
11/9/21 ITEM NO. 45

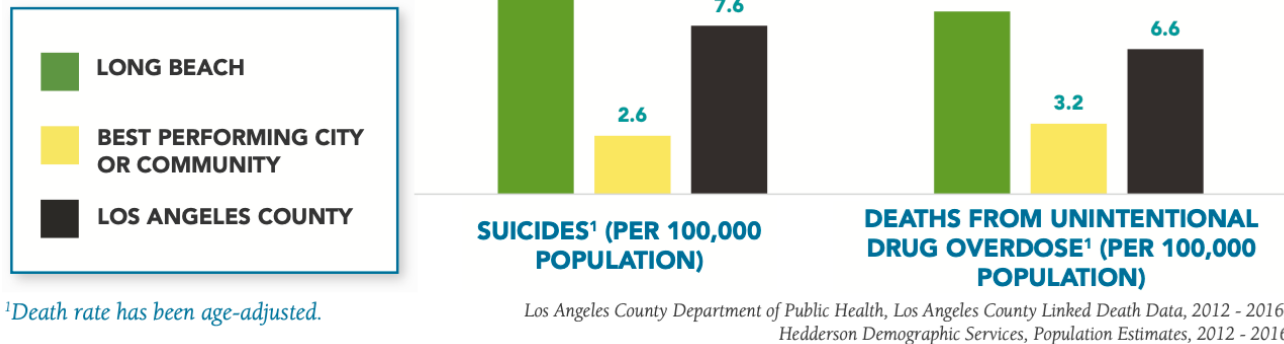
Localizing Mental Health Services In Long Beach

"As things start to get normal, the full brunt of the trauma [people] have been through starts to surface in their lives, and they have to deal with that. So that's why I think this is the right time for our country to have a conversation about mental health."

– US Surgeon General Vivek Murthy



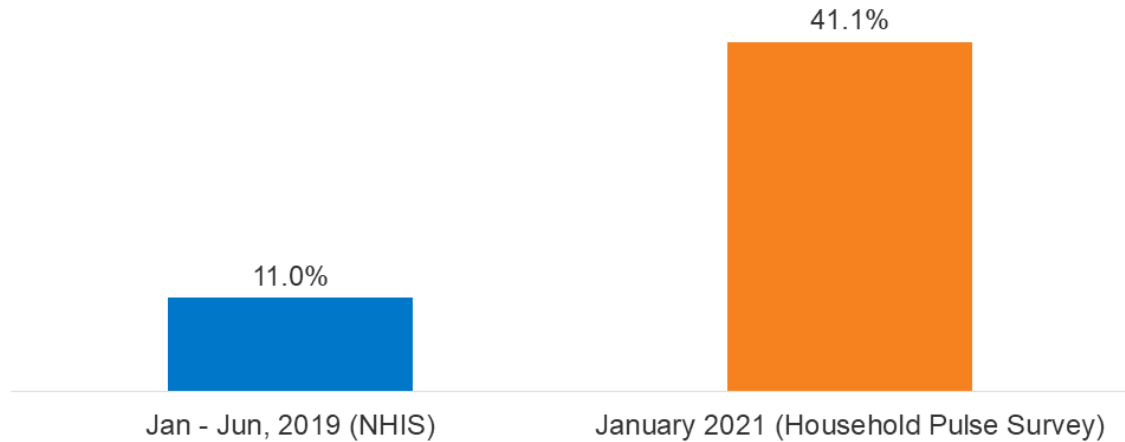
Long Beach's Mental Health Epidemic



- Elevated Suicide and Drug overdose rates
- Rate of mental health related emergency room visits is twice the county average, 1 out of 100 residents visited the ER for mental health issues from 2017-19
- Hospitalization due to self harm and alcohol abuse also well above county average
- 2,000 residents homeless, majority of whom

Figure 1

Average Share of Adults Reporting Symptoms of Anxiety Disorder and/or Depressive Disorder, January-June 2019 vs. January 2021



NOTES: Percentages are based on responses to the GAD-2 and PHQ-2 scales. Pulse findings (shown here for January 6 – 18, 2021) have been stable overall since data collection began in April 2020.

SOURCE: NHIS Early Release Program and U.S. Census Bureau Household Pulse Survey. For more detail on methods, see: <https://www.cdc.gov/nchs/data/nhis/earlyrelease/ERmentalhealth-508.pdf>

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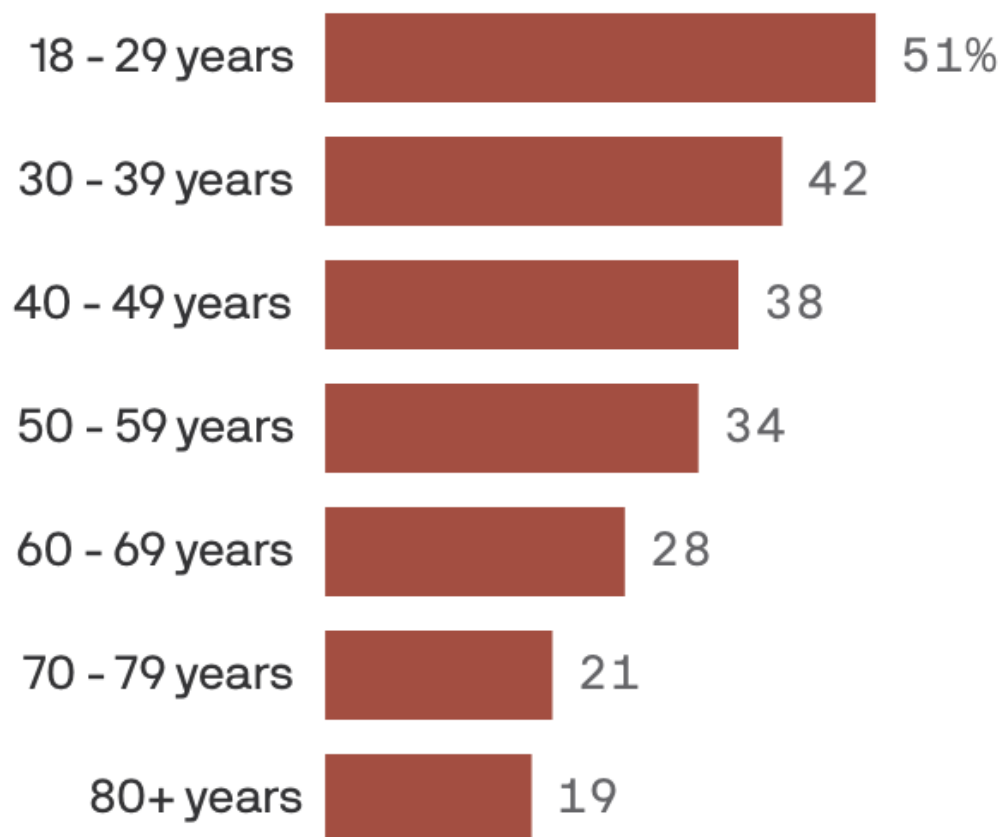
Mental Health During COVID-19

- **COVID has only made these problems worse**
- **Percentage of adults suffering from anxiety or depression quadrupled over the pandemic**
- **Went from 11% to 41%**
- **Levels remain elevated – 32% still suffer**

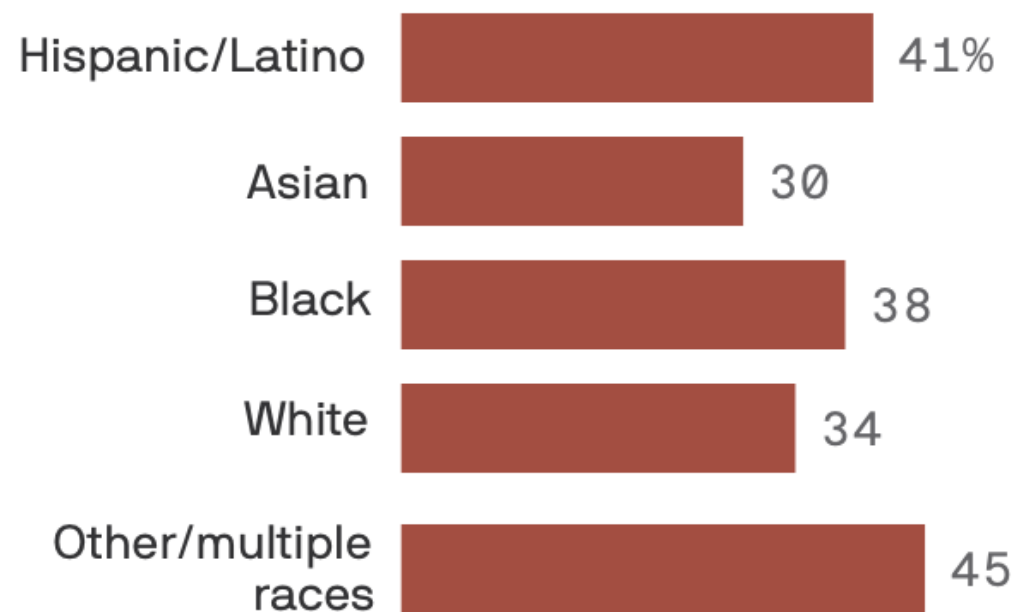
Percentage of population who have reported symptoms of anxiety or depressive disorder

Survey of U.S. adults conducted between April 23, 2020, and October 11, 2021

By age group



By race/ethnicity

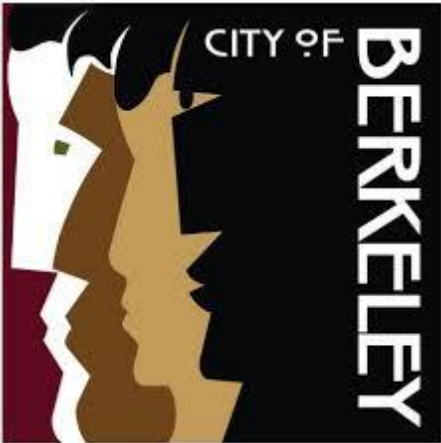




A Local Approach

- **Mental Health services currently fall under LA County Department of Mental Health**
- **Leads to level of care being controlled by the county – currently insufficient**
- **Can be better coordinated with local providers**
- **Reduce redundancy and increase access**
- **Slippage between city and county services leads to issues in program navigation**
- **Folks experiencing mental illness rely on navigation b/c many of them can't go out and find it themselves**
- **Just 26% of enrollees in our Homeless Management System who qualify for disability payments are receiving them – what other programs are they missing out on?**

Existing Models



- Other cities in CA offer examples
- Already-existing infrastructure:
 - Continuum of Care
 - Health Department
 - Hospitals
 - Local Service Providers
 - Educational Institutions
 - Dispatch Center
 - Fire, Police, Prosecutor office





Stakeholder Meeting



CALIFORNIA STATE UNIVERSITY
LONG BEACH
College of Health and
Human Services



The Opportunity

- **Participants highlighted Long Beach's need for:**
 - **Additional residential mental health facilities,**
 - **More opportunities to train social work and nursing students through expanded internship programs**
 - **Localization of direct response and improved response times**
 - **Streamlined program navigation**
 - **More coordination between existing programs.**



RECOMMENDATION:

Direct the City Manager to work with the Department of Health and Human Services and local mental health providers to explore the feasibility of establishing a more robust infrastructure for mental health services in collaboration and alignment with local mental providers in Long Beach and the County of Los Angeles for the purpose of:

- Increasing access to mental health services across the City, including for schools.
- Increasing direct funding into the City for mental health services, particularly for mental health crisis response, coordination across programs and residential supports.
- Localizing and improving crisis mental health response and connection to services.
- Streamlining the City's processes for coordination and access to services.
- Expanding the availability of residential care facilities and access in Long Beach, including hospital step-down beds.
- Providing more opportunities for engagement with local institutions for higher education and expand opportunities for social work and nursing student field placement to expand workforce potential.