

# 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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Director, Alameda County Behavioral Health Care Services



# **Alameda County Behavioral Health Care Services (ACBH)**

MENTAL HEALTH & SUBSTANCE USE SERVICES



# Alameda County <sup>ac</sup> <sup>bh</sup> Behavioral Health Care Services

MENTAL HEALTH & SUBSTANCE USE SERVICES

## 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** ac  bh  
**Behavioral Health Care Services**  
MENTAL HEALTH & SUBSTANCE USE SERVICES



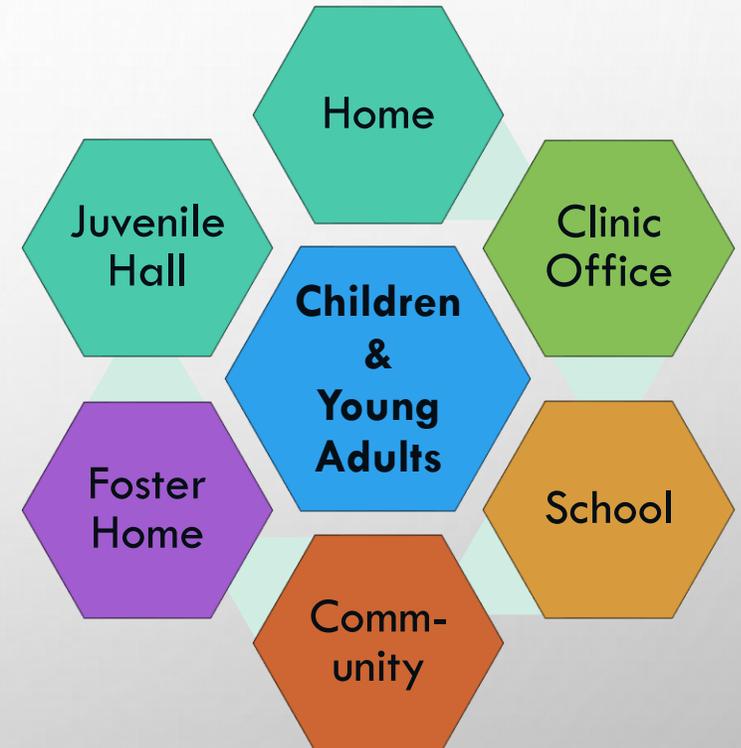
## Children and Young Adult System of Care

*Serving Children & Youth from Birth – 24 years*



# 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



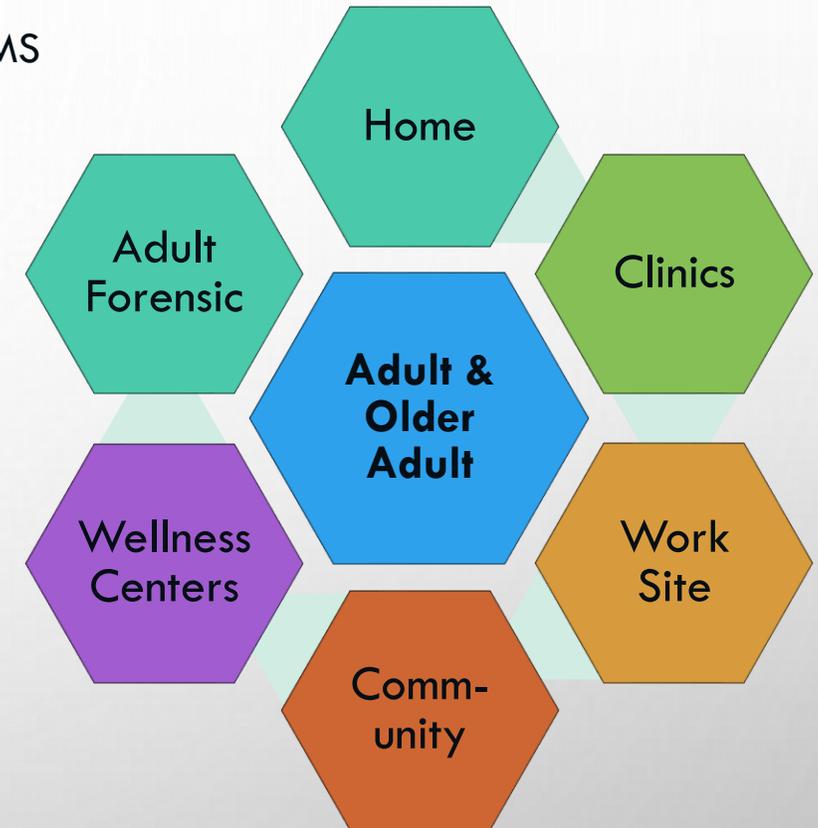
## Adult and Older Adult System of Care

*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



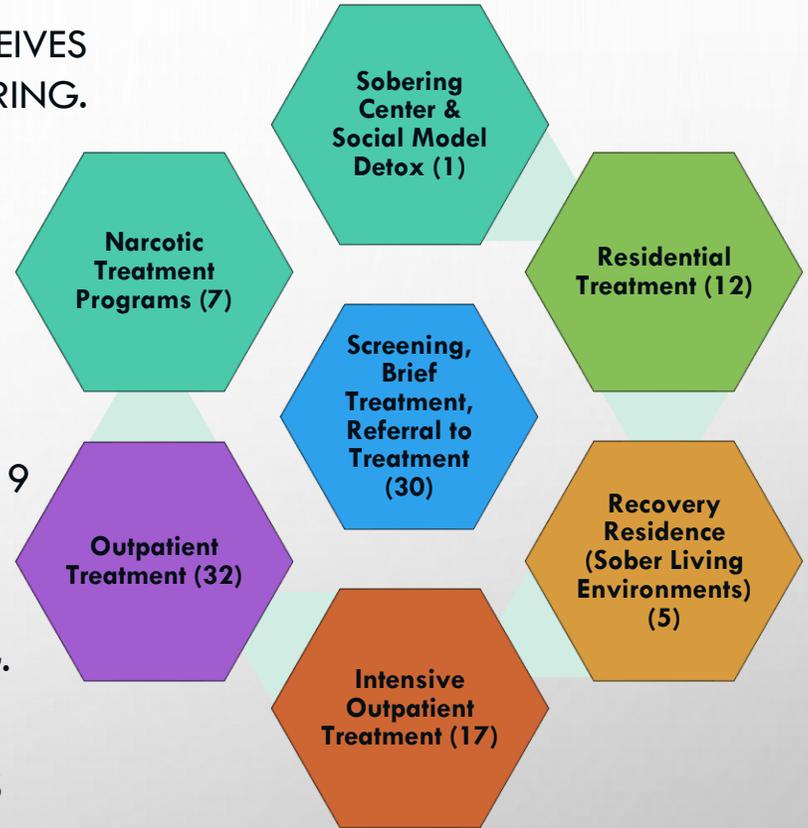
# Substance Use Treatment

*Continuum of Care with Gender and Age-Specific Programs*



## 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).



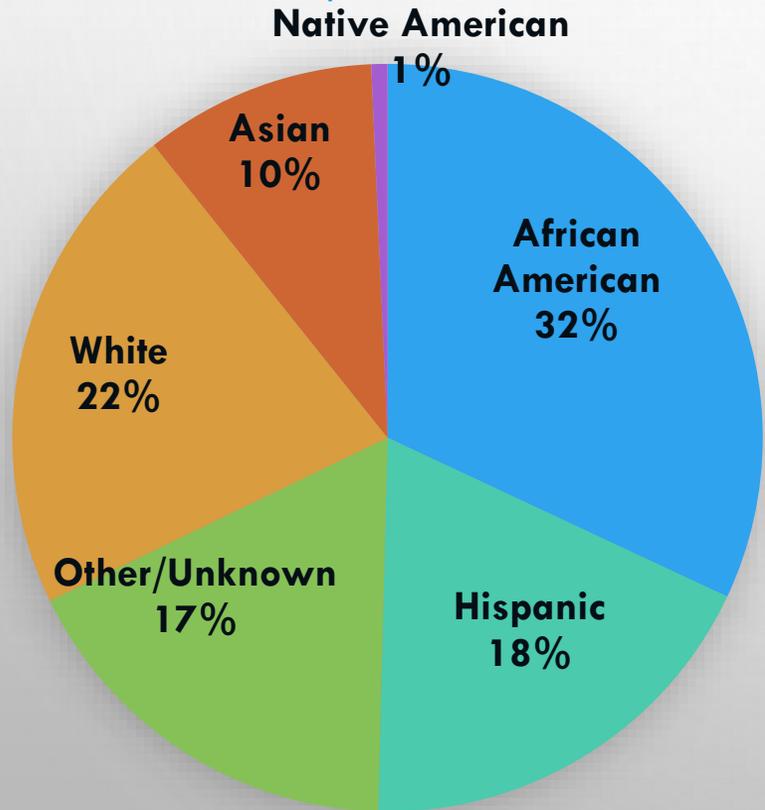
# Alameda County <sup>ac</sup> <sup>bh</sup>

## Behavioral Health Care Services

MENTAL HEALTH & SUBSTANCE USE SERVICES

### Demographic Information: Who we serve?

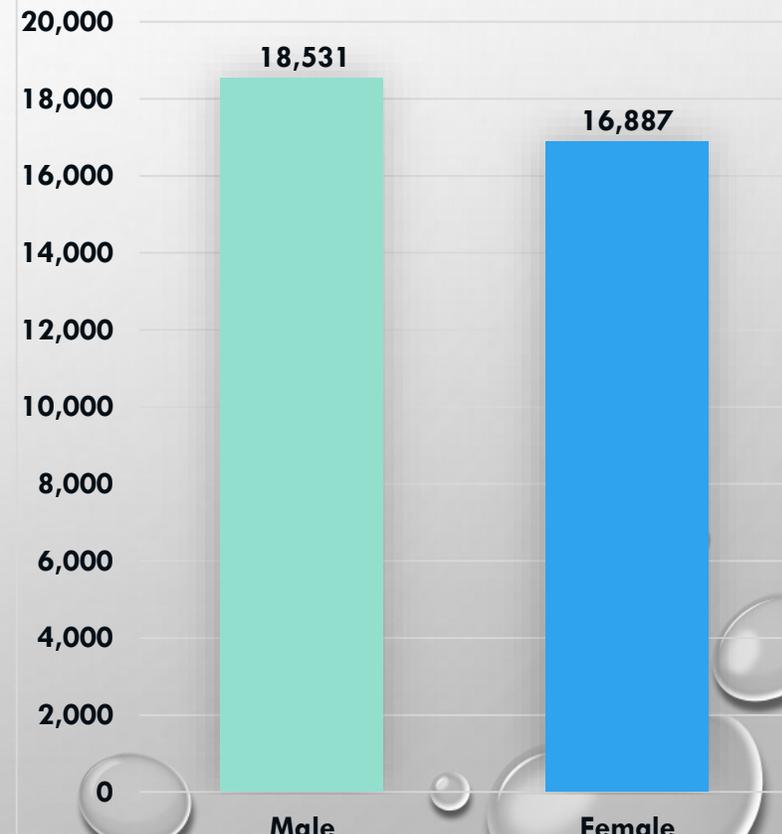
#### RACE/ETHNICITY



#### AGE



#### GENDER





# 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 disproportionately 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

# CONTEXT

## According to the United States Census Bureau (2019) –

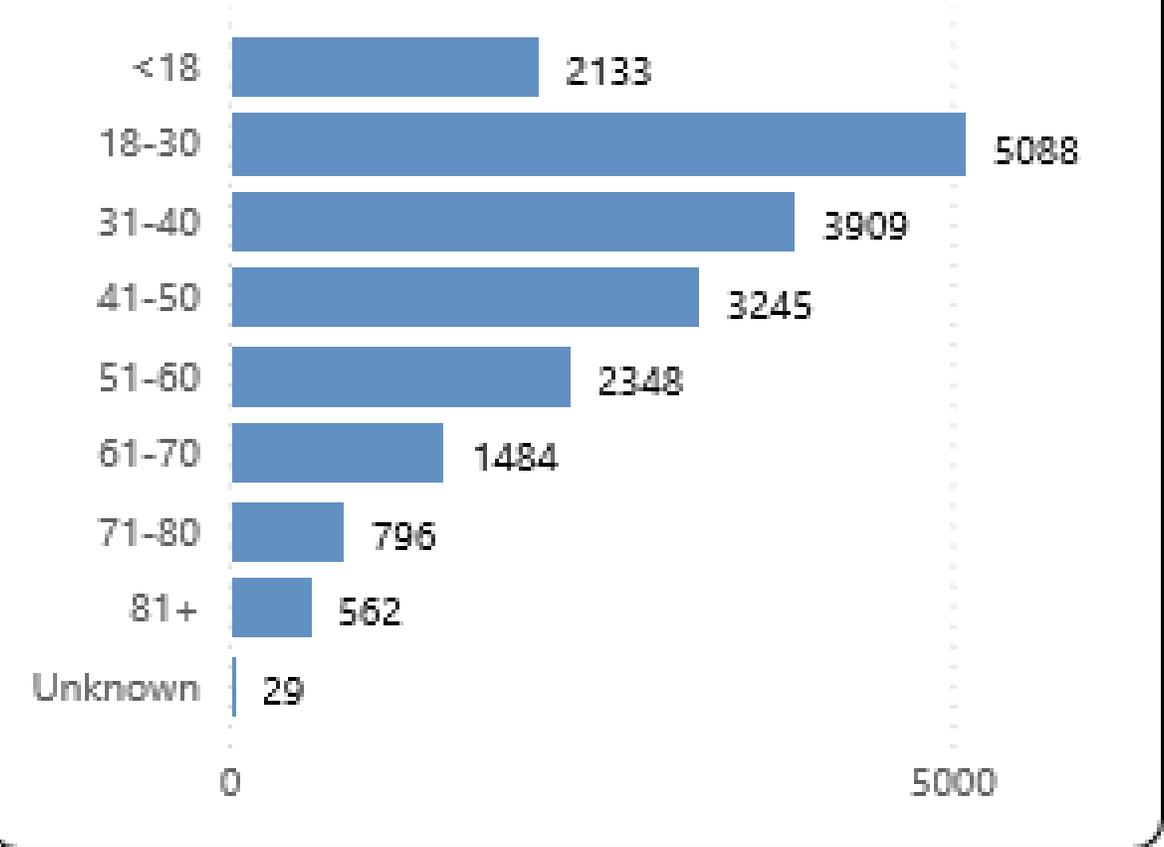
- Alameda County Population Estimates (July 1, 2019): **1,671,329**
- Education:
  - High School Graduate or Higher, persons age 25+ years (2014-2018): 88.0%
  - Bachelor's Degree or higher, persons age 25+ years (2014-2018): 46%
- Black or African American estimates, by percent: 11%
- Poverty Rate: 9%
- Households with a broadband Internet subscription (between 2014-2018): 87.5%

# CONTEXT – 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...

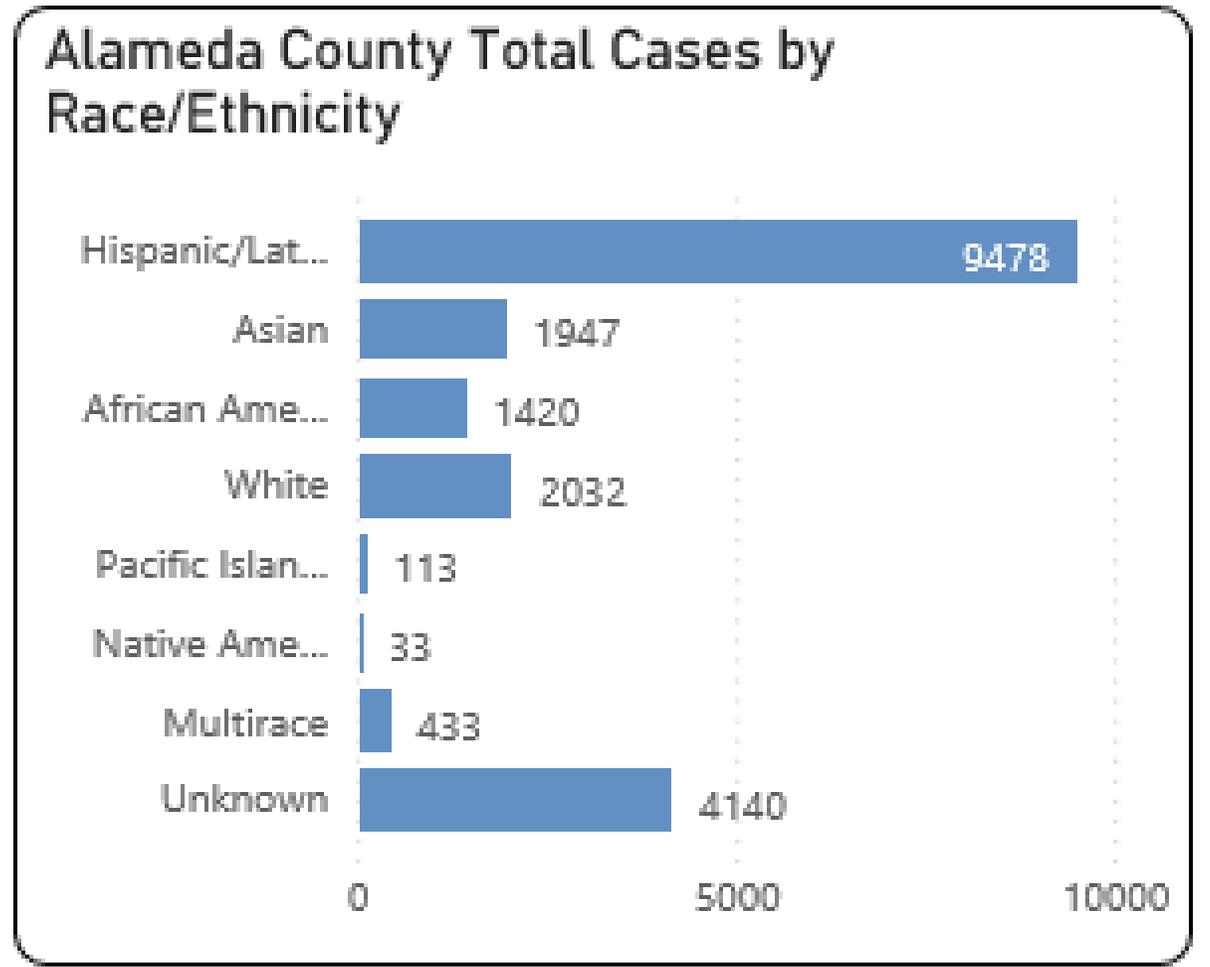
Alameda County Total Cases by Age Group



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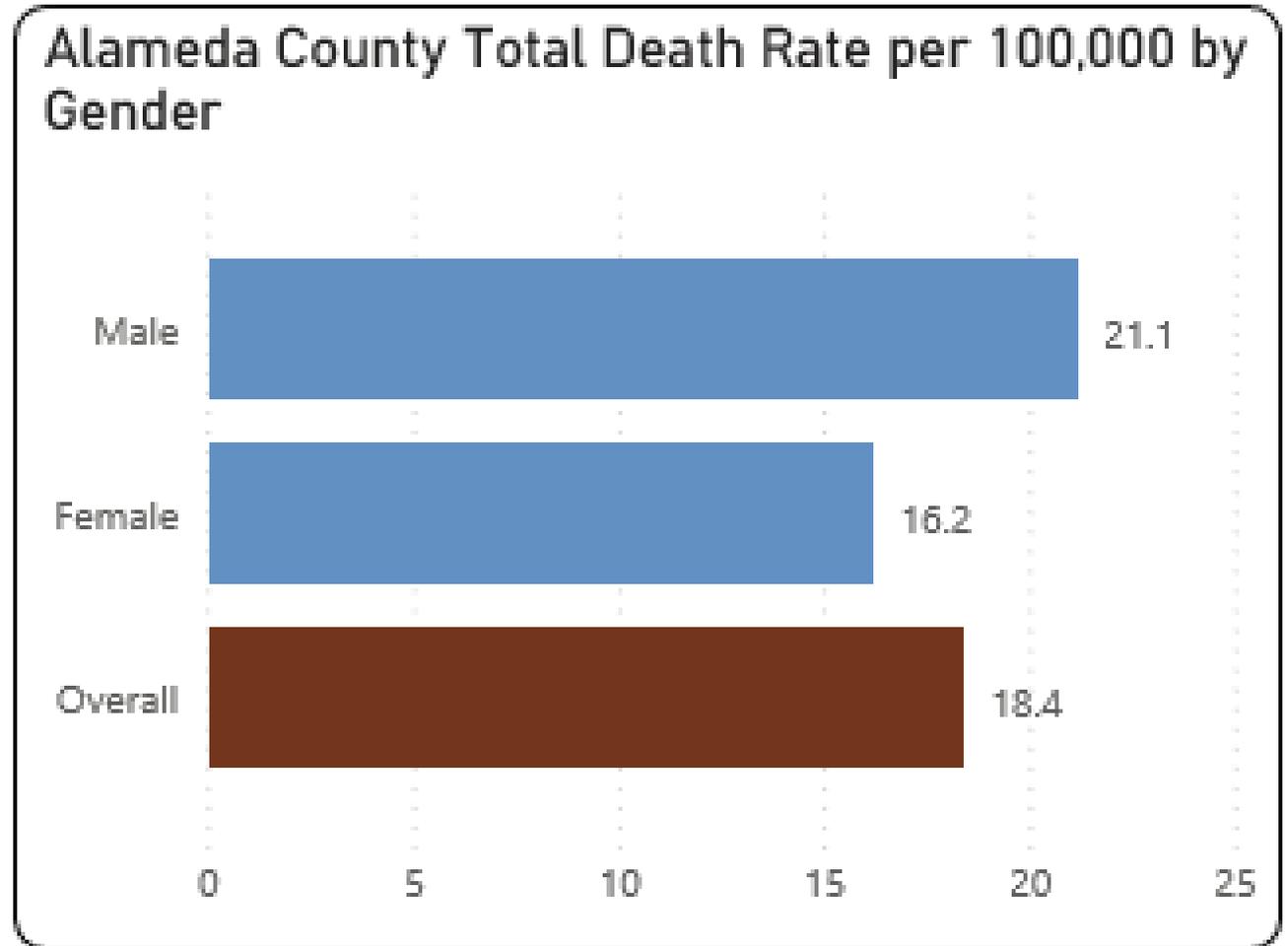
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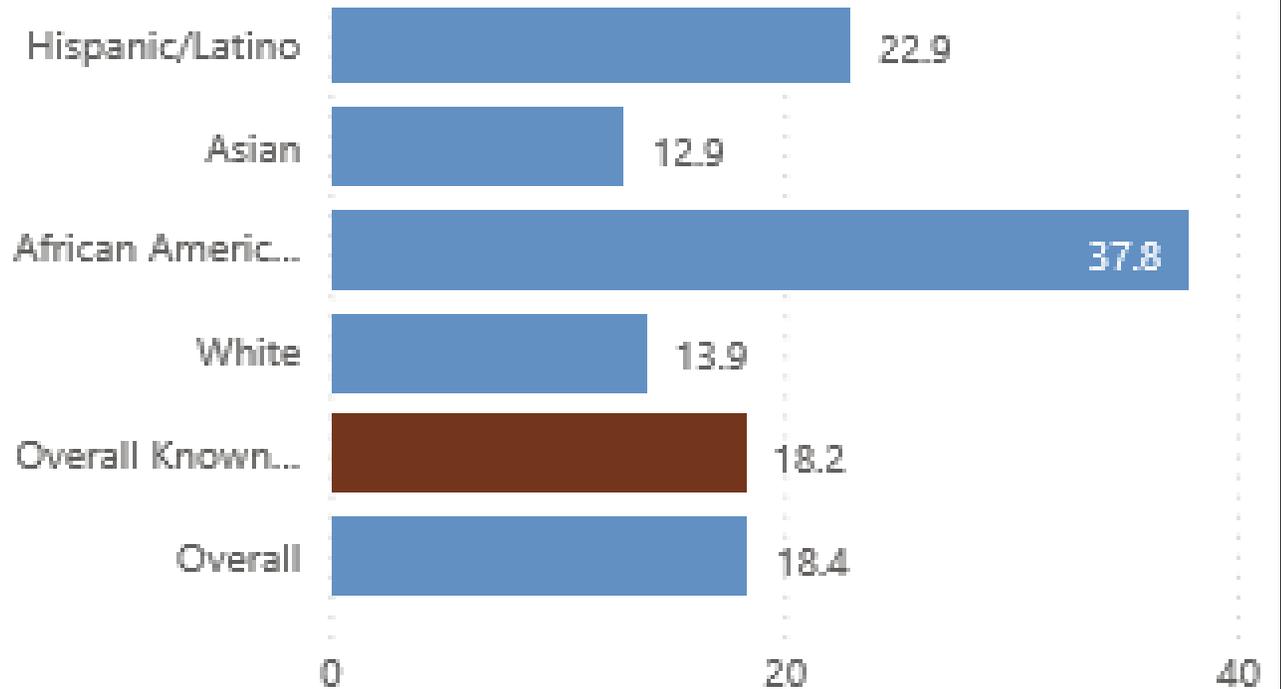


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Alameda County Total Death Rate per 100,000 by Race/Ethnicity





# Is there a local crisis in wellness?

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

# 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...???

# CONTEXT

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

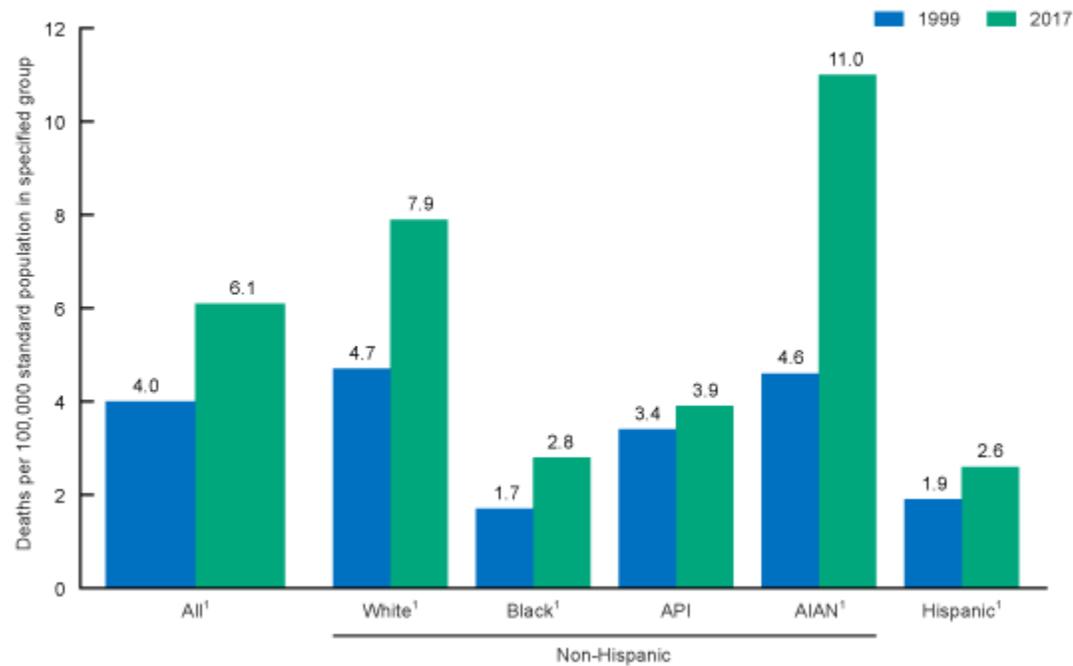
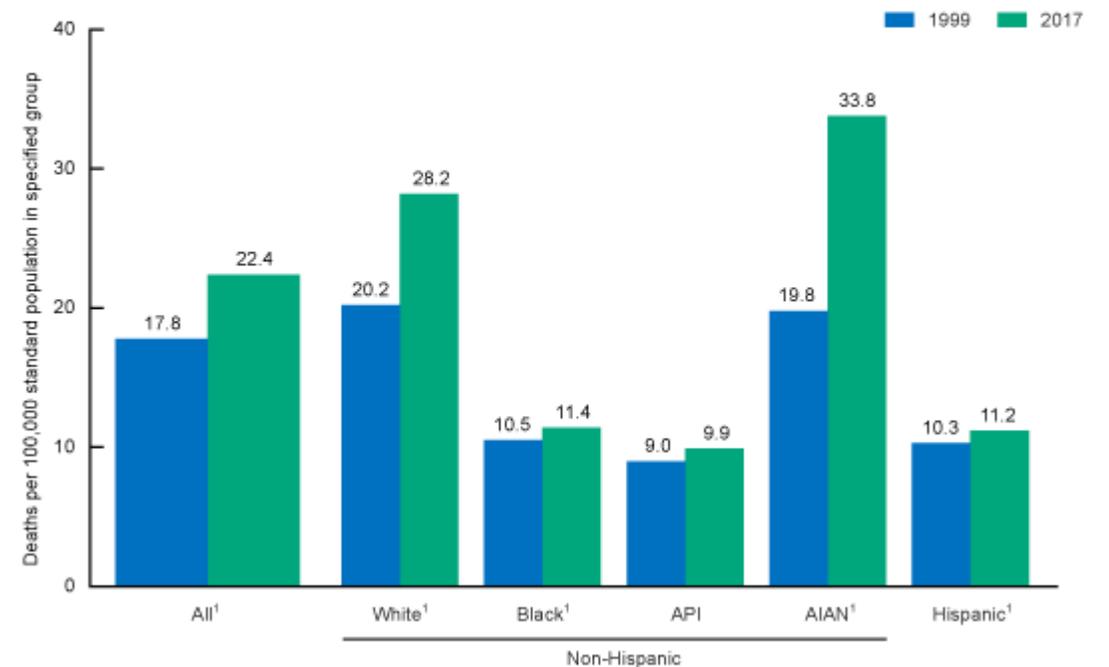
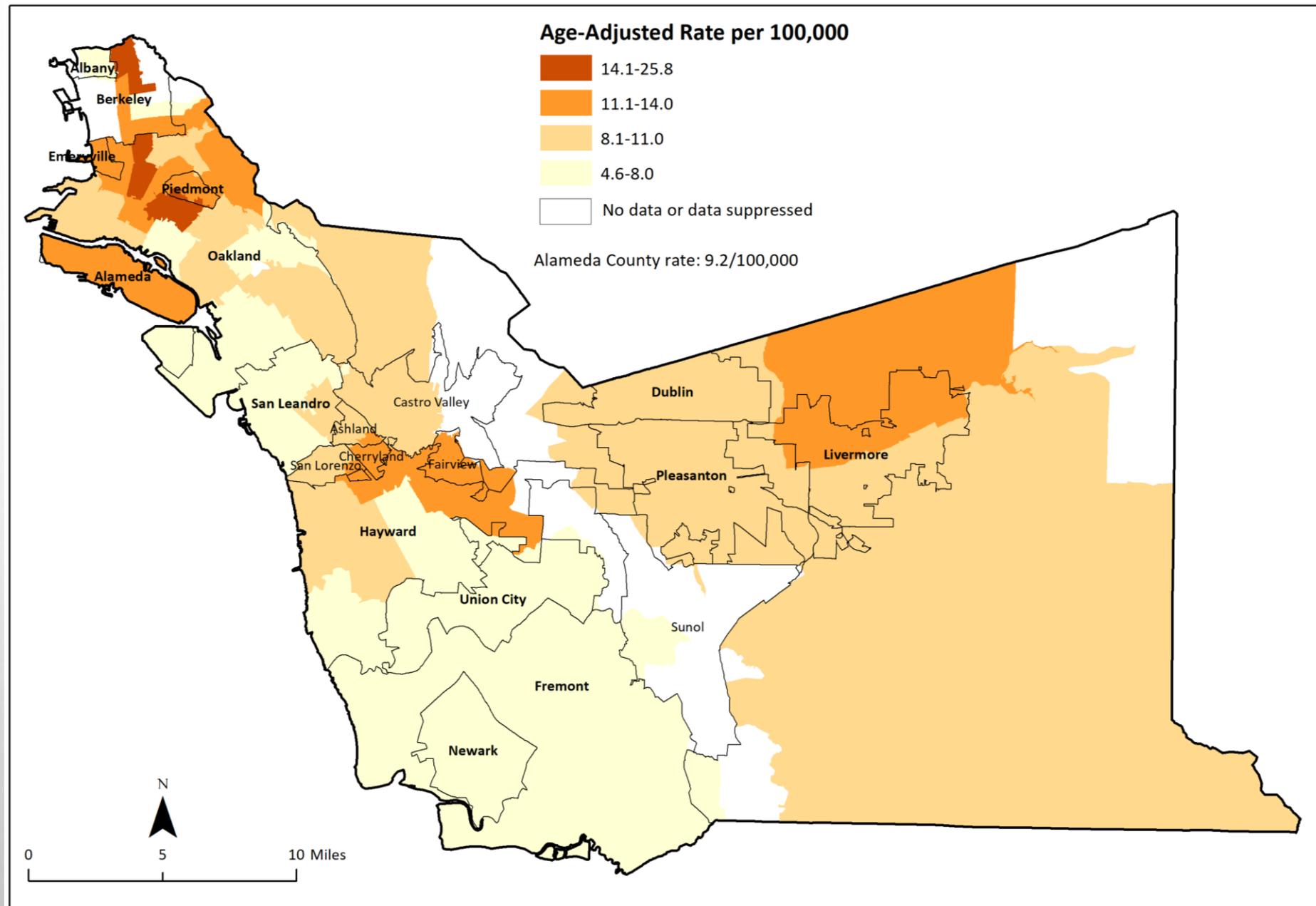


Figure 2. Age-adjusted suicide rates for males, by race and ethnicity: United States, 1999 and 2017



# CONTEXT – Local Statistics: Suicide Rates by Geographic Area

Source: CAPE, with data from Alameda County vital statistics files, 2011-2019.



# CONTEXT – Local Statistics

## Suicide Rates in Alameda County –

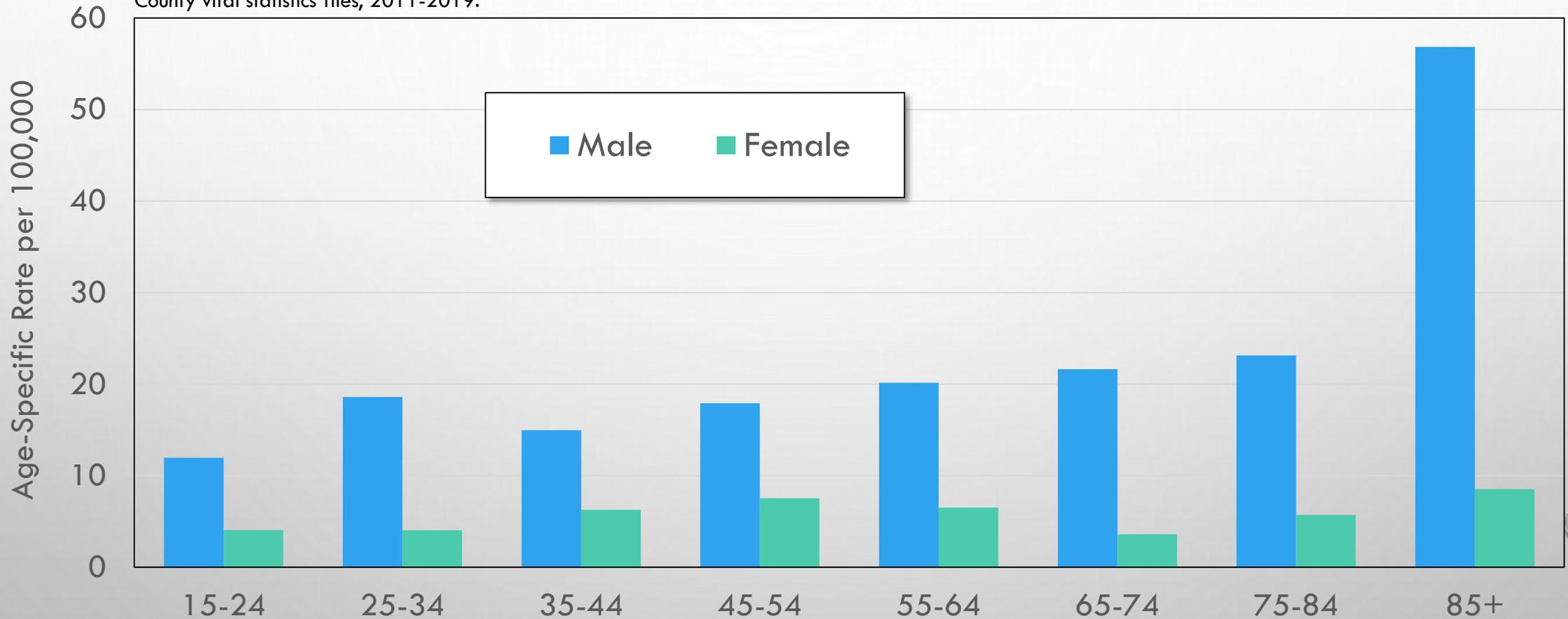
### Overall Statistics:

- 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

Source: CAPE, with data from Alameda County vital statistics files, 2011-2019.



# CONTEXT – Local Statistics

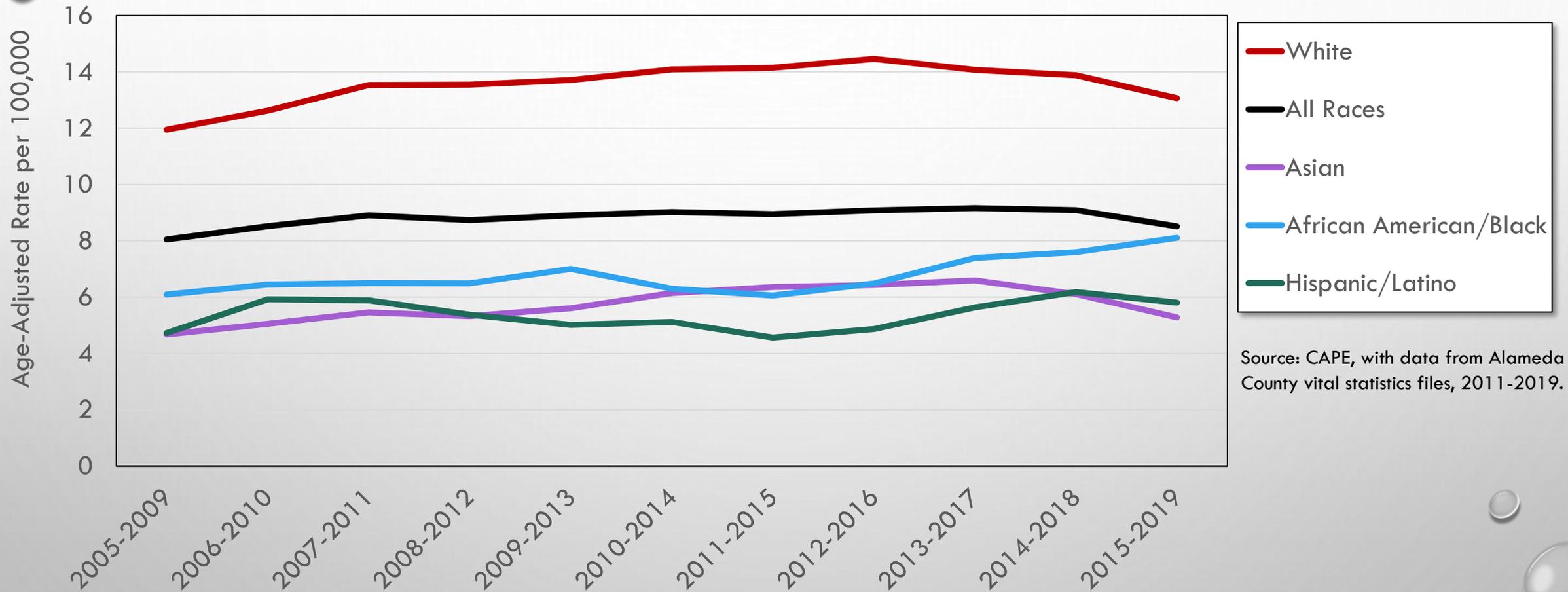
## Suicide Rates in Alameda County –

### 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

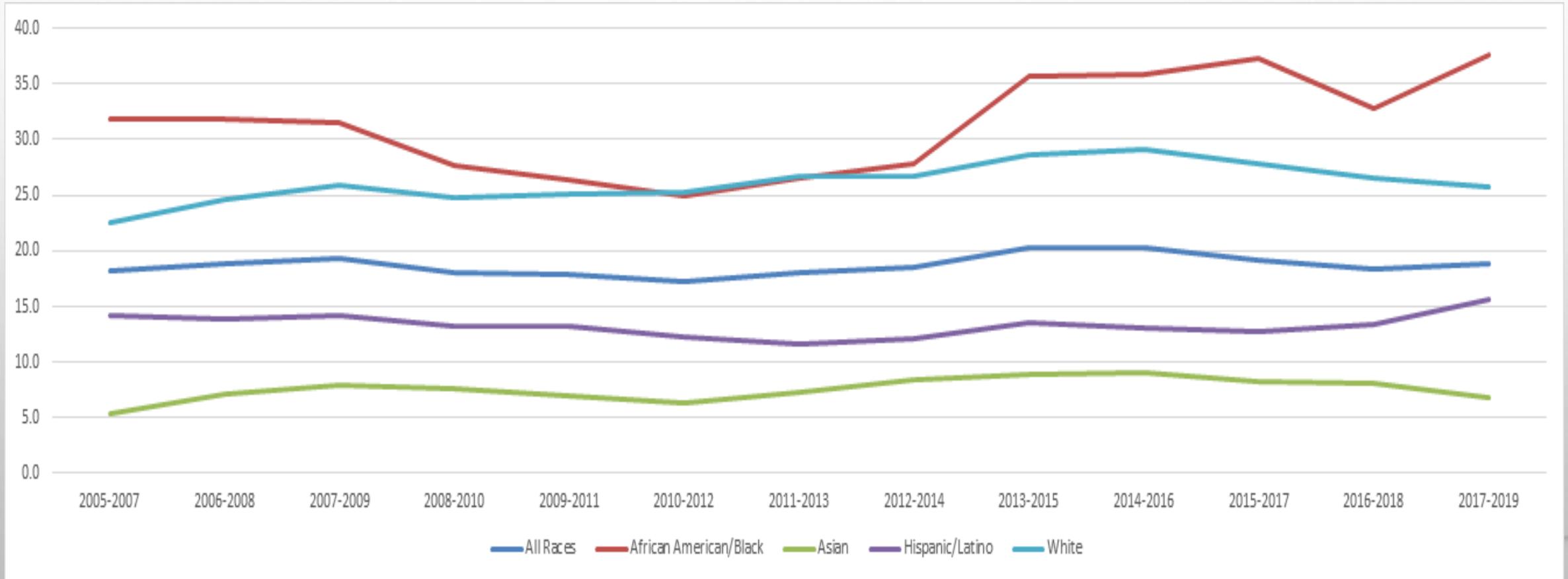
## Suicide Data by Race/Ethnicity



Source: CAPE, with data from Alameda County vital statistics files, 2011-2019.

# CONTEXT – Local Statistics

- **Trend in Suicides by Race/Ethnicity (2005 – 2019) –**





# 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

“Wholistic Care”

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



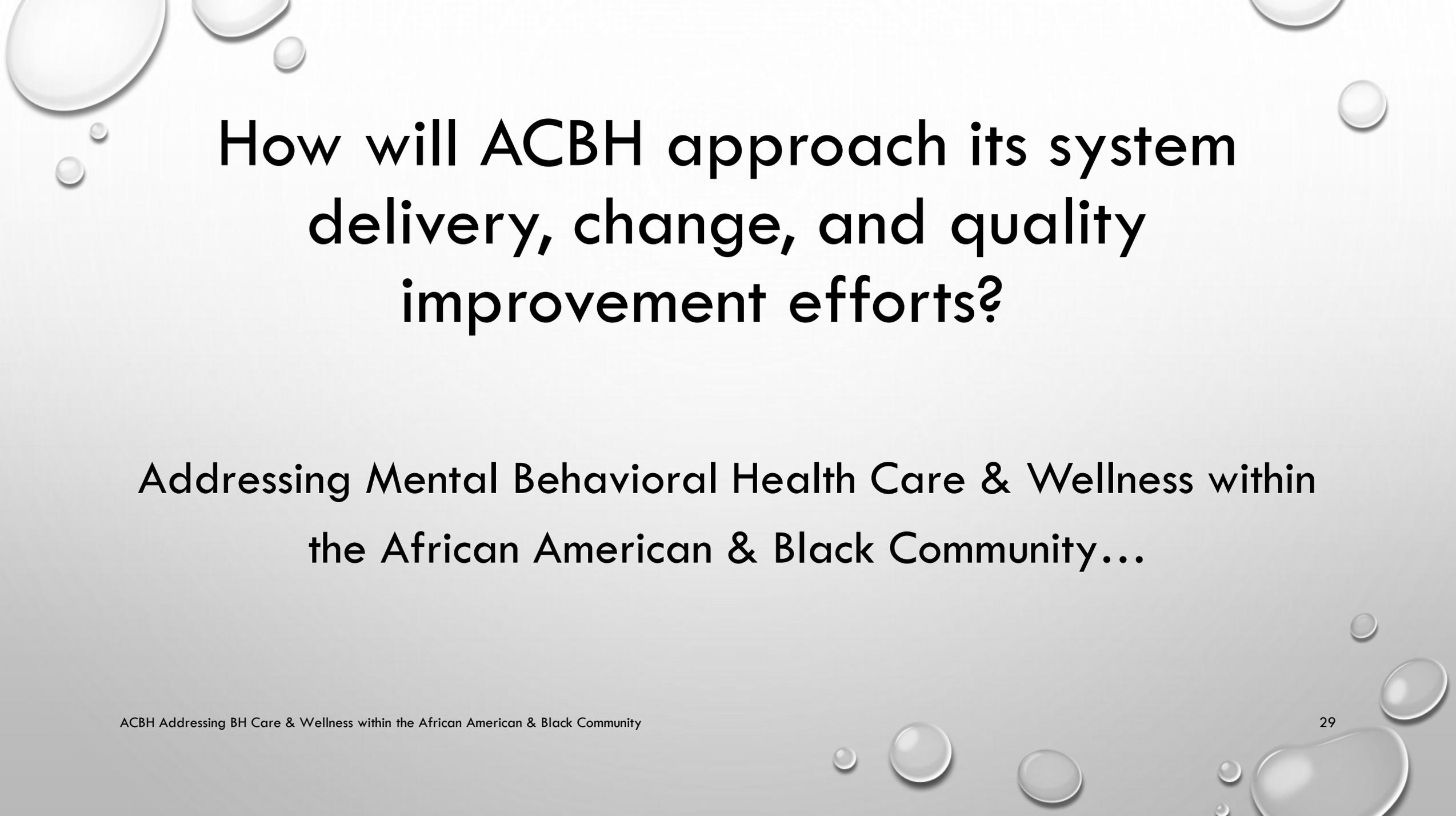
# What will ACBH do?

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

# CREATING A HOLISTIC CARE DELIVERY SYSTEM FOR THE WHOLE PERSON

## 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://jobapscloud.com/Alameda/sup/bulpreview.asp?R1=20&R2=5094&R3=01>)



# How will ACBH approach its system delivery, change, and quality improvement efforts?

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

# CREATING A HOLISTIC CARE DELIVERY SYSTEM FOR THE WHOLE PERSON

## 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

# 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!

ACBH Addressing BH Care & Wellness within the African American & Black Community

