LONE STAR DEPRESSION CHALLENGE

THE **PROBLEM**

Nearly 4,000 Texans die from suicide each year.

The number of people seriously considering suicide doubled during the pandemic. More than **1.5 million Texans suffer from depression each year**, but fewer than **1 in 15 receive effective care**.

The current system fails to detect and treat depression early and effectively. If we can get health systems and purchasers to take on depression with the same gravity as cancer care or heart disease, the health outcomes can be just as successful, reaching recovery rates of more than 60% and **preventing one-sixth to one-third of all deaths from suicide**.

THE **SOLUTION**

The **Lone Star Depression Challenge** brings together **three proven programs** already **working to free thousands of North Texans from depression**. Each undergirds a critical system shift:

SHIFT 1	SHIFT 2	SHIFT 3
Detect depression early and treat it effectively:	Create **payment systems** that expand access to care:	Amplify **support** for **marginalized communities** to reach every Texan:
The Cloudbreak Initiative gives primary care providers the tools and extra help they need to screen, detect, and monitor depression symptoms and tailor delivery of effective care.	**The Path Forward for Mental Health and Substance Use** works with businesses, governments, and other health care purchasers to harness market-driven forces and expand access to effective care.	**EMPOWER** equips community health workers to reach communities of color and other Texans lacking equitable access to care.

With the transformative $10 million investment of the Lone Star Prize, **we are now poised to scale and sustain** the Lone Star Depression Challenge in six major markets across Texas, including North Texas, Central Texas, West Texas, and the Rio Grande Valley. But there's more work to do.

FUNDING
OPPORTUNITIES

With your help, we can free even more Texans from the cloud of depression and save more lives sooner. Additional investments will help us expand and speed implementation of the Lone Star Depression Challenge within our initial priority regions and beyond. In the next five years, the core Lone Star Prize investment will enable us to reach over **10 million people in need, effectively treat at least 3 million, and help over 1 million recover.**

INVESTMENT	IMPACT
$750,000	Expand into **one additional health system**, reaching at least **100,000 more Texans** through the program.
$2.5 million	Expand into **one new region**, reaching at least half of its major health systems and helping at least **200,000 more Texans recover** OR accelerate the time to **deploy in an existing region from five years to four.**
$4 million	Expand into the **Houston region**, reaching at least half of its major health systems and **helping at least 40,000 more Texans recover.**
$5 million	Expand into **three new regions**, reaching at least half of the major health systems in each region and **helping at least 500,000 more Texans recover** OR accelerate the time to **deploy in three existing region from five years to four.**

By sharing these world-changing ideas with you, we hope to inspire action and support for reaching this **revolutionary goal in under five years: freeing every Texan from depression.**

ABOUT US

The Lone Star Depression Challenge is led by the Meadows Mental Health Policy Institute in partnership with the Center for Depression Research and Clinical Care at UT Southwestern, and Harvard Medical School's Department of Global Health and Social Medicine.

Learn more: mmhpi.org/the-lone-star-depression-challenge/

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