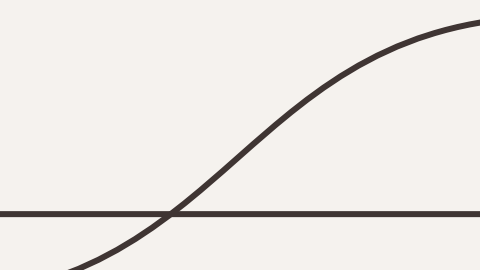




Mental Health Research

By Sewa International, Bay Area Chapter





01

Alameda
County



Overview of Mental Health in Alameda County

Population of Alameda County: 1.649 million

Access to healthcare

- 22.8% of adults have been delayed or have difficulty in obtain healthcare
- 8.3% of adults have no health insurance

Mental Health

- 14.2% of adults have been professionally diagnosed with depression
 - 10.6% of adults have likely serious psychological distress
 - 12.3% of the population have had poor mental health for 14+ days
 - 1,978.5 severe mental illness related emergency department visits per 100,000 people
 - 8.8 deaths due to suicide per 100,000 people
 - Currently, 424 mental health providers per 100,000 people
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Mental Health Care and the Unhoused Population

- A Alameda County grand jury report found that the lack of a proper mental health system is worsening the homeless crisis
 - Residents are sent to jail rather than receiving the mental health care they need
 - In Alameda County, homelessness has increased by 22% in the past 3 years
 - An estimated 30-75% of California residents who are homeless struggle with mental health
 - Many people who are unhoused end up in a cycle of emergency rooms and jail
 - District 4 Supervisor (Nate Miley) says, “If you can’t get people stabilized, you can’t begin to address the other issues.”
 - Homelessness and mental health is a two way relationship with each amplifying the effects of the other
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02

**Santa Clara
County**

Overview of Mental Health in Santa Clara

Population: 1.886 million

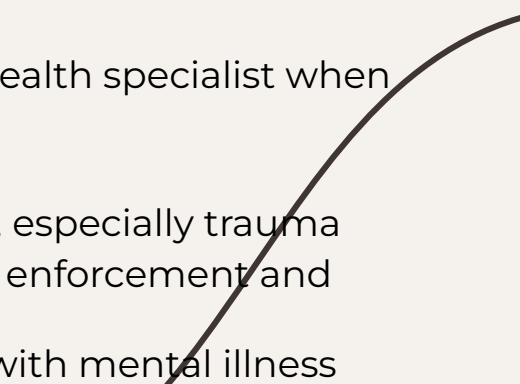
Access to Healthcare

- 5.5% of population w/o health insurance
- 7.2% experience poverty

Mental Health

- 10% of adults have frequent mental distress
 - 23.8 people have deaths of despair per 100,000
 - 11.9% of Medicare beneficiaries have clinical depression
 - Around 1 in 5 high school students in this county have seriously considered suicide in the last 12 months
 - Most of the youth who died by suicidal had a recent or current mental health crisis
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Santa Clara County and Mental Health

- According to a needs assessment done by the Santa Clara County Behavioral Health Services Department, community-based services do not serve those with the highest level of need
 - They are unable to provide care frequently and are not equipped with large teams to handle mental health crises
 - 32% of the county is Asian
 - Asian Americans are 3 times less likely to seek mental health services than their white counterparts
 - 27% of the county is Hispanic/Latino
 - Only 10% of Latinos seek professional care from a mental health specialist when experiencing symptoms of a psychological disorder
 - Santa Clara County is a “refugee-impacted county”
 - Refugees are very likely to encounter mental health issues, especially trauma
 - Needs assessment stressed need for collaboration between law enforcement and behavioral health centers
 - Decrease psychiatric hospitalizations and arrests of those with mental illness
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03

Contra Costa
County

Overview of Mental Health in Contra Costa

Population: 1.161 million

Access to Healthcare

- 12.10% without health insurance

Mental Health

- 19.1% of the population have reported emotional/mental health problems
 - Of all age groups, adults 46-64 (22.3%) and 18-30 (22.1%) gave the highest prevalence rates for mental health issues
 - 23.1% of teens are at risk for depression
 - $\frac{2}{3}$ of these teens at risk are women
 - The race/ethnicity with the highest prevalence rate of emotional/mental health problems is African Americans (40.5%)
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Contra Costa and Mental Health

- Contra Costa is facing a shortage of psychiatrists for at-risk youth
 - Only a 1 to 310 ratio of psychiatrists to cases of children with mental health issues
 - Only two full time and seven part time psychiatrists and the county's three mental health clinics in Richmond, Antioch and Concord
 - Children struggle with depression and dyslexia
 - Many residents state that they are worried for their family members cycling through jail when struggling with a mental illness
 - Residents say that want a better understanding and focus on the relationship between mental health, homelessness and substance abuse
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04

**San Joaquin
County**

Overview of Mental Health in San Joaquin

Population: 789,410

Access to Healthcare

- 14.5% of residents are below the poverty line
- 30% are enrolled in Medi-Cal
- 8% have no health insurance

Mental Health

- 6.4% of residents have a firm of psychological distress
 - 90 mental health providers per 100,000 people
 - State average is 157 per 100,000
 - 26.7% of the community report that mental health is a top concern for the county
 - 18.2% of adults need treatment for mental health
 - 32% of 11 graders report feeling sad or hopeless for every day for 2 weeks or more
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San Joaquin and Mental Health

- Residents in San Joaquin experience a higher rate of days with poor mental health, a higher rate of deaths by suicidal, drug overdose and alcohol poisoning than the California average
 - Mental health identified as a high need in Community Health Assessment
 - Residents believe schools do not have enough resources regarding mental health for students and teachers
 - There is limited access to mental health resources
 - Residents want culturally competent and linguistically appropriate care
 - Poverty is identified as one of the most prevalent forms of stress
 - A lower income is correlated with poorer mental health
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Sources

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