



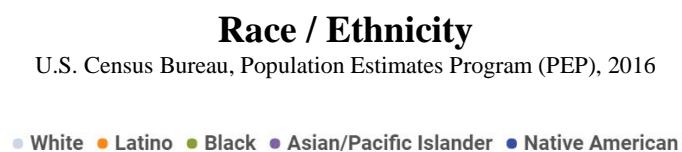
California Pan-Ethic Health Network

Advancing Equity in Los Angeles County Mental Health and Substance Use

June 2017

Mental health and substance use are critical public health concerns. CPEHN, in partnership with local organizations, compiled this overview of the state of mental health and substance use issues and access to care in the county, as well as key recommendations for advancing equity.

County Demographics



Health Facts¹

- 3,985,428 (39%) of Los Angeles County residents are enrolled in Medi-Cal
- 1,199,750 Los Angeles County residents were enrolled through Medi-Cal Expansion
- 11% in Los Angeles County suffer from psychological distress; mental health has been identified among the top community health need
- 22% of Los Angeles County residents report their health status as fair or poor, similar to all Californians

Primary Language Spoken

U.S. Census Bureau, Statistical Atlas, 2015

Spanish	40%
Asian-Pacific Islander (including Chinese, Tagalog, & Korean)	8%

Poverty

California Health Interview Survey, 2015

	Below 100% FPL	Below 200% FPL	Above 300% FPL
Los Angeles County	24%	44%	42%
California	19.8%	39.5%	46.5%

¹ Sources: California Department of Health Care Services (2017); California Department of Finance (2017); UCLA Center for Health Policy Research, California Health Interview Survey (2015); Los Angeles County Department of Public Health (2017).



Delivery of Services

Medi-Cal enrollees receive mental health and substance use services primarily through Medi-Cal Managed Care plans (MCPs) and Los Angeles County's Mental Health Plan (MHP). Los Angeles' two MCPs and the county MHP provide Medi-Cal services through a coordinated system of care in which enrollees may receive a portion of their care from the MCP and other portions from the MHP depending upon their mental health and substance use care needs. *MCPs in Los Angeles: (1) Health Net Community Solutions; (2) L.A. Care Health Plan.*

Medi-Cal Managed Care Plans (MCPs)	Service Coordination & Referral MCP & MHP 	County Mental Health Plan (MHP)[§]
<p>MCPs and their subcontractors primarily deliver outpatient mental health services including:</p> <ul style="list-style-type: none"> • Outpatient individual or group therapy • Medication management • Psychological testing • Outpatient supplies, labs, & medications • Psychiatric consultation 		<p>The MHP provides specialty services for adults meeting medical necessity criteria and children including:</p> <ul style="list-style-type: none"> • Rehabilitative mental health services • Targeted case management • Psychiatric inpatient hospitalization • EPSDT, including supplemental services <p>[§] Access services 24/7 by calling 1-800-854-7771.</p>

- In the Works:**
- 37 housing developments providing nearly 2,000 housing units upon completion.
 - Latino Outreach through the Arts reducing stigma of mental health.
 - Whole Person Care Pilot Program providing approximately 130,000 Medi-Cal enrollees with additional care coordination services.



Community Recommendations to Advance Equity

CPEHN facilitated a community dialogue on December 8, 2016 to identify recommendations.

Policy & Practice	Education
<ul style="list-style-type: none"> ■ Expand access to services in non-traditional settings and increase engagement in popular community spaces. ■ Streamline access to services for the Limited English Proficiency community and homeless individuals. ■ Increase and expand the promotora model designed to fit the needs of communities. ■ Training opportunities for providers and community members on transgender competence, language capacity, and internal bias. ■ Improving data aggregation to highlight conditions for specific populations. ■ Participate in the Drug Medi-Cal Organized Delivery System, expanding substance use treatment services for Medi-Cal enrollees. 	<ul style="list-style-type: none"> ■ Work with community organizations, clinics, and advocates to break the stigma of mental health and substance use services. ■ Educate people on their rights regardless of immigration status. ■ Encourage the use of these vital services for communities of color. ■ Educate county officials on community recommendations to improve access to services and culturally appropriate services. ■ Develop a campaign to raise awareness of mental health services covered by insurance plans.

Participants included Justice in Aging, Tongan America Youth Foundation, Community Health Councils, Asian Americans Advancing Justice, SCOPE LA, Korean Resource Center, Vision y Compromiso, National Asian Pacific American Families against Substance Abuse, Black Women for Wellness, and Health Management Associates.

Connect with CPEHN (info@cpehn.org) to learn about advocacy days or provide stories about successes and challenges from community members who have accessed healthcare services.