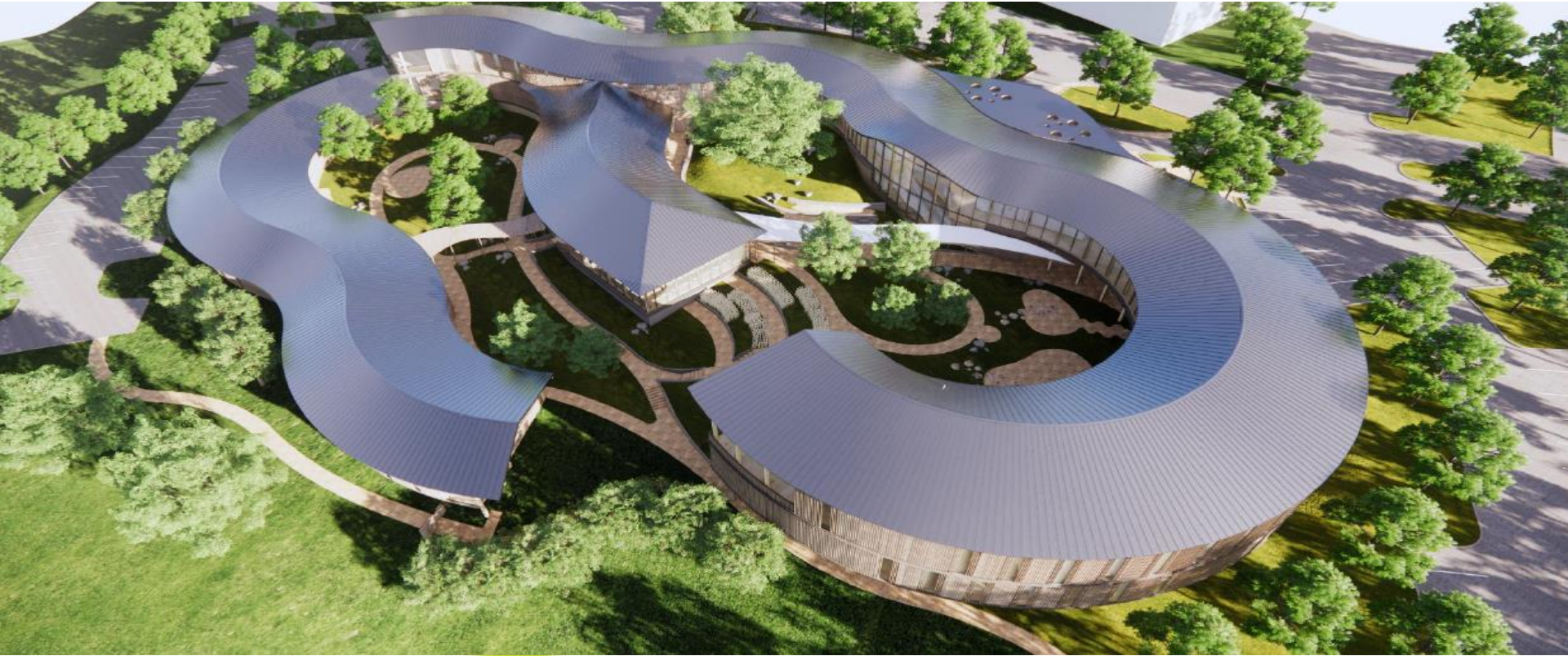


Ohana: Building a Youth Mental Health Center... from the ground up



Susan Swick, MD
Executive Director, Ohana
Leadership Institute, April 1, 2022



Ohana
Montage Health

Leadership Institute Agenda

- Landscape for youth mental health care in California's central coast
- Setting a strategy to “move the needle” for the greatest number of families in our region
- Challenges and opportunities



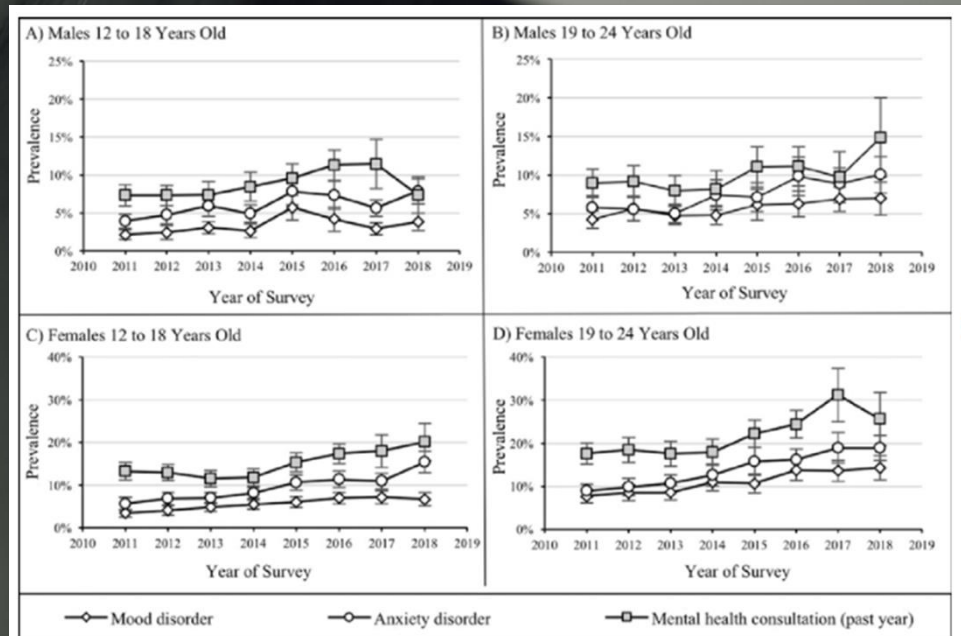
Psychiatric illness in youth

- Common
- Treatable
- Curable
- Preventable

...but there is limited access to treatment



Rates of anxiety and depression in youth are rising



Prevalence of professionally diagnosed mood and anxiety disorders and past year prevalence of mental health consultations among youth 12-24 years old, stratified by age and sex groups.

Rates of depression in different age groups

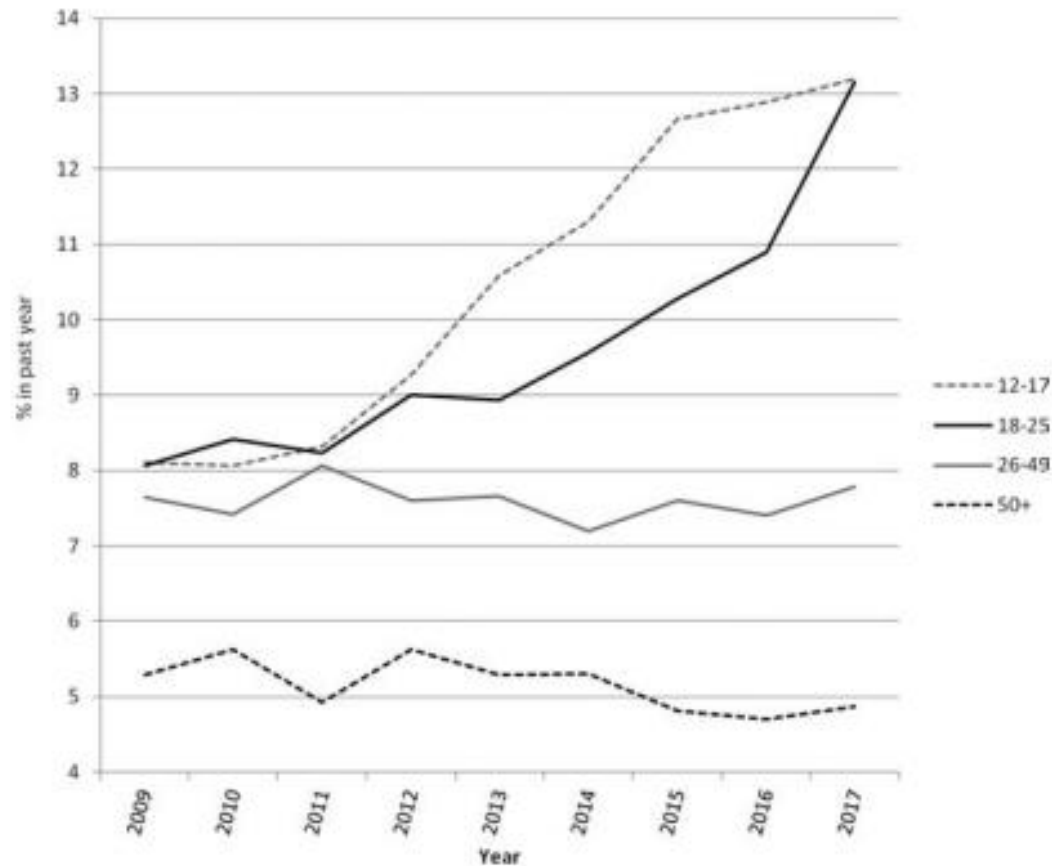


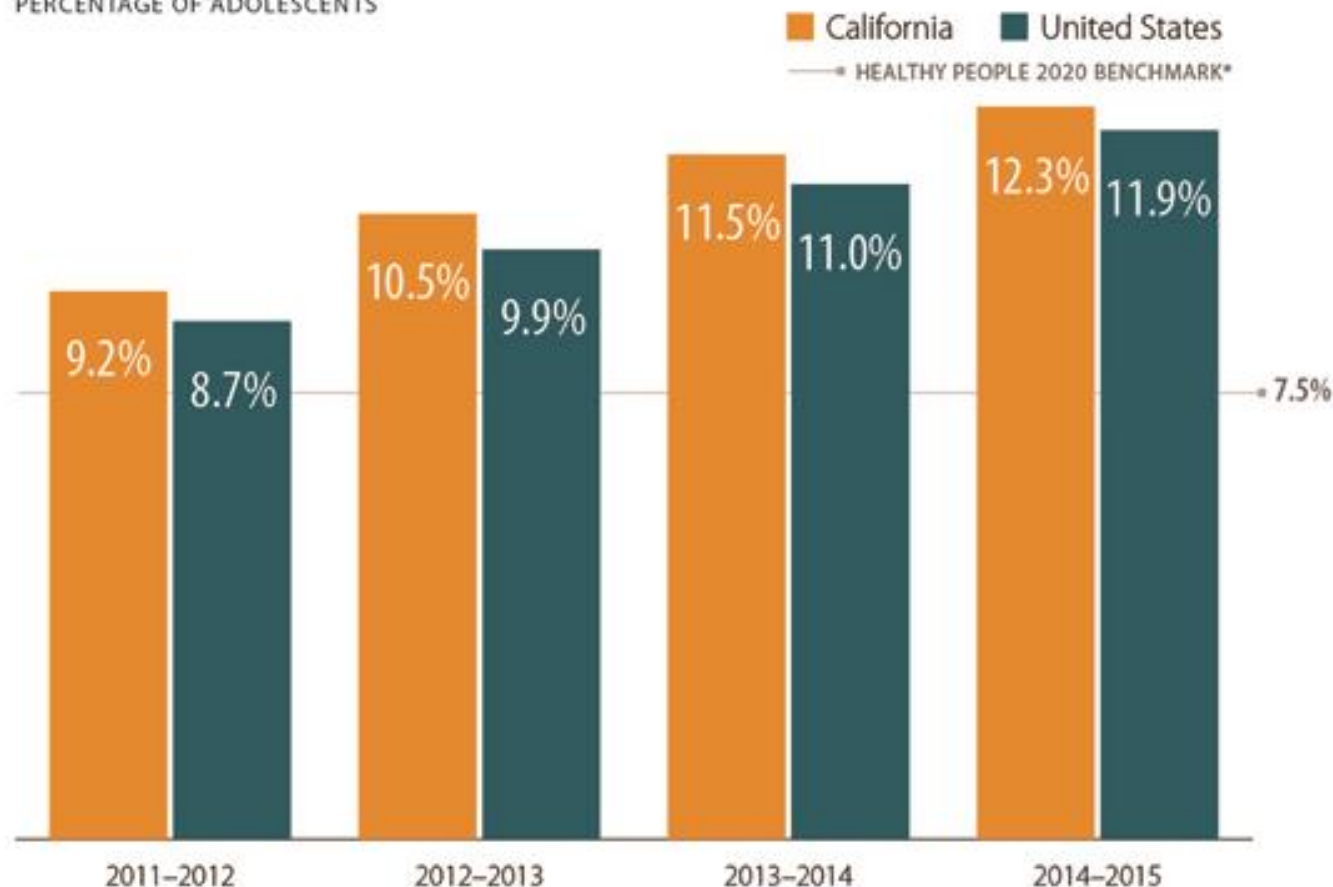
Figure 3. Percent with major depressive episode in the past 12 months, by age group, 2009–2017.



Reported Having an MDE in the Past Year

Adolescents, California vs. United States, 2011 to 2015

PERCENTAGE OF ADOLESCENTS



*Healthy People is a set of goals and objectives with 10-year targets designed to guide national health promotion and disease prevention efforts, www.healthypeople.gov.

Notes: Adolescents are age 12 to 17. MDE is major depressive episode. Respondents with unknown past-year MDE data were excluded. State estimates are based on a small area estimation procedure in which state-level National Survey on Drug Use and Health (NSDUH) data from two consecutive survey years are combined with local-area county and census block group / tract-level data from the state to provide more precise state estimates.

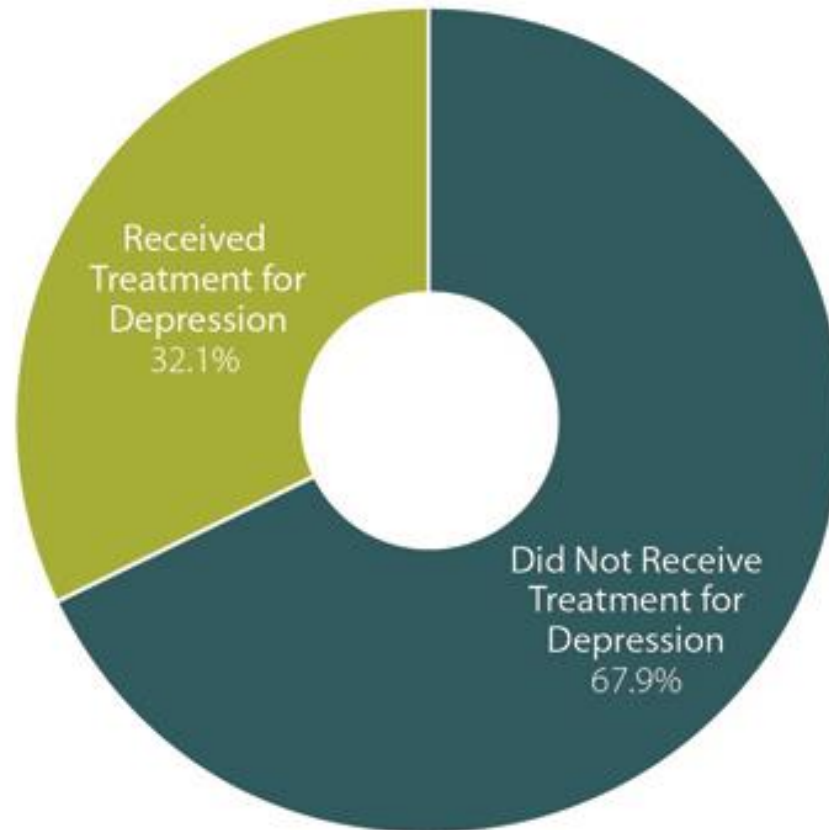
Source: Behavioral Health Barometer: California, Volume 4, Substance Abuse and Mental Health Services Administration, 2017, www.samhsa.gov (PDF).



Treatment for Major Depressive Episode

Adolescents, California, 2011 to 2015

PERCENTAGE REPORTING MDE IN THE PAST YEAR WHO . . .



Notes: Estimates are annual averages based on combined 2011–2015 NSDUH data. Adolescents are age 12 to 17. MDE is major depressive episode, as determined by survey respondents' self-report of symptoms indicative of this diagnosis. Respondents with unknown past-year MDE or treatment data were excluded.

Source: Behavioral Health Barometer: California, Volume 4, Substance Abuse and Mental Health Services Administration, 2017, www.samhsa.gov (PDF).



Adult and Child/Adolescent Acute Psychiatric Inpatient Beds by California County, 2015



Notes: Acute psychiatric inpatient beds excludes beds in California state hospitals. It includes psychiatric units in general acute care hospitals (including city and county hospitals), beds in acute psychiatric hospitals, and beds in psychiatric health facilities.

Source: California's Acute Psychiatric Bed Loss, California Hospital Association, October 25, 2016.

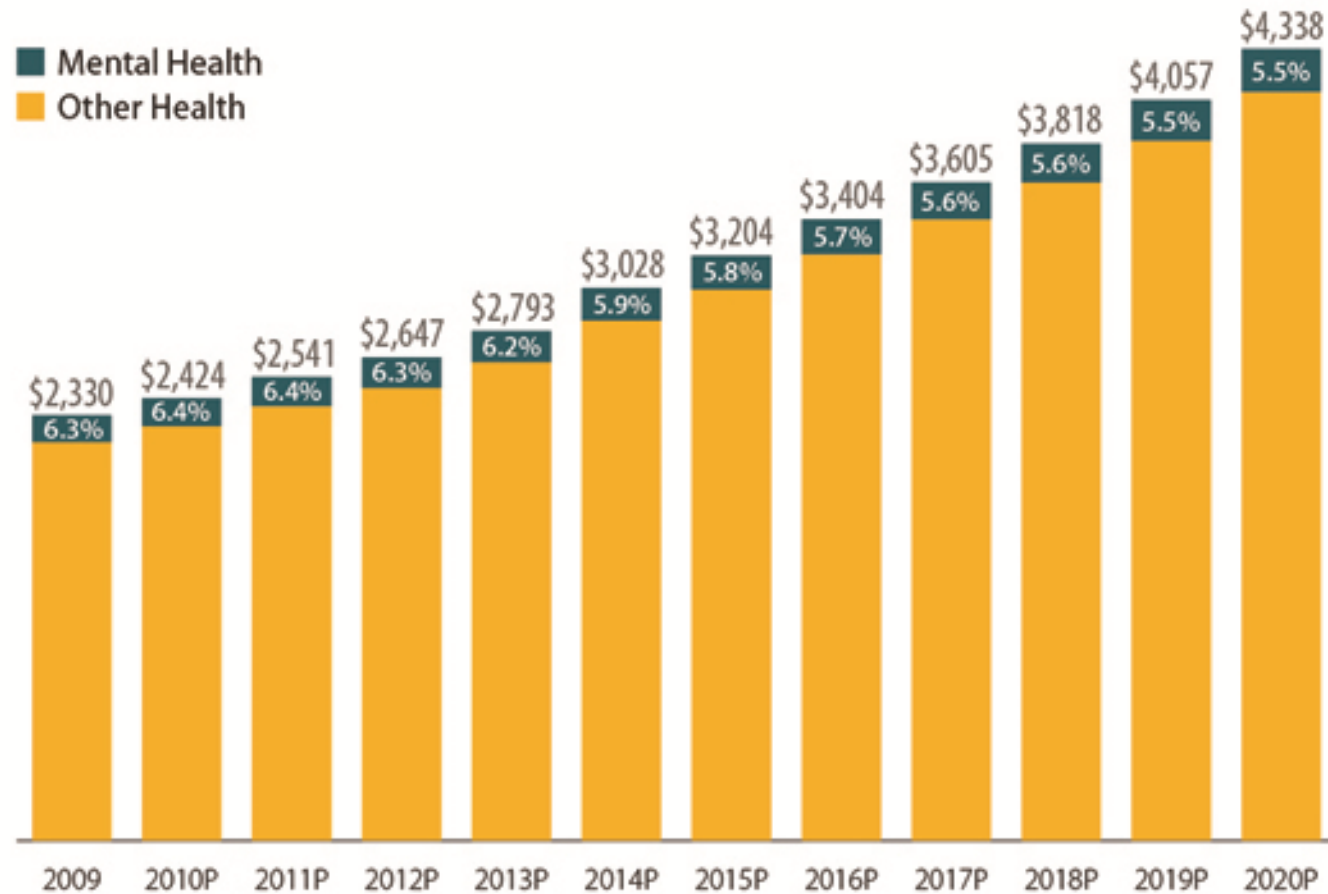


All Health and Mental Health Expenditures

United States, 2009 to 2020

IN BILLIONS

■ Mental Health
■ Other Health



Notes: Projections (shown with P) of treatment expenditures for mental health compared to the Centers for Medicare & Medicaid Services National Health Expenditure Accounts (NHEA). Spending includes clinical treatment and rehabilitative services and medications and excludes both peer support services for which there is no cost and activities to prevent mental illness. Projections incorporate expansion of coverage through the Affordable Care Act, implementation of the provisions of mental health parity regulations, and expectations about the expiration of patents for certain psychotropic medications.

Source: "Table A.1," in *Projections of National Expenditures for Treatment of Mental and Substance Use Disorders, 2010–2020*, Substance Abuse and Mental Health Services Administration, 2014: A-2, store.samhsa.gov.



Mental Health Services



North Star

- Our **vision** is of a community in which every child can flourish because they and their families have the knowledge, skills and support they need in order to grow into healthy and resilient adults.
- Ohana's **mission** is to be a pillar in the community, a trusted partner for prevention and early intervention, and a trusted resource for evaluation and treatment when signs of psychiatric illness emerge.



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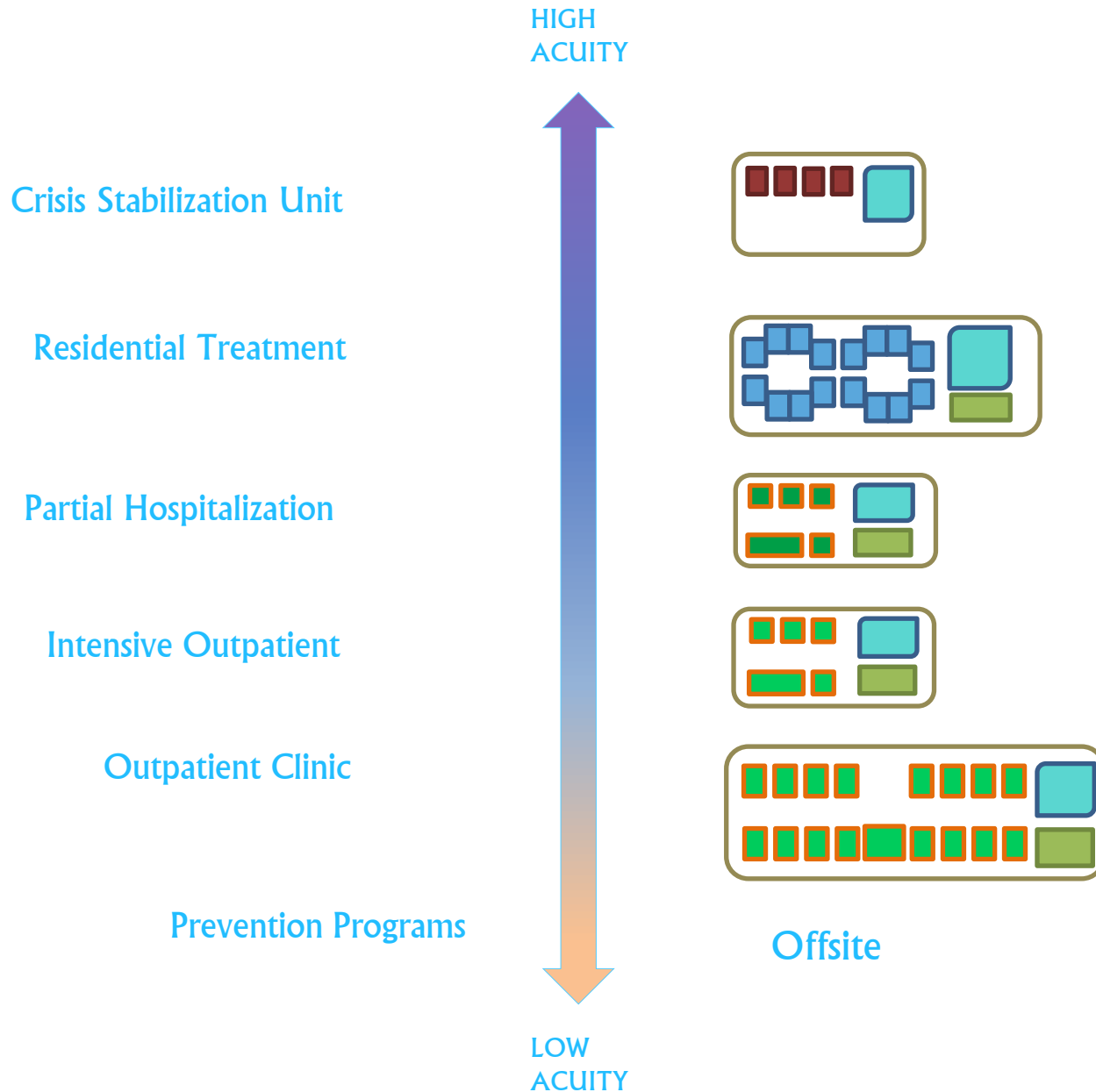
Ohana Principles:

- We are building a Center of Excellence within CHOMP for the evaluation and treatment of psychiatric illness in youth
- We are engaging whole families in addressing symptoms of illness with a multi-disciplinary treatment team
- We are investing in prevention programs that promote mental fitness alongside treating illness



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Ohana: Continuum of Care



Ohana Clinical Services

Year:	2019	2020	2021
Staff:	8	19	32
Weekly Referrals:	n/a	10/week	39/week
Evaluations:	170	330	536
Unique Patients:	281	553	1289
Total Visits:	1879	5276	12536



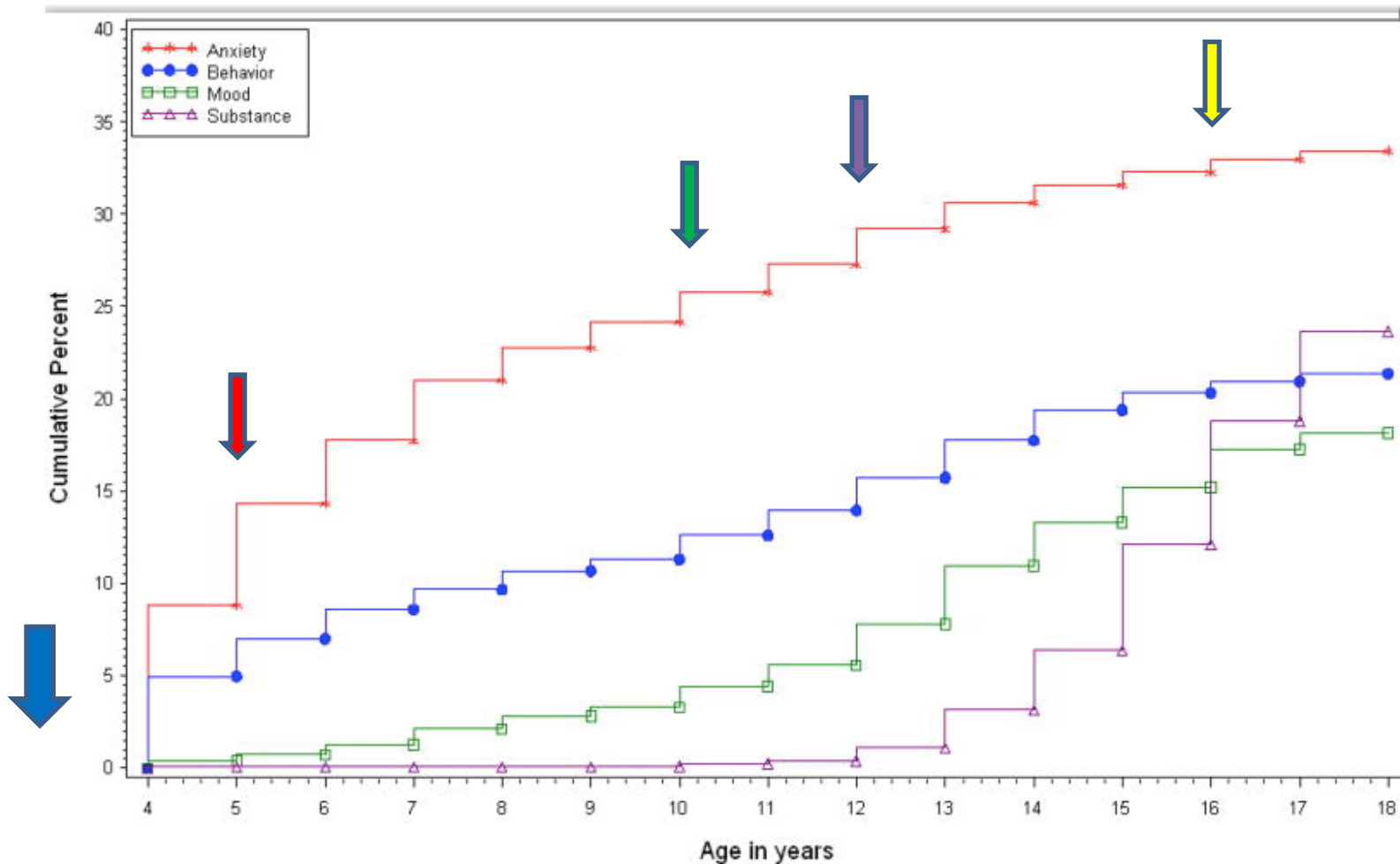
Challenges

- Staff
- Managing acuity
- Prevention
- Measuring outcomes
- Billing





Psychiatric Illnesses in Youth

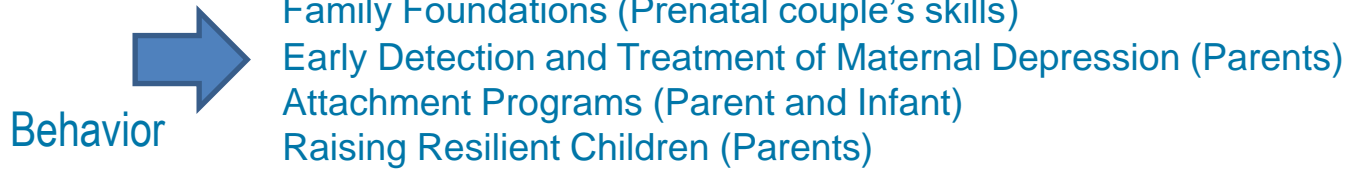


Cumulative Lifetime Prevalence of Major Classes of DSM-IV Disorders
Among Adolescents (N=10,123)



Ohana Prevention Programs

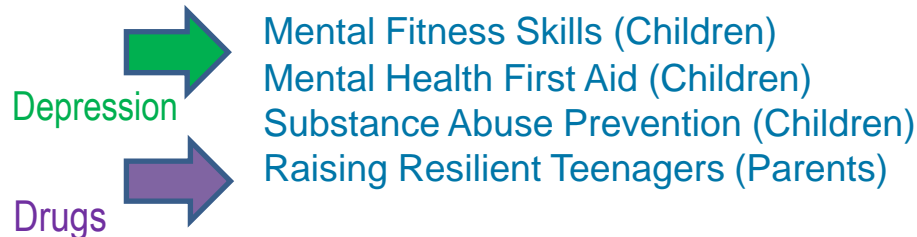
Prenatal



2m-5 years old



6-12 years old



13-17 years old



