



# **Behavioral Health Issues & Services in Our Community**

Presented to Los Gatos Rotary Club

September 29, 2020



# Main Points

- Hello to Momentum for Health
- BH COVID Effect
- Key Data Points
- Treat BH like we do physical health conditions
- Close the TX gap
- Prevent and promote
- What can you do?



# Momentum for Health

- Largest private nonprofit agency providing mental health services to adults in Santa Clara County.
- A staff of 500+ employees representing 45 languages, including American Sign Language.
- Multiple locations throughout Santa Clara County with 24-hour availability to provide easy client access.
- Annual budget of over \$46 million.

# Our Services



Adult Crisis Residential Services  
Adult Residential Care Services  
Crisis Stabilization  
Day Rehabilitation Services  
Employment Services  
Outpatient Services  
Full Service Partnership (FSP)  
REACH  
La Selva Group  
Youth and Family Services  
Consumer/Family Advisory Board  
Substance Abuse Treatment Services

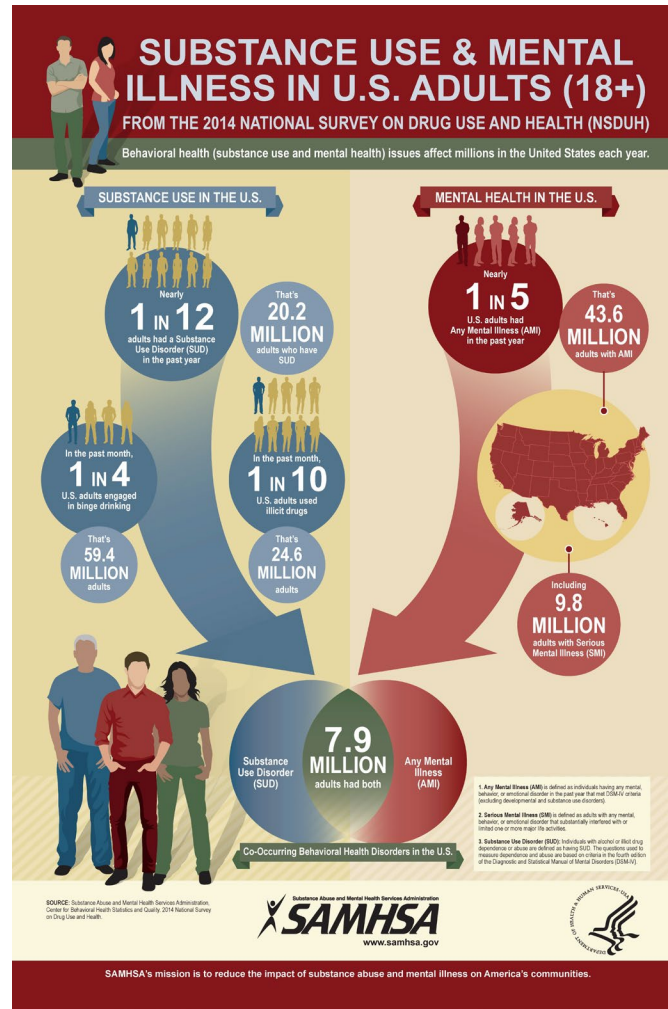




# Dave's BH COVID Rule

Whatever existed before COVID is now  
even more so.

# Key Data Points-SUD and MI





# Key Data Points- Race Equity

**Percent of population with feelings of sadness, hopelessness, worthlessness, or that everything is an effort, all or most of the time, among persons 18 years of age and over, 2017**

	<b>Non-Hispanic Black</b>	<b>Non-Hispanic White</b>	<b>Non-Hispanic Black / Non-Hispanic White Ratio</b>
Sadness	4.3	2.6	1.7
Hopelessness	2.1	1.9	1.1
Worthlessness	1.8	1.8	1.0
Everything is an effort	10.3	6.1	1.7

# Key Data Points-Suicide

Leading Causes of Death in the United States (2016)								
Data Courtesy of CDC								
Rank	Select Age Groups							
	10-14	15-24	25-34	35-44	45-54	55-64	65+	All Ages
1	Unintentional Injury 847	Unintentional Injury 13,895	Unintentional Injury 23,984	Unintentional Injury 20,975	Malignant Neoplasms 41,291	Malignant Neoplasms 116,364	Heart Disease 507,118	Heart Disease 635,260
2	<b>Suicide 436</b>	<b>Suicide 5,723</b>	<b>Suicide 7,366</b>	Malignant Neoplasms 10,903	Heart Disease 34,027	Heart Disease 78,610	Malignant Neoplasms 422,927	Malignant Neoplasms 598,038
3	Malignant Neoplasms 431	Homicide 5,172	Homicide 5,376	Heart Disease 10,477	Unintentional Injury 23,377	Unintentional Injury 21,860	CLRD 131,002	Unintentional Injury 161,374
4	Homicide 147	Malignant Neoplasms 1,431	Malignant Neoplasms 3,791	<b>Suicide 7,030</b>	<b>Suicide 8,437</b>	CLRD 17,810	Cerebro-vascular 121,630	CLRD 154,596
5	Congenital Anomalies 146	Heart Disease 949	Heart Disease 3,445	Homicide 3,369	Liver Disease 8,364	Diabetes Mellitus 14,251	Alzheimer's Disease 114,883	Cerebro-vascular 142,142
6	Heart Disease 111	Congenital Anomalies 388	Liver Disease 925	Liver Disease 2,851	Diabetes Mellitus 6,267	Liver Disease 13,448	Diabetes Mellitus 56,452	Alzheimer's Disease 116,103
7	CLRD 75	Diabetes Mellitus 211	Diabetes Mellitus 792	Diabetes Mellitus 2,049	Cerebro-vascular 5,353	Cerebro-vascular 12,310	Unintentional Injury 53,141	Diabetes Mellitus 80,058
8	Cerebro-vascular 50	CLRD 206	Cerebro-vascular 575	Cerebro-vascular 1,851	CLRD 4,307	<b>Suicide 7,759</b>	Influenza & Pneumonia 42,479	Influenza & Pneumonia 51,537
9	Influenza & Pneumonia 39	Influenza & Pneumonia 189	HIV 546	HIV 971	Septicemia 2,472	Septicemia 5,941	Nephritis 41,095	Nephritis 50,046
10	Septicemia 31	Complicated Pregnancy 184	Complicated Pregnancy 472	Septicemia 897	Homicide 2,152	Nephritis 5,650	Septicemia 30,405	<b>Suicide 44,965</b>





# What We Need To Do

- Treat BH like we do physical health conditions
- Close the TX gap
- Prevent conditions and promote wellness



# Treat BH like we do other health conditions

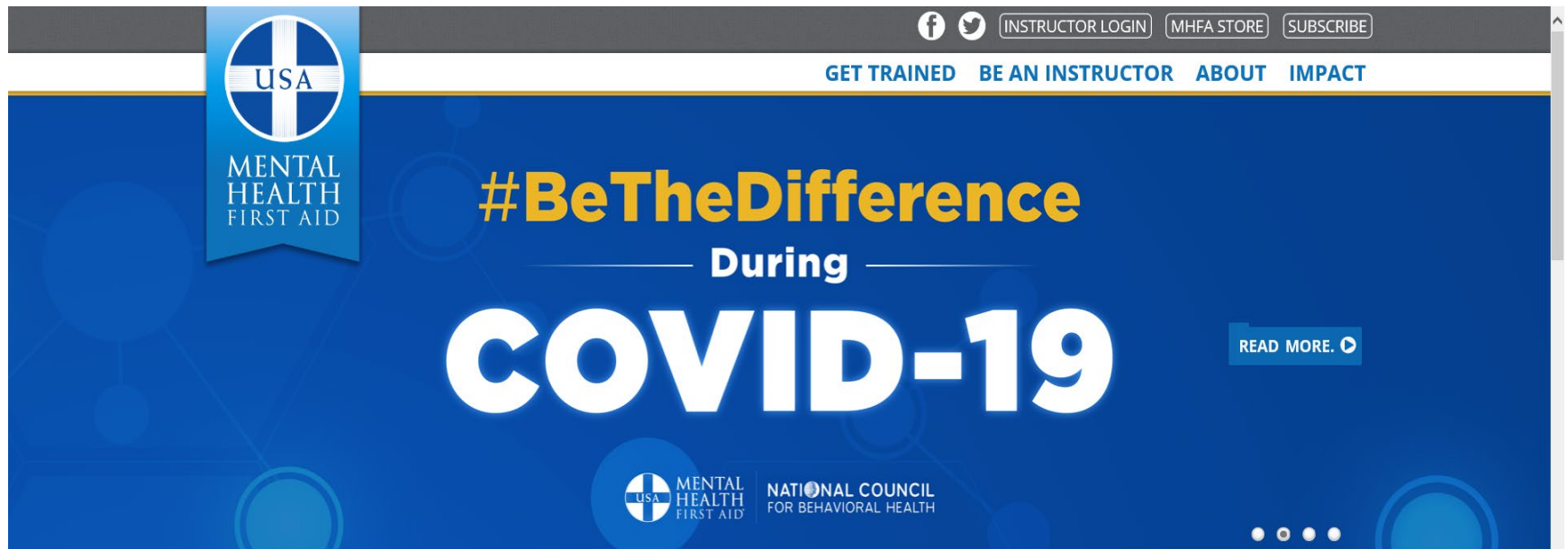
- Mental Health Parity and Addiction Equity Act (MHPAEA) passed in 2008.
- Federal law that prevents group health plans and health insurance groups that provide mental health or substance use disorder benefits from imposing less favorable benefit limitations on those benefits than on medical/surgical benefits.
- Lots of holes in the legislation so states passed their own parity laws.



# Close the TX Gap

- The treatment gap is the difference between people who are said to need mental illness and addiction treatment and those who actually receive it.
- Less than 50% of people with a mental health condition receive treatment. (NSDUH)
- A little over 10% of those needing SUD treatment got the necessary care. (NSDUH)

# Prevent Illness and Promote Wellness



## Identify. Understand. Respond.

Mental Health First Aid is a skills-based training course that teaches participants about mental health and substance-use issues.



# Bang a Drum for BH





# Be Aware, Get Informed, and Get Involved




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