

# ADULT PEI PROGRAMS: SYSTEMWIDE SUMMARY

COUNTY OF SAN DIEGO HEALTH & HUMAN SERVICES AGENCY  
BEHAVIORAL HEALTH SERVICES PREVENTION AND EARLY  
INTERVENTION PROGRAMS

## FISCAL YEAR 2024-25 ANNUAL REPORT





# REPORT CONTENTS

03

Background

04

Participant Demographics

12

Participant Outcomes and Referrals

13

About the Health Services Research Center

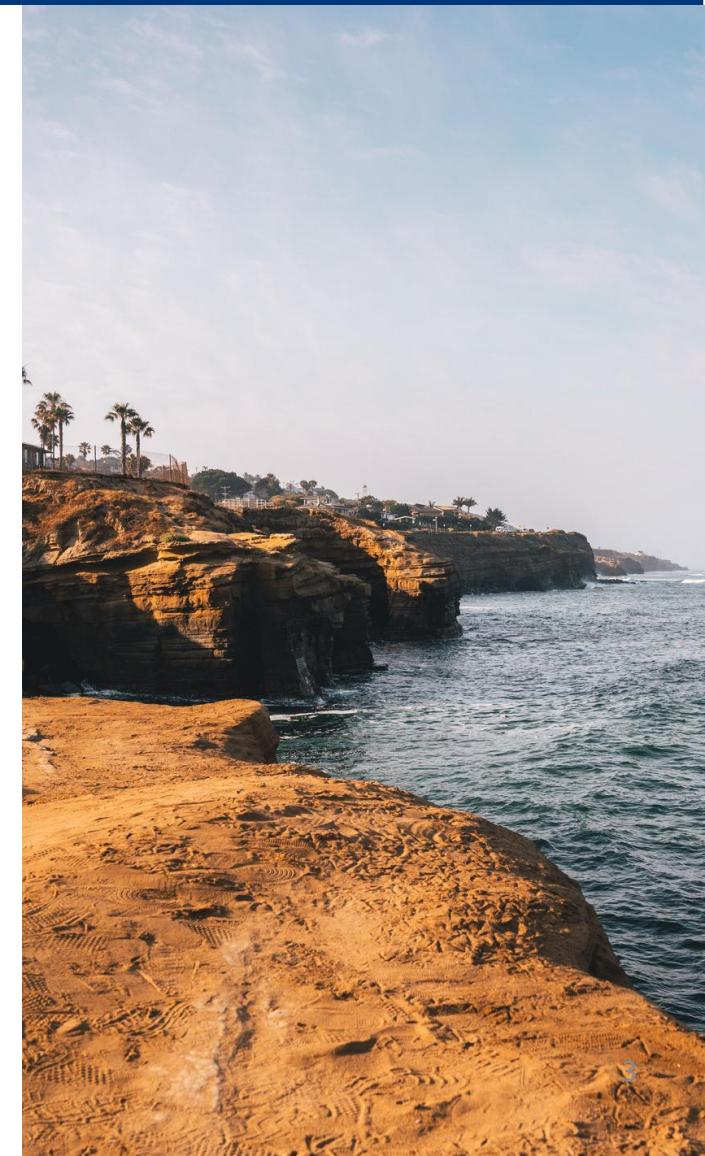
# ADULT PEI PROGRAMS: BACKGROUND

The Mental Health Services Act (MHSA) Prevention and Early Intervention (PEI) funding gives counties a unique opportunity to implement programs to help prevent the onset of mental illness or to provide early intervention to decrease severity. The County of San Diego has funded contractors to provide PEI for adults. The focus of these programs varies widely, from reducing the stigma associated with mental illness to preventing depression in Hispanic caregivers of individuals with Alzheimer's disease. Each contractor collects information on the demographics of their participants and their satisfaction with the services provided.

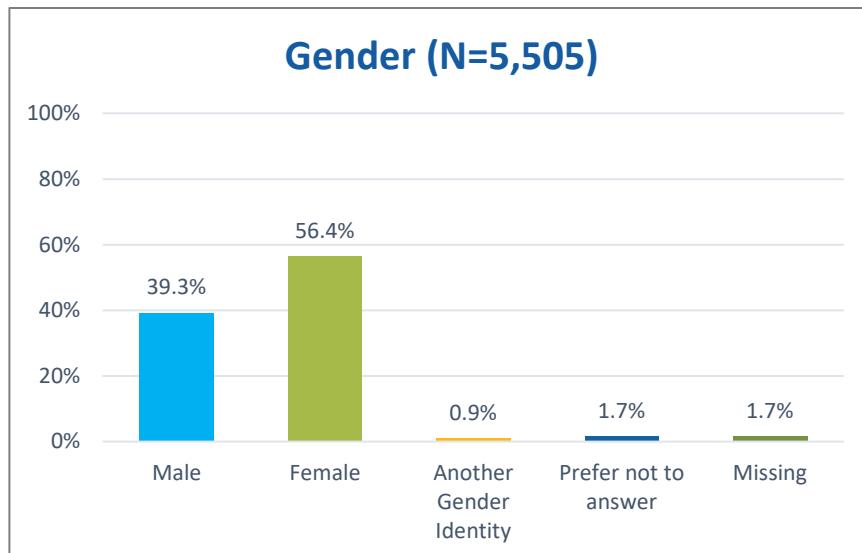
## DATA: Adult PEI Programs

REPORT PERIOD: 7/1/2024 - 6/30/2025

NUMBER OF PARTICIPANTS WITH DATA IN FY 2024-25: 5,505 Unduplicated

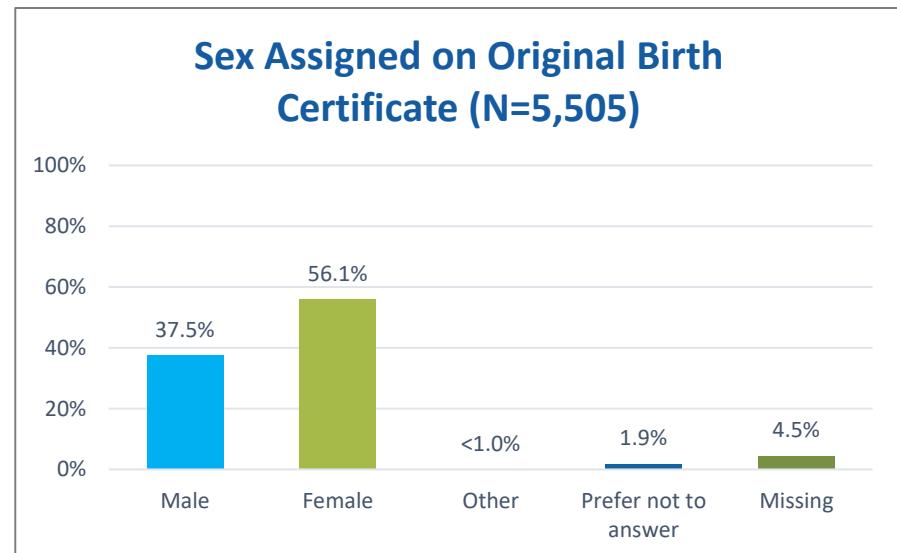


# PARTICIPANT DEMOGRAPHICS



Fifty-six percent of participants identified as female. One percent of participants endorsed another gender identity. Two percent of participants preferred not to answer this question.

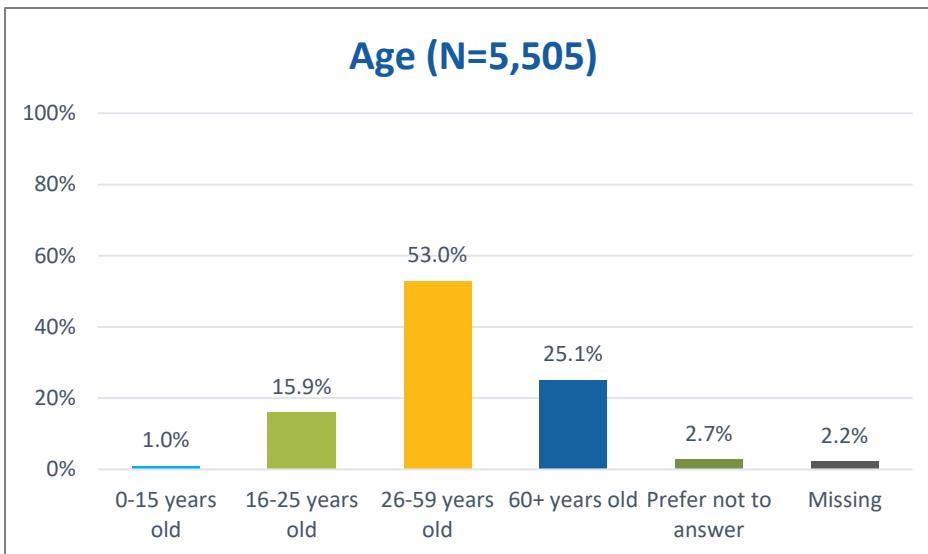
*Note: Percentages may not add up to 100% due to rounding.*



Fifty-six percent of participants reported that the sex they were assigned on their original birth certificate was female.

# PARTICIPANT DEMOGRAPHICS

## continued



The greatest proportion (53%) of participants were 26-59 years old.

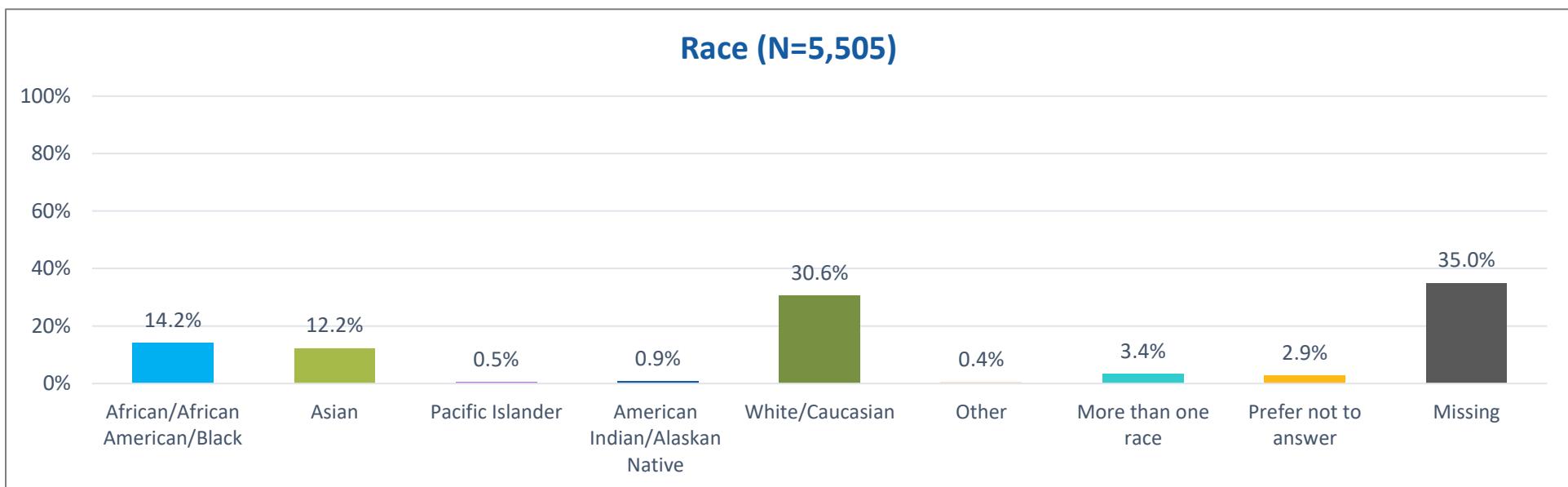
Primary Language (N=5,505)	Count	%
Arabic	122	2.2%
English	3,321	60.3%
Farsi	26	0.5%
Spanish	803	14.6%
Tagalog	228	4.1%
Vietnamese	11	0.2%
Other	800	14.5%
Prefer not to answer	53	1.0%
Missing	141	2.6%

Fifteen percent of participants identified their primary language as Spanish. Sixty percent of participants identified their primary language as English.

*Note: Percentages may not add up to 100% due to rounding.*

# PARTICIPANT DEMOGRAPHICS

## continued

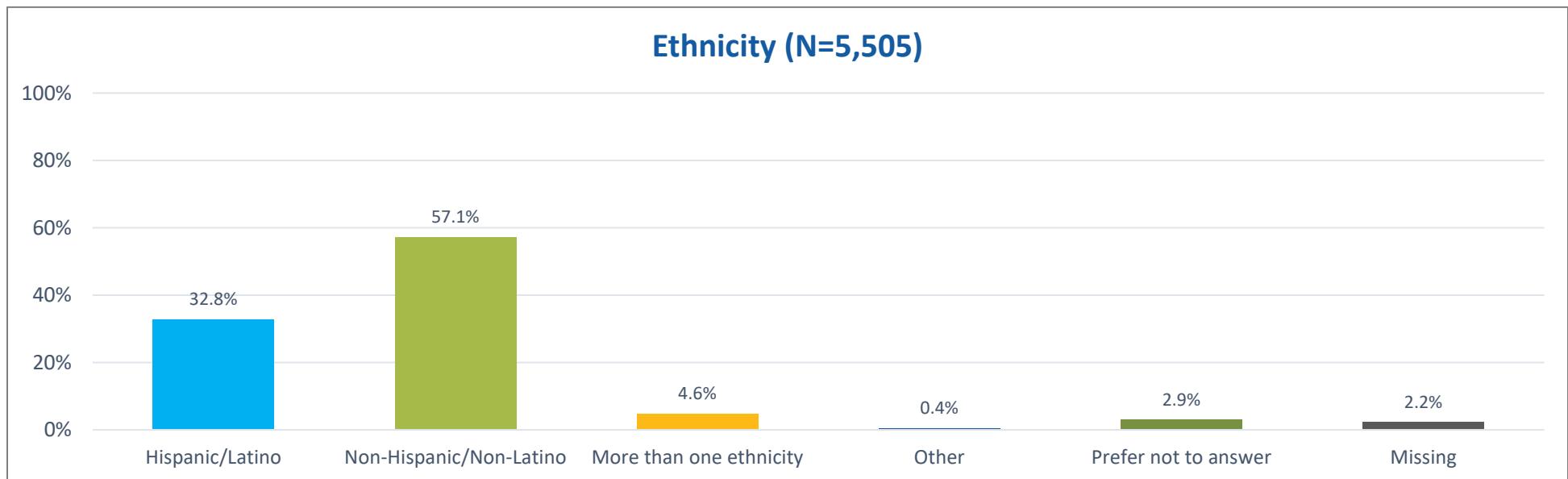


Thirty-one percent of participants identified their race as White/Caucasian. Fourteen percent of participants identified as African, African American or Black and 12% identified as Asian. The missing category includes participants who endorsed being Hispanic/Latino and did not indicate a race. Data on ethnicity are presented in a separate table.

*Note: Percentages may not add up to 100% due to rounding.*

# PARTICIPANT DEMOGRAPHICS

## continued

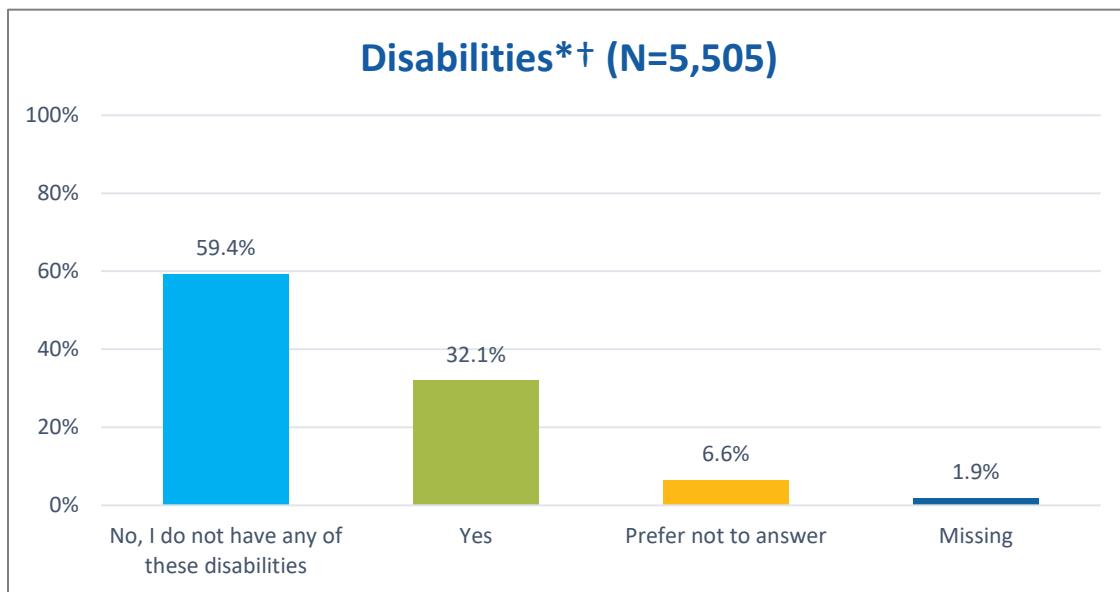


Thirty-three percent of participants identified their ethnicity as Hispanic/Latino. Five percent of participants identified as more than one ethnicity.

*Note: Percentages may not add up to 100% due to rounding.*

# PARTICIPANT DEMOGRAPHICS

## continued



Disabilities*† (N=5,505)	Count	%
Difficulty seeing	160	2.9%
Difficulty hearing or having speech understood	102	1.9%
Other communication disability	9	0.2%
Learning disability	137	2.5%
Developmental disability	32	0.6%
Dementia	13	0.2%
Other mental disability not related to mental illness	84	1.5%
Physical/mobility disability	222	4.0%
Chronic health condition/chronic pain	1,104	20.1%
Other	268	4.9%
Prefer not to answer	361	6.6%
Missing	107	1.9%

Thirty-two percent of participants reported having a disability. Twenty percent of participants indicated that they had a chronic health condition or chronic pain. Seven percent of participants preferred not to answer this question.

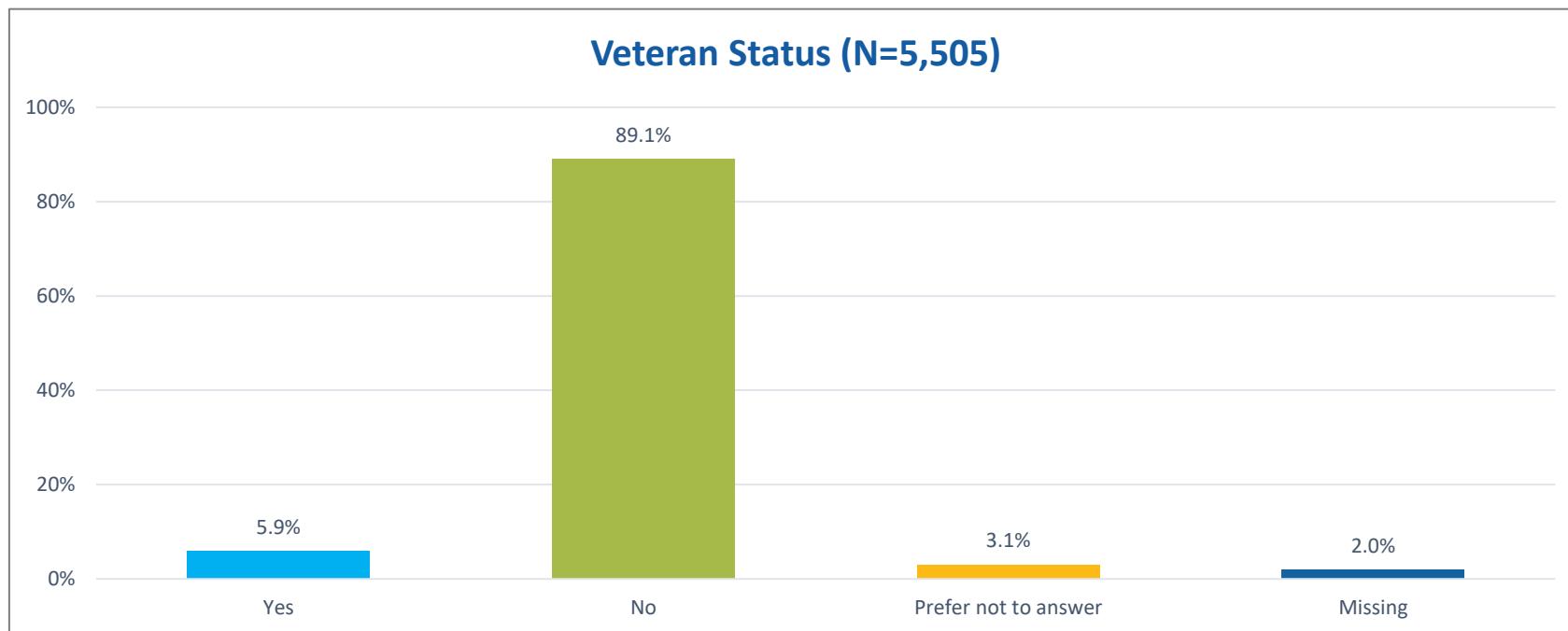
\*A disability is defined as a physical or mental impairment or medical condition lasting at least six months that substantially limits a major life activity, which is not the result of a serious mental illness.

†The sum of the percentages may exceed 100% because participants can select more than one type of disability.

‡ Percentages may not add up to 100% due to rounding.

# PARTICIPANT DEMOGRAPHICS

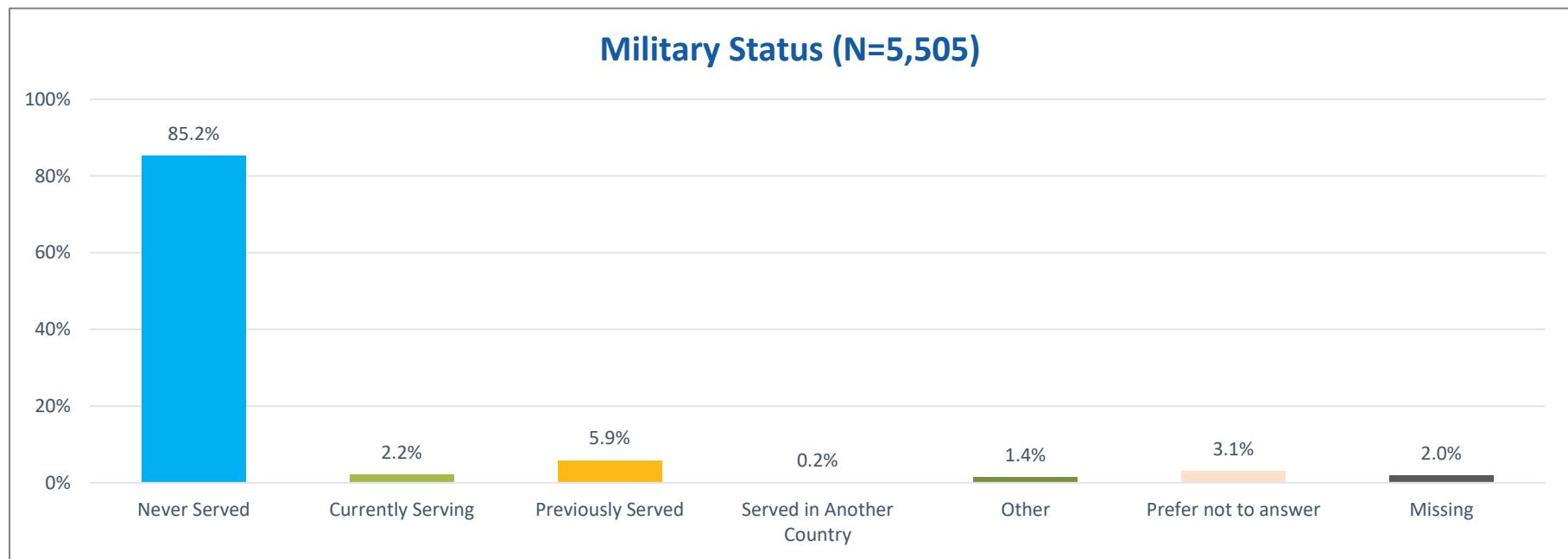
## continued



Six percent of participants had served in the military. Additionally, 3% of respondents preferred not to answer this question.

# PARTICIPANT DEMOGRAPHICS

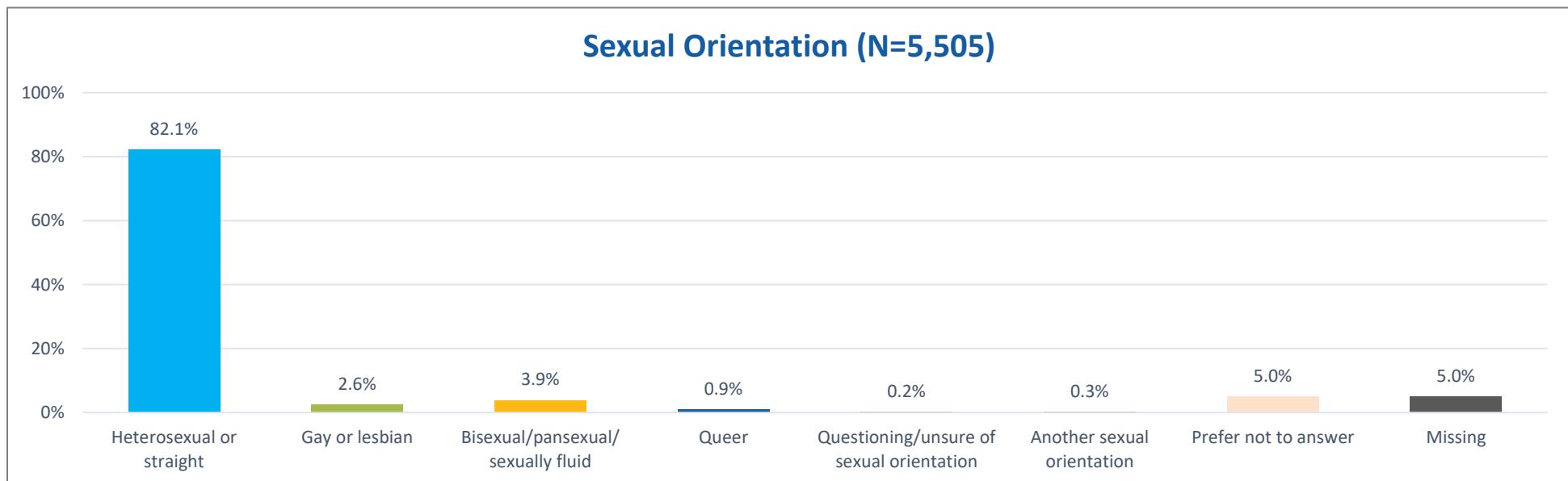
## continued



Eighty-five percent of participants had never served in the military. Two percent of participants were currently serving in the military and 6% reported that they had previously served in the military.

# PARTICIPANT DEMOGRAPHICS

## continued

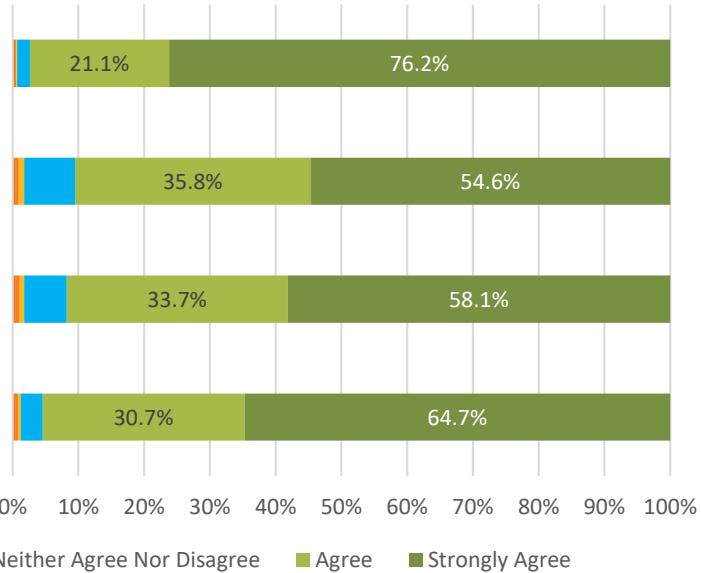


Eighty-two percent of participants identified their sexual orientation as heterosexual or straight. Four percent of participants identified their sexual orientation as bisexual/pansexual/sexually fluid. Five percent of participants preferred not to answer this question.

*Note: Percentages may not add up to 100% due to rounding.*

# PARTICIPANT SATISFACTION AND OUTCOMES\*

Overall, I am satisfied with the services I received here. (N=11,388)



I am better able to handle things. (N=5,775)

I am more comfortable seeking help. (N=5,815)

I know where to get help when I need it. (N=7,924)

Strongly Disagree   Disagree   Neither Agree Nor Disagree   Agree   Strongly Agree

\*Satisfaction and outcome data are not available for all participants.

Note: Satisfaction data may include duplicate participants.

Ninety-seven percent of participants agreed or strongly agreed that they were satisfied with the services they received. Ninety percent of participants agreed or strongly agreed that they were better able to handle things and solve problems as a result of the program. Ninety-two percent of participants agreed or strongly agreed that they were more comfortable seeking help as a result of the program. Ninety-five percent of the participants agreed or strongly agreed that they knew where to get needed help as a result of the program.

## REFERRAL TRACKING SUMMARY\*

- In FY 2017-18, the County of San Diego Behavioral Health Services implemented a referral tracking procedure in order to collect data on referrals to mental health or substance use services and links to those services.
- In FY 2024-25, a total of 192 participants received a mental health referral, and 40 of these participants received a mental health service as a result of the referral (Linkage Rate = 20.8%)
- A total of 137 participants received a substance use referral, and 35 of these participants received a substance use service as a result of the referral (Linkage Rate = 25.5%)
- The average time between referral and linkage to services was twelve days.

\*Not all PEI programs make referrals.

# HEALTH SERVICES RESEARCH CENTER

The Health Services Research Center (HSRC) at the University of California, San Diego is a non-profit research organization within the Herbert Wertheim School of Public Health and Human Longevity Science. HSRC works in collaboration with the Quality Improvement Unit of the County of San Diego Behavioral Health Services to evaluate and improve behavioral health outcomes for County residents. Our research team specializes in the measurement, collection, and analysis of health outcomes data to help improve health care delivery systems and, ultimately, to improve client quality of life. For more information please contact Andrew Sarkin, PhD at 858-622-1771.

