



**California's Mental  
Health Movement**

**October 2023**

# California's Mental Health Movement

California is constructing a real mental health system. No matter how old you are, how much you make, or what you're suffering from, you have access to the help you need. **In California:**



**NEARLY 1 IN 7 ADULTS**

has experienced mental illness.



**BLACK, NATIVE AMERICAN, AND LGBTQ+ YOUTH**

are particularly vulnerable.



**287,000 YOUTH**

with major depression do not receive treatment.



**82% OF HOMELESS ADULTS**

surveyed had experienced a serious mental health condition.

California is confronting our behavioral health crisis – focusing on getting people with the greatest needs off the streets and into the **treatment and housing** they need, while increasing access to behavioral health services for kids and families before they develop more severe issues.

We're building approximately **24,800 beds and units and 45,800 outpatient treatment slots** for Californians with behavioral health issues across the spectrum — everything from intense, inpatient care, to substance abuse treatment, to outpatient care and counseling — finally keeping the promises made when California dismantled its locked mental health institutions in the 1960s.

Governor Newsom has invested historic amounts to get people the real, **comprehensive services** they need to heal and bring those services to spaces people already receive care - schools, doctor's offices, and more.

We're investing in **kids' well-being** so they don't suffer in the first place. And we're supporting adults, families, and veterans as they navigate all the ages and stages of life.

We're developing the **workforce** necessary to turn these goals into reality – California is investing **\$5.1 billion**, and proposing an additional **\$2.4 billion** investment through reforms to the Mental Health Services Act, to train and support **65,000 health care workers** over the next five years to ensure we have the workforce to provide culturally responsive services and care to all who need them.

## Over \$28 Billion Investment with Results



### TREATMENT AND HOUSING FOR THOSE WHO NEED IT MOST

**\$10.9 billion** to build approximately **24,800 beds and units and 45,800 outpatient treatment slots** for those with behavioral health issues. Access to housing resources through CARE Court. Nearly \$1 billion annually proposed for housing supports and services, like rent, through reforms to the Mental Health Services Act.



### INCREASING ACCESS TO MENTAL HEALTH SERVICES FOR ALL

Investing **over \$10.1 billion** to increase access to behavioral health services for all Californians, including \$1.4 billion for mobile crisis services. Transforming Medi-Cal to expand behavioral health services and crucial care for **one in three Californians**, offering new crisis care and targeted veteran and older adult services, and developing a plan to require private and commercial health plans to raise their standards to match Medi-Cal behavioral health plans.



### BUILDING OUR HEALTH CARE WORKFORCE

California is investing **\$5.1 billion**, and proposing an additional **\$2.4 billion** investment through reforms to the Mental Health Services Act, to train and support more than **65,000 health care workers** over the next five years to ensure we have the workforce to provide culturally responsive services and care to all who need them.



### SUPPORTING AND SERVING KIDS

These investments include **\$4.6 billion** to support children through the Master Plan for Kids' Mental Health. The Plan gives California's **10,000 public schools** the opportunity to get enhanced funding to increase student behavioral health services.



# Treatment and Housing

California is investing historic amounts to provide treatment and community housing for those who need it the most – people facing the most serious illnesses and most severe substance use disorders – too many of whom suffer on our streets or in our jails.

When California began to deinstitutionalize mental health patients in the 1960s, the state had 22,000 people locked away in psychiatric hospitals. But the promise of community-based care was never fully realized – until now.

Governor Newsom is leading the charge with an investment of \$10.9 billion to build approximately 24,800 beds and units and 45,800 outpatient treatment slots for Californians with behavioral health issues across the spectrum – surpassing the capacity we once had. And all of this investment is paired with accountability for local governments to do more, and do better.

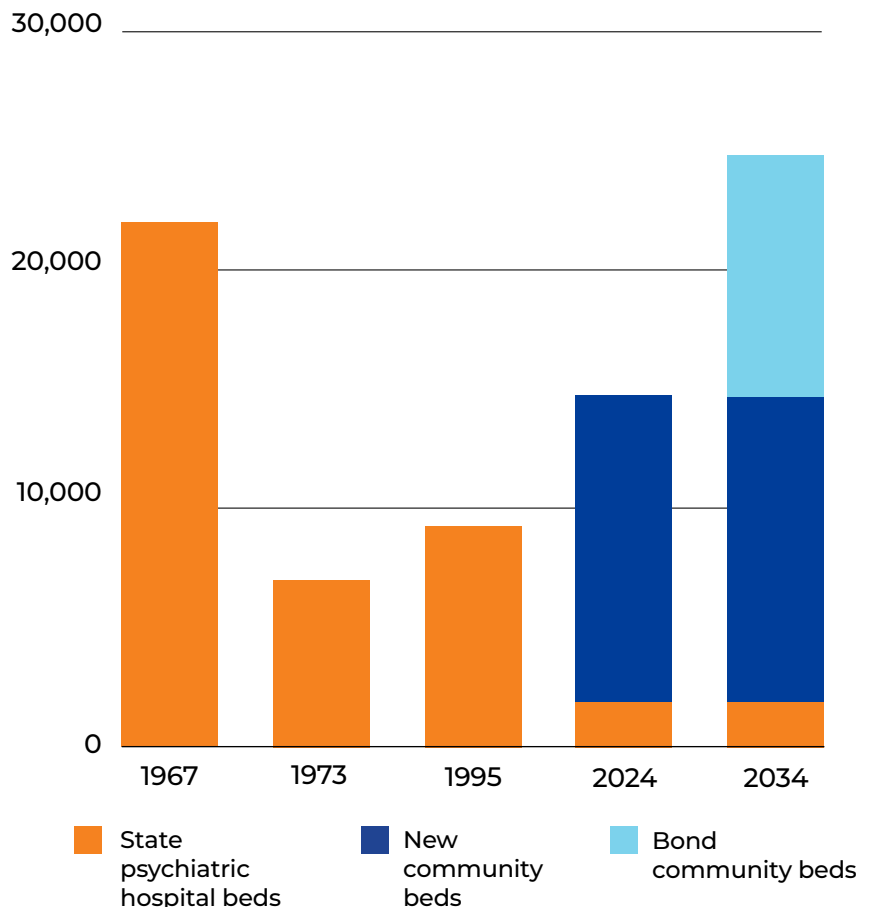


**\$10.9 BILLION TO BUILD APPROXIMATELY 24,800 BEDS AND UNITS AND 45,800 OUTPATIENT TREATMENT SLOTS FOR CALIFORNIANS WITH BEHAVIORAL HEALTH ISSUES.**

## HOUSING WITH ACCOUNTABILITY, REFORM WITH RESULTS

The **\$6.38 billion** bond alone builds **11,150 new treatment beds** and housing units for people with the most acute behavioral health issues and **26,700 treatment slots** – outpatient capacity that touches many tens of thousands of lives a year – everything from intensive services for homeless people with serious mental illness, to counseling for kids suffering from depression, and everyone in between.

## STATE BEHAVIORAL HEALTH BEDS



# Treatment and Housing



## REFORM WITH RESULTS

Transforming the Mental Health Services Act to support those with substance use disorders and behavioral health needs, including through nearly \$1 billion annually proposed for housing supports and services, like rent. New accountability measures will require counties to make a single plan for all behavioral funding, based on data and community engagement, with local priorities, progress reports, and stronger state oversight.



## CUTTING RED TAPE

California is clearing regulations to make it easier for communities to provide the full range of mental health services. We're working with the federal government to allow California to innovate with health care and make historic investments to cover a wider variety of services, especially for those most at-risk – including transitional housing for those facing homelessness, care management for complex cases, and short-term stays in institutions for mental disease (IMD) for those with the most serious mental illnesses.



## INNOVATIVE HEALTH CARE FOR THE MOST VULNERABLE

Through CalAIM, California is reforming our Medi-Cal system to improve outcomes through person-centered care – meeting people where they are with mobile crisis services, rent and transitional housing, community-based supports, and specific services for justice-involved Californians.



## STATE HOSPITALS

State Hospitals increasingly provide inpatient care for people facing felony charges and found incompetent to stand trial due to a serious mental illness, the majority of whom are also homeless. California is investing more than \$600 million in new resources to ensure these individuals get access to treatment quickly and to create options to safely support community-based care and housing stability and reduce recidivism.



## CARE COURT

In 2022, Governor Newsom enacted CARE Court - a first-in-the-nation framework to provide individuals with untreated serious mental illness the care and services they need to get healthy, with support of their loved ones through the courts.

# Increasing Access to Behavioral Health Services

For decades, some of the most vulnerable people with serious mental illness began receiving treatment only after they became so sick that they were institutionalized or ended up incarcerated. Now, that's all changed. Because the work to integrate behavioral health services that meet people where they are is already underway, Californians have better access to behavioral health services. Now, no matter who you are, how much you make, or where you live, you have access to mental health services in California.



## BRINGING BEHAVIORAL HEALTH TO MEDI-CAL

A third of Californians are currently enrolled in Medi-Cal and California leads in providing health care, regardless of immigration status. **CalAIM**, a nation-leading transformation, brings over 15 million Californians behavioral health services through expanded telehealth, enhanced treatment, mobile crisis care, housing assistance, and a focus on prevention.



## ADDRESSING SUBSTANCE ABUSE DISORDERS

Mental health challenges and substance abuse disorders are so often co-occurring. We are addressing the other side of behavioral health with historic MHSR reform, unlocking billions to treat substance use disorders. Through the Master Plan to Tackle the Fentanyl and Opioid Crisis, we're investing **over \$1 billion** to crack down on drug trafficking, reduce and prevent overdoses, and raise awareness. And we've taken the first step towards creating a more affordable and accessible supply of Naloxone nasal products through CalRx, allocating \$30 million for this initial step.



## PROVIDING PERSON-CENTERED CARE

Through CalAIM, California is reforming our Medi-Cal system to improve outcomes through person-centered care – meeting people where they are with mobile crisis services, rent and transitional housing, community-based supports, and specific services for justice-involved Californians.



## SUPPORTING CALIFORNIA'S DIVERSE AND GROWING COMMUNITIES

Through initiatives like **peer support services**, the **Alzheimer's Task Force** investments in prevention, diagnosis, and care, the **CalVet Veteran's Health Initiative** to prevent suicide, and the **Older Adult Behavioral Health Initiative**, we're providing mind health resources tailored to the specific needs of communities.



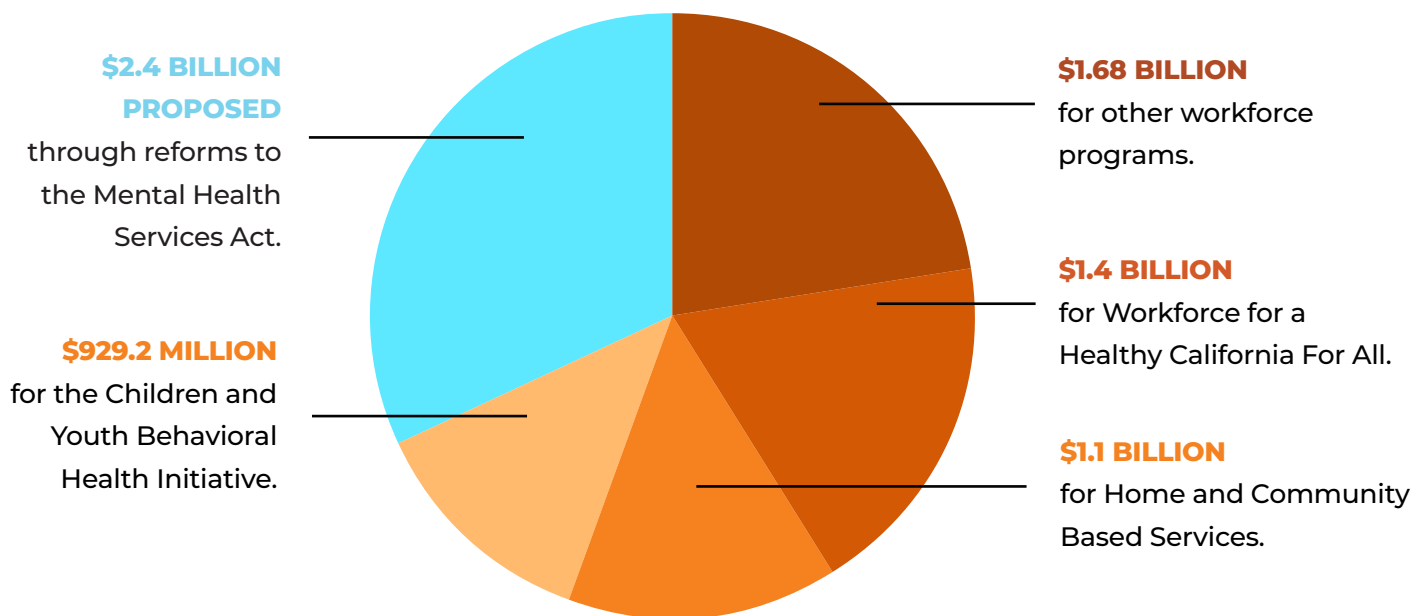
## 24/7 BEHAVIORAL HEALTH RESOURCES

From the **988 crisis line** to **CalHOPE**, from the **older adults Friendship Line** to **CA vs. Hate**, Californians have numbers to call to get behavioral health support for their situation, when they need it and in the language they speak. CalHOPE, a crisis line and online platform to address stress and anxiety, has served **1.3 million Californians**.

## Building Our Health Care Workforce

Expanding behavioral health care services will require tens of thousands of new trained health care workers. California is prioritizing **\$7.5 billion** – a **\$5.1 billion** investment plus a proposed additional **\$2.4 billion** through reforms to the Mental Health Services Act – to build a more diverse, culturally-competent health care workforce that increases our capacity to meet the health needs of Californians, including children and families. All told, these investments will provide pathways and training for **over 65,000** workers to serve a variety of behavioral health and physical health needs for people of all ages.

### State and Federal Health Care Workforce Allocations



If voters approve the Mental Health Services Act reform, California will be able to leverage federal dollars to bring **\$2.4 billion** in investments to **expand the state's behavioral health care workforce**.

Through this reform proposal, the state – **for the first time ever** – will pursue an ongoing, cohesive effort to create a statewide behavioral health care workforce.

In addition, California is **expanding the pipeline of behavioral health workers** through partnerships with colleges and universities and providing **financial aid, loan forgiveness and incentives** for those who choose to go into a behavioral health career.

All told, these investments will help California address the behavioral health worker shortage in the state and meet Californians where they are – at school, at work, online, at the doctor's office, and in the community.

# Supporting and Serving Kids

The global pandemic put a spotlight on our nation's mental health crisis – and the heavy toll borne by the youngest among us, especially in underserved and marginalized communities. Nationwide, our kids are more anxious and depressed. Starting from early childhood screenings to more counselors in school, California is changing how we address mental health and substance use challenges for our kids.

In August 2022, Governor Newsom and First Partner Jennifer Siebel Newsom launched **the Master Plan for Kids' Mental Health** – a 5 year initiative to address the crisis we are facing.



## \$4.6 BILLION TO EXPAND YOUTH ACCESS TO BEHAVIORAL HEALTH CARE AND SUPPORT KIDS' WELL-BEING.

- ▶ Adverse childhood experience (ACEs) screenings for all kids 0-3 on health plans in California.
- ▶ Healthy Minds Thriving Kids video series for educators, parents, and kids to help navigate challenges.
- ▶ \$100 million youth-led anti-stigma campaign.
- ▶ \$40 million for Youth Suicide Prevention Programs and Grants.
- ▶ Children/youth focused facility projects through the Behavioral Health Continuum Infrastructure Program.
- ▶ CalHOPE student services in all county offices of education.
- ▶ Dyadic services through Medi-Cal.
- ▶ Pathways and training for over 40,000 workers to support youth behavioral health.
- ▶ Behavioral health virtual services platforms providing access to support tools including live 1:1 coaching.



### PREVENTION IN SCHOOLS

California is creating a behavioral health system that meets kids where they are by investing **\$4.1 billion** to create community schools where kids can receive essential services, including behavioral health screenings and care.



### MHSA ACCOUNTABILITY TO MEET NEEDS OF ALL, INCLUDING YOUTH AND YOUNG ADULTS WITH SERIOUS EMOTIONAL DISTURBANCES (BHSA)

California's historic reform of the Mental Health Services Act will serve California youth by giving kids preventive care, early intervention services, and will better serve kids with serious needs through new accountability measures and transparency measures.



### ONLINE ACCOUNTABILITY

California is protecting kids and empowering parents through nation-leading efforts to hold social media companies accountable for the mental health damage their products can do to young minds.



### COMBATING GUN VIOLENCE

California is fighting to protect kids and provide a safe learning environment by enacting common sense gun safety regulations and making life-saving tools accessible to communities across the state.