



CHCF



MENTAL HEALTH IN CALIFORNIA

KATIE HEIDORN

DIRECTOR, STATE HEALTH POLICY

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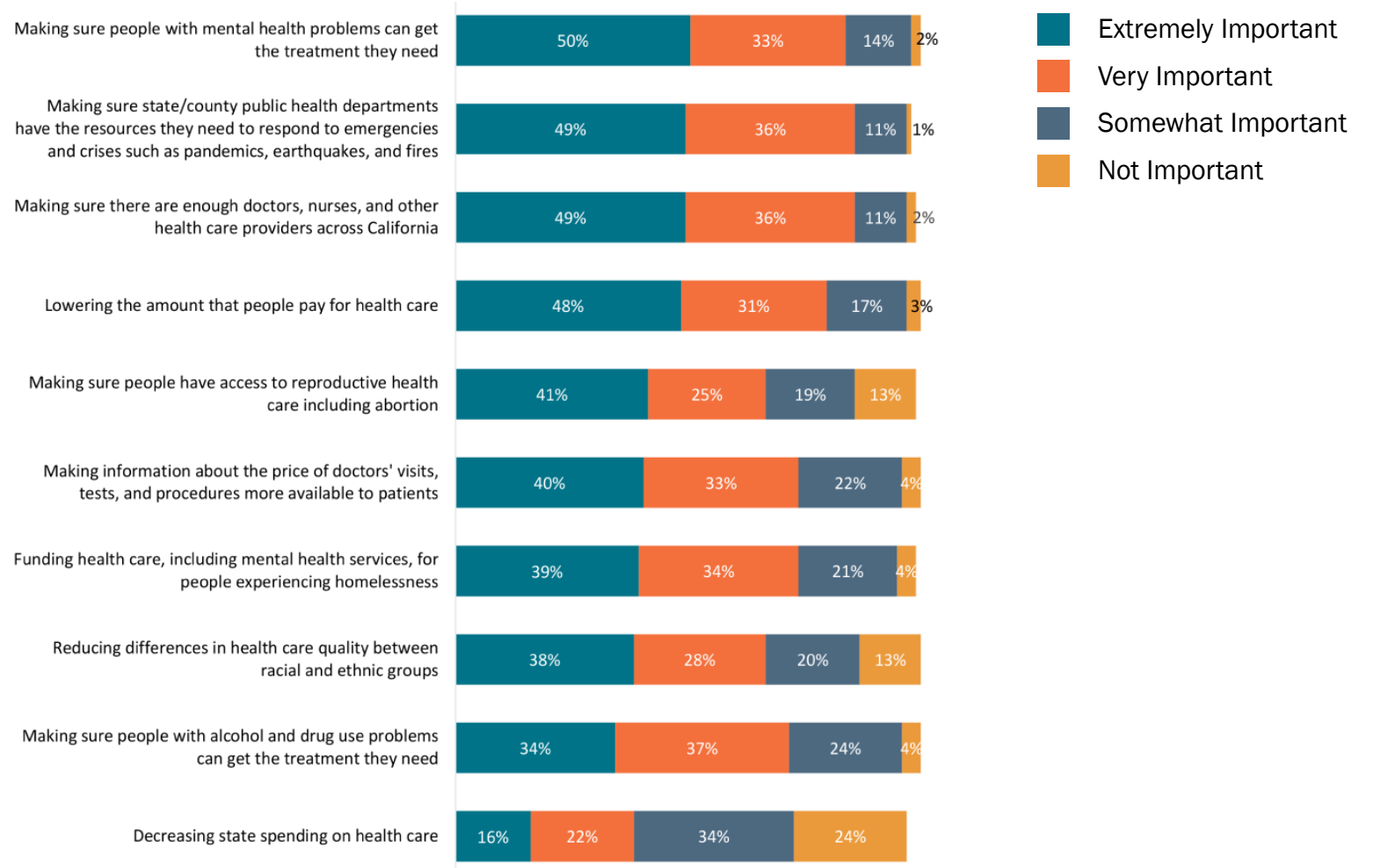
OVERVIEW

- Sources
- Prevalence
- Access to Care

CALIFORNIANS WANT THE GOVERNOR AND LEGISLATURE TO WORK ON ENSURING MENTAL HEALTH TREATMENT

Half of Californians say that making sure people with mental health problems can get the treatment they need is an extremely important health priority.

PERCENTAGE OF CALIFORNIANS WHO SAY IT IS “EXTREMELY,” “VERY,” “SOMEWHAT,” OR “NOT” IMPORTANT FOR CALIFORNIA’S GOVERNOR AND LEGISLATURE TO WORK ON EACH OF THESE AREAS IN 2023



Notes: CHCF/NORC California Health Policy Survey (September 30–November 1, 2022). See topline for full question wording and response options. Figures may not sum due to rounding.

MENTAL ILLNESSES ARE COMMON, CHRONIC HEALTH CONDITIONS

In California in 2019:

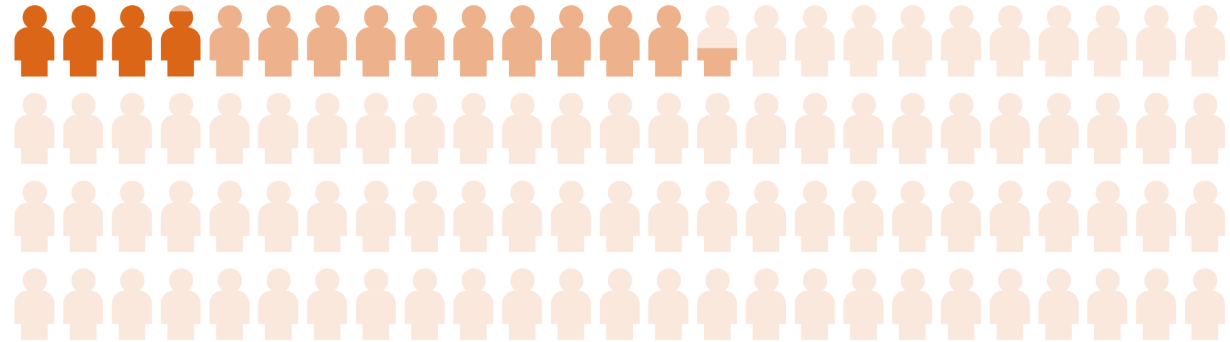
- 1 in 26 adults experienced a serious mental illness
- 1 in 7 adults experienced any mental illness
- 1 in 14 children had a serious emotional disturbance

INCIDENCE OF MENTAL ILLNESS, ADULTS AND CHILDREN, CALIFORNIA, 2019

PERCENTAGE OF POPULATION

3.9% Adults with Serious Mental Illness

14.4% Adults with Any Mental Illness



7.3% Children with Serious Emotional Disturbance



Notes: *Serious emotional disturbance* is a categorization for children age 17 and under. *Serious mental illness* is a categorization for adults age 18 and older. Children do not have an equivalent “any mental illness” designation. See page 3 for full definitions.

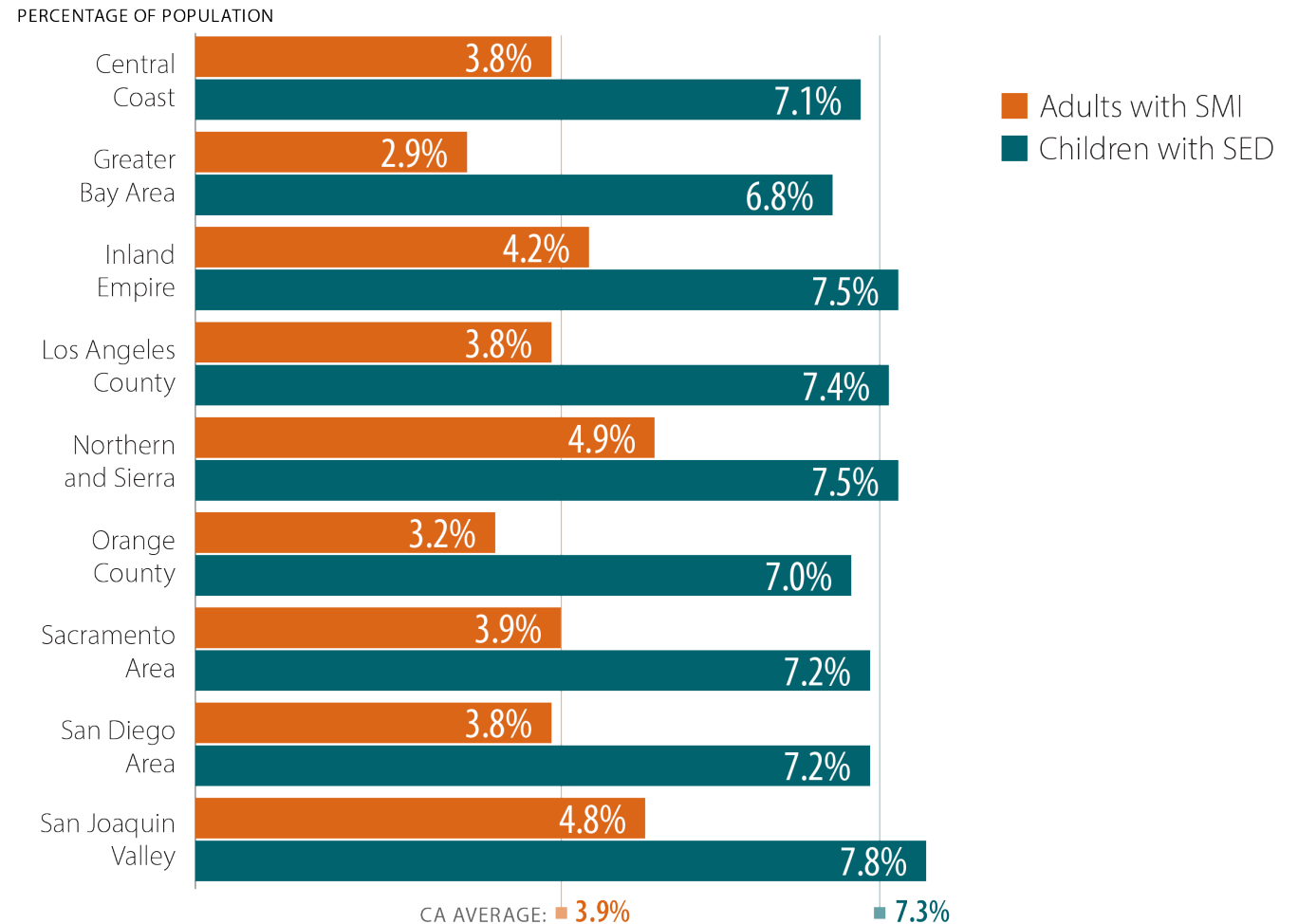
Source: Charles Holzer and Hoang Nguyen, “Estimation of Need for Mental Health Services,” received June 28, 2021.

PREVALENCE VARIES BY REGION

Rates of illness for adults are highest in the Northern/Sierra and San Joaquin Valley regions.

Rates are largely unchanged since 2009.

ADULTS WITH SMI AND CHILDREN WITH SED, BY REGION, CALIFORNIA, 2019



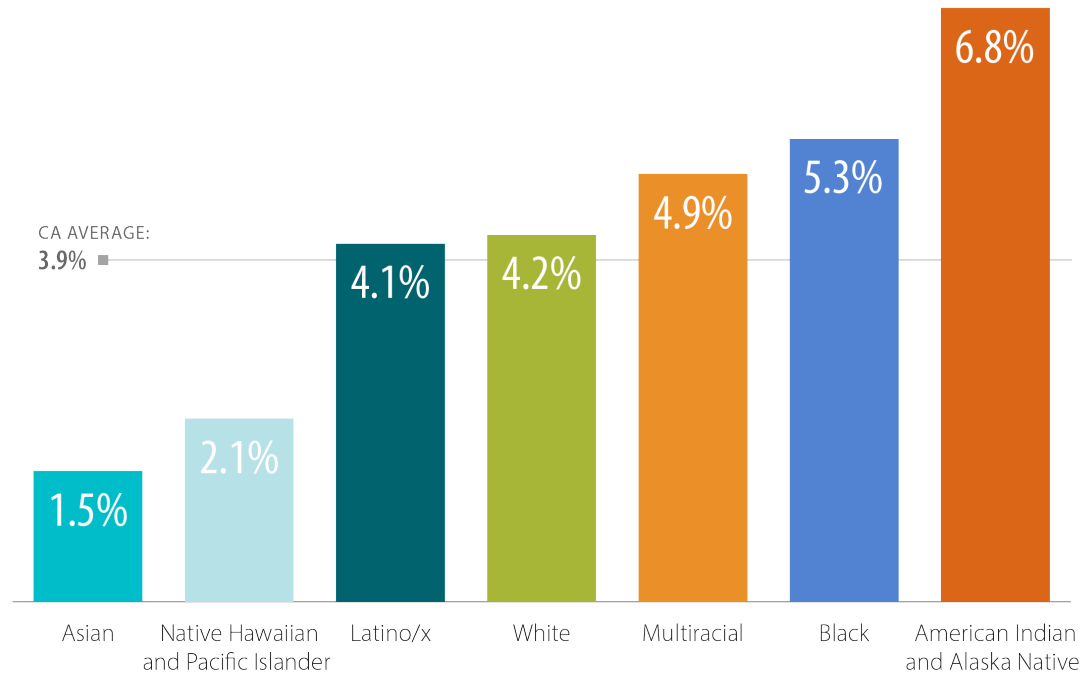
Notes: *Serious emotional disturbance* (SED) is a categorization for children age 17 and under. *Serious mental illness* (SMI) is a categorization for adults age 18 and older.

Source: Charles Holzer and Hoang Nguyen, "Estimation of Need for Mental Health Services," received June 28, 2021

PREVALENCE VARIES BY RACE AND ETHNICITY

ADULTS WITH SMI, BY RACE/ETHNICITY, CALIFORNIA, 2019

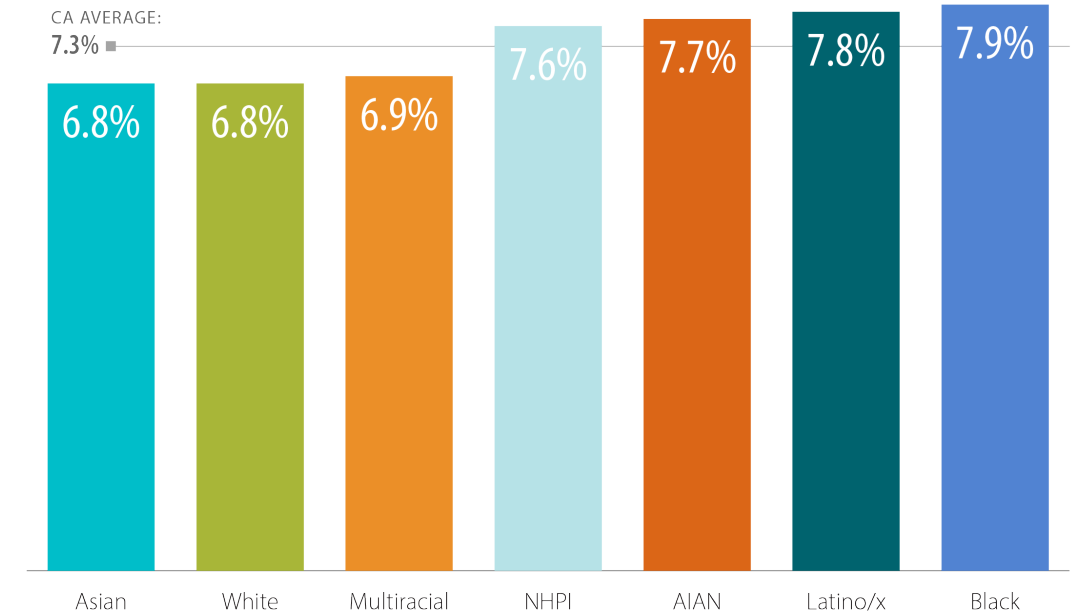
PERCENTAGE OF ADULT POPULATION



Notes: *Serious mental illness* (SMI) is a categorization for adults age 18 and older. Source uses African American, Hispanic, and Native American.
Source: Charles Holzer and Hoang Nguyen, "Estimation of Need for Mental Health Services," received June 28, 2021.

CHILDREN WITH SED, BY RACE/ETHNICITY, CALIFORNIA, 2019

PERCENTAGE OF CHILD POPULATION

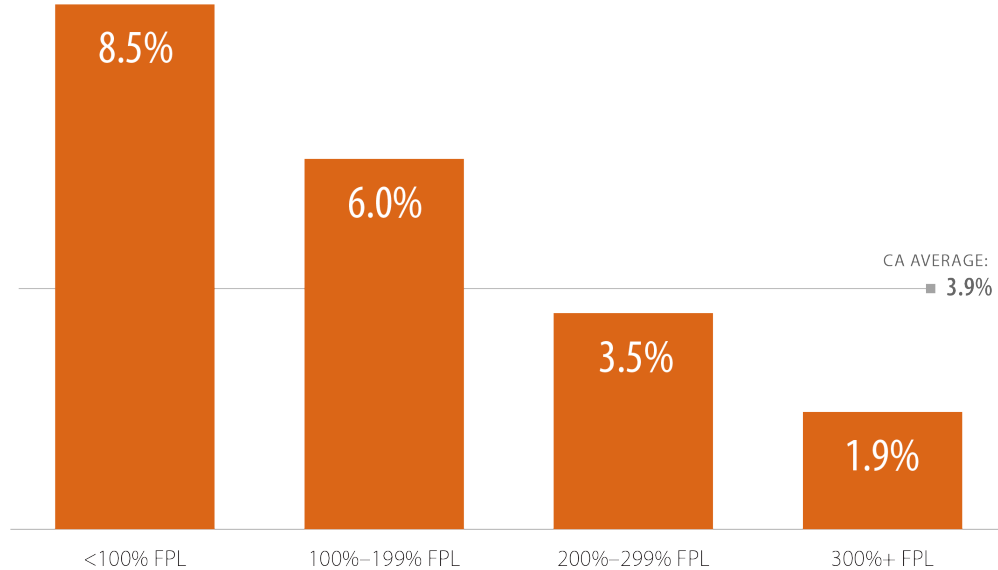


Notes: *Serious emotional disturbance* (SED) is a categorization for children age 17 and under. NHPI is Native Hawaiian and Pacific Islander. AIAN is American Indian and Alaska Native. Source uses African American, Hispanic, and Native American.
Source: Charles Holzer and Hoang Nguyen, "Estimation of Need for Mental Health Services," received June 28, 2021.

PREVALENCE VARIES BY INCOME

ADULTS WITH SMI, BY INCOME, CALIFORNIA, 2019

PERCENTAGE OF ADULT POPULATION

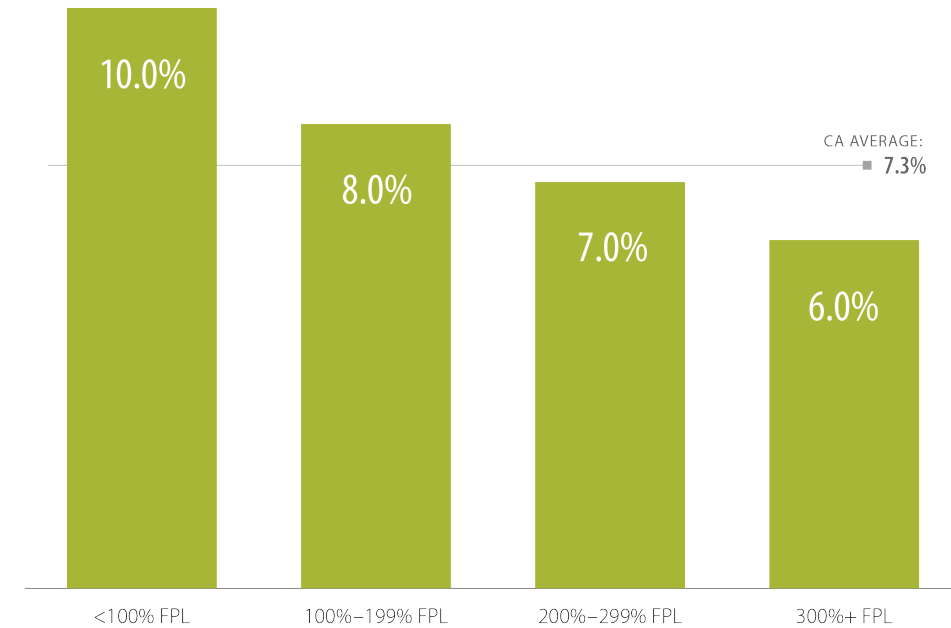


Notes: *Serious mental illness* is a categorization for adults age 18 and older. FPL is federal poverty level. In 2019, 100% of FPL was defined as an annual income of \$12,490 for an individual and \$25,550 for a family of four. Excludes 2% of adults for whom the level of income could not be determined.

Source: Charles Holzer and Hoang Nguyen, "Estimation of Need for Mental Health Services," received June 28, 2021.

CHILDREN WITH SED, BY INCOME, CALIFORNIA, 2019

PERCENTAGE OF CHILD POPULATION



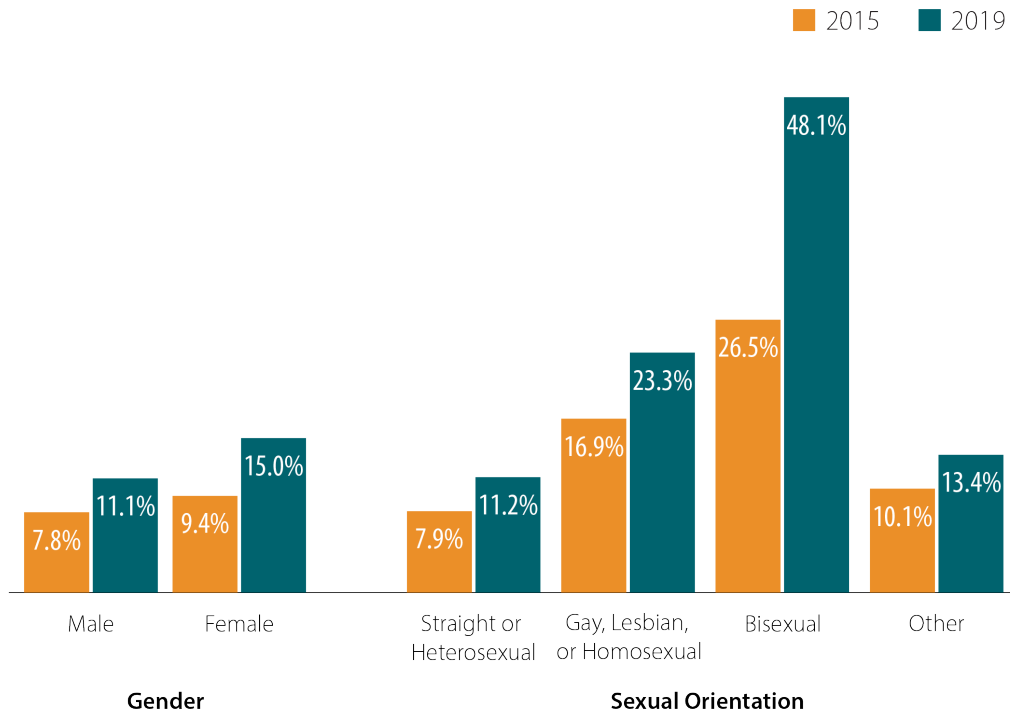
Notes: *Serious emotional disturbance* (SED) is a categorization for children age 17 and under. FPL is federal poverty level; 100% of FPL in 2019 was an annual income of \$12,490 for an individual and \$25,950 for a family of four. Excludes 2% of children for whom the level of income could not be determined.

Source: Charles Holzer and Hoang Nguyen, "Estimation of Need for Mental Health Services," received June 28, 2021.

"SERIOUS PSYCHOLOGICAL DISTRESS" HAS INCREASED ACROSS POPULATIONS

ADULTS WITH SERIOUS PSYCHOLOGICAL DISTRESS IN PAST YEAR, BY GENDER AND SEXUAL ORIENTATION, CALIFORNIA, 2015 AND 2019

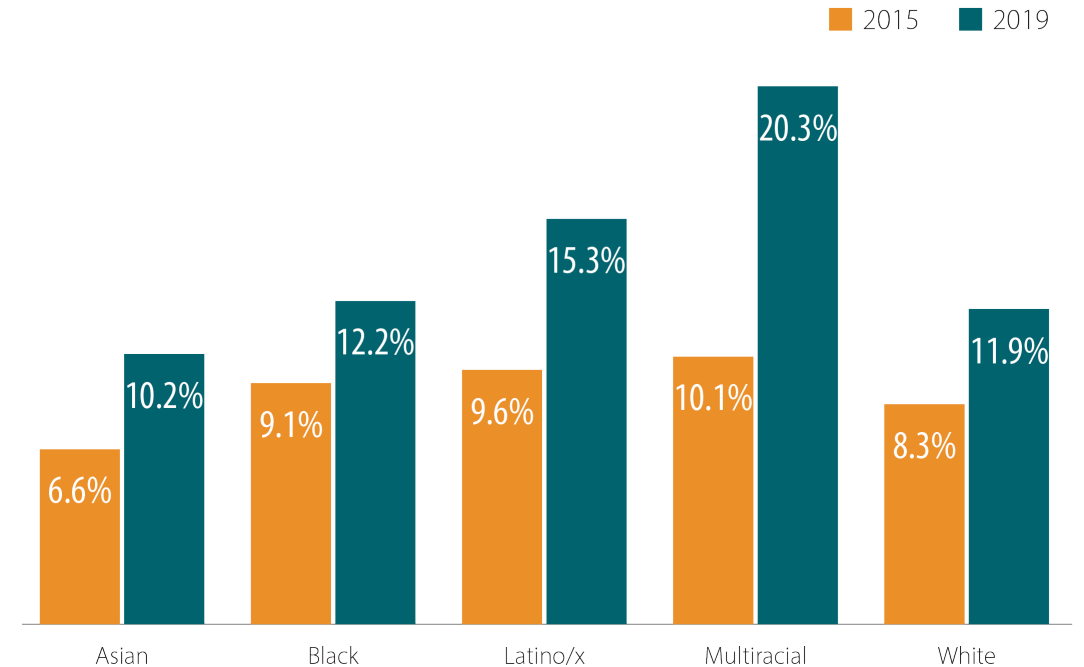
PERCENTAGE OF ADULTS



Notes: Source did not include additional gender categories. *Serious psychological distress* (SPD) is a categorization for adolescents and adults. SPD is assessed for the worst month in the past year. Sexual orientation was self-reported. Other is not sexual, celibate, none or other in the source.
Source: "AskCHIS," UCLA Center for Health Policy Research.

ADULTS WITH SERIOUS PSYCHOLOGICAL DISTRESS IN PAST YEAR, BY RACE/ETHNICITY, CALIFORNIA, 2015 AND 2019

PERCENTAGE OF ADULTS

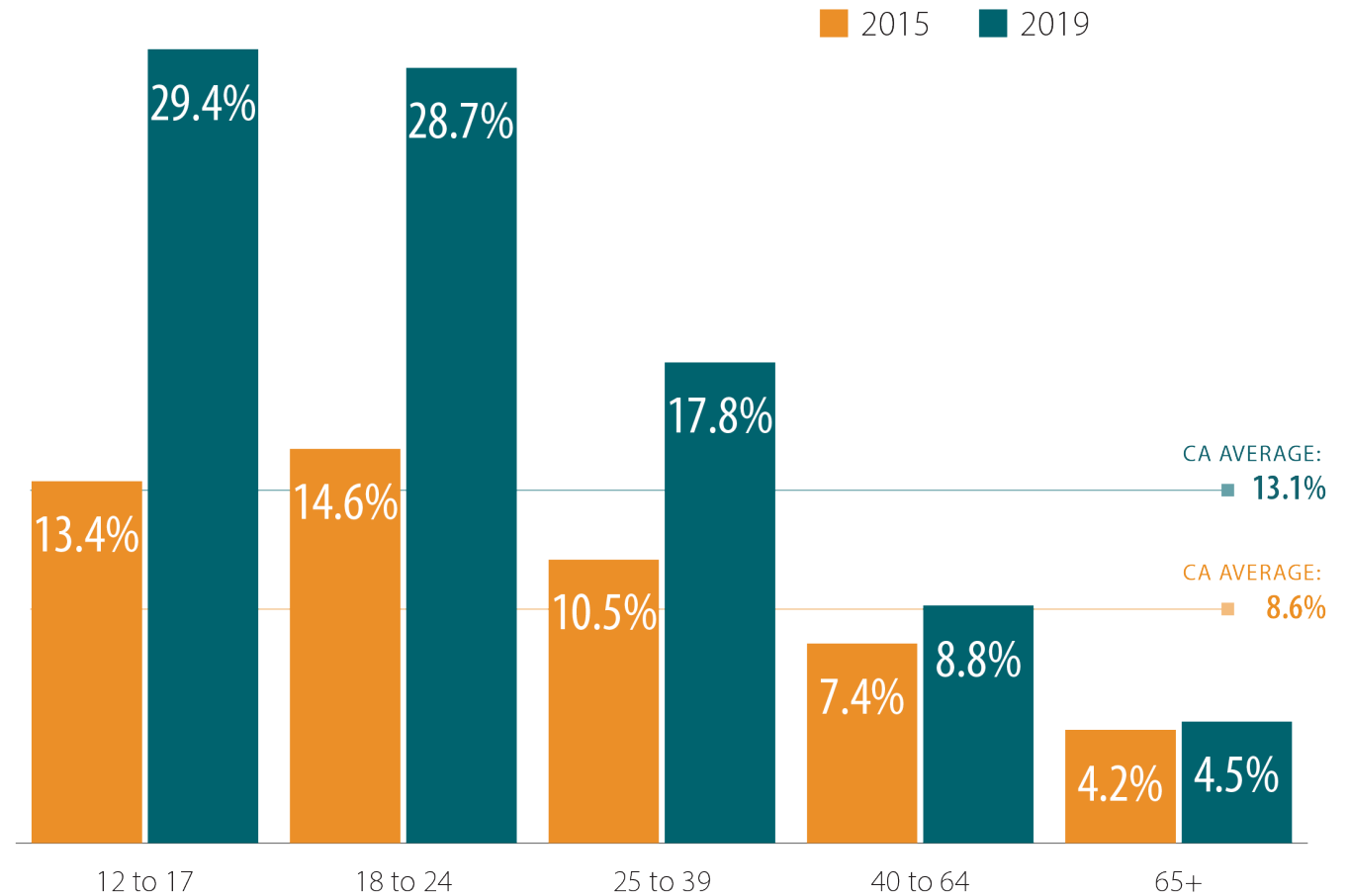


Notes: Adults are age 18 and older. *Serious psychological distress* (SPD) is a categorization for adolescents and adults. SPD is assessed for the worst month in the past year. Results for American Indian / Alaska Native and Native Hawaiian / Pacific Islander are not shown because they were statistically unstable. Source uses Latino, Black or African American, and Two or More Races.
Source: "AskCHIS," UCLA Center for Health Policy Research.

NEARLY ONE-THIRD OF CALIFORNIA YOUTH EXPERIENCED SERIOUS PSYCHOLOGICAL DISTRESS IN 2019

SERIOUS PSYCHOLOGICAL DISTRESS IN PAST YEAR, BY AGE GROUP, CALIFORNIA, 2015 AND 2019

PERCENTAGE OF POPULATION



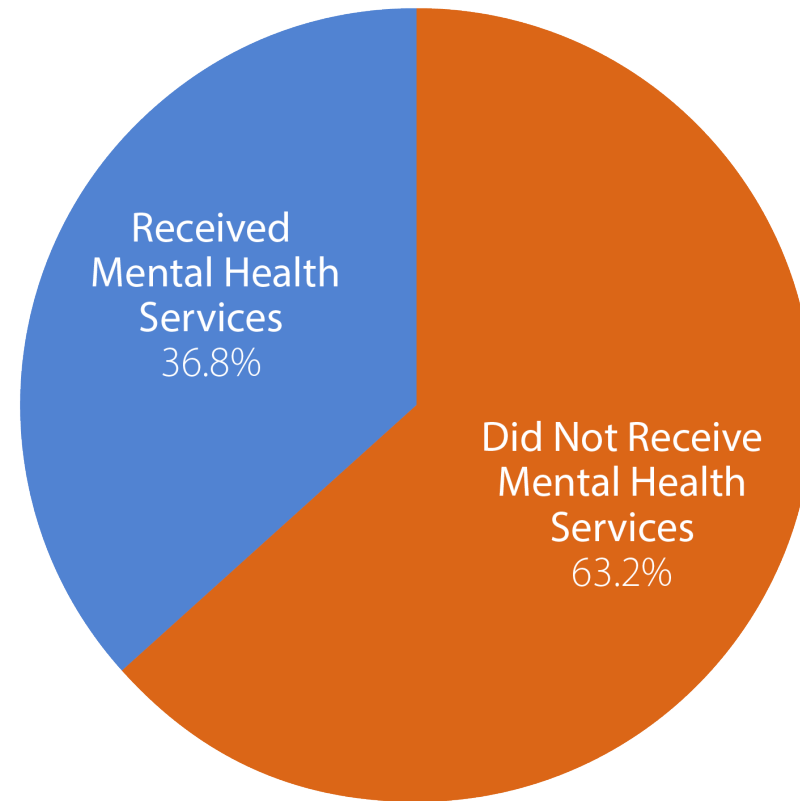
Notes: Serious psychological distress (SPD) is a categorization for adolescents and adults. SPD is assessed for the worst month in the past year.
Source: "AskCHIS," UCLA Center for Health Policy Research.

MOST CALIFORNIA ADULTS WITH MENTAL ILLNESS DO NOT RECEIVE TREATMENT

Among California adults with *any* mental illness, just over one-third received treatment, counseling, or prescription medication in the past year.

MENTAL HEALTH SERVICE USE, ADULTS WITH AMI, CALIFORNIA, 2017 AND 2019

PERCENTAGE WHO ...



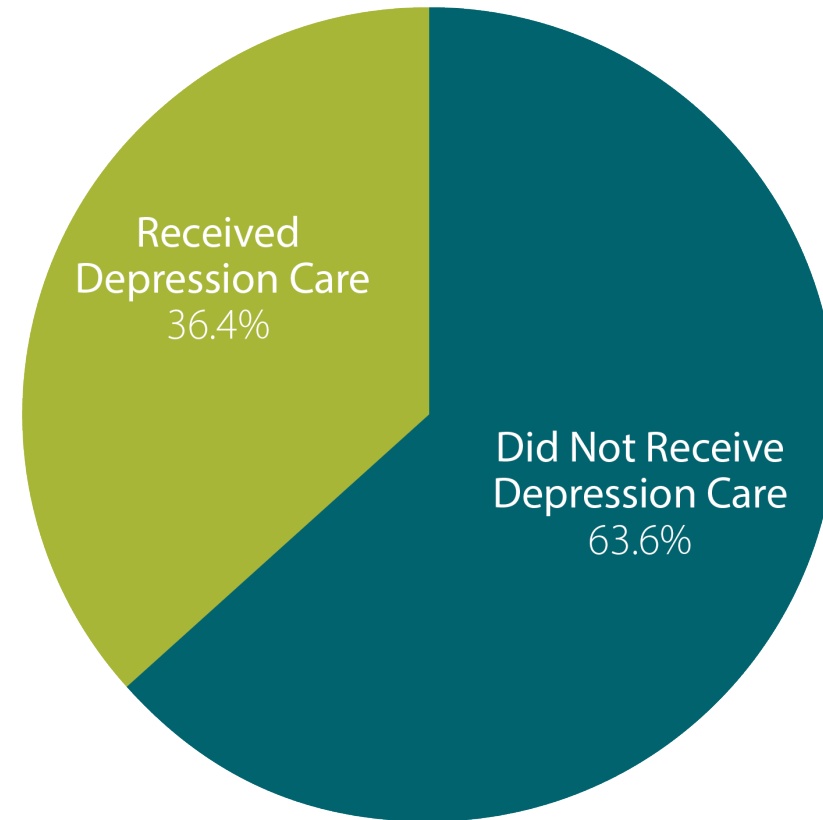
Notes: Estimates are annual averages based on combined 2017 to 2019 National Survey on Drug Use and Health data. Mental health service use is defined as receiving treatment or counseling for any problem with emotions, nerves, or mental health in the 12 months before the interview in any inpatient or outpatient setting, or the use of prescription medication for treatment of any mental or emotional condition that was not caused by the use of alcohol or drugs. Respondents with unknown service use were excluded. Estimates of any mental illness were based on self-report of symptoms indicative of any mental illness. *Any mental illness (AMI)* is a categorization for adults age 18 and older.

Source: Behavioral Health Barometer: California, Volume 6: Indicators as Measured Through the 2019 National Survey on Drug Use and Health and the National Survey of Substance Abuse Treatment Services, Substance Abuse and Mental Health Services Administration, 2020.

**MOST ADOLESCENTS
WITH MAJOR
DEPRESSION DO NOT
RECEIVE TREATMENT**

TREATMENT FOR MAJOR DEPRESSIVE EPISODE, ADOLESCENTS, CALIFORNIA, 2016 TO 2019

PERCENTAGE REPORTING MDE IN THE PAST YEAR WHO ...

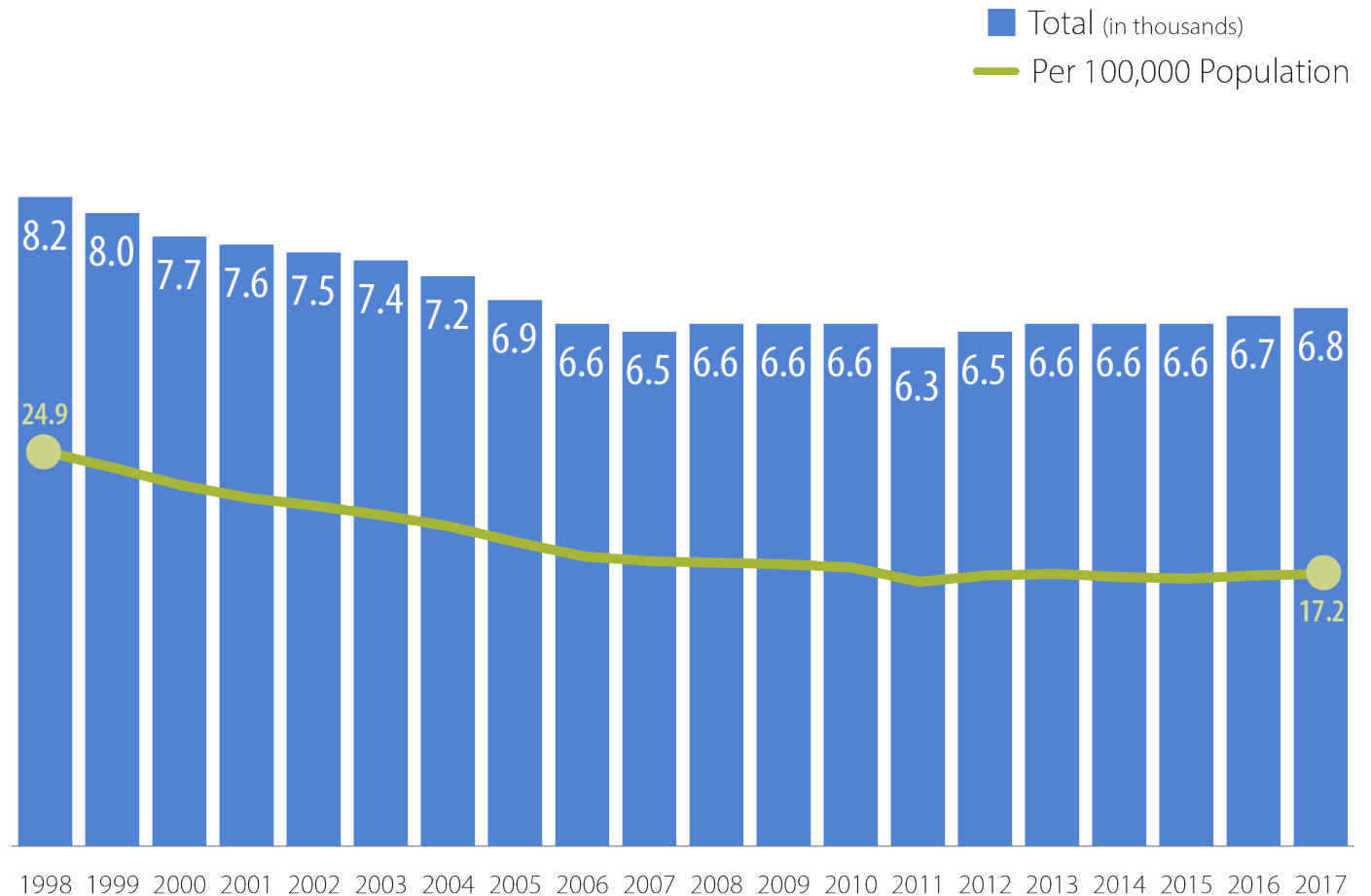


Notes: Adolescents are age 12 to 17. Estimates are annual averages based on combined 2016 to 2019 NSDUH data. MDE is major depressive episode. Respondents with unknown past year MDE or treatment data were excluded.
Source: Behavioral Health Barometer: California, Volume 6: Indicators as Measured Through the 2019 National Survey on Drug Use and Health and the National Survey of Substance Abuse Treatment Services, Substance Abuse and Mental Health Services Administration, 2020.

ACCESS TO PSYCHIATRIC INPATIENT BEDS HAS DECLINED

The number of psychiatric beds per 100,000 people decreased 31% from 1998 through 2017.

ACUTE PSYCHIATRIC INPATIENT BEDS, CALIFORNIA, 1998 TO 2017



Notes: Acute psychiatric inpatient beds include those in psychiatric units in general acute care hospitals (including city and county hospitals), acute psychiatric hospitals, and psychiatric health facilities (PHFs). Acute psychiatric inpatient beds are licensed to provide one of the following types of psychiatric service: adult, child/adolescent, geriatric psychiatry, psychiatric intensive care, or chemical dependency. PHFs do not have to meet the same facility regulations as hospitals, and provide medical care through arrangements with other providers. Excludes acute and intermediate beds in California state hospitals, which treat forensic patients committed by criminal courts, and civil patients involuntarily committed by civil courts because they are a danger to themselves or others.

Source: California's Acute Psychiatric Bed Loss (PDF), California Hospital Assn., February 2019



SUMMARY

- Rates of mental illness were increasing for some populations even before COVID
- Access to treatment remains poor
- Mental health services are disproportionately paid by public sources
- California's investments in and outside of Medi-Cal are needed and timely
- Coordinated approaches to data collection and evaluation are needed to track results across initiatives