



California Pan-Ethnic Health Network

# Advancing Equity in San Luis Obispo County Mental Health and Substance Use

June 2017

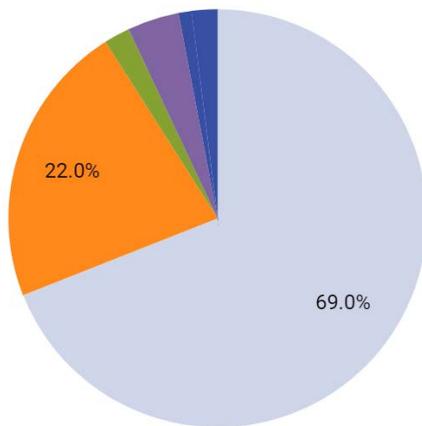
Mental health and substance use are critical public health concerns. CPEHN, in partnership with local organizations, compiled this overview of the state of mental health and substance use issues and access to care in the county, as well as key recommendations for advancing equity.

## County Demographics

### Race / Ethnicity

U.S. Census Bureau, Population Estimates Program (PEP), 2016

● White 
 ● Latino 
 ● Black 
 ● Asian/Pacific Islander 
 ● Native American 
 ● Other



### Health Facts<sup>1</sup>

- 62,024 (22%) of San Luis Obispo County residents are enrolled in Medi-Cal
- 18,838 San Luis Obispo County residents were enrolled through Medi-Cal Expansion
- 9% in San Luis Obispo County suffer from psychological distress; mental health has been identified among the top community health need
- 10% of San Luis Obispo 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	14%
Asian-Pacific Islander (including Tagalog, Chinese, & Vietnamese)	1%

### Poverty

California Health Interview Survey, 2015

	Below 100% FPL	Below 200% FPL	Above 300% FPL
San Diego County	14%	28%	58%
California	19.8%	39.5%	46.5%

<sup>1</sup> Sources: California Department of Health Care Services (2017); California Department of Finance (2017); UCLA Center for Health Policy Research, California Health Interview Survey (2015); Vital Signs SLO Comprehensive Report (2016).



## Delivery of Services

Medi-Cal enrollees receive mental health and substance use services primarily through Medi-Cal Managed Care plans (MCPs) and San Luis Obispo County's Mental Health Plan (MHP). San Luis Obispo's one MCP 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. *MCP in San Luis Obispo: (1) CenCal Health.*

Medi-Cal Managed Care Plans (MCPs)	Service Coordination & Referral	County Mental Health Plan (MHP) <sup>§</sup>
MCPs and their subcontractors primarily deliver outpatient mental health services including: <ul style="list-style-type: none"> <li>Outpatient individual or group therapy</li> <li>Medication management</li> <li>Psychological testing</li> <li>Outpatient supplies, labs, &amp; medications</li> <li>Psychiatric consultation</li> </ul>	<b>MCP &amp; MHP</b> 	The MHP provides specialty services for adults meeting medical necessity criteria and children including: <ul style="list-style-type: none"> <li>Rehabilitative mental health services</li> <li>Targeted case management</li> <li>Psychiatric inpatient hospitalization</li> <li>EPSDT, including supplemental services</li> </ul> <p style="font-size: small; margin-top: 10px;"><sup>§</sup> Access services 24/7 by calling 1-800-838-1381.</p>

- In the Works:**
- 1 housing developments providing nearly 10 housing units upon completion.
  - SLOtheStigma raising mental health awareness and reducing stigma of seeking mental health and substance abuse services



## Community Recommendations to Advance Equity

CPEHN facilitated community dialogue meetings across 4 regions in Southern California in late 2016 (Los Angeles, San Diego, Ventura, and the Inland Empire) to identify recommendations.

Policy & Practice	Education
<ul style="list-style-type: none"> <li>■ Create a workforce pipeline for jobs in the behavioral health field.</li> <li>■ Using non-traditional setting as access points services and incorporating peer/ cultural brokers as part of the mental health system.</li> <li>■ Engagement and collaboration with community stakeholders, churches, and schools to develop stigma reduction campaigns and programs.</li> <li>■ Expand the use of the promotora model designed to fit community needs.</li> <li>■ Facilitate opportunities to work with law enforcement on behavioral health issues.</li> <li>■ Participate in the Drug Medi-Cal Organized Delivery System, expanding substance use treatment services for Medi-Cal enrollees.</li> </ul>	<ul style="list-style-type: none"> <li>■ Work with community organizations, clinics, and advocates to break the stigma of seeking mental health and substance use services.</li> <li>■ Educate people on their rights, regardless of immigration status.</li> <li>■ Encourage the use of these vital services for communities of color.</li> <li>■ Educate county officials on community recommendations to improve access to services and culturally appropriate services.</li> <li>■ Develop a campaign to raise awareness of mental health services covered by insurance plans.</li> </ul>

*CPEHN is currently organizing partners in San Luis Obispo County to research specific recommendations for San Luis Obispo County.*

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