Mental Health Systems: Navigating Medi-Cal and County Programs
Our Presenters

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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

“Carved Out”

State/Federal Funds

DHCS (Medicaid)

MHP/County

MHSOAC (MHSA)

Medi-Cal Managed Care Plan

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

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

- 2011 Realignment, $1.4
- State Hospital, $1.80
- MHSA, $1.50
- FFP, $2.2
- GF, $0.14
- Prison MH, $0.4
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: | 
|------|------|
| Made mental health an “entitlement” program for certain types of people | 
| Certain populations are “entitled” to mental health services: | 
| adults with serious mental illness | 
| and children with severe emotional disturbances. | 
| entitled to “specialty mental health services” | 

**Medi-Cal**

- Made mental health an “entitlement” program for certain types of people
- Certain populations are “entitled” to mental health services:
  - adults with serious mental illness
  - and children with severe emotional disturbances.
  - entitled to “specialty mental health services”
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
Four laws...

1915b Waiver
- Entitlement!
- Medi-Cal
- Specialty Services

Realignment
- Responsibility!
- Flexibility
- Tax Revenue

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- Underserved
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Affordable Care Act
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The Realignment Act of 1991

<table>
<thead>
<tr>
<th>$$$$$$$</th>
<th>Law:</th>
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<tbody>
<tr>
<td>tax revenues of:</td>
<td>Health, social services, and public mental health services now controlled by counties</td>
</tr>
<tr>
<td>sales tax</td>
<td>County mental health must provide services to certain uninsured populations so long as resources are available.</td>
</tr>
<tr>
<td>vehicle license fees</td>
<td>Counties have greater flexibility in spending their funds</td>
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Realignment: To cause to form new arrangements or to have a new orientation; to reorganize.
Four laws...

1915b Waiver
- Entitlement!
- Medi-Cal
- Specialty Services

Realignment
- Responsibility!
- Flexibility
- Tax Revenue

Mental Health Services Act
- Underserved
- Millionaires Tax

Affordable Care Act
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### The Mental Health Services Act

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

Fiscal responsibility implies a government pursues the appropriate level of government spending.
Four laws...

1915b Waiver
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The Affordable Care Act

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<tr>
<td>Expanded mental health benefits in Medi-Cal Managed Care.</td>
</tr>
<tr>
<td>Medi-Cal Managed Care and Fee for Services are responsible for providing services to people with mild to moderate impairments.</td>
</tr>
<tr>
<td>Medi-Cal Managed Care must develop MOUs with county mental health</td>
</tr>
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Low utilization: people are not using the benefit
Oversight Structure

State/Federal Funds

DHCS (Medicaid)

MHP/County

MHSOAC (MHSA)

Medi-Cal Managed Care Plan

MHP/County
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!

<table>
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<tr>
<th>Unserved</th>
<th>Underserved</th>
<th>Inappropriately Served</th>
</tr>
</thead>
<tbody>
<tr>
<td>No screenings</td>
<td>No in-language providers</td>
<td>Misdiagnosed</td>
</tr>
<tr>
<td>No referrals</td>
<td>No services in the home</td>
<td>Mistreated</td>
</tr>
<tr>
<td>No treatment</td>
<td>No help with basic needs</td>
<td>Misunderstood</td>
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Referral Tools

Who can make a referral?

- Community clinics
- CBOs
- Schools
- Parole
- Child welfare
- Self-referral

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Hispanic Outreach & Latino Access (HOLA) Program

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) 428-4642

Client Information:
- Name:
- DOB:
- Phone:
- Guardian/Parent Name:
- Address:
- City:
- Zip:
- SSN:
- Type of Insurance:
- Preferred Language:
- How did you hear about HOLA?:
- 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:

Revised 11/01/2017

Do you need help or support?
1-800-854-7771
ACCESS Center 24/7 Helpline
place or program
Lack of tools
screening and referral
Lack of resources
county or contractor
Lack of needs assessment
assessment
Lack of accessibility
center-based services or field based services
Lack of competency
Continuity of care

Stigma
Screening tools → screening and referral → county or contractor → assessment → center-based services or field based services → Continuity of care

Consent

Referral

Linkage

Treatment

Change
Client have mental health rights.

Rights
- Protections for pre-existing conditions
- Timely access
- Language access
- Medically necessary care
- Independent medical review

Activities
- Investigates and resolves complaints
- Training on mental health laws and patients’ rights
- Collects data regarding denial of rights
- Monitors mental health facilities for compliance
Thank you! For more info:

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(213) 787-1360
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