



# STATEWIDE MENTAL HEALTH YOUTH SERVICES

## HOW DO MOST CALIFORNIA YOUTH RECEIVE PHYSICAL AND MENTAL HEALTH SERVICES? PART I

### CALIFORNIA’S MEDICAID: MEDI-CAL

#### WHAT IS MEDI-CAL?

- California’s version of the national health care program Medicaid
- geared for those who are impoverished
- entitles youth to preventative medical and dental services
- beneficiaries receive services either through managed care, fee-for-service, or a specialty plan

#### WHICH YOUTH ARE ELIGIBLE FOR MEDI-CAL? \*

- Impoverished youth
- Low-income youth
- Foster youth
- Juvenile justice youth
- Undocumented youth
- Youth with disabilities
- Eligibility group:
  - Impoverished youth:
    - Age range and income threshold: 0 to 1 (0 to 213% FPL\*\*); 1 to 5 (0 to 142% FPL); 6 to 18 (0 to 133% FPL)
  - Foster youth:
    - Age range and income threshold: 0 to 26 (None)
  - Juvenile justice youth\*\*\*:
    - Age range and income threshold: 10 to 17 (0 to 133% FPL)
  - Undocumented youth:
    - Age range and income threshold: 0 to 18 (0 to 266% FPL)

\* Based on December 2021 report data

\*\*FPL stands for federal poverty level

\*\*\*Youth under age 21 placed in a “public institution” (juvenile hall, camp or ranch) have Medi-Cal services suspended while those in foster care placements are automatically eligible for full-scope medi-cal

#### MEDI-CAL PATHWAYS\*

#### WHICH PATHWAYS CAN YOUTH BE ELIGIBLE?

- Income Pathway- Adult: 41%
- Income Pathway- Child: 20%
- Non-income Pathway- Adult: 15%
- CHIP: 9%
- Limited-scope Medi-Cal/State-Only: 8%
- Non-income Pathway- Child: 6%
- Majority of enrollees are eligible via income pathway

#### HOW DO YOUTH RECEIVE SERVICES?

- Fee-for-Service: 8%
- Managed Care: 92%





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- Vast majority of enrollees receive services via managed care

\* Based on December 2021 report data

## CALIFORNIA'S MEDICAID: CHIP

### WHAT IS CHIP?

- stands for Children's Health Insurance Program (CHIP)
- expands health care coverage for youth with low to moderate incomes (up to 322% of the FPL)
- beneficiaries receive services either through managed care or fee-for-service

### WHICH YOUTH ARE ELIGIBLE FOR CHIP? \*

- Low- and moderate-income youth:
  - Age range: 0 to 1
    - Threshold: 213 to 322% FPL
  - Age range: 1 to 5
    - Threshold: 143 to 266% FPL
  - Age range: 6 to 18
    - Threshold: 134 to 266% FPL

\* Based on December 2021 report data

### HOW IS IT ADMINISTERED IN RELATION TO MEDI-CAL?

- California administers a combination CHIP program
  1. has separate CHIP programs:
    - Medi-Cal Access Program
    - County Children's Health Initiative
  2. a CHIP program within its Medi-Cal program:
    - Optional Targeted Low Income Children Program (OTLICP)

### CHIP ENROLLEES\*

- Enrolled in Medi-Cal monthly through CHIP: 9%
- Youth received mental health services via CHIP: 30%

\* Based on December 2021 report data

### WHAT SERVICES DO CHIP YOUTH RECEIVE?

1. Some states have CHIP programs that are stand-alone programs, some within their Medicaid expansion programs, others have a combination program (both)
  - California has a combination program
2. Since OTLICP is part of the Medicaid expansion program in California, it entitles CHIP youth to mental health services

## CALIFORNIA YOUTH ON MEDI-CAL/CHIP: EPSDT MENTAL HEALTH SERVICES

### WHAT IS EPSDT?

- stands for Early Periodic Screening Diagnostic Treatment (EPSDT)
- entitles Medi-Cal and CHIP youth under age 21 to preventive health care services including mental health services:
  - screenings and immunizations
  - physician and hospital visits
  - vision, hearing and dental care
  - physical, speech and occupational therapies





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- home therapies
- mental health and substance abuse treatment

## PATHWAY YOUTH RECEIVE MENTAL HEALTH SERVICES UNDER EPSDT

### WHO DELIVERS MENTAL HEALTH SERVICES TO YOUTH?

- County mental health plan (MHP)
- Managed care provider (MCP)
- Fee-for-service (FFS)

### WHAT TYPE OF MENTAL HEALTH SERVICES CAN YOUTH RECEIVE?

1. Specialty mental health services (SMHS)
2. Non-specialty mental health services (non-SMHS)

### WHAT DETERMINES WHICH MENTAL HEALTH SERVICE TYPE YOUTH RECEIVE?

- MHP assesses whether EPSDT medical necessity criteria met for each youth:
  1. Criteria met:
    - MHP provides SMHS
  2. Criteria not met:
    - MCP provides non-SMHS
    - FFS provides non-SMHS
- MHP tasked with ensuring youth receive mental health services, regardless of whether they meet the EPSDT medical necessity criteria

### SOURCES

California Health Care Foundation  
 California Department of Health Care Services  
 Centers for Medicare and Medicaid Services  
 Medicaid and CHIP Payment and Access Commission

## HOW DO MOST CALIFORNIA YOUTH RECEIVE PHYSICAL AND MENTAL HEALTH SERVICES? PART II

### ALL YOUTH ENROLLEES (DECEMBER 2021)

- By Count
  - Youth 0-20 enrolled in Medi-Cal: roughly 5.6 million
- By Sex:
  - Female: 49%
  - Male: 51%
  - Males slightly outnumber females
- By Race/ethnicity:
  - Hispanic/Latino: 59%
  - Other/Not Reported: 15%
  - White: 13%
  - Black: 7%
  - Asian: 6%
  - Native American: 0.3%
  - Nearly 60% are Hispanic/Latino
- By Age:
  - 0 to 2: 12%
  - 3 to 5: 14%





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- 6 to 11: 29%
- 12 to 17: 31%
- 18 to 20: 14%
- Majority consist of 6-17 age group
- By Written Language:
  - English: 66.88%
  - Spanish: 30.96%
  - Vietnamese: 0.68%
  - Cantonese: 0.38%
  - Mandarin: 0.20%
  - Russian: 0.19%
  - Arabic: 0.17%
  - Korean: 0.13%
  - Other Chinese: 0.12%
  - Farsi: 0.11%
  - Armenian: 0.04%
  - Hmong: 0.04%
  - Spanish is the second most used language among youth medi-cal enrollees and their families

## YOUTH ENROLLEES BY SUBGROUP

- All Youth:
  - State youth enrolled in Medi-Cal\*: roughly 38%
  - Share of total monthly enrollees\*\*: nearly 40%
- Impoverished:
  - Living below the FPL who are covered by Medi-Cal: roughly 82%
- Foster Care\*\*\*:
  - Eligible for Medi-Cal: 100%
  - Enrolled in Medi-Cal: roughly 79,000
- Juvenile Justice\*\*\*\*:
  - Covered by Medi-Cal/CHIP (nationwide)(2015-2019): roughly 60%
- Undocumented\*\*\*\*\*:
  - Enrolled in Medi-Cal monthly: roughly 558,000

\* This data point includes data on children and youth under 18 years old

\*\* This data point includes data on children and youth under 21 years old

\*\*\*Children and youth who receive federal foster care benefits are automatically eligible for Medi-Cal (this data point does not include all who fall under the Adoption/Foster Care aide category-just those in foster care)

\*\*\*\* This data point includes children and youth 12 to 17 years old nationwide who stayed overnight in jail/detention in past year (2015-2019 NSDUH)

\*\*\*\*\*This data point is an under-estimate given most undocumented youth under 25 years old are entitled to full-scope Medi-Cal and dispersed throughout other aid categories

## MEDI-CAL'S EPSDT BENEFIT: USE OF SERVICES

- The Early Periodic Screening Diagnosis and Treatment (EPSDT) benefit guarantees youth Medi-Cal enrollees with screening services, corrective treatment, and dental services
- Annual EPSDT Reporting Data (as of 11/2020):
  - Youth eligible via CHIP expansion: 30%
  - Received mental health services via managed care: 90%
  - Enrolled in EPSDT for 90 continuous days: 94%
  - Received initial or periodic screenings: roughly 2.7 million
  - Received dental or oral health services: roughly 2.8 million

## MEDI-CAL'S EPSDT BENEFIT USE OF SPECIALTY MENTAL HEALTH SERVICES (SMHS)

### WHAT ARE SPECIALTY MENTAL HEALTH SERVICES (SMHS)?

- Mental health services delivered through county mental health plans





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- Available to youth under 21 who meet the medical necessary criteria for “specialty” mental health services
- Specialty Mental Health Services (SMHS) include:
  - Intensive care coordination (ICC)
  - Intensive home-based services (IHBS)
  - Therapeutic behavioral services (TBS)
  - Psychotropic medication evaluation
  - Individual group and family therapy
  - Crisis counselling and stabilization
  - Special day programs
- Youth 0-20 receiving Specialty Metal Health Services (SMHS): roughly 256,000

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## SMHS BENEFICIARIES (2019-2020)

- By sex:
  - Female: 48%
  - Male: 52%
- By age:
  - 0 to 2: 3%
  - 3 to 5: 7%
  - 6 to 11: 31%
  - 12 to 17: 46%
  - 18 to 20: 12%
- By race/ethnicity:
  - Hispanic/Latino: 60%
  - White: 17%
  - Black: 10%
  - Unknown: 5%
  - Other: 4%
  - Asian/Pacific Islander: 3%
  - Native American: 0.5%
- By count:
  - 2016-17: 260,252
  - 2017-18: 267,461
  - 2018-19: 271,357
  - 2019-20: 256,385
- By SMHS Services Used:
  - Therapy and other service activities: 48%
  - Targeted case management: 18%
  - Medication support services: 14%
  - Intensive care coordination: 5%
  - Crisis intervention: 4%
  - Intensive home-based services: 4%
  - Psychiatric inpatient hospital services: 3%
  - Crisis stabilization: 2%
  - Therapeutic behavioral services: 1%
  - Psychiatric health facility services: 0.2%
  - Day rehabilitation: 0.1%
  - Adult crisis residential treatment services: 0.1%
  - Day treatment intensive: 0.02%
  - Adult residential treatment services: 0.01%
  - Therapeutic foster care: 0.01%
- By patient usage:
  - Arrivals to SMHS: 18%





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- SMHS > 2 years: 6%
- SMHS < 2 years: 9%
- Exiting: 25%
- Arriving & Exiting\*: 37%
- Continuing & exiting\*\*: 5%
- By mental health diagnosis (Top 5)\*\*\*
  - Penetration (1+ visits):
    - Reaction to severe stress & adjustment disorders: 30%
    - Major depressive disorder (1 episode): 23%
    - Other anxiety disorders: 17%
    - Major depressive disorder (recurrent): 16%
    - Other diagnosis: 15%
  - Penetration (5+ visits):
    - Reaction to severe stress & adjustment disorders: 31%
    - Major depressive disorder (1 episode): 24%
    - Other anxiety disorders: 19%
    - Major depressive disorder (recurrent): 16%
    - Other diagnosis: 10%

\* Children who had first service date in FY with no prior date in previous 3 months and had last service date in FY with no service date in next 3 months after that date

\*\* Children who have had 2+ years of service continuation going into a FY and then no service date for 3 next months in that FY

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

## SOURCES

California Health Care Foundation

California Department of Health Care Services

Kaiser Family Foundation

Centers for Medicare & Medicaid Services- FFY 2019 form CMS-416 Data

California Department of Health Care Services- Performance Dashboard AB 470 Report Application

