



# STATEWIDE MENTAL HEALTH YOUTH SERVICES

## ARE CALIFORNIA YOUTH UTILIZING THE PHYSICAL AND MENTAL HEALTH CARE ENTITLED TO THEM?

Updated 11/2023

### ARE CALIFORNIA YOUTH UTILIZING THE PHYSICAL AND MENTAL HEALTH CARE ENTITLED TO THEM? PART I

#### HEALTH CARE SYSTEM AND HEALTH INDICATORS: YOUTH IN GENERAL AND MEDICAL YOUTH

##### NATIONAL SURVEY OF CHILDREN’S HEALTH (2020-2021)

- Insurance does not always meet overall health care needs:
  - CA: 30%
  - U.S.: 33%
- Insurance does not always meet mental health needs:
  - CA: 36%
  - U.S.: 39%
- Insurance does not always allow seeing needed providers:
  - CA: 24%
  - U.S.: 23%
- Difficulty obtaining mental health treatment/counseling:
  - CA: 46%
  - U.S.: 47%
- Difficulty getting referrals when needed:
  - CA: 24%
  - U.S.: 21%
- Did not receive effective care coordination when needed:
  - CA: 35%
  - U.S.: 30%
- Doctors did not always discuss range of treatment options:
  - CA: 34%
  - U.S.: 32%
- Did not receive services for transition to adult care
  - CA: 87%
  - U.S.: 83%
- Almost 50% of families reported difficulty obtaining mental health care
- Almost a third did not receive help coordinating child’s care with multiple providers
- Majority report that child did not receive services for transitioning to adult care

##### DISPARITIES IDENTIFIED FOR KEY HEALTH INDICATORS (2021)\*

- Native American:
  - Child and Adolescent Well-Care Visits
  - Child Immunization Status
  - Immunizations for Adolescents
  - Counseling for Nutrition
  - Counseling for Physical Activity
  - Well-Child Visits (0-15 months)
  - Well-Child Visits (15-30 months)
  - Developmental Screenings
  - ADHD Medication Follow-Up
- Asian:
  - Well-Child Visits (0-15 months)
  - ADHD Medication Follow-Up
- Black:
  - Child and Adolescent Well-Care Visits
  - Child Immunization Status
  - Immunizations for Adolescents
  - Well-Child Visits (0-15 months)



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Updated 11/2023

- Well-Child Visits (15-30 months)
- Developmental Screenings
- ADHD Medication Follow-Up
- Hispanic/Latino:
  - Well-Child Visits (0-15 months)
  - Well-Child Visits (15-30 months)
  - Developmental Screenings
  - ADHD Medication Follow-Up
- Native Hawaiian/Pacific Islander:
  - Child and Adolescent Well-Care Visits
  - Well-Child Visits (0-15 months)
  - Well-Child Visits (15-30 months)
  - Developmental Screenings
- Other:
  - Immunizations for Adolescents
  - Well-Child Visits (0-15 months)
  - Well-Child Visits (15-30 months)
  - Developmental Screenings
  - ADHD Medication Follow-Up
- White:
  - Child and Adolescent Well-Care Visits
  - Child Immunization Status
  - Immunizations for Adolescents
  - Well-Child Visits (0-15 months)
  - Well-Child Visits (15-30 months)
  - Developmental Screenings
  - ADHD Medication Follow-Up
- All racial groups faced disparity in early well-child visits (0-15 months)
- All racial groups except Asian youth faced disparity in developmental screenings
- All racial groups except Asian youth faced disparity in well-child visits (15-30 months)

\* Child and adolescent well-care visits and well-child visits are new indicators for 2021

## CALIFORNIA HEALTH INTERVIEW SURVEY (2022)

- No usual place to go when sick:
  - Medi-Cal: 17%
  - Non-Medi-Cal: 12%
- No doctor visits in past year:
  - Medi-Cal: 13%
  - Non-Medi-Cal: 11%
- Had to forego needed care:
  - Medi-Cal: 59%
  - Non-Medi-Cal: 46%
- Delayed/foregone care due to provider issues:
  - Medi-Cal: 23%
  - Non-Medi-Cal: 20%
- Providers did not ask about child's development:
  - Medi-Cal: 38%
  - Non-Medi-Cal: 32%
- Almost 20% of families on Medi-Cal reported no doctor visits on the past year
- Over 50% on Medi-Cal reported having to forego needed medical care
- Almost 40% on Medi-Cal not asked about concern for child's development by provider



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Updated 11/2023

### MENTAL ILLNESS & ACCESS TO CARE: CA VS. U.S. YOUTH RANKING (2022)

- Indicator:
  - At least 1 major depressive episode (MDE) in past year:
    - CA Youth: 15%
    - U.S. Youth: 15%
    - CA Rank: 23 (worsening from 2021)
  - With MDE who did not receive mental health services:
    - CA Youth: 65%
    - U.S. Youth: 60%
    - CA Rank: 38 (improvement from 2021)
  - With severe MDE and received treatment (7-25 visits/year):
    - CA Youth: 26%
    - U.S. Youth: 27%
    - CA Rank: 30 (improvement from 2021)
  - Identified with emotional disturbance for an IEP\*:
    - CA Youth: 5%
    - U.S. Youth: 8%
    - CA Rank: 43 (improvement from 2021)
  - Have private insurance not covering mental/emotional condition:
    - CA Youth: 8%
    - U.S. Youth: 8%
    - CA Rank: 33 (worsening from 2021)
  - Mental Health Workforce:
    - CA Youth: 270:1
    - CA Rank: 12 (worsening from 2021)
- Youth (12-17) in California experiencing major depression increased between 2021 and 2022
- Roughly 65% of youth with major depression did not receive mental health treatment
- California’s ranking in addressing youth mental health access improved from 2021

\*IEP stands for individualized education program

### MEDI-CAL/CHIP YOUTH: PERFORMANCE IN HEALTH CARE QUALITY MEASURES

#### PRIMARY AND PREVENTIVE CARE (2022)

- California youth perform than the median for well-child visits, developmental screenings, and dental care
- Less than half of youth received their complete set of immunizations or appropriate dental evaluation

#### CALIFORNIA VS. OTHER STATES: % OF MED-CAL ENROLLEES

##### WELL-CHILD VISITS

- 6 or More (0 to 15 months):
  - California: 37%
  - Median: 58%
- 2 or More (15 to 30 months):
  - California: 62%
  - Median: 65%

##### WELL-CARE VISITS

- 1 or More (0 to 15 months):
  - California: 59%
  - Median: 54%
- 1 or More (12 to 17):
  - California: 55%
  - Median: 49%
- 1 or More (18 to 21):
  - California: 37%



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Updated 11/2023

- Median: 23%

## SCREENINGS

- Chlamydia (Ages 16 to 20):
  - California: 60%
  - Median: 47%
- Developmental Delays (Ages 0 to 3)\*:
  - California: 30%
  - Median: 35%

\*Includes developmental, behavioral, & social delays using standardized screening tool

## IMMUNIZATIONS\*

- Up to date (By Age 2):
  - California: 35%
  - Median: 33%
- HPV Vaccine (By Age 13)\*:
  - California: 41%
  - Median: 35%

\*Up to date immunizations include completion of Combination 10 (DTAP, IPV, MMR, HIB, Hepatitis B, VZV, PCV, Hep A, RV, and Influenza) and HPV refers to the Human Papillomavirus vaccine

## DENTAL HEALTH

- Comprehensive/Periodic Oral Evaluation (Ages 0 to 20):
  - California: 37%
  - Median: 43%

## BEHAVIORAL AND MENTAL HEALTH SERVICES (2022)

- 25% of youth still do not receive a follow-up within a month of being discharged from the emergency room for a mental health matter
- Less than half of youth on antipsychotics receive metabolic monitoring and about 30% of new users do not receive psychosocial care

## CALIFORNIA VS. OTHER STATES: % OF MED-CAL ENROLLEES

### ED VISITS FOR MENTAL ILLNESS OR INTENTIONAL SELF-HARM WITH FOLLOW-UP

- Follow-up within 7 days (Ages 6 to 17):
  - California: 63%
  - Median: 55%
- Follow-up within 30 days (Ages 6 to 17):
  - California: 75%
  - Median: 73%

### NEWLY PRESCRIBED ADHD MEDICATION WITH FOLLOW-UP

- Within 30 Days (1) (Ages 6 to 12):
  - California: 49%
  - Median: 43%
- Within 9 Months (2+) (Ages 6 to 12):
  - California: 60%
  - Median: 54%

## METABOLIC MONITORING FOR YOUTH ON ANTIPSYCHOTICS

- Blood Glucose and Cholesterol Testing (Ages 1 to 17):
  - California: 42%
  - Median: 33%

## NEW TO ANTIPSYCHOTICS WITH PSYCHOSOCIAL CARE

- Documented as First-Line Treatment (Ages 1 to 17):
  - California: 71%
  - Median: 63%



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### SOURCES

- California Department of Health Care Services
- California Health Interview Survey
- Centers for Medicare & Medicaid Services
- Mental Health America
- National Survey of Children’s Health

## ARE CALIFORNIA YOUTH UTILIZING THE PHYSICAL AND MENTAL HEALTH CARE ENTITLED TO THEM? PART II

### MEDI-CAL/CHIP MENTAL HEALTH SERVICES: ALL YOUTH UTILIZATION

#### SPECIALTY MENTAL HEALTH SERVICES (SMHS) \* (2022)

- 6 million 0-20 Medi-Cal eligibles
- 246K receiving SMHS
- Penetration (at least 1 visit)\*\*: 4%
- Engagement (at least 5 visits)\*\*\*: 3%

\* Data includes Medi-Cal eligible beneficiaries 21 years and under who meet the medical necessity criteria for receiving “specialty” mental health services and receive them through county mental health programs

\*\* Penetration rate is calculated by taking total youth who received 1+ SMHS visits divided by total Medi-Cal eligible youth for that fiscal year

\*\*\* Engagement rate is calculated by taking total youth who received 5+ SMHS visits divided by total Medi-Cal eligible youth for that fiscal year

#### BY SEX:

- Penetration (1+ visits):
  - Female: 4.6%
  - Male: 3.9%
- Engagement (5+ visits):
  - Female: 3.4%
  - Male: 2.8%
- About 5% of females and 4% of males received 1+ services respectively

#### BY AGE:

- Penetration (1+ visits):
  - Children 0-2: 0.9%
  - Children 3-5: 2%
  - Children 6-11: 4%
  - Children 12-17: 6.7%
  - Youth 18-20: 4.4%
- Engagement (5+ visits):
  - Children 0-2: 0.4%
  - Children 3-5: 1.3%
  - Children 6-11: 3.1%
  - Children 12-17: 5.1%
  - Youth 18-20: 3.1%
- Children 12 to 17 have the highest penetration and engagement rates, about 7% and 5% respectively

#### BY RACE/ETHNICITY:

- Penetration (1+ visits):
  - Asian/Pacific Islander: 2%
  - Black: 6.3%
  - Hispanic/Latino: 4.4%
  - Native American: 5.5%
  - Other: 2.9%
  - Unknown: 2.5%



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Updated 11/2023

- White: 5.4%
- Engagement (5+ visits):
  - Asian/Pacific Islander: 1.6%
  - Black: 4.7%
  - Hispanic/Latino: 3.3%
  - Native American: 4%
  - Other: 2.1%
  - Unknown: 1.7%
  - White: 4%
- Black and Native American youth have the highest penetration rates at 6%

### NON-SPECIALTY MENTAL HEALTH SERVICES (NON-SMHS) \* (2022)

- 6 million 0-20 Medi-Cal eligibles
- 854K receiving NSMHS
- Penetration (at least 1 visit): 15%
- Engagement (at least 5 visits): 2%

\* NSMHS consist mostly of managed care (and to a lesser extent fee-for-service) services provided to beneficiaries with mild-moderate level of mental health impairment

#### BY SEX:

- Penetration (1+ visits):
  - Female: 14.4%
  - Male: 14.7%
- Engagement (5+ visits):
  - Female: 2.1%
  - Male: 2.3%
- About 14% of females and 15% of males received 1+ services respectively

#### BY AGE:

- Penetration (1+ visits):
  - Children 0-2: 26.2%
  - Children 3-5: 13.9%
  - Children 6-11: 10%
  - Children 12-17: 16%
  - Youth 18-20: 11.1%
- Engagement (5+ visits):
  - Children 0-2: 0.3%
  - Children 3-5: 1.9%
  - Children 6-11: 2.3%
  - Children 12-17: 2.9%
  - Youth 18-20: 2.6%
- Children 0 to 2 and 12 to 17 have the highest penetration rates, about 26% and 16% respectively

#### BY RACE/ETHNICITY:

- Penetration (1+ visits):
  - Asian/Pacific Islander: 14.5%
  - Black: 13.3%
  - Hispanic/Latino: 14.2%
  - Native American: 15.4%
  - Other: 17.2%
  - Unknown: 13.3%
  - White: 16.5%
- Engagement (5+ visits):
  - Asian/Pacific Islander: 1.9%



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- Black: 1.8%
- Hispanic/Latino: 2%
- Native American: 3.8%
- Other: 2%
- Unknown: 1.7%
- White: 3.9%
- White and other youth have the highest penetration rates

## MEDI-CAL/CHIP MENTAL HEALTH SERVICES: FOSTER YOUTH UTILIZATION

### FOSTER YOUTH ELIGIBLE FOR MEDI-CAL SPECIALTY MENTAL HEALTH SERVICES (SMHS) (2021)

- 76K foster youth Medi-Cal eligibles

#### BY SEX:

- Female: 49%
- Male: 51%
- Male foster youth eligibles slightly outnumber females

#### BY AGE:

- 0-2: 18%
- 3-5: 16%
- 6-11: 26%
- 12-17: 28%
- 18-20: 12%
- More than half of foster youth eligibles are aged 6 to 18

#### BY RACE/ETHNICITY:

- Black: 18%
- Hispanic/Latino: 42%
- Other: 17%
- White: 22%
- Largest demographic of foster youth eligibles is Hispanic or Latino

### FOSTER YOUTH RECEIVING SPECIALTY MENTAL HEALTH SERVICES (SMHS) (2021)

- 37K foster youth receiving SMHS
- Penetration (at least 1 visit): 48%
- Engagement (at least 5 visits): 38%

#### BY SEX:

- Penetration (1+ visits):
  - Female: 49%
  - Male: 48%
- Engagement (5+ visits):
  - Female: 38%
  - Male: 37%
- Just under half of male and female foster youth medi-cal eligibles received 1+ services

#### BY AGE:

- Penetration (1+ visits):
  - 0-2: 24%
  - 3-5: 44%
  - 6-11: 60%
  - 12-17: 61%
  - 18-20: 39%
- Engagement (5+ visits):
  - 0-2: 12%
  - 3-5: 32%



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Updated 11/2023

- 6-11: 48%
- 12-17: 51%
- 18-20: 32%

- Youth 6 to 18 are most likely to have received 1+ services

BY RACE/ETHNICITY:

- Penetration (1+ visits):
  - Black: 52%
  - Hispanic/Latino: 50%
  - White: 47%
  - Other: 44%
- Engagement (5+ visits):
  - Black: 42%
  - Hispanic/Latino: 39%
  - White: 37%
  - Other: 32%
- Over 50% of Black foster youth received 1+ services

## SOURCES

California Department of Health Care Services

