

**Sacramento County Mental Health Plan (MHP) Outpatient Service Utilization by
Geographic Managed Care Plan (GMC)
Calendar Year 2018**

The following tables provide MHP outpatient service utilization data for adults and children’s programs by GMC for calendar year 2018. The information was pulled from the MHP’s electronic health record and billing system, Avatar. Service codes were combined into seven categories. Mental Health Services include Assessment, Individual and Group Therapy, Rehabilitation, Plan Development, Collateral, Katie A. and Therapeutic Behavioral Services (TBS). Medication services include all psychiatry and medication support services. Client Non-Billable Activity services, which are predominately engagement activities and administrative services, such as phone calls. The other categories included herein are Case Management, Crisis Intervention, Cancellation and No Show.

From January 1, 2018 through December 31, 2018, there were **22,292** unduplicated GMC clients served in outpatient within the MHP. The majority (48%) of those were enrolled in Anthem Blue Cross. Note: this number is not inclusive of all clients served in the MHP. Twenty-three percent (23%) of clients served in the MHP were not matched to a GMC for various reasons including inaccurate SSN’s, presumptive eligibility, clients identified as medi/medi.

Table 1. Number and percent of unduplicated GMC clients served from 01/01/2018-12/31/2018 by age group.

CY 2018 UNDUPLICATED CLIENTS SERVED BY AGE GROUP						
GMC	0-17		18+		TOTAL	
	#	%	#	%	#	%
015 - AETNA	49	1%	160	1%	209	1%
017 - UNITED HEALTH CARE (UHC)	66	1%	139	1%	205	1%
130 - MOLINA	1,147	13%	2,616	20%	3,763	17%
150 - HEALTH NET	2,440	27%	3,944	30%	6,384	29%
170 - KAISER	857	9%	250	2%	1,107	5%
190 - ANTHEM BLUE CROSS	4,478	50%	6,146	46%	10,624	48%
TOTAL	9,037	100%	13,255	100%	22,292	100%

Note: United Health Care was discontinued as of October 31, 2018

Table 2 provides service utilization for adult (18+) outpatient clients by service type and GMC in calendar year 2018.

Table 2. Number and percent of adult outpatient services provided from 01/01/2018-12/31/2018.

CALENDAR YEAR 2018 ADULT OUTPATIENT MHP SERVICES (13,255 Unduplicated Served)														
ADULT SERVICES	AETNA		UHC		MOLINA		HEALTHNET		KAISER		BLUE CROSS		TOTAL #	
	#	%	#	%	#	%	#	%	#	%	#	%	#	%
Case Management	641	23%	633	23%	12,265	20%	17,390	19%	779	18%	26,306	20%	58,014	20%
Client Non-Billable Activity	587	21%	606	22%	11,907	20%	17,962	20%	885	21%	27,592	21%	51,603	18%
Crisis Intervention	35	1%	25	1%	429	1%	569	1%	35	1%	877	1%	1,970	1%
Medication Services	229	8%	243	9%	6,286	10%	9,372	10%	198	5%	13,404	10%	29,732	10%
Mental Health Services	1,114	40%	1,116	40%	25,344	42%	38,270	43%	2,101	49%	56,608	42%	124,553	42%
Cancellation	35	1%	40	1%	897	1%	1,376	2%	135	3%	2,107	2%	4,590	2%
No Show	132	5%	124	4%	3,138	5%	4,575	5%	152	4%	6,957	5%	15,078	5%
Total	2,773	100%	2,787	100	60,266	100%	89,514	100%	4,285	100%	133,851	100%	293,476	100%

Table 3 provides service utilization for child (0-17) outpatient clients by service type and GMC in calendar year 2018.

Table 3. Number and percent of children's outpatient services provided from 01/01/2018-12/31/2018.

CALENDAR YEAR 2018 CHILD OUTPATIENT MHP SERVICES (9,037 Unduplicated Served)														
CHILD SERVICES	AETNA		UHC		MOLINA		HEALTHNET		KAISER		BLUE CROSS		TOTAL #	
	#	%	#	%	#	%	#	%	#	%	#	%	#	%
Case Management	124	10%	341	16%	5,931	16%	12,557	15%	6,121	17%	22,961	15%	48,035	16%
Client Non-Billable Activity	205	17%	522	24%	6,267	17%	13,942	17%	5,556	15%	25,111	17%	51,603	17%
Crisis Intervention	3	0%	6	0%	65	0%	129	0%	71	0%	213	0%	487	0%
Medication Services	45	4%	58	3%	1,155	3%	2,601	3%	643	2%	4,517	3%	9,019	3%
Mental Health Services	785	63%	1,100	51%	21,094	56%	45,810	56%	21,867	60%	86,106	57%	176,762	57%
Cancellation	34	3%	50	2%	1,385	4%	3,024	4%	1,270	3%	5,605	4%	11,368	4%
No Show	45	4%	71	3%	1,593	4%	3,512	4%	1,070	3%	6,252	4%	12,543	4%
Total	1,241	100%	2,148	100%	37,490	100%	81,575	100%	36,598	100%	150,765	100%	309,817	100%

The total number of services used throughout calendar year 2018 for both adults and children was 603,293. Overall, the majority of services used by both groups were Mental Health Services (50%).

Table 4 provides diagnosis information for adults (18+) served in the MHP in calendar year 2018 by GMC. In calendar year 2018, depressive disorders were most prevalent (33%) among adult clients. Note: 18-20 year olds are included in the adults table but can still be served under children's programs and could have children's diagnoses, i.e. Adjustment and Disruptive disorders.

Table 4. Number and percent of unduplicated adults served by GMC and primary diagnosis from 01/01/2018-12/31/2018.

CALENDAR YEAR 2018 UNDUPLICATED ADULTS SERVED IN OUTPATIENT BY GMC AND DIAGNOSIS														
PRIMARY DIAGNOSIS	AETNA		UHC		MOLINA		HEALTHNET		KAISER		BLUE CROSS		TOTAL #	
	#	%	#	%	#	%	#	%	#	%	#	%	#	%
Adjustment Disorders	0	0%	0	0%	16	1%	12	0%	4	2%	46	1%	78	1%
Anxiety Disorders (PTSD)	14	11%	13	12%	298	13%	439	12%	23	11%	729	13%	1,516	13%
Bipolar Disorders	35	26%	34	31%	522	23%	752	21%	50	24%	1,332	24%	2,725	23%
Depressive Disorders	47	35%	33	30%	693	30%	1,224	35%	61	30%	1,887	35%	3,945	34%
Disruptive Disorders	0	0%	0	0%	20	1%	27	1%	11	5%	43	1%	101	1%
Psychotic Disorders	32	24%	22	20%	700	30%	991	28%	35	17%	1,278	23%	3,058	26%
Other Disorders	5	4%	7	6%	66	3%	100	3%	21	10%	139	3%	338	3%
Total	133	100%	109	100%	2,315	100%	3,545	100%	205	100%	5,454	100%	11,761	100%

Note: The total number diagnosed is less than the unduplicated number served because some clients only received engagement services (client non-billable activity) and were never diagnosed.

Table 5 provides diagnosis information for children (0-17) served in the MHP in calendar year 2018 by GMC. From January 1, 2018 through December 31, 2018, 31% of children served in the MHP were diagnosed as having a disruptive disorder.

Table 5. Number and percent of children's outpatients served and unduplicated by GMC and primary diagnosis from 01/01/2018-12/31/2018.

CALENDAR YEAR 2018 UNDUPLICATED CHILDREN SERVED IN OUPATIENT BY GMC AND DIAGNOSIS														
PRIMARY DIAGNOSIS	AETNA		UHC		130/MOLINA		150/HEALTHNET		170/KAISER		90/BLUE CROS		TOTAL #	
	#	%	#	%	#	%	#	%	#	%	#	%	#	%
Adjustment Disorders	13	29%	10	20%	202	20%	436	20%	134	17%	864	21%	1,659	20%
Anxiety Disorders	10	22%	12	24%	192	19%	500	22%	166	21%	810	20%	1,690	21%
Bipolar Disorders	1	2%	0	0%	9	1%	34	2%	9	1%	54	1%	107	1%
Depressive Disorders	7	16%	10	20%	217	21%	442	20%	133	17%	757	19%	1,566	19%
Disruptive Disorders	10	22%	10	20%	334	33%	671	30%	299	38%	1,253	31%	2,577	31%
Psychotic Disorders	3	7%	7	14%	64	6%	128	6%	46	6%	309	8%	557	7%
Other Disorders	1	2%	0	0%	9	1%	15	1%	6	1%	26	1%	57	1%
Total	45	100%	49	100%	1,027	100%	2,226	100%	793	100%	4,073	100%	8,213	100%

Note: The total number diagnosed is less than the unduplicated number served because some clients only received engagement services (client non-billable activity) and were never diagnosed.