CPEHN Mental Health Briefing

Wednesday, November 18 – 11:00am-1:00pm
Thursday, November 19 – 12:30pm-2:00pm
Housekeeping Items

Your Moderator: Carolina Valle, Senior Policy Manager here with CPEHN.

- Everyone is muted.
- Please change your Zoom name to your full name so others know who you are.
- Today’s session is being recorded and will be available on our website in the coming days.
- During breaks, please remain on Zoom.

Use the chat box!!

- Introduce yourself in the chat box and tell us: your name, organization, pronouns and share with us why you joined the mental health briefing today.
- Post your questions to the speakers. CPEHN staff will facilitate your questions during Q&A!
- Access relevant materials including speaker biographies via the links CPEHN facilitator posted.
- Interact with each other : )
Opening Remarks: The impact of COVID-19 and structural racism on access to mental health services for communities of color.

Le Ondra Clark Harvey, Ph.D., Chief Executive Officer of the California Council of Community Behavioral Health Agencies
Disparities in Medi-Cal Mental Health
About Medi-Cal’s Mental Health System

- The Medi-Cal mental health benefit is delivered through two systems.
- Counties retain responsibility for providing Medi-Cal specialty mental health systems, including all inpatient psychiatric services.
- Managed Care plans provide mental health services to their enrollees with mild-to-moderate conditions.
AB 470: The Mental Health Equity Act

- **2017**: Governor Jerry Brown signs AB 470 (Arambula) signed into law.
- **2018**: CPEHN convenes Advisory Workgroup to develop recommendations for AB 470’s implementation, and publishes an accompanying report, *Measuring Mental Health Disparities*.
- **2019**: DHCS publishes the first AB 470 dataset, focusing on county specialty mental health plans.
- **2020**: DHCS publishes the second AB 470 dataset, adding data for Medi-Cal managed care plans, aggregated by county.
Key Terms

- **Specialty mental health services:** Services for Medi-Cal enrollees with serious mental illness. **County mental health plans** are responsible for the provision of these services.

- **“Mild-to-moderate” mental health services:** Services for adults enrolled in a Medi-Cal managed care plan who have a “mild-to-moderate” impairment of mental, emotional, or behavioral functioning. **Managed care plans** are responsible for the provision of these services.
Between 3% and 4% of Eligible Enrollees Received Medi-Cal Mental Health Services in 2017–18

<table>
<thead>
<tr>
<th>Year</th>
<th>Specialty</th>
<th>Managed Care</th>
</tr>
</thead>
<tbody>
<tr>
<td>2014-15</td>
<td>1.4%</td>
<td>0.0%</td>
</tr>
<tr>
<td>2015-16</td>
<td>1.9%</td>
<td>0.5%</td>
</tr>
<tr>
<td>2016-17</td>
<td>2.2%</td>
<td>1.0%</td>
</tr>
<tr>
<td>2017-18</td>
<td>2.5%</td>
<td>1.5%</td>
</tr>
</tbody>
</table>

Source: Performance Dashboard AB 470 Report Application, California Health and Human Services Data Portal, Last Updated February 13, 2020
Access to Medi-Cal Mental Health Services Falls Short of Estimated Prevalence

Medi-Cal Mental Health Access Rates, Adults, by Year, vs. Estimated Prevalence

Source: Performance Dashboard AB 470 Report Application, California Health and Human Services Data Portal, Last Updated February 13, 2020
Few Enrollees Receive Five or More Mental Health Services in a Year

Medi-Cal Mental Health Access and Engagement Rates, Adults, Managed Care Plans and County Specialty Mental Health Plans, by Year

Managed Care

<table>
<thead>
<tr>
<th>Year</th>
<th>Penetration</th>
<th>Engagement</th>
</tr>
</thead>
<tbody>
<tr>
<td>2014-15</td>
<td>2.0%</td>
<td>0.6%</td>
</tr>
<tr>
<td>2015-16</td>
<td>2.6%</td>
<td>0.9%</td>
</tr>
<tr>
<td>2016-17</td>
<td>3.0%</td>
<td>1.1%</td>
</tr>
<tr>
<td>2017-18</td>
<td>3.3%</td>
<td>1.2%</td>
</tr>
</tbody>
</table>

County Mental Health

<table>
<thead>
<tr>
<th>Year</th>
<th>Penetration</th>
<th>Engagement</th>
</tr>
</thead>
<tbody>
<tr>
<td>2014-15</td>
<td>4.3%</td>
<td>2.7%</td>
</tr>
<tr>
<td>2015-16</td>
<td>4.0%</td>
<td>2.5%</td>
</tr>
<tr>
<td>2016-17</td>
<td>3.8%</td>
<td>2.4%</td>
</tr>
<tr>
<td>2017-18</td>
<td>3.8%</td>
<td>2.4%</td>
</tr>
</tbody>
</table>

Source: Performance Dashboard AB 470 Report Application, California Health and Human Services Data Portal, Last Updated February 13, 2020
Mental Health Access Rates Vary by Race/Ethnicity

### Medi-Cal Mental Health Access Rates, Adults, by Race/Ethnicity, FY 2017–18

- **Black**: 7.4% (7.0% Speciality, 7.3% Managed Care)
- **Alaskan Native or American Indian**: 6.2% (5.8% Speciality, 6.7% Managed Care)
- **White**: 5.8% (5.6% Speciality, 6.0% Managed Care)
- **Unknown**: 5.4% (5.2% Speciality, 5.6% Managed Care)
- **Other**: 4.3% (4.1% Speciality, 4.5% Managed Care)
- **Latinx**: 2.5% (2.3% Speciality, 2.7% Managed Care)
- **Asian or Pacific Islander**: 2.0% (1.8% Speciality, 2.2% Managed Care)

Source: Performance Dashboard AB 470 Report Application, California Health and Human Services Data Portal, Last Updated February 13, 2020
Mental Health Care Engagement (5+ services) Also Varies by Race/Ethnicity

<table>
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<tr>
<th>Race/Ethnicity</th>
<th>Speciality</th>
<th>Managed Care</th>
</tr>
</thead>
<tbody>
<tr>
<td>Black</td>
<td>1.1%</td>
<td>4.5%</td>
</tr>
<tr>
<td>Alaskan Native or American Indian</td>
<td>2.2%</td>
<td>3.7%</td>
</tr>
<tr>
<td>Unknown</td>
<td>1.5%</td>
<td>3.6%</td>
</tr>
<tr>
<td>White</td>
<td>2.3%</td>
<td>3.6%</td>
</tr>
<tr>
<td>Other</td>
<td>1.7%</td>
<td>2.7%</td>
</tr>
<tr>
<td>Hispanic</td>
<td>1.4%</td>
<td>1.4%</td>
</tr>
<tr>
<td>Asian or Pacific Islander</td>
<td>0.4%</td>
<td>1.4%</td>
</tr>
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Source: Performance Dashboard AB 470 Report Application, California Health and Human Services Data Portal, Last Updated February 13, 2020
White enrollees receive more mental health services from their Medi-Cal managed care plan than other racial and ethnic groups.

Managed Care Plan Mental Health Services per 1,000 Members, All Ages, September 2019

- White: 59.9
- Other/Unknown: 37.2
- Black: 24.9
- Latinx: 19.2
- Native Hawaiian or Other Pacific Islander: 17.6
- Asian: 11.5

Source: Managed Care Performance Monitoring Dashboard Report, California Department of Health Care Services, June 22, 2020
Poll Question
Session 2: Local Programs and Policies California Should Scale Up
We will now be taking a 5 minute break!

Get up and stretch! Take care of yourself!

Please keep your zoom on! We don't want to lose you!
Mental Health Briefing - Day 1 Agenda

Session 3: California State and Budget Landscape

Michelle Doty Cabrera, Executive Director, California Behavioral Health Directors Association
Thank you!

If you haven’t already, please register for Day 2, happening tomorrow from 12:30 PM to 2 PM at https://cpehn.org/updates/2020/11/upcoming-events

If you haven't signed up for our new mental health newsletter - sign up https://cpehn.us10.list-manage.com/subscribe?u=e935a324612c83a6fa9e8d054&id=7b3b6057a3

Mental Health Briefing- Day 1 Agenda