

United Way of Metropolitan Dallas

*serving Dallas, Collin, Rockwall Counties
and Greater Lewisville*



what matters.™

2006 Community Needs Assessment Creating a Healthier Community

Mental Health and Counseling

Mental Health and Counseling – North Texas Overview

Definitions:

For adults, estimates are provided for the following types of disorders. (The descriptions are adapted from the Diagnostic and Statistical Manual of Mental Disorders.)

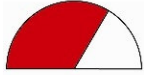




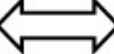


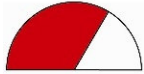
- Schizophrenia: Characterized by chronic and usually serious mental disorder affecting a variety of aspects of behavior, thinking, and emotion.
- Bipolar Disorder: Characterized by dramatic mood swings or episodes of Mania, Hypomania, or Major Depression.
- Major Depression: Characterized by persistent and pervasive depressed mood and/or loss of interest or pleasure.
- Anxiety: Characterized by excessive and hard to control anxiety occurring persistently.
- Lifetime Dysthymia: Characterized by emotional depression that persists for years, usually with no more than moderate intensity.
- Phobia: Characterized by avoidance of a situation out of fear or out of anticipation that anxiety would accompany exposure.

For more detailed descriptions of the disorders listed above, see the Diagnostic and Statistical Manual of Mental Disorders-IV-TR (Text Revision), fourth edition, 2000, American Psychiatric Association.

In the North Texas region, the suicide rates for persons 15-24 years of age decreased in 2002, but then the rate increased in 2003. The suicide rate for persons 65-74 increased in 2001, but then started to decrease in 2002-2003. In the North Texas region, the suicide rate for persons 65-74 in 2001 and 2003 was higher than the state and the U.S. rates. Collin, Dallas, and Denton Counties have seen an increase of children and adults served by NorthStar, the area provider of mental health/mental retardation (MHMR) services, in 2001 thru 2004.

The U.S. Census Bureau estimates rate of children and adolescents with mental illness at 118.0 per 1000. The estimated rate of adults with mental illness is 141.6 per 1000. Other than service numbers (average number of clients served, etc.), it is difficult to precisely gauge the mental health of the community.

Mental Health and Counseling: Indicators and Trends

INDICATOR	SUMMARY	TREND	CONDITION
Estimated number of adults with serious mental illness	The Surgeon General estimates that 5.4% of adults in the U.S. have a serious mental illness. This rate translates to more than 138,000 adults in the North Texas region in 2005.	N/A	 Concerned
Estimated number of children with a diagnosable mental illness	The Texas Department of State Health Services estimates that about 12% of children and adolescents in Texas have a mental disorder.	N/A	 Concerned
Estimated number of children with a serious mental or emotional disorder	The Surgeon General estimates that 7% of children in the U.S. have a serious mental or emotional disorder. This rate translates to more than 68,000 children in the North Texas region in 2005.	N/A	 Concerned
Number and rate of suicides (ages 15-24)	In 2000, the suicide rate for the North Texas region (8.0) and the rate for 2003 (9.4), which is slightly lower than Texas average (10.2). (Rates per 100,000 population)	 Same or Mixed	 Concerned
Number and rate of suicides (ages 65-74)	In 2000, the suicide rate for the North Texas region (10.9) and then saw a significant increase in 2001(19.1). In 2001, the North Texas region had a higher rate than the state and U.S. The suicide rate has decrease slightly from 2002 (13.6) to 13.4 in 2003. (Rates per 100,000 population)	 Same or Mixed	 Concerned
Number of persons served through NorthSTAR (monthly average)*	The number of adults and children served through NorthSTAR increased from 11,046 in State Fiscal Year (SFY) 2000 to 17,850 in SFY 2004. During SFY 2004, an estimated 247,627 people were eligible for services, but the number served was only 17,850 (monthly average).**	 Worsening	 Concerned

**The estimated number of persons eligible was calculated by taking 20% of persons in the service area who meet the income eligibility requirements. (The Texas Department of State Health Services estimates that about 20 percent of the adult population has some form of mental illness over a one-year period.)

*The NorthSTAR service area includes Collin, Dallas, Ellis, Hunt, Kaufman, Navarro, and Rockwall Counties.

Note: While NorthSTAR data are indicators for mental health services, these data are dependent on funding levels and eligibility criteria.

Mental Health and Counseling: By County

Collin

- The monthly average of persons served by NorthStar between 2001 and 2004 has increased every year for children and adults.

Dallas

- The monthly average for persons served by NorthStar has increased every year between 2001 and 2004 for both children and adults.

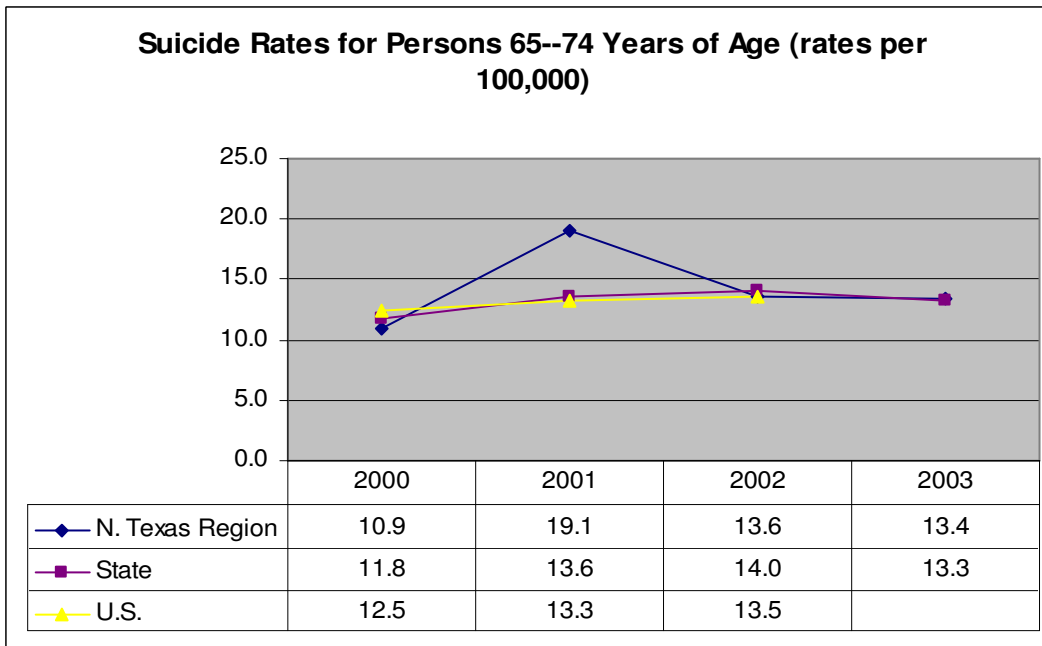
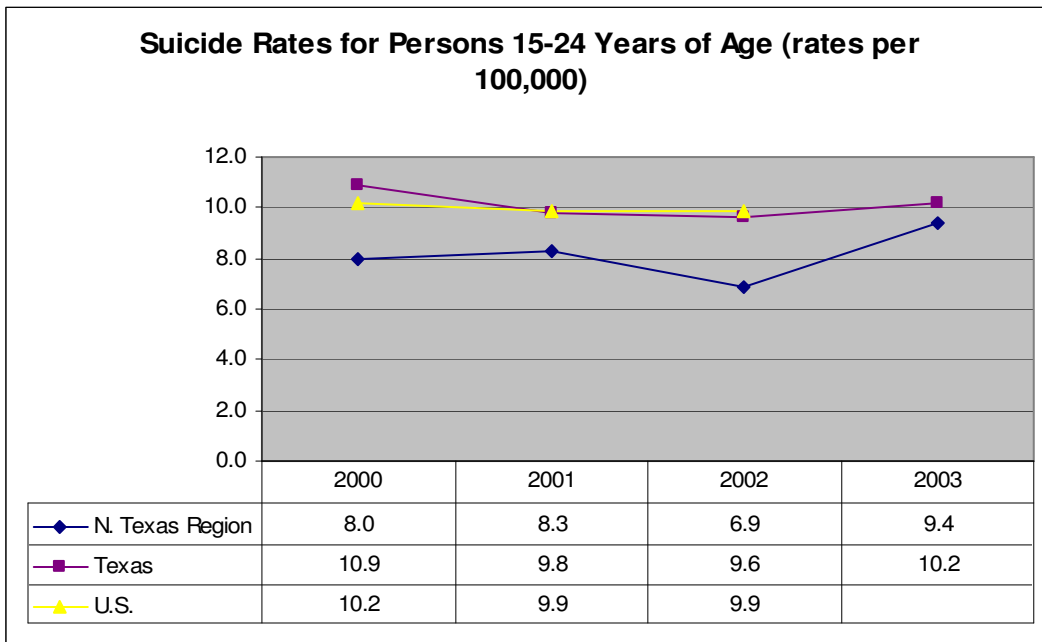
Denton

- Denton had the highest rate of adults with mental illness of all four counties in 2005.

Rockwall

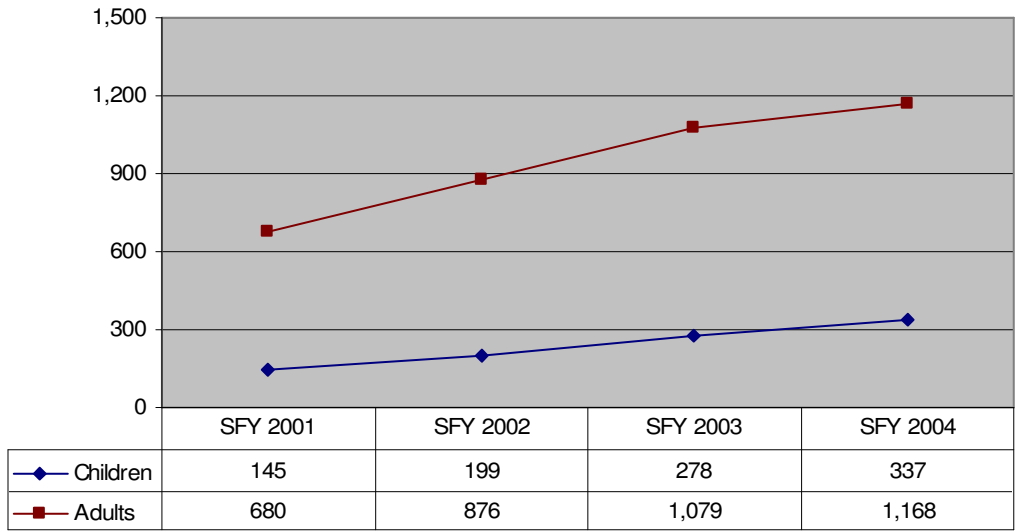
- The monthly average number of persons served by NorthStar between 2001 and 2004 has increased every year for children and adults.

Mental Health and Counseling: Supporting Data

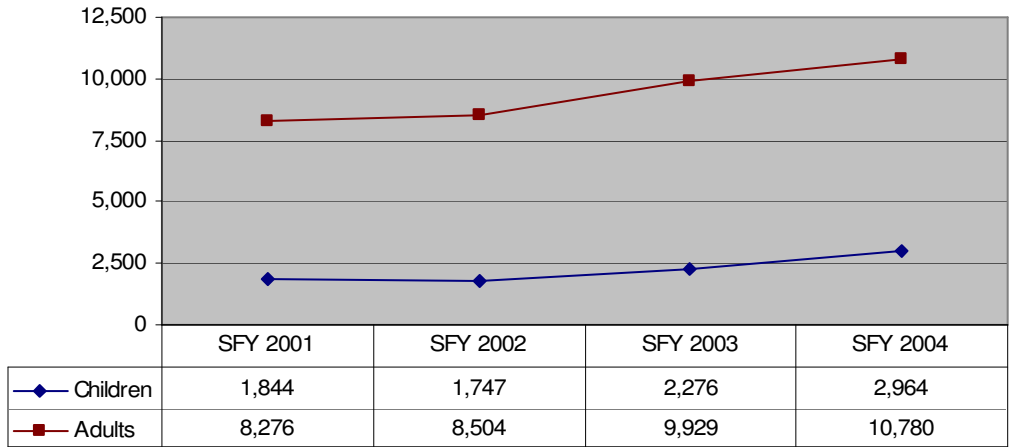


Source: Texas Department of State Health Services (both charts above)

Persons Served by NorthStar in Collin County (monthly average)

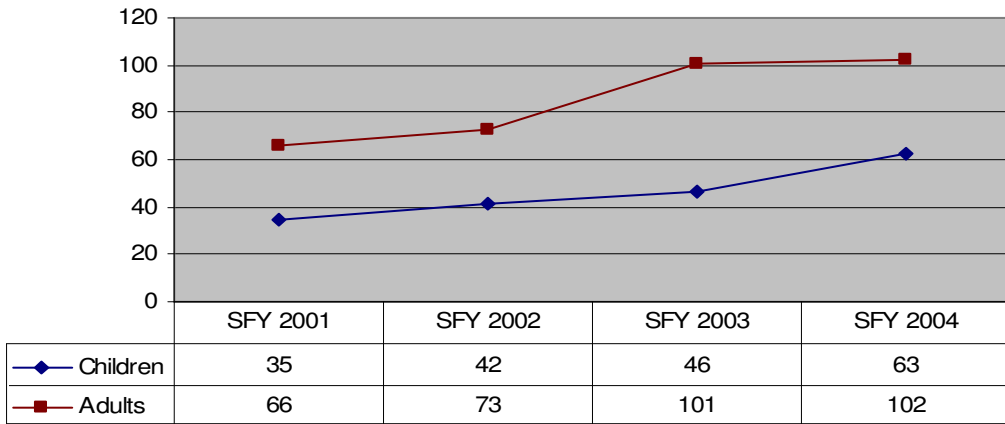


Persons Served by NorthStar in Dallas County (monthly average)



Source: NorthStar (both charts above)
 SFY: State Fiscal Year (September 1-August 31)

Persons Served by NorthStar in Rockwall County (monthly average)



Source: NorthStar (both charts above)
 SFY: State Fiscal Year (September 1-August 31)