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Metrocare's Flourishing Families Pilot Project Receives \$655,000 Boost from HHSC

Investment Will Support This Innovative Program for New Parents and Caregivers

September 9, 2024 (Dallas, TX) – Metrocare, a leading provider of mental health services in Dallas County, celebrates a milestone moment with the award of \$655,000 from the Health and Human Services Commission (HHSC) under the Thriving Texas Families Program Pilot Project. This significant funding will support Metrocare's Flourishing Families, a program aimed at enhancing the health and well-being of families and children in the community.

Flourishing Families is strategically tailored to support pregnant women, biological fathers of unborn children, and parents or caregivers of children from birth to three years old. By offering localized, personalized assistance, the program addresses critical needs such as medical concerns, social support, and access to community resources. Ultimately, it seeks to elevate both the physical and mental health of caregivers and children alike. To date, we've served nearly 330 families through the Flourishing Families program.

"We are honored by the generous support from HHSC, which empowers us to extend our reach and impact on families across Dallas County," said John W. Burruss, M.D., Chief Executive Officer at Metrocare. "Flourishing Families is an essential step towards ensuring that families receive the support and resources they need during critical developmental stages."

Key components of Flourishing Families include:

- **Universal Home Visits:** Providing home visits to families, with no participation criteria other than residency in Texas.
- **Comprehensive Health Screenings:** Screening children and caregivers for behavioral and developmental concerns, perinatal/maternal depression, and substance misuse.
- **Parent and Caregiver Training:** Educating parents and caregivers on creating safe and nurturing environments, fostering positive child development, and enhancing family well-being.
- **Resource Connections:** Linking families to necessary resources and support services to address social determinants of health and improve overall family stability.

Leveraging Metrocare's extensive expertise in trauma-informed mental health treatment, cognitive behavioral therapy, psychiatric evaluation, telemedicine, and integrated primary care, the initiative is poised to deliver profound results.

Metrocare's extensive experience in delivering trauma-informed mental health treatment, cognitive behavioral therapy, psychiatric evaluation, telemedicine, and integrated primary care services positions it well to execute Flourishing Families successfully. The organization serves over 50,000 individuals annually, with 40,000 receiving mental health clinical services.

The Flourishing Families Pilot Project launched in May 2024 and is rapidly expanding its capacity to serve a broader demographic. Initial steps include filling vacant positions, finalizing data collection tools, and training new staff on essential screening and educational tools.

For more information on Metrocare's Flourishing Family program, visit <https://www.metrocareservices.org/idd-services/flourishing-families/> or email flourishingfamilies@metrocareservices.org.

About Metrocare: Metrocare is the largest provider of mental health, developmental disability and permanent supported housing services in Dallas County serving over 50,000 children, teens and adults annually. For over 55 years, Metrocare has provided a broad array of services from mental health care, primary care, services for veterans and their loved ones, accessible pharmacies, homeless outreach, and supportive social services [or "more"]. Metrocare provides specialty mental health services to over 10,000 children and teens and has numerous programs for babies, children and adults with disabilities, including Early Childhood Intervention, Flourishing Families, Nurturing Parenting, Supported Employment and two specialty autism clinics in Dallas and DeSoto. In conjunction with clinical care, Metrocare's Altshuler Center for Education and Research (ACER) is transforming the community mental health landscape of North Texas through workforce development focused on innovative partnerships and exceptional trauma-informed training.

Metrocare upholds the person-centered philosophy to **focus care on the needs of individual**. We take care to ensure that people's preferences, needs and values guide clinical decisions and to provide care that is respectful of and responsive to those we serve. We see ourselves as partners in healing with our clients and their support network.

