

A Look to the Future of Californians' Health:



Priorities & Opportunities In Mental Health and Beyond

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California Hospital Association's Behavioral Health Symposium
December 6, 2022



PRIORITIES

- **MENTAL HEALTH**
- **REPRODUCTIVE HEALTH**
- **ADVERSE CHILDHOOD EXPERIENCES (ACES) & TOXIC STRESS**

PRIORITY



MENTAL HEALTH



MENTAL HEALTH IN CALIFORNIA: YOUTH NEED SUPPORT

Mental health **leading cause of hospitalization** for children under 18 in California.¹

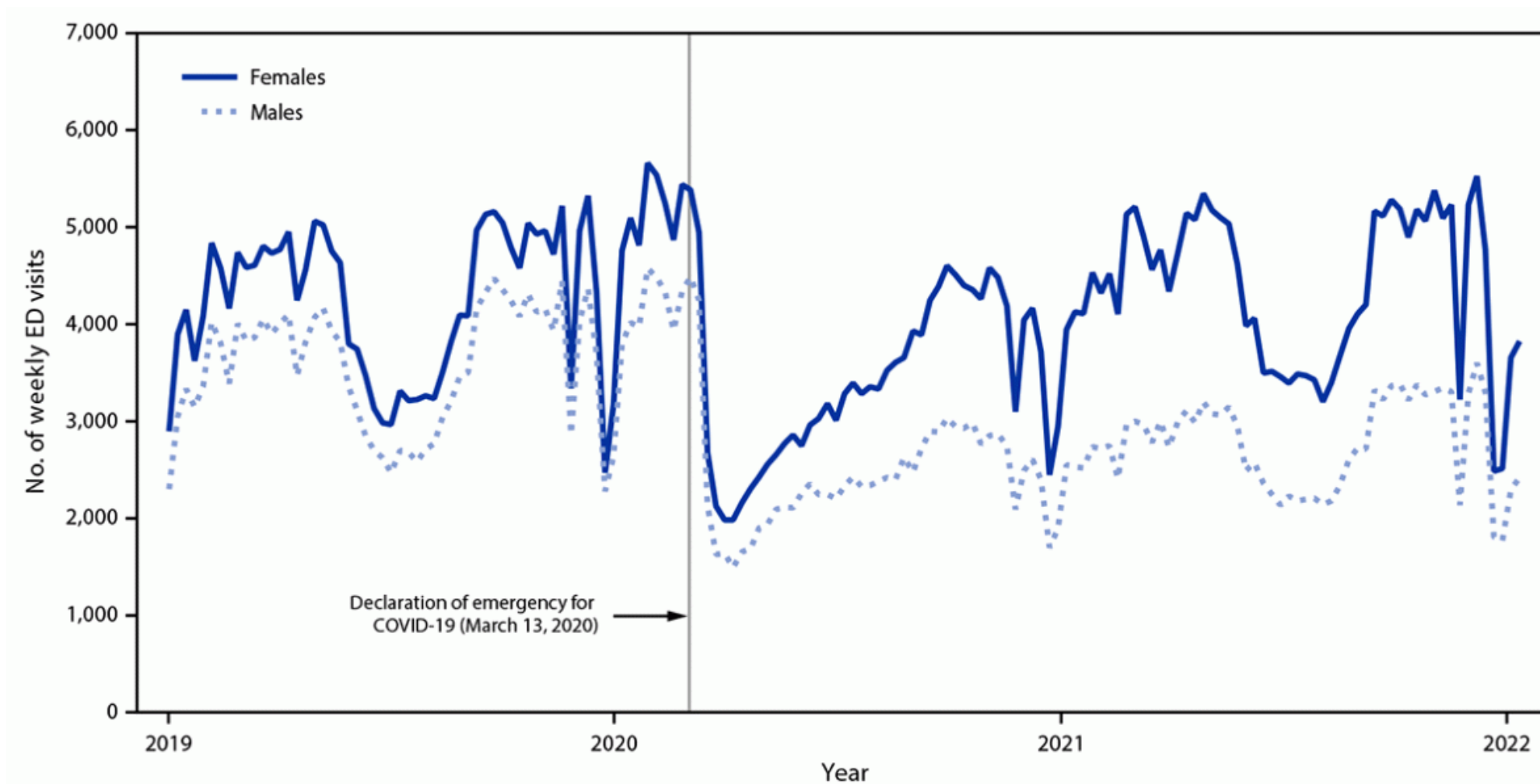
1 in 3 7th and 9th graders
1 in 2 11th graders experienced
chronic sadness.³

The rate of suicide among Black youth in California **doubled** between 2014 and 2020.²



1. California Office of Statewide Health Planning and Development custom tabulation. "Hospital Discharges, by Primary Diagnosis." Sept. 2019. <https://www.kidsdata.org/topic/290/hospital-discharges-diagnosis/trend#fmt=238&loc=2&tf=5,108&ch=573&pdist=69>.
2. California Department of Public Health. "Suicide in California - Data Trends in 2020, COVID Impact, and Prevention Strategies." 2021. <https://www.psn youth.org/wp-content/uploads/2021/08/Suicide-in-California-Data-Trends-in-2020-COVID-Impact-and-Prevention-Strategies-Slide-Deck.pdf>.
3. Youth Mental Health and Supports: 2020-2021 California Snapshot, Project Cal-Well, UCSF

PEDIATRIC ED VISITS ASSOCIATED WITH MENTAL HEALTH CONDITIONS BEFORE AND DURING COVID-19, 2019-2022



CALIFORNIA ADULTS: MENTAL HEALTH PANDEMIC EFFECTS



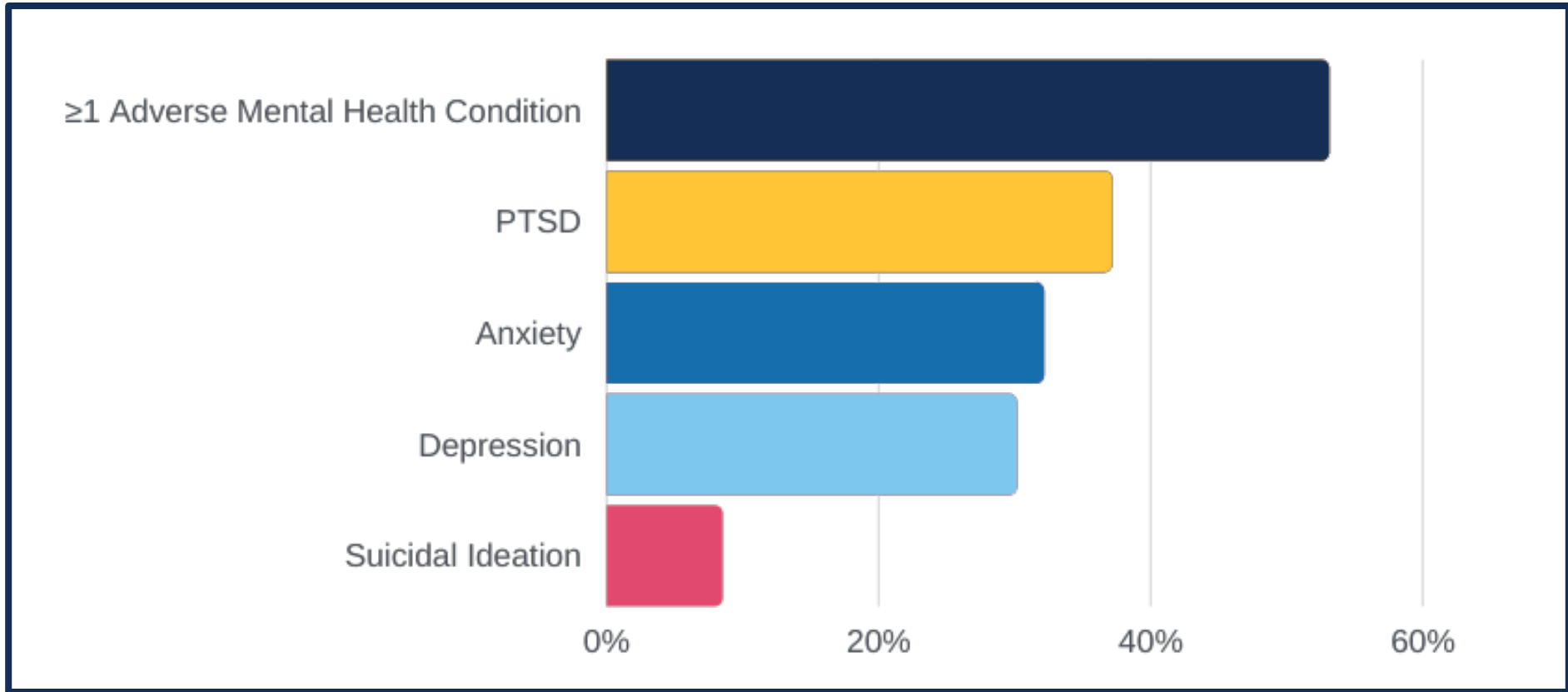
54% Parents and caregivers reporting negative impact on their mental health.

60% Black & Hispanic low-income mothers and caregivers' negative impact on their mental health as a result of work disruption.

34% California caregivers feeling nervousness or stress.

Source: KFF COVID-19 Vaccine Monitor; <https://www.kff.org/report-section/kff-covid-19-vaccine-monitor-the-impact-of-the-coronavirus-pandemic-on-the-wellbeing-of-parents-and-children-findings/>

SYMPTOMS OF DEPRESSION, ANXIETY, PTSD, AND SUICIDAL IDEATION AMONG PUBLIC HEALTH WORKERS DURING COVID-19



Bryant-Genevier J, Rao CY, Lopes-Cardozo B, et al. Symptoms of Depression, Anxiety, Post-Traumatic Stress Disorder, and Suicidal Ideation Among State, Tribal, Local, and Territorial Public Health Workers During the COVID-19 Pandemic — United States, March–April 2021. *MMWR Morb Mortal Wkly Rep* 2021;70:947–952. DOI: <http://dx.doi.org/10.15585/mmwr.mm7026e1external icon>.

KARE11 EXTRAS

'We need to do all we can': Dr. Mom Foundation created to help prevent physician suicides

Roughly one doctor dies by suicide every day — twice the rate of the general population — while female doctors alone are three times more likely to die by suicide.

Dr. Mom Foundation is dedicated to the memory of two Minnesotan physicians who died by suicide.

We share resources, education, advocacy, networking, and funding to support the lives and careers of “mama docs” who juggle many roles every day.

Journal of the American Medical Association found that 29 percent of practicing physicians reported depression, a rate twice that of US adults

Snyder loved their families, their communities, their patients, and their work as healers. Although mental health crises ended their physical journeys with us, the love and joy they brought to every day live on. Caregivers need care too, and all families deserve to thrive.

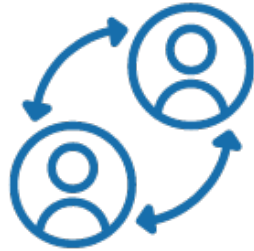


THE CHILDREN AND YOUTH (0-25) BEHAVIORAL HEALTH INITIATIVE

Five year (2021-2026) \$4.7 B to transform the way California supports children, youth and families.



Advance Equity



Designed for Youth
by Youth



Start Early,
Start Smart



Center around
Children and Youth



Empower Families
and Communities

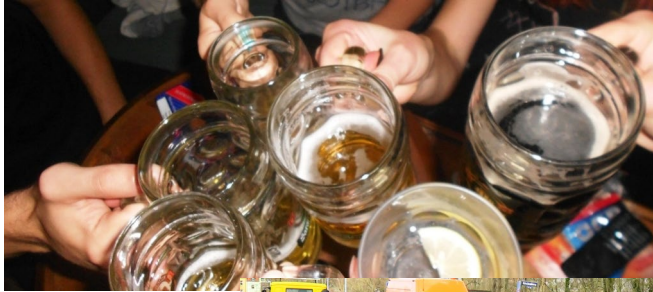


Right Time,
Right Place



Free of Stigma

RISKY BEHAVIORS ESTABLISHED DURING CHILDHOOD AND EARLY ADOLESCENCE



26.6%

2016-2018 rate of unintended pregnancies in California

Maternal and Infant Health Assessment (MIHA) Survey, 2016-2018;

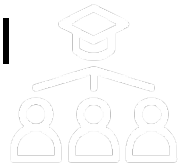
<https://www.cdph.ca.gov/Programs/CFH/DMCAH/MIHA/Pages/Default.aspx>

\$1M TRAUMA INFORMED EDUCATOR TRAINING



Focus

- Recognize & Respond
- 0-12th grade personnel
- Voluntary
- Stakeholder informed



Online

- 2hr modules
- 0-5yo, 5-11yo, 12-18yo
- English & Spanish

Launch: 2023

\$24M ACES & TOXIC STRESS PUBLIC AWARENESS CAMPAIGN



Focus

- Economically disadvantaged
- LGBTQ+
- Rural communities
- Communities of color
- Immigrants/refugee
- Justice and welfare-involved youth
- Consumer informed

Launch: 2023

PRIORITY

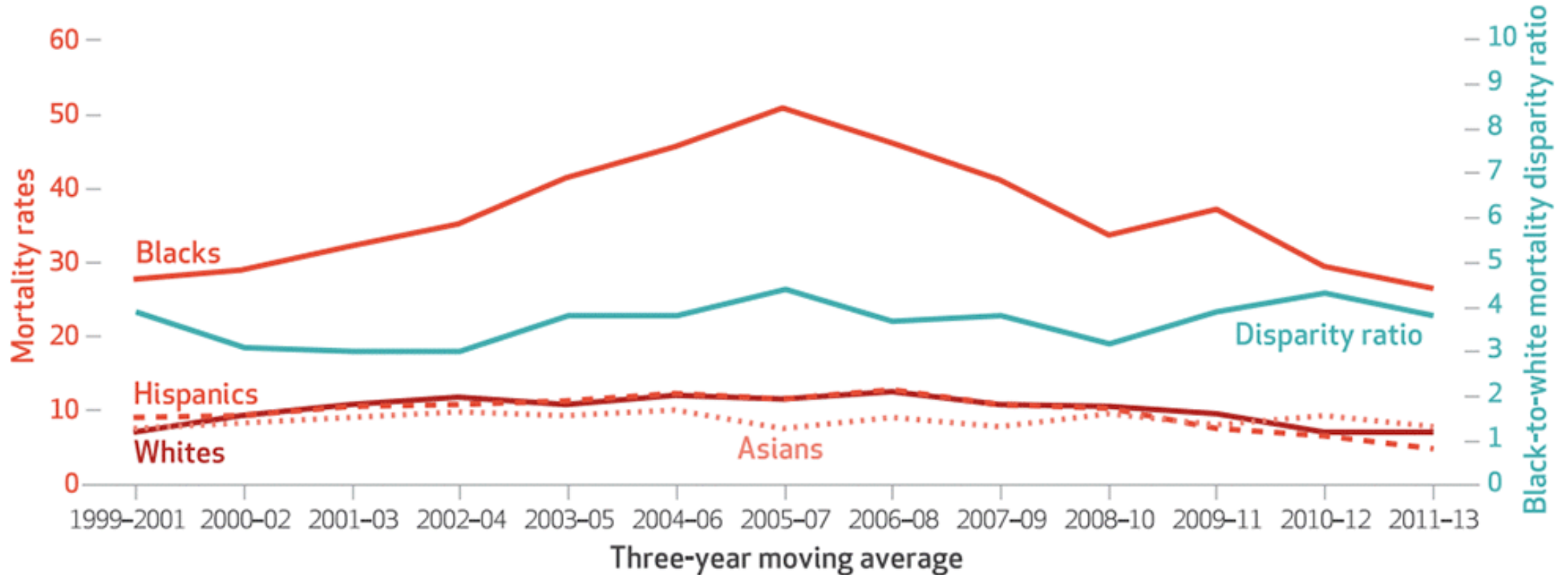


REPRODUCTIVE HEALTH



Disparities in Maternal Mortality & Morbidity

MATERNAL MORTALITY RATES PER 100,000 LIVE BIRTHS IN CALIFORNIA, BY RACE/ETHNICITY AND MORTALITY DISPARITY RATIO FOR NON-HISPANICS BLACKS AND WHITES, 1999-2013



Source: *Databyte* via Elliott K. Main, Cathie Markow, and Jeff Gould, [Addressing Maternal Mortality And Morbidity In California Through Public-Private Partnerships](#). Health Affairs.

LEADING UNDERLYING CAUSES OF PREGNANCY-RELATED DEATH INCLUDE

23%

**Mental health conditions
(including suicide and overdose)**

14%
















Excessive bleeding

13%

Cardiac and coronary conditions

CDC HEAR HER CAMPAIGN: CLINICAL RESOURCES + TOOLS

Pregnant now or within the last year?
Get medical care right away if you experience any of the following symptoms:

 Headache that won't go away or gets worse over time	 Dizziness or fainting	 Changes in your vision	 Fever of 100.4° F or higher
 Extreme swelling of your hands or face	 Thoughts of harming yourself or your baby	 Trouble breathing	 Chest pain or fast beating heart
 Severe nausea and throwing up	 Severe belly pain that doesn't go away	 Baby's movement stopping or slowing during pregnancy	 Severe swelling, redness or pain of your leg or arm
 Vaginal bleeding or fluid leaking during pregnancy	 Heavy vaginal bleeding or discharge after pregnancy	 Overwhelming tiredness	

HEAR™
HEAR HER CONCERNS

Mom's health matters too.





CDC Hear Her Campaign Resources: <https://www.cdc.gov/hearher/healthcare-providers/clinical-resources-tools.html>

CALIFORNIA
MATERNAL
QUALITY CARE
COLLABORATIVE:

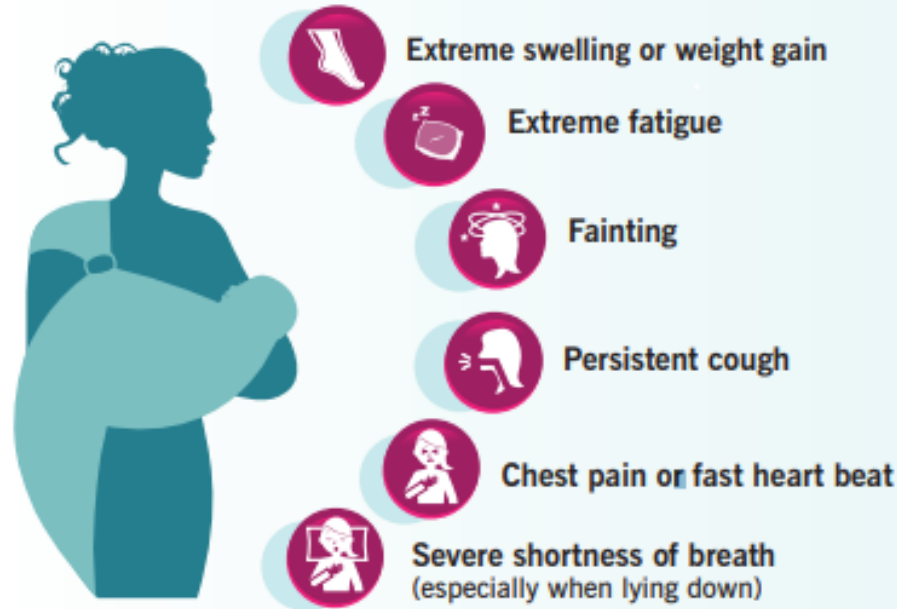
CLINICAL
RESOURCES +
TOOLS

Signs & Symptoms of Heart Disease

*During Pregnancy
and Postpartum*

Heart disease is the leading cause of death among women in the U.S. who are pregnant or gave birth in the last 5 months (postpartum).

Symptoms to watch for in late pregnancy and up to five months postpartum:



NOTE: While some of these symptoms are common in late pregnancy, they may be a sign of heart disease especially if they are severe and do not go away after treatment.



If you have any of these symptoms and they don't go away:

- ♥ Contact your OB, midwife, family medicine doctor, or your primary care provider
- ♥ Describe your symptoms clearly and explain how sick you feel
- ♥ If your symptoms arise postpartum, be sure to tell the provider that you recently had a baby
- ♥ If your provider says your symptoms are normal, ask what symptoms should cause you to call or come back



Go to the Emergency Department

If you have persistent chest pain or severe shortness of breath, or otherwise feel extremely sick. If possible, take someone with you.

CALIFORNIA IS DEFINING WHAT REPRODUCTIVE HEALTH SHOULD LOOK LIKE



Contraception

The screenshot shows the homepage of the California Abortion Access website. At the top, it features the 'Official website of the State of California' logo and a 'Español' link. The main header includes the 'CALIFORNIA ALL' logo and the title 'California abortion access'. A navigation menu contains links for 'Home', 'Your rights', 'Getting an abortion', 'Support', and 'Find a provider'. The main content area has a blue background with a white line-art illustration of two hands holding each other. A white text box on the right contains the headline 'Abortion is legal and protected in California', a paragraph stating 'Abortion remains safe, legal, and accessible in California, whether or not you live in the state. This website has current and accurate information about how you can access abortion services in California.', and a purple 'Find a provider' button with a magnifying glass icon. Below this, a section titled 'California protects your privacy' includes a paragraph: 'This website is a safe space for you to find abortion information. Your information is not saved or tracked. Learn more about [your right to privacy](#) and [digital privacy](#).' To the right, a quote from Gavin Newsom, California Governor, is displayed: 'I want people to know all around the rest of the country and many parts of the globe, that I hope we're your antidote to your fear, your anxiety.'

PRIORITY



ADVERSE CHILDHOOD EXPERIENCES & TOXIC STRESS

ADVERSE CHILDHOOD EXPERIENCES



- Abuse
- Neglect
- Household challenges

HIGHER ACE SCORES ASSOCIATED WITH MORE ER VISITS



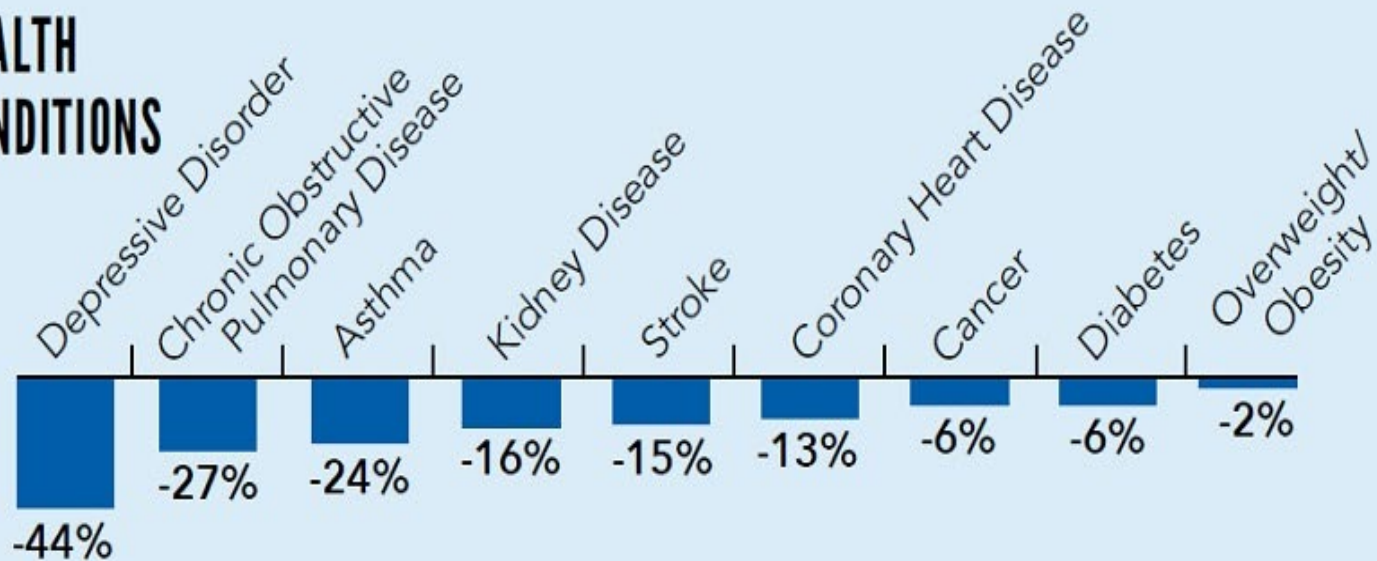
ACE scores of ≥ 4 were associated **with ≥ 3 ED visits** in the past year compared those with an ACE score of 0.

Robert Diaz, Rebekah J. Walker, Kaiwei Lu, Benjamin W. Weston, Nicholas Young, Nicole Fumo, Brian Hilgeman, The relationship between adverse childhood experiences, the frequency and acuity of emergency department utilization and primary care engagement, *Child Abuse & Neglect*, Volume 124, 2022, <https://doi.org/10.1016/j.chiabu.2021.105479>.

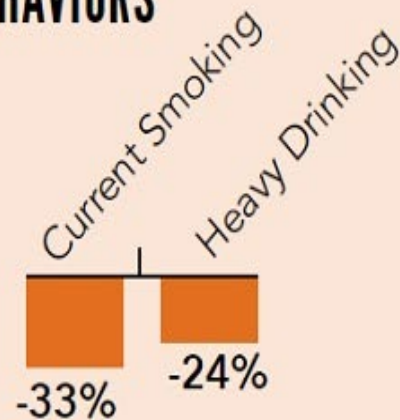
ADDRESSING ACES IN CHILDHOOD, POTENTIALLY CAN DECREASE:



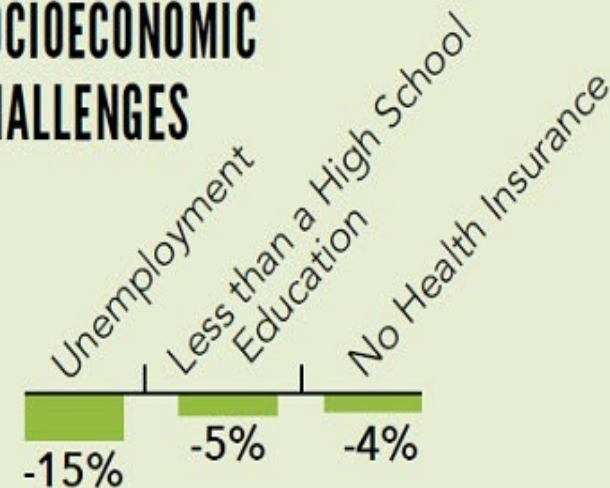
HEALTH CONDITIONS



HEALTH RISK BEHAVIORS



SOCIOECONOMIC CHALLENGES

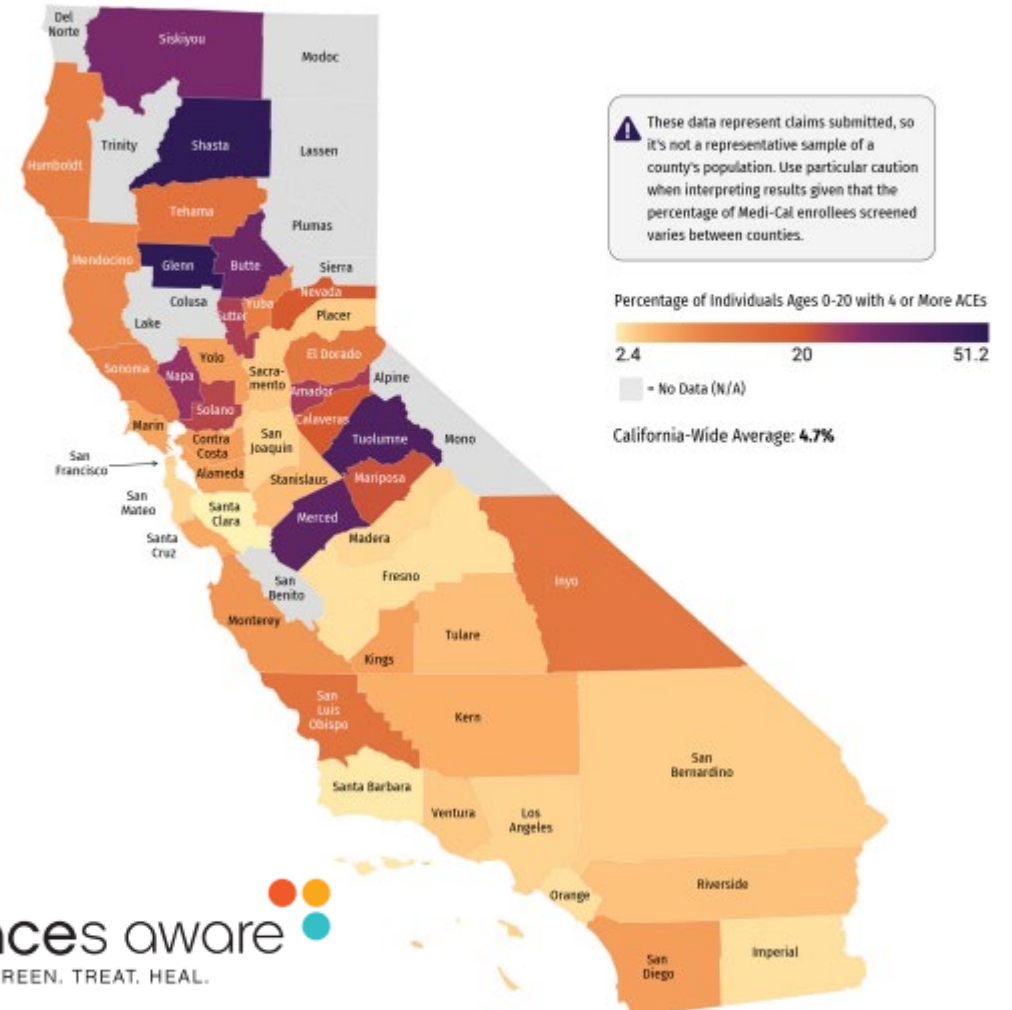


CALIFORNIA IS ADDRESSING ACES & TOXIC STRESS

- ACEs Aware Initiative
- Trauma Informed Primary Care committee—ACEs Aware advisors
- Network of Care Roadmap
- Local referral systems for cross-sector clinicians

Percentage of Patients Screened Who Disclosed an ACE Score of 4 or More, Based on Medi-Cal Claims Data, by County

Children, Adolescents, and Young Adults Ages 0-20



ADDRESSING ACES & TOXIC STRESS: PROGRESS TO DATE

1M+

**SCREENINGS of
899,000 unique
Medi-Cal
beneficiaries**

26K+

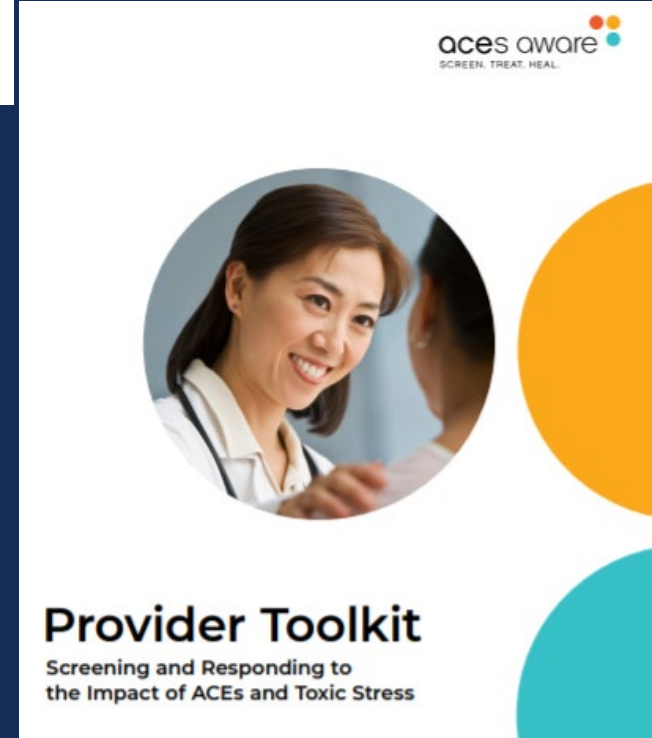
**INDIVIDUALS
TRAINED**

12K+

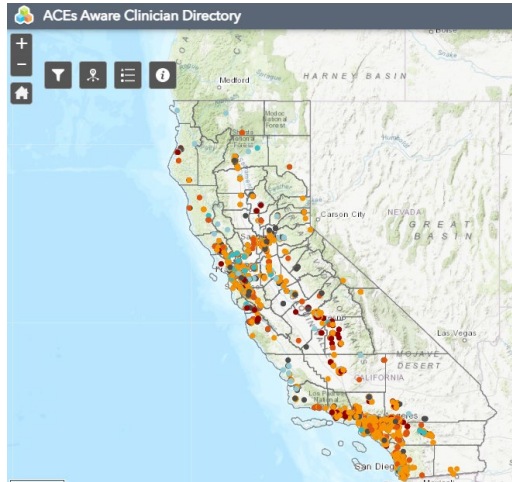
**MEDI-CAL
CLINICIANS
TRAINED**

ACES AWARE INITIATIVE TRAINING + RESOURCES

- On Demand
- 2 hours
- CME/CE and MOC available
[ACESAware.org/training](https://acesaware.org/training) (QR Code)
- **Billing codes**
 - ACE Score is ≥ 4 =
HCPCS: G9919
 - ACE Score is ≤ 4 =
HCPCS: G9920
- [ACESAwareorg.org/resources](https://acesaware.org/resources)



ACES RESOURCES AVAILABLE IN YOUR COMMUNITY



ACEs Aware Clinician Directory

<https://www.acesaware.org/learn-about-screening/clinician-directory/>

988

Suicide & Crisis Lifeline

2.1.1

Health Human Services Referrals & Information

SIGN UP! CALIFORNIA DATA EXCHANGE FRAMEWORK'S DATA SHARING AGREEMENT

- Standards enable real-time access to health information
- Sign the DSA by **January 31, 2023.**
- Learn more at www.CADataExchange.org/

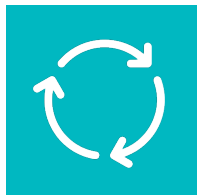


HCAI (HEALTH CARE ACCESS AND INFORMATION) PROGRAM HIGHLIGHT:

BEHAVIORAL HEALTH LOAN REPAYMENTS AND SCHOLARSHIPS



- **Purpose:** To increase the number of behavioral health professionals providing direct care in California's health profession shortage areas
 - Program is open through end of October
-



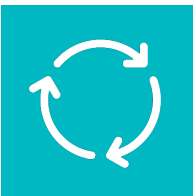
- **Cohort 1 (awarded Aug 2022):** 168 awards totaling \$4.5M
- **Cohort 2 (awarded Sep 2022):** 115 awards totaling \$3.25M
- **Cohort 3 (awarded Oct 2022):** 85 awards totaling \$2.5M
- **Cohort 4 (to be awarded in Jan 2023)**

HCAI PROGRAM HIGHLIGHT:

HEALTH PROFESSIONS PATHWAYS PROGRAM



- **Purpose: To recruit and support students from underrepresented regions and backgrounds to pursue health careers**
- HPPP awards help organizations build and expand:
 - Pipeline programs
 - Summer internships
 - Post undergraduate fellowships



- **Cycle 1 (awarded Sep 2022):** 20 awards, all with efforts to support behavioral health, totaling \$40.8M
- **Cycle 2:** scheduled to open in Spring 2023

2022

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BEHAVIORAL HEALTH CARE
SYMPOSIUM RIVERSIDE

Questions



THANK YOU

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