



Called to Care So That

Everyone has Mental and Behavioral Health Services Available

Called to Care is committed to seeing that every Californian has access to compassionate, comprehensive mental and behavioral health services. The body and mind work together—and good mental health is central to everyone's well-being and dignity.



Overview: Mental and Behavioral Health in California

Mental health disorders are a major challenge that impacts millions of people—patients, families and communities. In some cases, mental illnesses can be triggered or worsened by environmental and societal factors including the COVID-19 pandemic, economic uncertainty, wildfires and floods, social injustice and other elements beyond any individual's control.

Nearly 1 in 6 California adults experience a mental health disorder—and 1 in 24 has a severe mental health condition that disrupts major life activities. About 1 in 9 Californians suffer from a substance use disorder, yet only about 10 percent of people with this illness received treatment in the last year. Overdose deaths in the Golden State—from opioids and stimulants—continue to rise.

A Values-Based, Holistic Approach to Mental Health

Called to Care supports the approach of California's safety net health care providers, many of which are Catholic health care sites, to address our state's mental health crisis. These providers help individuals and families in any financial circumstances address both mental health crises and chronic mental illnesses. Mental health screening is also integrated into primary and maternity care.

California's Catholic health care providers also focus on the social determinants of mental health and well-being. Supportive housing, nutrition, education and health care access for everyone, especially underserved populations, is critical to the mission of Catholic-affiliated health systems. These providers are taking key steps to meet the mental health needs of our communities, including:

- **Expanding and Strengthening Parity.** Advocating that mental and substance use health care benefits be covered at the same level as physical health care benefits; advocating for health plans to cover robust mental health and substance use services with an adequate network of providers while increasing health navigation resources.
- **Promoting Better Pathways to Care.** Supporting the delivery of whole-person care through programs that integrate primary and behavioral health care, and reduce the stigma associated with mental health services; expanding access to virtual mental health care options; encouraging training programs to grow the workforce of mental health providers.
- **Expanding Access in Community-Based Settings and Creating Healthy Environments.** Engaging with the community to address the social determinants of mental health and substance use; expanding access to mental health support in a variety of settings, such as by embedding and co-locating mental health services into non-traditional settings like libraries, community centers, schools and homeless shelters.



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Collaborating to Provide Mental Health Services

Catholic health care providers collaborate with local governments and organizations to help Californians access behavioral health care in communities across the state. Key examples include:

Providence Partners with Mind OC

Providence St. Joseph Hospital of Orange and Providence St. Jude Medical Center supports Orange County not-for-profit Mind OC's initiative to build new mental health and substance use care treatment facilities, with the first opening in January 2021. As part of its partnership with Mind OC, Providence brings expertise, resources and a commitment to meeting the needs of those with mental illness in Orange County.

Dignity Health Medical Foundation (DHMF) Children's Centers

In collaboration with Sacramento County, two DHMF youth-focused facilities provide a variety of mental health treatment services to children, adolescents and their families. Services reach out to the community, with providers visiting schools and residential care homes.



The COVID-19 pandemic has led to a rapid increase in mental health conditions across all age groups in Ventura County. St. John's behavioral health services program helps meet this urgent need of our community.

Robert Streeter, M.D.

Chief Medical Officer, St. John's Regional Medical Center



About Called to Care

Called to Care aims to improve the health of every person in our state by supporting strong connections between safety net health care providers and the organizations in our communities tackling our most urgent health and social challenges.

Called to Care is a project of the Alliance of Catholic Health Care, together with members Dignity Health and Providence.



Connect with Us.

Connect with Called to Care to help build stronger ties between health care providers and community organizations to address California's most pressing social challenges.
<https://calledtocareforall.org/register>