



*2014 Treasures of Texas Gala*

# **OUR PROMISE**

**INVESTING IN CHILDREN'S MENTAL HEALTH**



*2014 Treasures of Texas Gala*  
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INVESTING IN CHILDREN'S MENTAL HEALTH



River Oaks  
Country Club  
November 4, 2014

### GALA CHAIRS

Lisa Yoho                      Lisa Mellencamp                      Nancy J. Corbet

### GALA COMMITTEE

Theresa Fassihi, Ph.D.      Anne Frischkorn                      Tany James                      Suzan Magriso Samuels  
Mary Parnham                      Sarah E. Nash                      Stacy Johnson

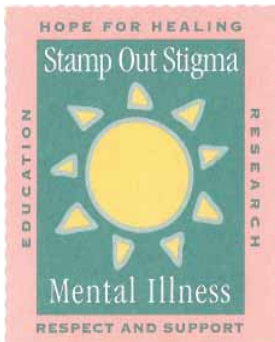
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Maureen Hackett                      Jim McIngvale



### SPIRIT OF HOPE AWARD

The Spirit of Hope Award was created in 2004 as a tribute and living legacy in honor of Joan Alexander for her stalwart commitment to eliminate stigma and increase understanding of brain disorders. This esteemed award is given on those rare occasions when an individual demonstrates Joan Alexander's indomitable spirit and her singular ability to convey hope to those living with mental illness.

### SPIRIT OF HOPE RECIPIENTS

Joan Alexander (2004)  
Cheryl Burguières (2005)  
State Representative Garnet Coleman (2010)  
State Representative John Davis (2010)  
Charlie O'Connell (2010)  
Tom Lord (2010)  
Mary Parnham (2010)  
George Parnham (2010)  
Dr. Ward "Trip" Cascells (2010)  
Dr. Tom Horvath (2010)  
FMC Technologies (2013)



Dear Friends and Advocates,

This year, Mental Health America of Greater Houston reached an important milestone: six decades of service as your mental health advocacy and education organization. As we reflect on the past 60 years, the wellness of children has always been an integral component of our efforts.

Today, technology brings news and information to us at such accelerated rates; and we are too frequently greeted with reports on tragic incidents related to a young person with an unrecognized or untreated mental health concern. We must make supporting the young people in our lives a top priority.

Mental health is essential to every child's health and well-being. Research shows that half of all lifetime cases of mental illness emerge before a child's 14th birthday. Early identification is necessary to bolster the mental development of school-aged children and to identify and treat brain and behavioral disorders early. This can change the entire trajectory of a child's life. It can be different for this generation of children.

Over the past 24 months, Mental Health America of Greater Houston has increased its efforts, making it a top priority to help youth, families, schools and communities understand and establish effective prevention approaches to identify mental health issues early, and to help children and young people get the services they need before crisis situations develop.

We are thankful that with your support, Mental Health America of Greater Houston can continue to expand the depth of all of our programs and initiatives, especially those focused on children and families. This generation has an opportunity and an obligation to collectively change the way mental health is addressed for future generations. Through your investment and our shared vision, it is our promise to support activities that encourage emotional health and wellness and give all young people the chance to grow into healthy, caring, productive adults.

**That's the best investment we can make in our children's future.**

Sincerely,

Michael Jhin  
Chairman

Susan Fordice  
President and CEO

# KIDS

## OUR BEST INVESTMENT



*Emma,*  
*Granddaughter of The Honorable Ed*  
*and Mrs. Gwen Emmett*



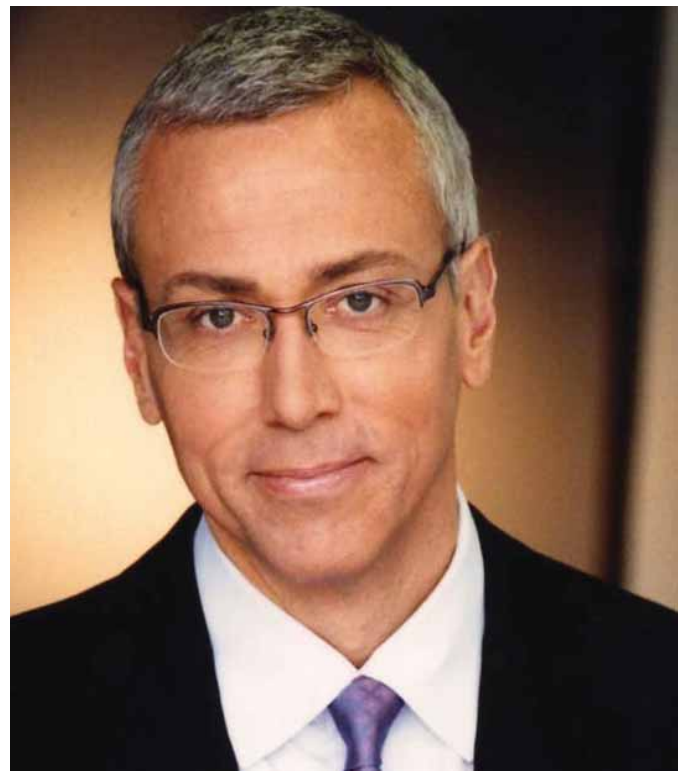


## SPIRIT OF HOPE HONOREE

Elizabeth "Liz" McIngvale-Cegelski, the daughter of Houston-area businessman Jim McIngvale and his wife Linda, was diagnosed with Obsessive Compulsive Disorder (OCD) at the age of 12.

At one point doctors believed Liz's OCD was too severe to be treated. Her rituals included having to repeat menial tasks 42 times, an obsession with religious symbolism, and washing her hands over 100 times a day. She eventually found help. Liz's life went from many years of hopelessness to HOPE beyond measure. Her life with treatment is good.

Liz not only graduated from high school, but has successfully earned multiple degrees with the most recent being a Ph.D. in May 2014. She is now married and an avid advocate for mental health and people with mental illnesses devoting her time to organizations like Mental Health America of Greater Houston where she is a board director, the International OCD Foundation where she serves as a spokesperson, and the Peace of Mind Foundation where she is founder.



## SPECIAL GUEST

Drew "Dr. Drew" Pinsky, M.D. is a practicing physician, Board Certified in Internal Medicine, Board Certified in Addiction Medicine and a member of the staff at Huntington Memorial Hospital. Pinsky is also Assistant Clinical Professor of Psychiatry at the Keck USC School of Medicine.

Pinsky starred in the hit reality series *Celebrity Rehab with Dr. Drew* which chronicled the struggle for sobriety and the cycle of addictive disorders of a group of celebrities. Additionally, Pinsky hosts the *Dr. Drew Podcast*, which is currently the #1 health podcast on iTunes.

Dr. Pinsky received his undergraduate degree from Amherst College and his M.D. from the University of Southern California, School of Medicine; he remained at USC for his residency. Pinsky then became chief resident at Huntington Hospital in Pasadena. He is a diplomat of the American Board of Addiction Medicine and the American Board of Internal Medicine. He has been appointed to the Alpha Omega Alpha Honor Medical Society and is a Fellow with the American College of Physicians (FACP).





Being There For  
**KIDS**  
OUR BEST INVESTMENT

*Taylor,  
Niece of Lisa Yoho*

**7:00 pm**

**Welcome**

**Invocation**

Dr. Linda Christians, Executive Pastor  
St. Luke's United Methodist Church

**Break**

**7:30 pm**

**Dinner & Program**

**Television Public Service Announcements and  
A Personal Story by Colby Hooks**

**Gala Chairs Report**

by Lisa Mellencamp, Lisa Yoho and Nancy Corbet

**Radio Public Service Announcements and  
A Personal Story by Yvonne Mendoza**

**Children's Mental Health Conversation**

by Dr. Drew Pinsky and Dr. Elizabeth McIngvale-Cegelski  
with an introduction by Jim "Mack" McIngvale

**Spirit of Hope Award Presentation**

to Elizabeth McIngvale-Cegelski  
by Michael Jhin, Chairman

**9:00 pm**

**Adjourn**

# Promoting Awareness

## Key Facts and Talking Points About Children's Mental Health



Yvonne  
Mendoza



Phu Le



Kelsey  
Carpenter

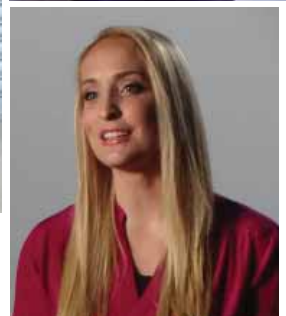
- Child and adolescent mental health issues are at a point of crisis for our nation. One out of every ten children or adolescents has a serious mental health concern, and another 10% have mild to moderate concerns. Mental health disorders in young people can lead to substance use, inability to live independently, involvement with the correctional system, failure to complete high school, lack of vocational success, health problems and suicide.
- There is a lack of mental health services for children and adolescents. Less than half of children with mental health problems get treatment, services, or support. Only one in five get treatment from a mental health worker with special training to work with children. Families that are poor, people of color, or those who have children with other disabilities or health concerns have an especially difficult time getting services that would identify, prevent or treat mental health problems.
- Children and adolescents with mental health problems are usually involved with more than one agency or service system, including mental health, special education, child welfare, juvenile justice, substance use, and health care. However, no agency or system usually takes responsibility for coordinating their care or preventing them from falling through the cracks and not getting needed services.
- The costs of mental health problems in children impact our country. They affect the children, adolescents and their families, as well as schools, communities, employers and the nation as a whole.

- The importance of child and adolescent mental health must be recognized and stigma about mental health issues reduced.
- Children's development of good social, emotional, and behavioral well-being needs to be a general part of their overall healthy development.
- There must be a greater effort for early recognition of mental health needs of children and adolescents and greater awareness of warning signs.
- Mental health problems must be considered just as important as physical health problems by health care providers, and as significant as learning problems by educators.

Colby  
Hooks



Crimson Jordan



Liz McIngvale-Cegelski

Individuals pictured are featured in the "Your Child's Emotional Backpack," PSA campaign that will roll out in the Greater Houston area via radio, television and social media in 2015.

# Taking A Closer Look At Kids



## Harris County School Behavioral Health Initiative

The Harris County School Behavioral Health Initiative (SBHI) at Mental Health America of Greater Houston (MHA) is designed to improve the prevention, identification, and treatment of behavioral health (mental health and substance use) issues among students.

### Highlights of 2013-2014 include:

- Since May 2014, SBHI's certified Mental Health First Aid instructors have trained over 350 Houston-area teachers and school support personnel in signs and symptoms of student behavioral health disorders and how to help students experiencing a mental health crisis. These professionals serve a total of 34,500 students and represent four school districts, a charter school, two youth-serving organizations, and school-based graduate student social workers. Evidence shows early identification and treatment are key to successful recovery, and today, more Houston area educators are equipped with the knowledge, skills, and confidence to intervene and guide students and their families to help.
- Pilot funding granted by MHA Houston through SBHI to three school districts enabled more than 30,000 children and adolescents to benefit from best practice mental health prevention, early identification, intervention, and treatment services they would otherwise have not received. Channelview Independent School District (ISD) extended "navigation" and case management services to 8,900 students and their families throughout all grade levels, and Spring Branch ISD developed transition service plans to help 108 students returning from alternative schools and juvenile justice placements reintegrate back into the classroom setting. The third school district, Goose Creek CISD, expanded the evidence-based Positive Behavior Intervention and Support framework - which has been proven to reduce disciplinary problems, improve behavior, and enhance student mental health and well-being - to all 25 of its campuses, reaching the entire 20,000-plus student body.
- SBHI was instrumental in assisting Mental Health and Mental Retardation Authority of Harris County (MHMRA) in finding five school districts to co-locate Section 1115 Medicaid waiver mental health clinics. Students in Spring Branch, Aldine, Goose Creek, Channelview, and Houston Independent School Districts will now be able to receive behavioral health services

at campus-based clinics operated by MHMRA. This is welcome news in light of recent research indicating very often, families referred for mental health services off-site do not follow through due to access issues. These clinics will collectively reach more than 344,000 students and their families.

- Through advocacy for school behavioral health in the 83rd legislative session, two bills passed, positively affecting the mental health needs of not only Houston/Harris County children, but all Texas children.
  - **SB 460** requires that participants in educator preparation programs, as well as current teachers, nurses, counselors, principals and all other appropriate personnel, receive culturally competent training in how to recognize and appropriately respond to signs of behavioral health issues in students.
  - **SB 831** mandates that the Texas Education Agency, the Department of State Health Services, and Regional Education Service Centers compile a list of the following programs and tools from which school districts may choose to implement:
    - Best practice-based, culturally competent universal prevention (including violence prevention), mental health promotion and positive youth development programs
    - Validated mental health and substance use screening instruments that school districts can use to identify students with mental health and substance use issues
    - Best practice-based, culturally competent mental health and substance use interventions

Both bills help reduce stigma and increase the likelihood that students will receive school-based programs and services that improve the prevention, early identification, and treatment of mental health concerns.

We have great hope that changes made through the Harris County School Behavioral Health Initiative will ultimately result in long-term, systemic change, improved academic and behavioral outcomes for students, increased ability for parents to effectively advocate for their children, and more manageable classrooms for teachers.

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*Grandsons of Susan and Jim Fordice*

It can be **different for this generation** of children.



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[www.mhahouston.org](http://www.mhahouston.org)