ALAMEDA COUNTY BEHAVIORAL HEALTH CARE SERVICES:

CREATING A HOLISTIC CARE DELIVERY SYSTEM FOR THE WHOLE PERSON

Addressing Mental Behavioral Health Care & Wellness within the African American & Black Community

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Who we are?

- BH Managed Care Delivery System

- FY19-20 Budget:
  - $540,406,595 Million Dollars
  - 693.45 County Civil Service Positions
  - Contracting Organizations (CBOs) deliver over 87% of all Mental Health and 100% of all Substance Use Services for the Department.

How many do we serve?

- 2019 Client Statistics:
  - 20,414 individuals served in Outpatient Mental Health Programs.
  - 5317 Individuals served in Substance Use Programs.
What we do?

Alameda County Behavioral Health Care Services
MENTAL HEALTH & SUBSTANCE USE SERVICES
SERVICE DELIVERY:

- ADOLESCENT SUBSTANCE USE TREATMENT & PREVENTION
- COMMUNITY OUTPATIENT SERVICES
- EDUCATIONALLY RELATED MENTAL HEALTH SERVICES
- EARLY CHILDHOOD (BIRTH – 8)
- SCHOOL BASED BEHAVIORAL HEALTH
- FULL SERVICE PARTNERSHIPS
- PSYCHIATRIC EMERGENCY SERVICES INTENSIVE CASE MANAGEMENT
- FIRST EPISODE PSYCHOSIS
- HOUSING
- JUVENILE JUSTICE CENTER & SANTA RITA JAIL
- VOCATIONAL & EMPLOYMENT SUPPORT
- IN-HOME OUTREACH TEAM
Adult and Older Adult System of Care

Serving Adults 25 Years & Older

SERVICE DELIVERY:

• COUNTY AND NON-PROFIT SERVICE TEAMS
• FULL SERVICE PARTNERSHIPS
• FORENSIC BEHAVIORAL HEALTH
• VOCATIONAL SUPPORT
• SUPPORTIVE HOUSING
• MEDICATION CLINICS
• WELLNESS CENTERS
• HARM REDUCTION SKILL BUILDING
• MOBILE TEAMS
• EARLY INTERVENTION SERVICES
• EVIDENCE BASED TREATMENT MODELS
• CO-OCCURRING MENTAL HEALTH & SUBSTANCE USE SERVICES
SERVICE DELIVERY:

- **SOBERING CENTER & SOCIAL MODEL DETOX**: RECEIVES CLIENTS FOR LESS THAN 24 HOURS OF SAFE SOBERING.
- **RESIDENTIAL TREATMENT**: 20+ HOURS OF PROGRAMMING PER WEEK.
- **RECOVERY RESIDENCE (SOBER LIVING ENVIRONMENTS)**: TEMPORARY HOUSING IN COMBINATION WITH OUTPATIENT TREATMENT.
- **INTENSIVE OUTPATIENT TREATMENT**: MORE THAN 9 HOURS PER WEEK.
- **NARCOTIC TREATMENT PROGRAMS**: PROVIDES METHADONE AND INDIVIDUAL DRUG COUNSELING.
- **SCREENING, BRIEF TREATMENT, REFERRAL TO TREATMENT**: INTEGRATED IN PRIMARY CARE TEAMS ACROSS FEDERALLY QUALIFIED HEALTH CENTERS (FQHCS).
Demographic Information: Who we serve?

**RACE/ETHNICITY**
- Native American: 1%
- Asian: 10%
- African American: 32%
- White: 22%
- Hispanic: 18%
- Other/Unknown: 17%

**AGE**
- 0 - 17: 12,562
- 18 - 24: 3,458
- 25 - 59: 16,785
- 60+: 2,626

**GENDER**
- Male: 18,531
- Female: 16,887
What are some of the contextual factors impacting the African American and Black Community?

...Addressing Mental Behavioral Health Care & Wellness within the African American & Black Community
CONTEXT

According to the National Center for Health Statistics –

African Americans are disproportionally affected by:

• Poor Health Outcomes
• Higher Incarceration Rates
• Higher Mortality Rates
  • Leading Causes of Death: Heart Disease, Cancer, Accidents
• Higher Infant Death Rates
• Income & Education Disparities
• Unemployment, under-employed, uninsured, or under-insured

https://www.cdc.gov/nchs/fastats/black-health.htm
According to the United States Census Bureau (2019) –

- Alameda County Population Estimates (July 1, 2019): 1,671,329

- Education:
  - High School Graduate or Higher, persons age 25+ years (2014-2018): 88.0%
  - Bachelor’s Degree or higher, persons age 25+ years (2014-2018): 46%

- Black or African American estimates, by percent: 11%

- Poverty Rate: 9%

- Households with a broadband Internet subscription (between 2014-2018): 87.5%

[Context]
According to Alameda County COVID-19 Data (as of 9/9/2020) –

- Alameda County Total COVID-19 Case Rates: 19,596
  - COVID-19 Deaths: 303
- Alameda County Total Cases by Age Group:
  - <18: 2133
  - 18-30: 5088
  - 31-40: 3909
  - 41-50: 3245
  - 51-60: 2348
  - 61-70: 1484
  - 71-80: 796
  - 81+: 562
  - Unknown: 29

ACBH Addressing BH Care & Wellness within the African American & Black Community
https://covid-19.acgov.org/data.page
CONTEXT – NOVEL CORONAVIRUS (COVID-19)

According to Alameda County COVID-19 Data (as of 9/9/2020) –

- Alameda County Total COVID-19 Case Rates: 19,596
  - COVID-19 Deaths: 303
- Alameda County Total Cases by Race/Ethnicity:
  - Hispanic/Lat...: 9478
  - Asian: 1947
  - African Amer...: 1420
  - White: 2032
  - Pacific Islander: 113
  - Native Amer...: 33
  - Multirace: 433
  - Unknown: 4140

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  - COVID-19 Deaths: 303
- Alameda County COVID-19 related Death Cases by...

[Graph showing death rates per 100,000 by gender]

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• Alameda County COVID-19 related Death Cases by…

Alameda County Total Death Rate per 100,000 by Race/Ethnicity

- Hispanic/Latino: 22.9
- Asian: 12.9
- African American: 37.8
- White: 13.9
- Overall Known: 18.2
- Overall: 18.4

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https://covid-19.acgov.org
Is there a local crisis in wellness?

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THE YEAR 2020

African Americans continue to be impacted by:

• COVID-19

• Income Insecurity, Job Loss

• Racial Injustice & Discrimination > Social Justice Reform (or not?)

• The real possibility of fortified barriers potentially designed to impede voter turnout.

Real-life issues and a…

➢ Philosophical Debate as to whether the Black life really matters…???
According to the Centers for Disease Control & Prevention (CDC, 1999-2017) –

- Suicide Rates for Females & Males by Race and Ethnicity…

Figure 1. Age-adjusted suicide rates for females, by race and ethnicity: United States, 1999 and 2017

Figure 2. Age-adjusted suicide rates for males, by race and ethnicity: United States, 1999 and 2017

CONTEXT – Local Statistics:
Suicide Rates by Geographic Area

Suicide Rates in Alameda County –

Overall Statistics:

• There were 744 individuals that committed suicide in Alameda County between 2015 to 2019.

• For every 100,000 members of the community, 8.5 individuals may commit suicide.

• Older adults, especially those 85 years or more, are at a greater risk for suicide than younger people. This is especially true amongst males.
CONTEXT – Local Statistics
Suicide Data Age & Gender

CONTEXT – Local Statistics

Suicide Rates in Alameda County –

Trends and Cultural considerations:

• Male-identified persons complete suicide at over three times the rate of females.

• Amongst African American individuals, the suicide rate is 8.1 per 100,000; as compared to a suicide rate of 13.1 per 100,000 individuals for persons who identified as White (non-Hispanic).
CONTEXT – Local Statistics
Suicide Data by Race/Ethnicity

CONTENTS — Local Statistics


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(Source: Alameda County PHD, ACBH Data Support Systems)
What can we do?

…Addressing Mental Behavioral Health Care & Wellness within the African American & Black Community
CREATING A HOLISTIC CARE DELIVERY SYSTEM FOR THE WHOLE PERSON

**HOW?**

**HOLISTIC BEHAVIORAL HEALTH CARE**

➢ BIO-PSYCHO-SOCIAL & SPIRITUAL WELLNESS

**WHAT?**

• PREVENTION & OUTREACH SERVICES
• INTEGRATED PRIMARY CARE CLINIC PARTNERS
• WELLNESS CENTERS
• OUTPATIENT BEHAVIORAL HEALTH CARE
• CRISIS SERVICES
• COMMUNITY STAKEHOLDERS

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What will ACBH do?

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System & Capacity Building –

• Community & Stakeholder Planning
• Access to Services

Key Service Areas for the African American & Black Communities:

• Outreach & Engagement
• Integrated Health Care Services
• Community Based Services
• Crisis Services
  • Mobile Crisis
  • Community Assessment & Transport Teams
  • Emergency Department Services (Division)
• African American Wellness Hub
• Forensic, Diversion, & Re-Entry Services
• Health Equity Officer
  (https://jobapsccloud.com/Alameda/sup/bulpreview.asp?R1=20&R2=5094&R3=0)
How will ACBH approach its system delivery, change, and quality improvement efforts?

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**SPIRITUAL WELLNESS**

**BIOLOGICAL**
- Integrated Health Care
- Primary Care Clinics
- Hospitals & Urgent Care
- Social Services
- Housing & Vocational Svs

**PSYCHOLOGICAL**
- BH Screening, Assessment, & Treatment
- Culturally Relevant & Pragmatic Approaches
- Provider Training & Consultation
- Non-Traditional Modalities

**SOCIAL**
- Increased Linkage & Warm-Handoffs
- Community Based Services
- Peer & Family Services
- Increased Joint Community-Based Partnerships

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What can you do?

Addressing Mental Behavioral Health Care & Wellness within the African American & Black Community
1) **Ask & Listen:** And don’t be afraid to ask direct questions. Stigma and secrecy can be deadly.

2) **Seek Professional Help and resources:** Unless you are an expert or an emergency care professional, seek and get assistance as soon as you have any concern that there might be an urgent issue.

3) **Remember mental health recovery is a journey:** Healing takes time and commitment.
thank you!