

The Menninger Mental Health Epicenter – Texas

Overview

The Menninger Mental Health Epicenter, a world leader in mental health research, treatment and training, will make Houston the nerve center for world-class mental health treatment, research, training and advocacy in the United States. For the first time, a preeminent psychiatric specialty hospital will be located near the Texas Medical Center – a center of medicine and a center of psychiatry, virtually side by side.

The Epicenter will serve as Menninger's headquarters for adolescent and adult psychiatric treatment programs, education and research, major scientific collaborations, and influential consortiums. The Epicenter will establish a level of psychiatric services that has never before existed in Texas, catapulting Texas from its current 49th place nationwide in the delivery of mental health services.

Menninger will use its Houston facility to begin an outreach focused on establishing mental health partnerships in communities across Texas. These partnerships and collaborations will draw on Menninger's unparalleled expertise to alleviate the suffering of mental health patients across Texas and share with the world Menninger's cutting-edge advances that have been proven to reduce the pain and cost of mental illness to society.

The effects of mental illness are enormous and pervasive. One in five Americans suffer from some form of the disease. Of the six leading diseases causing disability worldwide, four are mental illnesses. The global economic effects of mental illness exceed those of all cancers, car accidents and cardiovascular disease, according to the World Health Organization.

The Menninger Mental Health Epicenter will spearhead an approach that will make breakthrough mental health services available throughout Texas. Literally every region of the state will have venues where patients can access the most innovative, comprehensive methodology in treating brain, behavioral and addictive disorders. The Epicenter will also educate the public about mental health issues and the extraordinary effectiveness of Menninger's treatments, thus giving hope where none existed before and helping to reduce the stigma often associated with seeking treatment.

The Epicenter is all about Texas. Its revolutionary approach will embrace every region of the state and all of its citizens with a world-class level of care that will advance the scope and methodology of mental illness treatment statewide. The Epicenter will be a catalyst for exciting new discoveries about the brain and human behavior. The benefits that will flow from Menninger's partnerships will dwarf all mental health advances of the past century, elevating Texas to legendary status in pioneering this oft-misunderstood field.

The Menninger Mental Health Epicenter continues the legendary quest of Dr. C. F. Menninger, co-founder of the Menninger Clinic, to create "a better kind of medicine and a better kind of world." Ian Aitken, Menninger CEO and President, calls it "a beacon of hope to persons suffering from mental illness and the people who love them" and declares that it will "improve mental health worldwide, prevent mental illness and eliminate stigma."

How the System will Work

The Epicenter will provide innovative services to equip communities to find better solutions for their mental health-related problems at the local level. For instance, it will provide dementia training for police forces in small towns, helping them understand the behavior of Alzheimer patients and conduct more effective investigations in cases involving them. It will train law enforcement and local help organizations to address the growing problem of teenage prescription drug abuse, which is at an all-time high. It will educate local psychotherapists, psychologists, psychiatrists, counselors and nurses on current research and forward-thinking approaches to mental health treatment. And it will equip the families of individuals suffering from mental illness with a comprehensive understanding of their loved ones' illness, recurring behavior, treatment options and ways to support their return to mental health. These are but a few examples of the pragmatic, hands-on approaches The Epicenter will use to address mental health issues at the local level.

Potential Target Communities

The Menninger Mental Health Epicenter will target communities throughout Texas, including but not limited to Amarillo, Beaumont/Port Arthur, Corpus Christi, El Paso, Lubbock, Midland/Odessa, Tyler and Wichita Falls.