



# Equity in Our Mental Health Delivery System

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# Overview

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- How big is the need in our county?
- What services do we deliver?
- How do we address the needs of the underserved?
- What more can we do to ensure equitable care throughout the county?



# A Mental Health Epidemic

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*~ 200,000 people in Contra Costa County*



**1 in 5 people**  
experience mental  
health issues



**Third most**  
common  
ambulance call



**8,000+**  
visits to Psychiatric  
Emergency Services

# Providing Quality, Equitable Services

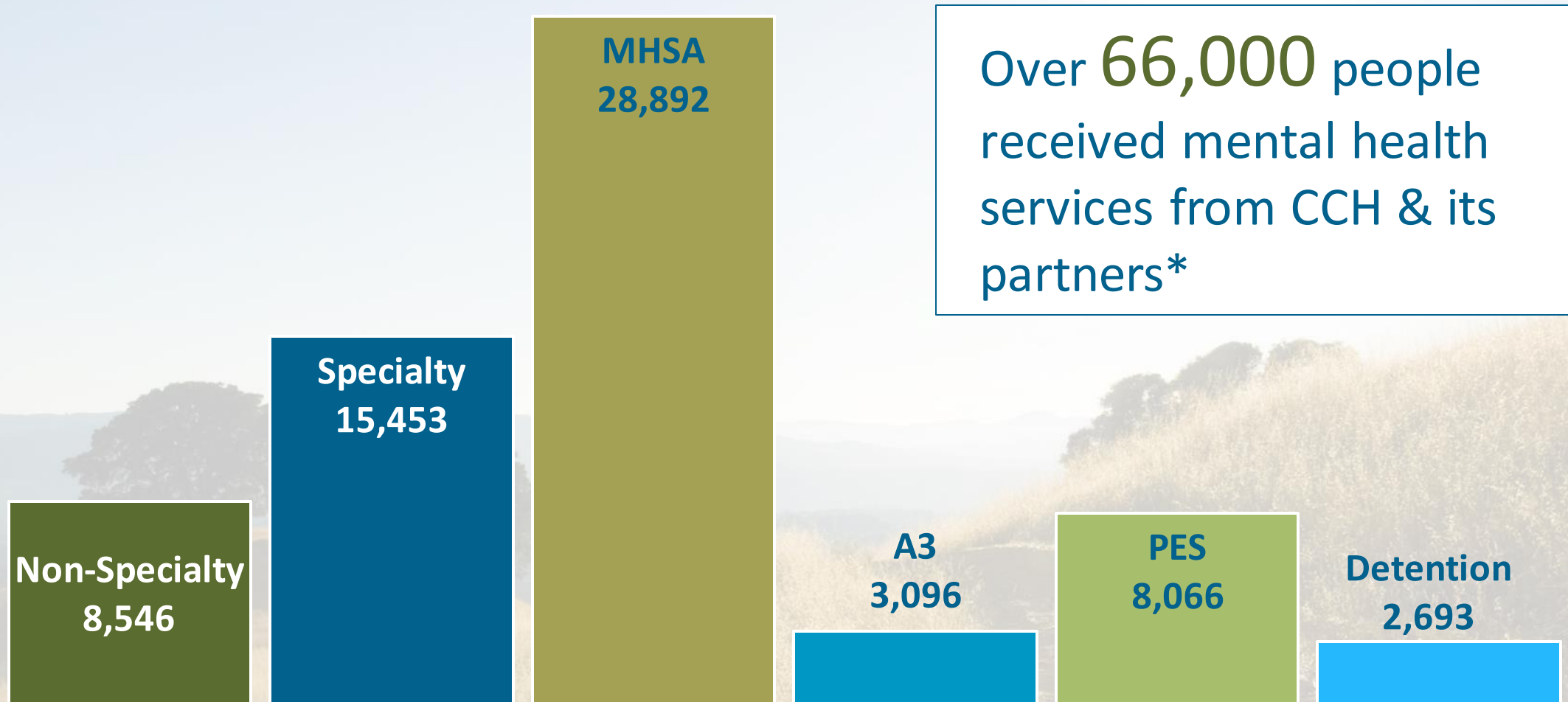
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**GOAL:** Provide as many people as possible with quality mental health services in an equitable manner

## **CHALLENGES:**

- Limited resources & staffing
- Funding sources impose limitations (credentials, criteria, insurance coverage, etc.)
- Effective partnerships with commercial healthcare plans who serve 70% of the county population

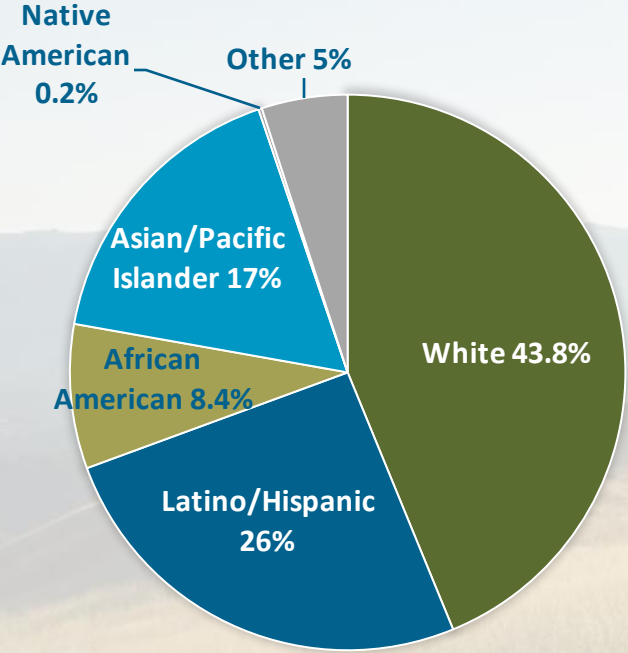
# CCH Categories of Mental Health Services



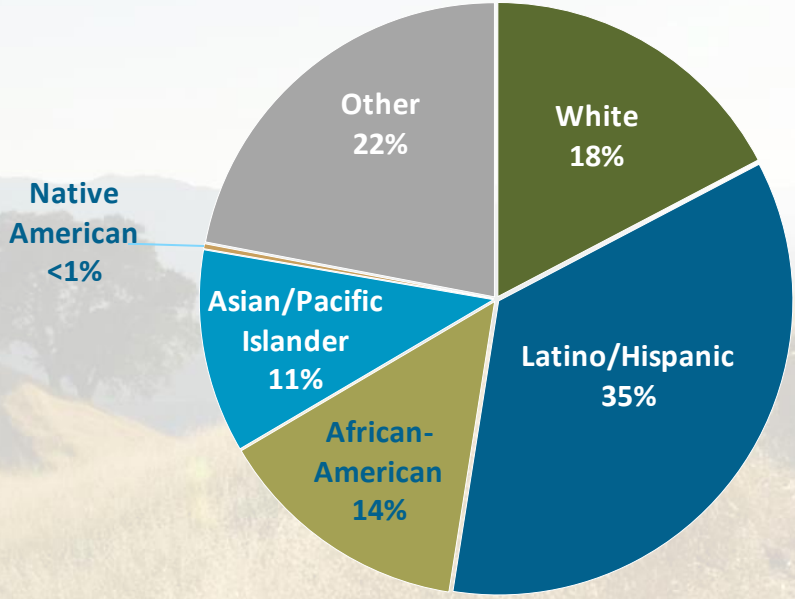
\* Based on reported data from the last available 12-month period for each Mental Health Services category

# Understanding the CCH Scope

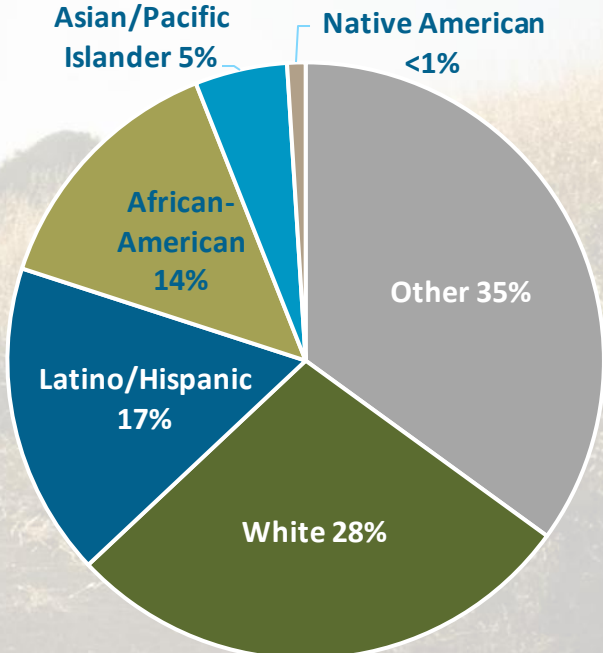
**Contra Costa County  
General Population  
1.14 Million**



**Medi-Cal Eligible  
Population  
269,844**

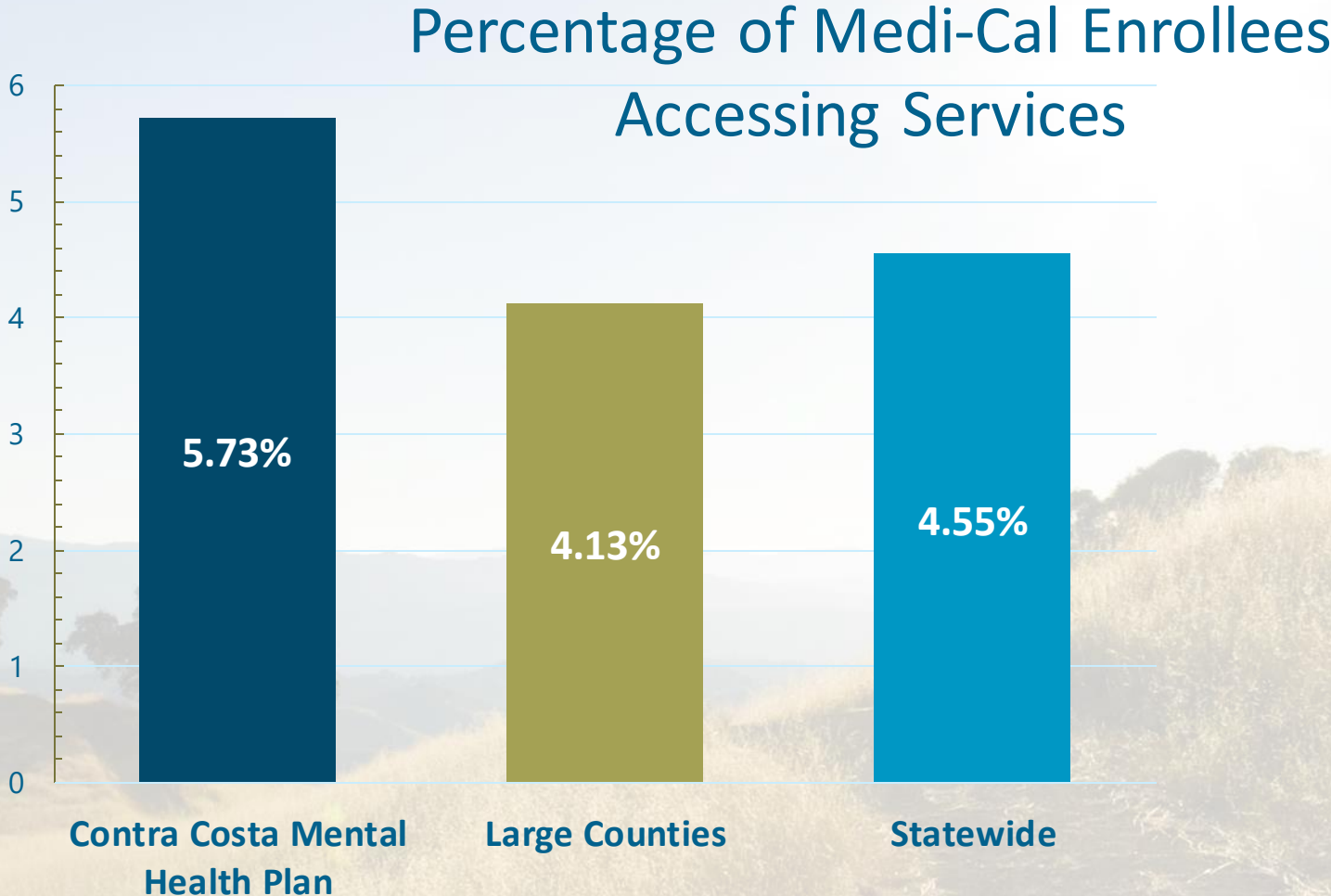


**People Who Received  
Mental Health  
Services from CCH  
66,746**





# COMPARISON: CCH Specialty Mental Health Services

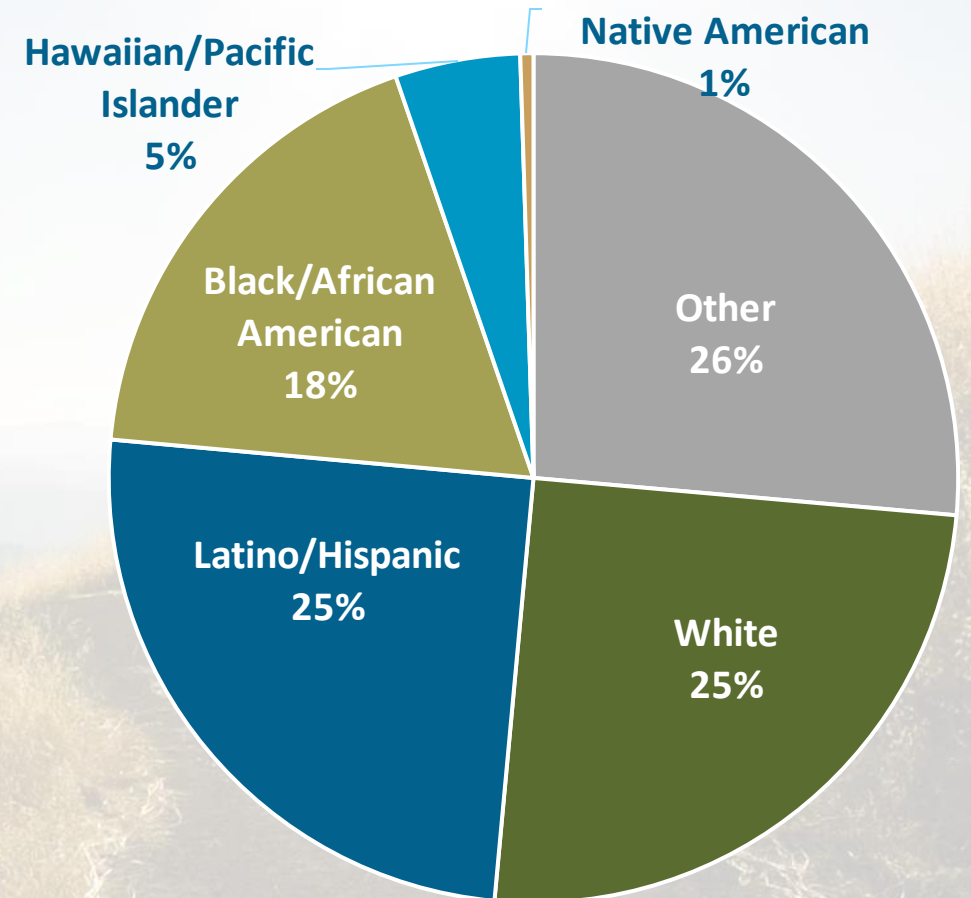


Source: External Quality Review Organization Fiscal Year 2021, page 22

# Specialty Mental Health Services

- Provided by:
  - Regional county mental health clinics
  - Community-based organizations
- Services:
  - Individual, group & family psychotherapy
  - Medication support
  - Targeted case management
  - Crisis intervention/stabilization
  - Residential treatment
  - Day treatment intensive services
  - Day rehabilitation

**15,453** people on Medi-Cal served in CY 2020

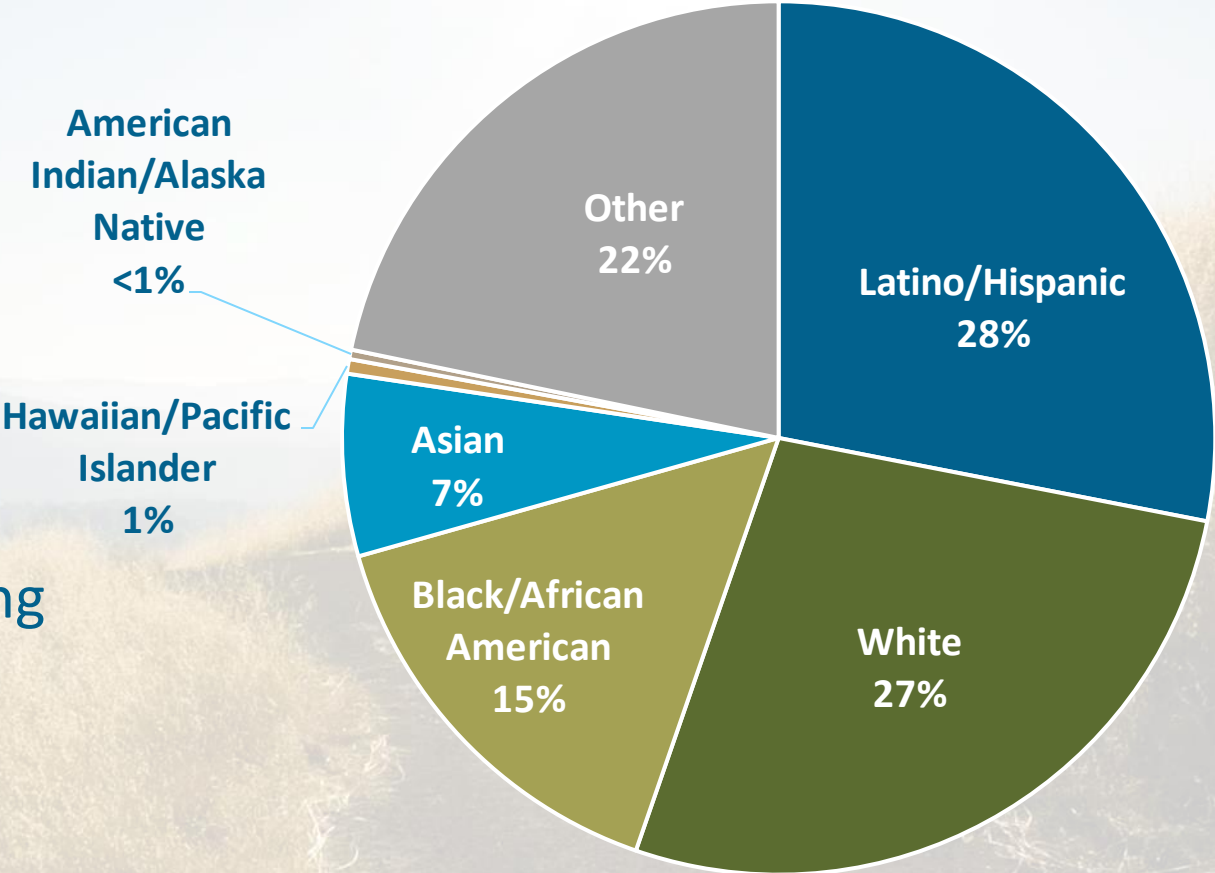




# Non-Specialty Mental Health Services

- Provided by:
  - CCHS telehealth providers
  - CCRMC mental health providers
  - External network providers
- Services:
  - Evaluation & treatment
  - Monitoring drug therapy/psychiatric consultation
  - Psychological & neuropsychological testing
  - Outpatient lab, drugs, supplies

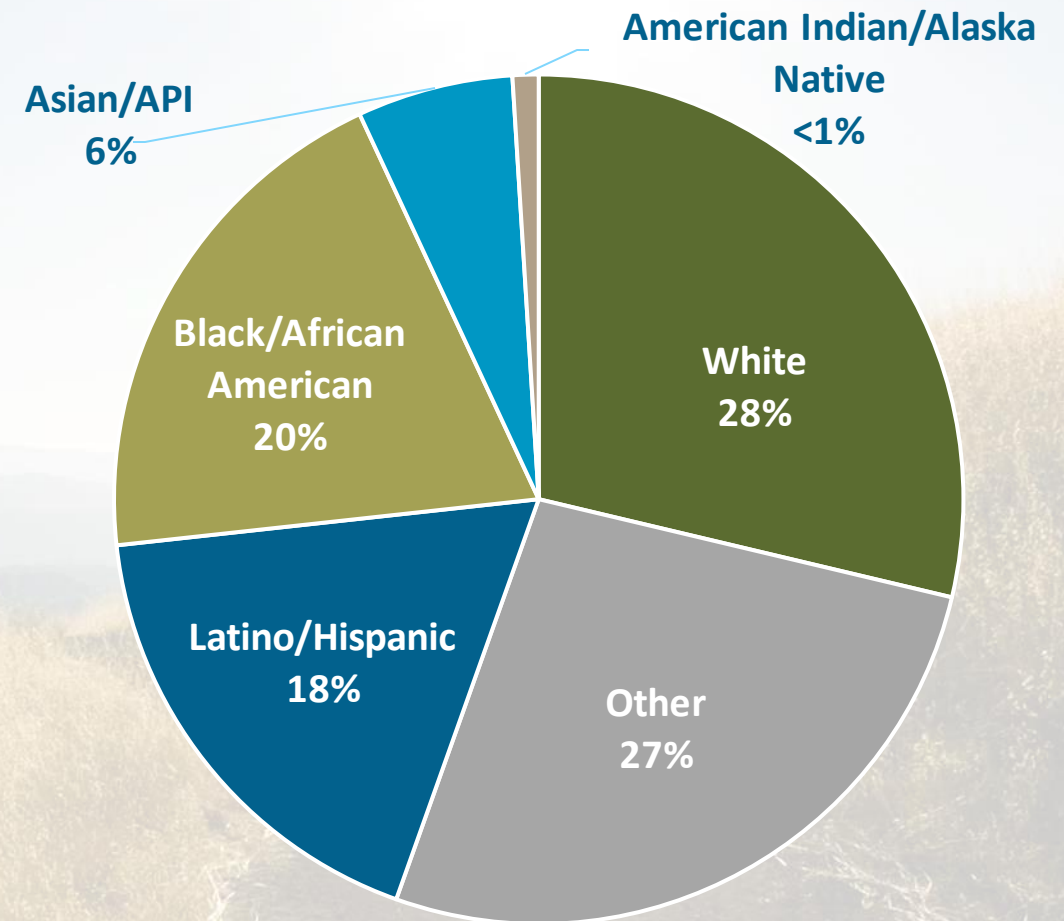
**8,546 people on Medi-Cal served in FY 2021-22**



# Psychiatric Emergency Services (PES)

- Provided by:
  - Multi-Disciplinary Teams
- Services:
  - Crisis Intervention & Evaluation
  - Stabilization
  - Assessment
  - Medication
  - Education
  - Discharge planning & placement

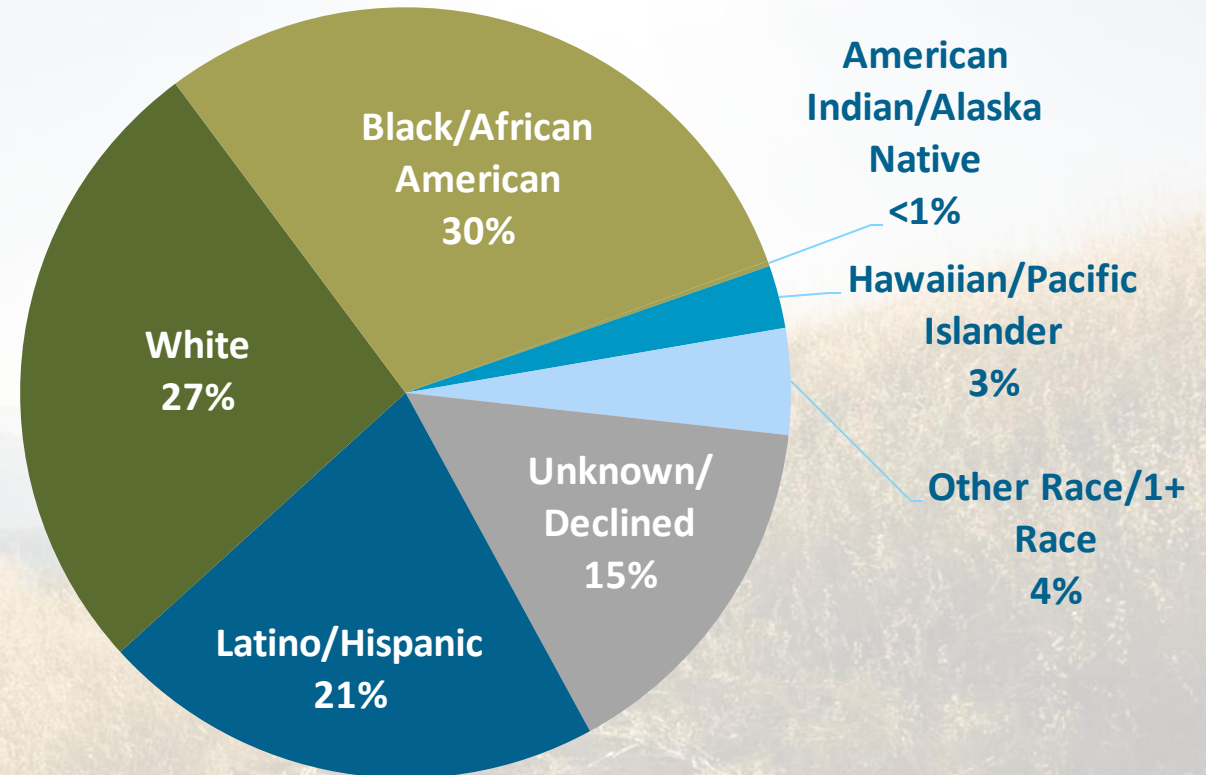
8,066 visits FY 2021-22



# Detention Health

- Provided by:
  - Mental health clinical specialists
  - Psychiatrists
  - Physicians
  - Nurses
  - Reentry specialist
- Services:
  - Assessment
  - Groups
  - Individual & Group Therapy
  - Medication Management
  - Court Ordered Medication
  - Reentry Planning

**2,693 served in 2021**





# A3 – Anyone, Anywhere, Anytime

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- A3 Miles Hall Crisis Call Center
- Mobile response teams
- A3 Campus:
  - Peer respite
  - Sobering center
  - Urgent care
- 3,096 calls to A3 Miles Hall hub
  - 72% handled by phone
  - 28% required team to be dispatched

**3,096 served in  
FY 2021-22**



# Mental Health Services Act (MHSA)

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**28,892 served  
in FY 2020-21**

- Consumer/client/peer & family-driven
- Culturally & linguistically responsive
- Promote wellness, recovery & resilience
- Community-based
- Integrated with other health & social services
- \$63 million in 2022-23

# MHSA Components

| Prevention & Early Intervention   | Community Services & Support  | Workforce Education & Training   | Innovation  |
|---|---|--|---|
| <ul style="list-style-type: none"><li>■ Prevent impact of trauma &amp; mental illnesses</li><li>■ No insurance required</li><li>■ 51%+ of funding for youth</li></ul> | <ul style="list-style-type: none"><li>■ Support for people with serious mental illness</li><li>■ Community collaboration</li><li>■ Client &amp; family-driven services</li><li>■ Wellness</li><li>■ Integrated service experience</li></ul> | <ul style="list-style-type: none"><li>■ Build, recruit and retain hard-to-fill, culturally and linguistically responsive workforce in public behavioral health system</li><li>■ Training clients, families and workforce to promote wellness</li></ul> | <ul style="list-style-type: none"><li>■ New or unique programming to increase quality, access &amp; client outcomes</li><li>■ Oversight by Mental Health Oversight and Accountability Commission</li><li>■ Time-limited funding</li></ul> |



# Funded by Contra Costa Behavioral Health Services MHSA



# Communities Served by MHSA Programs

|  | African-American/ Black | LatinX | Asian | Children & Youth | LGBTQ | Indigenous American | Older Adults | Recent Immigrants | Faith-Based |
|--|-------------------------|--------|-------|------------------|-------|---------------------|--------------|-------------------|-------------|
| Asian Family Resource Center                       |                         |        | ✓     |                  |       |                     | ✓            |                   |             |
| Building Blocks for Kids                           | ✓                       | ✓      |       | ✓                |       |                     |              |                   |             |
| Center for Human Development                       | ✓                       | ✓      |       | ✓                | ✓     |                     |              |                   |             |
| Child Abuse Prevention Council                     |                         | ✓      |       | ✓                |       |                     |              |                   |             |
| Contra Costa Crisis Center                         | ✓                       | ✓      |       |                  |       |                     |              |                   |             |
| COPE   | ✓                       | ✓      |       | ✓                |       |                     |              |                   |             |
| First Five   | ✓                       | ✓      | ✓     | ✓                |       |                     |              |                   |             |
| Hope Solutions                                     | ✓                       | ✓      |       | ✓                |       |                     |              |                   |             |
| James Morehouse Project                            | ✓                       | ✓      | ✓     | ✓                |       |                     |              |                   |             |
| Jewish Family & Community Services of the East Bay |                         |        |       | ✓                |       |                     |              | ✓                 |             |
| La Clínica de la Raza                              |                         | ✓      |       | ✓                |       |                     |              |                   |             |
| Lao Family Development                             |                         |        | ✓     |                  |       |                     |              |                   |             |
| Lifelong   | ✓                       |        |       |                  |       |                     |              |                   |             |
| National Alliance for Mental Illness Contra Costa  |                         | ✓      | ✓     |                  |       |                     |              |                   | ✓           |
| Native American Health Center                      |                         |        |       |                  |       | ✓                   |              |                   |             |
| People Who Care                                    | ✓                       | ✓      |       | ✓                |       |                     |              |                   |             |
| Rainbow Community Center                           |                         |        |       | ✓                | ✓     |                     |              |                   |             |
| RYSE   | ✓                       | ✓      | ✓     | ✓                | ✓     |                     |              |                   |             |
| Stand!   | ✓                       | ✓      |       | ✓                |       |                     |              |                   |             |
| The Latina Center                                  |                         | ✓      |       | ✓                |       |                     |              |                   |             |
| Vicente Martinez High School                       |                         |        |       | ✓                |       |                     |              |                   |             |
| We Care Services for Children                      | ✓                       | ✓      |       | ✓                |       |                     |              |                   |             |

# Please Play the Video

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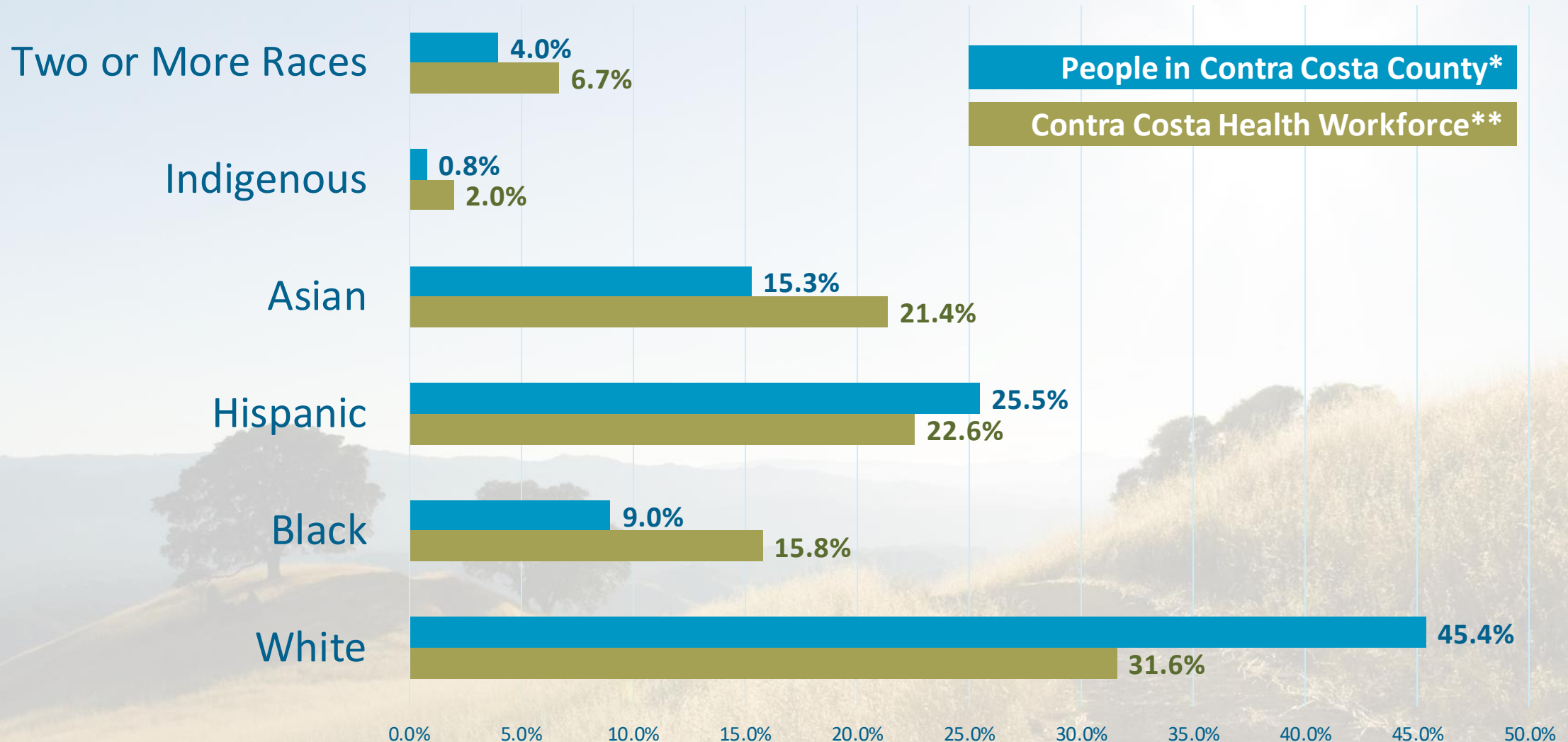
- Featuring
  - Center for Human Development
  - Lao Family community Development
  - Center for Human Development's Empowerment Program
  - People Who Care



# Located in Communities of Greatest Need



# An Equitable Workforce



\* California Department of Finance Population Projections: <https://www.dof.ca.gov/Forecasting/Demographics/Projections/>

\*\* County's Equal Employment Office 12/31/21

# Additional Equity Efforts

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- MHSA innovation grants
- A3
- Expanding Behavioral Health internship program
- Community forums
- Culturally responsive staff trainings
- LGBTQ+ Healthcare Equality Index from the Human Rights Campaign
- Educational loan repayments prioritizing staff working to improve cultural, linguistic capacity



# MHSA Innovation to Advance Equity

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Upcoming opportunity in emerging Innovation Project Fiscal Year 2022-2023:

Grants to support Community Defined Practices to further support equity in under-served or unserved communities



Community-driven county proposal to be presented to state review board within the next 6-9 months



CBOs may apply for time-limited community grants



Focusing on new and innovative programs and initiatives created by and for the communities served

THANK YOU



CONTRA COSTA  
HEALTH SERVICES