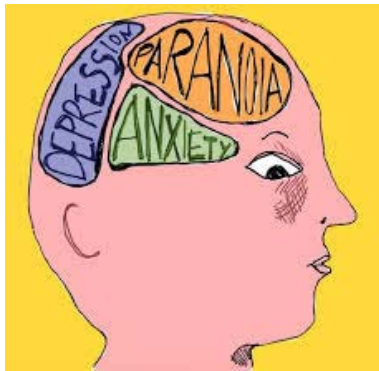




Trends for Major Depression in LA County

Nancy Clifton-Hawkins, MPH, MCHES®
Community Benefit Manager
August 4, 2018

National Data



- Mental Illness, in the US, is among the highest of all diseases
- Most common cause of disability
- 11th leading cause of death in the US for all age groups
- 2nd leading cause of death among people ages 25-34
- 43.6 million (18.1%) US adults suffer from any mental illness
- 9.8 million (4.2%) have a seriously debilitating MI.

HealthyPeople2020. <https://www.healthypeople.gov/2020/leading-health-indicators/2020-lhi-topics/Mental-Health#1>. Retrieved 7/31/18

California Data

2014:

1 in 6 adults diagnosed with mental illness
1 in 25 had a serious mental illness

For Children:

1 in 14 had a serious emotional disturbance

Substance Use Disorders (2013-2015):

11 drug overdose deaths per 100,000 persons
Some rural counties had rates that were double
the statewide average



Janet Coffman, Timothy Bates, Igor Geyn, and Joanne Spetz. California's Current and Future Behavioral Workforce. Healthforce Center at UCSF. February 12, 2018.

Los Angeles County

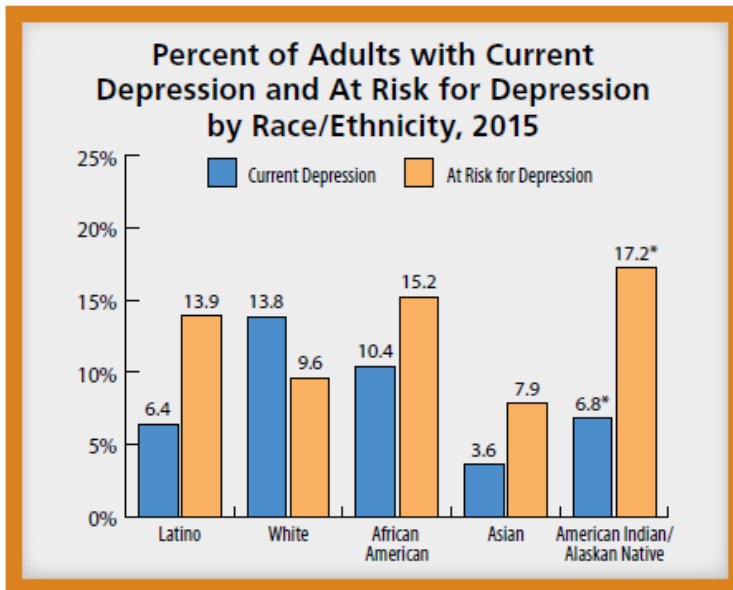
2015: Prevalence of major depressive episode (MDE)



	Los Angeles County	8.6%
	Antelope Valley (SPA 1)	12.5%
Unite	San Fernando (SPA 2)	8.0 % nty
6.7%	San Gabriel (SPA 3)	6.4%
8.5%	Metro (SPA 4)	10.8%
4.7	West (SPA 5)	11.1%
	South (SPA 6)	8.4%
	East (SPA 7)	8.3%
	South Bay (SPA 8)	8.6%

Sources: Center for Health Advancement. **Making the Case for Investments in Health Using Health Forecasts**. UCLA Fielding School of Public Health. 02/28/18. Retrieved from: <http://www.health-forecasting.org/07/31/18>.
 LA County Department of Public Health. Key Indicators of Health: By Service Planning Area. 2017 http://publichealth.lacounty.gov/ha/docs/2015LACHS/KeyIndicator/PH-KIH_2017-sec%20UPDATED.pdf. Retrieved on 07/31/18.

Percent of Adults At Risk for Major Depression



* Data are unstable (see technical notes p. 5)
 Note: Data for NHOPI are suppressed (see technical notes p. 5)

Los Angeles County	11.8%
Antelope Valley (SPA1)	13.4%
San Fernando (SPA 2)	10.1%
San Gabriel (SPA 3)	11.0%
Metro (SPA 4)	15.7%
West (SPA 5)	6.8%
South (SPA 6)	16.8%
East (SPA 7)	11.7%
South Bay (SPA 8)	10.8%

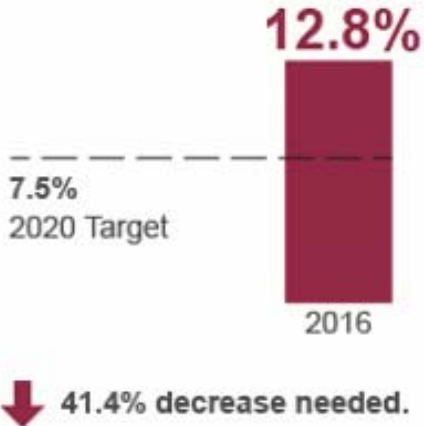
LA County Department of Public Health. Key Indicators of Health: By Service Planning Area. 2017 http://publichealth.lacounty.gov/ha/docs/2015LACHS/KeyIndicator/PH-KIH_2017-sec%20UPDATED.pdf. Retrieved on 07/31/18.

Children and Mental Illness

Major Depressive Episodes (MDEs)

In 2016, 12.8% of adolescents aged 12–17 years had an MDE in the past 12 months.

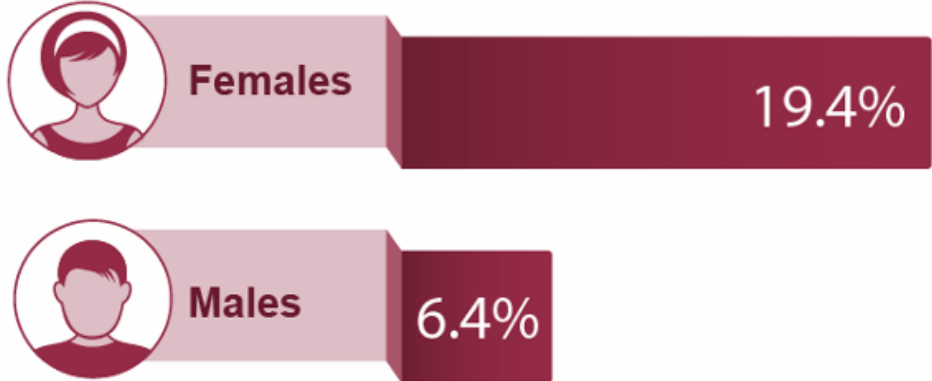
Data source: National Survey on Drug Use and Health (NSDUH), SAMHSA.



Source: Healthy People 2020. <https://www.healthypeople.gov/2020/leading-health-indicators/2020-lhi-topics/Mental-Health/data>. Retrieved on 7/31/18

Children and Mental Illness

In 2016 among adolescents aged 12–17 years, a higher proportion of females than males had an MDE in the past 12 months. The rate for females was **3 times** that for males.



Data source: National Survey on Drug Use and Health (NSDUH), SAMHSA.

Source: Healthy People 2020. <https://www.healthypeople.gov/2020/leading-health-indicators/2020-lhi-topics/Mental-Health/data>. Retrieved on 7/31/18

Good News in LA County...

Staying well: Of those receiving care preventively (i.e., those who scored below a widely used threshold for psychological distress at entry into care), **almost 9 out of 10 remained below the threshold for clinically significant symptoms** over time.



Getting better: Of those who had symptoms at a level at or above a clinical cut point for psychological distress at the start of their PEI service, **more than 5 out of 10 no longer had clinically significant symptoms** over time.



Source: J. Scott Ashwood, Sheryl H. Kataoka (UCLA), Nicole K. Eberhart, Elizabeth Bromley (UCLA), Bonnie T. Zima (UCLA), Lesley Baseman, F. Alethea Marti (UCLA), Aaron Kofner, Lingqi Tang (UCLA), Gulrez Shah Azhar, Margaret Chamberlin, Blake Erickson (UCLA), Kristen Choi (UCLA), Lily Zhang (UCLA), Jeanne Miranda (UCLA), and M. Audrey Burnam. **Evaluation of the Mental Health Services Act in Los Angeles County: Implementation and Outcomes for Key Programs.** www.rand.org Retrieved on 07/31/18.

Are We Ready to Meet the Need?



- Ratios of behavioral health professionals to population vary substantially across California's regions—the lowest ratios persist in the Inland Empire and San Joaquin Valley.
- Lack of a diversified workforce
- Retirement of current psychiatrists and psychologists
- Behavioral health trainees not evenly distributed across the state

Source: Healthforce Center – UCSF. California's Current and Future Behavioral Health Workforce. Retrieved from: <https://healthforce.ucsf.edu/publications/california-s-current-and-future-behavioral-health-workforce> 8/2/18

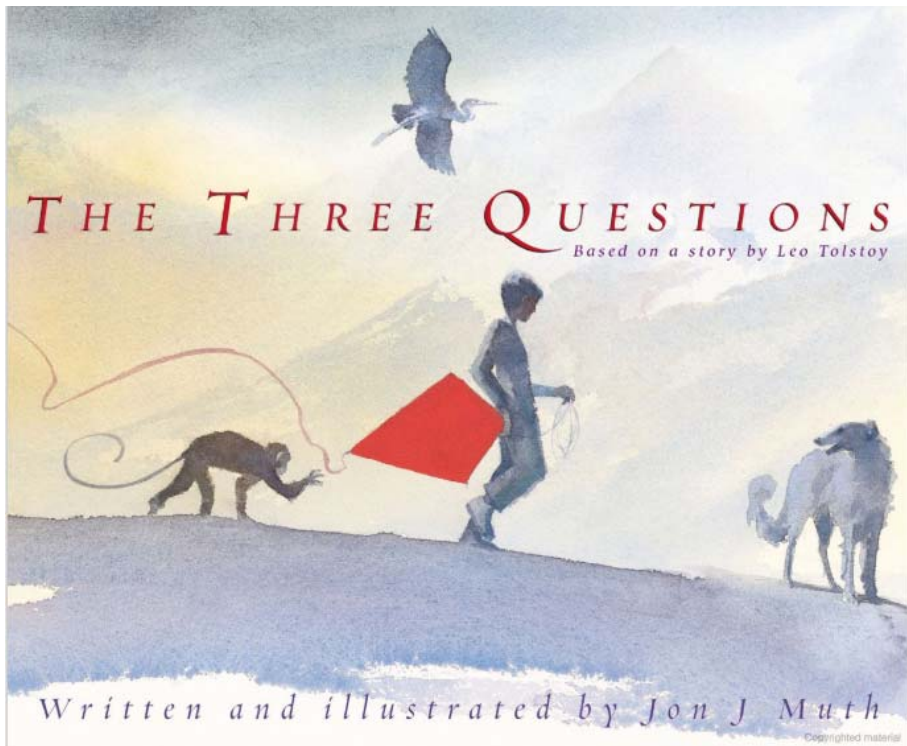
If Trend Continues...2028



California will have:

- **41 percent fewer** psychiatrists
- **11 percent fewer** psychologists, licensed marriage and family therapists, licensed professional clinical counselors and licensed clinical social workers

We Need to Be The Change



- What is the best time to do things?
- Who is the most important one?
- What is the right thing to do?

Resources

- HealthyPeople2020. <https://www.healthypeople.gov/2020/leading-health-indicators/2020-lhi-topics/Mental-Health#1>. Retrieved on 7/31/18.
- Janet Coffman, Timothy Bates, Igor Geyn, and Joanne Spetz. California's Current and Future Behavioral Workforce. Healthforce Center at UCSF. February 12, 2018. <https://healthforce.ucsf.edu/publications/california-s-current-and-future-behavioral-health-workforce>. Retrieved on 8/2/18.
- Center for Health Advancement. **Making the Case for Investments in Health Using Health Forecasts.** UCLA Fielding School of Public Health. 02/28/18. <http://www.health-forecasting.org/> Retrieved on 07/31/18.
- LA County Department of Public Health. Key Indicators of Health: By Service Planning Area. 2017 http://publichealth.lacounty.gov/ha/docs/2015LACHS/KeyIndicator/PH-KIH_2017-sec%20UPDATED.pdf. Retrieved on 07/31/18.
- J. Scott Ashwood, Sheryl H. Kataoka (UCLA), Nicole K. Eberhart, Elizabeth Bromley (UCLA), Bonnie T. Zima (UCLA), Lesley Baseman, F. Alethea Marti (UCLA), Aaron Kofner, Lingqi Tang (UCLA), Gulrez Shah Azhar, Margaret Chamberlin, Blake Erickson (UCLA), Kristen Choi (UCLA), Lily Zhang (UCLA), Jeanne Miranda (UCLA), and M. Audrey Burnam. **Evaluation of the Mental Health Services Act in Los Angeles County: Implementation and Outcomes for Key Programs.** www.rand.org Retrieved on 07/31/18.