

New Report: Findings from Mental Health in the Shadows: How Immigrants in California Struggle to Get Needed Care



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Agenda

- Background and Research Methods
- Impact of Climate on Mental Health
- Findings
- Recommendations



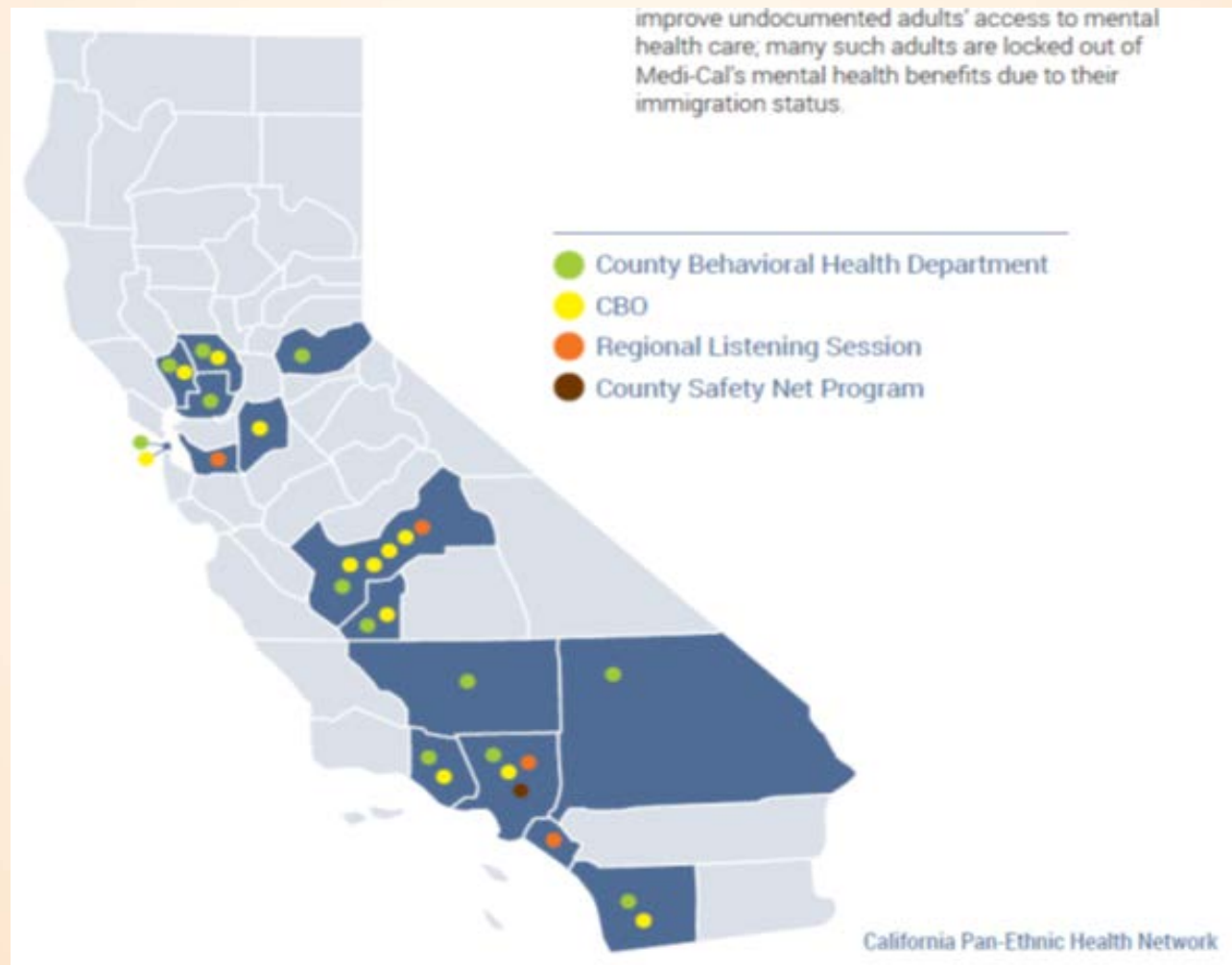
California Pan-Ethnic Health Network (CPEHN)



Behavioral Health Equity Collaborative (BHEC)



Geographic Distribution of Subject Matter Experts



Visión y Compromiso™



How the immigrant experience
impacts mental health and
wellness



Ulises' Syndrome



Uncertainty

Stress

Fear





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Findings

Counties, community-based organizations, and providers share a concern for the mental health and wellbeing of immigrant communities, and a willingness to improve access to care.

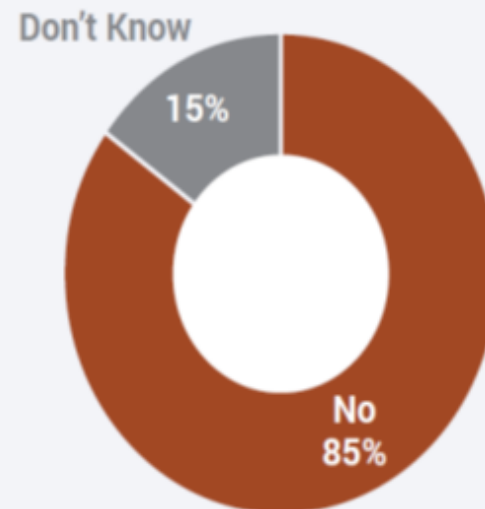
Stakeholders		
County	Community-based organization	Listening Session
<ul style="list-style-type: none"> • Los Angeles • Ventura • Kern • Kings • Fresno • San Francisco • Solano • San Bernardino • San Diego • Napa • Yolo 	<ul style="list-style-type: none"> • Special Services for Groups • Centro Binacional para el Desarrollo Indígena Oaxaqueño • Visión and Compromiso • My Health LA • Central Valley Immigration Integration Collaborative • San Joaquin Fathers and Families • California Rural Legal Assistance Foundation • Mixteco/Indigena Community Organizing Project • Fresno Center • OLE Clinic • San Francisco Mission Neighborhood Health Center 	<ul style="list-style-type: none"> • Oakland • Fresno • Orange County • Los Angeles



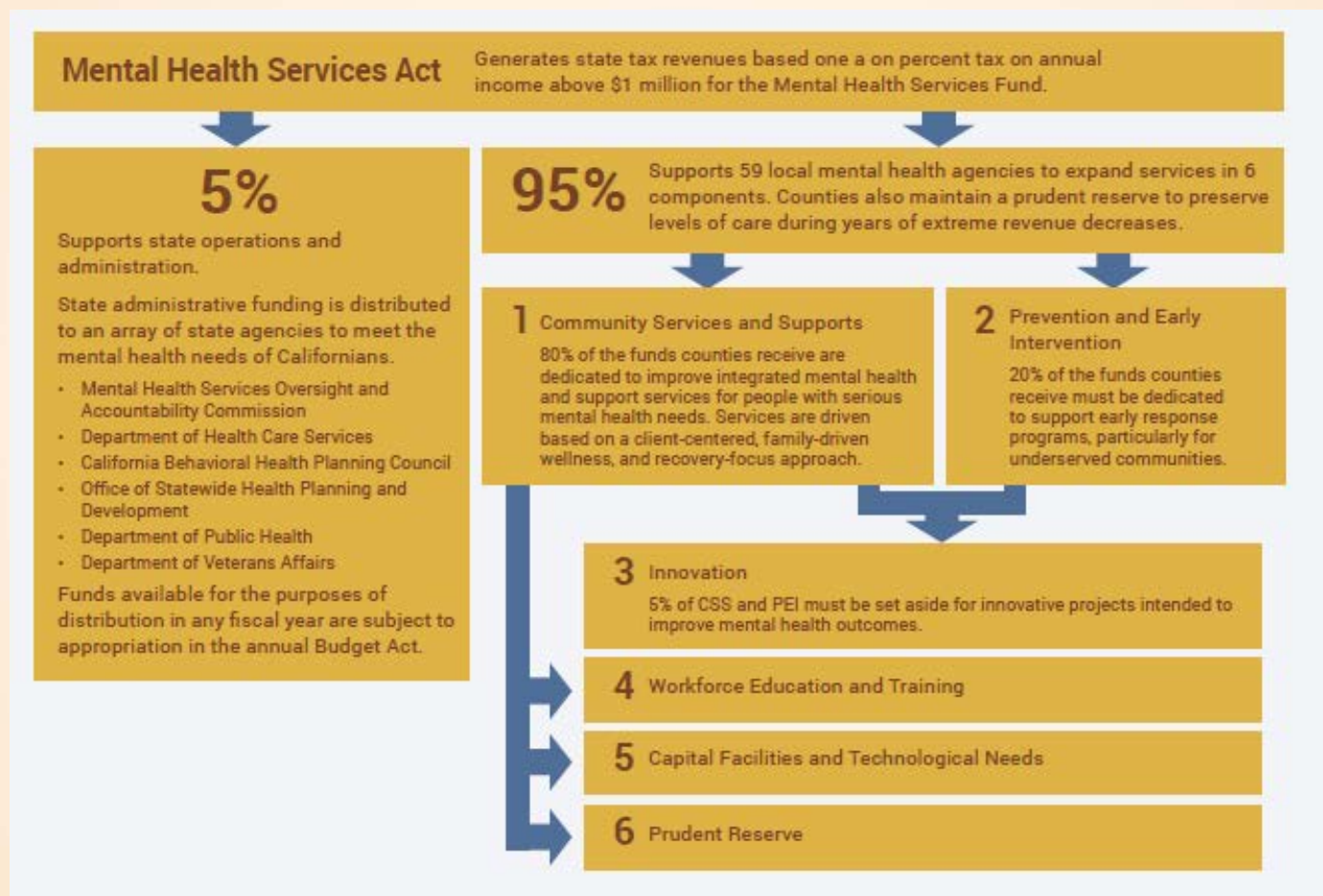
Are their funding sources that can underwrite the cost of mental health care for immigrants and undocumented immigrants? YES.

Evaluation of Restrictions on Public Mental Health Funding

Outside of Medi-Cal, do you believe there are any restrictions on funding that prevent you from providing mental health services to undocumented adults? (n=13)



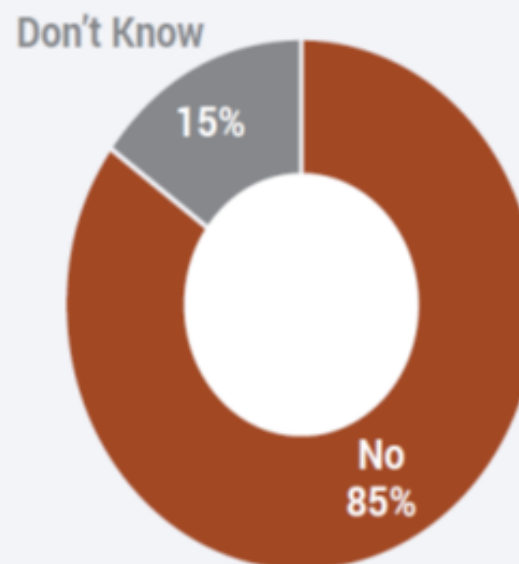
The Mental Health Services Act



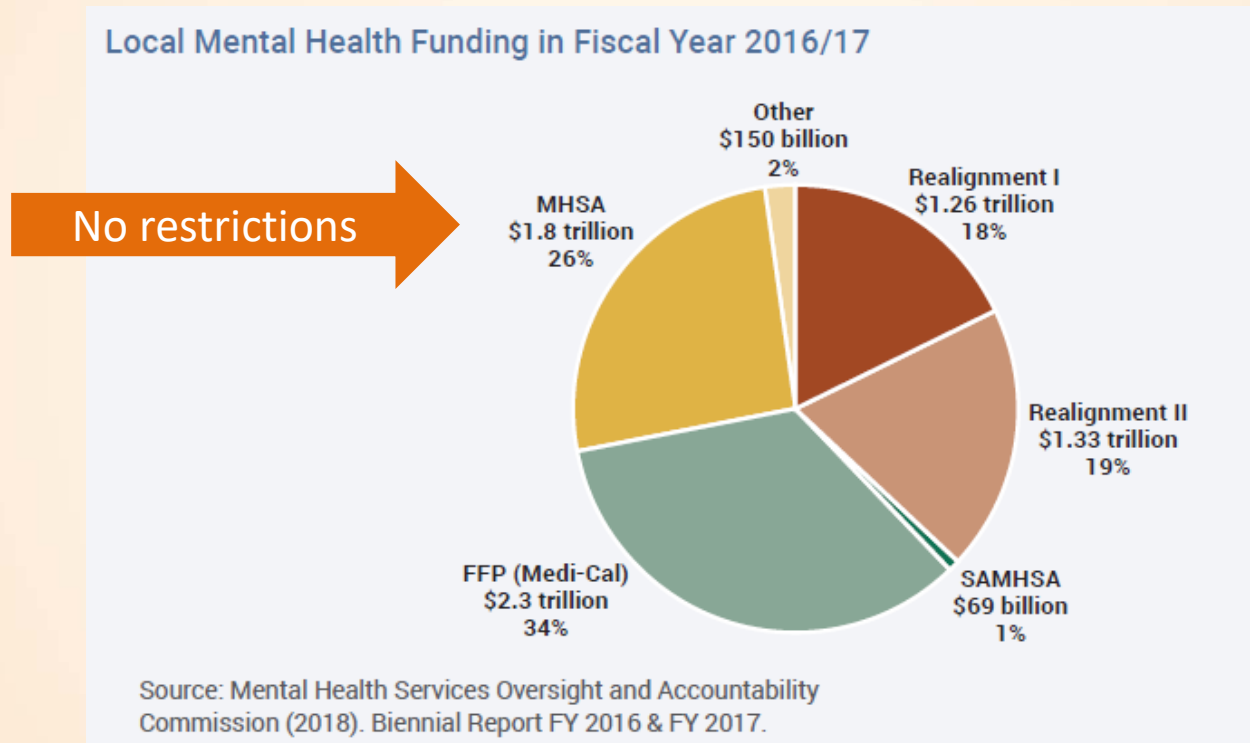
Mental Health Services Act represents an important funding opportunity for immigrants because it is not bound by Medi-Cal

Evaluation of Restrictions on Public Mental Health Funding

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The Mental Health Services Act



Complex billing structures and reporting requirements, and public scrutiny over spending patterns, impact county behavioral health departments' willingness to take public leadership and complete fiscal responsibility for the mental health care of undocumented immigrants.

DHCS
policies

Interpret
responsibility
different

Lack of
capacity

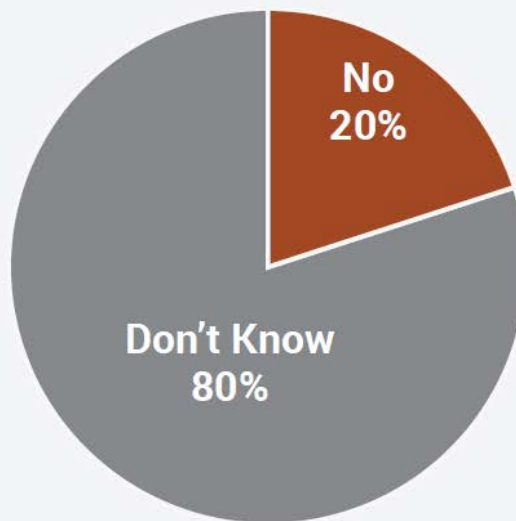
Data
collection



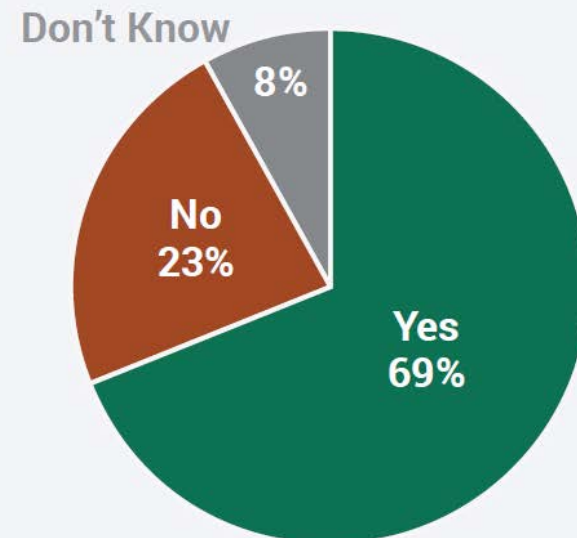
Are counties engaging with other counties entities about the mental health needs of immigrants? Yes, but at the exclusion of CBOs.

Has your county engaged with other county entities, including the board of supervisors or district attorney's office, about the mental health needs of immigrant communities and the strategies to provide these?

CBO (n=12)

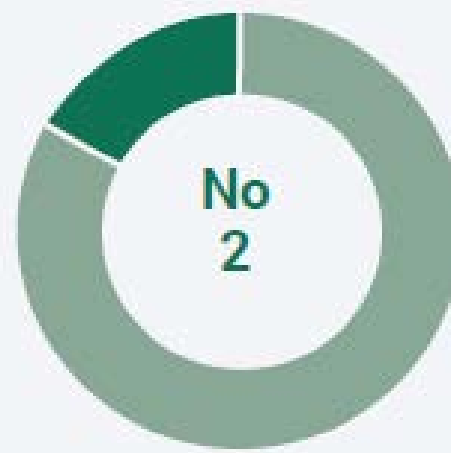
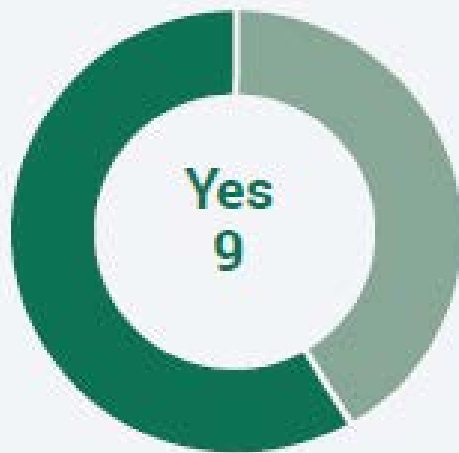


County (n=13)



Assessing the Needs

Do you see a reason in doing a formal assessment of the mental health needs of immigrants and immigrant families, including adults who do not have access to full-scope Medi-Cal due to their immigration status? Why or why not?



Note: Missing response from San Francisco county.



Cultural and Linguistic Competency

County behavioral health departments sometimes lack the tools, training, and capacity to conduct a culturally and linguistically appropriate assessment of the mental health needs of immigrants, especially undocumented immigrants.



Safe Spaces Polices

Although county behavioral health departments do follow important ethical codes and patient privacy laws, many have never received trainings to prepare for an encounter with Immigration and Customs Enforcement (ICE) or Customs and Border Protection (CBP), despite incidences in surrounding communities.



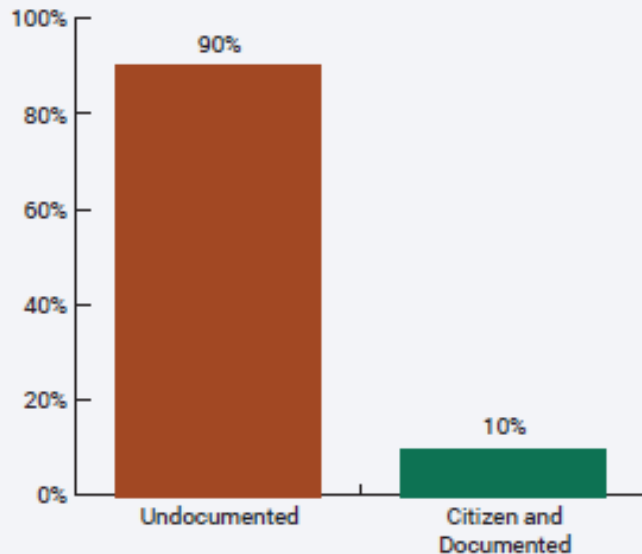
Recommendations



Health4All

The state should expand access to full-scope Medi-Cal and its mental health benefits for low-income undocumented adults.

Uninsured Rate, by Citizenship Status
 Low-Income Adults, California, 2015–2016



Source: UCLA Center for Health Policy Research.
 Analysis of California Health Interview Survey (CHIS)
 2015-2016.

Health For All Young Adults (#Health4AllYA)

This budget proposal aimed to provide full-scope Medi-Cal to low-income undocumented young adults who are ages 19-26 and whose incomes are at or below 138% of the federal poverty level (FPL).

SB 29/AB 4 would provide full - scope Medi-Cal to income-eligible adults by removing immigration status as an eligibility exclusion.



Best Practices in Safe Spaces

We are seeing an increase in hesitation to access [mental health] services because they will ask, will ICE ask? Will you alert ICE?



— County Behavioral Health Department

SPOTLIGHT: San Bernardino County

To promote safety and access to the mental health planning process, San Bernardino County Department of Behavioral Health hosts MHSA public stakeholder meetings at the Consulate of Mexico for community conversations about the future of mental health policy in their county.



Implement Formal Needs Assessments

[A formal needs assessment] will give us tools and data to show county mental health department[s] why it is needed to do more mental health outreach to the community in a formal manner.



— Community-Based Organization

[a formal needs assessment] would be helpful because we could tailor services to target those populations because there are certain areas impacted more than others.

— County Behavioral Health Department



AB 512 (Ting): Cultural and Linguistic Accountability in Public Mental Health Services

- Requires counties to report on additional criteria in their cultural competency plans
- Requires DHCS to annually review and monitor quality improvement and mental health disparities reduction
- Requires counties, DHCS, and stakeholders to develop performance targets that reduce disparities and improve mental health quality

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– Community-Based Organization

Take the pledge!

<https://docs.google.com/forms/d/e/1FAIpQLSfJikExt8-IXI206Xtl0-Y7q6TxiG9XuTS4gw17xv7h7Gt3fA/viewform>



Administrative Advocacy

***Administrative advocacy** encompasses a variety of positions concerned with influencing the formation, application, or change of rules that government agencies put in place to implement statutory law.*

To communicate the right of county behavioral health departments to serve the undocumented population with realignment and MHSA funds, the state should take additional administrative and legislative action to specify the right of county behavioral health departments to serve all residents in California, regardless of immigration status.



Questions?



Thank you! For more information:



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