



# Mental Health in California



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Joint Assembly and Senate Health Committee  
Informational Hearing  
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# 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



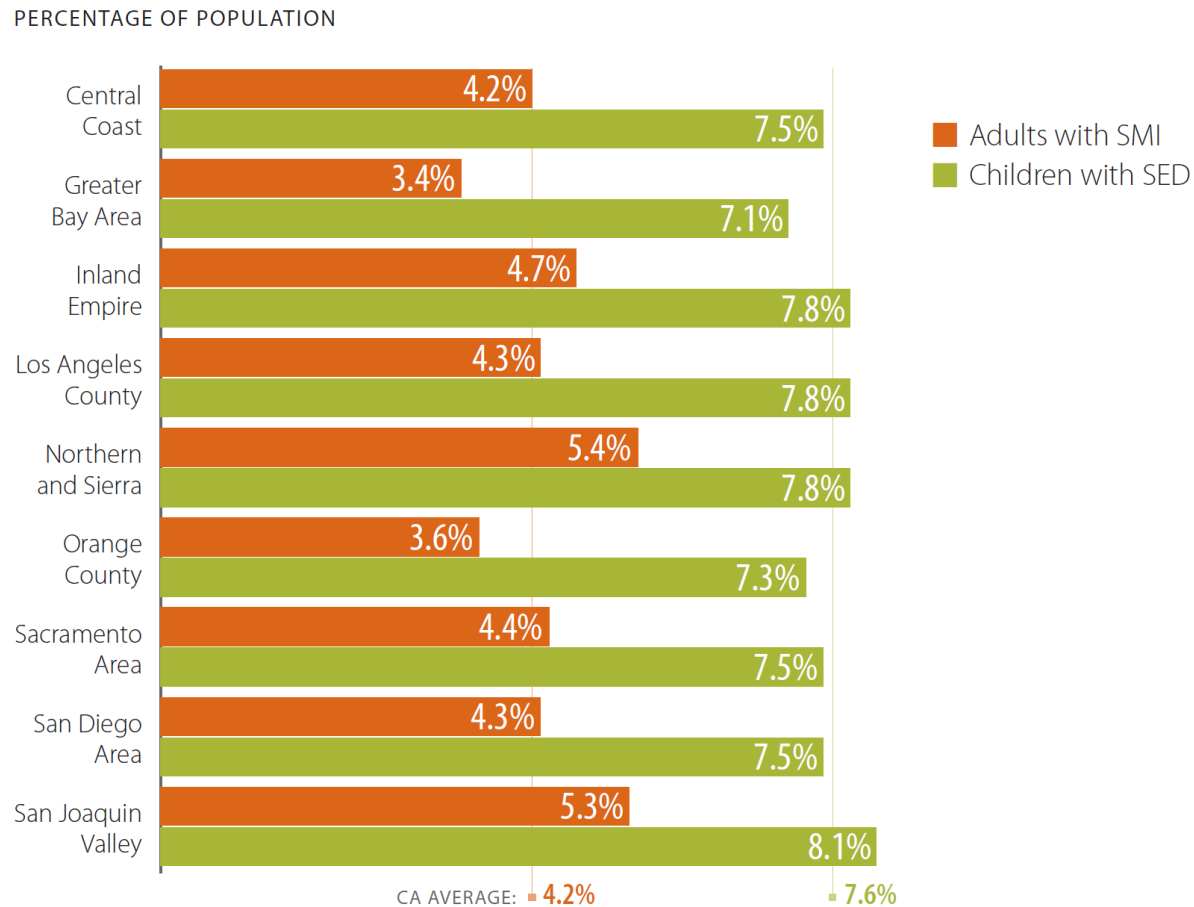
**7.6%** Children with Serious Emotional Disturbance



Source: Charles Holzer and Hoang Nguyen, "Estimation of Need for Mental Health Services," accessed December 22, 2017, [charlesholzer.com](http://charlesholzer.com).

# Prevalence varies by region

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



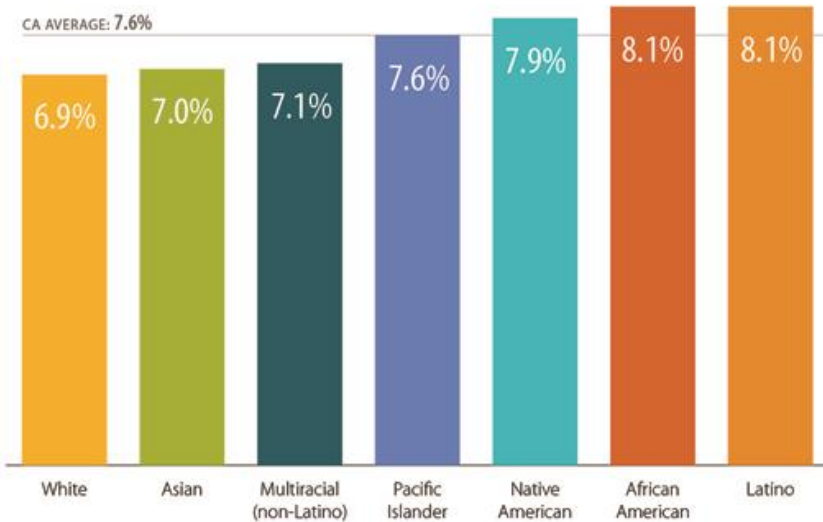
Source: Charles Holzer and Hoang Nguyen, "Estimation of Need for Mental Health Services," accessed December 22, 2017, charlesholzer.com.

# Prevalence varies by race/ethnicity

Children with SED, by Race/Ethnicity  
California, 2014

PERCENTAGE OF CHILD POPULATION

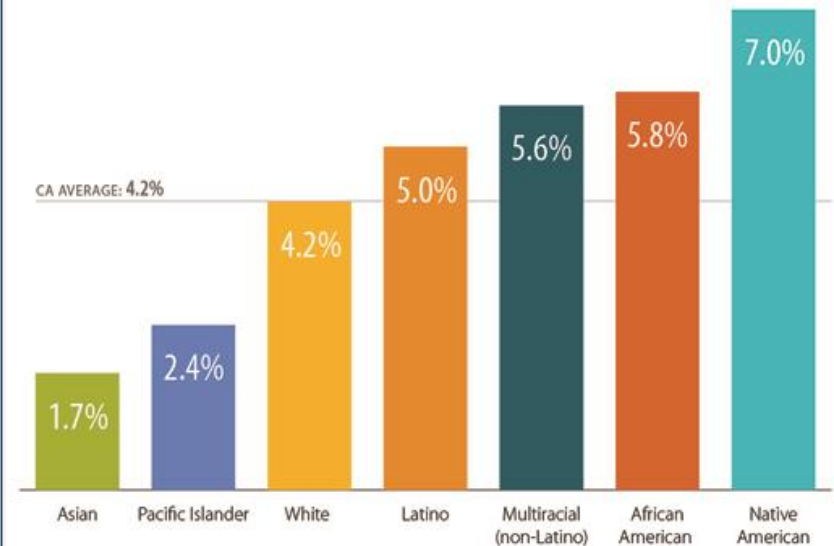
CA AVERAGE: 7.6%



Adults with SMI, by Race/Ethnicity  
California, 2014

PERCENTAGE OF ADULT POPULATION

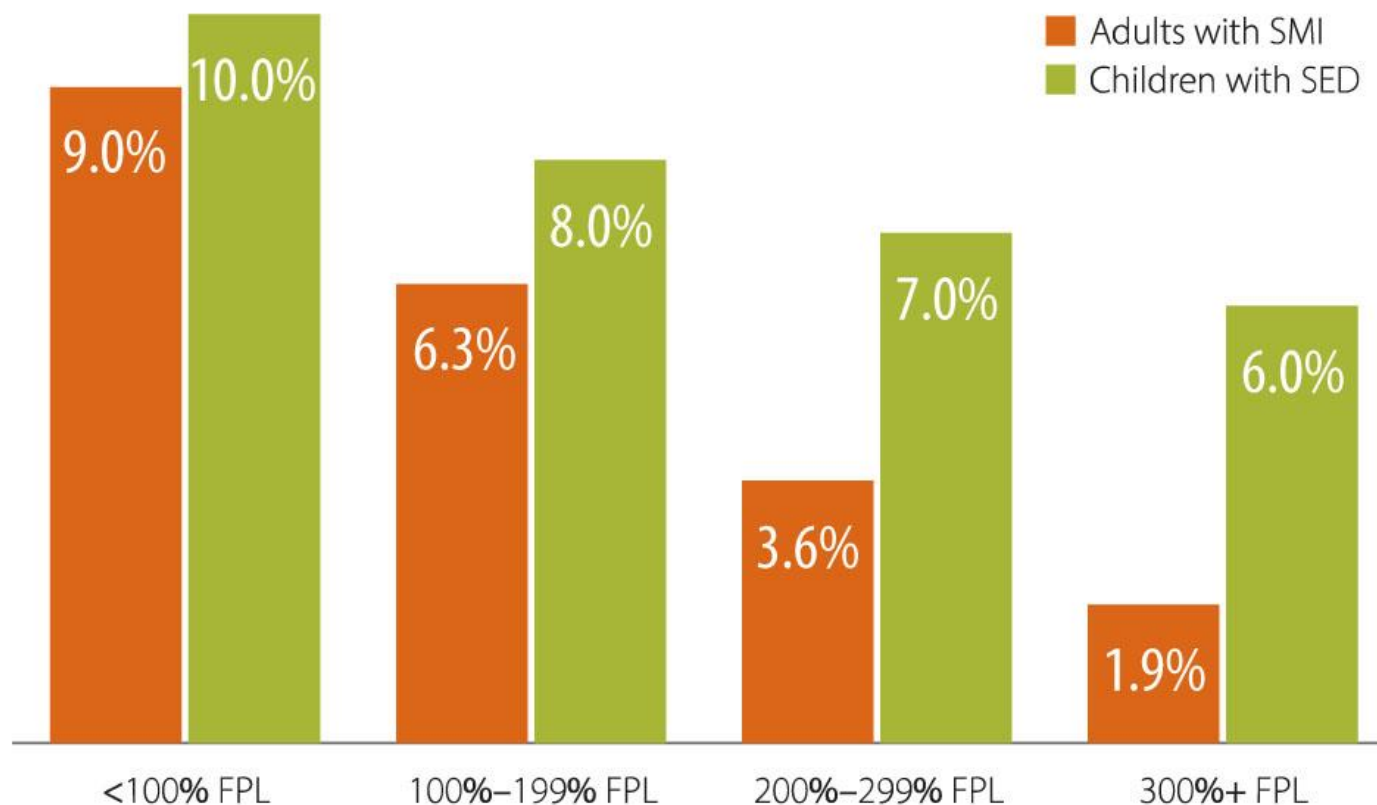
CA AVERAGE: 4.2%



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

# Prevalence varies by income

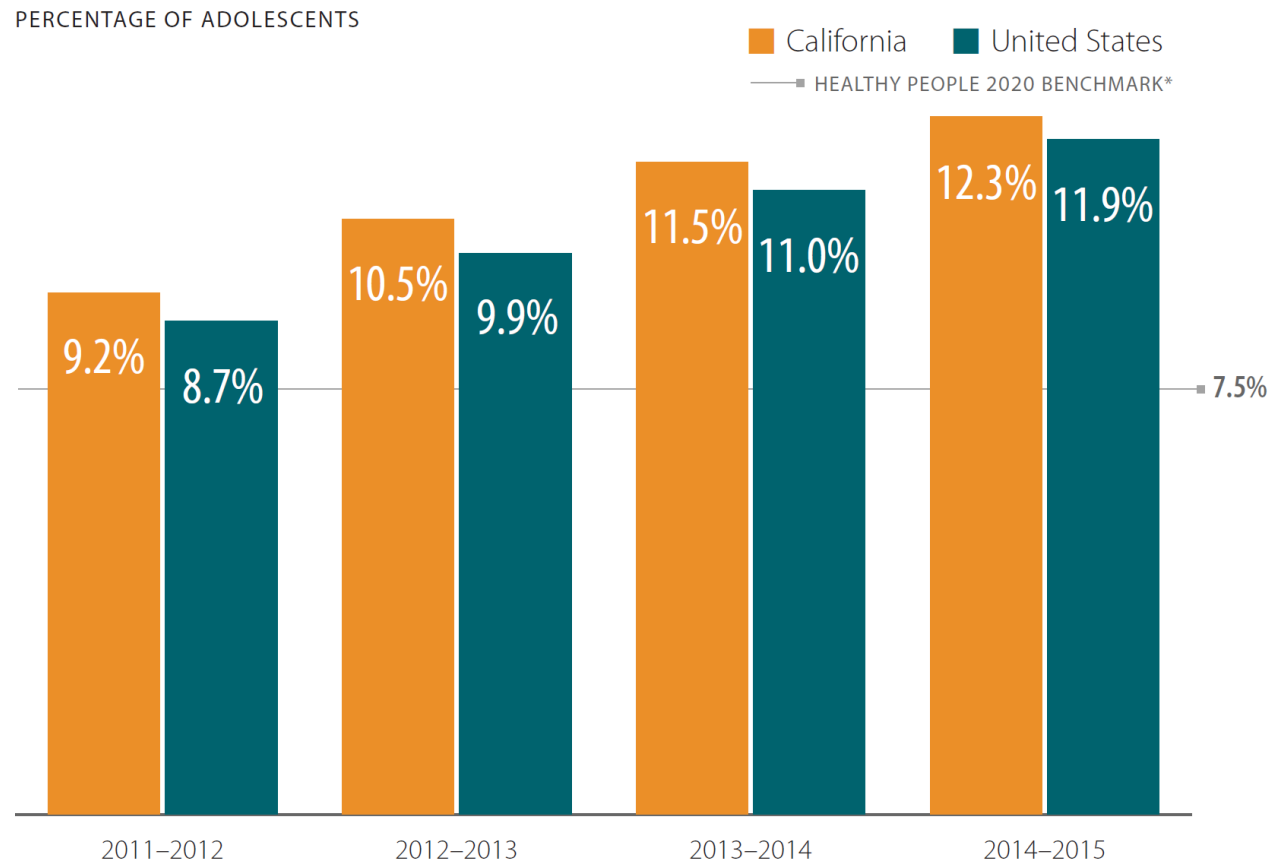
INCIDENCE, BY INCOME, 2014



Source: Charles Holzer and Hoang Nguyen, "Estimation of Need for Mental Health Services," accessed December 22, 2017, [charlesholzer.com](http://charlesholzer.com).

# Depressive illness has risen among adolescents

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

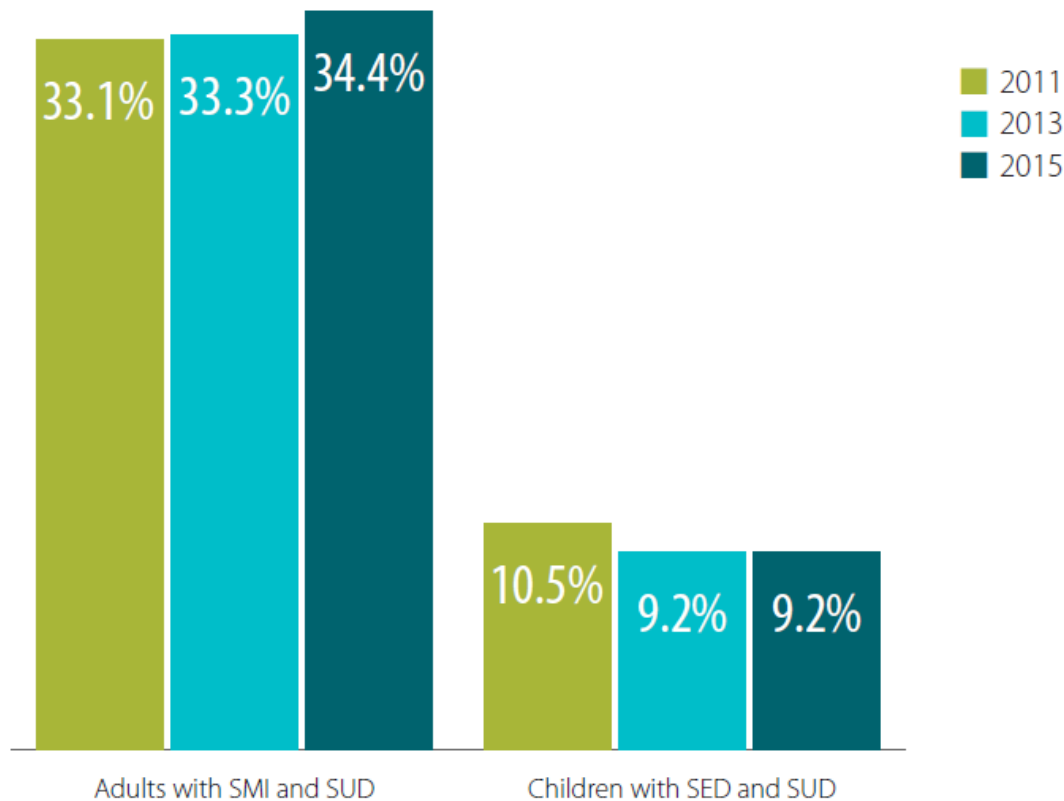


Source: Behavioral Health Barometer: California, Volume 4, Substance Abuse and Mental Health Services Administration, 2017, [www.samhsa.gov](http://www.samhsa.gov) (PDF).

# 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

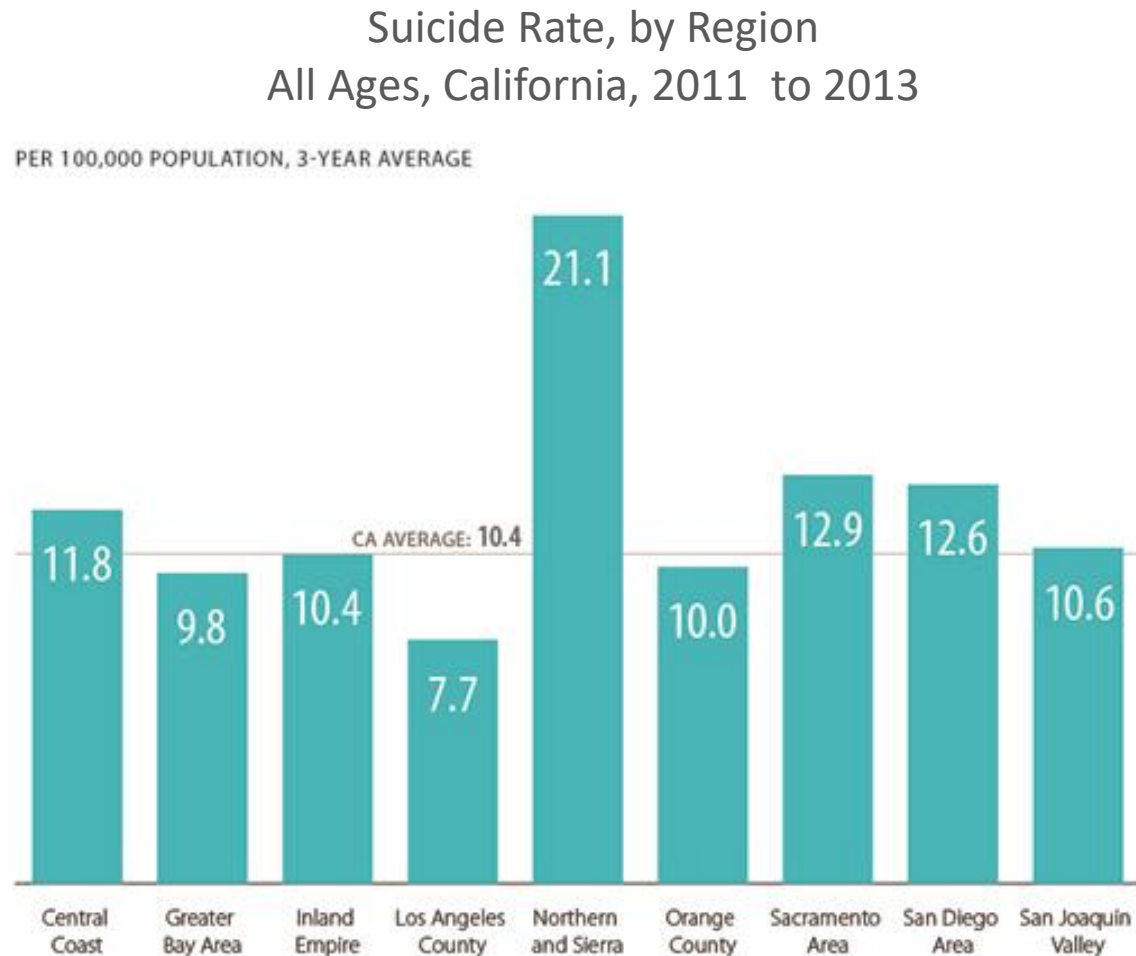
PERCENTAGE USING COUNTY MENTAL HEALTH SERVICES



Sources: California Mental Health National Outcome Measures (NOMS): SAMHSA Uniform Reporting System, 2011–2015, [www.samhsa.gov](http://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](http://www.samhsa.gov) (PDF).



# Suicide rates are highest in northern California

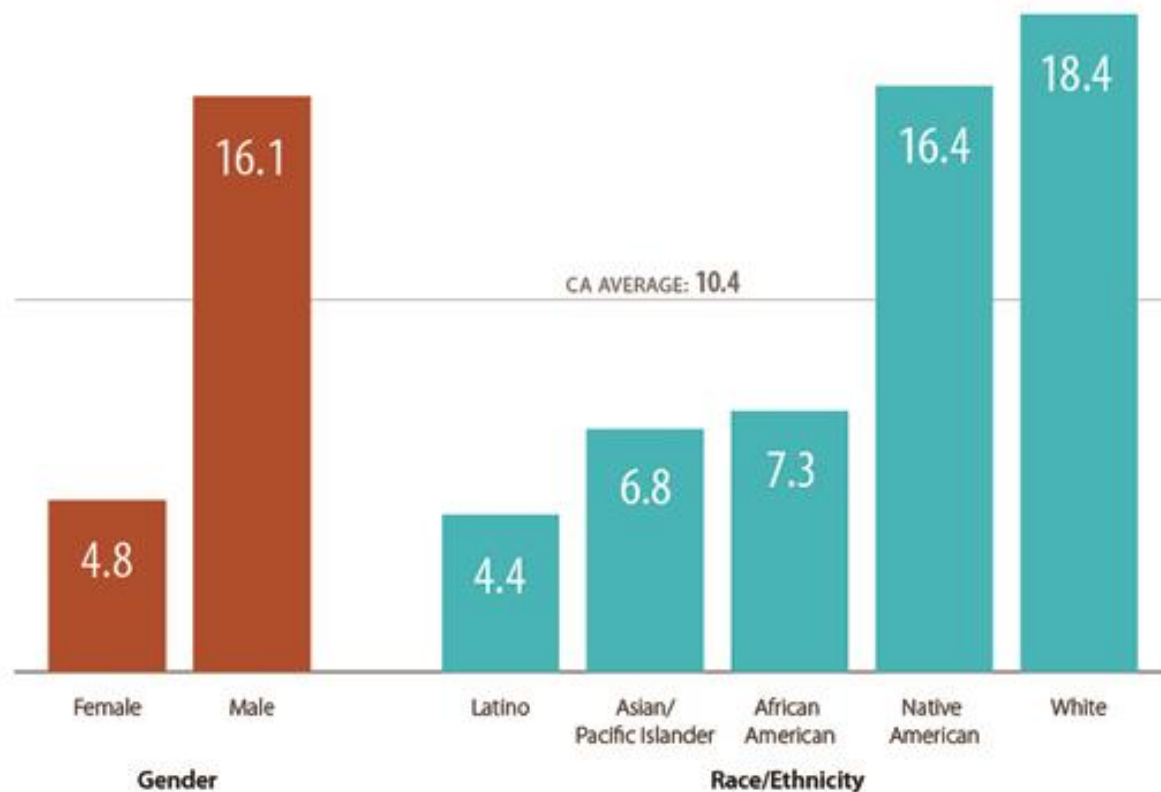


Source: Charles Holzer and Hoang Nguyen, "Estimation of Need for Mental Health Services," accessed December 22, 2017, [charlesholzer.com](http://charlesholzer.com).

# Suicide rates vary by gender and race/ethnicity

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

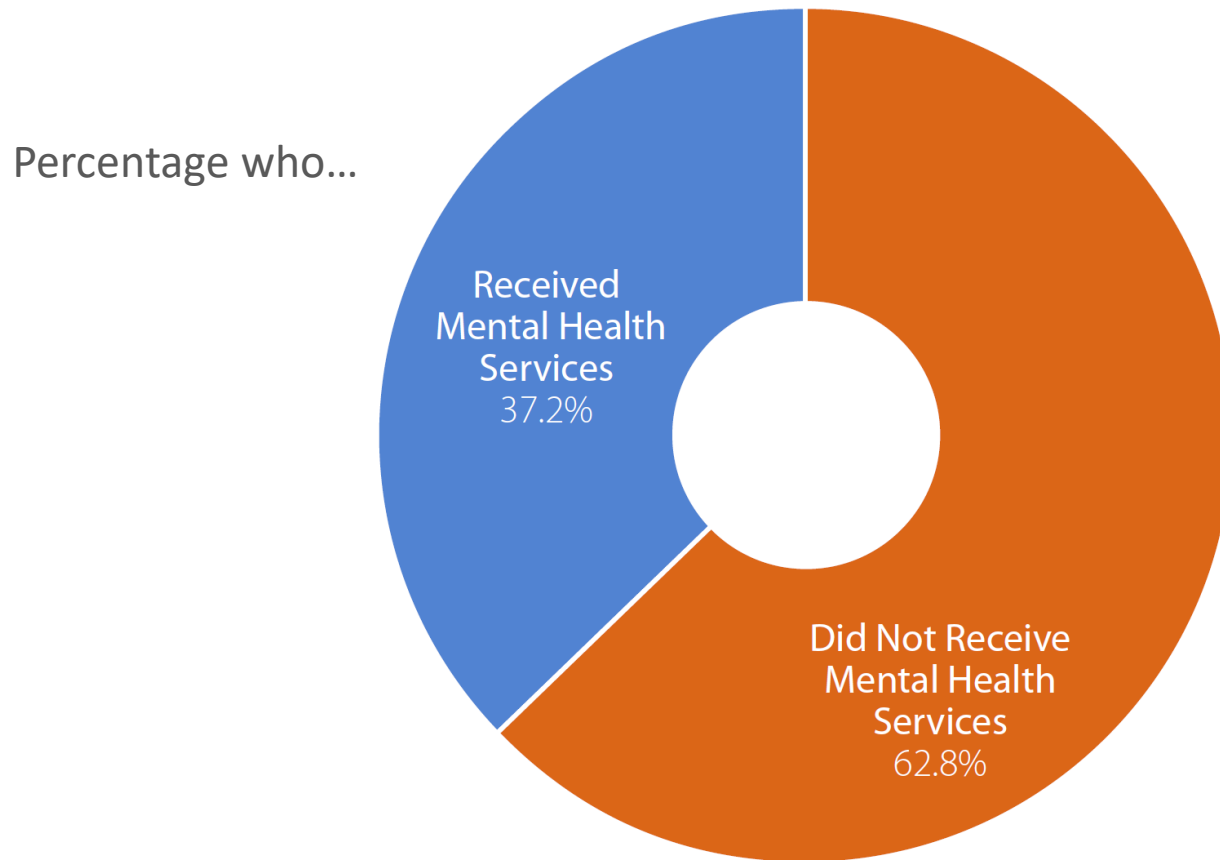
PER 100,000 POPULATION, 3-YEAR AVERAGE



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

# Many California adults with mental illness do not receive treatment

Treatment for Mental Illness  
Adults with any mental illness, California 2011 to 2015

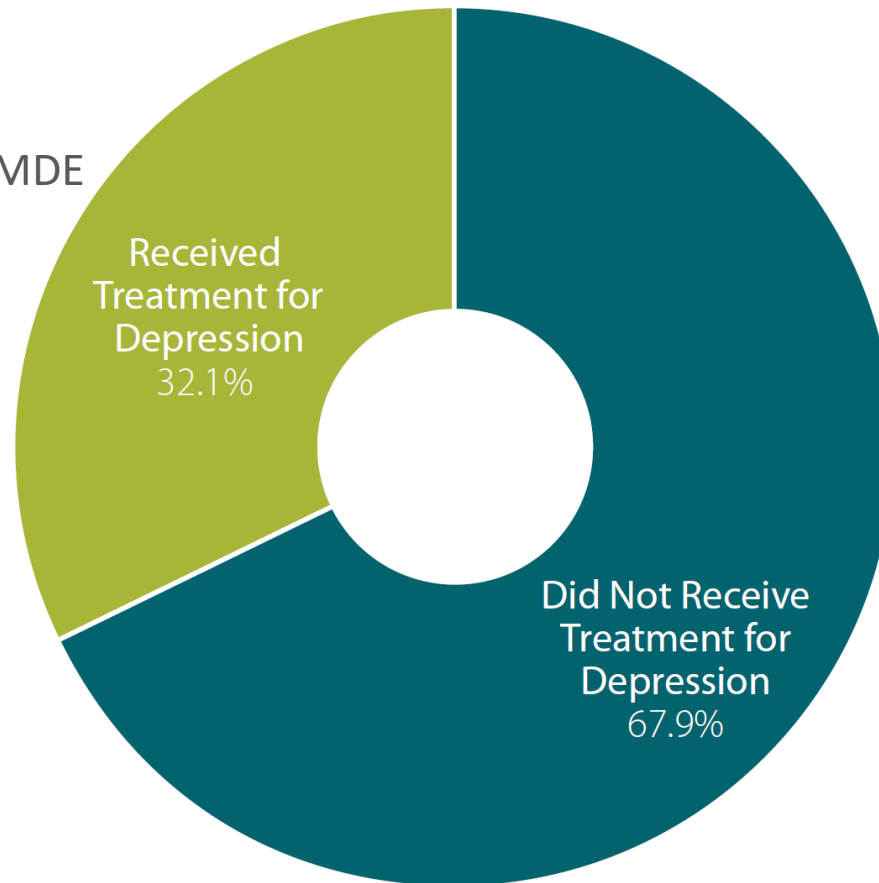


Sources: Behavioral Health Barometer: California, Volume 4, Substance Abuse and Mental Health Services Administration, 2017, [www.samhsa.gov](http://www.samhsa.gov) (PDF); Larry Goldman, Nancy Nielsen, and Hunter Champion, "Awareness, Diagnosis, and Treatment of Depression," *Journal of General Internal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

# Access for adolescents reporting major depression is particularly limited

Treatment for Major Depressive Episode  
Adolescents, California, 2011 to 2015

Percentage reporting MDE  
in the past year who...

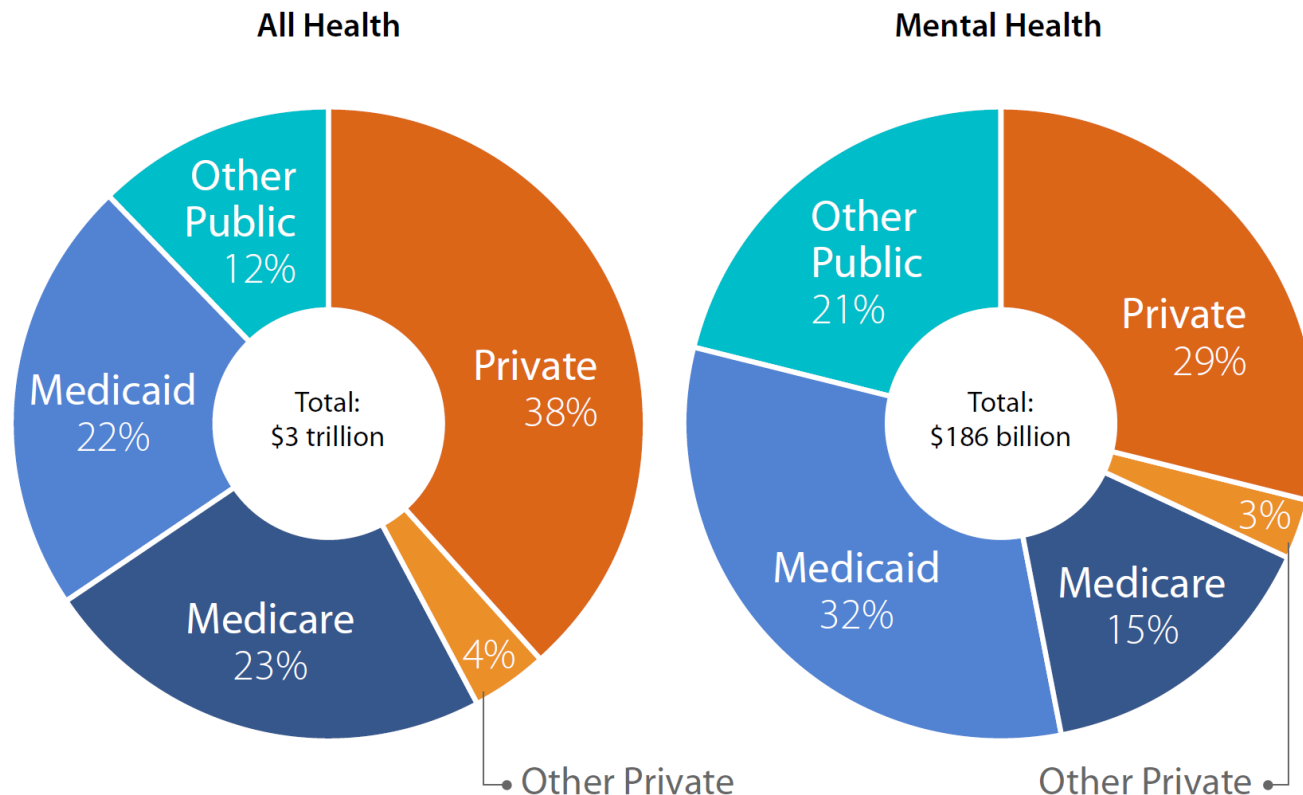


Source: Behavioral Health Barometer: California, Volume 4, Substance Abuse and Mental Health Services Administration, 2017, [www.samhsa.gov](http://www.samhsa.gov) (PDF).

# 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

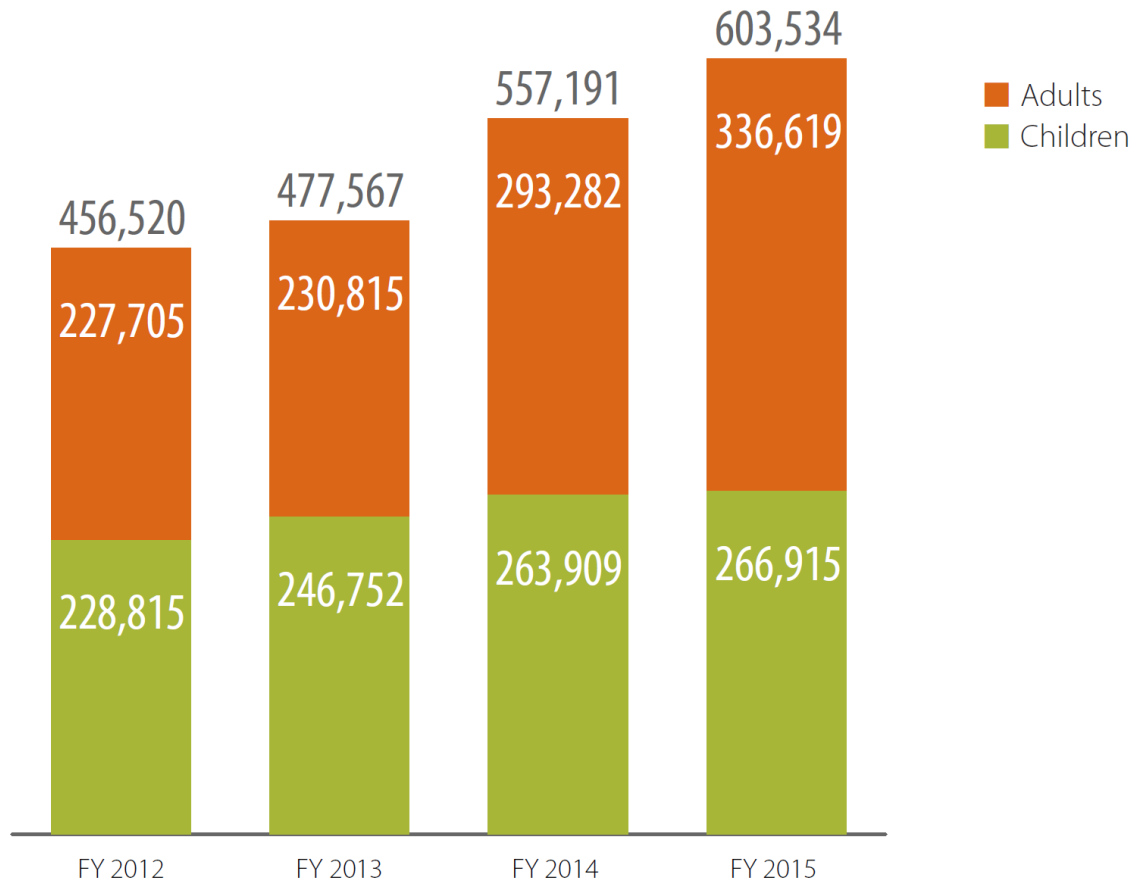


Source: "Table A.7," in Projections of National Expenditures for Treatment of Mental and Substance Use Disorders, 2010–2020, Substance Abuse and Mental Health Services Administration, 2014: A-12 and A-13, [store.samhsa.gov](http://store.samhsa.gov).

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

Adults and Children, California, FY 2012 to 2015

UNDUPLICATED NUMBER OF SERVICE USERS



Source: Statewide Aggregate Specialty Mental Health Services Performance Dashboard, California Department of Healthcare Services, 2016, [www.dhcs.ca.gov](http://www.dhcs.ca.gov) (PDF).

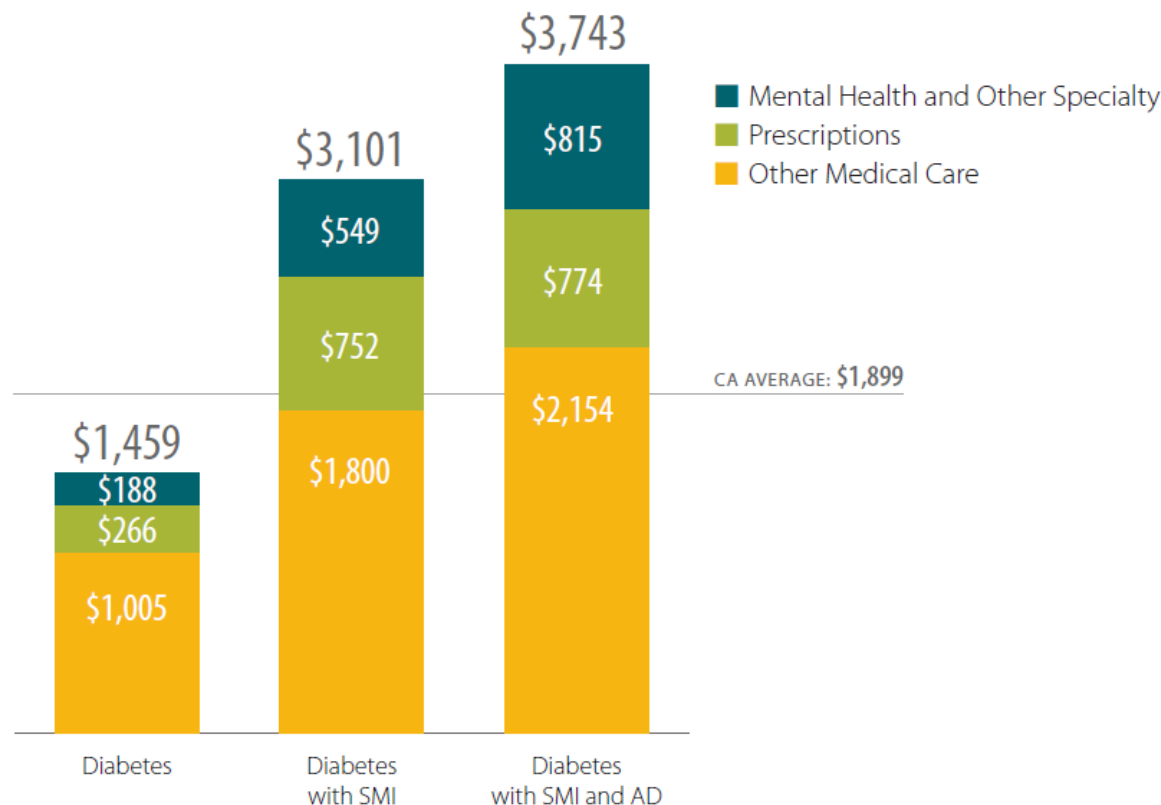
# People with behavioral health disorders die far too young

- 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



Source: Understanding Medi-Cal's High-Cost Populations, Department of Health Care Services, June 2015, [www.dhcs.ca.gov](http://www.dhcs.ca.gov) (PDF).





## California Health Care Foundation

HEALTH CARE THAT WORKS FOR ALL CALIFORNIANS