

What is Behavioral Health?

Behavioral Health encompasses both mental/emotional well-being and substance use. These issues are far-reaching and have an enormous impact on individuals, their families and their communities. Behavioral Health Treatment consists of a continuum of prevention, intervention, treatment, and recovery support systems.



Who Does it Affect?

- According to SAMHSA's 2014 National Survey on Drug Use and Health (NSDUH) an estimated 43.6 million (18.1%) Americans ages 18 and up live with some form of mental illness.
- 20.1 million adults (8.4%) have a substance use disorder.
- Of these, 7.9 million people have both a mental disorder and substance use disorder, known as co-occurring disorders.
- Various mental and substance use disorders have prevalence rates that differ by gender, race, and ethnicity.



Defining Mental and Substance Use Disorders

The Diagnostic and Statistical Manual of Mental Disorders (DSM-5) defines a "mental disorder" as "a syndrome characterized by clinically significant disturbance in an individual's cognition, emotion regulation, or behavior that reflects a dysfunction in the psychological, biological, or developmental processes underlying mental functioning."

DSM-5 recognizes substance-related disorders using 10 separate classes of drugs:

- Alcohol
- Caffeine
- Cannabis
- Hallucinogens
- Inhalants
- Opioids
- Sedatives
- Stimulants
- Tobacco
- Other or unknown

California's Public Mental Health Delivery System

	MEDICAID HEALTH PLANS AND MEDICAID FEE-FOR-SERVICE	COUNTY MENTAL HEALTH PLANS	COUNTY MENTAL HEALTH SAFETY NET SERVICES
Payer	Medi-Cal (federal and state)	State sales taxes, income taxes, vehicle registration fees, county funds, and federal funds	State sales taxes, vehicle registration fees and county funds
People Served	Medicaid eligibles with mild and moderate mental health conditions	Low-income Medi-Cal or uninsured individuals with serious and chronic mental health conditions	Uninsured with Seriously Emotionally Disturbed (SED) or Serious Mental Illness (SMI)
Services Provided	Individual and group psychotherapy, psychological testing, certain supplies and supplements, psychiatric consultation, medication management	Inpatient/post-stabilization, rehabilitation, targeted case management, psychology services, psychological testing, psychiatric consultation, medication monitoring, labs, supplies, supplements	Similar to County Mental Health Plan services, including crisis services for all county residents, to the extent resources are available

Substance Use Disorder (SUD) Organized Delivery System

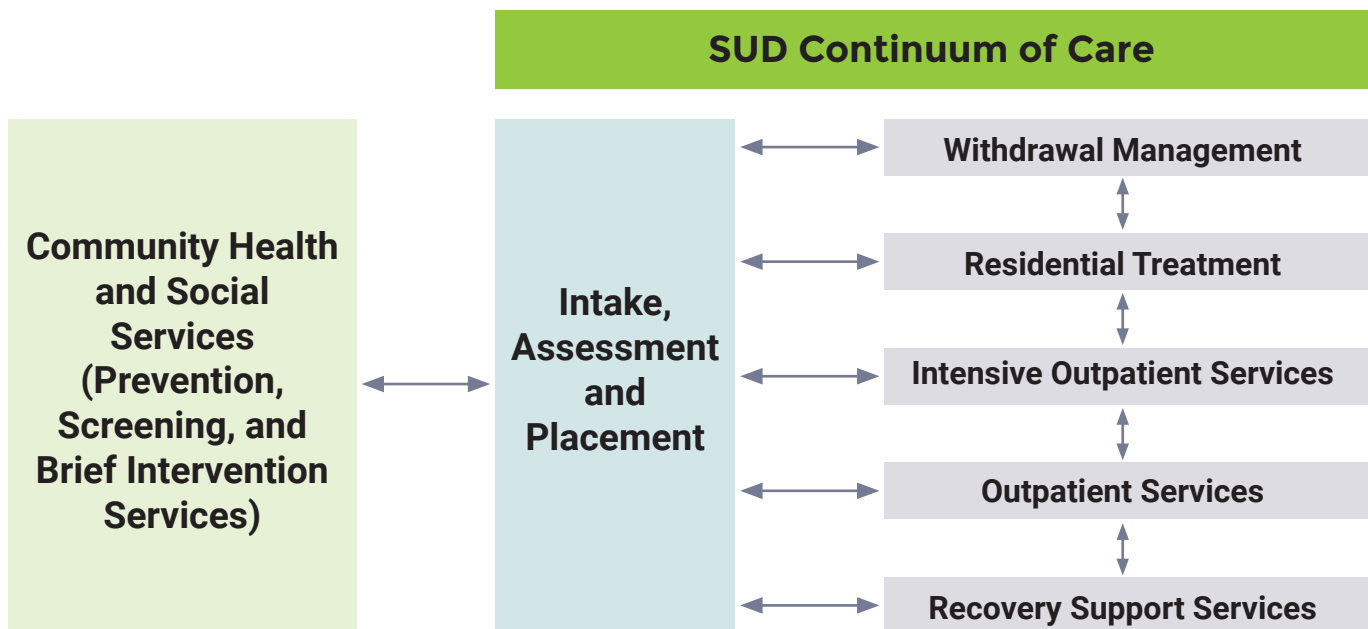


Diagram adapted from UCLA Integrated Substance Abuse Programs 2015 Evaluation Training and Technical Assistance for Substance Use Disorder Services Integration (ETTA) Report (Appendix 2, p 118)