

Mental Health Coverage in Tarrant County

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Mental Health Mental Retardation of Tarrant County

September 2007

Executive Summary

In order to gather preliminary information about the status mental health coverage in Tarrant County, the Blue Ribbon Committee initiated a survey which was sent to the top 50 employers in Tarrant County and to 10 other organizations sitting on the Blue Ribbon Committee. Key findings from the survey included the following:

- 28 responses were received (as of September 10, 2007). Responses came mostly from large government and nonprofit employers; the for-profit sector was not well represented.
- 95% identified depression as the most prevalent mental health concern, followed by substance abuse and stress/anxiety.
- 82% identified issues relating to access to care as their biggest problem in making mental health referrals.
- Most employers recognized the importance of mental health coverage. Only 7% said that mental health coverage was less important than physical health coverage. A quarter reported that mental health coverage was more important.
- 85% of employers have an Employee Assistance Program (EAP) which is typically linked to mental/behavioral health plan.
- 9 out of 10 organizations reported that mental health coverage is part of the medical costs rated to the employer.