

Reducing Hospitalization



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What is the Mental Health Services Act (MHSA)?

In 2004, California voters resoundingly passed the Mental Health Services Act (Proposition 63) to address the dire need to expand mental health services. Using MHSA funds, counties and community providers deliver mental health services in community settings and save taxpayer dollars by keeping people out of costly hospitals, jails, and institutions.

Reducing Hospitalization Rates is an Important Priority

Continued cuts to county health and mental health programs are resulting in California's emergency rooms often times being the only source of care for people with serious mental illness, even for those not needing an emergency level of care. Counties are using MHSA funds to support alternatives to hospitalization and providing cost-effective community-based services. The MHSA was intended to transform the "fail first," crisis-based mental health system to a "help first," recovery-based model where people with serious mental illness can avoid hospitalization by utilizing community-based resources.

MHSA is Building Crisis Alternatives to Hospitals

- To help older adults who might otherwise seek care in a hospital emergency room, Sacramento County's *Senior Navigation Program* provides "navigators" to make home visits to assist approximately 400 elderly clients.
- Solano County's *Mobile Crisis Unit* provides an alternative emergency unit that provides field interventions, a community safety team, education and training with law enforcement, and a toll-free hotline.
- Riverside County's *One-Stop Centers* for transition age youth have an after-hours crisis line, which in one year received 2,000 calls after 5 p.m..
- San Diego's *Courage to Call* program provides a support hotline/helpline for local veterans and their families.
- Los Angeles County has developed *Urgent Care Centers* that offer acute, non-emergency care, including weekends and evenings, to individuals in mental health crisis.

MHSA Full Service Partnerships are Decreasing Hospitalization

A majority of MHSA funding is spent on a wraparound service model called "Full Service Partnerships (FSPs)." FSPs target people of all ages with serious mental health needs and are intended to reduce participants' rates of hospitalization.

Services not only include mental health counseling and medication, but also assistance with housing, employment, education.

FSPs are proving to decrease the days participants spend hospitalized. Counties report that hospitalization among transition age youth, adult, and older adult participants have decreased by between **88% and 100%**, depending on the county.

Mental Health Services Act
CHANGING LIVES. INVESTING IN COMMUNITIES.

To learn more, visit
www.cmhda.org.