

# Mental Health Systems: Navigating Medi-Cal and County Programs



# Our Presenters



**Carolina Valle, MSW,  
Senior Policy Associate  
California Pan-Ethnic Health  
Network**



**Mihae Jung,  
Community Advocacy Director  
California Pan-Ethnic Health  
Network**

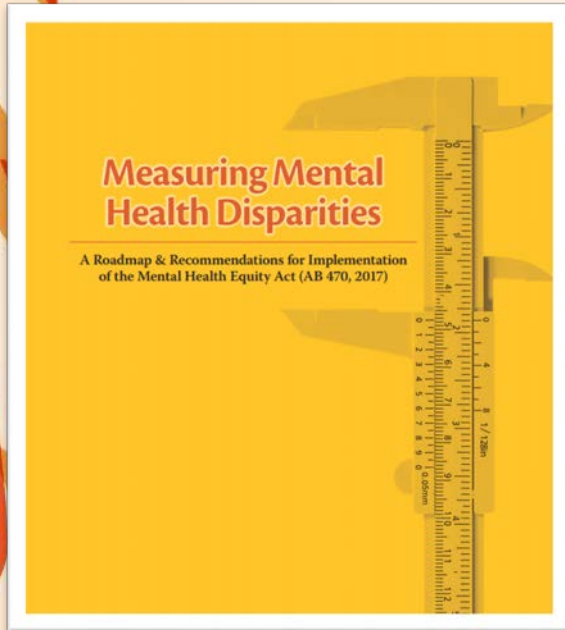


## History of CPEHN's mental health work

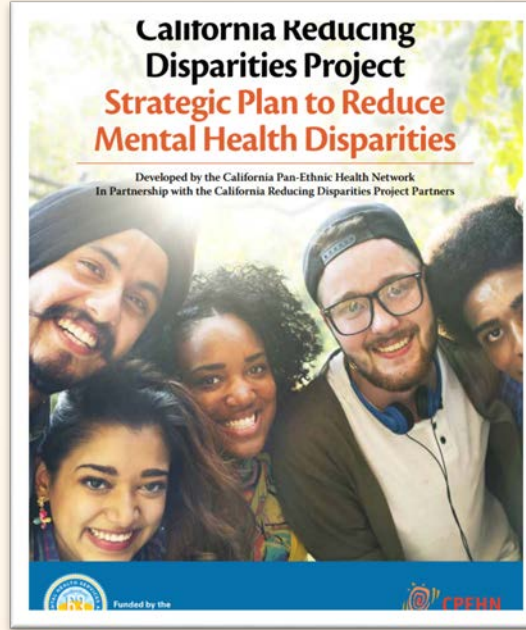
- California Reducing Disparities Project
- Behavioral Health Equity Collaborative
- Health Integration Forums



# CPEHN's Mental Health Reports- 2018



[Measuring Mental Health Disparities](#)



[CRDP Strategic Plan](#)



[MHSA Innovation Rec](#)





# CPEHN's Community Advocacy



# Agenda

- Funding and oversight structure
- Four important laws
- Spectrum of services
- Navigating referrals
- Mental health rights



# Public mental health services in communities of color



# A word about terminology...



**Client or patient or consumer?**



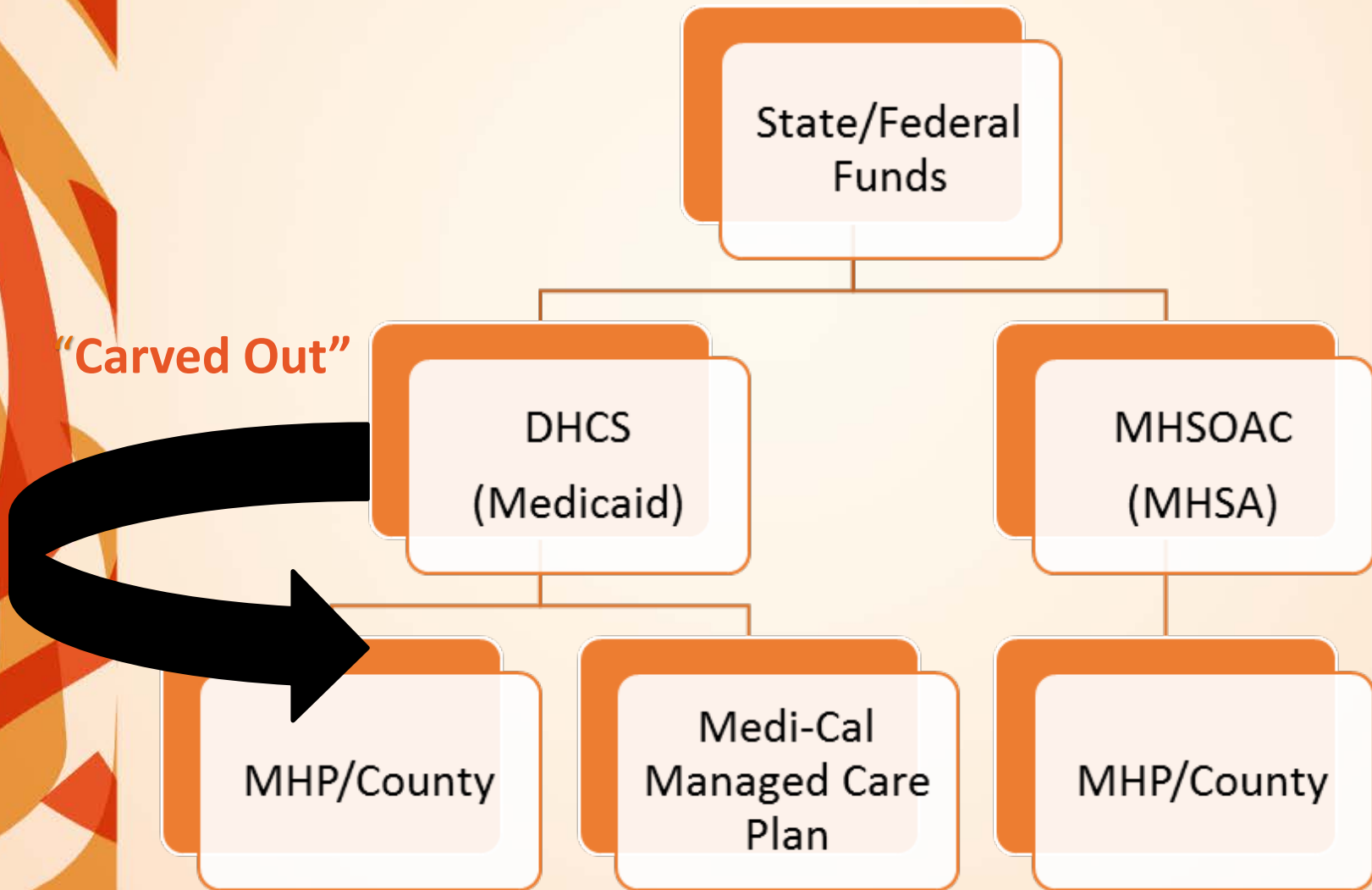
## “Carve-out”

- These services are offered through a separate system (not the state) – county mental health plans.
- Mental health services for serious mental illness (adults) and severe emotional disturbance (children) are an “entitlement.”
- Counties may provide services themselves or contract out

## “1915b Waiver”

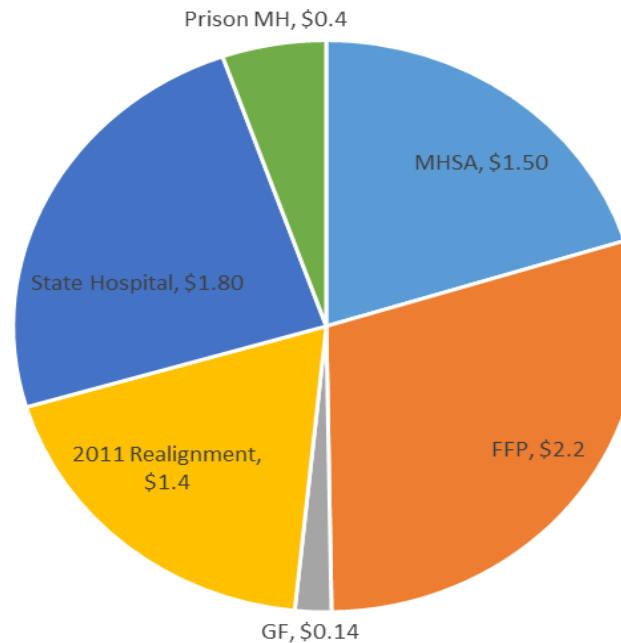


# Oversight Structure



## 2015-16 Spending on Public Mental Services

- Mental Health Services Act: Tax on personal income of top 1% of income earners, distributed to counties
- FFP: Federal reimbursement for Medicaid services
- GF: General fund payment for Medi-Cal
- 2011 Realignment: Payments to counties for behavioral health services, from vehicle license fee and sales tax
- State Hospital: Cost of operating state hospitals
- Prison MH: Cost of mental health care for state prison inmates



Does not account for:  
 School-based services;  
 Mental health services delivered by Medi-Cal managed care plans;  
 Local funds;  
 Federal and state grants.

# Four laws...

1915b Waiver

- Entitlement!
- Medi-Cal
- Specialty Services

Realignment

- Responsibility!
- Flexibility
- Tax Revenue

Mental Health Services Act

- Underserved
- Millionaires Tax

Affordable Care Act

- Expanded benefits
- Medi-Cal Managed Care
- Fee for Service

# County Mental Health Plans and 1915b Waivers of 1995 and 1997

\$\$\$\$\$\$	Law:
Medi-Cal	<ul style="list-style-type: none"> <li>Made mental health an “entitlement” program for certain types of people</li> </ul>
	<ul style="list-style-type: none"> <li>Certain populations are “entitled” to mental health services:</li> </ul>
	<ul style="list-style-type: none"> <li>adults with serious mental illness</li> </ul>
	<ul style="list-style-type: none"> <li>and children with severe emotional disturbances.</li> </ul>
	<ul style="list-style-type: none"> <li>entitled to “specialty mental health services”</li> </ul>



# Who qualifies for specialty mental health services?

Specialty mental health services are services for people who:

- Have access to Medi-Cal
- Meet medical necessity criteria:
- DSM diagnosis
- Significant impairment or probably of significant deterioration
- Intervention will diminish impairment or prevent deterioration



# Type of specialty mental health services

- Mental health services
- Crisis intervention, stabilization, and residential
- Care management
- Medication management
- Inpatient hospitalization
- Rehabilitation



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## The Realignment Act of 1991

\$\$\$\$\$\$	Law:
tax revenues of:	Health, social services, and public mental health services now controlled by counties
sales tax	County mental health must provide services to certain uninsured populations so long as resources are available.
vehicle license fees	Counties have greater flexibility in spending their funds

Realignment: To cause to form new arrangements or to have a new orientation; to reorganize.

# Four laws...

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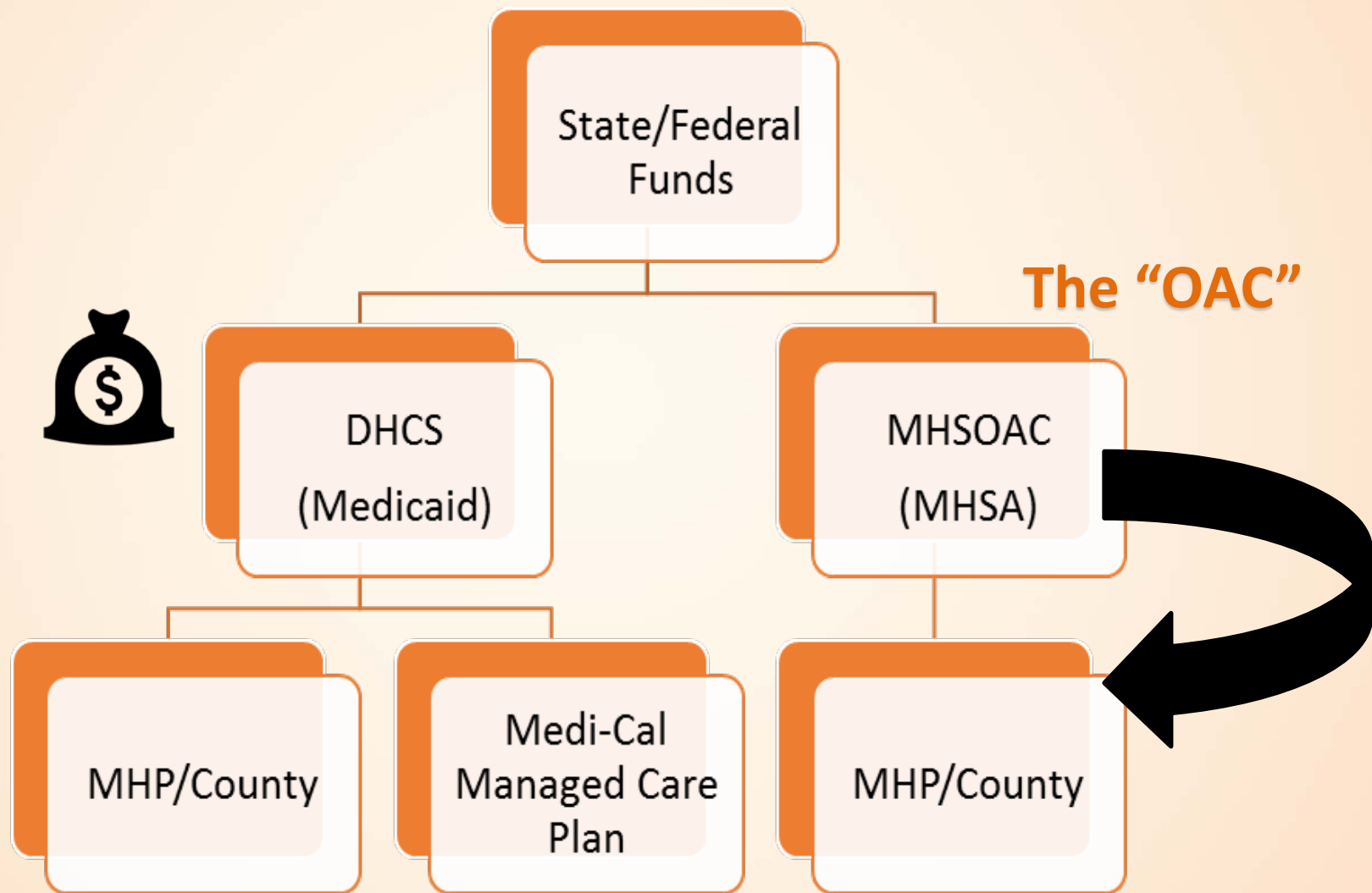
- Expanded benefits
- Medi-Cal Managed Care
- Fee for Service



# The Mental Health Services Act

\$\$\$\$\$\$	Law:
1 percent income tax on personal income in excess of \$1 million	<b>the state is required to distribute the funds to county mental health plans</b>
	<b>community services and supports:</b> County mental health programs shall make services available to people with severe illness
	<b>innovations:</b> county mental health plans shall develop plans for innovations
	<b>prevention and early intervention:</b> shall establish a program designed to prevent mental illnesses from becoming severe and disabling.
	<b>workforce education and training:</b> establish a program with dedicated funding to remedy the shortage of qualified individuals to provide services to address severe mental illnesses.
	<b>established the Mental Health Services Oversight and Accountability Commission</b>

# Oversight Structure



Fiscal responsibility implies a government pursues the appropriate level of government spending

# Four laws...

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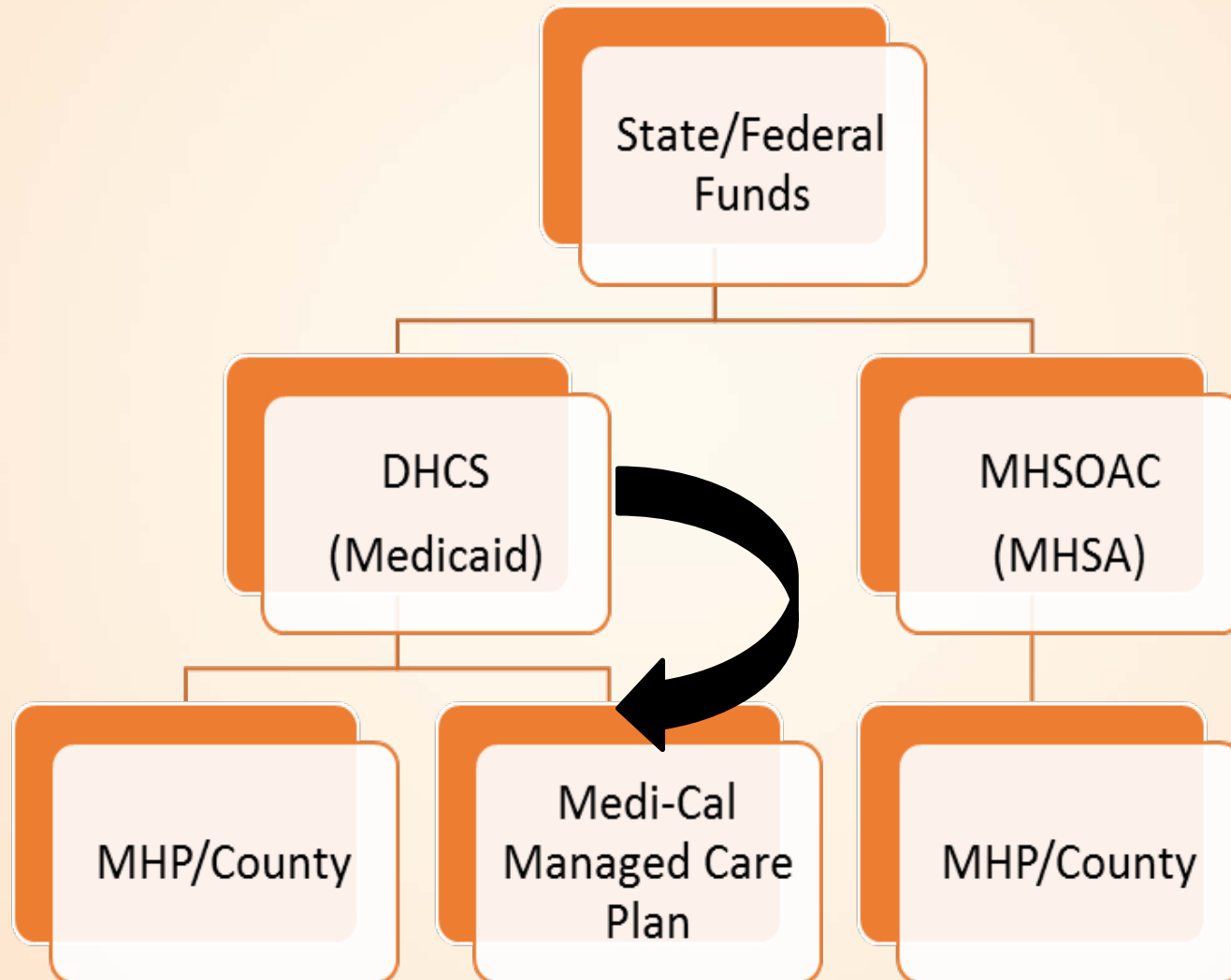
- Expanded benefits
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# The Affordable Care Act

\$\$\$\$\$\$	Law:
	Expanded mental health benefits in Medi-Cal Managed Care.
	Medi-Cal Managed Care and Fee for Services are responsible for providing services to people with mild to moderate impairments.
	Medi-Cal Managed Care must develop MOUs with county mental health

Low utilization: people are not using the benefit

# Oversight Structure





# Spectrum of Services

## Specialty Mental Health Services

- Intensive services
- Medi-Cal Eligible
- Medi-Cal Necessity
- Diagnosis
- High-risk

## Community Mental Health Services/MHSA

- Prevention and Early Intervention services
- Not Medi-Cal eligible
- Adults and older adults with serious mental disorders
- Children and adolescents w/ serious emotional disturbance

## Medi-Cal Managed Care/FFS

- Medi-Cal Eligible
- Medi-Cal Managed Care Plan or Fee for Service (FFS)
- Mild to moderate mental health condition
- does not necessitate specialty services

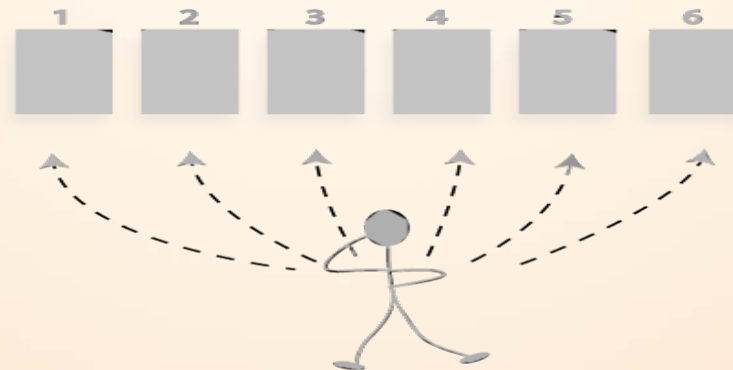
# California's mental health system is complex and challenging to navigate

## Public Mental Health Services

Managed  
Care/FFS Mental  
Health Services

Community  
Mental Health  
Services

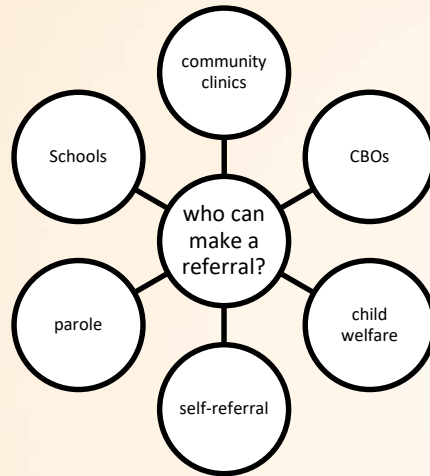
Specialty Mental  
Health Services



## Accessing mental health services is not easy!

Unserved	Underserved	Inappropriately Served
No screenings	No in-language providers	Misdiagnosed
No referrals	No services in the home	Mistreated
No treatment	No help with basic needs	Misunderstood

# Referral Tools




Do you need help or support?  
**1-800-854-7771**  
 ACCESS Center 24/7 Helpline



Solano County Health & Social Service  
 Behavioral Health Division  
 Mental Health Access

Hispanic Outreach & Latino Access  
 HOLA Program

## HOLA Request for Mental Health Services

Guidelines for Request for Mental Health Services

1. Please complete the information below
2. Client or Guardian **MUST** sign and date indicating their agreement for you to request Mental Health Services on their behalf.
3. Return the completed form by Fax to the attention of:

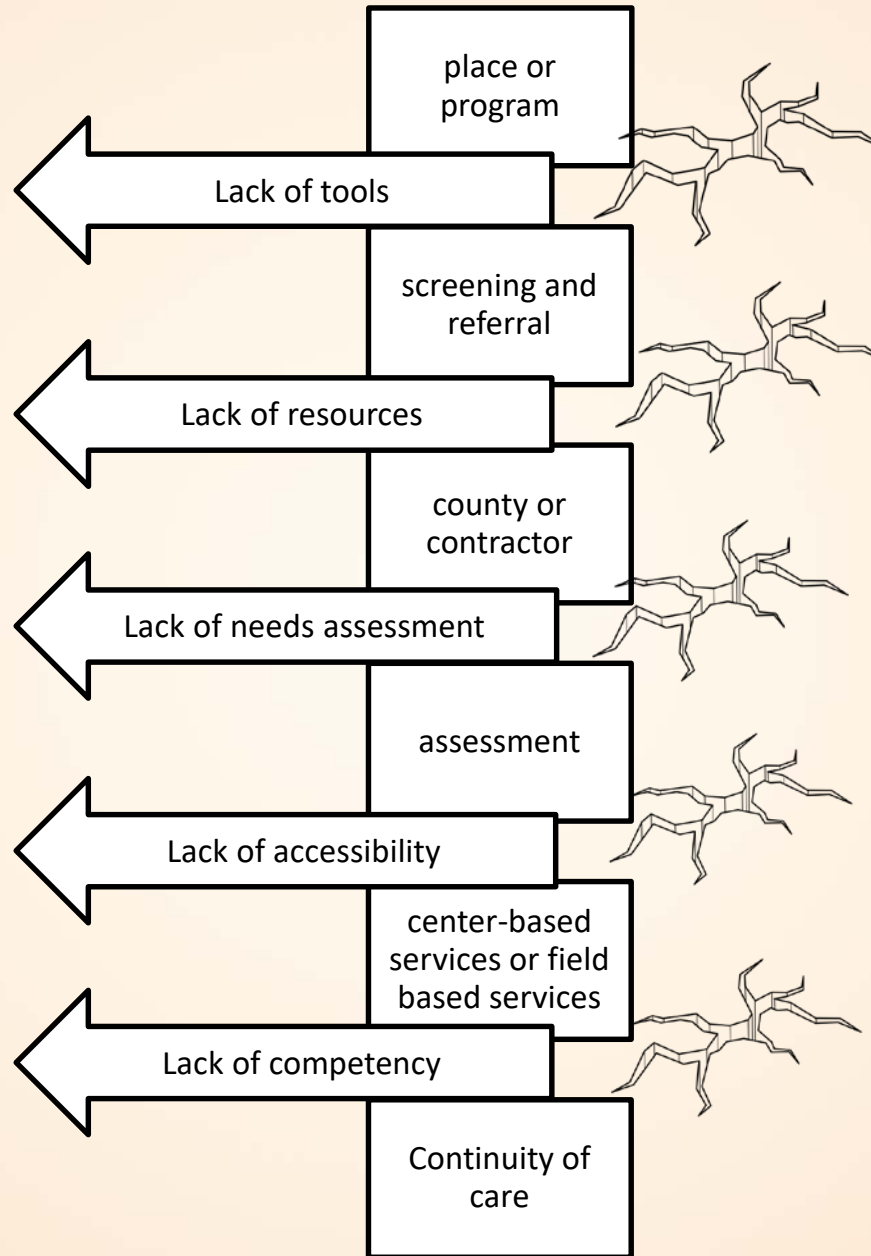
Solano County Mental Health Access Unit  
 (707) 428-8642

**Client Information:**

Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Phone: \_\_\_\_\_  
 Guardian/Parent Name: \_\_\_\_\_  
 Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_  
 SSN#: \_\_\_\_\_ Type of Insurance: \_\_\_\_\_  
 Preferred Language: \_\_\_\_\_  
 How did you hear about HOLA:  HOLA class  FRC  Flyer  Friend  Doctor  School  
 Other: \_\_\_\_\_  
 Client Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
 \* Client authorizes request for services and discussion of referral status with referring party.  
 Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
 \* Required for minor aged clients.

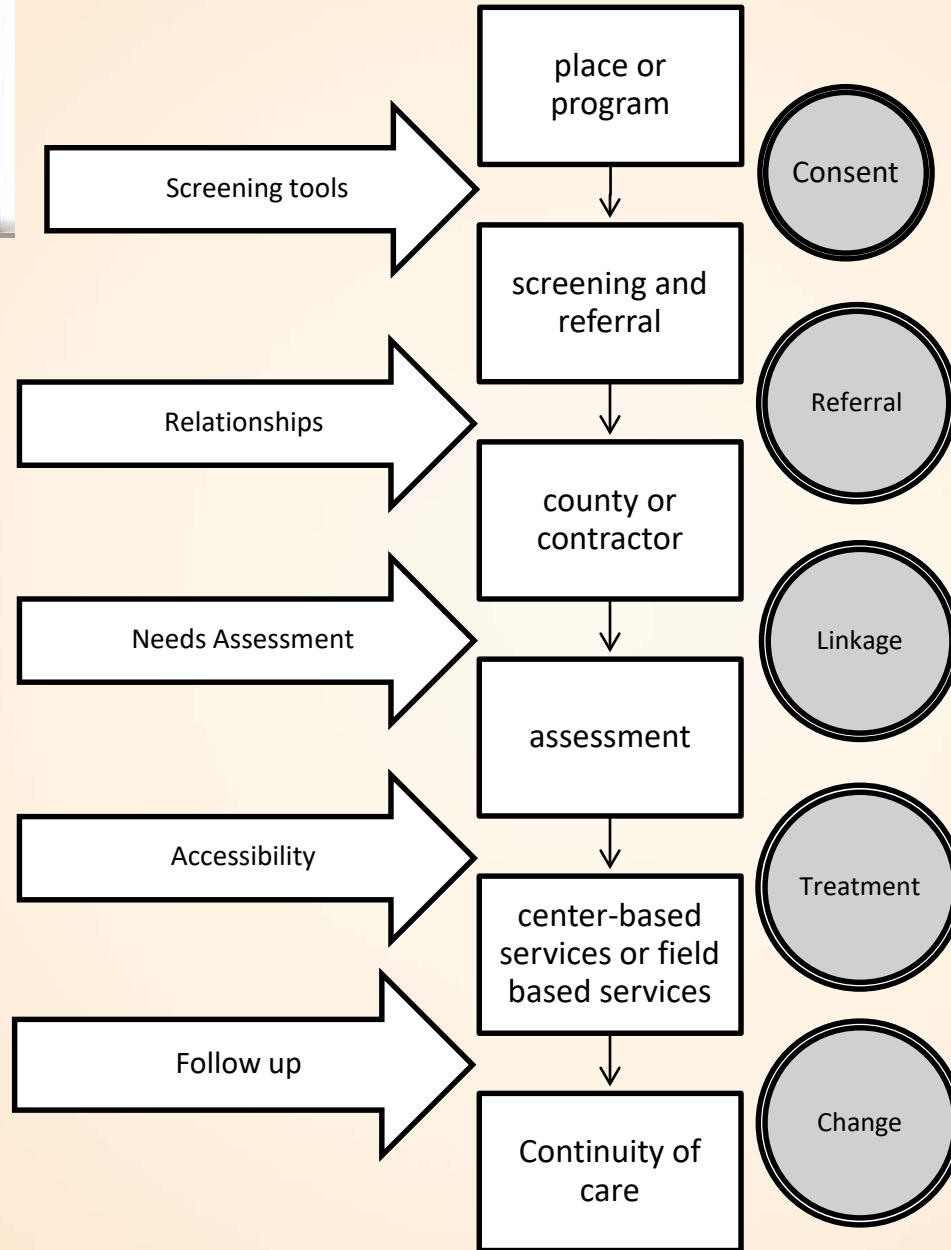
**Referred By:**

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Date of Referral: \_\_\_\_\_  
 Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Agency: \_\_\_\_\_ Email: \_\_\_\_\_ Fax: \_\_\_\_\_  
 Is this client in imminent danger?  YES  NO  
 Comments: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

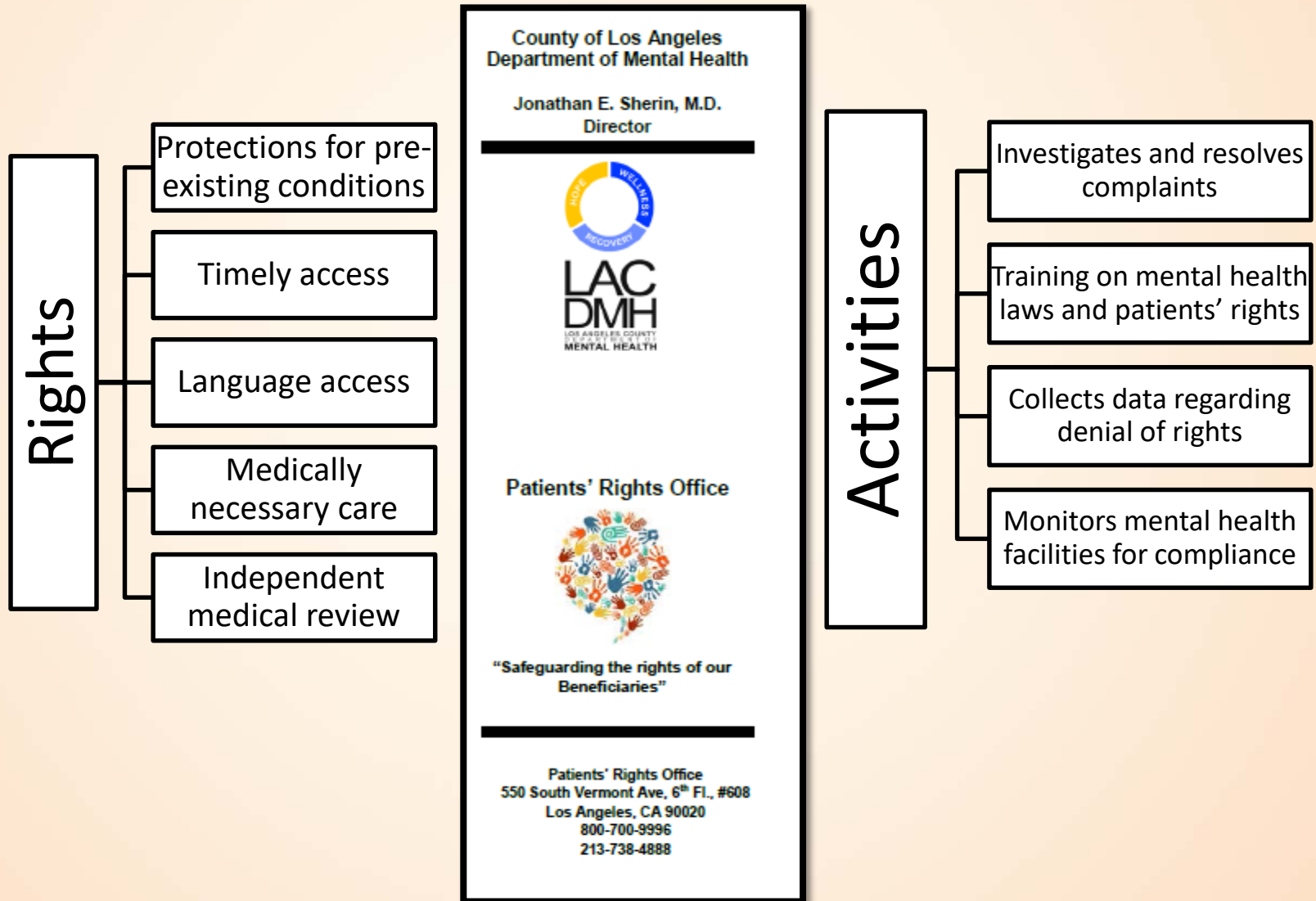


# Stigma





# Client have mental health rights.



**Thank you! For more info:**

[www.cpehn.org](http://www.cpehn.org)

(213) 787-1360

Carolina Valle, Senior Policy Associate

[cvalle@cpehn.org](mailto:cvalle@cpehn.org)

