# San Diego County

## Adult Medi-Cal Mental Health Severity Analysis

<table>
<thead>
<tr>
<th>Element</th>
<th>Mild (1)</th>
<th>Moderate (2)</th>
<th>Severe (3)</th>
<th>(0) N/A</th>
</tr>
</thead>
<tbody>
<tr>
<td>Risk</td>
<td>Passive ideation or fantasy—no danger to self/danger to others (DTS/DTO) history Good impulse control Minimal criminal background, Good insight Ego dystonic (refers to thoughts, impulses, and behaviors that are viewed as unacceptable, distressing, or inconsistent with one’s self-concept)</td>
<td>Passive ideation or low level active with DTS/DTO history Rare loss of impulse control Mid-level nonviolent arrests, brief jail time Fair insight Ego dystonic</td>
<td>Recent or current active ideation, intent or plan Poor impulse control Violence related arrests, jail or prison time Poor insight Ego sytonic (refers to instincts, ideas, and behaviors that are viewed as acceptable to one’s self, are compatible with one’s values and ways of thinking, or are consistent with one’s fundamental personality or beliefs)</td>
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<tr>
<td>Clinical Complexity</td>
<td>Adjustment reaction Minor depression/anxiety Grief, job loss, marital distress, relationship difficulty No cognitive impairment No prior serious mental illness (SMI) history Limited AOD use</td>
<td>Schizophrenia, major mood or anxiety disorder – stable on medications, baseline function, sustained recovery Prior history of effective treatment, uncomplicated management Minimal cognitive impairment No recent hospitalizations AOD misuse (e.g., multiple emergency room visits at different hospitals)</td>
<td>Schizophrenia, major mood or anxiety disorder, recent instability or worsening function, precarious recovery, cognitive impairment Recent/repeated hospitals AOD dependence Prior history of treatment resistance or complexity (e.g., polypharmacy)</td>
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<tr>
<td>Life Circumstances</td>
<td>Emotional distress arising in the course of normal life stresses Adequately resourced &amp; supported Resilient</td>
<td>Intermittent emotional distress as a manifestation of a mental illness which is worsened by life stresses Limited resources &amp; support Strained resilience</td>
<td>Persistent emotional distress a manifestation of chronic mental illness Relies on behavioral health system for resources &amp; support Limited resilience</td>
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<tr>
<td>Benefit of Integrated Care</td>
<td>Already established, effective care in primary care setting for chronic stable medical + co-occurring mild mental illness/emotional distress</td>
<td>High medical, low behavioral High behavioral, low medical</td>
<td>Already established (or pending) care with County provider for complex SMI Relies on behavioral health system for resources &amp; support Low recovery</td>
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<tr>
<td>Total</td>
<td>Tier 1 (0-4)</td>
<td>Tier 2 (5-8)</td>
<td>Tier 3 (9-12)</td>
<td></td>
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<tr>
<td>Referrals</td>
<td>Augmented Primary Care Provider (PCP)-Impact Health Plan Network: -Federally Qualified Health Center (FQHC) -Health Plan Behavioral Health (BH) Network</td>
<td>Health Plan Network: -FQHC -Health Plan BH Network</td>
<td>County Mental Health Plan (MHP): -County Clinics -FQHC -Organizational Provider -Optum Fee-for-Service (FFS) Provider</td>
<td></td>
</tr>
</tbody>
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### SAN DIEGO COUNTY MEDI-CAL MANAGED CARE HEALTH PLANS

- **Care1st Health Plan**
  - (855) 321-2211
  - Care1st.com

- **Community Health Group**
  - (800) 404-3332
  - Chsgd.com

- **Health Net (MHN)**
  - (888) 426-0030
  - Healthnet.com

- **Kaiser Permanente**
  - (877) 496-0450
  - KaiserHealthcare.com

- **Molina Healthcare**
  - (888) 665-4621
  - MolinaHealthcare.com