

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.

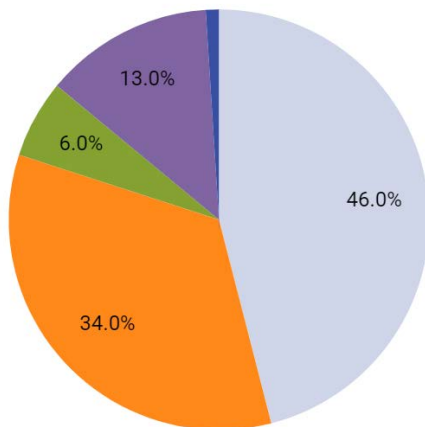


County Demographics

Race / Ethnicity

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

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



Primary Language Spoken

U.S. Census Bureau, Statistical Atlas, 2015

Spanish	25%
Asian-Pacific Islander (including Tagalog, Chinese, & Vietnamese)	6%

Health Facts¹

- 908,515 (27%) of San Diego County residents are enrolled in Medi-Cal
- 273,306 San Diegans were enrolled through Medi-Cal Expansion
- 11% in San Diego County suffer from psychological distress; mental health has been identified among the top community health need
- 16% of San Diegans report their health status as fair or poor, similar to all Californians

Poverty

California Health Interview Survey, 2015


	Below 100% FPL	Below 200% FPL	Above 300% FPL
San Diego County	17%	37%	52%
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); Live Well San Diego Community Health Assessment (2014).



Delivery of Services

Medi-Cal enrollees receive mental health and substance use services primarily through Medi-Cal Managed Care plans (MCPs) and San Diego County’s Mental Health Plan (MHP). San Diego’s five 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 Diego: (1) Community Health Group Partnership Plan; (2) Kaiser Permanente; (3) Molina Healthcare of California Partner Plan; (4) Care 1st Partner Plan via United Behavioral Health; (5) Health Net Community Solutions via MHN.*

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 888-724-7240.</i></p>

- In the Works:**
- 14 housing developments providing nearly 1,100 housing units upon completion.
 - Whole Person Care Pilot Program providing approximately 1,000 Medi-Cal enrollees with additional care coordination services.



Community Recommendations to Advance Equity

CPEHN facilitated a community dialogue on September 8, 2016 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. ■ Streamline access to mental health services for Transition Age Youth (TAY) & co-occurring patients. ■ 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.

Participants included San Diego American Indian Health Center, Behavioral Health Committee at Jewish Family Service, San Diego County Public Defender Office, Union of Pan Asian Communities, Survivors of Torture, NAMI San Diego, Nile Sisters Development Initiative, Mental Health America of San Diego, Council of Philippine American Organizations of San Diego County, Claremont Graduate School, Interfaith Committee for Worker Justice of San Diego 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.