

INTEGRATING BEHAVIORAL HEALTH AND PRIMARY CARE ACROSS THE LIFESPAN: COUNTY OF SAN DIEGO PERSPECTIVE

ALLIANCE FOR HEALTH REFORM BRIEFING



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May 2, 2014



LIVE WELL
SAN DIEGO

SAN DIEGO COUNTY



- 3.2 million people
- Board of Supervisors, elected by District
- 5 Business Groups:
 - **Health and Human Services Agency (HHS)**
 - Land Use and Environment Group
 - Public Safety Group
 - Community Services Group
 - Finance and General Government
- 2010 Census:
 - White – 48 %
 - Hispanic – 32%
 - Asian – 11%
 - African-American – 5%
 - Native American – 1%



**San Diego County:
4,200 square miles**



In 1998, HHSA brought together separate departments of health and social services:

Public health, mental health, substance abuse, child welfare, aging, income support, public guardian, etc.

- Integrated pre-natal to end-of-life.
- Public/private contracting model for most service delivery.
- 6,000 employees, 185 advisory boards.
- \$2+ billion operating budget; 825,000 clients
- No County-owned general acute hospital; 2 County inpatient facilities:
 - San Diego County Psychiatric Hospital (64 beds + 18 emergency psychiatric unit beds)
 - Edgemoor Long-term Care Hospital (192 beds)

OUR FRAMEWORK



**Building
Better
Health**

**Living
Safely**

Thriving

HEALTH
WELLNESS

SAFETY

THRIVING



Integration of Mental Health and Alcohol and Other Drug Services, offering a comprehensive continuum of services that increasingly connect with primary care:

- **Prevention:** community-focused initiatives addressing suicide, mental illness stigma reduction, substance abuse.
- **Early Intervention:** substance use and mental health screening and early intervention.
- **Outpatient Services:** mental health and substance use clinics offering individual therapy, group counseling, peer-focused services, and family-based interventions, including integrated primary care and behavioral health services.
- **Case Management:** various levels of intensity and wraparound programs for children, youth and adults.
- **Residential Services:** short- and long-term substance abuse treatment, crisis residential; justice institutional; board & care.
- **Acute Hospital Services:** Psych Hospital and other acute settings for individuals who cannot remain in the community.



www.Up2SD.org



MENTAL HEALTH SERVICES ACT



- Prop. 63 passed by California voters in November, 2004.
- New, stable funding to support county mental health and related alcohol and drug recovery programs.
 - ✓ **Prevention and early intervention services.**
 - ✓ **Needed infrastructure, technology, and training.**
 - ✓ **Innovative community services for young children, transitional age youth, adults, families, and older adults.**

“Millionaire’s Tax”

Before MHSA	After MHSA
\$85 million annual outpatient budget	\$225 million annual outpatient budget
Inpatient medical model-based	Outpatient recovery- and resilience-model
Separate services for mental health and addiction; other county programs	Integrated services; culturally competent, augmented and joint partnerships
Separate strategic plans	Integrated multi-dimensional strategic plan

INTEGRATED SERVICES ACROSS THE LIFESPAN



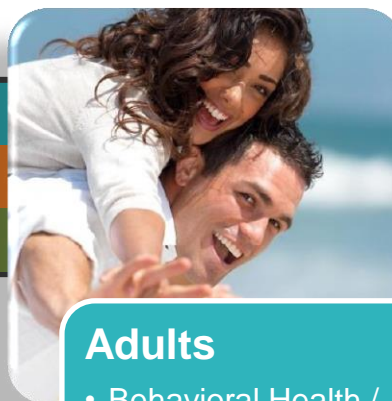
Drivers:

- Vision/Strategy
- Service Delivery
- Financing
- Workforce
- P3 in Action



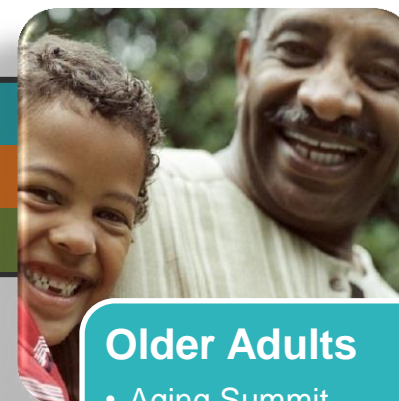
Children / Youth

- We Can't Wait
- Positive Parenting Program
- Kickstart



Adults

- Behavioral Health / Primary Care Integration Summit
- Bridges to Recovery
- In-Home Outreach Team



Older Adults

- Aging Summit
- Community Care Transition Program
- Passport to Healthy Aging

Behavioral
Health
Services



Primary
Care



Community
Based
Social
Services

THANK YOU!

