



THE MEADOWS MENTAL HEALTH POLICY INSTITUTE

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**A Mental Health Policy Institute for Texas**

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# About MMHPI

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## ■ History

- The Meadows Mental Health Policy Institute traces its origins to the vision of The Meadows Foundation and its philanthropic leadership throughout the State of Texas on mental health and other vital public issues.

## ■ Mission

- To support the implementation of policies and programs that help Texans obtain effective, efficient mental health care when and where they need it.

## ■ Vision

- For Texas to be the national leader in treating people with mental health needs.

## ■ Key Principles

- Accessible & effective behavioral health care
- Accountability to taxpayers
- Delivery through local systems & collaboration
- Data driven quality outcomes
- Necessary robust workforce

# In Depth Review of Leading Policy Institutes

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Washington State  
Institute for  
Public Policy

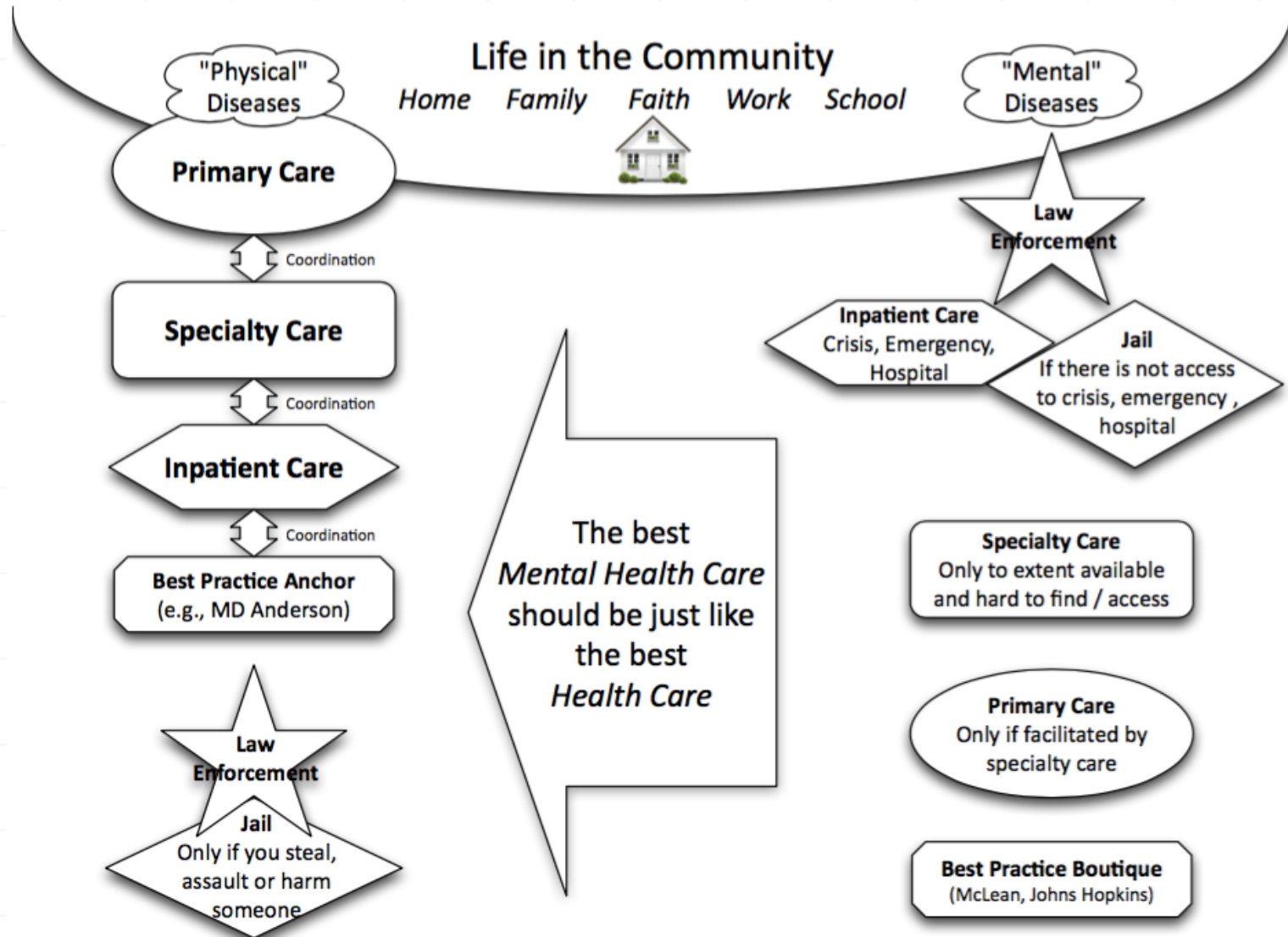


# Why Are We Talking About Mental Health?

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- Shift from “mental health” to “brain health.”
- Nationally, adults with severe mental illness “age” faster:
  - Die on average at age 56 (49.5 in Texas).
  - Deaths are primarily driven by preventable and/or treatable diseases:
    - ▶ Metabolic diseases (e.g., diabetes, cardiovascular)
    - ▶ Respiratory diseases (e.g., COPD)
    - ▶ Infectious diseases
- Chance to discuss our approach to leveraging philanthropy / foundations for transformative change (which may or may not be “moon shots”).

# Our Transformative Challenge



# Is This a “Moon Shot”?

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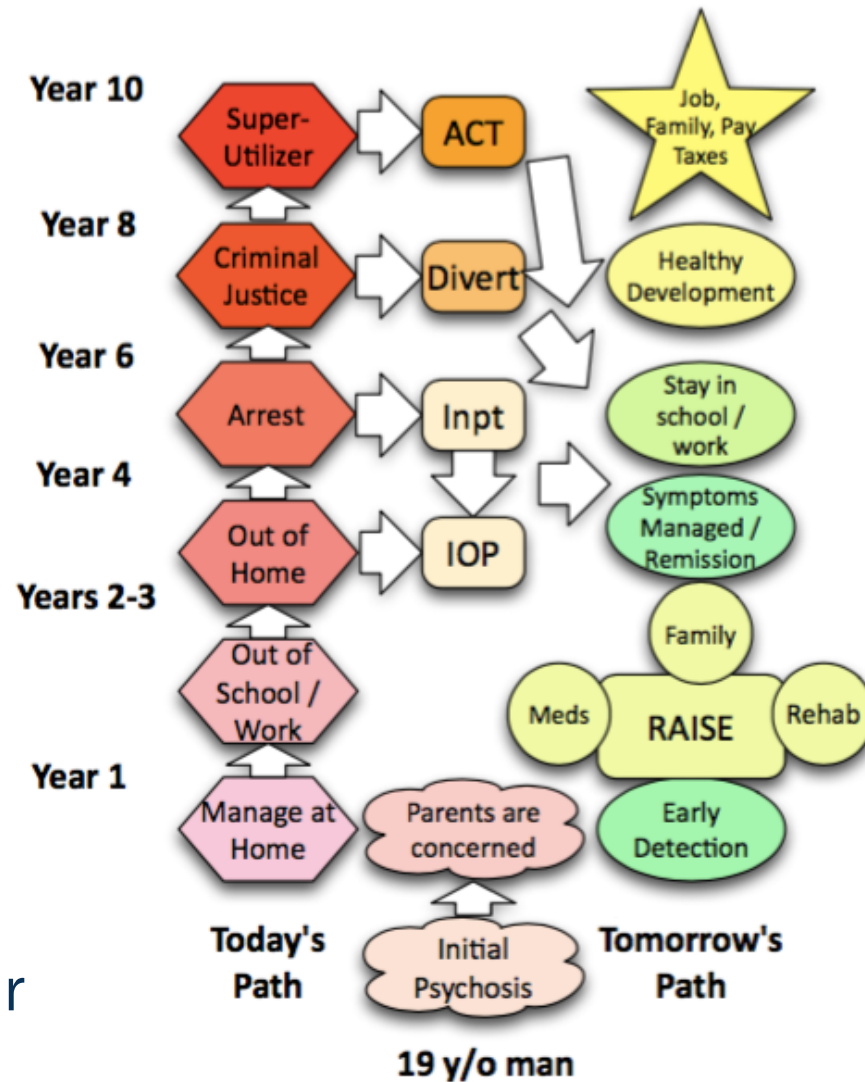
- Maybe:
  - If we mean a low probability / high leverage goal? No.
  - If we mean an unprecedentedly rigorous application of existing technology? Yes.
- Examples:
  - First Episode Psychosis
  - Universal Depression Screen / Behaviorist Access
  - Example: Acute Lymphoblastic Leukemia

# Transforming Super-Utilization to Recovery

Texas Population:

- 27 million people
- 1 million with serious mental illness (SMI)
- 60,000 people who “super-utilize”
- 4,000 people with a first episode of psychosis each year

## "Super-Utilization" Vs. Early Intervention



# Supportive Strategies

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- Helping policy makers connect with science to inform policy and plan multi-year transformation.
- Helping policy makers ground both “moon shots” and incremental work in science by helping to organize networks of scientists, medical institutions, and communities to work as teams.
- Helping philanthropists and foundations organize and plan (rather than being picked off by the “scientist / project du jour”).
- Helping to inform the public (“Okay to Say”).



TEXAS STATE  
— of —  
MIND

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okay  
to say

*The truth is: mental illness affects more people than you may think, and we need to talk about it. It's Okay to say..."* [okaytosay.org](http://okaytosay.org)

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