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*"I truly believe the Emotional Backpack training our teachers received saved a student's life. A teacher called me from her classroom with a concern about a student in her class. I immediately went to get the student and found out that the student had a plan to end his life at the end of class. Had the teacher not known what to look for and not taken immediate action, I believe the student wouldn't be alive today."*

~Tomball ISD counselor regarding Center for School Behavioral Health Program

**Audit available upon request**

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## 2018 Annual Report to the Community



*An affiliate of Mental Health America*

Serving Harris, Fort Bend, Montgomery, Brazoria, Galveston, Liberty, Waller, Chambers, and Austin Counties

**Driving community solutions to promote  
good mental health for all.**



**A future of hope and understanding that promotes the  
health and well-being of all people.**

## A MESSAGE TO THE COMMUNITY

Dear Friends,

In July 2018, I packed up my SUV and drove halfway across the country to become President | CEO of Mental Health America of Greater Houston. I know why destiny brought me to this city and this organization. It's because Health Happens Here.

The dedicated professionals of MHA of Greater Houston are leading collaborative efforts through our integrated health care initiative to abolish the antiquated notion of physical and mental health as separate areas of wellness, and helping health professionals and organizations put into practice holistic interventions that overcome barriers for the most vulnerable in our community.

Because service members have often been placed in unimaginable situations, our team of veterans work tirelessly providing peer-to-peer support; educating on how best to address the mental health concerns of veterans; and supporting justice involved veterans to ensure that every veteran finds their way to home and health.

Our Center for School Behavioral Health is contributing to the enhancement of conditions for school districts to create trauma-informed environments by serving as a living laboratory for incubating innovative, cost-effective, and replicable best practices to improve the behavioral health of students.

In the aftermath of Hurricane Harvey, through our mental health literacy efforts, we aided in moving our community toward healing, serving as the hub to disseminate timely and reliable information. We tailored our educational and workshop services to meet the immediate need, as well as advancing disaster and trauma recovery for the long term.

As we look to the new year we remain committed to our collective impact approach for systems change and will continue our charge to build resiliency within individuals, families, and our communities as that is the best way forward.

In service,

Renae Vania Tomczak, MBA  
President | CEO



Mental Health America of Greater Houston is a 501c3 non-profit organization

## BENEFIT TO THE COMMUNITY

### A Snapshot of Our Commitment to Wellness

#### HURRICANE HARVEY RELIEF

- In the wake of the disaster, MHA of Greater Houston staff provided education and training to more than 6,000 first and frontline responders, educators, volunteers, and community members.

#### CENTER FOR SCHOOL BEHAVIORAL HEALTH

- In partnership with UNICEF and Kognito, *Trauma-Informed Practices for K12 Schools*, was developed as an interactive professional development solution for educators to build skills, confidence, and empathy to better support students whose behavior might be caused by trauma or distress.
- The 3rd annual School Behavioral Health Conference drew more than 650 attendees. First time policy symposium brought together teams from 17 school districts that included a panel on equity and discipline highlighting the reality that exclusionary discipline and implicit bias play a significant role in whether students of color receive appropriate behavioral health services.

#### VETERANS BEHAVIORAL HEALTH

- Implementation of trauma-informed trainings including Veterans Mental Health First Aid and Texas Commission on Law Enforcement (TCOLE) approved crisis de-escalation training for law enforcement personnel.
- Joined the SAMHSA/VA Mayor's Challenge to Prevent Veteran Suicide Among Service Members, Veterans and their Families.

#### INTEGRATED HEALTH CARE INITIATIVE

- In collaboration with HOPE Clinic, Texas Children's Hospital/Texas Children's Health Plan, Christ Clinic (Katy), Northwest Assistance Ministries, and Krist Samaritan Counseling Center, we implemented five collaborative projects that increased access to behavioral health services.
- As part of its workforce development offerings, the IHCI facilitated three communities of practice – one for collaborative project sites; one for medical schools (Dell Medical School and the University of the Incarnate Word School of Osteopathic Medicine); and one for providers on transitioning to value-based payment for IHC.

#### MENTAL HEALTH LITERACY

- For the first time, we offered the Public Safety version of Mental Health First Aid. Utilizing this module, we trained almost 200 Harris County Precinct 3 officers and received very positive feedback from the Precinct 3 Constable's office.

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