



STATEWIDE MENTAL HEALTH YOUTH SERVICES

HOW DO MOST CALIFORNIA YOUTH RECEIVE PHYSICAL AND MENTAL HEALTH SERVICES?

Updated 11/2023

HOW DO MOST CALIFORNIA YOUTH RECEIVE PHYSICAL AND MENTAL HEALTH SERVICES? PART I

CALIFORNIA’S MEDICAID: MEDI-CAL & CHIP

WHAT IS MEDI-CAL?

- California’s version of the national health care program *Medicaid*
- Entitles youth 21 and under to medically necessary care, including preventive, physical, medical, and dental services
- Free for households with incomes up to 266% of the federal poverty line (FPL)*
- Beneficiaries receive services either through managed care or fee-for-service

* If income exceeds this threshold when qualified, a share of cost plan is created where household pays a certain amount before Medi-Cal starts to pay

WHAT IS CHIP?

- Stands for *Children’s Health Insurance Program (CHIP)* and is part of the Medi-Cal program
- Expands health care coverage to youth 19 and under with incomes above Medi-Cal thresholds
- California has both a CHIP within its Medi-Cal program and a stand-alone CHIP
- Beneficiaries receive services either through managed care or fee-for-service*

* Children enrolled in Presumptive Eligibility receive fee-for-service Medi-Cal until they have finalized their enrollment

ELIGIBILITY FOR MEDI-CAL & CHIP (INCOME THRESHOLDS)*

- General youth**:

 - Age: 0 to 1
 - Medi-Cal: 233% of FPL
 - CHIP: 322% of FPL
 - Age: 2 to 5
 - Medi-Cal: 142% of FPL
 - CHIP: 266% of FPL
 - Age: 6 to 18
 - Medi-Cal: 133% of FPL
 - CHIP: 266% of FPL
 - Age: 19-25
 - Medi-Cal: 138% of FPL
 - CHIP: N/A

- Current/former foster youth:
 - Age: 0 to 26
 - Income threshold: None
 - Current/former foster youth are automatically enrolled in Medi-Cal, regardless of income
- Juvenile justice youth:
 - Age: 10 to 17
 - Youth in juvenile detention facilities have Medi-Cal benefits suspended (but not terminated) until release
- Undocumented youth:
 - Age: 0 to 25
 - Children and youth 25 and under who meet income thresholds are covered by Medi-Cal regardless of immigration status



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* Eligibility thresholds for Medi-Cal and CHIP are based on household income levels as a percentage of the federal poverty level (children up to age 19 are eligible if annual household income was below 266% of FPL)

**In three counties (San Mateo, Santa Clara and San Francisco), separate CHIP programs cover youth up to 19 up to 322% of the federal poverty level

MEDI-CAL & CHIP: ENROLLMENT, PATHWAYS, AND DELIVERY SYSTEMS (03/2023)

ENROLLMENT (MONTHLY)

- 5.8 million youth enrolled in Medi-Cal
- 1.3 million enrolled through CHIP

PATHWAYS TO MEDI-CAL/CHIP AND DELIVERY SYSTEMS

WHICH PATHWAYS DO YOUTH BECOME ELIGIBLE FOR MEDI-CAL?

- Majority of youth are eligible via an income pathway
- Income Pathway- Adult: 42%
- Income Pathway- Child: 19%
- Non-income Pathway- Adult: 15%
- CHIP: 8%
- Limited-scope Medi-Cal/State-Only*: 10%
- Non-income Pathway- Child: 6%

* Department of Health Care Services does not report to CMS total enrollment in limited scope Medi-Cal or state-only funded programs (includes children and youth 25 and under and adults 50 and older regardless of immigration status)

WHICH SYSTEMS DOES MEDI-CAL USE TO DELIVER SERVICES TO YOUTH?

- Overwhelming majority of youth receive services via managed care
- Fee-for-Service: 7%
- Managed Care: 93%

CALIFORNIA MEDI-CAL FOR KIDS & TEENS (RENAMED IN 2023)

WHAT IS THE MEDI-CAL FOR KIDS & TEENS BENEFIT?

- Refers to the federal *Early Periodic Screening Diagnostic Treatment (EPSDT)* benefit
- As of 2023, California refers to EPSDT as *Medi-Cal for Kids & Teens*
- Entitles Medi-Cal and CHIP youth 21 and under to preventive health care and mental health services:
 - screenings and immunizations
 - physician & hospital visits
 - vision, hearing & dental care
 - physical, speech & occupational therapies
 - home therapy services
 - mental health & substance abuse treatment

MEDI-CAL MENTAL HEALTH SERVICES

TYPES OF MENTAL HEALTH SERVICES

SPECIALTY MENTAL HEALTH (SMHS)

- Intensive care coordination
- Intensive home-based services
- Therapeutic behavioral services
- Therapeutic foster care

NON-SPECIALTY MENTAL HEALTH SERVICES (NSMHS)



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- Individual, group, and family therapy
- Dyadic services
- Medication support
- Crisis services
- Psychiatric health facilities services
- Psychiatric inpatient hospital services
- Targeted case management
- Peer support services
- Psychiatrist Services
- Psychologist services
- Psychiatric nursing facility services

PROCESS OF RECEIVING MENTAL HEALTH SERVICES

WHAT DETERMINES WHICH TYPE OF MENTAL HEALTH SERVICES YOUTH RECEIVE?

- County Mental Health Plan (MHP) conducts assessment of youth’s condition to determine appropriate type of mental health services
- If EPSDT medical necessity criteria is met:
 - County Mental Health Plan (MHP) provides SMHS
- If EPSDT medical necessity criteria is NOT met:
 - Managed Care Plan (MCP) provides NSMHS
 - Fee-For-Service (FFS) provides NSMHS

MEDICALLY NECESSARY CRITERIA*

YOUTH HAS ONE OF THE FOLLOWING:

- High risk in trauma screening tool
- Involved in the child welfare system
- Involved in the juvenile justice system
- Experiencing homelessness

OR

1. At least one:
 - Significant impairment
 - Reasonable probability of significant deterioration in an important area of life functioning
 - A reasonable probability of not progressing developmentally
 - A need for SMHS not included within the Medi-Cal managed care plan mental health benefits
2. And:
 - Diagnosed mental health disorder
 - Suspected mental health disorder
 - Significant trauma placing youth at risk for future mental health condition

* County Mental Health Plans (MHP) are tasked with ensuring all youth receive mental health services, regardless of whether they meet the EPSDT medical necessity criteria

SOURCES

California Department of Health Care Services
 California Health Care Foundation
 Centers for Medicare and Medicaid Services
 National Center for Youth Law



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SNAPSHOT OF MEDI-CAL YOUTH ENROLLEES

ALL YOUTH ENROLLEES (3/2023)

- By Count
 - 6 million 0-20 enrolled in Medi-Cal
- By Age:
 - 0 to 2: 12%
 - 3 to 5: 13%
 - 6 to 11: 29%
 - 12 to 17: 31%
 - 18 to 20: 14%
 - Majority of youth enrollees are between 6 and 17
- By Race/Ethnicity:
 - Hispanic/Latino: 59%
 - White: 13%
 - Not Reported: 10%
 - Other: 8%
 - Black: 7%
 - Chinese: 1%
 - Vietnamese: 1%
 - Nearly 60% of youth enrollees are Hispanic or Latino
- By Written Language (Top 10):
 - English: 66.81%
 - Spanish: 29.26%
 - Unknown: 1.99%
 - Vietnamese: 0.62%
 - Cantonese: 0.36%
 - Russian: 0.33%
 - Mandarin: 0.20%
 - Arabic: 0.17%
 - Farsi: 0.13%
 - Other Chinese: 0.12%
 - Spanish is the second most used language among youth enrollees and their families

YOUTH ENROLLEES BY SUBGROUP

- All Youth:
 - 0-18 in state enrolled in Medi-Cal (2022): 43%
 - 0-20 share of all Medi-Cal enrollees (5/2023): 37%
- Impoverished:
 - 0-18 living below FPL on Medi-Cal (2022)*: 81%
- Foster Care:
 - Eligible for Medi-Cal**: 100%
 - 0-20 enrolled monthly in Medi-Cal***: 76K
- Juvenile Justice:
 - Covered by Medi-Cal/CHIP (2015-2019) ****: 60%

* FPL stands for the Census Bureau’s federal poverty level

** Children and youth who receive federal foster care benefits are automatically eligible for Medi-Cal

***Data point does not include all who fall under the Adoption/Foster Care aide category (just those in foster care)

**** Data point includes children and youth 12 to 17 years old nationwide who stayed overnight in jail/detention in past year (2015-2019 NSDUH)



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MEDI-CAL FOR KIDS AND TEENS: USE OF SERVICES

- *Medi-Cal for Kids and Teens* guarantees youth 21 and under with screening services, corrective treatment, and dental services
- Annual EPSDT Reporting Data* (as of 2021):
 - Eligible for services for 90 continuous days: 96%
 - 0-20 eligible under CHIP expansion: 26%
 - Receiving services via managed care: 91%
 - Eligibles receiving initial or periodic screenings: 45%
 - Eligibles receiving preventive dental or oral health services: 40%

* As of 2023, the Early and Periodic Screening, Diagnostic and Treatment (EPSDT) benefit enacted to Federal law in 1967 is referred to as Medi-Cal for Kids and Teens in California

MEDI-CAL FOR KIDS AND TEENS: USE OF SPECIALTY MENTAL HEALTH SERVICES (SMHS)

WHAT ARE SPECIALTY MENTAL HEALTH SERVICES (SMHS)?

- Mental health services delivered through county mental health plans
- Available to youth under 21 who meet the medical necessary criteria* for “specialty” mental health services
- Specialty Mental Health Services (SMHS) include:
 - Intensive care coordination (ICC)
 - Intensive home-based services (IHBS)
 - Therapeutic behavioral services (TBS)
 - Psychotropic medication evaluation
 - Individual group and family therapy
 - Crisis counselling and stabilization
 - Special day programs
- 246K youth 0-20 receiving specialty mental health services (SMHS)

* See Infographic 3 for more information about up-to-date specialty mental health services (SMHS) medical necessity criteria

SMHS BENEFICIARIES (2022)

- By Count:
 - 2019:
 - 1+ visits: 271K
 - 5+ visits: 200K
 - 2020:
 - 1+ visits: 260K
 - 5+ visits: 197K
 - 2021:
 - 1+ visits: 246K
 - 5+ visits: 187K
 - 2022:
 - 1+ visits: 246K
 - 5+ visits: 181K
- By Age:
 - Ages 0 to 2: 3%
 - Ages 3 to 5: 6%
 - Ages 6 to 11: 28%
 - Ages 12 to 17: 49%
 - Ages 18 to 20: 14%
- By Race/Ethnicity:
 - Hispanic/Latino: 59%
 - White: 15%



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- Unknown: 8%
- Other: 8%
- Black: 7%
- Asian/Pacific Islander: 5%
- Native American: 0.4%
- By Mental Health Diagnoses (2021):
 - Reaction to severe stress & adjustment disorders: 23%
 - Major depressive disorder, single episode: 14%
 - Other anxiety disorders: 13%
 - Attention-deficit hyperactivity disorders: 11%
 - Other diagnosis: 11%
 - Major depressive disorder, recurrent: 10%
 - Conduct disorders: 7%
 - Persistent mood [affective] disorders: 7%
 - Unspecified mood [affective] disorder: 2%
 - Emotional disorders with onset specific to childhood: 2%
 - Bipolar disorder: 1%
 - Pervasive developmental disorders: 0.1%
- By SMHS Services Used (Top 10) (2021):
 - Mental Health Services: 47%
 - Targeted case management: 17.9%
 - Medication support services: 14.2%
 - Intensive care coordination: 6.7%
 - Crisis intervention: 4%
 - Intensive home-based services: 3.7%
 - Inpatient services: 2.5%
 - Crisis stabilization: 2%
 - Therapeutic behavioral services: 1.4%
 - Hospital Inpatient Services: 0.3%

SOURCES

California Department of Health Care Services
 California Health Care Foundation
 Centers for Medicare & Medicaid Services
 Kaiser Family Foundation
 Medicaid and CHIP Payment and Access Commission

