

What do people usually experience when seeking out mental health services?

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When trying to get care for mental illness, person might have a variety of experiences, which is one of the reasons why the partnership has come together to help educate both the community citizens, the community health providers, and then all of the concerned citizens. If a person doesn't really know anything about human services or mental health services, they might be met with just door after door after door calling one place getting sent to another place. We're really hoping to avoid that for people to help people navigate through what can be a very complicated system, when they are themselves not feeling well. And so for us, we are looking at having a single point of access where you can call star care. You can ask a number of questions; we'll ask you a number of questions and then we can help direct you.

What does StarCare do?

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StarCare, I think, is one of the unsung heroes in the community and that we serve over 6000 people a year. We serve all the way from one zip code here in Lubbock, to 61 counties in West Texas, all the way from the Oklahoma border down to the border of Mexico. We do services for people with mental health issues, substance use disorder, intellectual disabilities, we have a big program for people who are aging and frail people who want to not live in a nursing home but need some extra attention and extra support. We have VetStar which is a big Veterans Program. And in addition to that, we are the administrative agency for all of the HIV services in the western portion of Texas.

Why is mental health important for your overall health?

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Mental health as a priority to a overall well-being just as any other health of their of their body, the brain is absolutely a part of the body and not separate from it. And so well we know that the transition and the evolution of care for things like cancer and health and heart disease have really evolved over the last 20 or 30 years we'll have mental health is just really on the cusp of people understanding its importance, we know that a person's disposition and brain health is just as important to their overall wellness.

Why should mental health be a priority in our community?

02:31

We know that there are costs to untreated health care and that is whether it's a sick day for a physical ailment, or whether it's a sick day because a person has depression, and they can't really face the day at a worksite we also know that employers are often faced with absenteeism or tardiness or issues related to substance use disorders that might then negatively impact his or her business and the bottom line there. And so with the happiness and the health of a whole entire person, they're much better suited to be a provider and a worker and a community member.

