



SAN DIEGO
CENTER FOR
CHILDREN

Healing Hearts and Minds

Presentation to California Senate Select Committee on Mental Health

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San Diego Center for Children

- **133 years** serving the needs of children and teens
- **Continuum** of therapeutic and educational services
- **8** facilities throughout San Diego County
- **370** staff members - multidisciplinary team of professionals
- **8,300** individuals served last year
- **Nationally accredited** by The Joint Commission
- **Partnerships** with Counties, school districts, commercial insurance companies and other nonprofits

The Problem - Data

- 1 in 5 children and youth in California suffer from a mental, emotional or behavioral disorder
- The number of impacted youth and affected families is increasing:
 - Higher rates and severity of depression and anxiety
 - Autism Spectrum Disorder rates are now at 1 in 59
- Rady Children's Hospital - San Diego reported an increase of 800 % in emergency room psychiatric emergencies (from **400 to 2800**) in just 8 years.
- Suicide has now become the second leading cause of death in children and youth

Daniel G. Whitney, PhD; Mark D. Peterson, PhD. US National and State-Level Prevalence of Mental Health Disorders and Disparities of Mental Health Care Use in Children. *JAMA Pediatr.* 2019;173(4):389-391. doi:10.1001/jamapediatrics.2018.5399

The Problem – Access

- 50% of all mental health disorders manifest by age 14, 75% by age 24.
- Early identification and early intervention are key to positive outcomes.
- 60 to 80% of youth with behavioral health challenges are not getting the help they need
- Pediatricians are now conducting more screenings for behavioral health, soon they will be assessing Adverse Childhood Experiences (per recommendation of CA Surgeon General)
- The problem now becomes...**where to refer these children and families for treatment and care?**

The Problem: Access to Continuum of Care

Continuum of Mental Health Services

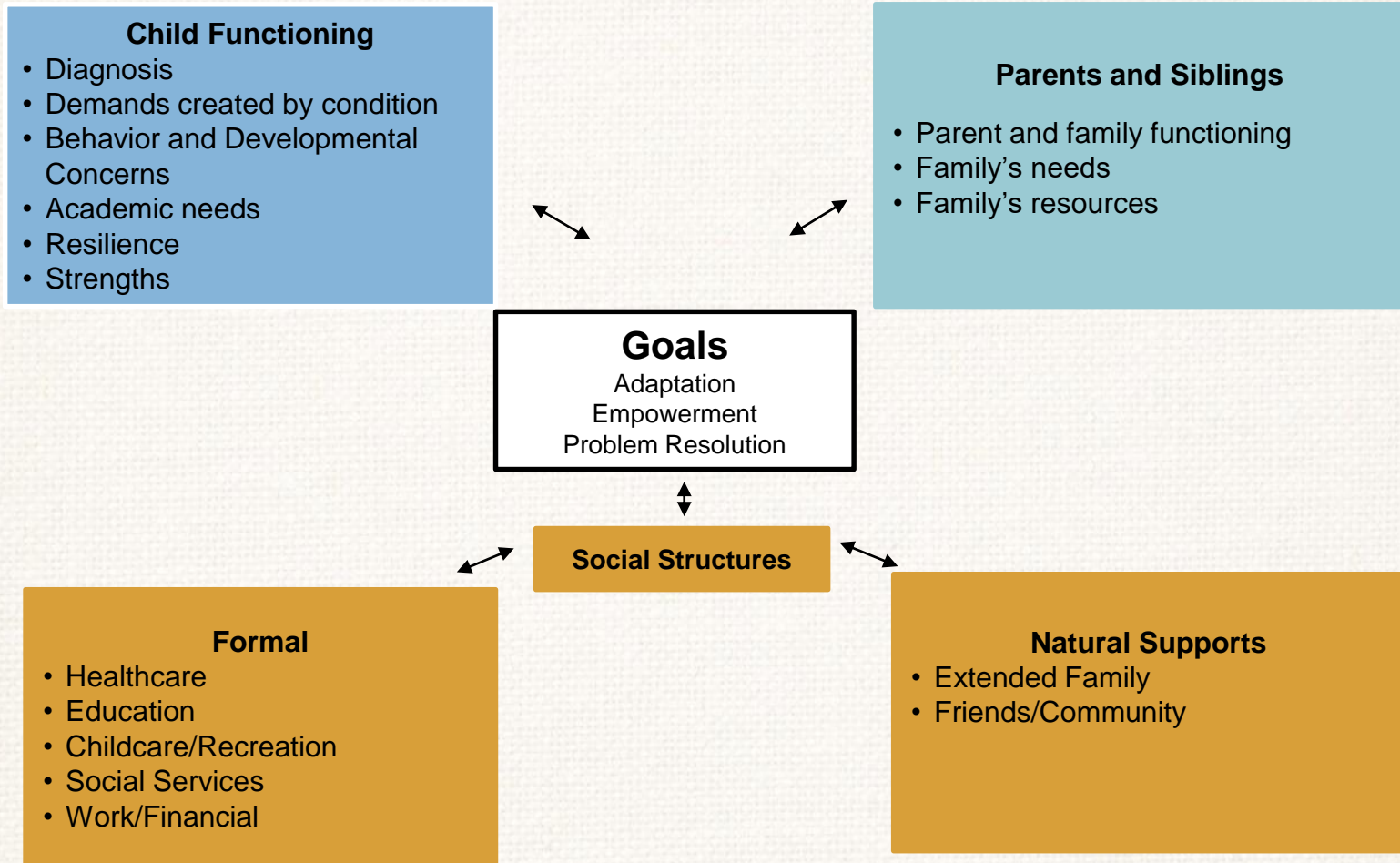
	Collaborative Care	Outpatient Mental Health	In-home Therapy	Wraparound	Mobile Crisis	Hospital Diversion (IOP PHP)	Residential	Inpatient
Commercial Insurance (47%)	Yes/No* (As outpatient)	Yes	No	No	No	Yes	Yes	Yes
Managed Care Medi-Cal (50%+)	No FQHCs	Yes	No	No	No	No	No	Yes
Mental Health Plans (County 4.1%)	No	Yes	Yes	Yes	Yes	No	Mental Health Only	Yes

* Based on type of insurance and/or provider network

Proposed Solution: Family-Centered Collaborative Care in Pediatric Practices

- We have partnered with Children’s Primary Care Medical Group in San Diego to embed mental health professionals in pediatric practices
- Pediatricians screen and identify youth/families in need of care – refer them to mental health provider
- Family completes Family Needs Assessment© online
- Clinician conducts assessment, develops treatment plan and Family Action Plan, and helps family find appropriate level of care and community services
- Other benefits:
 - Pediatricians can have access to mental health clinician for “on the spot” consultations
 - Medication management
 - Full integration of care

Family Needs Assessment ©



Collaborative Care: Empowered Families

Refers to
embedded
therapist



Family Needs Assessment;
Therapist collaboratively
develops treatment plan and
Family Action Plan

When necessary therapist
refers and helps access
community-based
services



Pediatrician screens
for behavioral health
concerns



Therapeutic Services

Outpatient

School
Based
Services

Intensive
In-home
Services
Wraparound

Hospital
Diversion
IOP PHP

Residential
Treatment

What is needed to scale

- Support from DHCS for pilots aimed at creating integrated care
- Working with DMHC to expand scope of covered mental health services by commercial insurance to include mobile crisis, intensive in-home services and Wraparound
- Solutions to be developed by MediCal Healthier California for All need to address the challenges with access to full continuum of behavioral health services by those covered by Managed Care MediCal
- Support to have Interns credentialed by Managed Care MediCal as they are when providing Specialty Mental Health services (Medi-Cal Update Psychological Services | August 2016 | Bulletin 491)

Empowered Families – Data

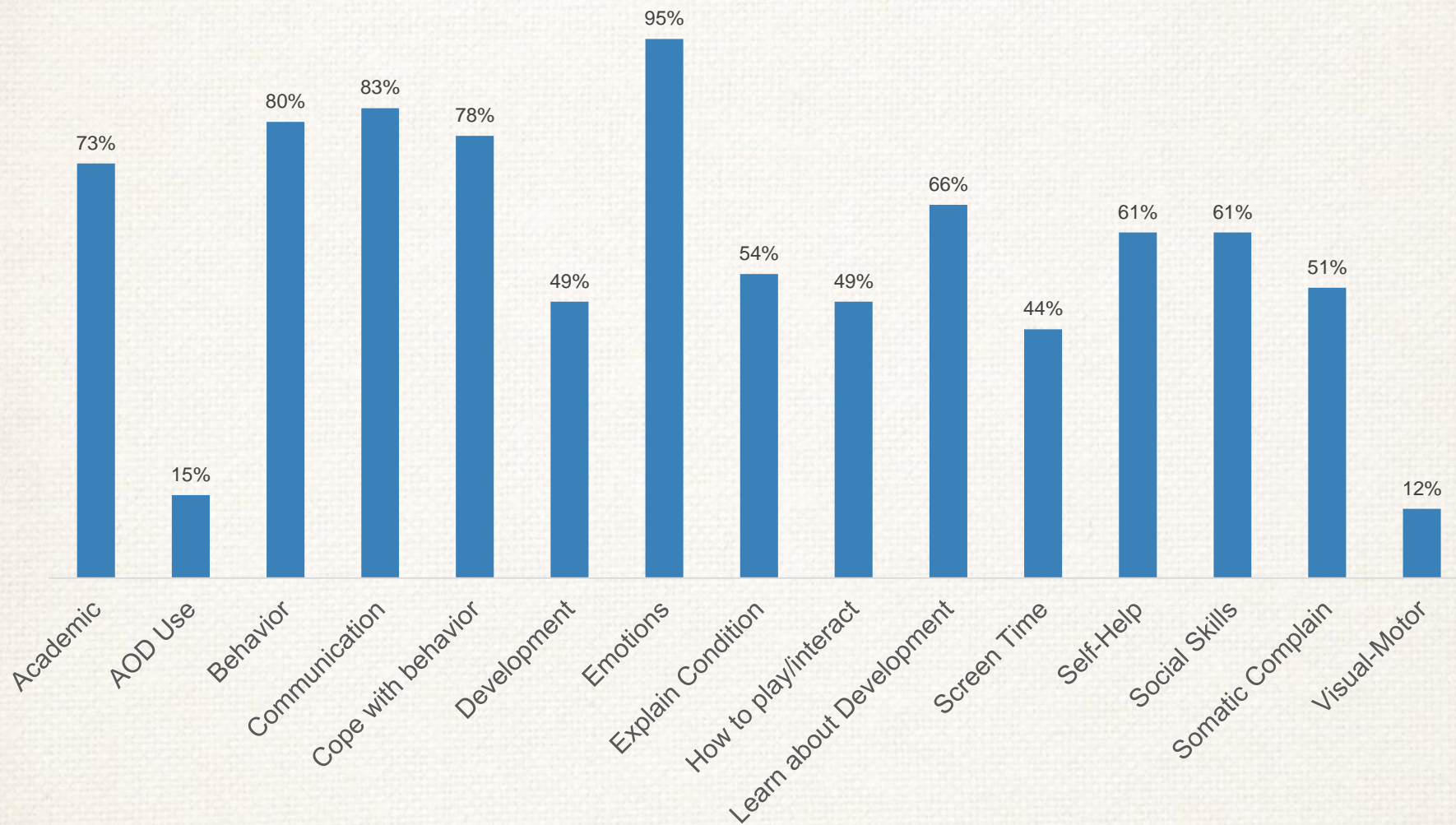
- ✓ Family Needs Assessment has been tested with 161 families who have a child with a mental health diagnosis, 254 with a developmental disability and 61 in Collaborative Care
- ✓ Children ages: 5 to 18 years old
- ✓ Pilot results: Significant increases pre-post in Family Empowerment Scale and high levels of satisfaction

ACEs Results in Collaborative Care

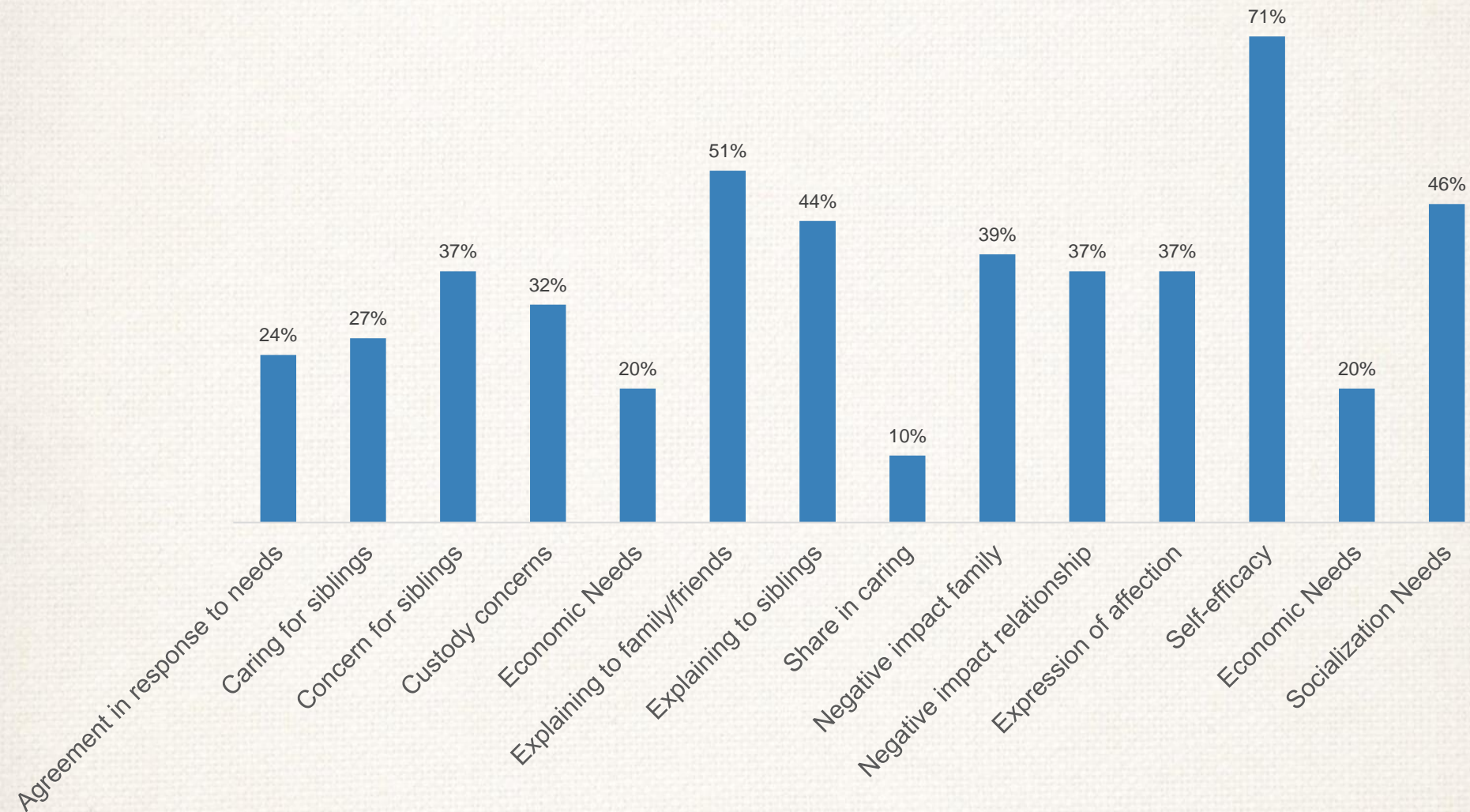
Average Number of ACEs = 3

Range = 0 to 8

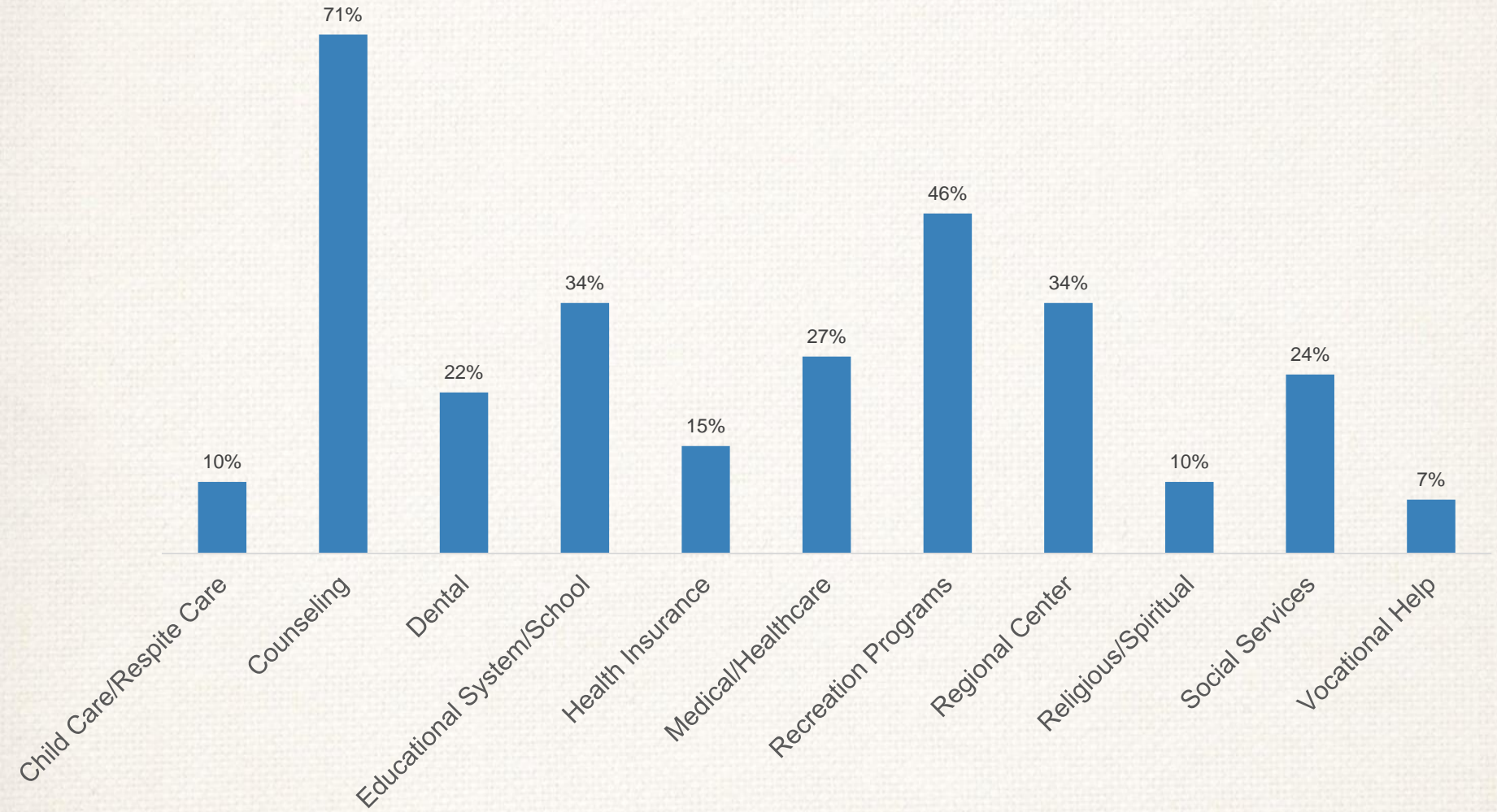
Child Functioning % of Families Concerned



Family Functioning % of Families Concerned



Community Services and Supports % of Families Concerned



Natural Supports % of Families Concerned

