The North Texas-20

Camilo Ruggero, Ph.D.
Professor / Co-Director of Center for Psychosocial Health Disparities Research

Jennifer Callahan, Ph.D.
Professor / Co-Director of Center for Psychosocial Health Disparities Research

University of North Texas
940-565-2671

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Overview of Aims

The North Texas region faces major unmet healthcare needs, including a need for increased evidence-based OUD/SUD services, a need to address gaping health disparities that contribute to poor health and substance use problems, a need to grow a more diverse clinical psychology workforce locally, and a need for enhanced training in emerging tele-behavioral health technologies. In response, this project focuses on 20 areas in North Texas that are in high need and/or high demand areas with significant mental health provider shortages for medically underserved populations. The North Texas-20 Project aims to infuse evidence-based care across these areas via experiential practicum placements of trainees from the University of North Texas' accredited doctoral program in Clinical Psychology. Interdisciplinary, behavioral health and OUD/SUD prevention and treatment services are integrated with tele-behavioral health technology through curricular activities, field placements, and newly established UNT-based tele-behavioral health services.

Project Outcomes

Reporting Period: 09/01/2019 - 08/31/2021 (2 years)

North Texas Community Impact

- 16 UNT student therapists placed at clinical sites
- 1,504.2 total face-to-face hours of therapy provided to North Texas community
- 184.2 total face-to-face hours of assessment provided to North Texas community
- 140 clients served through partnerships
- 60.78% proportion of Hispanic/Latinx or African-American/Black/African-Origin clients seen by students
- $121,285.10 to $128,285 estimated economic value of services provided to community (based on clinic fee schedules, lower to upper range)

Talks Hosted

- Going Into Private Practice: Opportunities and Perils (August 26, 2020)
- (Tele)presence: Its Key Role in the Treatment of Anxiety Disorders with Telepsychotherapy or Virtual Reality (September 8, 2020)
- A Glimpse of Interdisciplinary Issues in a COVID-19 World (December 2, 2020)
- UNT’s Interdisciplinary Clinical Case Conference Series: Team Approach to Treating Dual/Multi Diagnosis Patients While Considering Diversity (April 28, 2021)
- Motivational Interviewing: Helping People Change (May 5, 2021)
- Motivational Interviewing: Helping People Change 5-Week Follow-up Workshops