Behavioral Health Services: Behavioral Health Services Act & Data Presentation

Central Region Community Leadership Team Meeting
Monday, July 28th, 2025

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Land Acknowledgement

> We acknowledge that the San Diego region is made up of the traditional lands of the Kumeyaay, Luiseño/Payómkaichum, Cahuilla and Cupeño/Kuupangaxwichem Peoples.
>
> We acknowledge the harmony that existed among the land, nature, and its original Peoples, who have since endured displacement, persecution, and systemic oppression.
>
> We pay our respect to the unceded territory and homelands of the 18 federally recognized tribes in our region.
>
> We honor the ancestral grounds and sovereignty of the Tribal Nations, whose resilience and strength inspire forward movement towards more equitable and sustainable programs, policies, and practices.

Behavioral Health Services (BHS) & Behavioral Health Services Act (BHSA)

What to Know About Today?

Agenda:

- Brief overview of Behavioral Health Services (BHS)
- Explaining the Behavioral Health Services Act (BHSA) & Goals
- Data Discussion
  - Suicide, Overdose, & More
- During today's discussion, we want to hear from YOU and address your questions related to the data being shared, but due to time, we ask you to use this QR code to share your questions during the presentation (image to the right)
- Remind you to utilize your handouts to review some of today's key takeaways

Behavioral Health Services Mission

Advance equity and accessibility to quality behavioral health supports and care to ensure all San Diego County residents can achieve and sustain wellness.

Behavioral Health Services: Our Role

CONTRACTOR

We fund various behavioral health services through contracts with community partners and providers.

SERVICE PROVIDER

We directly provide services at San Diego County Psychiatric Hospital, Edgemoor, and mental health clinics throughout the region.
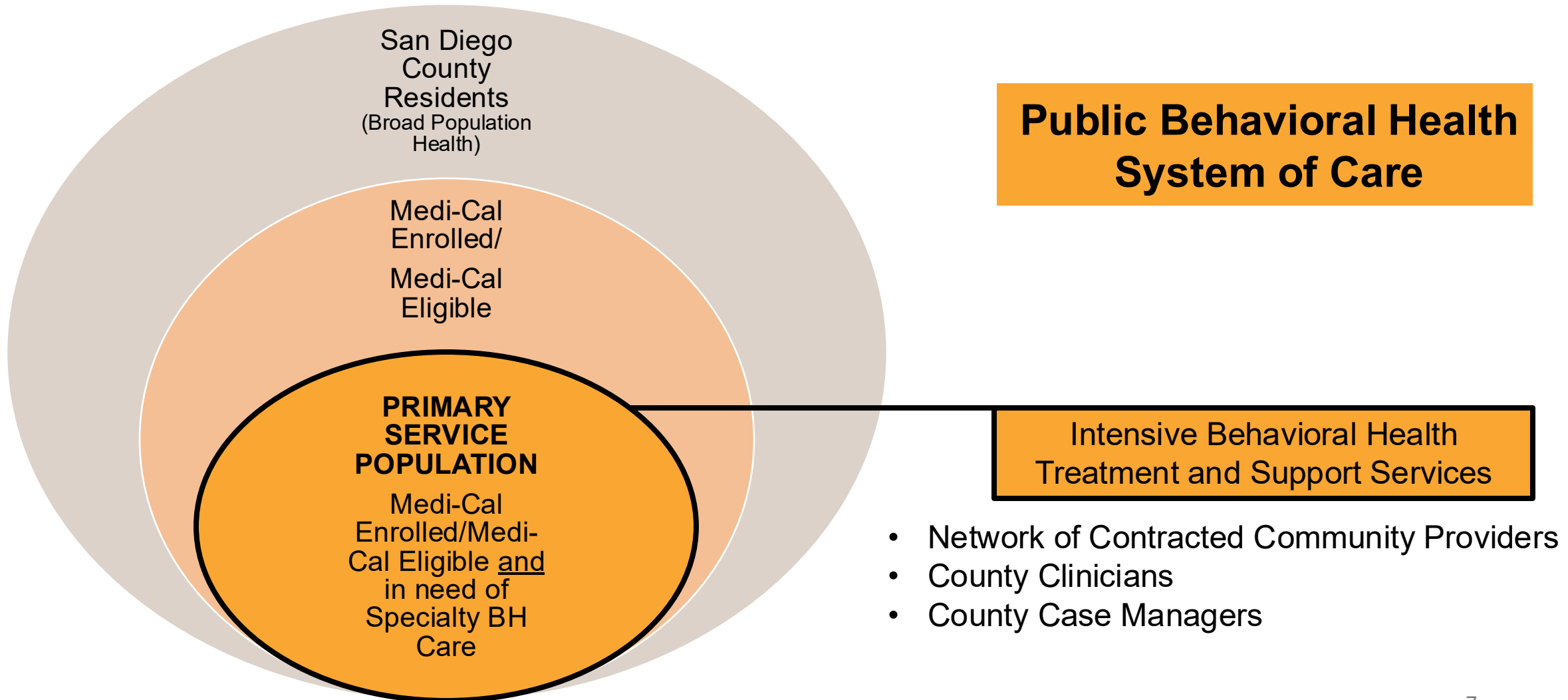
HEALTH PLAN

We serve as the Specialty Mental Health Plan for people enrolled in Medi-Cal with a serious mental illness.

PUBLIC HEALTH

We assess behavioral health at the population level and do what we can to address regional trends, working closely with our Public Health partners

Behavioral Health Services: Who We Serve

San Diego County Residents (Broad Population Health)

Medi-Cal Enrolled/
Medi-Cal Eligible

PRIMARY SERVICE POPULATION

Medi-Cal Enrolled/Medi-Cal Eligible <u>and</u> in need of Specialty BH Care

Public Behavioral Health System of Care

Intensive Behavioral Health Treatment and Support Services

- Network of Contracted Community Providers
- County Clinicians
- County Case Managers

Behavioral Health Services Act (BHSA)

- Established via Proposition 1 (passed by CA voters in March 2024)

- Replaces existing Mental Health Services Act (MHSA); Changes to funding

Main goals:

1. Reach and serve high need priority populations (e.g., justice involved, those experiencing homelessness, among others)

2. Increase access to substance use disorder services, housing interventions, and evidence-based and community-defined practices

3. Expand behavioral health workforce

4. Focus on outcomes, transparency, accountability, and equity

➤ **Emphasis on Data**

Community Behavioral Health Data

Data Notes & Methodology

- **Death data is preliminary:** Data may change near the end of the year as cases are closed.

- **Small Numbers Suppressed:** Counts under 11 are hidden to protect privacy and avoid unstable or misleading estimates.

- **Timeframe:** Years vary by source based on availability. Some years may be pooled (combined) for stability.

- **Geography:** Death and Emergency Department (ED) encounter data are based on the resident's ZIP code, not the location of the event.

- **Subregional Areas (SRAs):** Combinations of census tracts and are named for the largest city or community within them. Their boundaries generally remain consistent over time to allow for meaningful statistical comparisons. SRAs are assigned to larger Health & Human Services Agency (HHSA) Regions.

- **ED Data Scope:** Includes only civilian hospitals. Encounters include nonfatal dispositions, as death data was examined separately. ED encounters capture both ED discharges and ED discharges resulting in a hospital admission.

- **Behavioral Health Indicators:** Based on any mention of relevant ICD-10-CM codes (i.e., primary/secondary/other diagnosis, external cause).

Language Guidelines

❌ Instead of this…	✅ …Say this
Committed suicide, completed suicide, or suicide victim	**Died by suicide, took their own life, or suicide death**
Unsuccessful suicide, failed suicide	**Suicide attempt, nonfatal suicide attempt**
Successful suicide attempt	**Fatal suicide attempt**

Data Measures

Counts

- **A measure indicating an amount (e.g., individuals, items, events).**
- Example: *There are **six** HHSA regions in San Diego County.*

Proportions

- **The comparison of a part to the whole (e.g., percentage, fraction).**
- Example: *In 2023, **54%** of adults residing in San Diego County reported that they had tried marijuana or hashish during their lifetime.*

Rates

- **A measure of the frequency showing how often an event occurs in a defined population over a specified period of time.**
- Example: During 2023, the rate of emergency department encounters involving serious mental illness among San Diego County residents was **2,872.3 encounters per 100,000 population**.

County Mental Health Data

Serious Mental Illness
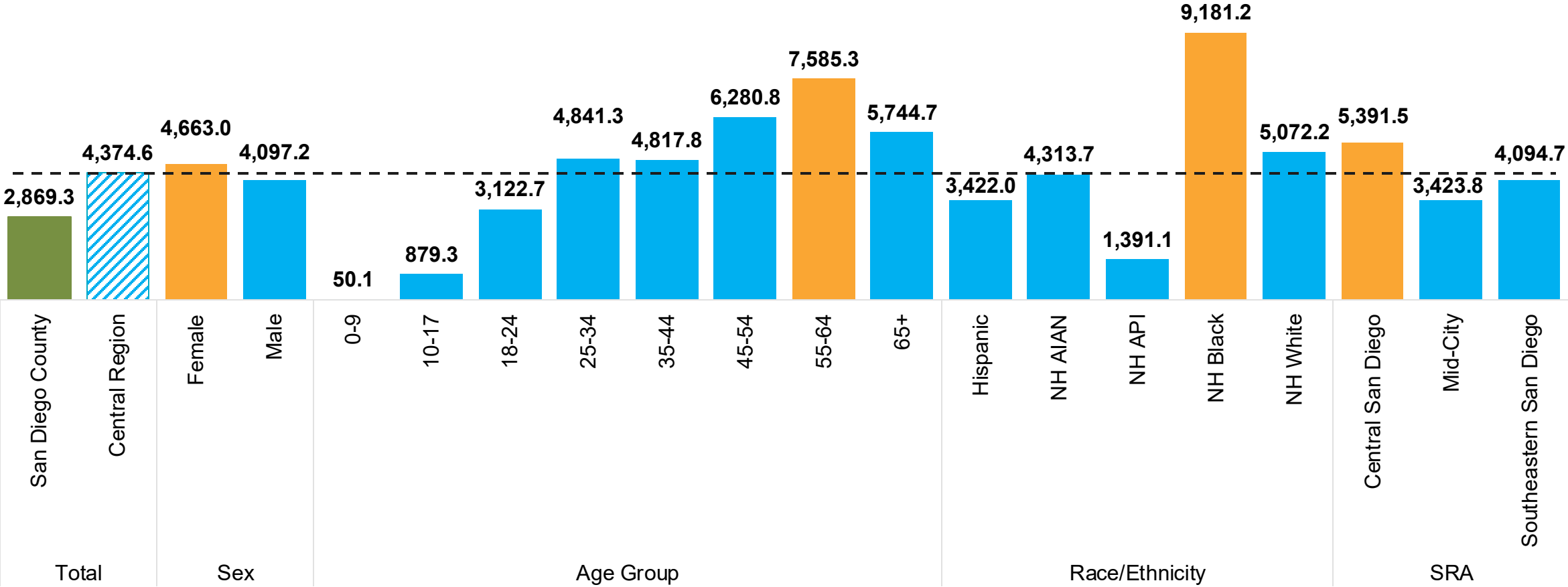## Emergency Department Encounter Rates, 2023

COUNTY OF SAN DIEGO
HEALTH AND HUMAN SERVICES AGENCY

LIVE WELL SAN DIEGO

TRENDS	2019 vs 2023	2022 vs 2023
Central Region	↓22%	↑11%
SD County	↓35%	↑2%

Total
- San Diego County: 2,869.3
- Central Region: 4,374.6

Sex
- Female: 4,663.0
- Male: 4,097.2

Age Group
- 0-9: 50.1
- 10-17: 879.3
- 18-24: 3,122.7
- 25-34: 4,841.3
- 35-44: 4,817.8
- 45-54: 6,280.8
- 55-64: 7,585.3
- 65+: 5,744.7

Race/Ethnicity
- Hispanic: 3,422.0
- NH AIAN: 4,313.7
- NH API: 1,391.1
- NH Black: 9,181.2
- NH White: 5,072.2

SRA
- Central San Diego: 5,391.5
- Mid-City: 3,423.8
- Southeastern San Diego: 4,094.7

Rate per 100,000 residents. SRA = subregional area. Source: California Department of Health Care Access and Information (HCAI), Emergency Department Database and Patient Discharge Database, 2019-2023. San Diego Association of Governments (SANDAG) Population Estimates, 2023 (v. 1/2025)

14

Suicide Deaths
Rate Comparisons, 2019-2023

Legend: Central Region, San Diego County, California, U.S.
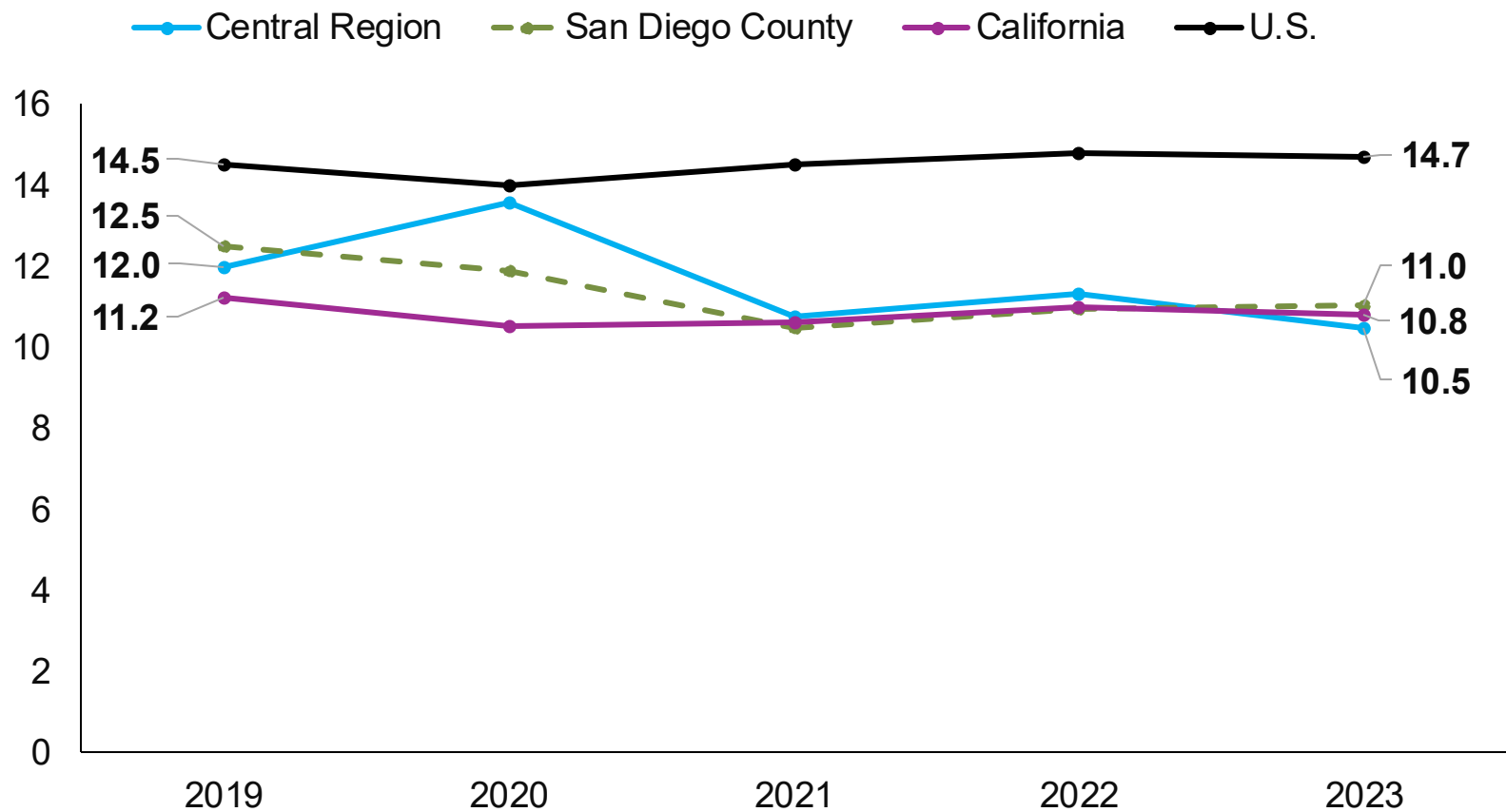
2019-2023, % change	
Central Region	-13% ⬇
San Diego County	-12% ⬇
California	- 4% ⬇

Chart data points:
- U.S.: 14.5 (2019) → 14.7 (2023)
- Central Region: 12.0 (2019) → 10.5 (2023)
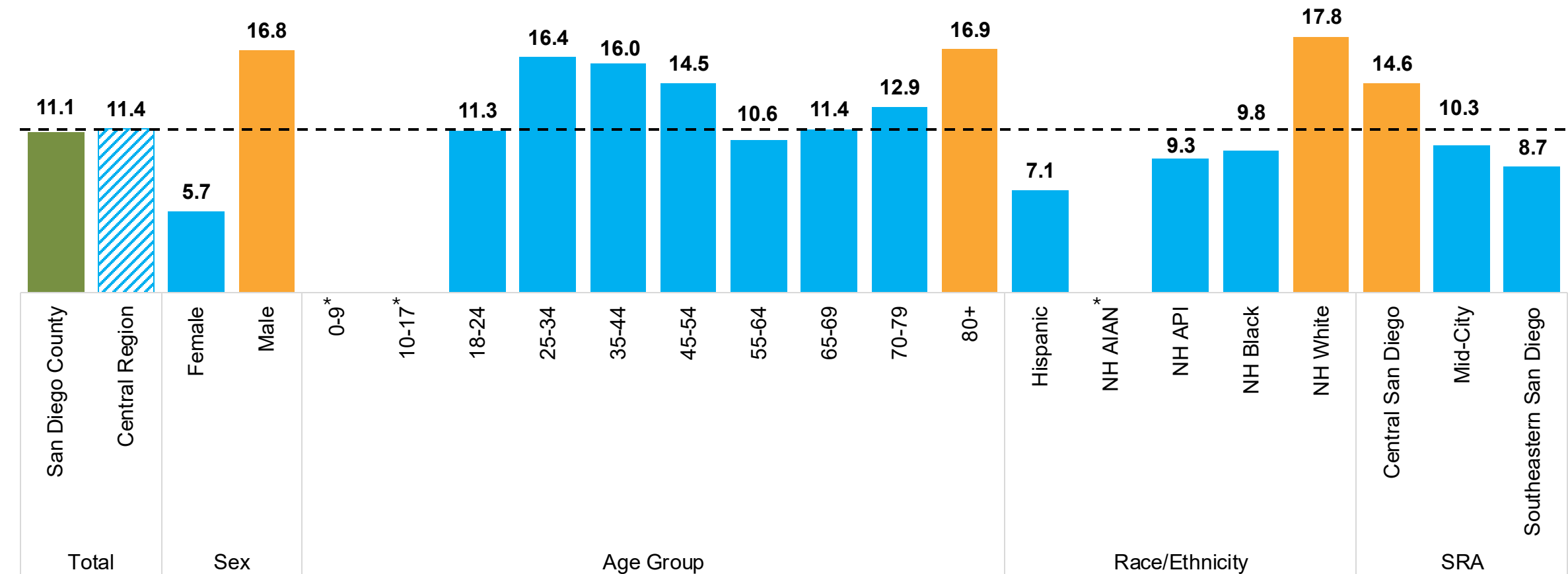- San Diego County: 12.5 (2019) → 11.0 (2023)
- California: 11.2 (2019) → 10.8 (2023)

Rate per 100,000 residents. San Diego County rates are from vital records data to be consistent with the rest of the report. California and United States rates are from CDC Wonder. Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2019-2023. (5/15/25) Vital Records deaths include San Diego County residents whose death occurred either in the county limits or outside of county limits in the state of CA. For death data 2023 and onward, these could include resident deaths that occurred outside of the state of CA. Centers for Disease Control and Prevention (CDC), National Center for Health Statistics (NCHS), Underlying Cause of Death 1999-2020 on CDC WONDER Online Database, released 2021.Underlying Cause of Death by Single Race 2018-2023 on CDC WONDER Online Database, released 2025. Data are compiled from data provided by the 57 vital statistics jurisdictions through the Vital Statistics Cooperative Program. Accessed 4/2025.
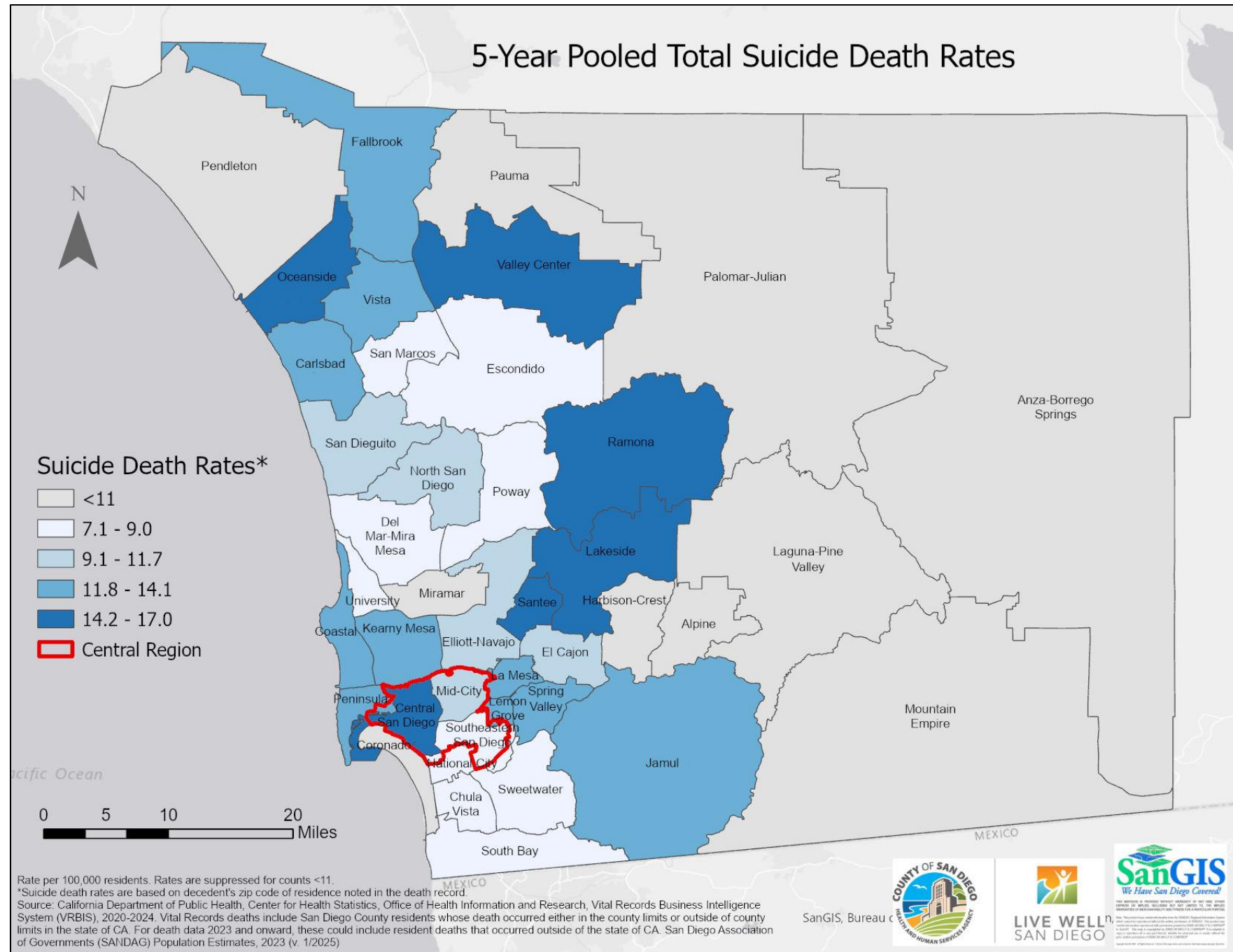
Suicide Deaths
Pooled Total Rates, 2020-2024

Bar chart titled "Suicide Deaths Pooled Total Rates, 2020-2024". Rate per 100,000 residents. A dashed reference line appears near 11.1.

Total
- San Diego County: 11.1
- Central Region: 11.4

Sex
- Female: 5.7
- Male: 16.8

Age Group
- 0-9: *
- 10-17: *
- 18-24: 11.3
- 25-34: 16.4
- 35-44: 16.0
- 45-54: 14.5
- 55-64: 10.6
- 65-69: 11.4
- 70-79: 12.9
- 80+: 16.9

Race/Ethnicity
- Hispanic: 7.1
- NH AIAN: *
- NH API: 9.3
- NH Black: 9.8
- NH White: 17.8

SRA
- Central San Diego: 14.6
- Mid-City: 10.3
- Southeastern San Diego: 8.7

Rate per 100,000 residents. *Rates with counts < 11 were suppressed. SRA = subregional area. NH = Non-Hispanic. AIAN = American Indian/Alaska Native. API = Asian/Pacific Islander. Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2020-2024. (5/15/25) Vital Records deaths include San Diego County residents whose death occurred either in the county limits or outside of county limits in the state of CA. For death data 2023 and onward, these could include resident deaths that occurred outside of the state of CA. San Diego Association of Governments (SANDAG) Population Estimates, 2023 (v. 1/2025)

Suicide Death Rates by Subregional Area (SRA), San Diego County, Pooled Totals, 2020-2024

5-Year Pooled Total Suicide Death Rates

Suicide Death Rates*
- <11
- 7.1 - 9.0
- 9.1 - 11.7
- 11.8 - 14.1
- 14.2 - 17.0
- Central Region

Rate per 100,000 residents. Rates are suppressed for counts <11.
*Suicide death rates are based on decedent's zip code of residence noted in the death record.
Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2020-2024. Vital Records deaths include San Diego County residents whose death occurred either in the county limits or outside of county limits in the state of CA. For death data 2023 and onward, these could include resident deaths that occurred outside of the state of CA. San Diego Association of Governments (SANDAG) Population Estimates, 2023 (v. 1/2025).
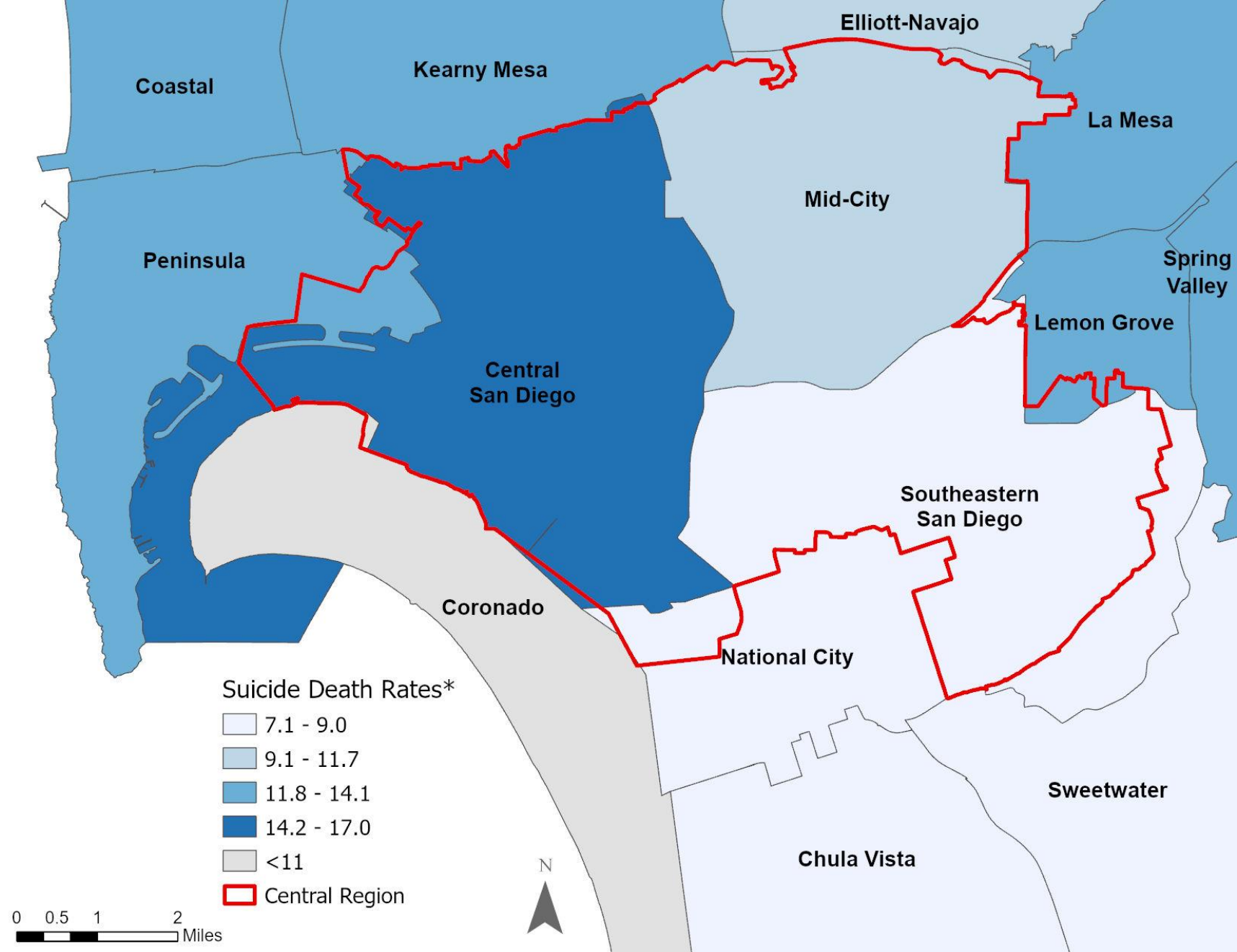
17

Suicide Death Rates by Subregional Area (SRA), San Diego County, Pooled Totals, 2020–2024

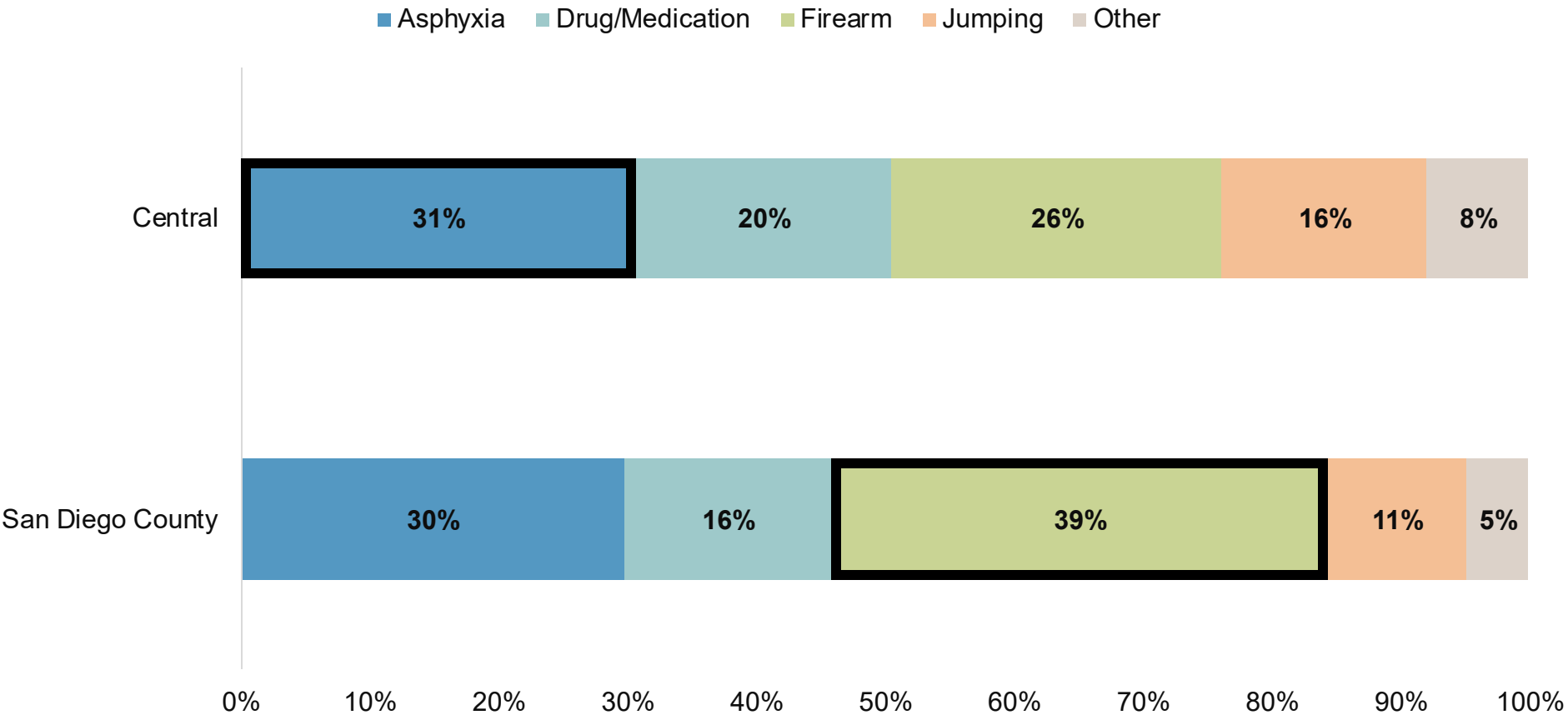Rates in Central Region were highest in:
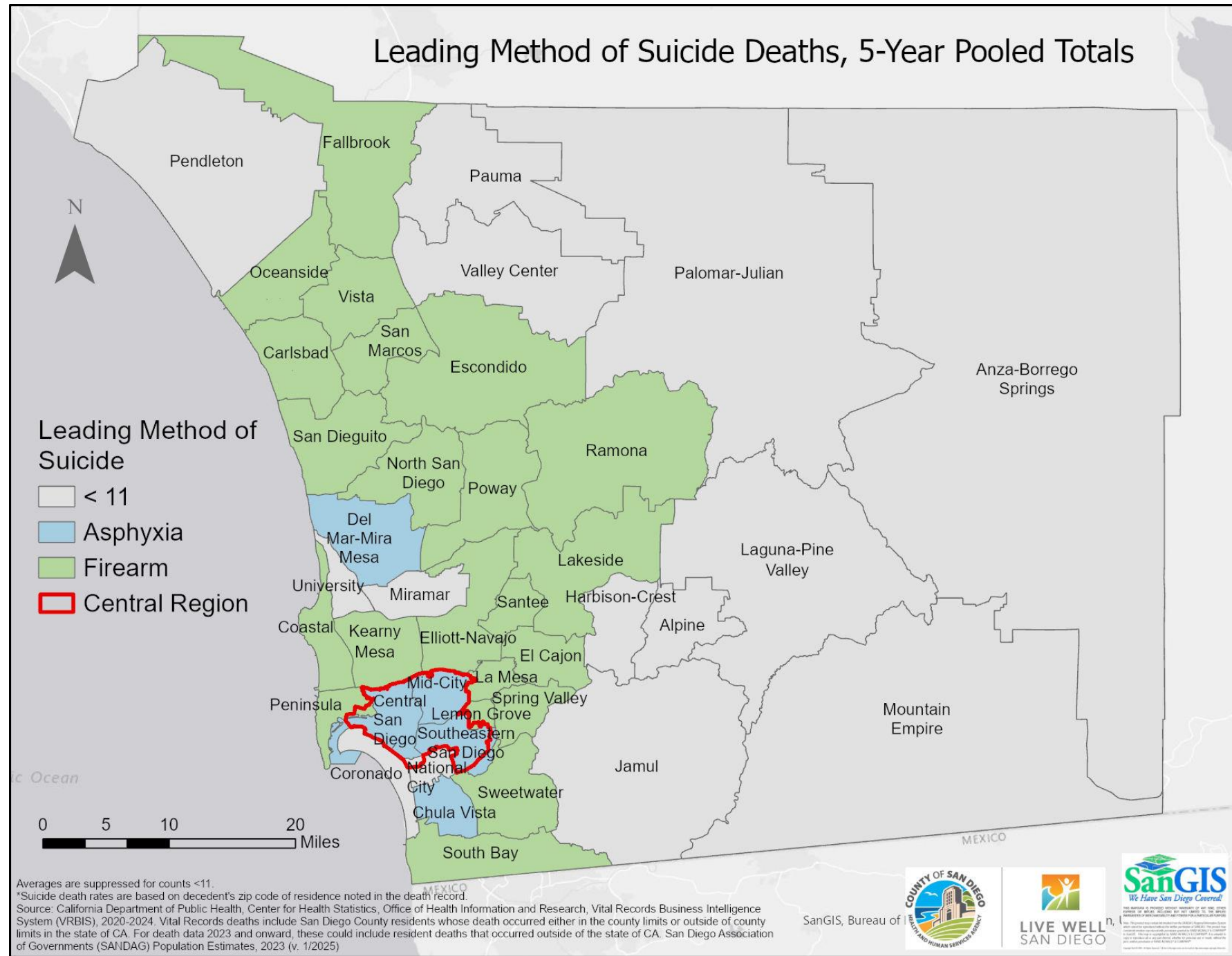
Central San Diego

Suicide Death Rates*
- 7.1 - 9.0
- 9.1 - 11.7
- 11.8 - 14.1
- 14.2 - 17.0
- <11
- Central Region

Suicide Death Rates by Method, Pooled Totals, 2020-2024

Legend: ■ Asphyxia ■ Drug/Medication ■ Firearm ■ Jumping ■ Other

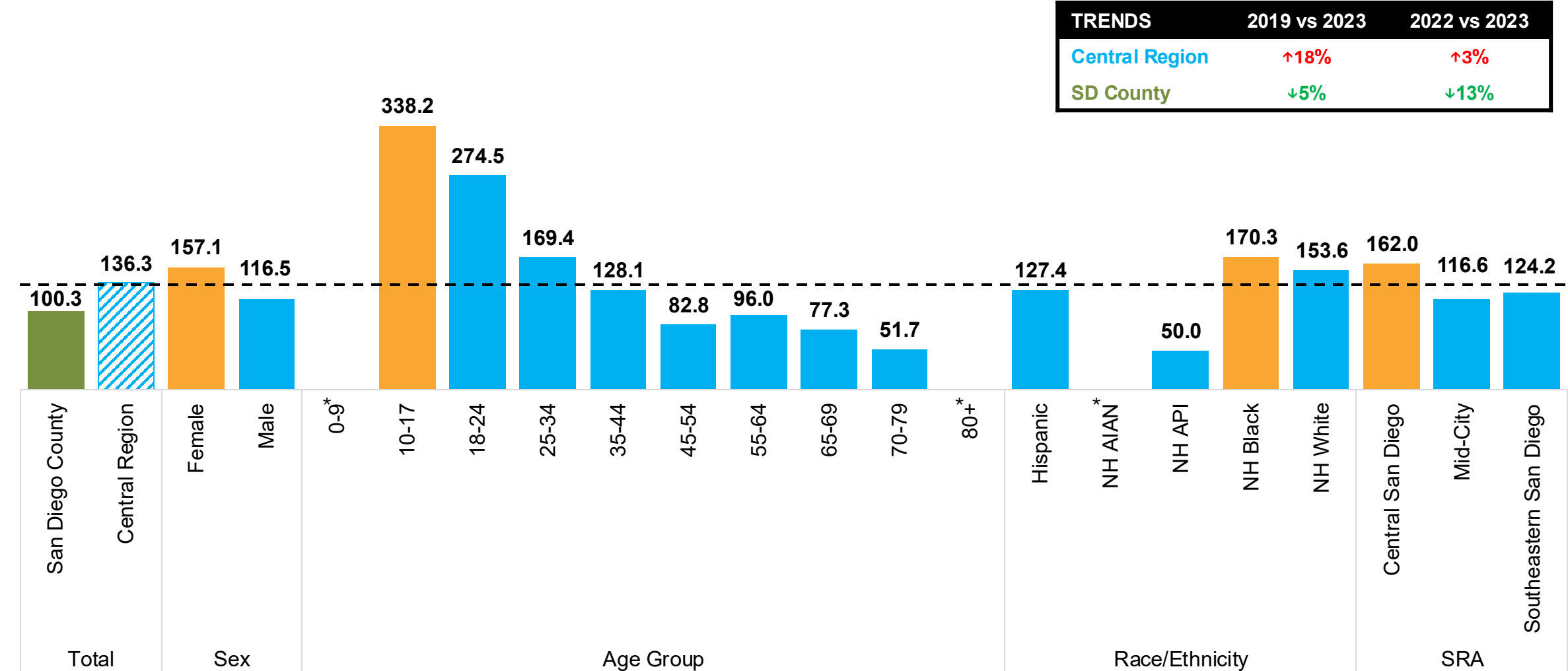| Region	Asphyxia	Drug/Medication	Firearm	Jumping	Other
Central	31%	20%	26%	16%	8%
San Diego County	30%	16%	39%	11%	5%

Percent of total suicides. Other method includes intentional self-harm by crashing of motor vehicle, by explosive material, by smoke/fire/flames, by steam/hot vapors/hot objects, by sharp or blunt object, by terrorism, or other or unspecified means. Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2020-2024. (5/15/25) Vital Records deaths include San Diego County residents whose death occurred either in the county limits or outside of county limits in the state of CA. For death data 2023 and onward, these could include resident deaths that occurred outside of the state of CA. San Diego Association of Governments (SANDAG) Population Estimates, 2023 (v. 1/2025)

Leading Methods Involved in Suicide Deaths by Subregional Area (SRA), San Diego County, Pooled Totals, 2020-2024

Leading Method of Suicide Deaths, 5-Year Pooled Totals

Leading Method of Suicide
- < 11
- Asphyxia
- Firearm
- Central Region

Averages are suppressed for counts <11.
*Suicide death rates are based on decedent's zip code of residence noted in the death record.
Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2020-2024. Vital Records deaths include San Diego County residents whose death occurred either in the county limits or outside of county limits in the state of CA. For death data 2023 and onward, these could include resident deaths that occurred outside of the state of CA. San Diego Association of Governments (SANDAG) Population Estimates, 2023 (v. 1/2025).

SanGIS, Bureau of

20

Suicide Attempts and Intentional Self-Harm
Emergency Department Encounter Rates, 2023

TRENDS	2019 vs 2023	2022 vs 2023
Central Region	↑18%	↑3%
SD County	↓5%	↓13%

Total
- San Diego County: 100.3
- Central Region: 136.3

Sex
- Female: 157.1
- Male: 116.5

Age Group
- 0-9: *
- 10-17: 338.2
- 18-24: 274.5
- 25-34: 169.4
- 35-44: 128.1
- 45-54: 82.8
- 55-64: 96.0
- 65-69: 77.3
- 70-79: 51.7
- 80+: *

Race/Ethnicity
- Hispanic: 127.4
- NH AIAN: *
- NH API: 50.0
- NH Black: 170.3
- NH White: 153.6

SRA
- Central San Diego: 162.0
- Mid-City: 116.6
- Southeastern San Diego: 124.2

Rate per 100,000 residents. *Rates with counts < 11 were suppressed. NH = Non-Hispanic. AIAN = American Indian/Alaska Native. API = Asian/Pacific Islander. Source: California Department of Health Care Access and Information (HCAI), Emergency Department Database and Patient Discharge Database, 2023. San Diego Association of Governments (SANDAG) Population Estimates, 2023 (v. 1/2025)

21

Considered Suicide in Past 12 Months
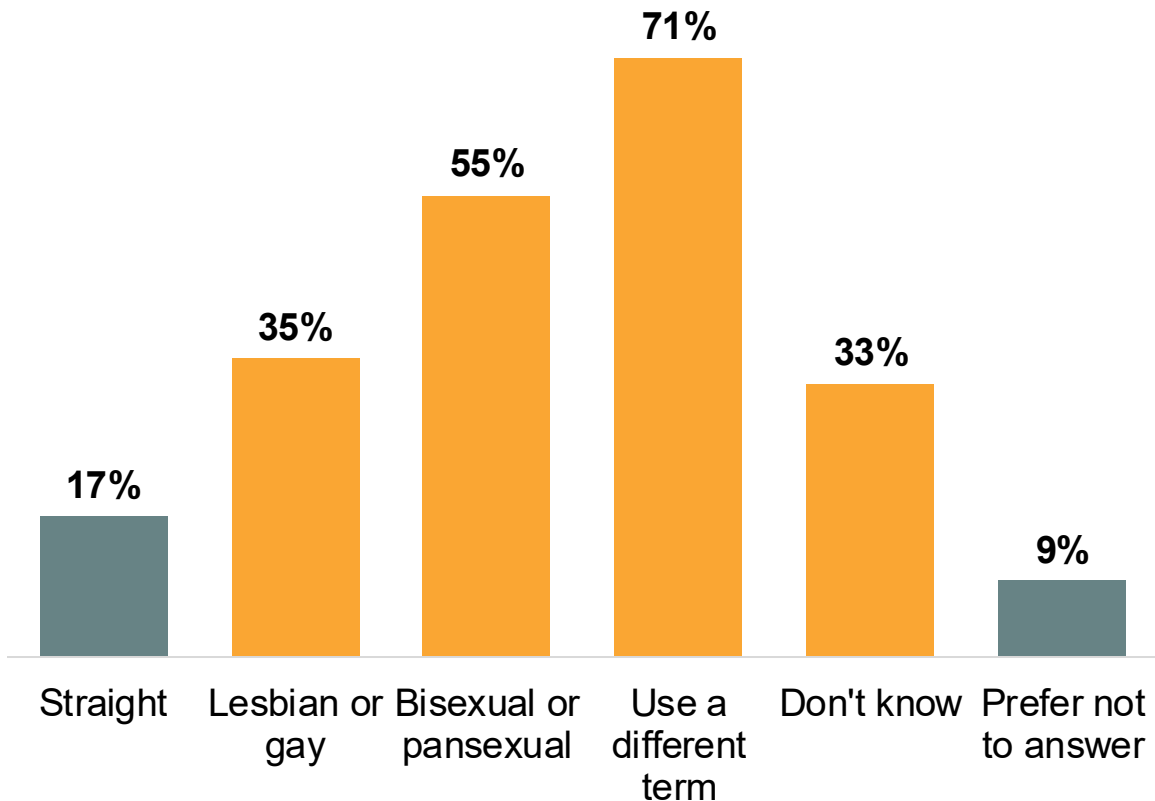## Percent Reported by 9th Graders, San Diego County, 2021-2023

Category	Percent
San Diego County	15%
Gender	
Female	18%
Male	9%
Nonbinary	48%
Use a different term	43%
Gender Identity	
Not Transgender	13%
Transgender	53%
Not Sure if Transgender	41%
Sexual Orientation	
Lesbian/Gay/Bisexual	38%
Straight/Heterosexual	9%
Not Sure	23%
Race/Ethnicity	
NH Black	15%
NH AIAN	18%
NH Asian	16%
Hispanic	14%
NH Pacific Islander	19%
NH White	14%
Multiracial	20%
Living Situation	
Home with One or More Parent/Guardian	14%
Foster Home	42%
Homeless	21%
Other Living Arrangement	20%

AI/AN = American Indian/Alaska Native. Foster home includes foster home, group care, or waiting placement. Homeless includes friend's home, hotel or motel, shelter, car, campground, or other transitional or temporary housing. Other living arrangement includes other relative's home, a home with more than one family, or other living arrangement. Source: California Healthy Kids Survey, 2021-2023. Accessed online 5/23/25 at https://calschls.org/reports-data/public-dashboards
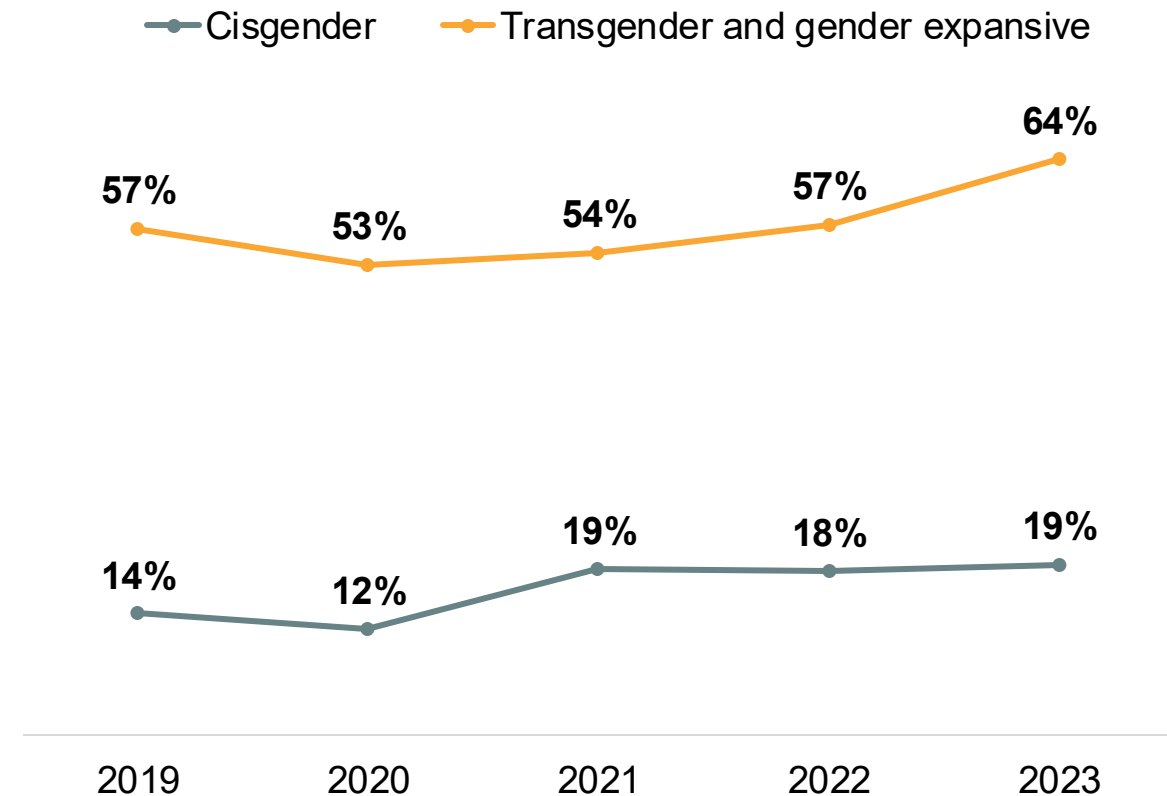
Suicidal Ideation
Percent Among Adults by Sexual Orientation (2023) & Gender Identity (2019-2023)

Percent of Adults 18+ that Ever Seriously Considered Suicide, by Sexual Orientation, California, 2023

Category	Percent
Straight	17%
Lesbian or gay	35%
Bisexual or pansexual	55%
Use a different term	71%
Don't know	33%
Prefer not to answer	9%

Percent of Adults 18+ that Ever Seriously Considered Suicide, by Gender Identity, California, 2019-2023

—●— Cisgender   —●— Transgender and gender expansive

Year	Cisgender	Transgender and gender expansive
2019	14%	57%
2020	12%	53%
2021	19%	54%
2022	18%	57%
2023	19%	64%

Source: UCLA Center for Health Policy Research, California Health Interview Survey, 2023 "AskCHIS," http://www.chis.ucla.edu (Accessed 6/2/2025)

Percent Suicide Deaths by Military Status, Pooled Totals, San Diego County, 2020-2024

2%

19%

79%
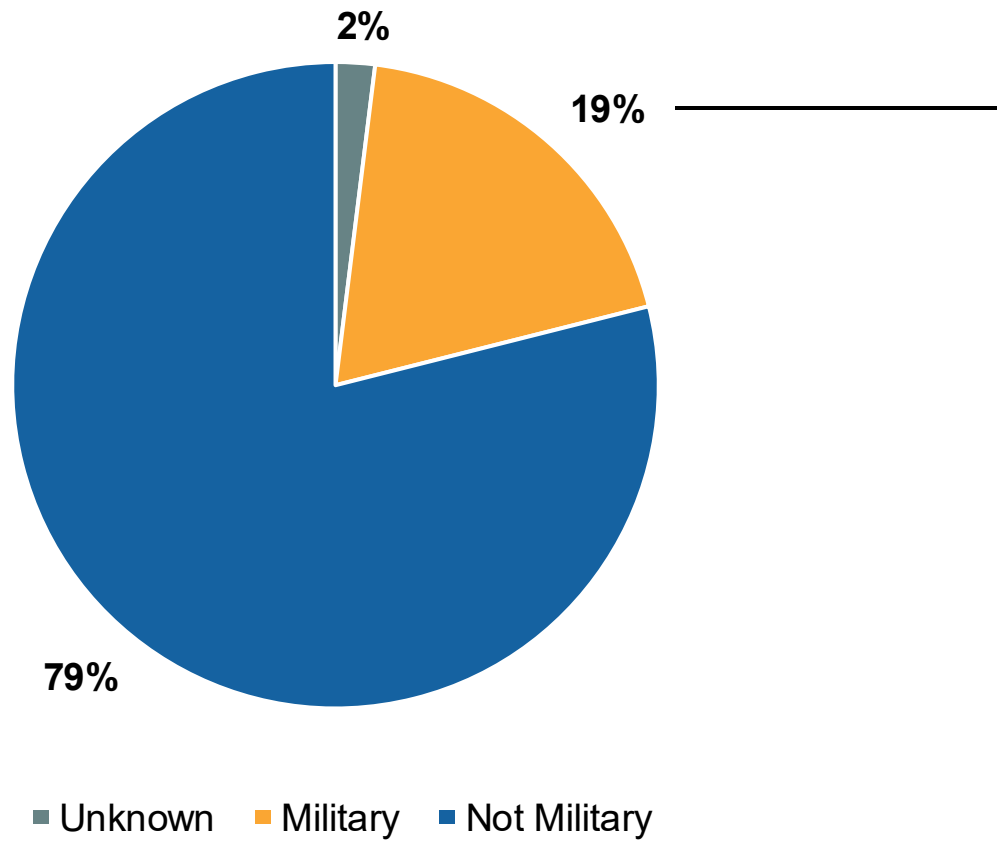
Suicide deaths among **military-affiliated residents** of San Diego County were predominantly:

- **male** (94.0%)
- **non-Hispanic White** (70.8%)
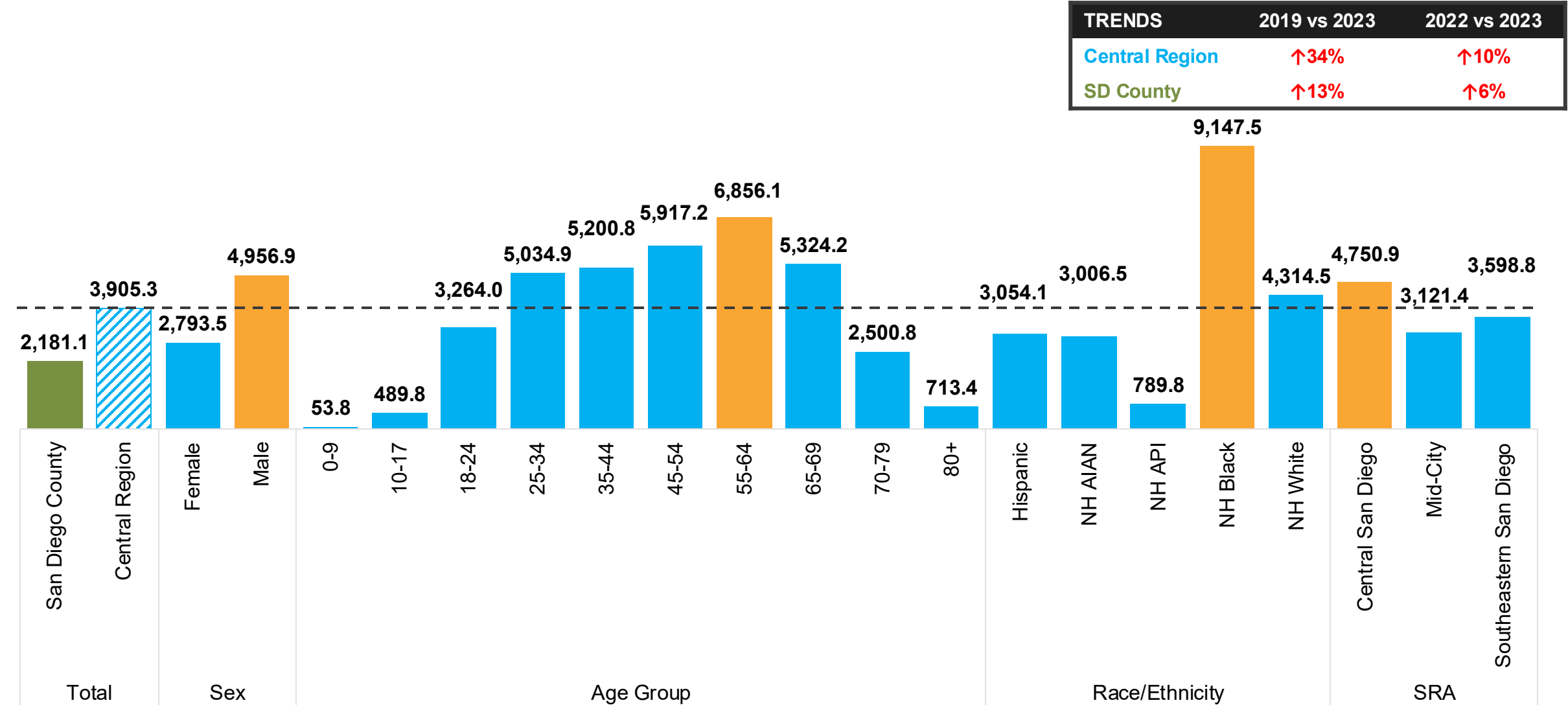- **ages 65+** (35.8%)

■ Unknown   ■ Military   ■ Not Military

County Substance Use Data

Substance-Related Disorder
Emergency Department Encounter Rates, 2023

TRENDS	2019 vs 2023	2022 vs 2023
Central Region	↑34%	↑10%
SD County	↑13%	↑6%

Total
- San Diego County: 2,181.1
- Central Region: 3,905.3

Sex
- Female: 2,793.5
- Male: 4,956.9

Age Group
- 0-9: 53.8
- 10-17: 489.8
- 18-24: 3,264.0
- 25-34: 5,034.9
- 35-44: 5,200.8
- 45-54: 5,917.2
- 55-64: 6,856.1
- 65-69: 5,324.2
- 70-79: 2,500.8
- 80+: 713.4

Race/Ethnicity
- Hispanic: 3,054.1
- NH AIAN: 3,006.5
- NH API: 789.8
- NH Black: 9,147.5
- NH White: 4,314.5

SRA
- Central San Diego: 4,750.9
- Mid-City: 3,121.4
- Southeastern San Diego: 3,598.8

Rate per 100,000 residents. *Rates with counts < 11 were suppressed. SRA = subregional area. Source: California Department of Health Care Access and Information (HCAI), Emergency Department Database and Patient Discharge Database, 2019-2023. San Diego Association of Governments (SANDAG) Population Estimates, 2023 (v. 1/2025)

26

Overdose Deaths
Rate Comparisons, 2019-2023

Legend: Central Region, San Diego County, California, U.S.
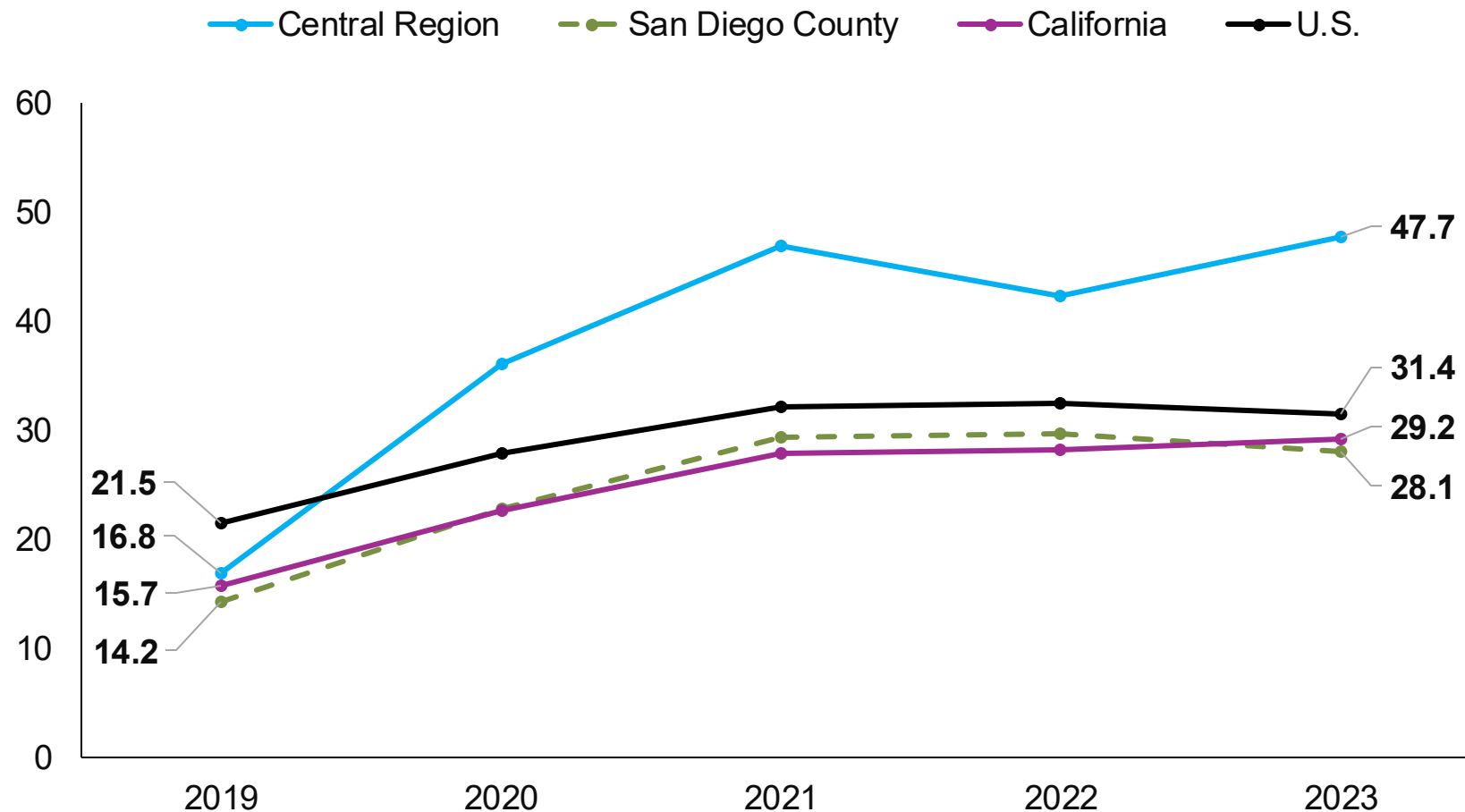
2019-2023, % change	
Central Region	+184% ⬆
San Diego County	+98% ⬆
California	+86% ⬆

Chart values:
- 2019: 21.5, 16.8, 15.7, 14.2
- 2023: 47.7, 31.4, 29.2, 28.1

Rate per 100,000 residents. San Diego County rates are from vital records data to be consistent with the rest of the report. California and United States rates are from CDC Wonder. Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2019-2023. (5/15/25) Vital Records deaths include San Diego County residents whose death occurred either in the county limits or outside of county limits in the state of CA. For death data 2023 and onward, these could include resident deaths that occurred outside of the state of CA. Centers for Disease Control and Prevention (CDC), National Center for Health Statistics (NCHS), Underlying Cause of Death 1999-2020 on CDC WONDER Online Database, released 2021.Underlying Cause of Death by Single Race 2018-2023 on CDC WONDER Online Database, released 2025. Data are compiled from data provided by the 57 vital statistics jurisdictions through the Vital Statistics Cooperative Program. Accessed 4/2025.
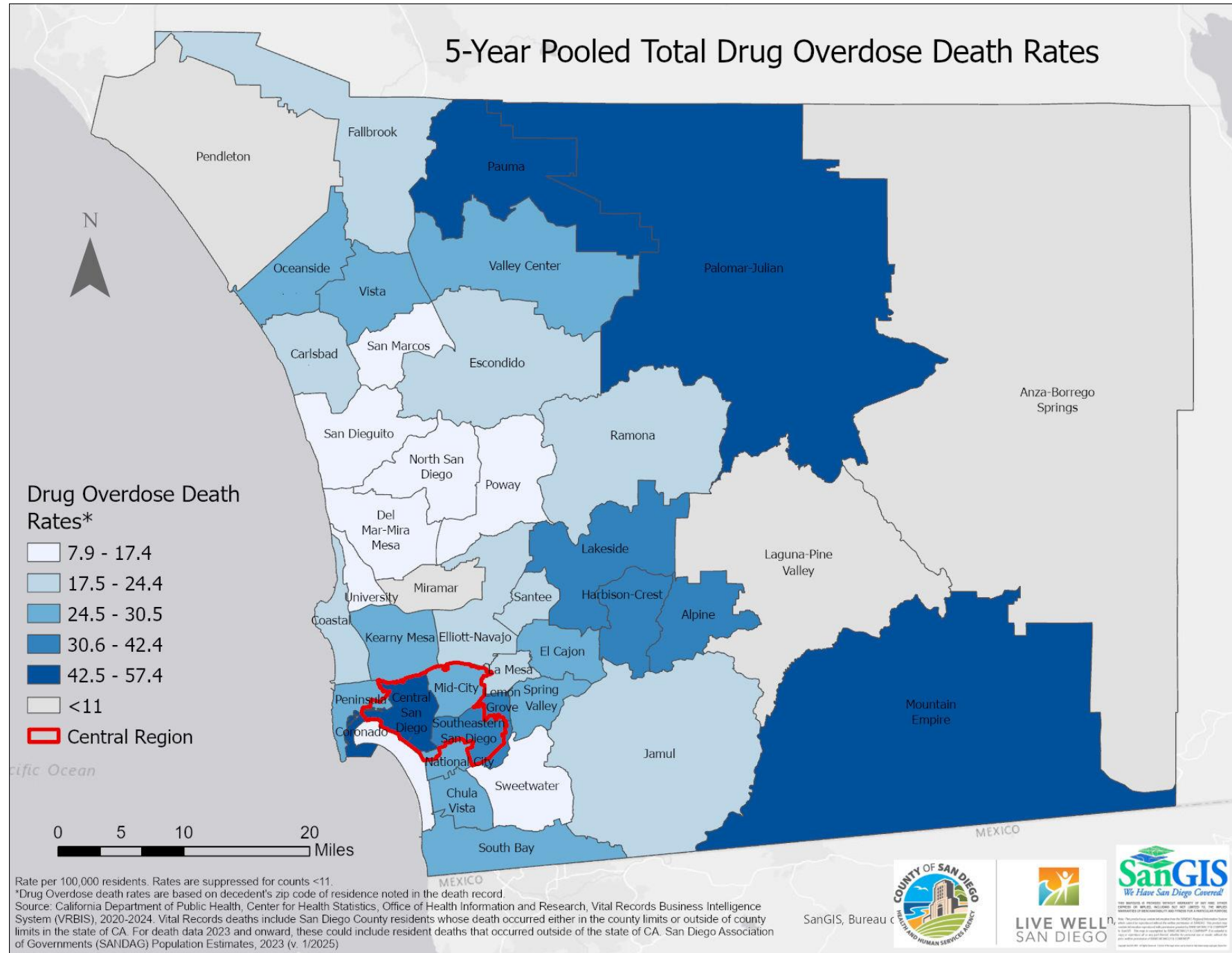
Overdose Deaths
Pooled Total Rates, 2020-2024
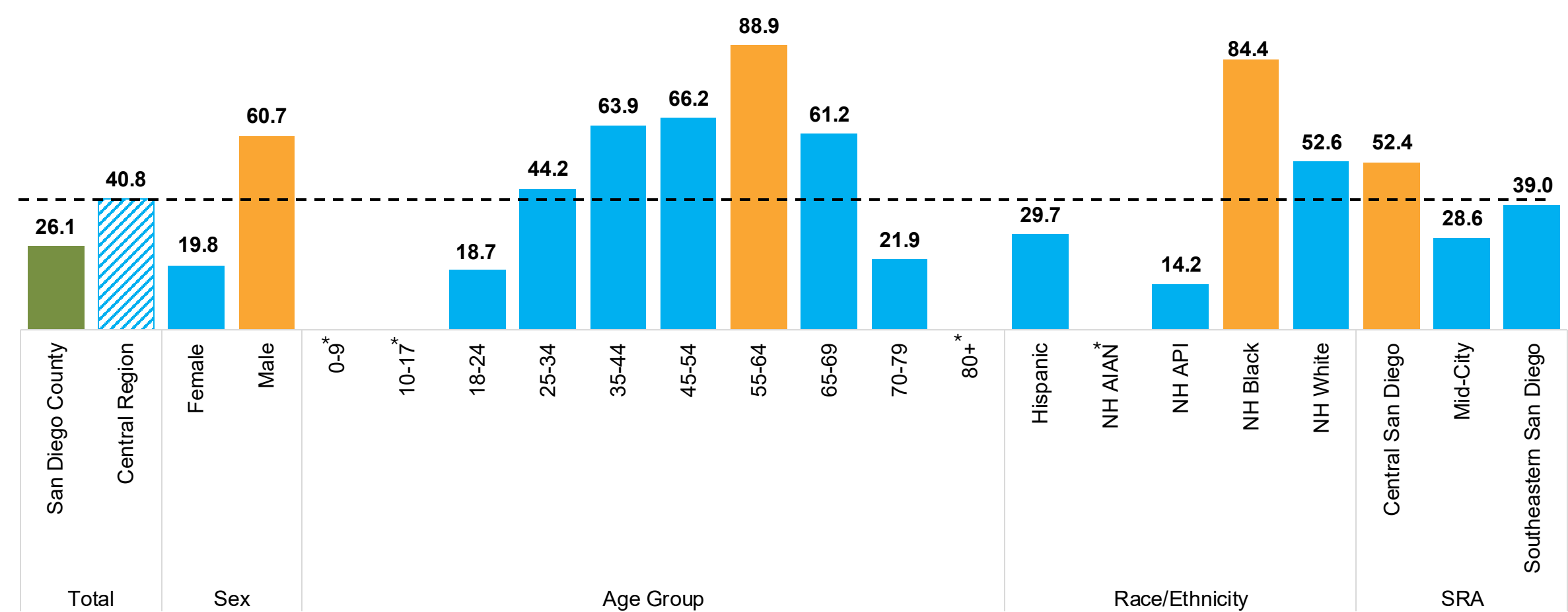
Rate per 100,000 residents. *Rates with counts < 11 were suppressed. SRA = subregional area. NH = Non-Hispanic. AIAN = American Indian/Alaska Native. API = Asian/Pacific Islander. Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2024. (5/15/25) Vital Records deaths include San Diego County residents whose death occurred either in the county limits or outside of county limits in the state of CA. For death data 2023 and onward, these could include resident deaths that occurred outside of the state of CA. San Diego Association of Governments (SANDAG) Population Estimates, 2023 (v. 1/2025)
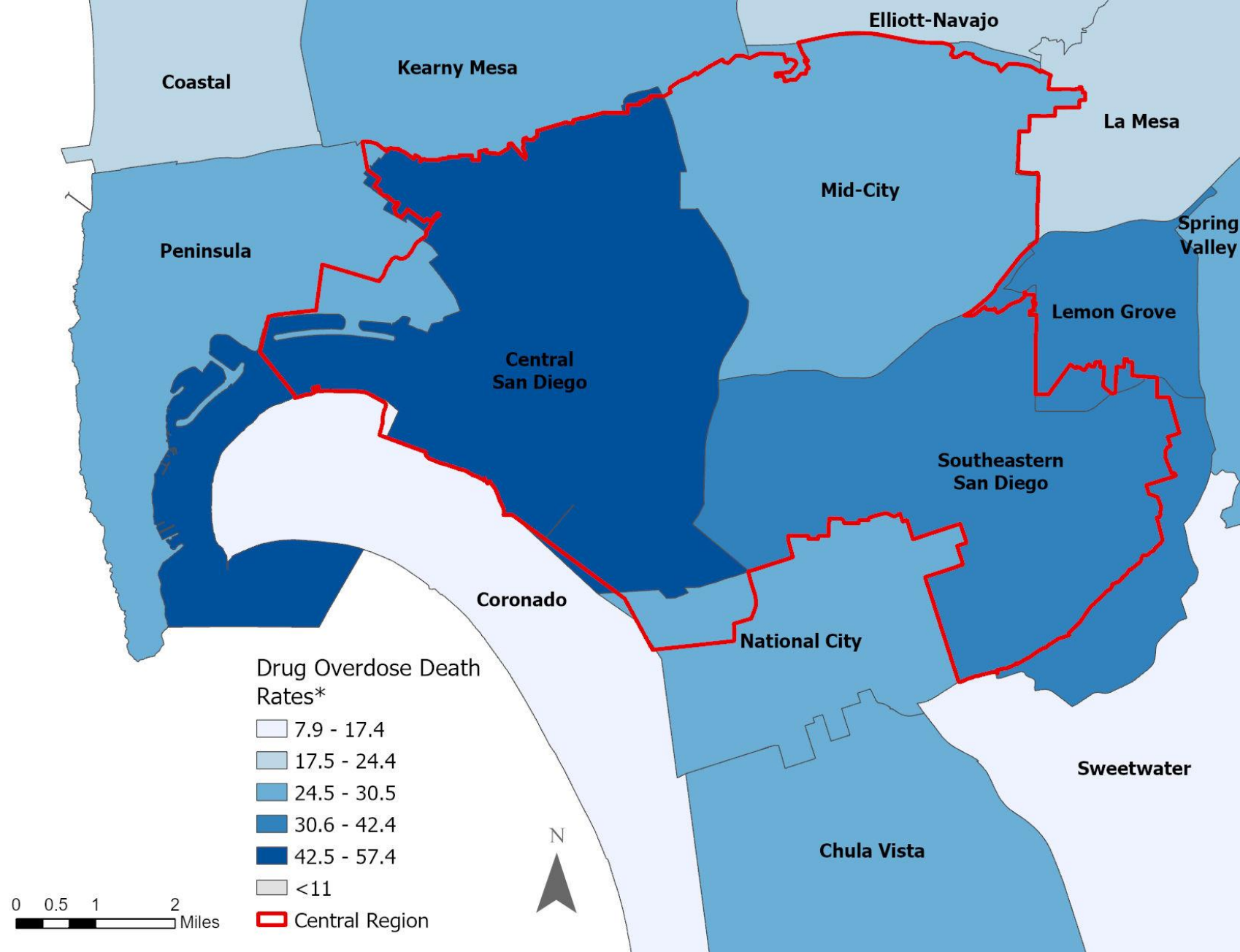
28

Drug Overdose Death Rates by Subregional Area (SRA), San Diego County, Pooled Totals, 2020-2024

5-Year Pooled Total Drug Overdose Death Rates

Drug Overdose Death Rates*
- 7.9 - 17.4
- 17.5 - 24.4
- 24.5 - 30.5
- 30.6 - 42.4
- 42.5 - 57.4
- <11
- Central Region

Rate per 100,000 residents. Rates are suppressed for counts <11.
*Drug Overdose death rates are based on decedent's zip code of residence noted in the death record.
Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2020-2024. Vital Records deaths include San Diego County residents whose death occurred either in the county limits or outside of county limits in the state of CA. For death data 2023 and onward, these could include resident deaths that occurred outside of the state of CA. San Diego Association of Governments (SANDAG) Population Estimates, 2023 (v. 1/2025)
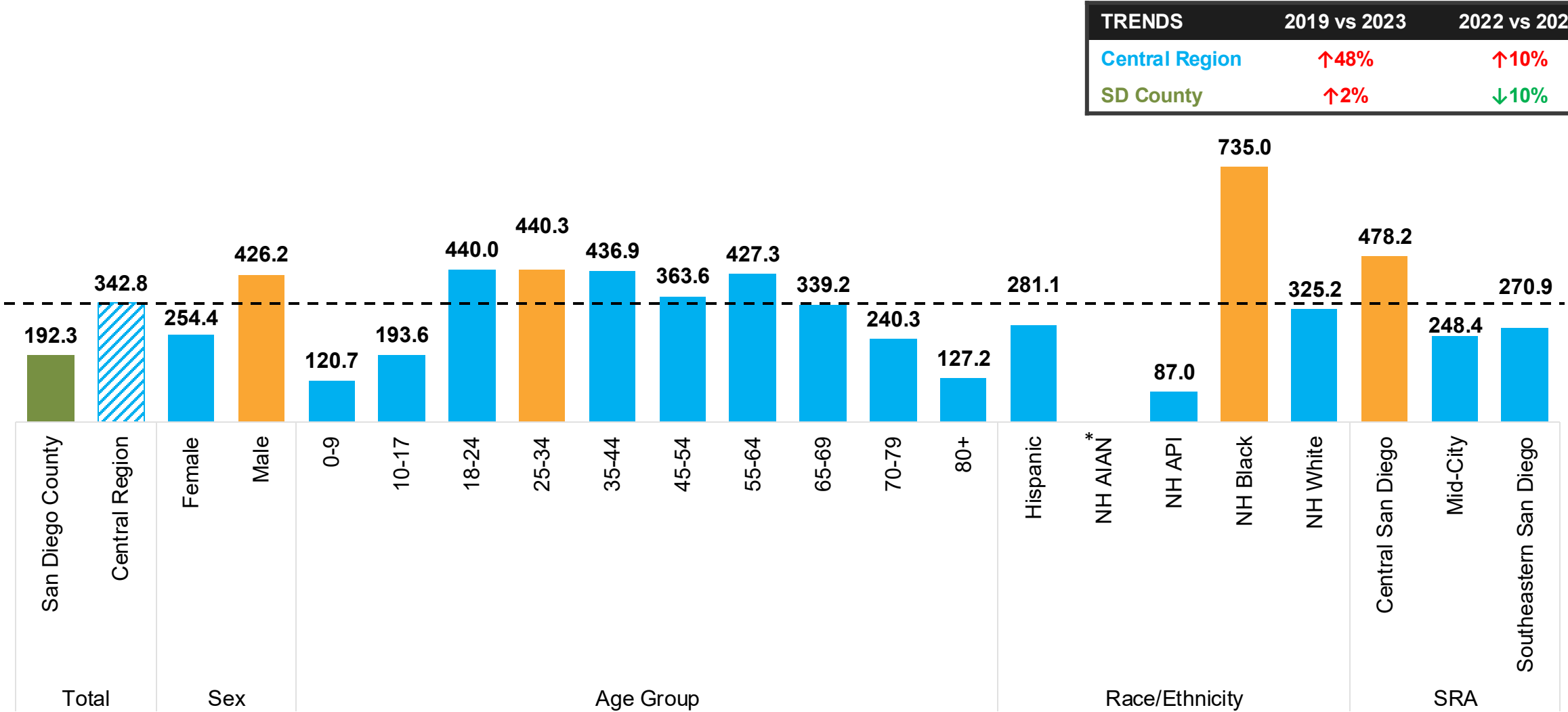
29

Drug Overdose Death Rates by Subregional Area (SRA), San Diego County, Pooled Totals, 2020-2024

Rates in Central Region were highest in:

Central San Diego

Drug Overdose Death Rates*
- 7.9 - 17.4
- 17.5 - 24.4
- 24.5 - 30.5
- 30.6 - 42.4
- 42.5 - 57.4
- <11
- Central Region

Nonfatal Overdose
Emergency Department Encounter Rates, 2023

TRENDS	2019 vs 2023	2022 vs 2023
Central Region	↑48%	↑10%
SD County	↑2%	↓10%

Total
- San Diego County: 192.3
- Central Region: 342.8

Sex
- Female: 254.4
- Male: 426.2

Age Group
- 0-9: 120.7
- 10-17: 193.6
- 18-24: 440.0
- 25-34: 440.3
- 35-44: 436.9
- 45-54: 363.6
- 55-64: 427.3
- 65-69: 339.2
- 70-79: 240.3
- 80+: 127.2

Race/Ethnicity
- Hispanic: 281.1
- NH AIAN: *
- NH API: 87.0
- NH Black: 735.0
- NH White: 325.2

SRA
- Central San Diego: 478.2
- Mid-City: 248.4
- Southeastern San Diego: 270.9

Rate per 100,000 residents. *Rates with counts < 11 were suppressed. SRA = subregional area. Source: California Department of Health Care Access and Information (HCAI), Emergency Department Database and Patient Discharge Database, 2019-2023. San Diego Association of Governments (SANDAG) Population Estimates, 2023 (v. 1/2025)

31

Suicide Prevention Council

- Collaborative, countywide effort dedicated to preventing suicides
- Guided by a public health approach and grounded in equity, the Council promotes culturally sensitive, evidence-based practices and accessible support for individuals, families, and communities
- Vision is zero suicides in San Diego County

https://www.sdchip.org/initiatives/suicide-prevention-council/

Join a subcommittee! Visit the website or call 858-609-7976.

Assessment and Evaluation Subcommittee

Faith Subcommittee

Higher Education Subcommittee

Means Reduction Subcommittee

Media Subcommittee

Postvention Subcommittee

Priority Populations Community Subcommittee

School Collaboration K-12 Subcommittee

Training & Education

32
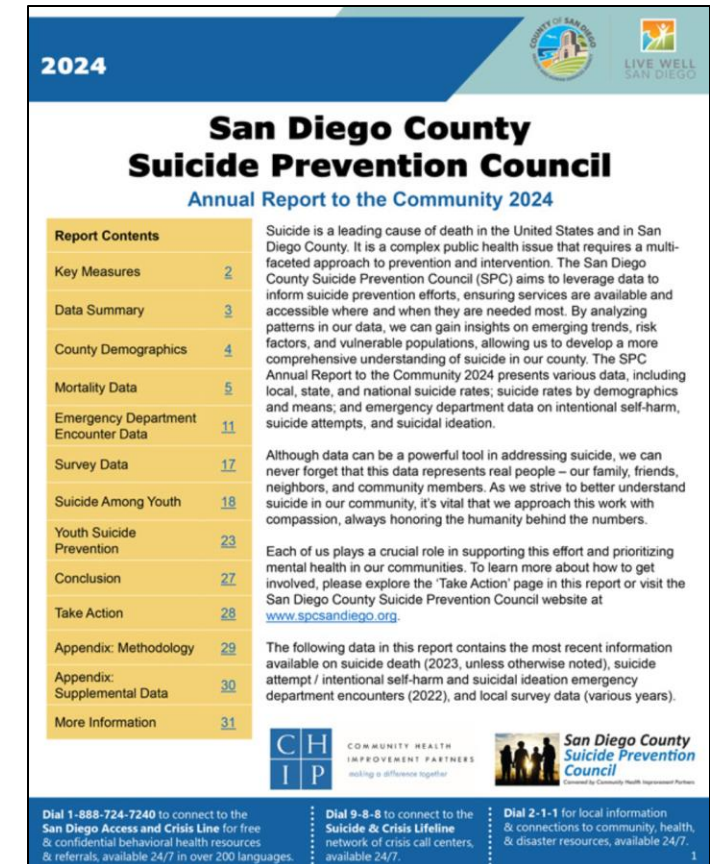
Countywide Initiatives

Binge and Underage Drinking Initiative (BUDI)
- Brings together healthcare providers, educators, prevention specialists, government officials, law enforcement, non-profit organizations, and residents to reduce substance-related harms and save lives.

https://budisd.org/
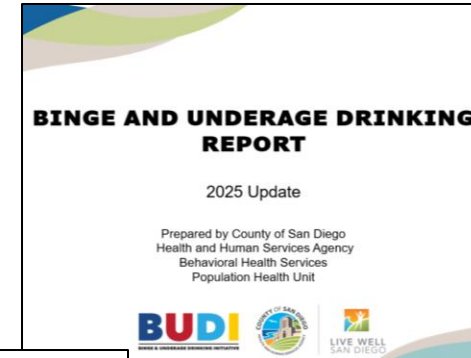
Cannabis Public Health Initiative
- Works to reduce youth access to cannabis by increasing public awareness regarding the adverse effects resulting from youth cannabis use.
- Efforts are aimed at providing the science behind youth cannabis use and its public health impacts.

https://www.ccrconsulting.org/initiatives/cannabis-public-health

Substance Use and Overdose Prevention Taskforce (SUOPT)
- Brings together healthcare providers, educators, prevention specialists, government officials, law enforcement, non-profit organizations, and residents to reduce substance-related harms and save lives.

https://www.suopt.org/
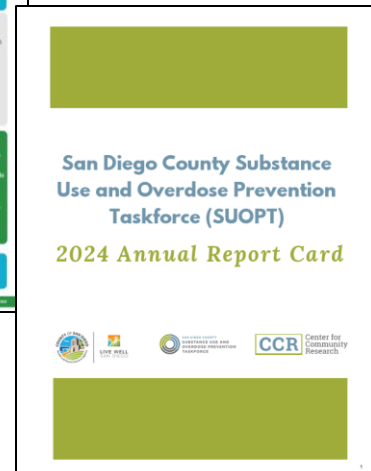
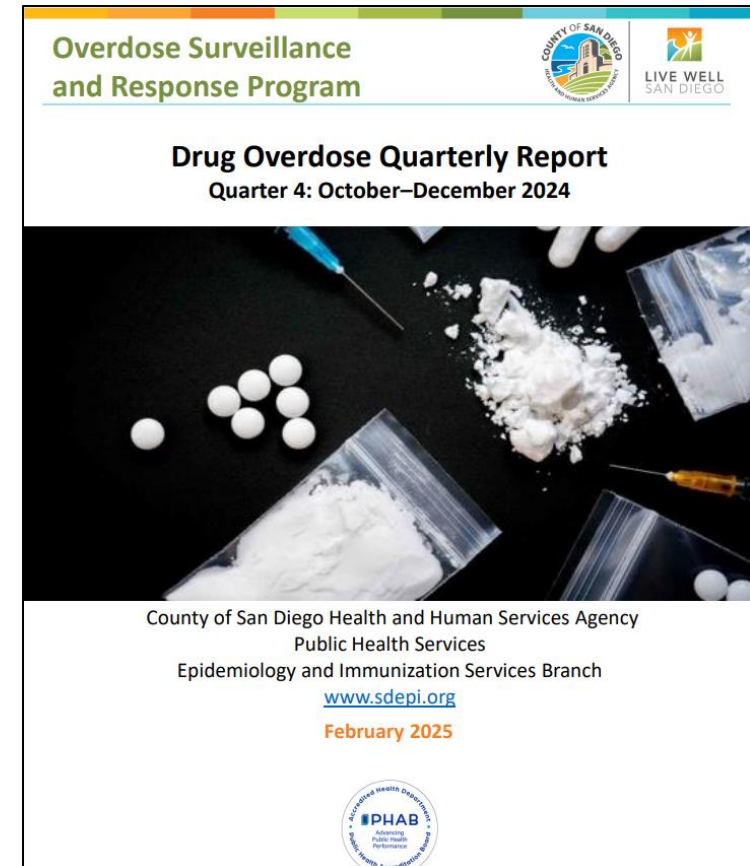# Overdose Surveillance and Response Program (OSAR)

In response to the need for a comprehensive drug overdose surveillance and response system, the County of San Diego created the Overdose Surveillance and Response (OSAR) program in the fall of 2023.

This program is a collaborative effort between County Health and Human Services Agency Public Health Services and Behavioral Health Services, with support from the County Medical Examiner's Office and County Emergency Medical Services.

The program's design is centered around three main pillars:

- Surveillance
- Investigation and Response
- Community Engagement

https://www.sandiegocounty.gov/content/sdc/hhsa/programs/phs/OSAR.html

Overdose Surveillance and Response Program

Drug Overdose Quarterly Report
Quarter 4: October–December 2024

County of San Diego Health and Human Services Agency
Public Health Services
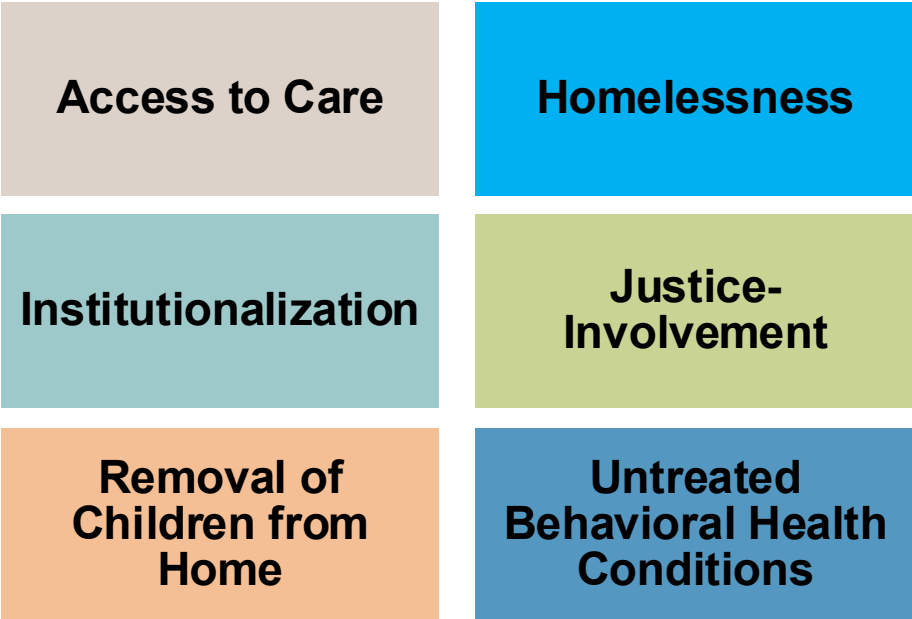Epidemiology and Immunization Services Branch
www.sdepi.org
February 2025

Behavioral Health Services Act: Population Behavioral Health Goals

BHSA – Population Behavioral Health Goals

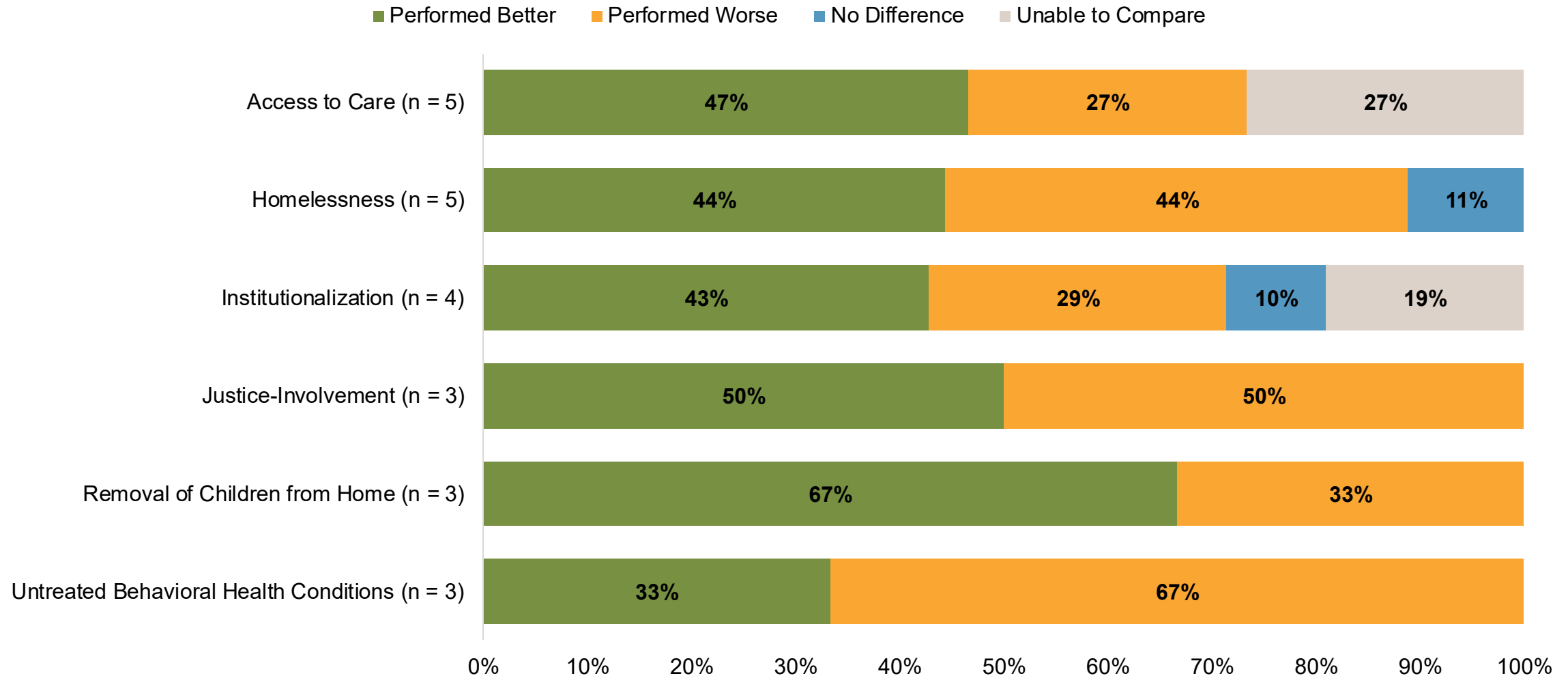## Priority Statewide Goals for Improvement

Access to Care	Homelessness
Institutionalization	Justice-Involvement
Removal of Children from Home	Untreated Behavioral Health Conditions

Additional County-Selected Goal

Additional Goals to Address

Care Experience

Engagement in School

Engagement in Work

Overdoses

Prevention and Treatment of Co-Occurring Physical Health Conditions

Quality of Life

Social Connection

Suicides

BHSA – Priority Statewide Goals
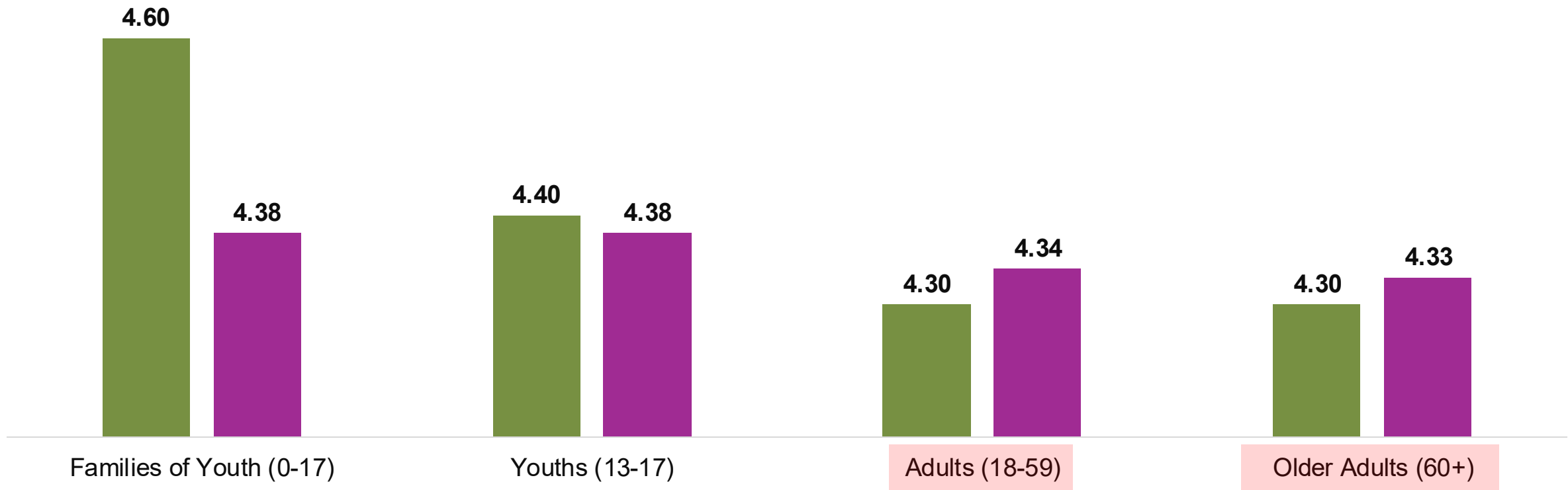## San Diego County's Performance vs. California

Legend: Performed Better | Performed Worse | No Difference | Unable to Compare

Goal	Performed Better	Performed Worse	No Difference	Unable to Compare
Access to Care (n = 5)	47%	27%		27%
Homelessness (n = 5)	44%	44%	11%	
Institutionalization (n = 4)	43%	29%	10%	19%
Justice-Involvement (n = 3)	50%	50%		
Removal of Children from Home (n = 3)	67%	33%		
Untreated Behavioral Health Conditions (n = 3)	33%	67%		

Care Experience
Perception of Cultural Appropriateness of Services

Consumer Perception Survey (CPS) Average Scores, 2023

■ San Diego County   ■ California

	San Diego County	California
Families of Youth (0-17)	4.60	4.38
Youths (13-17)	4.40	4.38
Adults (18-59)	4.30	4.34
Older Adults (60+)	4.30	4.33

Scoring: 1 = Strongly Disagree; 2 = Disagree; 3 = Neutral; 4 = Agree; 5 = Strongly Agree

Source: California Department of Healthcare Services (DHCS) County Performance Workbook
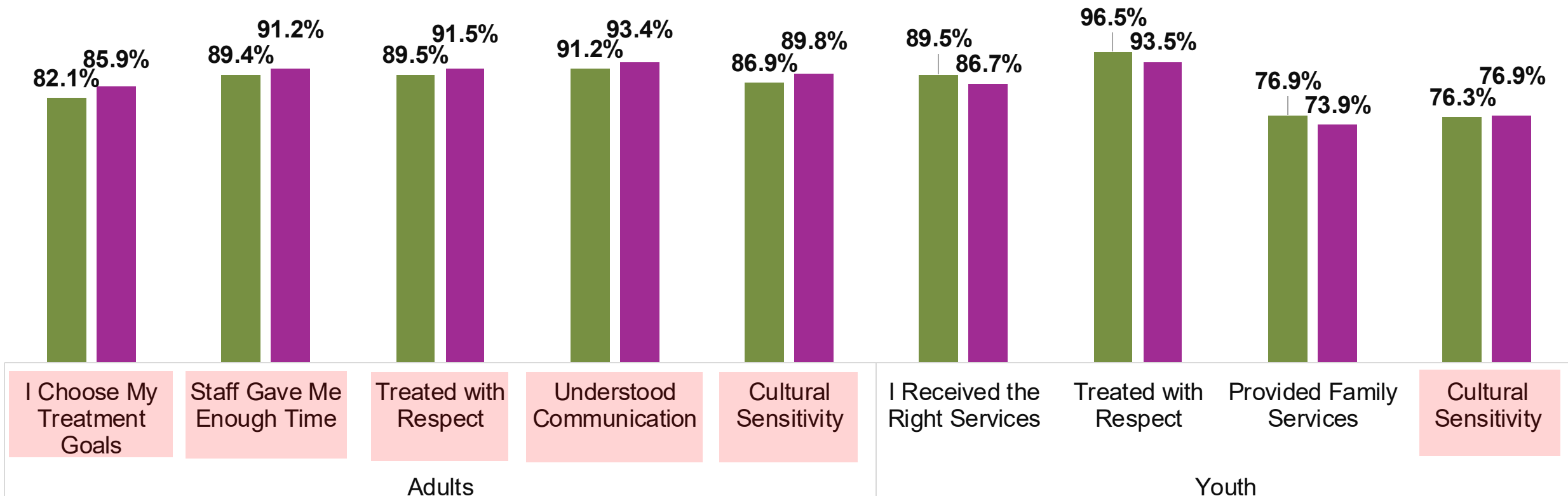
Care Experience
Perception of Quality of Services

Percent of Individuals who "Agree" or "Strongly Agree" with the Following Statements, Treatment Perception Survey (TPS), 2023
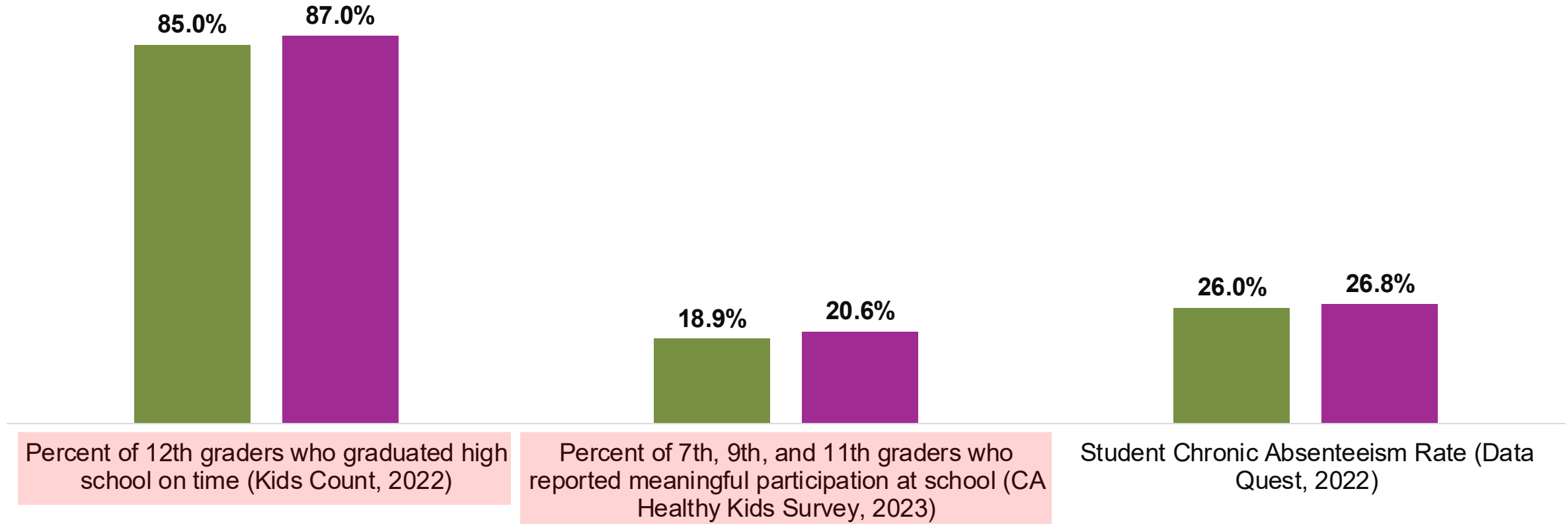
■ San Diego County ■ California

	San Diego County	California
Adults		
I Choose My Treatment Goals	82.1%	85.9%
Staff Gave Me Enough Time	89.4%	91.2%
Treated with Respect	89.5%	91.5%
Understood Communication	91.2%	93.4%
Cultural Sensitivity	86.9%	89.8%
Youth		
I Received the Right Services	89.5%	86.7%
Treated with Respect	96.5%	93.5%
Provided Family Services	76.9%	73.9%
Cultural Sensitivity	76.3%	76.9%

Source: California Department of Healthcare Services (DHCS) County Performance Workbook

Graduated School on Time, Meaningful Participation, and Chronic Absenteeism, 2022-2023

Legend: ■ San Diego County ■ California

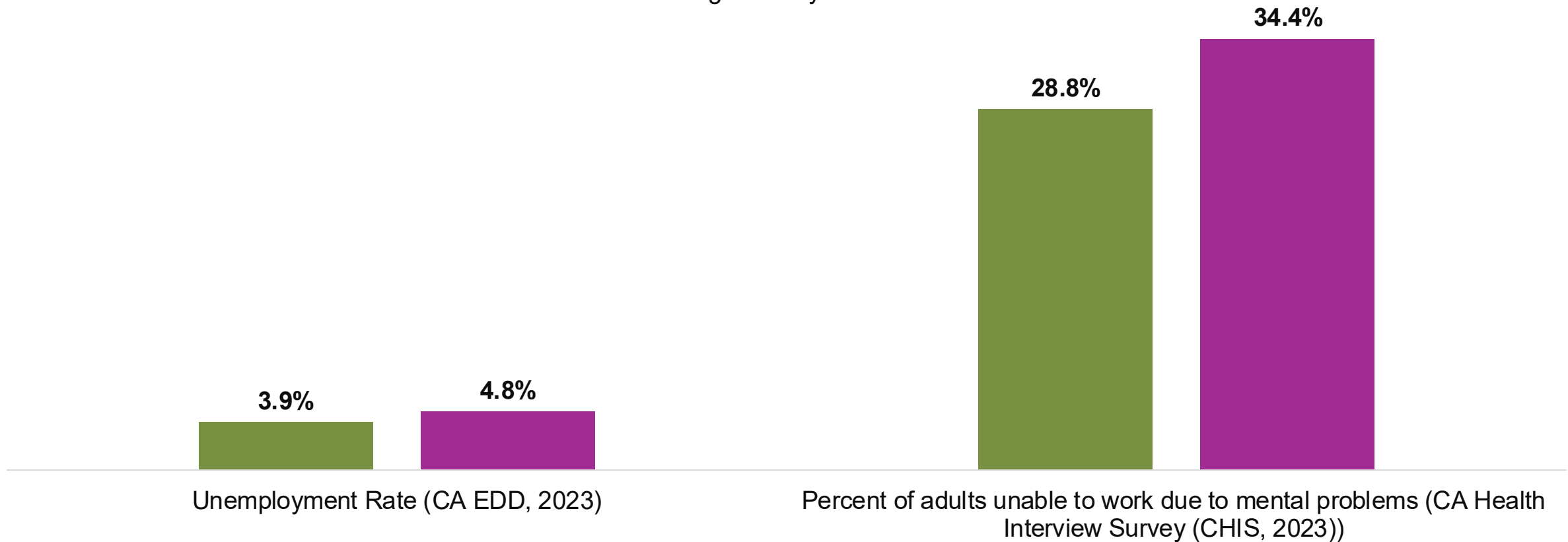| Category	San Diego County	California
Percent of 12th graders who graduated high school on time (Kids Count, 2022)	85.0%	87.0%
Percent of 7th, 9th, and 11th graders who reported meaningful participation at school (CA Healthy Kids Survey, 2023)	18.9%	20.6%
Student Chronic Absenteeism Rate (Data Quest, 2022)	26.0%	26.8%

40

Source: California Department of Healthcare Services (DHCS) County Performance Workbook

Engagement in Work
Unemployment Rate & Unable to Work Due to Mental Problems

Unemployment Rate and Percent of Adults Unable to Work Due to Mental Problems, 2023
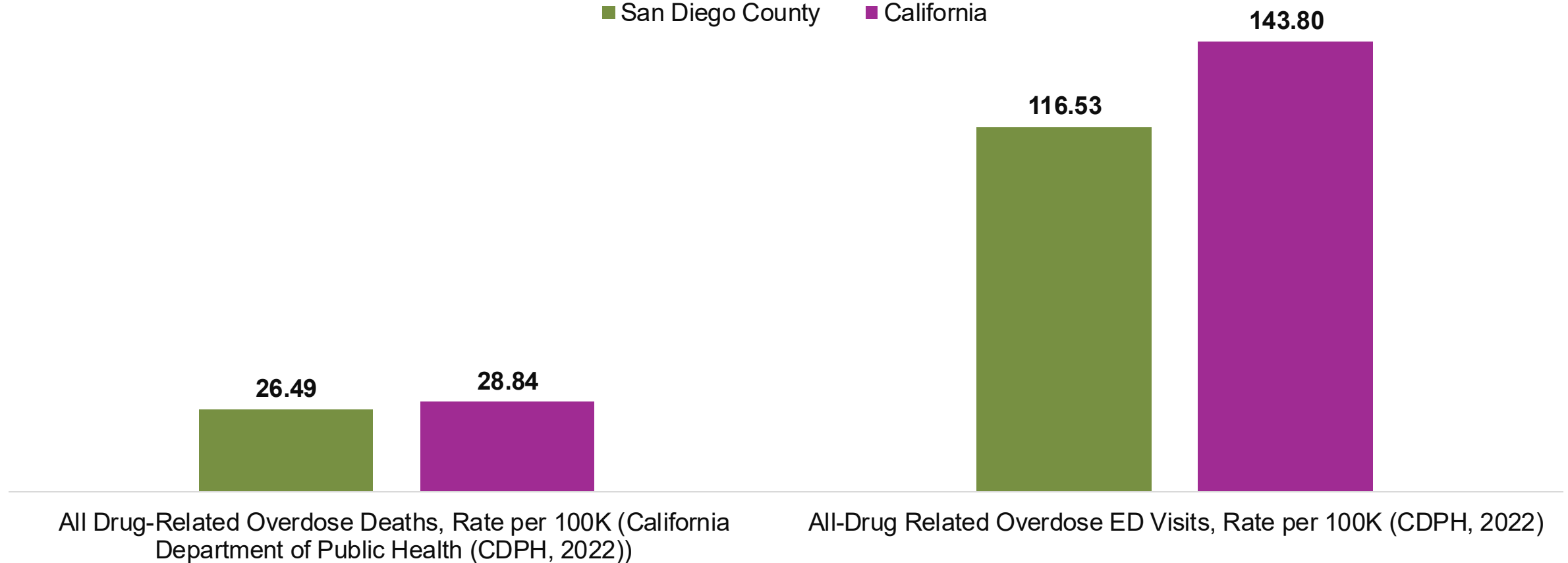
■ San Diego County   ■ California

- Unemployment Rate (CA EDD, 2023)
  - San Diego County: 3.9%
  - California: 4.8%
- Percent of adults unable to work due to mental problems (CA Health Interview Survey (CHIS, 2023))
  - San Diego County: 28.8%
  - California: 34.4%

Source: California Department of Healthcare Services (DHCS) County Performance Workbook

All Drug-Related Overdose Deaths & Emergency Department Visit Rates

Overdose Death and Emergency Department Visit Rates, 2022

Legend: ■ San Diego County ■ California

- All Drug-Related Overdose Deaths, Rate per 100K (California Department of Public Health (CDPH, 2022)): San Diego County 26.49, California 28.84
- All-Drug Related Overdose ED Visits, Rate per 100K (CDPH, 2022): San Diego County 116.53, California 143.80

Source: California Department of Healthcare Services (DHCS) County Performance Workbook

Prevention and Treatment of Co-Occurring Physical Health Conditions

Medi-Cal Managed Care Accountability Measures, CA Department of Healthcare Services (DHCS), 2022

Legend: ■ San Diego County ■ California

- Adults' Access to Preventive/Ambulatory Health Service: San Diego County 64.6%, California 65.3%
- Child and Adolescent Well-Care Visits: San Diego County 49.5%, California 49.5%
- Diabetes Screening for People with Schizophrenia or Bipolar Disorder Who Are Using Antipsychotic Medications: San Diego County 87.7%, California 81.6%
- Metabolic Monitoring for Children and Adolescents on Antipsychotics: Blood Glucose and Cholesterol Testing: San Diego County 43.1%, California 39.8%

Source: California Department of Healthcare Services (DHCS) County Performance Workbook

Perception of Functioning
Consumer Perception Survey (CPS) Average Scores, 2024

■ San Diego County ■ California

Category	San Diego County	California
Families of Youth (0-17)	3.90	3.96
Youths (13-17)	3.90	3.87
Adults (18-59)	4.00	3.98
Older Adults (60+)	4.00	3.97
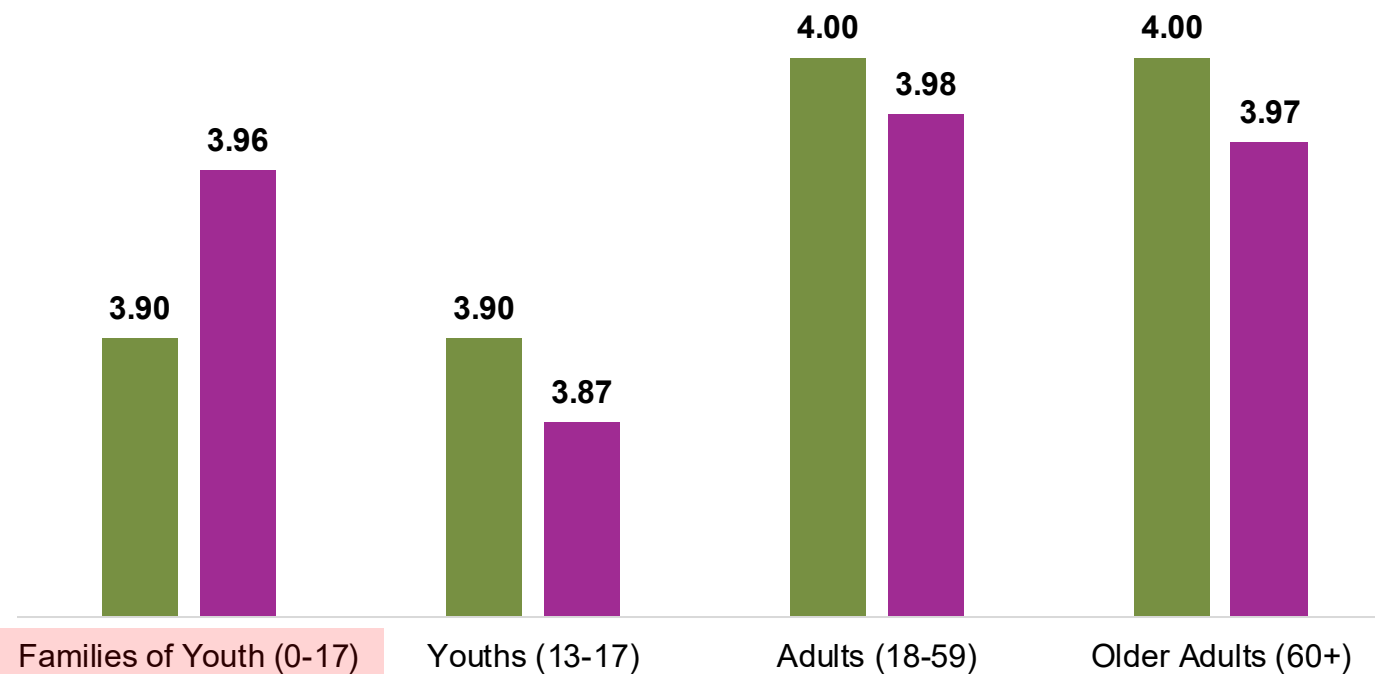
Scoring: 1 = Strongly Disagree; 2 = Disagree; 3 = Neutral; 4 = Agree; 5 = Strongly Agree

Average Number of Mentally Unhealthy Days Self-Reported in Past 30 Days, Adults 18+, BRFSS, 2024

■ San Diego County ■ California

San Diego County	California
4.80	5.35

44
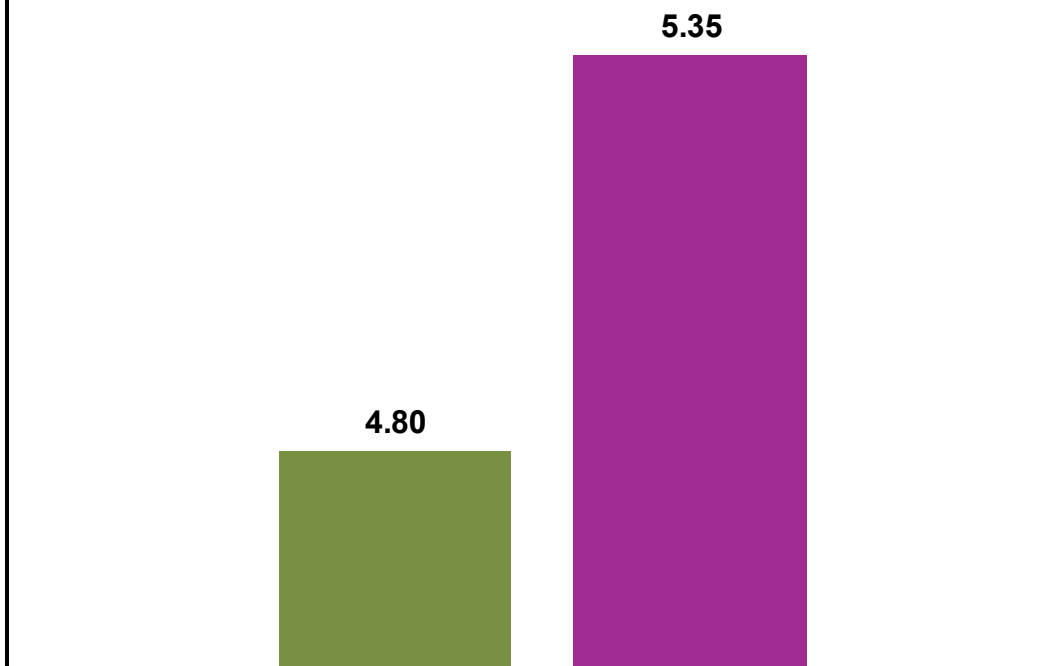
Social Connections
Perception of Social Connectedness & Caring Adult Relationships at School

Perception of Social Connectedness, Consumer Perception Survey (CPS) Average Scores, 2024

Legend: ■ San Diego County ■ California

Category	San Diego County	California
Families of Youth (0-17)	4.30	4.27
Youths (13-17)	4.20	4.10
Adults (18-59)	3.90	3.98
Older Adults (60+)	4.00	3.97
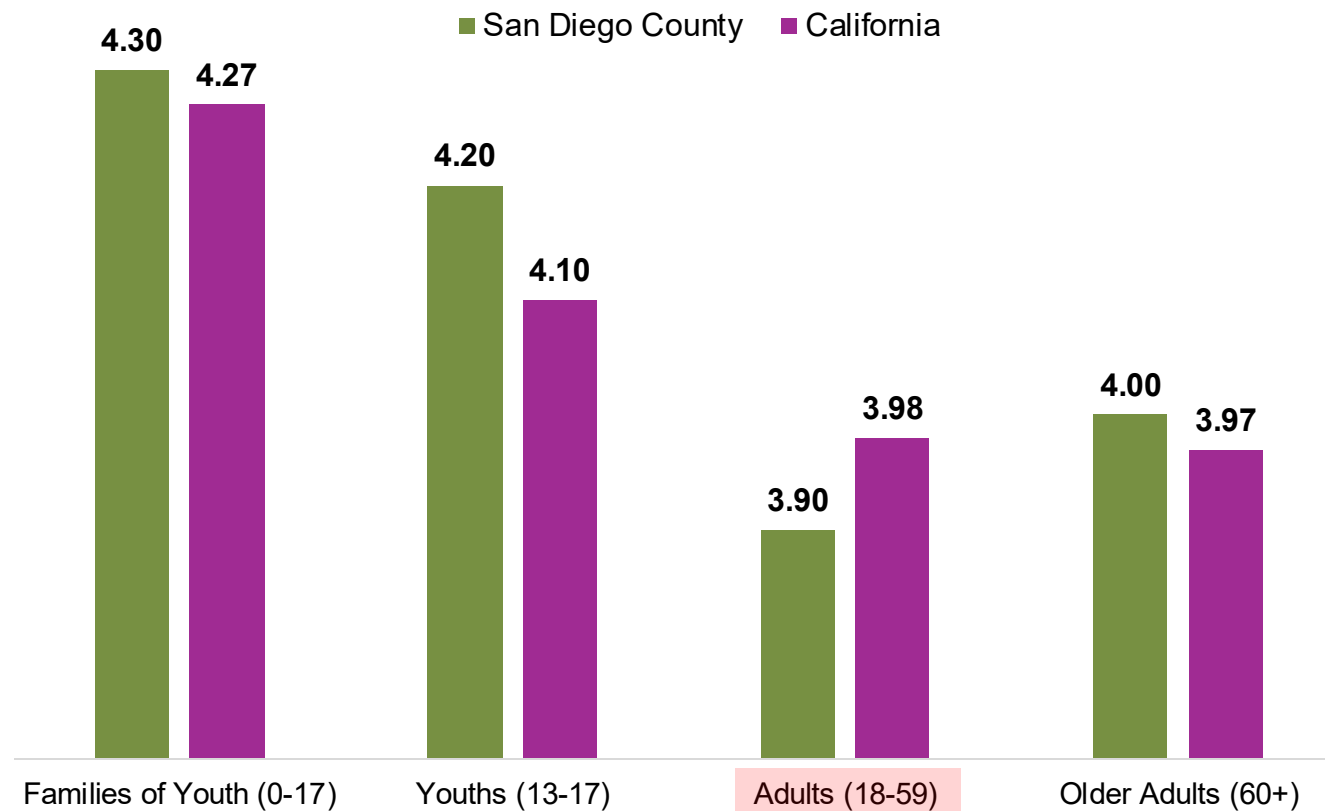
Percent of 7th, 9th, and 11th Graders who Reported Caring Adult Relationships at School, CA Healthy Kids Survey, 2023

Legend: ■ San Diego County ■ California

San Diego County	California
59.0%	56.8%

Source: California Department of Healthcare Services (DHCS) County Performance Workbook
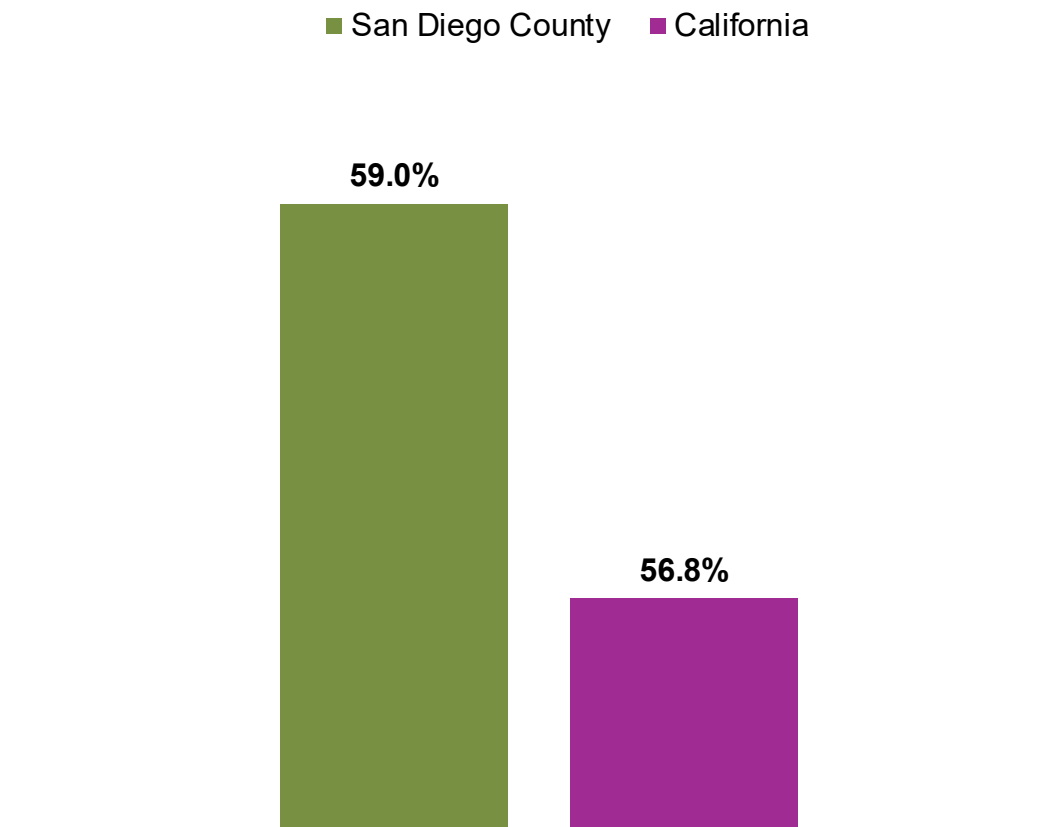
Suicide
Suicide Deaths & Non-fatal Emergency Department Visits Due to Self Harm

Suicide Death Rate and Self-Harm Emergency Department Visit Rate, 2022

■ San Diego County   ■ California

94.28

85.80

11.30

11.00

Suicide Deaths, Rate per 100K, (California Department of Public Health (CDPH, 2022))

Nonfatal Self-Harm ED Visits, Rate per 100K (CDPH, 2022)

Source: California Department of Healthcare Services (DHCS) County Performance Workbook
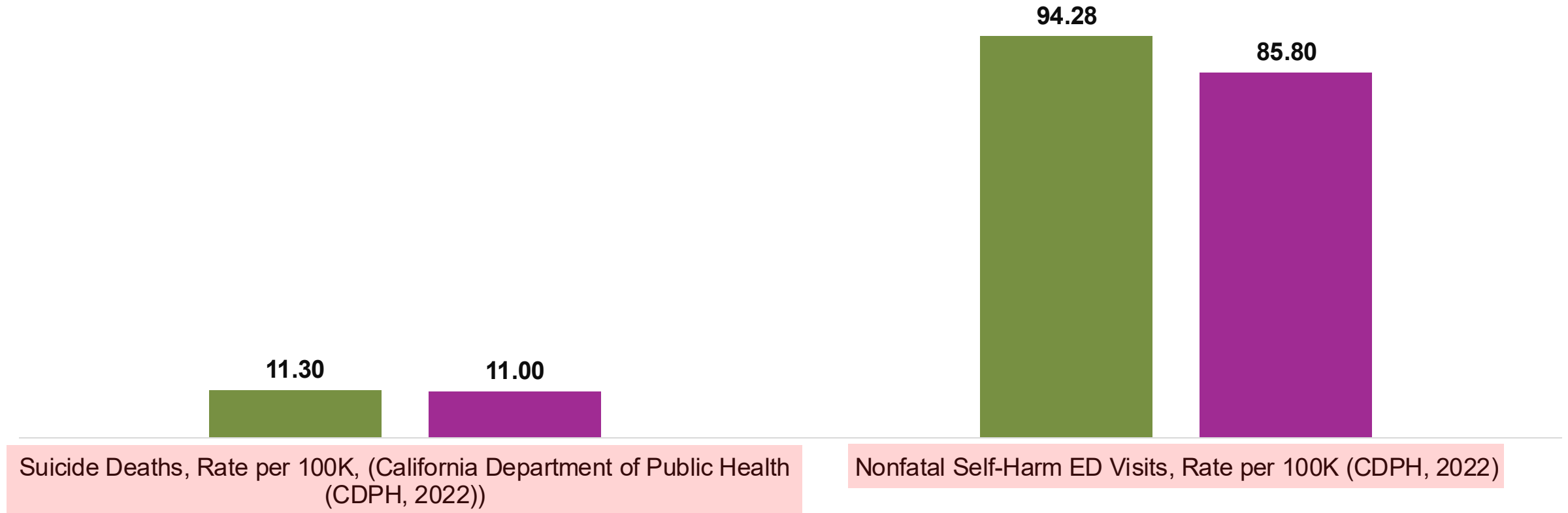
Additional Resources

Nationwide Mental Health Crises and Suicide Prevention, Dial 9-8-8

- Available 24 hours/7 days a week
- Confidential and free of change
- Connect individuals with trained counselors for immediate support and resources.

San Diego Access and Crisis Line (ACL), Dial: 1-888-724-7240

- Available 24 hours/7 days a week
- Confidential and free of charge
- Support and help in navigating services
- San Diego County Programs

San Diego 211 Resource Connection, Dial 2-1-1

- Available 24 hours/7 days a week
- Confidential and free of charge
- Support and help in navigating services
- Housing assistance, healthcare services, food and meal programs, crisis intervention, and more.

Mental Health & Substance Use Care: https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/all_services.html

Overdose Resources: https://www.sandiegocounty.gov/content/sdc/hhsa/programs/phs/OSAR/community.html

Data Sources

1. **San Diego Association of Governments (SANDAG), 2018-2023 Population Estimates (v. 1/2025):** Population estimates and forecasts for the County.

2. **California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2020-2024 (v. 5/15/2025):** Non-public dataset, repository for California's birth, death, and fetal death records. Primary diagnosis unless stated otherwise.

3. **California Department of Health Care Access and Information (HCAI), Emergency Department Data and Patient Discharge Data, 2019-2023:** Non-public dataset, collects data from California-licensed hospitals and emergency departments.

4. **California Healthy Kids Survey (CHKS), 2021-2023:** Accessed online at https://calschls.org/reports-data/public-dashboards. Public dataset, school-based survey for 7th, 9th, and 11th graders.

5. **UCLA California Health Interview Survey (CHIS), 2019-2023:** Accessed online at https://ask.chis.ucla.edu/. Public dataset, CA survey led by UCLA.

Questions

Sienna Rodriguez, MPH, Epidemiologist I

Sienna.Rodriguez@sdcounty.ca.gov

Behavioral Health Services – Population Health Unit

County of San Diego, Health & Human Services Agency

BHS data presentations from years past:
- Intention to learn from community what matters most
- What factors and conditions influence your response- snapshots
- How we utilize your feedback

This year we seek to learn...
- What behavioral health areas/topics are you looking to learn more about?
- What factors do you believe contribute to the data that was presented today?
- How can the County and community work collaboratively to address some of these disparities?

ACTIVITY:
- Break into groups around the room with **no more than 5-7 persons**
- BHS will provide a scribe to take notes or welcome to leave your thoughts via sticky notes
- We will have **approximately 5 minutes** to address each question

Remember- be honest, be thoughtful, and be insightful as we all have something to contribute

From your perspective, lived experience, and/or expertise...

1. What do you consider the biggest disparity or difference in health outcomes when it comes to mental health/substance use in this region, from the data shared today?

2. What factors do you feel contribute to these disparities/gaps? From your perspective, are there certain populations or communities more impacted than others? (What are barriers for people getting the support need - consider access, cultural norms/traditions, etc.)

3. How can the County and community work together to address these disparities or gaps to improve mental health and wellbeing? (Consider available resources, existing programs/services, accessible information, trusted members of the community, etc.)

4. Cast a vote for what you would like the County to focus on for our future data sets that we share in the future.

Additional Goals

Care Experience

Engagement in School

Engagement in Work

Overdoses

Prevention and Treatment of Co-Occurring Physical Health

Quality of Life

Social Connection

Suicides

Let's Discuss – Wrap Up

- This is a baseline year, so thank you for helping to set the bar for our County

- Your knowledge, perspective, & feedback are greatly appreciated

- More ways to participate in more robust discussions (interest list)

- Where to go for more information?
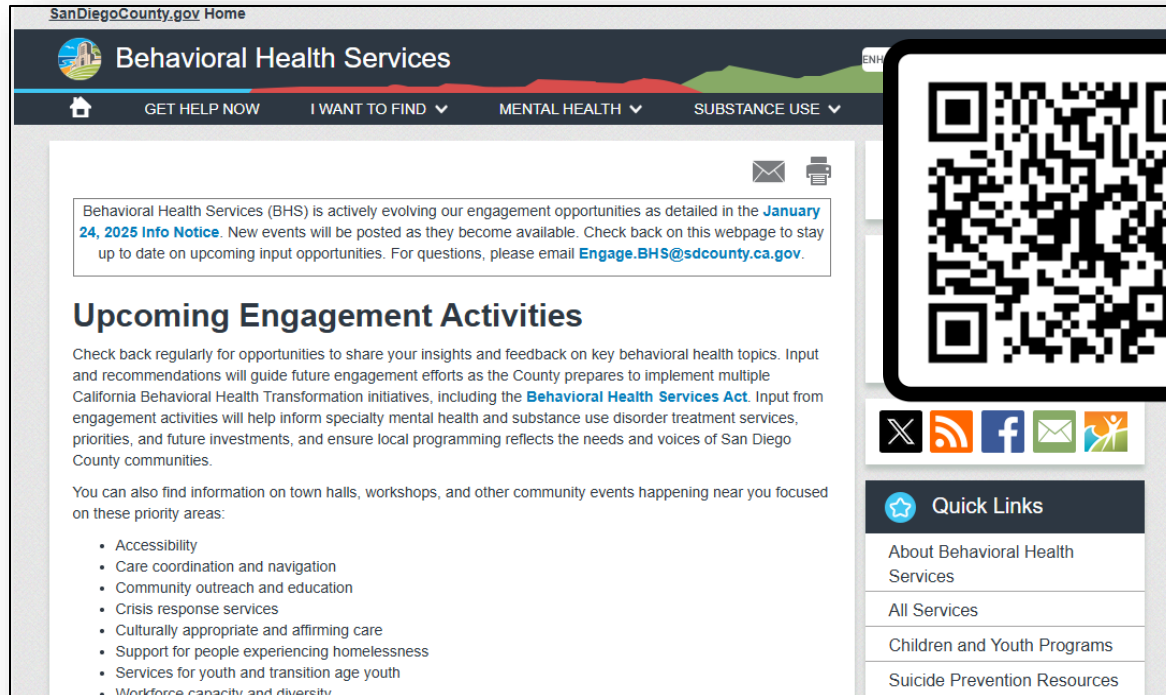
BHS Engage

SCAN ME

Upcoming Engagement Opportunities

Planned Engagement Activities

Engagement Activity Summaries

Contact Us
Communication & Engagement Unit: Engage.BHS@sdcounty.ca.gov
Danny Romero: DanielM.Romero@sdcounty.ca.gov