



MENTAL HEALTH IN 2021

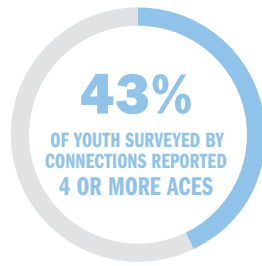
Mental health continues to be addressed and prioritized in our community.

McKenna works with nonprofit partners to ensure anyone experiencing a mental health concern has access to the proper resources. These organizations also help screen and identify risk factors within the community while advocating for proper assistance.

RISK FACTORS

ADVERSE CHILDHOOD EXPERIENCES (ACES)

ACEs are adverse childhood experiences that harm children's developing brains and lead to changes in how they respond to stress. As your ACE score increases, so does your risk of disease and social and emotional problems. **Nationally, 16% of the youth studied reported 4 or more ACEs.**



5.8 THE AVERAGE NUMBER OF ACES REPORTED BY YOUTH SERVED AT CONNECTIONS

REPORTED CAUSES OF MENTAL HEALTH CRISES

Data collected from 2017 through 2020 found that **50%** of MCOT clients and **29%** of students assessed by Signs of Suicide (SOS) have attempted suicide in the past.

TOP THREE CAUSES OF CRISIS BY PROGRAM

Program	Top Cause	Percentage
SOS	Family Conflict	46%
	Mental Health Concerns	23%
	Academic/Work Stress	23%
MCOT	Mental Health Conditions	85%
	Family Conflict	38%
	Past Trauma	20%

PREVALENCE

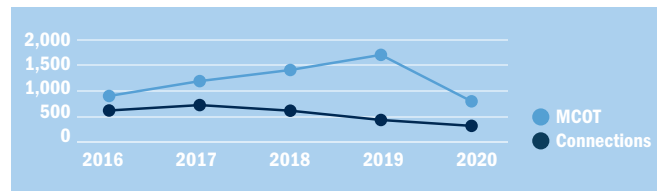
MCOT CRISIS CALLS

Providing a 24-hour-a-day emergency response to mental health crises; the Mobile Crisis Outreach Team (MCOT) has nearly doubled the number of clients served since its inception.

CONNECTIONS CRISIS LINE

In the past five years, Connections has answered over 2,650 calls from individuals experiencing a crisis and connected them to needed services.

CRISIS RESPONSES BY YEAR



IN THE PAST FIVE YEARS

CHILDREN'S ADVOCACY CENTER OF COMAL COUNTY

2,019 children screened during forensic interviews by CACC in the past 5 years due to reported abuse.

1,552 reported child abuse/neglect cases in Comal County in 2018 as reported by DFPS.

512 children have been provided with counseling services to help them cope with the trauma of abuse.

5,532 direct service hours have been provided to children and families.

94 children have graduated from counseling services.

93% average percentage of children showing a decrease in symptoms associated with abuse.

COMMUNITIES IN SCHOOLS OF SOUTH CENTRAL TEXAS

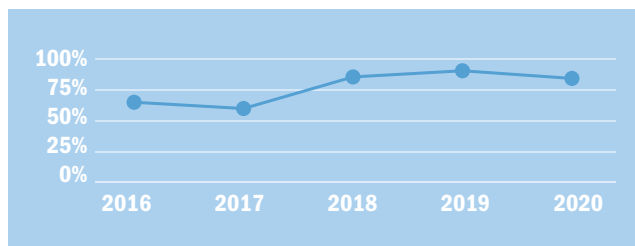
15,962 students have participated in the Signs of Suicide (SOS) presentation with **1,865** students assessed by CIS counselors due to risk of suicide.

707 students received over **5,305** hours of counseling.

CONNECTIONS INDIVIDUAL AND FAMILY SERVICES

5,830 individuals received counseling services over the past five years. That's an average of over **1,100** clients a year.

CONNECTIONS CLIENTS SHOWING IMPROVEMENT AFTER SERVICES



RIVER CITY ADVOCACY & COUNSELING CENTER

766 individuals participated in **2,150** peer group sessions.

969 individuals participated in **8,413** individual counseling sessions.

HILL COUNTRY MENTAL HEALTH AND DEVELOPMENTAL DISABILITIES CENTER

6,073 individuals in a psychiatric/behavioral health crisis were provided services by MCOT.

Over **350** individuals were provided with emergency psychiatric evaluations within **72** hours of their crisis.

4,350 individuals and families were referred to other nonprofits as needed.