

2023 IMPACT REPORT

www.mhahouston.org

*Empowering the community
through mental health
education, advocacy, and
connection to care.*

2023 Impact Report

Dear Friends,

This past year we moved with speed and intentionality to re-imagine our role in addressing mental health and enhancing access to resources by positioning us to remain on an impactful and sustainable path as a trusted partner in wellness. To begin, we asked ourselves *"how do we adapt to emerging new concerns and lead to a different future for our community."*

The answer is by focusing on creativity and innovation at the forefront to ensure a healthier future for those struggling with mental health challenges. As an example, recognizing that mental health issues frequently emerge in primary care settings, in 2023 we introduced an innovative Behavioral Health Consultant Certificate Course, a pioneering initiative in Texas, presented in collaboration with Rice University's Glasscock School of Continuing Studies. This program equips licensed professionals with the skills to effectively deliver mental health services during primary care visits. Such initiatives not only support behavior modification but also hold promise in mitigating the complexities associated with chronic diseases.

As our journey continues, we will remain flexible, adaptable, and nimble to effectively address both individual and community mental health challenges, recognizing the importance of adjusting our approaches to meet evolving needs and circumstance. I encourage each of you to join us in this important effort. Together, we can create a community where mental health is prioritized, and every person lives a life of dignity, resilience, and hope.

In service,

Kerac Varia Torczyk, MBA

President & CEO



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People screened for
mental health concerns

22,775



What happens after someone
takes a mental health screen at
mhahouston.org/screen

- Immediate results that can be printed and shared with a medical or mental health professional
- DIY tools and coping skills
- Linkage to treatment resources

Top Concerns

- Depression
- ADHD
- Anxiety

Top Reasons People Screened

- Loneliness or social isolation
- Body image or self image
- Relationship problems
- School or work problems

10,964 Student

4,590 LGBTQ

4,546 Trauma survivor

1,792 Healthcare worker

948 Caregiver of someone living with emotional or physical illness

788 New or expecting parent

543 Veteran or active duty military

Need help finding resources?

Email us at info@mhahouston.org or call 713-523-8963

2023 Impact Report



Children's Mental Health

2,003

School staff trained in Emotional Backpack professional development

134,769

Students enrolled in Emotional Backpack districts

264

Art Showcase Submissions

53

Districts Served

25

Speaking Engagements



Training & Outreach

3,432

People trained to recognize, refer, and respond to mental health issues

328

Organizations Served

47

Texas Counties Served

96%

Participants likely to recommend training to others

22

Media appearances to educate the public



Peer Services

1,690

Veterans, service members, and family members that were connected to services

274

Justice involved veterans engaged through jail, prison, or law enforcement

108

Justice involved veterans receiving peer mentoring through the Harris County Veterans' Treatment Courts

26

Veterans Treatment Court Graduates

24

Peer-led support group meetings

90%

Participants eligible for graduation who graduated



Integrated Behavioral Health

473

Professionals trained to bring mental health into every aspect of care

20

Behavioral Health Certificate Course Graduates

2023 Impact Report

Community and Stakeholder Engagement:

Led by Mental Health America of Greater Houston staff, the 33-member statewide Collaborative Task Force on Public School Mental Health Services released its Year 3 Report providing groundbreaking data into school-based mental health needs and 28 policy solutions to address gaps in supports.

300+ HOURS



working with other education and mental health advocacy organizations during the 88th Session under a collective action impact model



Membership in 16 collaboratives **engaging over 342 non-profit** and community service organizations in order to increase mental health access across the state

342

community organizations served through collaborations

Advocacy & Government Relations:

300+ HOURS



strategizing with other education and mental health advocacy organizations during the 88th Session under a collective action impact model

OVER 15 HOURS



of one-on-one negotiation meetings with elected officials and their staff advocating for good mental health policy remains at the forefront of advancing legislation.



Rebecca Fowler testifying before the House Select Committee on youth health and safety on March 20, 2023.

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Behavioral Health Consultant Certificate Course

As the only course of its kind in Texas, Behavioral Health Consultant Certificate Course provides the skill set needed to increase access to behavioral health services by focusing on behavioral and physical health conditions in primary care.

Launched in February 2023, this course teaches unique skills to understand and address existing health disparities, improve health equity, and promote health in vulnerable and historically excluded populations.

The scope of a Behavioral Health Consultant in primary care goes beyond managing mental and behavioral health concerns. Their role also includes the management of chronic medical conditions such as diabetes, asthma, and chronic kidney disease.

2023 Behavioral Health Consultant Certificate Course graduates:



"...BHC-CC offers hope in the success of an integrated care approach, especially in community mental health where it is most needed...I would recommend and encourage mental health providers to take the course..."

-KIMM PEREZ, PHD, LPA, LPC-S, LSOTP-S

GET INVOLVED

Inspired by our work?
Here are some ways you can get involved.

1

MONTHLY GIVING

Help veterans, educators, and health care professionals provide their communities with necessary mental health resources in the Greater Houston Area.

Monthly giving is a simple, sustainable way to support Mental Health America of Greater Houston in providing these compassionate community members with early identification and prevention mental wellness trainings. Join today at mhahouston.org/ways-to-give.

2

JOIN US FOR THE CHEVRON HOUSTON MARATHON

The Chevron Houston Marathon Run for a Reason (RFAR) charity program connects the philanthropic community to passionate race participants willing to raise funds and create awareness for meaningful causes. Join Team MHA as we run for mental health in Greater Houston! Join our team at mhahouston.org/events/marathon.

3

FUNDRAISE FOR MHA OF GREATER HOUSTON

Turn your passion for mental health into action by starting a fundraiser. No matter how you choose to raise funds, we are here to help you. Visit mhahouston.org/ways-to-give for more information.

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DAV Charitable Service Trust
The Ellwood Foundation
Enercorp
Episcopal Health Foundation
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Harvey R., Jr. and Patricia W. Houck Foundation, Inc.
Hauck Charitable Foundation
HEB
Hogg Foundation for Mental Health
Ibn Sina Foundation
Jacob & Betty Friedman Legacy Fund at HJCF
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**Mental Health America of
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Tax ID 74-1272394
2211 Norfolk St., Ste. 810
Houston, TX 77098
P: 713-523-8963
W: mhahouston.org
info@mhahouston.org