Medi-Cal mental health benefits for adult consumers are delivered through two separate systems. Counties provide a broad range of specialty mental health services (SMHS) to adult consumers with more severe mental illnesses, while Medi-Cal managed care plans provide non-specialty mental health services to adult consumers with milder to moderate mental health conditions. New data show that communities of color continue to face wide disparities in both systems of care.

### In 2017-18, less than half of adult Medi-Cal consumers needing mental health services received care.¹

<table>
<thead>
<tr>
<th>Year</th>
<th>Recalling Services</th>
<th>Estimated Need for Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>2015-16</td>
<td>273,313</td>
<td>323,225</td>
</tr>
<tr>
<td>2016-17</td>
<td>230,087</td>
<td>844,413</td>
</tr>
</tbody>
</table>

- **Specialty**
- **Non-Specialty**

### Racial disparities also exist among those who report seeking but not receiving care.²

- **White**
  - Sought Help for Mental, Emotional, or Alcohol/Drug issue but did not receive treatment: 57%
  - Sought Help for Mental, Emotional, or Alcohol/Drug issue but did not receive treatment: 55%
- **Asian/Pacific Islander**
  - Sought Help for Mental, Emotional, or Alcohol/Drug issue but did not receive treatment: 48%
  - Sought Help for Mental, Emotional, or Alcohol/Drug issue but did not receive treatment: 42%
- **Latino**
  - Sought Help for Mental, Emotional, or Alcohol/Drug issue but did not receive treatment: 41%
  - Sought Help for Mental, Emotional, or Alcohol/Drug issue but did not receive treatment: 39%
- **African American**
  - Sought Help for Mental, Emotional, or Alcohol/Drug issue but did not receive treatment: 35%
  - Sought Help for Mental, Emotional, or Alcohol/Drug issue but did not receive treatment: 36%

### Utilization of specialty mental health services provided by counties varies by race, with Asian or Pacific Islander consumers the least likely to access care.³

- **All specialty Mental Health Services Consumers (1+ Visits)**
  - *Average*: 5.9%
  - *Asian*: 5.9%
  - *Pacific Islander*: 5.9%
  - *Latino*: 3.4%
  - *White*: 3.4%
  - *African American*: 3.3%
  - *Other*: 2.2%
  - *Remaining*: 1.7%

### Access also varies by language.²

- **All specialty Mental Health Services Consumers (1+ Visits)**
  - *English*: 7.3%
  - *Spanish*: 2.8%
  - *Chinese*: 2.6%
  - *Korean*: 2.5%
  - *Vietnamese*: 2.6%

### Compared to other race groups, African American consumers spend the longest time hospitalized for mental health care before being transitioned to lower levels of care.²

<table>
<thead>
<tr>
<th>Race</th>
<th>Median days to step down</th>
</tr>
</thead>
<tbody>
<tr>
<td>White</td>
<td>11</td>
</tr>
<tr>
<td>Other</td>
<td>6</td>
</tr>
<tr>
<td>Asian</td>
<td>6</td>
</tr>
<tr>
<td>Latino</td>
<td>6</td>
</tr>
<tr>
<td>Native American</td>
<td>5</td>
</tr>
<tr>
<td>Other Race</td>
<td>5</td>
</tr>
<tr>
<td>African American</td>
<td>4</td>
</tr>
<tr>
<td>Other</td>
<td>4</td>
</tr>
<tr>
<td>Other Race</td>
<td>1</td>
</tr>
</tbody>
</table>

### Disparities are not improving over time.¹

- **English Speakers**
  - FY 13-14: 5.9%
  - FY 14-15: 5.2%
  - FY 15-16: 4.4%
  - FY 16-17: 4.2%

- **Non-English Speakers**
  - FY 13-14: 5.7%
  - FY 14-15: 5.2%
  - FY 15-16: 4.4%
  - FY 16-17: 4.7%

### The ability to access mild-to-moderate mental health services provided by managed care plans varies significantly by race, with white consumers accessing service more than twice as much as any other race group.²

- **Number of episodes/mild-to-moderate mental health visits per 1,000 consumers per month**
  - **White**: 42.4
  - **Other**: 24.9
  - **Asian**: 16.4
  - **Latino**: 12.4
  - **Native American or Other Race**: 10.8
  - **African American**: 7

### While the number of consumers receiving mild-to-moderate mental health services from a managed care plan has increased steadily, the staggering difference between estimated prevalence and penetration remains largely unchanged.¹

<table>
<thead>
<tr>
<th>Year</th>
<th>Number of Medi-Cal Consumers</th>
</tr>
</thead>
<tbody>
<tr>
<td>2015-16</td>
<td>833,410</td>
</tr>
<tr>
<td>2016-17</td>
<td>897,110</td>
</tr>
<tr>
<td>2017-18</td>
<td>949,426</td>
</tr>
<tr>
<td>Receiving Mild-To-Moderate Mental Health Services</td>
<td>Estimated Need for Mild-To-Moderate Mental Health Services</td>
</tr>
</tbody>
</table>

- **Receiving**
  - 2015-16: 164,400
  - 2016-17: 208,972
  - 2017-18: 233,039
- **Estimated Need**
  - 2015-16: 2,000,000
  - 2016-17: 2,000,000
  - 2017-18: 2,000,000