

Evaluation of Behavioral Health Services in a 16 County Area: Provider, Patient, and Technology Trends

Sachita Bhattra, Randi Veasely and Dr. Mari Tietze, PhD, RN-BC, HIMSS

ABSTRACT

PROBLEM: Behavioral health needs are on the rise and studies suggest that young and older population are at particularly high risk. Texas has one of the lowest number of behavioral health professionals per capita of all 50 states. The purpose of this study is to explore the state of behavior health, to identify provider and patient trends in a 16-county area of Texas, and to investigate potential economic impact.

ELIGIBILITY OF STUDIES: Studies were focused on the behavioral health discharge claims international clinical diagnostic 10 (ICD-10) medical codes and the associated patient outcomes. Demographic of all genders, races, ethnicities, and health backgrounds were included. Focus was also on providers such as psychiatrists, social workers, and counselors who delivered behavioral health services. Potential use of innovative care delivery technology such as mobile apps was included.

RESULTS: Results will be used to identify needed areas for improvement and to predict trends in behavioral health care delivery and costs (e.g., readmission rates and emergency department services utilization).

CONCLUSIONS AND IMPLICATIONS: Behavioral health patient needs will be identified along with potential innovative technologies trends. This analysis along with the number and characteristics of behavioral health providers will yield suggestions for improved behavioral health outcomes.

Acknowledge support of DFWHC Foundation and Dr. Sushma Sharma

Data Source

Healthy North Texas is a web-based source of community health and population data. This website is an initiative of the DFWHC foundation through the work of the community health collaborative. It helps to invite planners, policy makers, and community members to use the site as a tool for community assessment, strategic planning, identifying best practice for improvement, collaboration and advocacy. This practice helps community to improve the health and the well being of North Texas residents.



Source: www.healthynTexas.com , data source for this project

Organization County	Organization Name	Contact	COE Contact
Dallas County	Dallas Whole Life Counseling	North Dallas Location 6380 Lyndon B Johnson Freeway Suite 299 Dallas, TX 75240	Owner and Clinical Director Dr. Heather Robbins
		Phone & Email (972) 755-0996 contact@dallaswholelife.com	
Dallas County	Homeward Bound, Inc.	Address: 233 W 10th St, Dallas, TX 75208 Phone: (214) 941-3500	Executive Director Douglas W. Denton
Dallas County	Brain Performance Center Dallas	Las Colinas/Irving Center 5605 N MacArthur Blvd #1000 (10th Floor) Irving, TX 75038 817-500-4863	Clinical Director Leigh Richardson,

Sample of behavioral health contact list created for this project

Behavioral Health

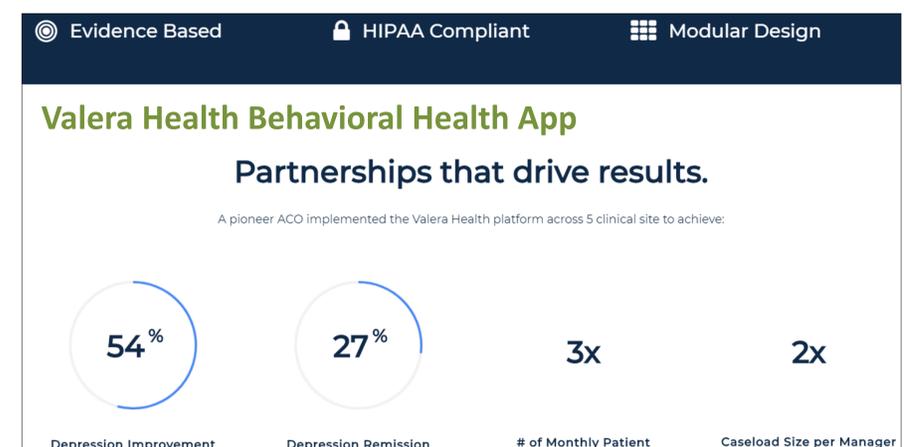
Behavioral health and mental illness are on the rise. Studies suggest that young and older population are at particularly high risk and acquire associated service expenses. The purpose of this study is to explore the current state of behavior health, to identify provider and patient trends in a 16-county area, and to investigate potential economic impact. The rate of behavioral health issues in the U.S. has been increasing over time. Behavioral health related to substance abuse and alcohol abuse have been of particular concern. In the next two slides we can get to know more about substance abuse and alcohol abuse.

Technology Trends

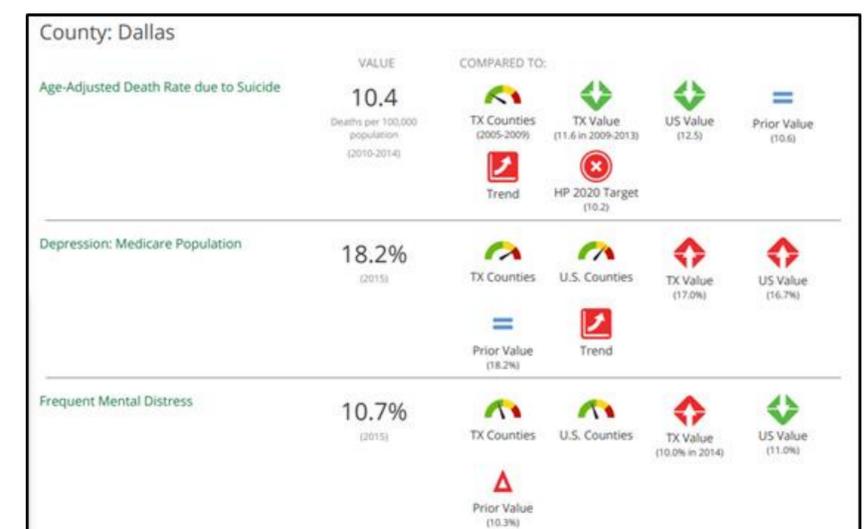
Substance abuse refers to the harmful or hazardous use of psychoactive substances, including alcohol and illicit drugs. (World Health Organization, 2018) Substance abuse, which is comprised of drug, alcohol and other substances abuses are increasing in numbers. High use of these substance, not only bring crimes to the society but also tends to develop various psychological disorders as well as depression.

Symptoms

- Changes in life/ personal issues
- Depression
- Financial problems
- Involvement in bad works.



Source: <https://valerahealth.com/> behavioral health mobile app



Sample of behavioral health trend statistics for this project