

## Nancy Trevino - TTUHSC

### Why is the initiative important?

0:06

So we know that there are a significant number of Americans, both adults and children and youth that are impacted by mental health challenges. So that can be something that's episodic meaning it just happens one time for them, or during a transition, possibly a highly stressful situation like a divorce or the death of a family member or global pandemic. And so, those kinds of things can increase your likelihood of having a mental health challenge. So something episodic or there are individuals that have chronic mental health challenges as well. So that could be individuals that suffer with schizophrenia or bipolar disorder or depression or anxiety, which are fairly common in our American society. So it's important for everybody to be aware of those things, and understand what kind of supports and treatments are available in our communities.

### What are some initial goals of the initiative?

1:03

We want to increase capacity of medical health care providers in our region, not just in Lubbock but in the surrounding areas. We also want to be a support for some of our rural communities, and help build capacity through telemedicine, and just bring awareness on, and training for individuals, engaging in those kinds of treatment.

### Discuss your vision for the future of the initiative.

1:28

Moving forward we want to grow our collaborations not just among the Texas Tech system with Texas Tech University faculty and Texas Tech Health Sciences Center faculty, but we also want to grow our partnerships with the community. So some of our community partners that are working in providing mental health care services, and also individuals who are working to support families that are experiencing mental health challenges.