Room Code 3006

The Clinic Comes to You

Removing Barriers with Mobile Behavioral Health

Integral Care

Disclosure to Learners

2026 Texas Council Conference

June 10-12, 2026

Successful Completion

To successfully complete this activity, you must:

- Miss no more than 15 minutes of the activity or each session.
- Complete and submit the post-activity evaluation.

Continuing Education

Continuing education is approved for these professions:

- Nurses (NCPD)
  The Texas Department of State Health Services Continuing Education Program is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

  The Texas Department of State Health Services Continuing Education Program has designated a maximum of 6.00 contact hours of Nursing Continuing Professional Development.

  This activity is a Joint Providership between The Texas Department of State Health Services Continuing Education Program and Texas Council of Community Centers.

TEXAS Health and Human Services

Texas Department of State Health Services

Continuing Education

Continuing education is approved for these professions:

- Licensed Psychologists (LP)
- Physicians (CME)
  This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Texas Medical Association (TMA) through the joint providership of The Texas Department of State Health Services Continuing Education Program and Texas Council of Community Centers. The Texas Department of State Health Services Continuing Education Program is accredited by TMA to provide continuing medical education for physicians.

  The Texas Department of State Health Services Continuing Education Program designates this live activity for a maximum of 6.00 *AMA PRA Category 1 Credits*™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

TEXAS Health and Human Services

Texas Department of State Health Services

Commercial Support & Disclosure of Conflict of Interest

This event received no commercial support.

Michael Weaver has received research funding from Novo Nordisk and Eli Lilly.

All financial relationships listed have been mitigated. No other speakers or planning committee members for this educational activity have financial relationships to disclose.

Non-Endorsement Statement & Off Label Use

Accredited status does not imply endorsement of any commercial products or services by the Texas Department of State Health Services, Texas Medical Association, or American Nurses Credentialing Center.

The speakers did not disclose the use of products for a purpose other than what it had been approved for by the Food and Drug Administration.

Presenters

Ryan McDaniel, Practice Administrator

Christopher Esparza, Team Lead

Dawn McKenna, Psychiatric Mental Health Nurse Practitioner

Roman Icaro, Registered Nurse

Integral Care

Meet James

Grew up in Houston’s Third Ward Historic

Oldest of three siblings

Raised primarily by his mother

Father inconsistently present, struggled with substance use

Attended local public schools

Frequent absences due to responsibilities at home

Early mental health symptoms went unrecognized and untreated during childhood

Integral Care

Meet James

First psychiatric hospitalization in mid 20s and difficulties keeping employment

By mid 30s, a combination of untreated mental illness, alcohol use, and job instability led to eviction and eventual homelessness

He is warm and engaging when he feels safe

He loves 90s hip-hop and R&B

If he finds a broken radio, bike, or fan, he'll try to repair it

Integral Care

Meet James

Age: 47
Housing Status: Chronically unhoused, intermittently staying in shelters and sleeping outdoors
Medical/Behavioral Health History: Diagnosed with Schizoaffective Disorder , Co-occurring alcohol use disorder, Hypertension (untreated)
Insurance Status: Uninsured / intermittently eligible but not enrolled
Support System: Limited; estranged from family

Pattern of Service Utilization

- 10+ emergency department visits in the past 6 months
- 3 psychiatric hospitalizations in the past year
- Frequent EMS calls for: Intoxication, disorientation, non-specific medical complaints

Integral Care

Introduction & Context

- Behavioral health disparities among unhoused populations
- High rates of untreated mental illness
- Overreliance on emergency services
- Mobile care as a solution

Integral Care

Barriers to Care

- Transportation & distance
- Documentation & scheduling
- Mistrust & stigma
- Competing survival needs

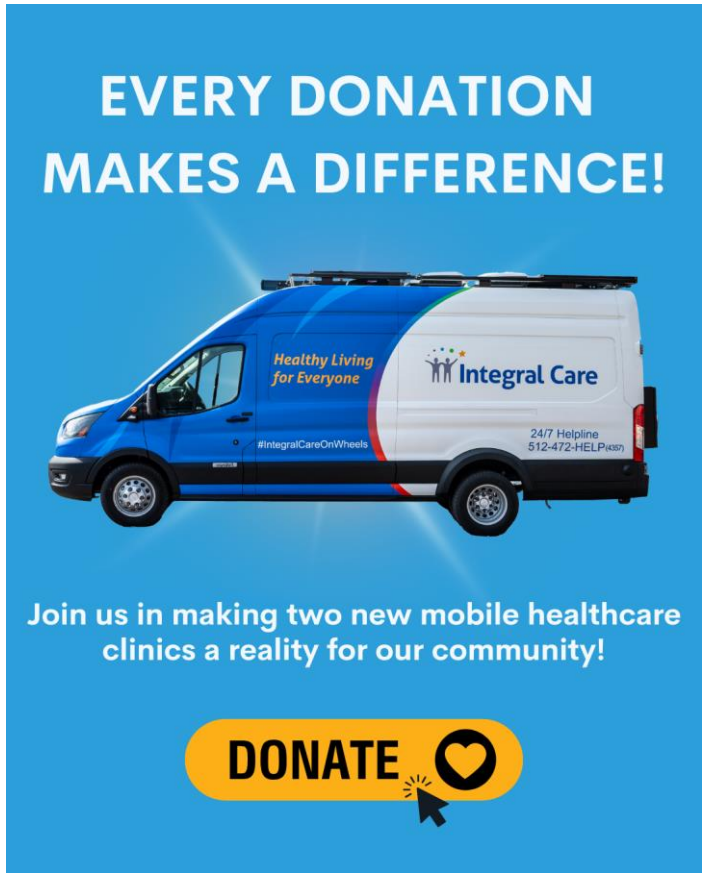
Integral Care

Why Mobile Care Works

- Increases engagement
- Improves continuity
- Reduces ED utilization
- Supports early intervention

Integral Care

Financial



- Fundraising – van purchases, staff salaries
- Grants – staff salaries
- Reimbursement for services

Integral Care


living in rural areas, or have
other barriers to care.

The “Fancy” Van

- Designed by Vandoit
- Ford Transit T350 chassis
- Solar power
- Starlink satellite internet
- Mobile water supply
- Gasoline heating system
- Onboard battery supply

Integral Care

Launch

- Social Media
- Turn the Key event
- Outreach to community partners
- Equipment testing
- Hiring and training
- Site visits and planning
- Ramp up schedule

Integral Care

Mobile Clinic Services

- Screening & assessment
- Medication management
- Crisis intervention
- Case management
- Service sites: shelters & community resource sites

Integral Care

Team Structure

Team Lead (QMHP)

Intake Specialist (QMHP)

Psychiatric Mental Health NP

Registered Nurse

Manager

Integral Care

A Day in the Life

- Outreach & engagement
- On-site intake
- Same-day medications
- Warm handoffs

Integral Care

Mobile Clinic Intake Explained

- The mobile clinic provides a private space to assess an individual's clinical needs in the community
- Typical services for a new client last from 1-2 hours and may include:
  - A thorough history of an individual's mental health by a mental health practitioner
  - A psychological evaluation and diagnosis by a licensed provider
  - A prescription for psychiatric medications
  - Follow up appointments at a local mental health clinic
  - Referrals to other resources/services

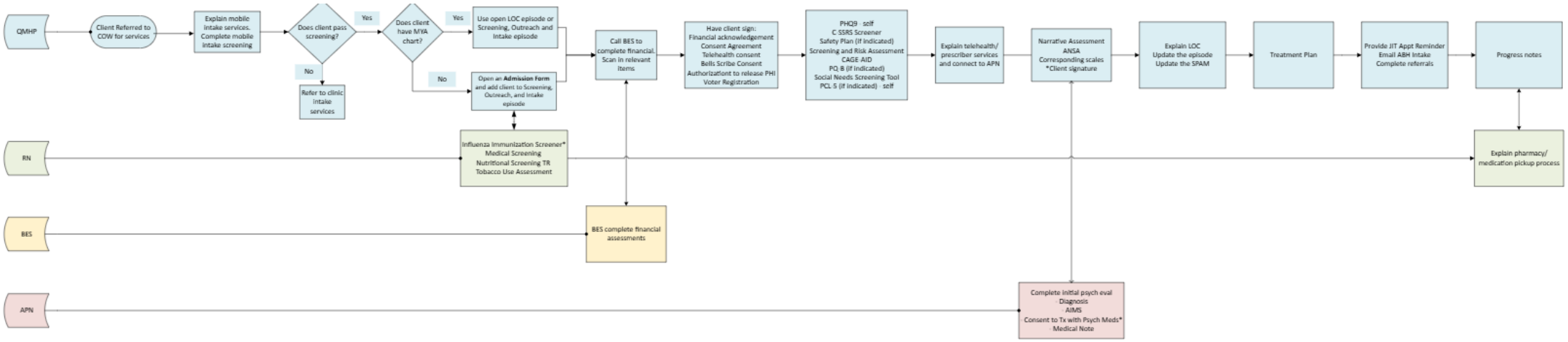
Integral Care

Intake Screening Questions

- Have you had a fever of over 100.4 degrees in the last 48 hours?
- Do you get claustrophobic sitting in a small-enclosed space?
- Do you have problems sitting for 1-2 hours?
- Have you been drinking or using any substances today?
- Are you carrying any weapons? If yes, will you allow us to store it for you while we meet?

Integral Care

Mobile Clinic Intake Flowchart



Challenges

- Medical emergencies
- Behavioral emergencies
- "Competing" with other services
- Other emergencies on site
- Weather

Integral Care

Community Partner Sites

- Sunrise Homeless Navigation Center
- Trinity Center
- The Charlie Center
- Marshalling Yard
- Northbridge Shelter
- The Other Ones Foundation's Esperanza Community
- RBJ Senior Residences

Integral Care

Other Events

Integral Care

Quotes from Community Partners

- "They meet people where they are and provide them the space and warmth needed for our neighbors to have those tough conversations around mental health"
- "Through same-day assessments, psychiatric support and crisis intervention, the Clinic on Wheels has helped us better address the complex mental health challenges many of our participants face"
- "Their staff are compassionate, professional, and really connect well with people experiencing homelessness. Since they have been on site, we've seen clients become more engaged with mental health services and more willing to seek support when needed. Their partnership has truly made a positive difference for both our clients and our staff."
- "Christopher and his team have been a weekly presence during our morning services throughout the past year, and the impact has been amazing. As a busy homeless navigation center, we are often unable to take the time needed to get our unhoused neighbors the mental health services they need. The regular presence of the mobile clinic has allowed neighbors to gain access mental health services that were otherwise unavailable to them. They have become and invaluable part of what we offer each week, and we cannot wait to continue our collaboration with them!"

Services

- 822 services
- 417 clients served
- 56 intakes

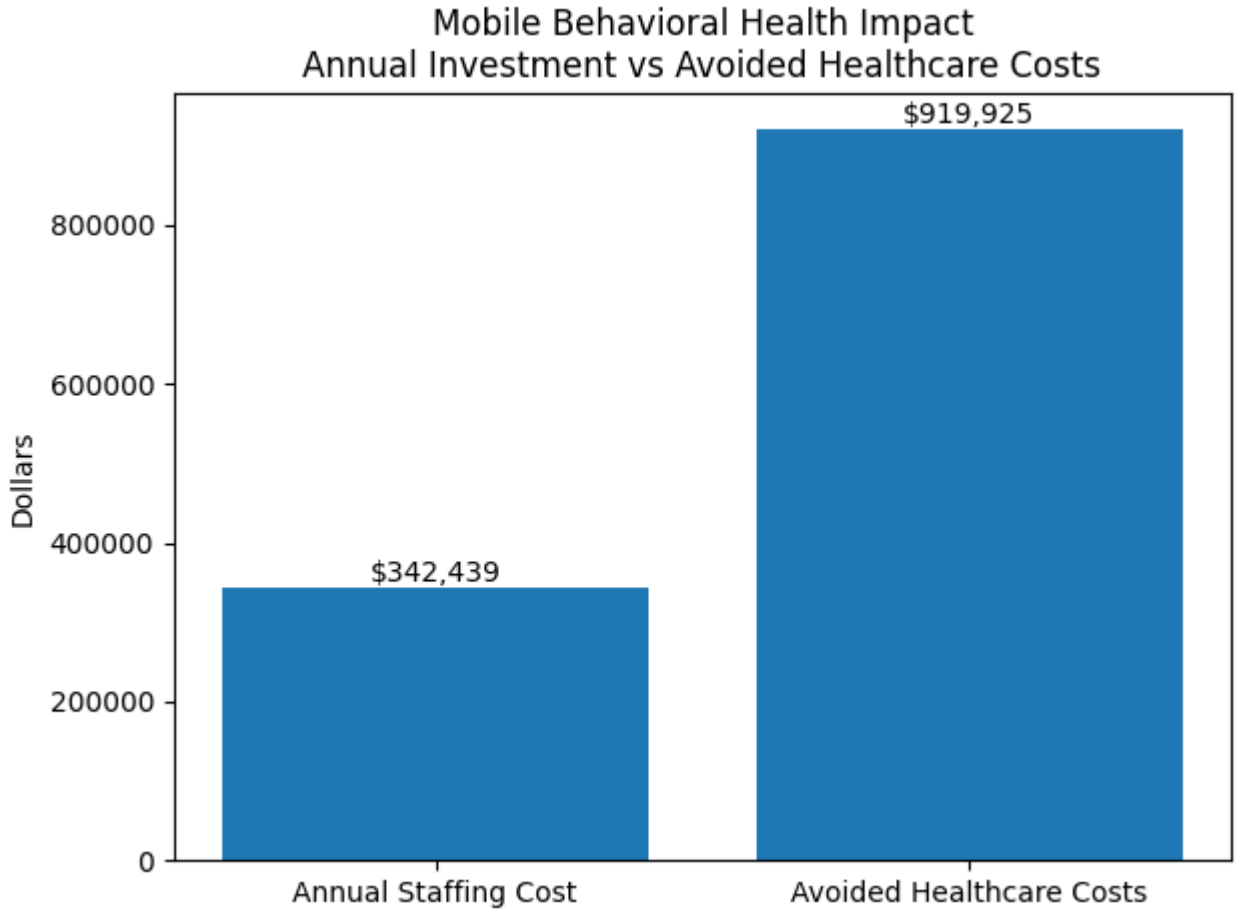
Integral Care

Clinic on Wheels Impact

~$14,153 saved per person within 12 months

~$919,925 avoided healthcare costs annually

Annual staffing cost: $342,439



Integral Care

Integral Care

Community Impact

Reduced disparities

Improved system efficiency

Increased access

Meet James

Initial Contact:

Mobile team encounters James at a shelter/community resource site

Engagement is informal, low-pressure

First Visit:

Intake Specialist completes assessment on-site

RN conducts basic medical screening

PMHNP evaluates psychiatric symptoms

Integral Care

Meet James

Immediate Support:

Initiation of psychiatric medication

Brief psychoeducation

Coordination with community partners

Connection to other resources

Follow-Up:

Mobile team returns regularly to same site

Builds rapport over time

Fills/bridges gaps in care

Gradual engagement in ongoing care

Integral Care

Meet James

Outcomes Over Time (Example Trajectory)

Accepts consistent medication support

Reduction in acute psychiatric symptoms

Decrease in emergency department visits

Increased trust in providers

Eventually linked to outpatient services

Integral Care

Conclusion

- Meet clients where they are
- Mobile care improves engagement
- Opportunity for system change

Integral Care

Peer-Reviewed Research

Bhatt, J., Shantharam, S., House, A., et al. (2022). *Mobile health clinics in the United States*. **BMC Health Services Research, 22**(1). https://bmchealthservres.biomedcentral.com/articles/10.1186/s12913-022-07607-3

Garcia, M., et al. (2024). *Homelessness and health: Factors, evidence, innovations that work, and policy recommendations*. https://www.opportunityhome.org/wp-content/uploads/2018/02/garcia-et-al-2024-homelessness-and-health-factors-evidence-innovations-that-work-and-policy-recommendations.pdf

Kertesz, S. G., et al. (2022). *Housing instability and health outcomes*. **New England Journal of Medicine**. https://www.nejm.org

Kukreja, S. (2023). *Mobile mental health clinics in underserved communities*. **Berkeley Center for Public Health Review**. https://bcphr.org/62-article-kukreja-mobile-clinics/

Malone, N. C., Williams, M. M., Smith Fawzi, M. C., et al. (2020). *Mobile health clinics in the United States*. **International Journal for Equity in Health, 19**(1). https://equityhealthj.biomedcentral.com/articles/10.1186/s12939-020-1135-7

The Role of Street Medicine and Mobile Clinics for Persons Experiencing Homelessness: A Scoping Review. (2024). **International Journal of Environmental Research and Public Health, 21**(6). https://www.mdpi.com/1660-4601/21/6/760

M3 Team Integrated Care Study. (2025). *Integrated behavioral health outcomes among individuals experiencing homelessness*. https://pmc.ncbi.nlm.nih.gov/articles/PMC12123760/

Mobile Medical Units for Populations Experiencing Homelessness. (2024). https://pmc.ncbi.nlm.nih.gov/articles/PMC11169337/

Integral Care

Government & National Organizations

Substance Abuse and Mental Health Services Administration. (2023). *National Guidelines for Behavioral Health Crisis Care*.
https://www.samhsa.gov

Substance Abuse and Mental Health Services Administration. (2022). *Trauma-Informed Care in Behavioral Health Services*.
https://store.samhsa.gov

Centers for Disease Control and Prevention. (2023). *Health disparities among people experiencing homelessness*.
https://www.cdc.gov

U.S. Department of Housing and Urban Development. (2023). *Annual Homeless Assessment Report (AHAR) to Congress*.
https://www.huduser.gov/portal/datasets/ahar.html

National Health Care for the Homeless Council. (2022–2024). *Mobile Health & Street Medicine Best Practices*.
https://nhchc.org

Integral Care

Additional Program & Practice Resources

Street Medicine Institute. (2024). *Best Practices for Mobile and Street-Based Care*. https://www.streetmedicine.org

World Health Organization. (2022). *Guidance on community mental health services: Promoting person-centered and rights-based approaches*. https://www.who.int/publications/i/item/9789240031029

SAMHSA National Mobile Crisis Team Survey Report. (2024). https://988crisissystemshelp.samhsa.gov/sites/default/files/2024-11/National%20Mobile%20Crisis%20Survey%20ReportvFINAL.pdf

Integral Care

Questions?

Integral Care