



California
Health Care
Foundation

**Briefing:
An Introduction to
California's Public
Mental Health System**

September 23, 2019

**Catherine Teare, MPP,
Associate Director of
High-Value Care**



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An Introduction to California's Public Mental Health System

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Associate Director, High-Value Care
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Today's briefing

- Adriana Ramos-Yamamoto, CBPC
- Jennifer Kent, DHCS
- Michelle Cabrera, CBHDA
- Sarah Arnquist, Beacon Health Options
- Q&A

We need to understand the public mental health system better

- Increasing attention to mental health policy – health care, homelessness, corrections, education
- Increased funding for mental health
- Delivery system innovations in primary and specialty care in counties, clinics, and plans

People with behavioral health disorders die far too young

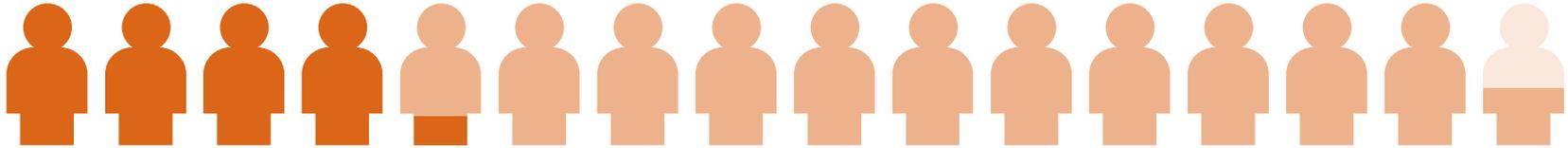
- People with serious mental illness **die 25 years earlier**
- People with a substance use disorder **die 22.5 years earlier**
- Many of these deaths are from preventable physical illnesses

Mental illnesses are common, chronic health conditions

Incidence of Mental Illness, Adults and Children, California, 2014

4.2% Adults with Serious Mental Illness

15.4% Adults with Any Mental Illness



7.6% Children with Serious Emotional Disturbance



Source: Charles Holzer and Hoang Nguyen, "Estimation of Need for Mental Health Services," accessed December 22, 2017, charlesholzer.com.

Prevalence varies by income

INCIDENCE, BY INCOME, 2014

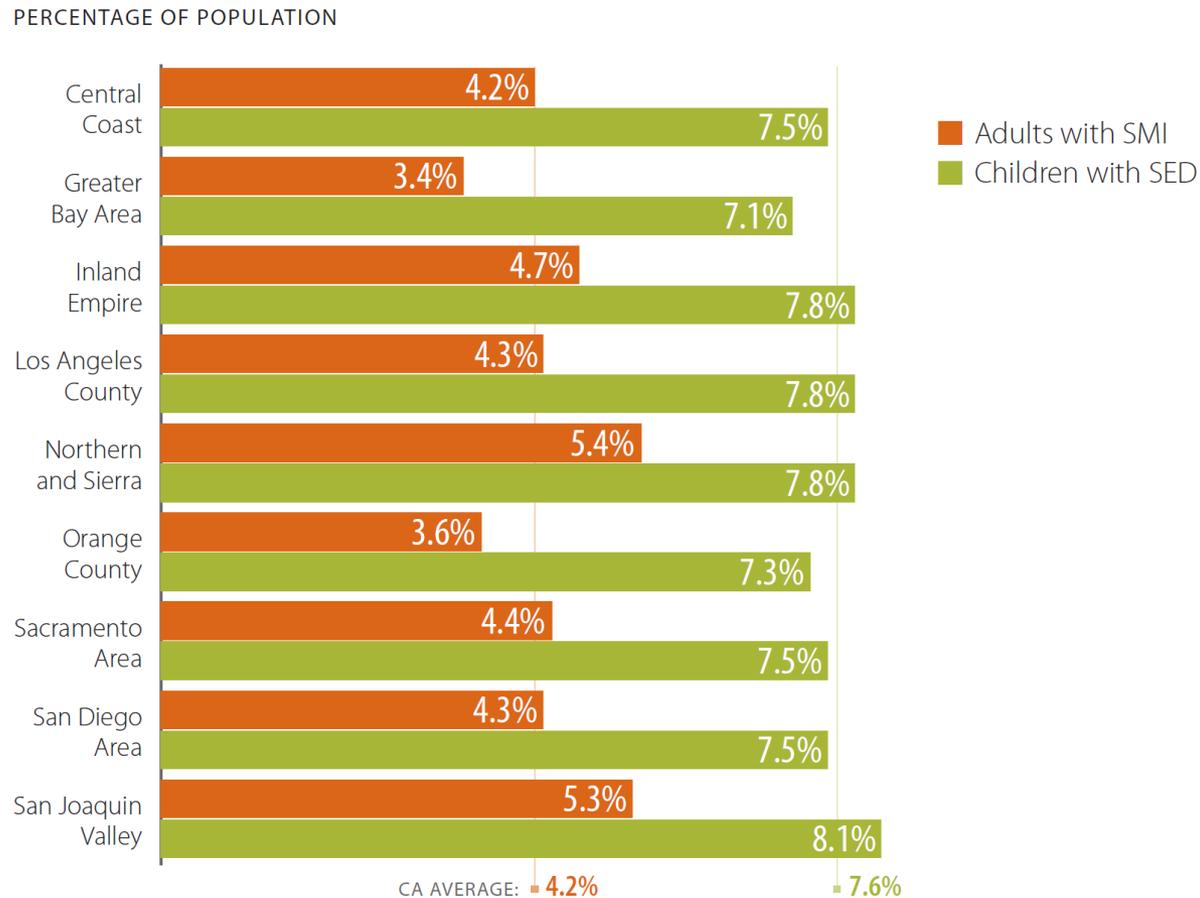


Definitions: SMI = Serious Mental Illness; SED = Serious Emotional Disturbance; FPL = Federal Poverty Level

Source: Charles Holzer and Hoang Nguyen, "Estimation of Need for Mental Health Services," accessed December 22, 2017, charlesholzer.com.

Prevalence varies by region

Adults with SMI and Children with SED, by Region, California, 2014

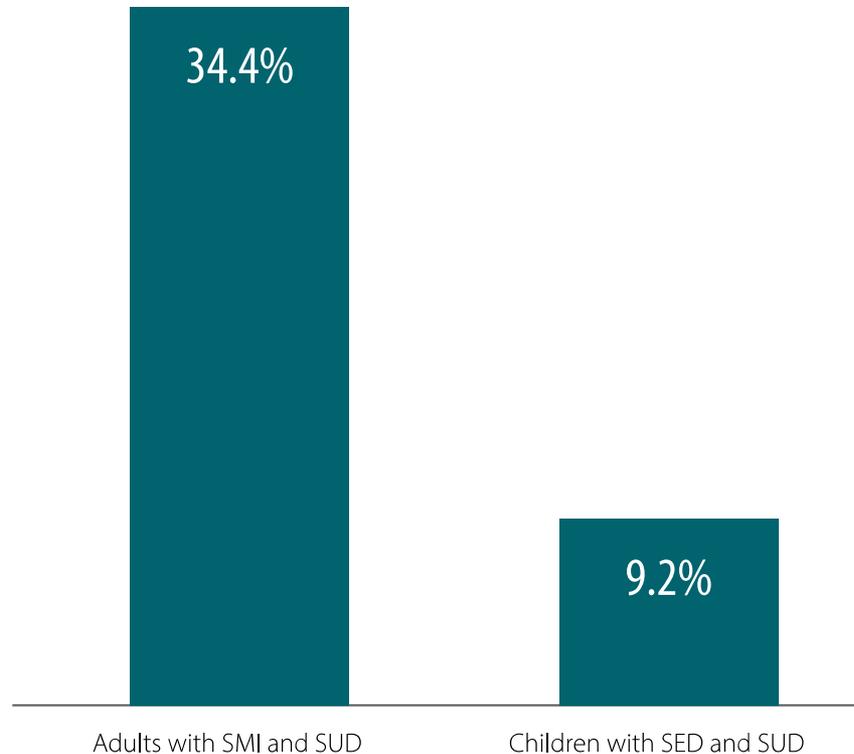


Source: Charles Holzer and Hoang Nguyen, "Estimation of Need for Mental Health Services," accessed December 22, 2017, charlesholzer.com.

Many people with mental illnesses also have substance use disorders (SUDs)

Adults with SMI and SUD and Children with SED and SUD
California, 2015

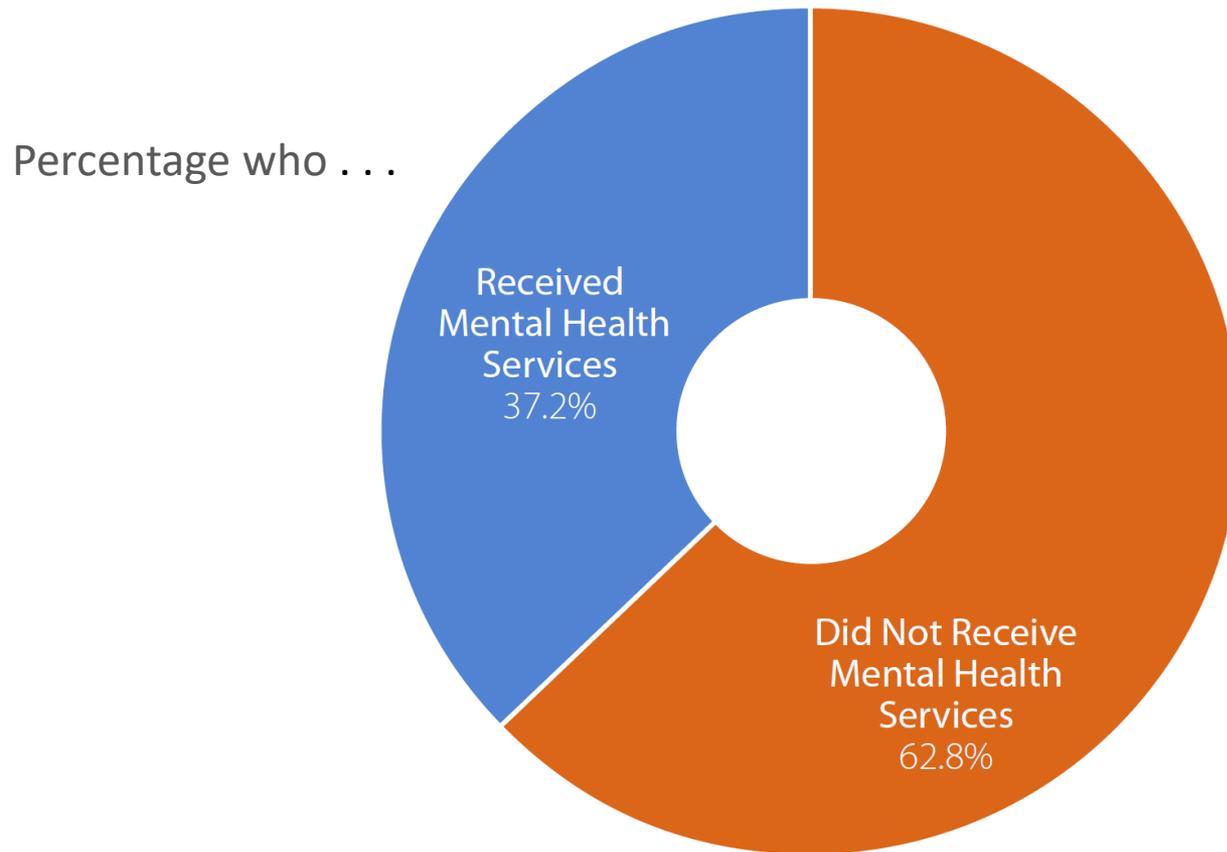
PERCENTAGE USING COUNTY MENTAL HEALTH SERVICES, 2015



Sources: California Mental Health National Outcome Measures (NOMS): SAMHSA Uniform Reporting System, 2011–2015, www.samhsa.gov; Sarra Hedden et al., Behavioral Health Trends in the United States: Results from the 2014 National Survey on Drug Use and Health, Substance Abuse and Mental Health Services Administration, 2015, www.samhsa.gov (PDF).

Many California adults with mental illness do not receive treatment

Treatment for Mental Illness
Adults with Any Mental Illness, California, 2011 to 2015

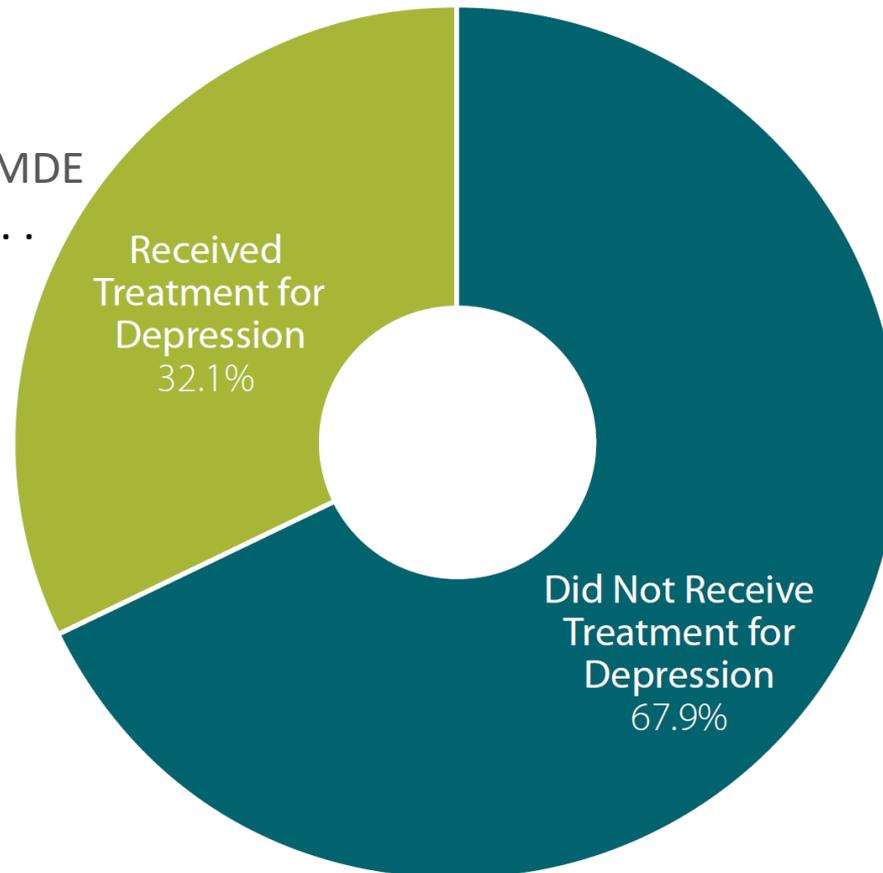


Sources: Behavioral Health Barometer: California, Volume 4, Substance Abuse and Mental Health Services Administration, 2017, www.samhsa.gov (PDF); Larry Goldman, Nancy Nielsen, and Hunter Champion, "Awareness, Diagnosis, and Treatment of Depression," *Journal of General Internal Medicine* 14, no. 9 (September 1999): 569–80.

Access for adolescents reporting major depression is particularly limited

Treatment for Major Depressive Episode (MDE)
Adolescents, California, 2011 to 2015

Percentage reporting MDE
in the past year who . . .



Source: Behavioral Health Barometer: California, Volume 4, Substance Abuse and Mental Health Services Administration, 2017, www.samhsa.gov (PDF).

**Adriana Ramos-Yamamoto,
MPH, Director, Health
Policy Analyst**



**California Budget
& Policy Center**

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Understanding California's Public Mental Health Delivery System

[@RamosYamamoto](#)

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ADRIANA RAMOS-YAMAMOTO, POLICY ANALYST

A PRESENTATION TO:

CALIFORNIA HEALTH CARE FOUNDATION

BRIEFING: AN INTRODUCTION TO CALIFORNIA'S
PUBLIC MENTAL HEALTH SYSTEM

SEPTEMBER 23, 2019

Goals of the Presentation

- Review the entities that **administer** and **oversee** public mental health services
- Provide a high-level overview of California's public mental health **delivery system**
- Describe the **funding sources** for public mental health services
- Highlight the recent **funding trends** for public mental health services



California's public mental health services are governed by federal, state, and local entities.



Governance of California's Public Mental Health Services

Federal

- Centers for Medicare & Medicaid Services
- Substance Abuse and Mental Health Services Administration

State

- Department of Health Care Services (DHCS)
- Mental Health Services Oversight & Accountability Commission
- California Behavioral Health Planning Council

County

- County boards of supervisors
- Local mental health advisory boards



California's public mental health system provides services to people with and without Medi-Cal coverage.



Frequently Used Terms for Mental Health Conditions

- **Mild-to-Moderate:** applies to adults with a condition that causes mild to moderate distress or impairment of mental, emotional, or behavioral functioning
- **Serious Emotional Disturbance (SED):** applies to children and youth 17 and under who have, or during the past year have had, a mental, behavioral, or emotional disorder resulting in functional impairment that substantially limits functioning in family, school, or community activities
- **Serious Mental Illness (SMI):** applies to adults who have, or during the past year have had, a diagnosable mental, behavioral, or emotional disorder resulting in functional impairment that interferes with major life activities



California's Public Mental Health System



**Medi-Cal
Mild-to-Moderate
Services (for Adults)***



**Medi-Cal
Specialty Mental
Health Services**



**Uninsured
Mental Health Services
(Limited)**

Medi-Cal Managed Care

Fee-for-Service Medi-Cal

Counties

* Adults refers to people age 21 or older. For children and youth, Medi-Cal Managed Care Plans must provide medically necessary non-Specialty Mental Health Services regardless of the severity of the impairment.



Medi-Cal Managed Care Plans (MCPs) and Fee-for-Service (FFS) Medi-Cal

- Mental health services are provided to:
 - Adults with **mild-to-moderate** mental health conditions
 - Children who qualify for medically necessary **non-Specialty Mental Health Services** regardless of the severity of impairment
- Among the services provided are 1) services within primary care provider's scope of practice, 2) psychotherapy, 3) psychological testing, and 4) medication management



Public Mental Health Services Provided at the County Level

- County mental health services include:
 - **Medi-Cal Specialty Mental Health Services** for children and adults
 - **Mental Health Services Act (MHSA)** programs for children and adults
 - **Safety-net mental health services** for low-income Californians without health coverage
- Counties deliver services through:
 - County-owned and -operated facilities
 - Contracts with hospitals, clinics, private practitioners, etc.



Counties Provide Medi-Cal Specialty Mental Health Services

- Specialty Mental Health Services are:
 - “Carved out” of the broader Medi-Cal program
 - Administered by DHCS under 1915(b) waiver
- DHCS contracts with county mental health departments
- Services include 1) therapy, 2) crisis intervention and stabilization, 3) psychiatric services, and 4) day treatment and rehabilitation



Mental Health Services Act (MHSA) Programs Delivered at the County Level

- Proposition 63 (2004): Created a 1% surtax on personal income above \$1 million to provide increased funding for mental health services
 - Counties have some flexibility in how to use these funds
- Core components:
 - Community services and supports
 - Facilities and technology
 - Workforce education and training
 - Prevention and early intervention
 - Innovation projects



Safety-Net Mental Health Services

- Counties provide safety-net mental health services to uninsured Californians with an **SED** or **SMI**
- Services are similar to Medi-Cal Specialty Mental Health Services and are provided **to the extent resources are available**
- Counties also provide crisis services to **all** residents regardless of insurance status



Safety Net Mental Health Services

- Counties provide safety net mental health services to uninsured Californians
- Services are similar to Medi-Cal Specialty Mental Health Services and are provided **to the extent resources are available**
- Counties also provide crisis services to **all** residents regardless of insurance status



Funding for public mental health services comes from multiple sources.



California's Public Mental Health System



Medi-Cal

Mild-to-Moderate
Services (for Adults)*



Medi-Cal

Specialty Mental Health
Services



Uninsured

Mental Health Services
(Limited)

Medi-Cal Managed Care

Fee-for-Service Medi-Cal

Counties

Federal Funds

State General
Fund

Realignment
Funds

Mental Health
Services Fund

* Adults refers to people age 21 or older. For children and youth, Medi-Cal Managed Care Plans must provide medically necessary non-Specialty Mental Health Services regardless of the severity of the impairment.



Funding Sources for Public Mental Health Services

- Federal funds
 - Medicaid
 - Community Mental Health Services Block Grant
- State funds
 - 1991 and 2011 Realignment
 - Mental Health Services Act (MHSA)
 - General Fund
- County funds
 - Local property taxes, grants, etc.



Funding Sources for Public Mental Health Services

- Federal funds
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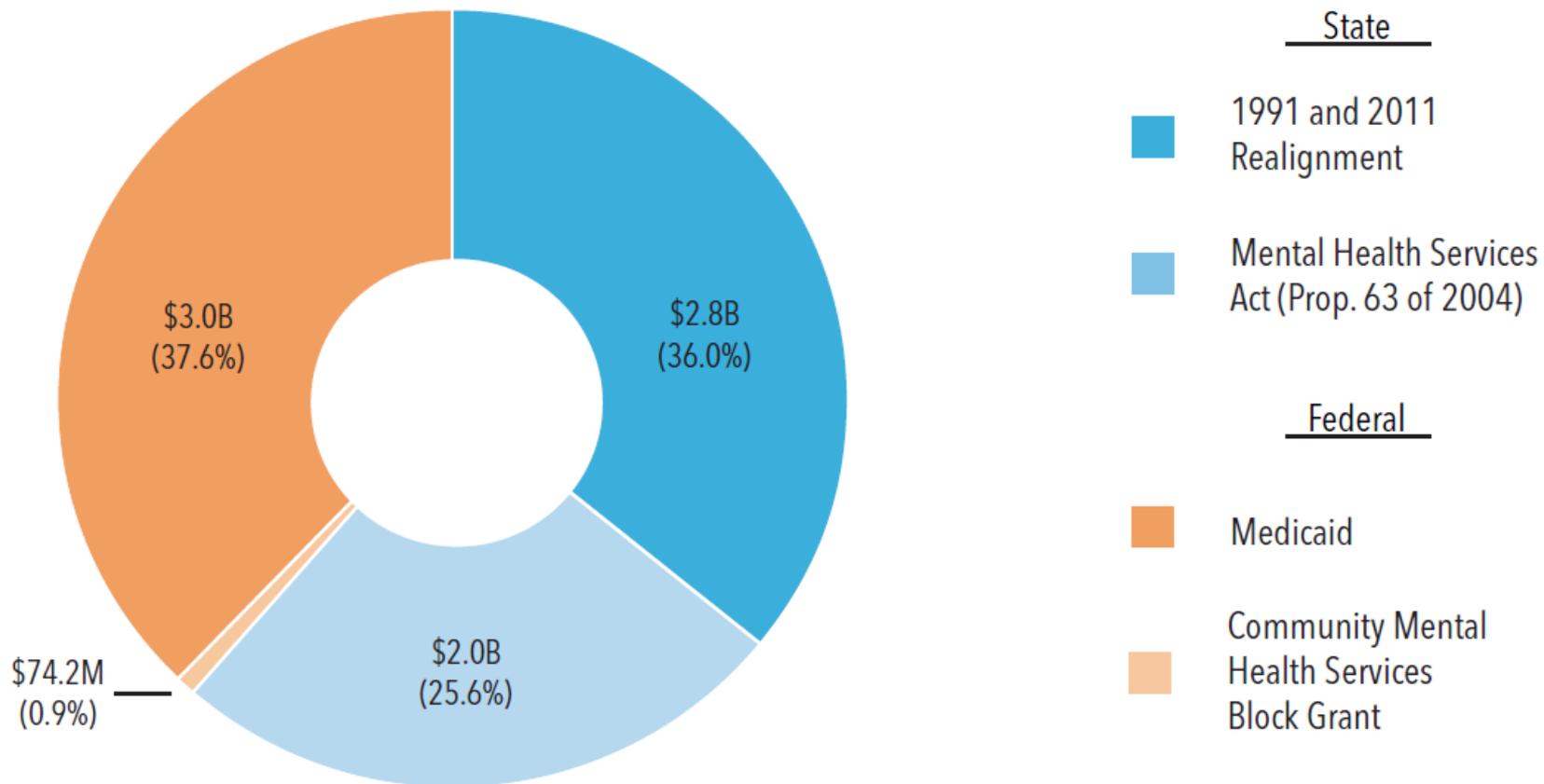


Funding Sources for Public Mental Health Services

- Federal funds
 - **Medicaid**
 - **Community Mental Health Services Block Grant**
- State funds
 - **1991 and 2011 Realignment**
 - **Mental Health Services Act (MHSA)**
 - **General Fund**
- County funds
 - **Local property taxes, grants, etc.**



Funding for Public Mental Health Services in California Comes Primarily from the State 2017–2018 State and Federal Funding*



* Does not include state General Fund support or county funding for public mental health services, which constitute a relatively small share of overall funding. Does not sum to 100 due to rounding.

Source: Mental Health Services Oversight and Accountability Commission

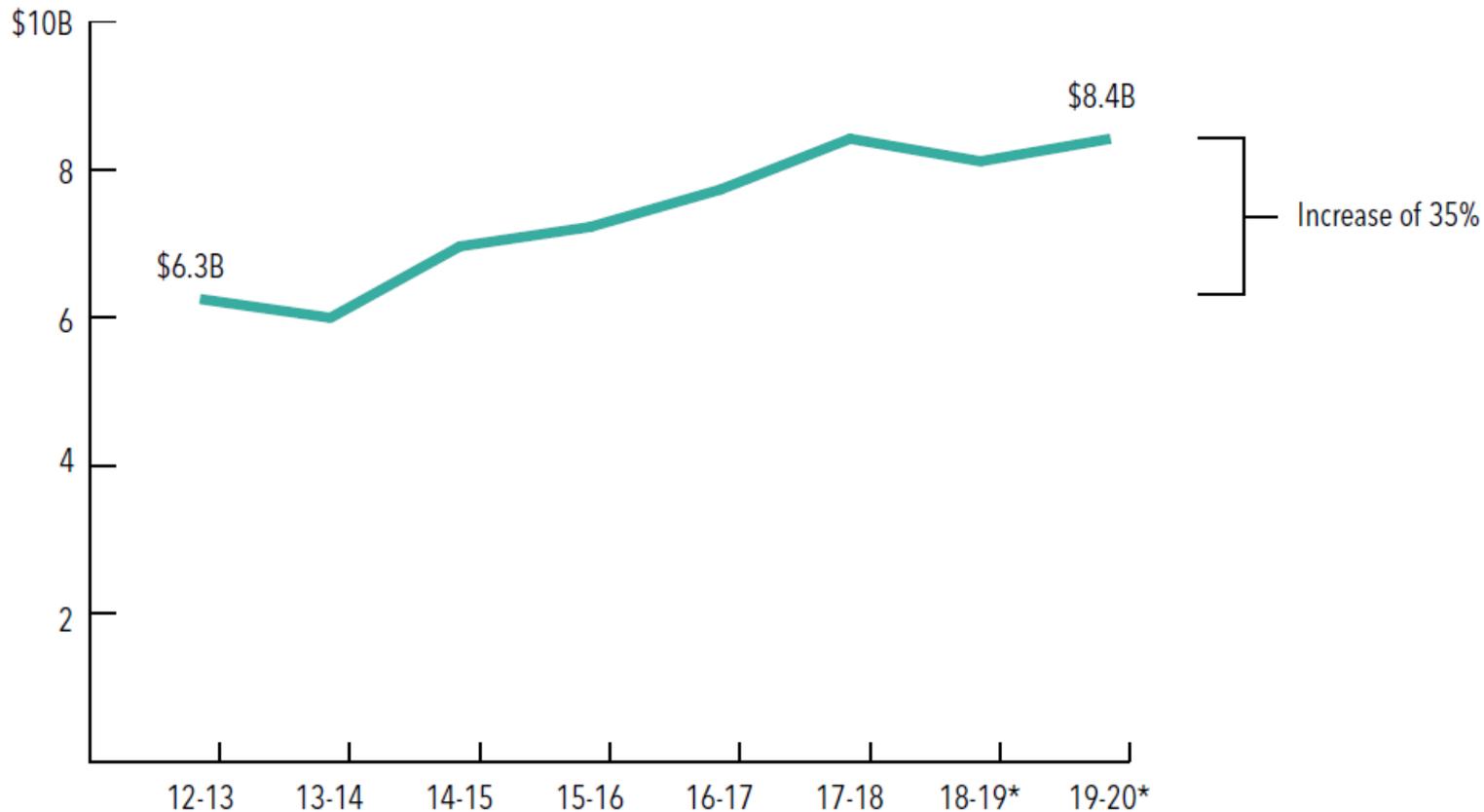


Funding for California's public mental health services has increased in recent years.



Public Mental Health Funding in California Is on the Rise

Change in Inflation-Adjusted State and Federal Funding Since 2012–2013, Dollars in Billions



* 2018–2019 estimated and 2019–2020 projected as of the governor’s proposed budget.

Note: Does not include state General Fund support or county funding for public mental health services. Figures are inflation-adjusted to 2019–2020 dollars.

Source: Mental Health Services Oversight and Accountability Commission





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Jennifer Kent, Director



A black microphone is positioned in the lower-left foreground, pointing towards the right. The background is a large, out-of-focus crowd of people seated in a room with green walls and overhead lights, suggesting a conference or meeting.

Michelle Doty Cabrera,
Executive Director



**Sarah Arnquist, MPH,
Vice President of Client
Partnerships**



beacon

health options

A photograph of a microphone in the foreground, slightly out of focus, pointing towards a large, blurred audience in the background. The audience is seated in rows, and the setting appears to be a large hall or auditorium with green walls and overhead lights. The word "QUESTIONS" is overlaid in white, bold, sans-serif capital letters on the right side of the image.

QUESTIONS



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