Tijuana River Valley Sewage Emergency: Assessment of Chemical Exposure (ACE) Results



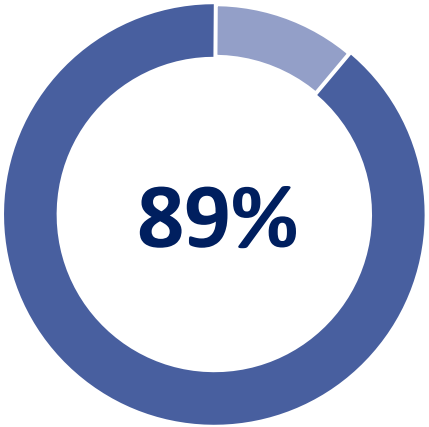
County of San Diego HHSA

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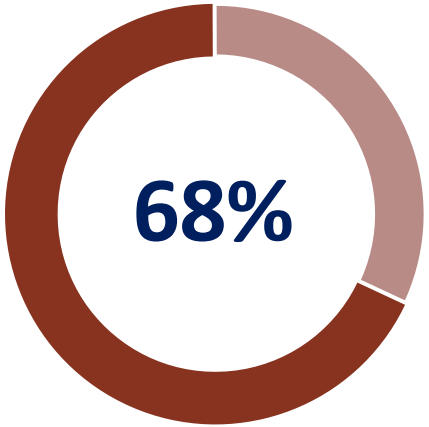
ACE Goals and Objectives

- **Goal:** Assess individual-level impacts through an ***on-line survey*** related to sewage exposure from the Tijuana River Valley
- **Objectives:**
  - Understand concerns of air and water exposure from contamination
  - Explore concerns about residential, occupational, recreational and other environmental exposures and health effects
  - Obtain parents' responses on behalf of children under age 18

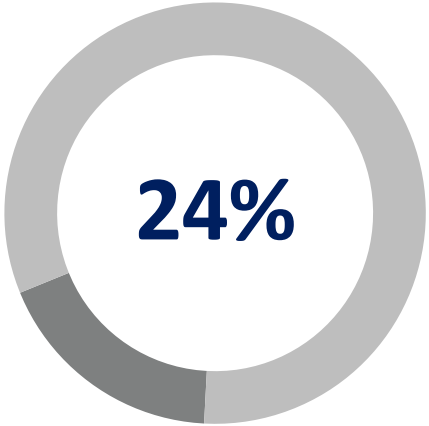
Summary of 2,099 participants



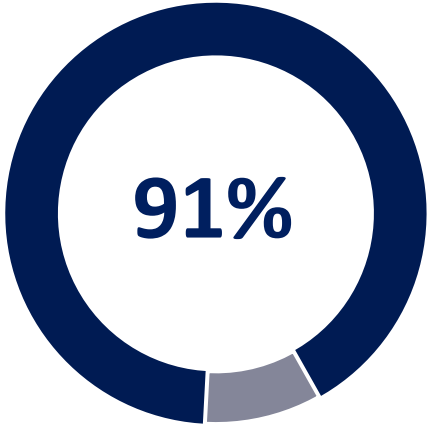
18 years or older



Female*



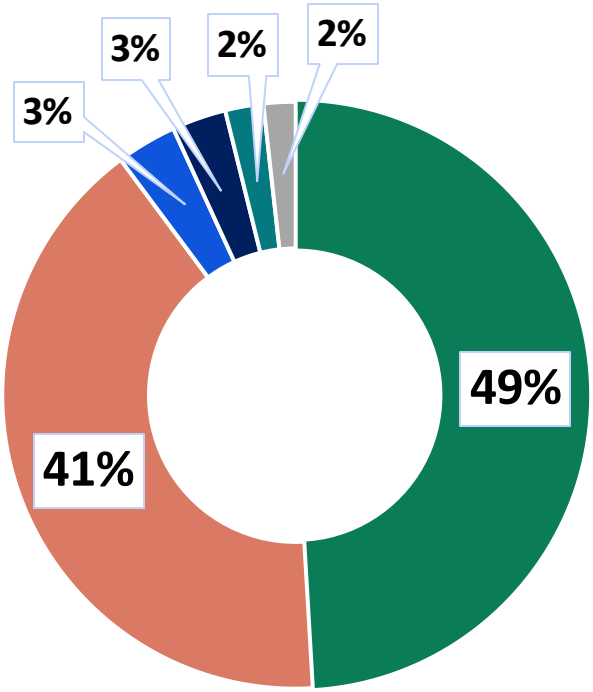
High School or less



Have health insurance

*13 women reported being pregnant: 2 in their first trimester, 6 in the second and 5 in the third.

Race and Ethnicity



- Hispanic/Latino (n = 1,003)
- White* (n = 833)
- Asian* (n = 68)
- Multiracial*(n = 61)
- Black/African American* (n = 43)
- Other** (n = 36)

172 Spanish surveys taken

*Non-Hispanic; **Includes non-Hispanic Native Hawaiian or Pacific Islander, American Indian or Alaska Native, and Middle Eastern or North African



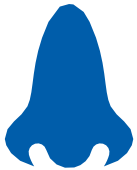
65%
feel like their mental health symptoms are related to the Sewage Crisis
(n=1200/1850)

Image source: Getty Images



Overall, 28% of participants* scored 3 or more on Generalized Anxiety Disorder 2-item (GAD-2) screen indicating possible clinical anxiety in the last 2 weeks

Participants reporting severe sewage smell tended to score higher on the GAD-2



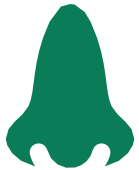
35% participants who reported severe sewage smell, reported anxiety symptoms

*n=495/1798

GAD-2: Cureus 2020:21;12(5) doi: 10.7759/cureus.8224



Overall, 21% of participants* scored 3 or more on Patient Health Questionnaire-2 (PHQ-2) screen indicating likely major depression in the last 2 weeks



Participants reporting severe sewage smell tended to score higher on the PHQ-2

27% of participants who reported severe sewage smell, reported depression symptoms

***n=383/1825**

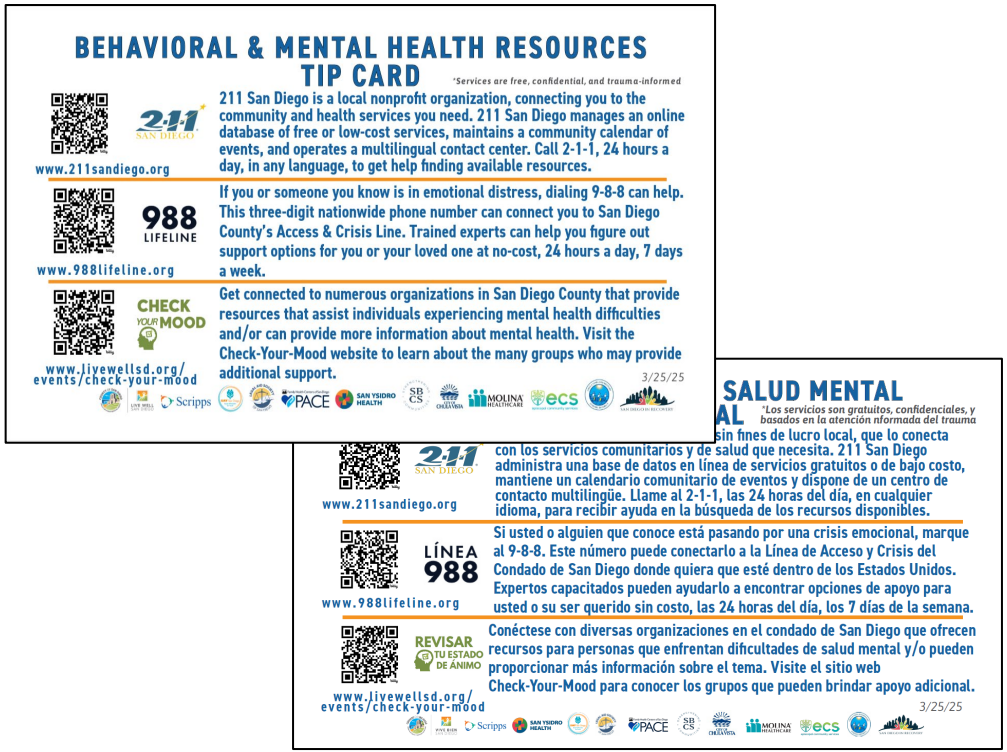
PHQ-2: Patient Health Questionnaire-2 (PHQ-2) - Mental Health Screening

County of San Diego Actions

- **Mental Health Concerns**
  - Working with County Behavioral Health Services (BHS) on education and health promotion
    - Mental Wellness Resource Directory
    - Distributed mental health resources during ACE survey to South Bay
  - Promote 988 crisis line for resources and mental health evaluations
  - Focused partnership with South Region Outpatient Providers
    - BHS' Communication & Engagement Team
    - South Region Collaborative



Live Well San Diego South Region Community Leadership Team Behavioral & Mental Health Resources Tip Card



BEHAVIORAL & MENTAL HEALTH RESOURCES TIP CARD

*Services are free, confidential, and trauma-informed

www.211sandiego.org
211 San Diego is a local nonprofit organization, connecting you to the community and health services you need. 211 San Diego manages an online database of free or low-cost services, maintains a community calendar of events, and operates a multilingual contact center. Call 2-1-1, 24 hours a day, in any language, to get help finding available resources.

www.988lifeline.org
988 LIFELINE
If you or someone you know is in emotional distress, dialing 9-8-8 can help. This three-digit nationwide phone number can connect you to San Diego County's Access & Crisis Line. Trained experts can help you figure out support options for you or your loved one at no-cost, 24 hours a day, 7 days a week.

www.livewellsd.org/events/check-your-mood
CHECK YOUR MOOD
Get connected to numerous organizations in San Diego County that provide resources that assist individuals experiencing mental health difficulties and/or can provide more information about mental health. Visit the Check-Your-Mood website to learn about the many groups who may provide additional support.

3/25/25

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SALUD MENTAL

*Los servicios son gratuitos, confidenciales, y basados en la atención informada del trauma

sin fines de lucro local, que lo conecta con los servicios comunitarios y de salud que necesita. 211 San Diego administra una base de datos en línea de servicios gratuitos o de bajo costo, mantiene un calendario comunitario de eventos y dispone de un centro de contacto multilingüe. Llame al 2-1-1, las 24 horas del día, en cualquier idioma, para recibir ayuda en la búsqueda de los recursos disponibles.

www.211sandiego.org

LÍNEA 988

Si usted o alguien que conoce está pasando por una crisis emocional, marque al 9-8-8. Este número puede conectarlo a la Línea de Acceso y Crisis del Condado de San Diego donde quiera que esté dentro de los Estados Unidos. Expertos capacitados pueden ayudarlo a encontrar opciones de apoyo para usted o su ser querido sin costo, las 24 horas del día, los 7 días de la semana.

www.988lifeline.org

REVISAR TU ESTADO DE ÁNIMO

Conéctese con diversas organizaciones en el condado de San Diego que ofrecen recursos para personas que enfrentan dificultades de salud mental y/o pueden proporcionar más información sobre el tema. Visite el sitio web Check-Your-Mood para conocer los grupos que pueden brindar apoyo adicional.

www.livewellsd.org/events/check-your-mood

3/25/25

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- **Over 7,000 cards distributed across 12 ZIP Codes**

❖ *The Live Well San Diego South Region Community Leadership Team Behavioral & Mental Health Work Group presents the Behavioral & Mental Health Resources Tip Card. This pocket-sized tip card helps connect San Diego County residents with free, confidential, and trauma-informed services. The tip card can be printed or shared digitally to spread the word!*

➢ **Help distribute these cards by scanning the QR code below.**

BHS Action

- **BHS Team has been actively communicating information to provider network**
- **Emphasis on ensuring awareness by programs serving individuals in the south region**



BHS Providers have reported sharing the PowerPoint with their staff



Some programs report clients presenting with anxiety surrounding long-term and short-term health impacts



Clinicians offer support and build skills in managing reported feelings of hopelessness



Caregivers share asthma flare-ups for kids resulting in missing school and therapy appointments

Closing

- **Focus on the Root Cause while supporting the Health of the Community**

  - Significant funding has been acquired to fix sewage infrastructure
  - On May 20, 2025, USIBWC and EPA announced the acceleration of the expansion of the South Bay International Wastewater Treatment Plant from 25 to 35 million gallons per day.
    - Originally planned to take 2 years, the upgrade will be completed in 100 days (August 28, 2025)

USIBWC Water Data

