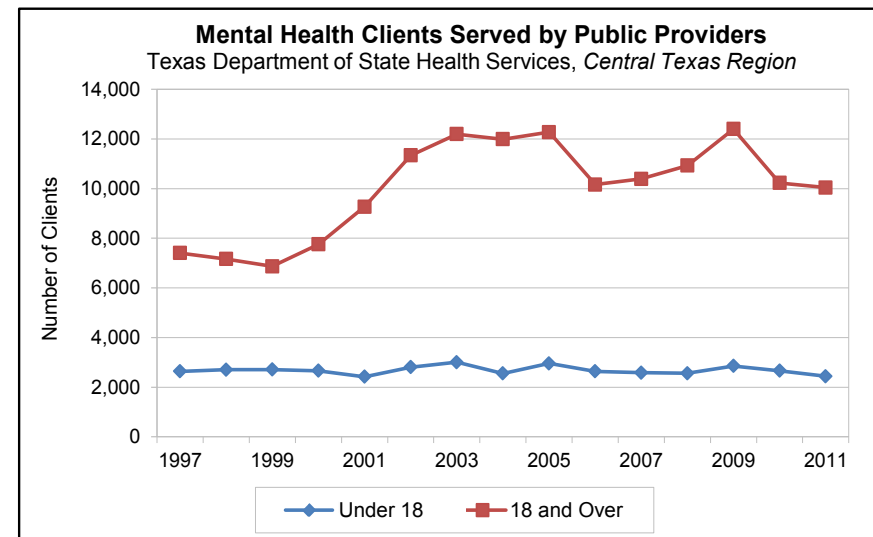
Substance Abuse Treatment
Youth Admitted For Substance Abuse Treatment

SOURCES

Page 114

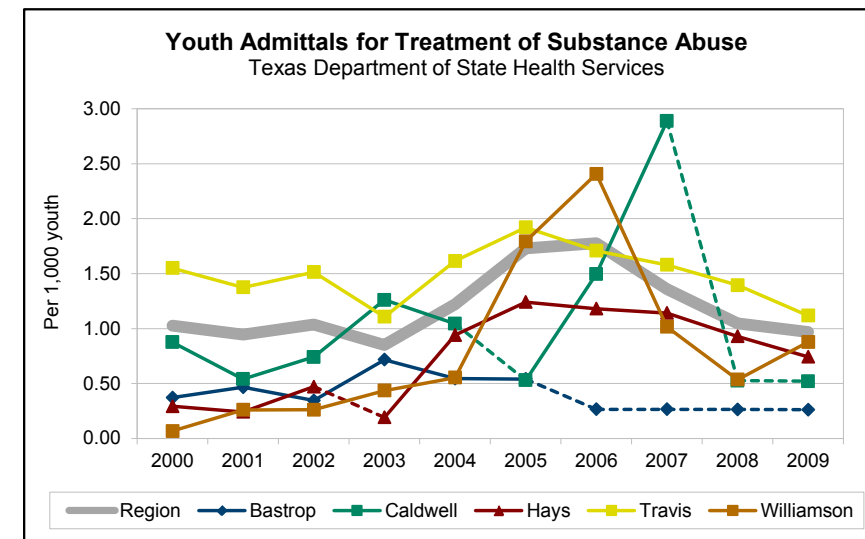
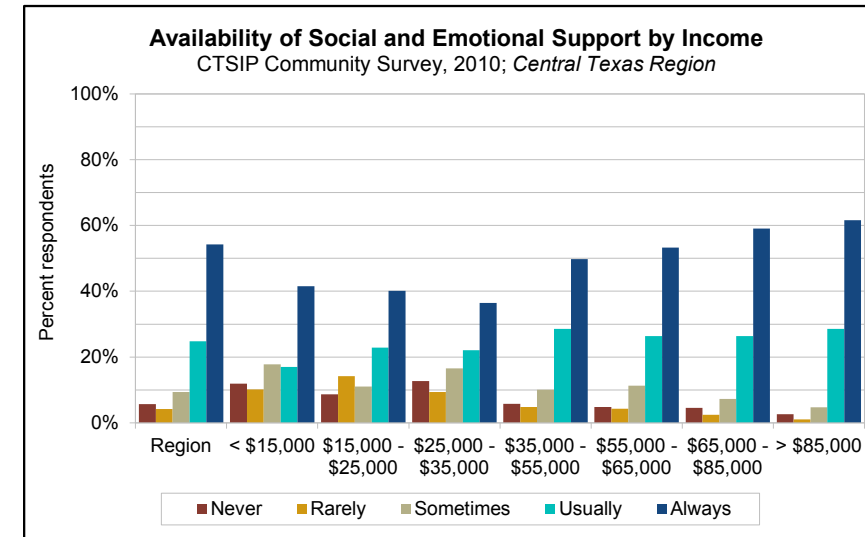
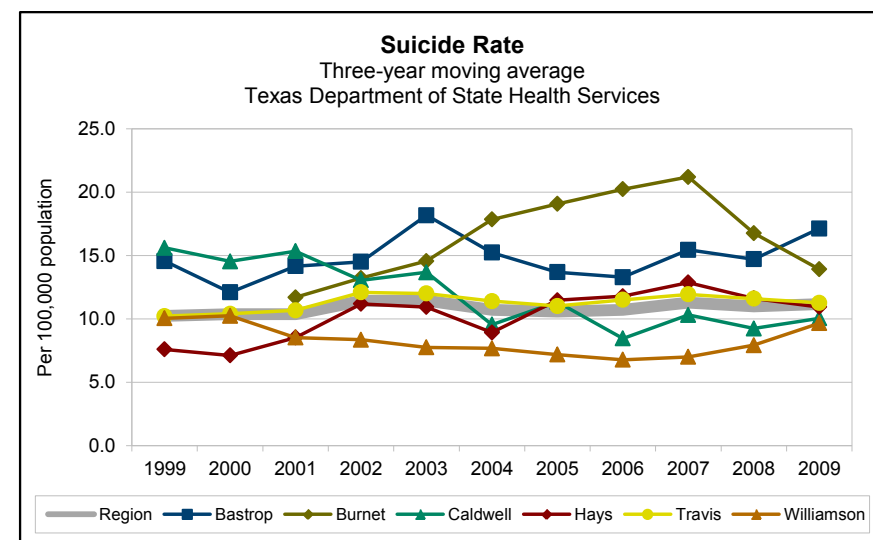
Clients Served By Public Providers

- The number of adult residents served by public mental health providers increased after 2006, spiking in the first half of 2009. Since this peak, however, the number has been in decline.
- The number of youth mental health clients remains fairly unchanged. According to Community Action Network reports, of the children and youth diagnosed with mental illness, only 18% receive the mental health treatment for which they qualify.



Suicide Rate

- Overall, the suicide rate for the Central Texas region has remained relatively steady over the past decade. Recently, the rates of Bastrop and Williamson counties have increased slightly, while the rate in Burnet County has declined.



Support

- Only half of Central Texas residents report "always" receiving the emotional and social support they need.
- The availability of emotional support appears related to reported household income.

Survey Question: How often do you get the social and emotional support you need?

Youth Substance Abuse

- Travis County has a fairly steady rate of youth admitted into substance abuse treatment centers; slightly higher than other Central Texas counties.
- The mid-part of the decade saw an increase in admittance numbers, reflected in Travis and Hays counties, and more severely in Williamson and Caldwell counties. This trend has declined in recent years.
- While not shown in this chart, the most common drug abused by the youth of Central Texas has been marijuana.
- Note: The Texas Department of State Health Services suppresses any youth admittance numbers less than 10. In these instances CTSIP has used 5 as a proxy and is identified in the graph by a dashed line.