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

ALLIANCE FOR HEALTH REFORM BRIEFING

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SAN DIEGO COUNTY

- 3.2 million people
- Board of Supervisors, elected by District
- 5 Business Groups:
  - Health and Human Services Agency (HHSA)
  - 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
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.
• 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.

<table>
<thead>
<tr>
<th>Before MHSA</th>
<th>After MHSA</th>
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<tbody>
<tr>
<td>$85 million annual outpatient budget</td>
<td>$225 million annual outpatient budget</td>
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<td>Inpatient medical model-based</td>
<td>Outpatient recovery- and resilience-model</td>
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<td>Separate services for mental health and addiction; other county programs</td>
<td>Integrated services; culturally competent, augmented and joint partnerships</td>
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<td>Separate strategic plans</td>
<td>Integrated multi-dimensional strategic plan</td>
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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!

LIVE WELL
SAN DIEGO