

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.

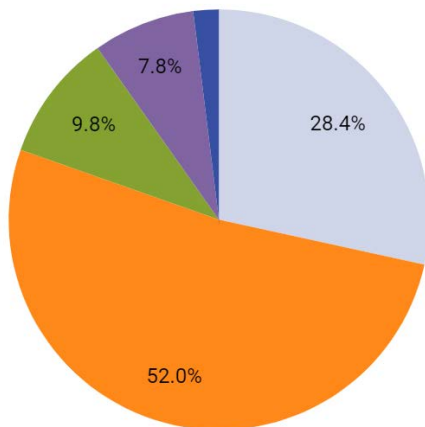


County Demographics

Race / Ethnicity

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

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



Health Facts¹

- 887,482 (41%) of San Bernardino County residents are enrolled in Medi-Cal
- 239,811 San Bernardino County residents were enrolled through Medi-Cal Expansion
- 8% in San Bernardino County suffer from psychological distress; mental health has been identified among the top community health need
- 15% of San Bernardino 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	34%
Asian-Pacific Islander (including Tagalog, Chinese, Korean & Vietnamese)	4%

Poverty

California Health Interview Survey, 2015


	Below 100% FPL	Below 200% FPL	Above 300% FPL
San Diego County	23%	43%	41%
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); City of Hope Community Health Needs Assessment (2016).



Delivery of Services

Medi-Cal enrollees receive mental health and substance use services primarily through Medi-Cal Managed Care plans (MCPs) and San Bernardino County's Mental Health Plan (MHP). San Bernardino's 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 San Bernardino: (1) Molina Healthcare of California Partner Plan; (2) Inland Empire Health Plan.*

Medi-Cal Managed Care Plans (MCPs)	Service Coordination & Referral	County Mental Health Plan (MHP) [§]
MCPs and their subcontractors primarily deliver outpatient mental health services including: <ul style="list-style-type: none"> Outpatient individual or group therapy Medication management Psychological testing Outpatient supplies, labs, & medications Psychiatric consultation 	MCP & MHP 	The MHP provides specialty services for adults meeting medical necessity criteria and children including: <ul style="list-style-type: none"> Rehabilitative mental health services Targeted case management Psychiatric inpatient hospitalization EPSDT, including supplemental services <p><i>[§] Access services 24/7 by calling 1-888-743-1478.</i></p>

- In the Works:**
- 8 housing developments providing nearly 765 housing units upon completion.
 - The Walk in Our Shoes Campaign educating 4th-6th grade students through school plays and online engagement about individuals with mental health challenges.
 - Whole Person Care Pilot Program providing approximately 2,000 Medi-Cal enrollees with additional care coordination 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"> ■ Create a workforce pipeline for jobs in the behavioral health field. ■ Using non-traditional setting as access points services and incorporating peer/ cultural brokers as part of the mental health system. ■ Engagement and collaboration with community stakeholders, churches, and schools to develop stigma reduction campaigns and programs. ■ Expand the use of the promotora model designed to fit community needs. ■ Facilitate opportunities to work with law enforcement on behavioral health issues. ■ 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 seeking 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.



California Pan-Ethnic Health Network

Advancing Equity in San Bernardino County Mental Health and Substance Use

June 2017

CPEHN is currently organizing partners in San Bernardino County to research specific recommendations for San Bernardino County.

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.