Mental Health in California

Catherine Teare
Associate Director, High-Value Care
Joint Assembly and Senate Health Committee
Informational Hearing
February 26, 2019
Overview

• Sources
• Prevalence
• Access to care
• Medi-Cal
• Impact
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

Prevalence varies by region
Adults with SMI and Children with SED, by Region, California, 2014

PERCENTAGE OF POPULATION

- Central Coast: 4.2% Adults with SMI, 7.5% Children with SED
- Greater Bay Area: 3.4% Adults with SMI, 7.1% Children with SED
- Inland Empire: 4.7% Adults with SMI, 7.8% Children with SED
- Los Angeles County: 4.3% Adults with SMI, 7.8% Children with SED
- Northern and Sierra: 5.4% Adults with SMI, 7.8% Children with SED
- Orange County: 3.6% Adults with SMI, 7.3% Children with SED
- Sacramento Area: 4.4% Adults with SMI, 7.5% Children with SED
- San Diego Area: 4.3% Adults with SMI, 7.5% Children with SED
- San Joaquin Valley: 5.3% Adults with SMI, 8.1% Children with SED

CA AVERAGE: 4.2% Adults with SMI, 7.6% Children with SED

Prevalence varies by race/ethnicity

Prevalence varies by income

ININCIDENCE, BY INCOME, 2014

<table>
<thead>
<tr>
<th>Income</th>
<th>Adults with SMI</th>
<th>Children with SED</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt;100% FPL</td>
<td>9.0%</td>
<td>10.0%</td>
</tr>
<tr>
<td>100%–199% FPL</td>
<td>6.3%</td>
<td>8.0%</td>
</tr>
<tr>
<td>200%–299% FPL</td>
<td>3.6%</td>
<td>7.0%</td>
</tr>
<tr>
<td>300%+ FPL</td>
<td>1.9%</td>
<td>6.0%</td>
</tr>
</tbody>
</table>

Depressive illness has risen among adolescents

Reported Having an Major Depressive Episode
Adolescents, California, 2011 to 2015


California Health Care Foundation
www.chcf.org
Many people with mental illnesses also have substance use disorders

Adults with SMI and SUD and Children with SED and SUD
California, 2011 to 2015, Selected Years

PERCENTAGE USING COUNTY MENTAL HEALTH SERVICES

33.1% 33.3% 34.4%

10.5% 9.2% 9.2%

Suicide rates are highest in northern California

Suicide Rate, by Region
All Ages, California, 2011 to 2013

Suicide rates vary by gender and race/ethnicity

Suicide Rate, by Gender and Race/Ethnicity
All Ages, California, 2011 to 2013

Many California adults with mental illness do not receive treatment


Access for adolescents reporting major depression is particularly limited

Percentage reporting MDE in the past year who...

- Received Treatment for Depression: 32.1%
- Did Not Receive Treatment for Depression: 67.9%

Medi-Cal and other public programs play a critical role in financing mental health care

All Health vs. Mental Health Expenditures
By Payer, United States, 2015

PERCENTAGE OF TOTAL PROJECTED SPENDING

All Health

- Medicaid: 22%
- Medicare: 23%
- Private: 38%
- Other Public: 12%
- Total: $3 trillion

Mental Health

- Medicaid: 32%
- Medicare: 15%
- Private: 29%
- Other Public: 21%
- Other Private: 3%
- Total: $186 billion

600,000 Californians receive Medi-Cal specialty mental health services

Adults and Children, California, FY 2012 to 2015

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.
Cost of care is much higher for people who both behavioral and physical health conditions

Medi-Cal Spending on Diabetes, by Service Category
With and Without SMI or AD, California, 2011

PER MEMBER PER MONTH SPENDING


California Health Care Foundation www.chcf.org