

San Diego County Adult Medi-Cal Mental Health Severity Analysis

Element	Mild (1)	Moderate (2)	Severe (3)	(0) N/A
Risk (suicidal/violent, high risk behavior, catastrophic illness/loss, criminogenic behavior, impulsivity, insight, ego discordance)	Passive ideation or fantasy—no danger to self/danger to others (DTS/DTO) history Good impulse control Minimal criminal background, Good insight Ego dystonic (refers to thoughts, impulses, and behaviors that are viewed as unacceptable, distressing, or inconsistent with one's self-concept)	Passive ideation or low level active with DTS/DTO history Rare loss of impulse control Mid-level nonviolent arrests, brief jail time Fair insight Ego dystonic	Recent or current active ideation, intent or plan Poor impulse control Violence related arrests, jail or prison time Poor insight Ego syntonic (refers to instincts, ideas, and behaviors that are viewed as acceptable to one's self, are compatible with one's values and ways of thinking, or are consistent with one's fundamental personality or beliefs)	
Clinical Complexity (serious & persistent mental illness vs situational/reactive, recovery status, functional & cognitive impairment, treatment resistance, medication complexity, frequent hospitalization, co-occurring medical and alcohol or drug disorder (AOD))	Adjustment reaction Minor depression/anxiety Grief, job loss, marital distress, relationship difficulty No cognitive impairment No prior serious mental illness (SMI) history Limited AOD use	Schizophrenia, major mood or anxiety disorder – stable on medications, baseline function, sustained recovery Prior history of effective treatment, uncomplicated management Minimal cognitive impairment No recent hospitalizations AOD misuse (e.g., multiple emergency room visits at different hospitals)	Schizophrenia, major mood or anxiety disorder, recent instability or worsening function, precarious recovery, cognitive impairment Recent/repeated hospitals AOD dependence Prior history of treatment resistance or complexity (e.g., polypharmacy)	
Life Circumstances (biopsychosocial assessment, availability of resources, environmental stressors, family/social/faith-based support, resilience)	Emotional distress arising in the course of normal life stresses Adequately resourced & supported Resilient	Intermittent emotional distress as a manifestation of a mental illness which is worsened by life stresses Limited resources & support Strained resilience	Persistent emotional distress a manifestation of chronic mental illness Relies on behavioral health system for resources & support Limited resilience	
Benefit of Integrated Care (optimal for stable patients with co-occurring mild to moderate physical and mental illness, limited transportation or unique clinical/cultural needs not well suited for split care)	High (1) Already established, effective care in primary care setting for chronic stable medical + co-occurring mild mental illness/emotional distress	Medium (2) ← High medical, low behavioral High behavioral, low medical →	Low (3) Already established (or pending) care with County provider for complex SMI Relies on behavioral health system for resources & support Low recovery	
Total:	Tier 1 (0-4)	Tier 2 (5-8)	Tier 3 (9-12)	
Referrals	Augmented Primary Care Provider (PCP)-Impact Health Plan Network: -Federally Qualified Health Center (FQHC) -Health Plan Behavioral Health (BH) Network	Health Plan Network: -FQHC -Health Plan BH Network	County Mental Health Plan (MHP): -County Clinics -FQHC -Organizational Provider -Optum Fee-for-Service (FFS) Provider	

SAN DIEGO COUNTY MEDI-CAL MANAGED CARE HEALTH PLANS

<p>Care1st Health Plan (855) 321-2211 Care1st.com</p> 	<p>Community Health Group (800) 404-3332 Chgsd.com</p> 	<p>Health Net (MHN) (888) 426-0030 Healthnet.com</p> 	<p>Kaiser Permanente (877) 496-0450 KP.org</p> 	<p>Molina Healthcare (888) 665-4621 MolinaHealthcare.com</p> 
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