

Mental Health in California

A supplement to *Mental Health in California: Waiting for Care* series, available at www.chcf.org.

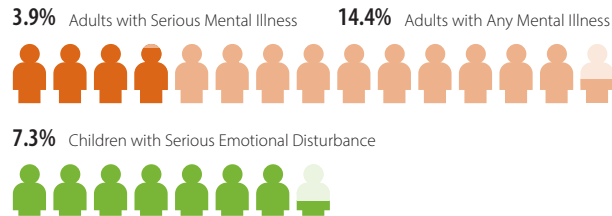
CALIFORNIA HEALTH CARE ALMANAC QUICK REFERENCE GUIDE

JULY 2022

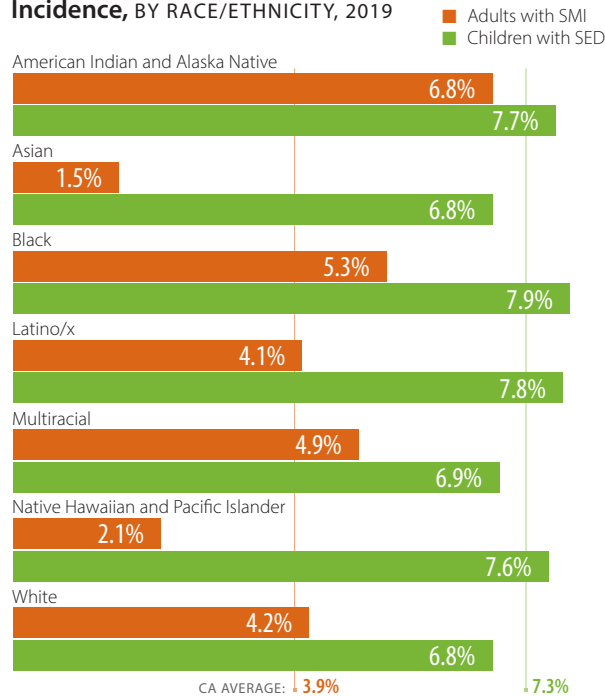


California Health Care Foundation

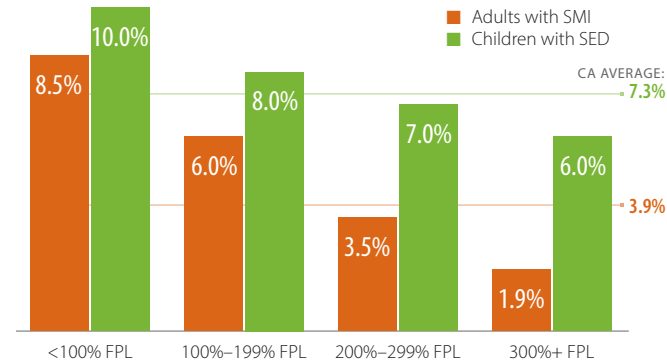
Incidence, 2019



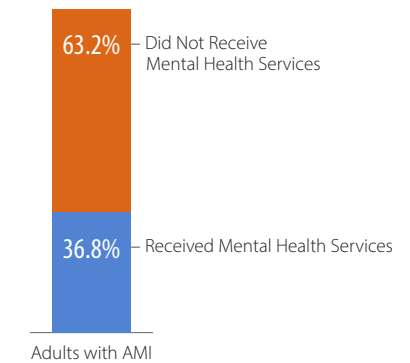
Incidence, BY RACE/ETHNICITY, 2019



Incidence, BY INCOME, 2019

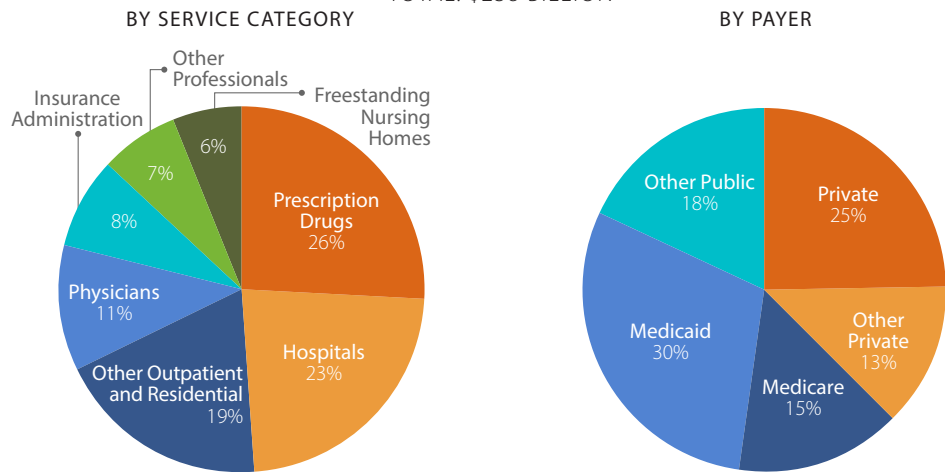


Mental Health Service Use, 2017–19



Expenditures, US, 2020P

TOTAL: \$238 BILLION

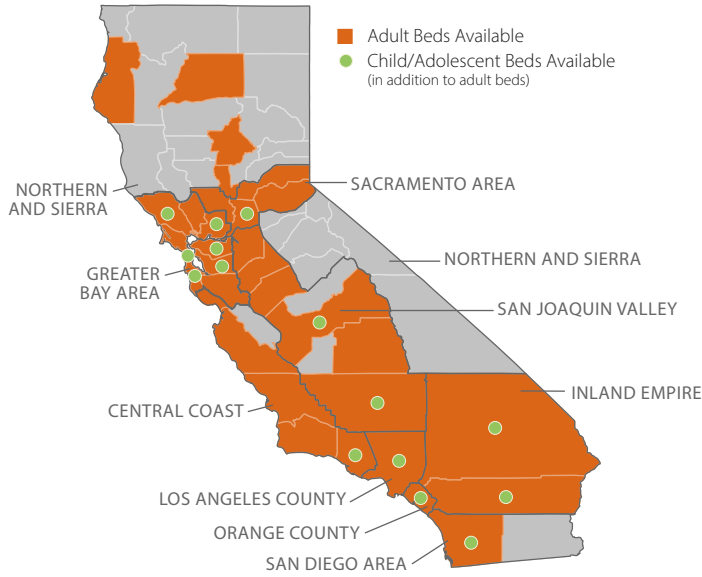


Notes: *Mental health service use* is defined as receiving treatment or counseling for any problem with emotions, nerves, or mental health in the 12 months before the interview in any inpatient or outpatient setting, or the use of prescription medication for treatment of any mental or emotional condition that was not caused by the use of alcohol or drugs. *Serious mental illness (SMI)* is a categorization for adults 18 and older who currently have, or at any time during the past year have had, a diagnosable mental, behavioral, or emotional disorder resulting in functional impairment that interferes with or limits major life activities. *Serious emotional disturbance (SED)* is a categorization for children 17 and under who currently have, or at any time during the past year have had, a mental, behavioral, or emotional disorder resulting in functional impairment that substantially limits functioning in family, school, or community activities. *Any mental illness (AMI)* is a categorization for adults 18 and older who currently have, or at any time in the past year have had, a diagnosable mental, behavioral, or emotional disorder, regardless of the level of impairment in carrying out major life activities. This category includes people whose mental illness causes serious, moderate, or mild functional impairment. *FPL* is federal poverty level. In 2019, 100% of FPL was defined as an annual income of \$12,490 for an individual and \$25,550 for a family of four. *P* is projections. All charts are California data except where noted.

Sources: Charles Holzer and Hoang Nguyen, "Estimation of Need for Mental Health Services," received June 28, 2021; *Projections of National Expenditures for Treatment of Mental and Substance Use Disorders, 2010–2020*, Substance Abuse and Mental Health Services Administration (SAMHSA), October 2014; *Behavioral Health Barometer: California, Volume 6: Indicators as Measured Through the 2019 National Survey on Drug Use and Health and the National Survey of Substance Abuse Treatment Services* (PDF), SAMHSA, 2020.

Acute Psychiatric Inpatient Beds

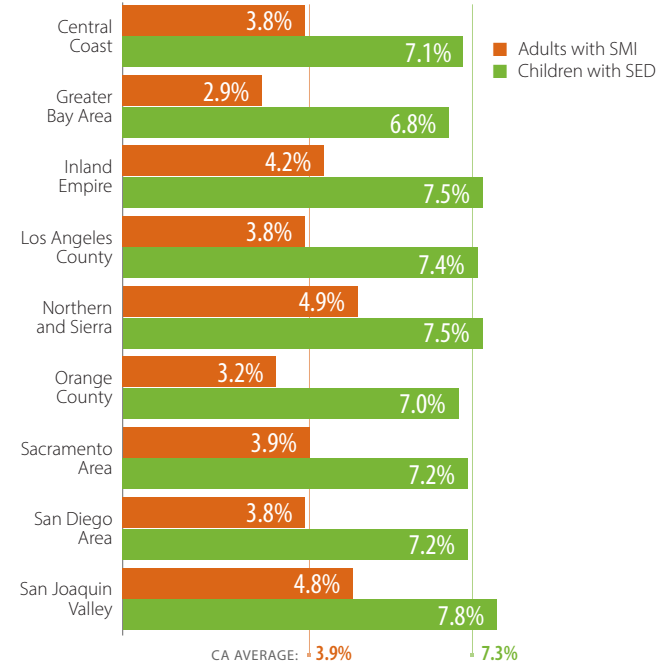
BY COUNTY AND REGION, 2017



Notes: Acute psychiatric beds exclude beds in California state hospitals. They include psychiatric units in general acute care hospitals (including city and county hospitals), beds in acute psychiatric hospitals, and beds in psychiatric health facilities.

Adults with SMI and Children with SED

BY REGION, 2019



Licensed Mental Health Professionals

PER 100,000 POPULATION, BY REGION, 2020

■ HIGHER THAN STATE AVERAGE

| | LICENSED PSYCHIATRISTS* | LICENSED CLINICAL SOCIAL WORKERS | LICENSED MARRIAGE AND FAMILY THERAPISTS | LICENSED PROFESSIONAL CLINICAL COUNSELORS | LICENSED PSYCHOLOGISTS | PSYCHIATRIC TECHNICIANS |
|---------------------|-------------------------|----------------------------------|---|---|------------------------|-------------------------|
| Central Coast | 11.6 | 61.8 | 144.4 | 5.2 | 47.1 | 52.6 |
| Greater Bay Area | 18.7 | 82.8 | 135.3 | 6.8 | 72.6 | 17.9 |
| Inland Empire | 8.2 | 39.0 | 60.8 | 3.7 | 15.9 | 40.9 |
| Los Angeles County | 12.0 | 81.1 | 106.2 | 4.0 | 48.7 | 8.8 |
| Northern and Sierra | 5.8 | 65.4 | 100.3 | 5.5 | 21.8 | 12.8 |
| Orange County | 7.9 | 56.8 | 106.3 | 5.6 | 40.1 | 15.2 |
| Sacramento Area | 12.3 | 72.6 | 98.4 | 5.7 | 37.6 | 12.4 |
| San Diego Area | 13.3 | 64.8 | 94.1 | 7.3 | 55.0 | 3.1 |
| San Joaquin Valley | 6.2 | 35.5 | 48.2 | 2.5 | 16.2 | 58.3 |
| California | 11.8 | 65.9 | 100.8 | 5.0 | 44.2 | 22.7 |

* Includes psychiatrists who have completed residency training and are active in patient care at least 20 hours per week.

Source: *California's Acute Psychiatric Bed Loss* (PDF), California Hospital Assn., February 2019; *Public Information Licensee List*, California Dept. of Consumer Affairs; Survey of Licensees (private tabulation), Medical Board of California, January 2020; *Annual Estimates of the Resident Population for Counties in California: April 1, 2010 to July 1, 2019* (CO-EST2019-ANNRES-06), US Census Bureau, last modified March 26, 2020; and Charles Holzer and Hoang Nguyen, "Estimation of Need for Mental Health Services," received June 28, 2021.