

What is the initiative?

0:06

So the initiative will be bringing awareness to mental health. And we'll also be working to bring together collaborations within our community to help alleviate some of the negative impacts of mental illness, as well as support our families and offer additional training to mental health care providers and other professionals working in the mental health field in our community.

Why is the initiative important?

0:32

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.

Will you work with other campuses?

1:29

We're working to do some inter institutional research across main to campus and bring researchers together from main campus and Texas Tech Health Sciences Center all together, to look not only at just the physical clinical types of research that we have, but also connecting some of our signs and symptoms that you have physically with some of our social impacts as well.

Why are people hesitant to address mental health?

1:55

So, a lot of people misunderstand mental illness. And so, they think, Oh, it's just a crazy person, but really and truly individuals have physical signs and symptoms with anxiety. It's hard to tell if somebody's, the difference between somebody having a heart attack and somebody who is having an anxiety or panic attack. So it's really important for us to understand that our mental health can impact our physical health, and many times that can look very similarly, but if we don't understand that mental health is very real and mental illness is very real we might disregard those needs from an individual.

What are some initial goals of the initiative?

2:37

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.

3:02

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.

Why is this important to Texas Tech University Health Sciences Center?

3:30

Texas Tech wants to be a leader in the mental health arena, whether it's providing services for the community through the clinics or doing research to give Texans and West Texans a voice, or if it is supporting in training, community members. We want to be a leader in mental health, so that all of our community can be impacted positively and reduce the stigma for those individuals that are experiencing a mental health challenge or a mental illness.