



# MENTAL HEALTH IN 2021

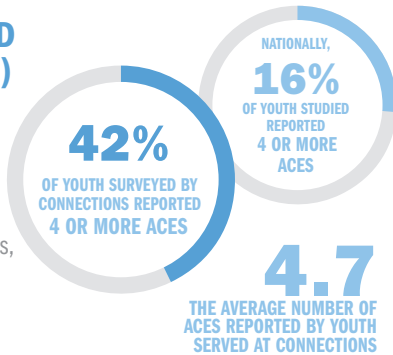
Mental health concerns rise post pandemic and our nonprofits expand to meet the growing need.

McKenna continues to work with nonprofit partners to ensure everyone concerned about their mental health has access to the proper resources. These organizations are responding to increased need and critical circumstances with life saving 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.



## POST PANDEMIC CHANGES

Emerging from the pandemic, youth have returned to school and activities coming back into contact with systems that care. Adults have returned to workplaces and resumed social activities. The result is a sharp rise in identified crises. A concerning trend of more serious symptoms in younger children is emerging.

### TOP THREE INDICATORS OF CRISIS

*All indicators increased over the last year*

CHILDREN/YOUTH	ADULTS
Depression 69%	Mental Health Concerns 90%
Anxiety 49%	Family Conflict 41%
Self Esteem 45%	Past Trauma 23%

## PREVALENCE

### MCOT CRISIS CALLS

Providing a 24-hour-a-day emergency response to mental health crises, the Mobile Crisis Outreach Team (MCOT) responded to community members in need. In the last 12 months:

**77%**

OF INDIVIDUALS SEEN WERE CURRENTLY SUICIDAL

**49%**

OF INDIVIDUALS SEEN ATTEMPTED SUICIDE IN THE PAST

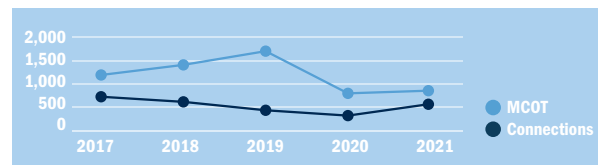
**44%**

OF INDIVIDUALS SEEN HAD A PLAN AND INTENT TO KILL THEMSELVES IN THE MONTH PRIOR

### CONNECTIONS CRISIS LINE

In the past five years, Connections has answered over **3,980** 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

**2,333** children screened through forensic interviews by CACC in the past 5 years due to reported abuse.

**1,731** reported child abuse/neglect.

**577** children provided with counseling services to help them cope with the trauma of abuse.

**6,532** direct service hours to children and families.

**100** children have successfully completed counseling services.

**9,433** cases reviewed from statewide intake.

### COMMUNITIES IN SCHOOLS OF SOUTH CENTRAL TEXAS

**29,470** students connected with CIS mental health awareness programs.

During the 21-22 school year:

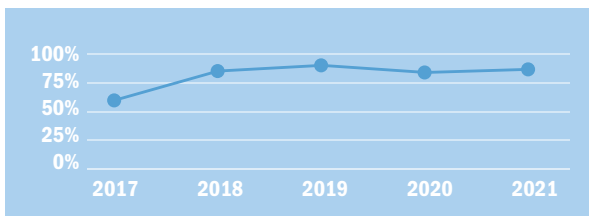
**7,071** students engaged with a site coordinator with

**4,464** receiving direct mental health support.

### CONNECTIONS INDIVIDUAL AND FAMILY SERVICES

**6,109** individuals received counseling services over the past five years. That's an average of over **1,222** clients a year.

#### CONNECTIONS CLIENTS SHOWING IMPROVEMENT AFTER SERVICES:



### RIVER CITY ADVOCACY & COUNSELING CENTER

**1,033** individuals participated in **3,050** peer group sessions. **1,412** individuals participated in **12,269** individual counseling sessions.

### HILL COUNTRY MENTAL HEALTH AND DEVELOPMENTAL DISABILITIES CENTER

**1** death by suicide every **14** days in Comal County.

Client census has increased **48%** since pre-pandemic.

Primary diagnoses seen in adults are **BI-POLAR DISORDER** and **MAJOR DEPRESSIVE DISORDER**.

**ANXIETY** and **DEPRESSION** are primary diagnoses with children/young adults.

In addition to serving close to **2,270** people in Comal County, they are also the primary mental health provider to the Comal County jail, Next Step program, and Mental Health Court.