



ANNUAL REPORT

FISCAL YEAR 2020



Burke

Burke has provided behavioral health, developmental disability and early childhood intervention services to individuals in twelve East Texas counties for over forty-four years. Across our region, we operate 40 facilities that specialize in personal, professional, and specialized care for our clients.



A MESSAGE FROM BURKE CEO MELANIE TAYLOR



We will never forget 2020. The COVID-19 pandemic has brought challenges for many of us. We have seen it take a toll on all of our citizens and affect our communities' mental health needs.

I am reminded of the quote by Chopra: "Every great change is preceded by chaos." It has been chaotic, but the work that Burke staff and our community partners have done to ensure we continue to deliver quality services has been incredible. Our team has accomplished this by stepping up and showing up to provide face-to-face services as required and through their flexibility and adaption to changing service delivery options to our clients. We have

delivered services via audio and video technology that has helped us through the social distancing guidelines and has proven to help address the transportation challenges in our rural communities.

The past year has been full of chaos, change, and opportunity, along with sorrow and hope, but it has made me truly see the power of community. None of us were prepared for the type of widespread disruptions that occurred. Still, we can take comfort in knowing that our communities pulled together with compromise, understanding, and support for each other.

Thanks to all of you: our clients, our Burke Board of Trustees, our staff, and our community partners - together, we can accomplish so much more than apart.



Mental Health	9,444	58%
Mental Health Crisis Services	3,548	22%
Developmental Disabilities	1,561	10%
Primary Care	938	6%
Early Childhood Intervention	737	5%

Equivalent to over 774 hours of work provided per day

Developmental Disabilities	\$14.3M	31%
Adult Mental Health	\$12.9M	28%
Mental Health Crisis Services	\$10.5M	23%
Children's Mental Health	\$4.8M	11%
Early Childhood Intervention	\$2.7M	6%
Primary Care	\$0.7M	2%

COUNTIES SERVED:

Angelina
Houston
Jasper
Nacogdoches

Newton
Polk
Sabine
San Augustine

San Jacinto
Shelby
Trinity
Tyler



12,895

UNDUPLICATED
INDIVIDUALS
SERVED

2,834

WERE 18 OR YOUNGER
(22%)



Angelina County	292	48.5%
Nacogdoches County	144	23.9%
Jasper County	34	5.64%
Polk County	31	5.15%
Other Counties	101	16.81%

COVID-19 CRISIS COUNSELING PROGRAM

Since March of 2020, Burke has participated in a statewide Crisis Counseling Program. Burke is promoting the Texas statewide COVID-19 MH Support Line to our communities through a targeted social marketing campaign. Participants who contact the support line are provided with free counseling as needed and referred to Burke for ongoing support.

Through this program, Texas has found that residents seeking help are experiencing:

- **Emotional Reactions** - are anxious, fearful, sad, irritable, angry, hopelessness, feel guilty or shameful.
- **Behavioral Reactions** - are isolative or withdrawn, have an extreme change in activity level, are on guard or hypervigilant, are agitated, shaky or jittery, and have excessive drug or alcohol use.
- **Physical Reactions** - have sleep issues, fatigue or exhaustion, worsening health problems, eating problems, headaches, and stomach problems.
- **Cognitive Reactions** - have difficulty concentrating, difficulty making decisions, intrusive thoughts or images, trouble remembering things, distressing dreams or nightmares.

Intense feelings of isolation, excessive anxiety, prolonged sadness, depression, substance misuse, extreme mood swings, excessive hostility or violent behavior are all signals that help may be needed. Texans experiencing anxiety, stress or emotional challenges due to the COVID-19 pandemic should contact the support line available 24/7 at 1-833-986-1919.

BURKE'S CRISIS HOTLINE
1-800-392-8343

HEALTHY WAYS TO COPE WITH STRESS:

1. **Take Care of Your Body** – eat healthier, exercise, get plenty of sleep, avoid alcohol, tobacco and other drugs
2. **Connect with Others** – talk with people you trust about your concerns and how you are feeling
3. **Take Breaks** – do healthy activities you enjoy (gardening, cooking, sports)
4. **Stay Informed** – Find reliable sources for information and avoid rumors
5. **Avoid Too Much News** – Limit time spent on social media and watching the news.
6. **Seek Help When Needed** – Reach beyond your regular support system if there is a problem coping.

BOARD MEMBERS

COL. HOWARD DANIEL, JR., Chair / Polk, San Jacinto

RANDY GEORGE, Vice Chair / Angelina

FRANCES SCOGGINS, Treasurer / Jasper, Newton

DAVID COZADD, Secretary / Nacogdoches

LOIS BALL / Houston

JOHN HOWARD / Shelby

JIM MCREYNOLDS / Sabine, San Augustine

SONDRA WILLIAMS / Tyler

JUDGE STEVEN DOUG PAGE / Trinity

EX OFFICIO MEMBERS FY 21

SHERIFF JASON BRIDGES / Nacogdoches

SHERIFF BRYAN WEATHERFORD / Tyler

BURKE'S CRISIS HOTLINE
1-800-392-8343

