



City of San Antonio

Agenda Memorandum

File Number:20-6125

Agenda Item Number: 16.

Agenda Date: 11/12/2020

In Control: City Council A Session

DEPARTMENT: Health

DEPARTMENT HEAD: Sandra Guerra, MD, MPH

COUNCIL DISTRICTS IMPACTED: Citywide

SUBJECT:

Authorizing an agreement with the University of Texas Health Science Center at San Antonio d/b/a UT Health San Antonio on behalf of its UT Teen Health Program related to Project YES for a term ending September 30, 2021

SUMMARY:

This Ordinance authorizes an agreement with the University of Texas Health Science Center San Antonio's (UT Health San Antonio) UT Teen Health Program for services related to implementation of Project YES for a term ending September 30, 2021.

BACKGROUND INFORMATION:

Community members have noted heightened adolescent depression and anxiety during the COVID-19 pandemic. Currently there are not enough mental health providers, particularly for adolescents with low incomes or no health insurance. Project YES is an evidence-based, single-session online intervention for depression and anxiety in adolescents. It has been shown to cut depression symptoms by half at 9 months of implementation. Additionally, the intervention provides benefits for violence prevention, since learning to understand and manage emotions can prevent violence, and Health Equity, because LGBT adolescents have been early high adopters of this intervention.

Metro Health seeks to enter into an agreement with UT Health San Antonio's UT Teen Health Program for the adaption, implementation, and evaluation of Project YES.

- Adaptation: UT Teen Health will assist the developers of Project YES in creating a Spanish-language version and recording Black and indigenous teen voices to include in the English version, by the end of December 2020.
- Implementation: Through February 28, 2021, UT Teen Health will garner support of at least 10 community youth serving organizations to integrate the Project YES program into their programming. Through September 30, 2021, UT Teen Health will garner support of 30 Bexar County middle and high schools for the integration of the Project YES program into their campuses.
- Evaluation: Through surveys and focus groups, UT Teen Health will formulate and execute an evaluation plan for the impact of Project YES in San Antonio.

ISSUE:

Promoting Access to Care is a Metro Health Strategic Priority for 2020-2023, and one strategic priority focus area is the prevention and treatment of depression and anxiety in adolescents. In support of the Department's Access to Care initiative, Metro Health is requesting City Council authorization of an agreement with the University of Texas Health Science Center at San Antonio d/b/a UT Health San Antonio in an amount up to \$260,000.00 for a term ending September 30, 2021 to provide Project YES, an evidence-based, single-session online intervention for depression and anxiety in adolescents that has been shown to cut depression symptoms by half at 9 months.

ALTERNATIVES:

Should this contract not be authorized, Metro Health will be unable to move forward with providing a much needed, evidence-based intervention for adolescent depression and anxiety in our local community.

FISCAL IMPACT:

This ordinance authorizes an agreement with the University of Texas Health Science Center San Antonio d/b/a UT Health San Antonio on behalf of its UT Teen Health Program for the delivery of professional services related to the Project YES online intervention for depression and anxiety in adolescents for the San Antonio Metropolitan Health District in an amount up to \$260,000.00 and a term ending September 30, 2021.

Funding for this agreement is allocated in the FY 2021 General Fund Budget.

RECOMMENDATION:

Staff recommends City Council authorize the agreement with the University of Texas Health Science Center at San Antonio d/b/a UT Health San Antonio on behalf of its UT Teen Health Program in an amount up to \$260,000.00 for a term ending September 30, 2021.