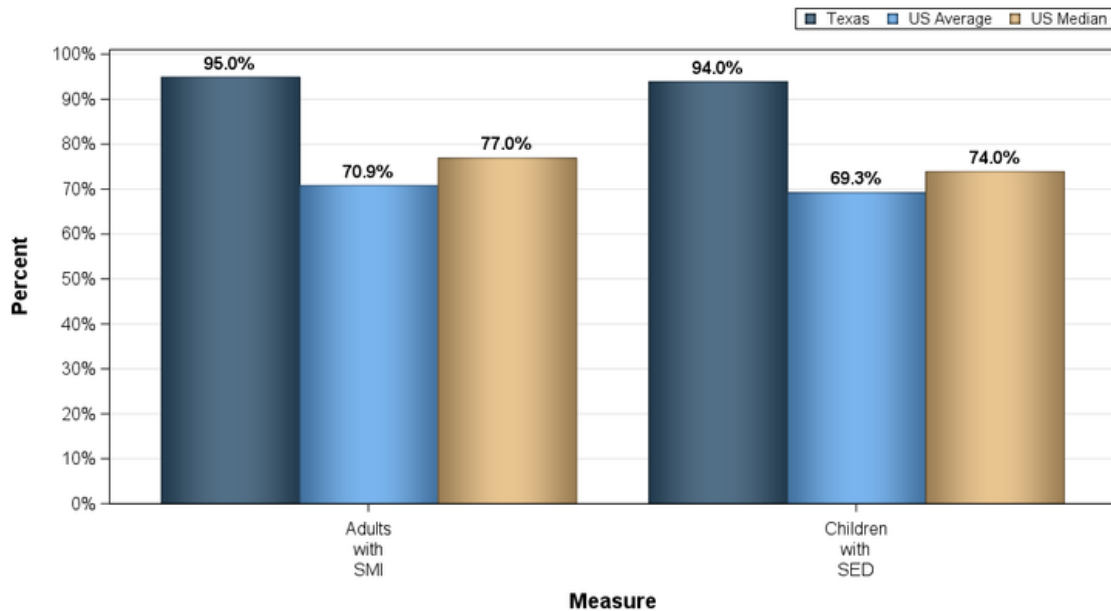


# PRC 7 MONTHLY NEWSLETTER



## SERIOUS MENTAL HEALTH NEED AND CO-OCCURRING SUBSTANCE USE BURDEN REMAIN PROMINENT IN TEXAS

**Adults and children served who meet the federal definition of SMI/SED, FY 2023**  
Texas compared with U.S. average and U.S. median

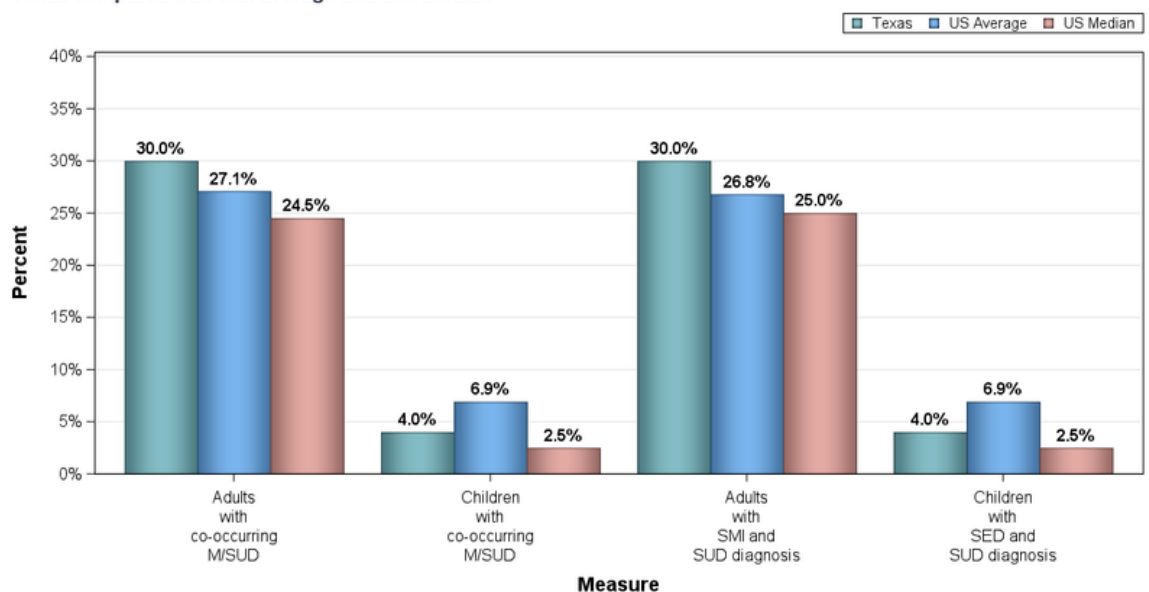


Source: Texas 2023 URS Output Tables, Appropriateness Domain

Texas exceeds both the U.S. average and the U.S. median on this measure, suggesting that the share of people served with Serious Mental Illness (SMI) or Serious Emotional Disturbance (SED) is especially high in the Texas state mental health system. In the figure, Texas reaches 95.0% for adults with SMI and 94.0% for children with SED.

This figure shows a clear adult burden. Texas is above both the U.S. average and median for adults with co-occurring mental and substance use disorders (M/SUD), while child percentages remain much lower. In the graph, Texas is 30.0% for adults and 4.0% for children.

**Adults and children served with co-occurring mental and substance use disorders, FY 2023**  
Texas compared with U.S. average and U.S. median



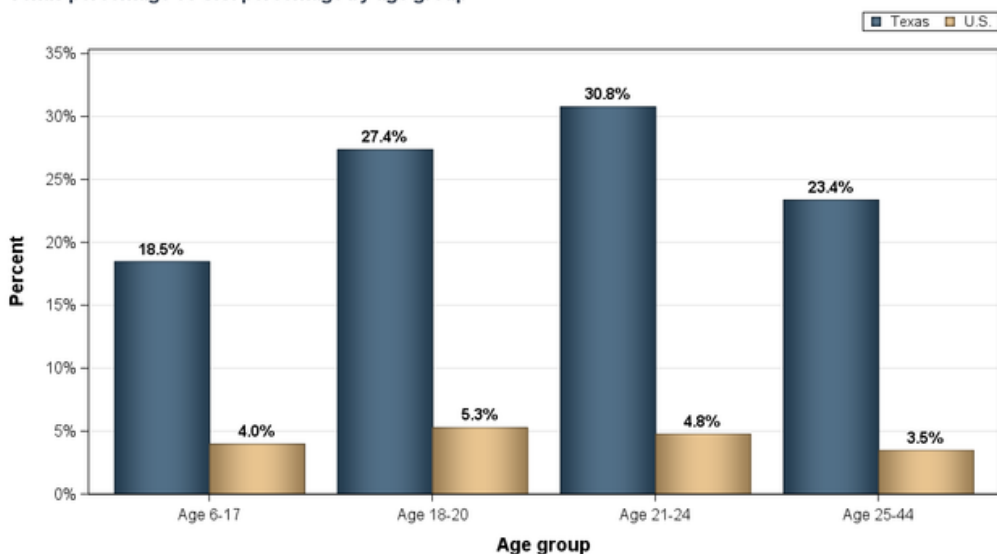
Source: Texas 2023 URS Output Tables, Appropriateness Domain

### About The Data

The data of these figures come from two SAMHSA data systems: The 2023 Uniform Reporting System (URS) and The 2024 National Substance Use and Mental Health Services Survey (N-SUMHSS). These sources describe the people being served and the treatment system, not direct community prevalence. For national context, SAMHSA reports that 21.2 million U.S. adults had a co-occurring mental illness and substance use disorder in 2024.

## HOW SERIOUS NEED APPEARS IN SERVICES AND TREATMENT ACCESS

**Admissions into CSC services during the year, FY 2023**  
Texas percentage vs U.S. percentage by age group



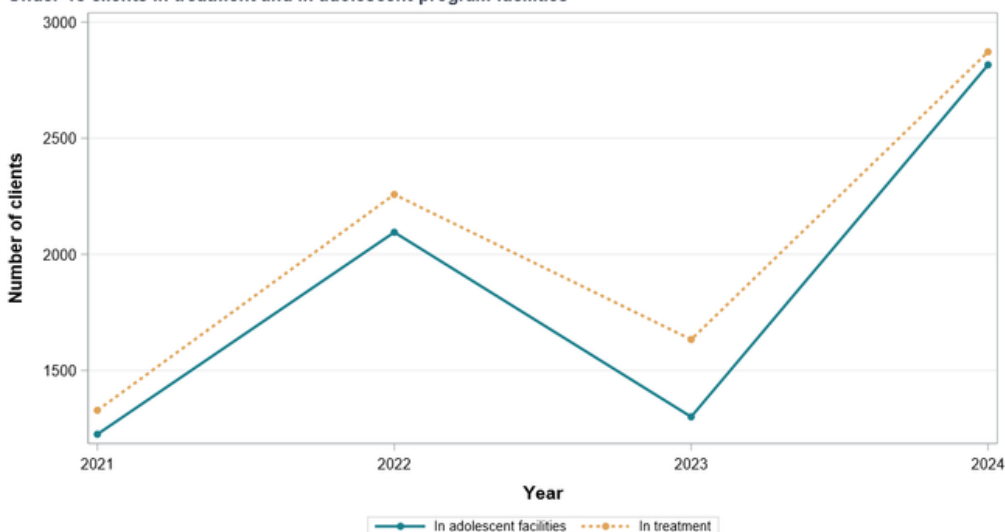
Source: Texas 2023 URS Output Tables, First Episode Psychosis (FEP) by Age

This figure shows that Texas had a larger share of admissions into Coordinated Specialty Care (CSC) services for first episode psychosis than the U.S. overall across every age group shown. The highest Texas percentages were among ages 21-24 (30.8%) and 18-20 (27.4%), followed by ages 25-44 (23.4%) and 6-17 (18.5%). In comparison, the U.S. percentages were much lower, ranging from 3.5% to 5.3%. Overall, the pattern suggests that entry into early psychosis services in Texas was concentrated most heavily among late adolescents and young adults, which is consistent with the age range when first episode psychosis often emerges.

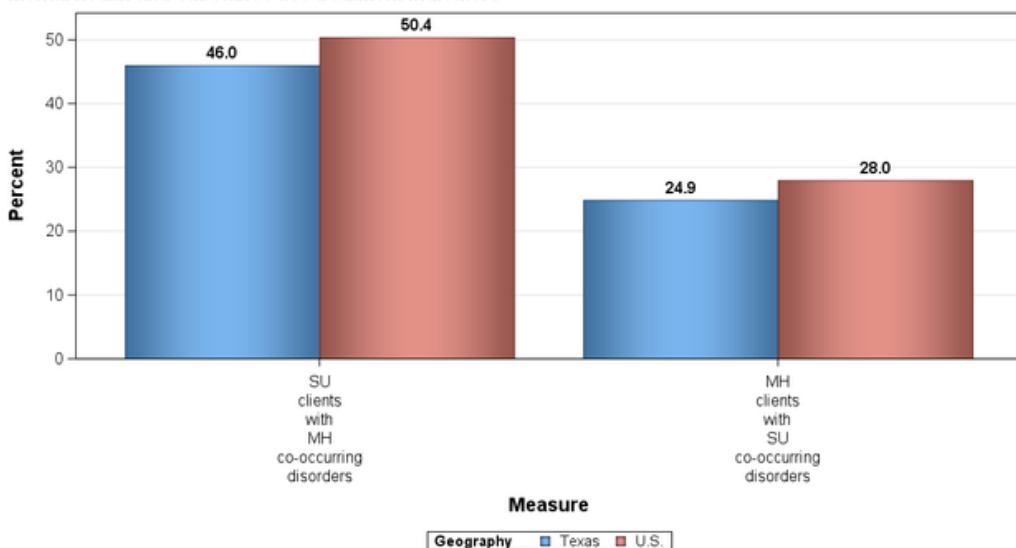
Youth treatment access increased overall from 2021 to 2024, despite a noticeable dip in 2023. Both the number of under-18 clients in treatment and the number in adolescent-program facilities followed the same pattern, suggesting that adolescent-focused service capacity generally moved alongside youth treatment demand, with both reaching their highest point in 2024.

**Texas youth treatment access, 2021–2024**

Under-18 clients in treatment and in adolescent-program facilities



**Texas vs U.S. on co-occurring treatment burden, 2024**  
Mental health and substance use treatment indicators



Source: N-SUMHSS 2024, Tables SU90 and MH50

Co-occurring disorders remained a significant treatment issue in 2024 (N-SUMHSS). Although Texas was below the U.S. overall percentage on both indicators shown, nearly half of substance use clients and about one-quarter of mental health clients in Texas had co-occurring conditions, highlighting the continued need for integrated care.

**Overall**, these data show that serious mental health need remains highly concentrated among people served in Texas, while co-occurring substance use burden and early prevention/intervention needs continue to shape the behavioral health system. **Taken together**, the figures highlight the importance of integrated and age-responsive care as well as prevention programs across the system.