

# **Sutter Behavioral Health Learning Collaborative (SBHLC)**

PROVIDER MEETING

June 23, 2025



# AGENDA

## **1. Behavioral Health Knowledge Level Survey**

- Baseline survey for Sutter County HHS staff who are attending their first SBHLC meeting
- Closing survey for behavioral health providers and community partners who have participated in previous SBHLC meetings and who have taken the baseline survey

## **2. Brief Review of Benefit Structures**

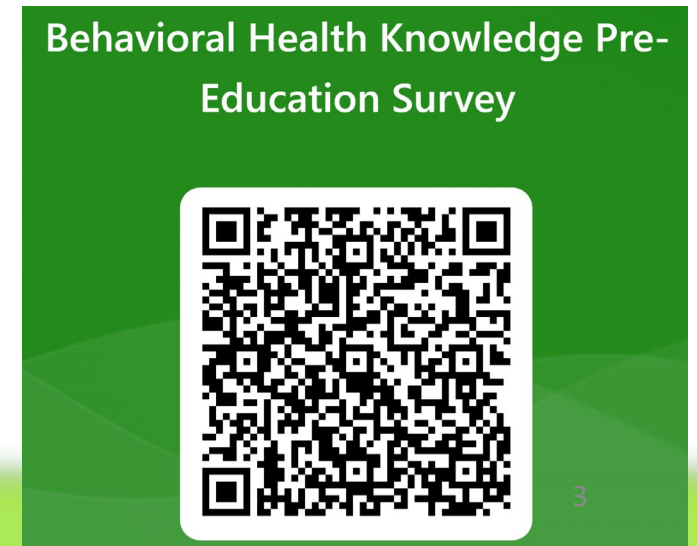
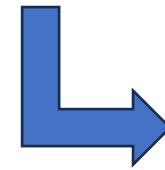
## **3. Sutter-Yuba Behavioral Health: Mental Health Plan (MHP) Benefits: Specialty Mental Health Services (SMHS)**

- Overview
- SMHS benefit group feature in this section: Outpatient Services

# BEHAVIORAL HEALTH KNOWLEDGE LEVEL SURVEY

- If this is your **first time** attending the SBHLC, please complete the survey below:
- This survey helps us assess your behavioral health knowledge level to understand where to target our educational content and its effectiveness
  - Focus: knowledge and awareness of behavioral health benefits for Sutter County residents with Medi-Cal as their primary insurance coverage
  - Should only take 2-3 minutes of your time!

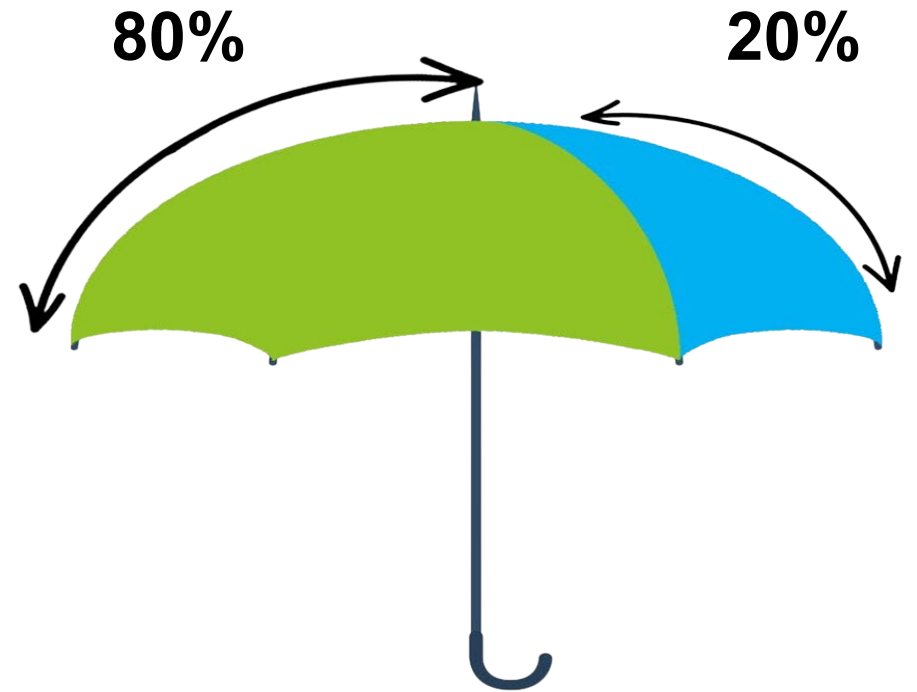
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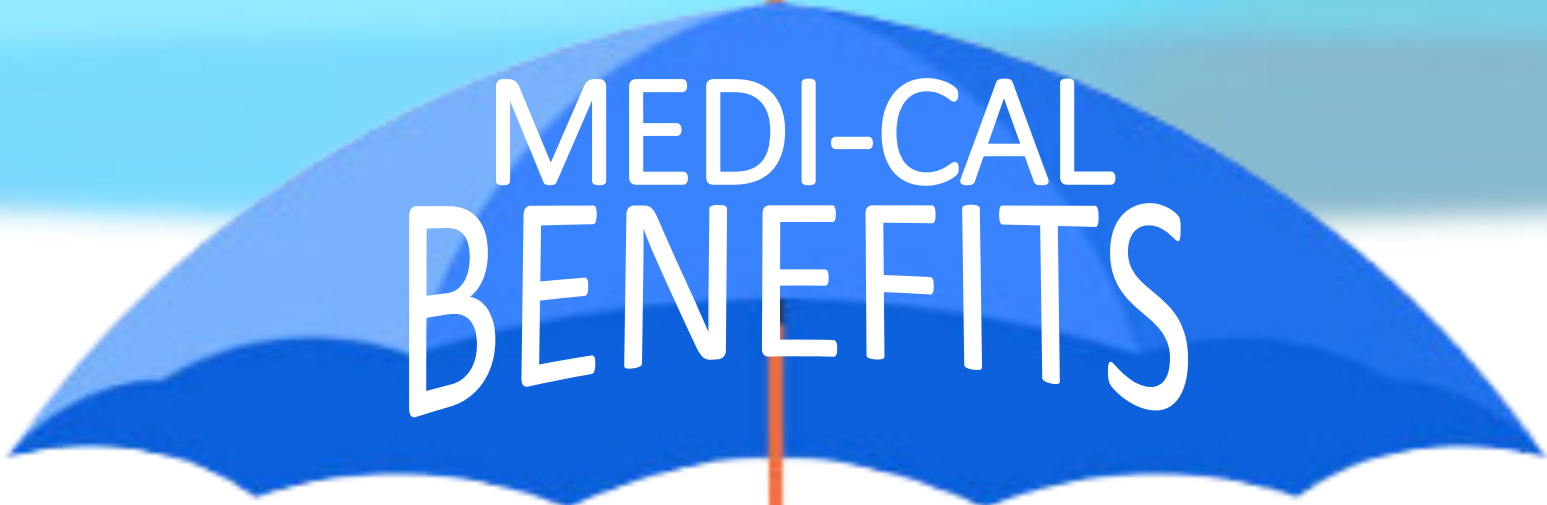


# PUBLIC BEHAVIORAL HEALTH SYSTEM IN CALIFORNIA – MEDI-CAL

## SPLIT INTO TWO DELIVERY SYSTEMS

- Medi-Cal Managed Care Plans (MCP)  
*mild to moderate*
- Mental Health Plans (MHP)  
*moderate to severe/chronic*





# MEDI-CAL BENEFITS

## **MEDI-CAL MANAGED CARE PLANS (MCP's) (PARTNERSHIP and KAISER HEALTH PLANS)**

Has the responsibility to arrange and/or pay/provide for coverage:

Array of Health Services Plus Mild, Moderate Behavioral Health Services & Some Medication Assisted Treatment

(CalAIM)  
Enhanced Care  
Management (ECM)

(CalAIM)  
Community Supports

Some Long-Term Care and other Specialty Benefits

## **COUNTY MENTAL HEALTH PLANS (MHP's) (SUTTER-YUBA BEHAVIORAL HEALTH)**

Has the responsibility to arrange and/or pay/provide for coverage:

Specialty Mental Health Services (SMHS)

Severe & Persistent or Chronic Behavioral Health Conditions

Substance Use Disorder (SUD) Services  
Under Drug Medi-Cal

Medi-Cal benefits are one insurance coverage product even when sections of coverage are administered but different plan types (i.e. MCP & MHPS)

# SUTTER-YUBA BEHAVIORAL HEALTH MENTAL HEALTH PLAN (MHP)

MHP SPECIALTY MENTAL HEALTH SERVICES BENEFITS  
INCLUDES THREE “BUCKETS” OR CATEGORIES OF SERVICES



# OUTPATIENT



# **BIFURCATED SERVICE DELIVERY SYSTEM**

## **Mental Health Plans (MHP)**

(typically, counties)  
contract with DHCS to  
provide Specialty Mental  
Health Services (SMHS) to  
Medi-Cal beneficiaries with a  
severe level of impairment.

## **Managed Care Plans (MCP)**

contract with DHCS to  
provide Non-Specialty  
Mental Health Services  
(NSMHS) to Medi-Cal  
beneficiaries with mild to  
moderate levels of  
impairment.



# MENTAL HEALTH PLAN (MHP)

**Sutter-Yuba Behavioral Health (SYBH) – Only Specialty Mental Health Plan in the State serving two counties**

## **Plan and Provider**

- 70% of services provided by SYBH directly
- Contracted
  - Youth For Change (YFC)
  - Telecare
  - Psych Crisis
  - Multiple Long-Term Care (LTC), inpatient and Substance Use Disorder (SUD) facilities

# SYBH OUTPATIENT SERVICES

## ADULT AND YOUTH

### LEVELS OF CARE

- General Outpatient
- Community-Based Services (CBS)
- Full-Service Partnership
- Psychiatric Emergency Services (Crisis)

### SERVICES AVAILABLE

- Psychiatry/Nursing
- Therapy
- Case Management

### PROGRAMS

- Urgent Services
- Psychiatric Emergency Services (PES)
- Ethnic Outreach (*Hmong & Latino*)
- HOPE
- FSP Programs (*Youth and Adult*)
- Housing Support for BH clients
- Wellness and Recovery
- SUD Programs

# SYBH SUBSTANCE USE DISORDERS (SUD) SERVICES

## ADULT AND YOUTH

### LEVELS OF CARE

- Outpatient Drug Free (ODF)
- Intensive Outpatient Treatment (IOT)

### SERVICES AVAILABLE

- Counseling  
*(group and individual)*
- Residential Treatment by referral  
*(Contract Providers)*
- Medication Assisted Treatment (MAT) by referral

### PROGRAMS

- Options for Change

# SYBH SUBSTANCE USE DISORDERS (SUD) SERVICES

## ADULTS

### LEVELS OF CARE

- Outpatient Drug Free (ODF)
- Intensive Outpatient Treatment (IOT)
- Residential Rehabilitation

### SERVICES AVAILABLE

- Counseling  
*(group and individual)*
- Residential Treatment by referral  
*(Contract Providers)*

### PROGRAMS

- Options for Change
- First Steps  
*(Perinatal Treatment [IOT])*
- Contracts with
  - NTP/MAT Provider
  - Residential Rehab Facilities



# MCP OUTPATIENT SERVICES

If you are enrolled in a MANAGED CARE PLAN (MCP), you have access to the following outpatient mental health services through your managed care plan:

- Mental health evaluation and treatment, including individual, group and family therapy
- Psychological and neuropsychological testing, when clinically indicated to evaluate a mental health condition
- Outpatient services for purposes of monitoring prescription drugs
- Psychiatric consultation

# MCP MENTAL HEALTH SERVICES

## SERVICES PROVIDED

### Non-Specialty Mental Health Services (NSMHS)

- Individual, family and group therapy
- Eating Disorder Programs
- Psychological Testing
- Outpatient drug and alcohol support
- PCP Decision Support
- Case Management
- Medication Support

# MANAGED CARE PLANS IN SUTTER COUNTY

## PARTNERSHIP HEALTH PLAN

Contract BH services to Carelon

- Carelon contracts with BH providers
  - FQHCs
    - Ampla
    - Harmony Health
    - Peachtree
- Other providers

OPERATES AS A PLAN  
ONLY

## KAISER

Operates as a plan and a provider

- Services provided by Kaiser at Kaiser facilities
  - (none in Sutter County)

OPERATES AS A PLAN  
AND A PROVIDER

# ACCESSING SERVICES

## NO WRONG DOOR

Medi-Cal clients access services in either system (MCP OR MHP)

## BI-DIRECTIONAL REFERRAL FORM

Medi-Cal clients receive an assessment and are provided a warm handoff to the appropriate level of care in either system



# BEHAVIORAL HEALTH KNOWLEDGE LEVEL CLOSING SURVEY

- If you have attended previous SBHLC sessions and have completed the BHLC Pre-Education Survey, please complete the Post-survey below:

**Scan the QR code  
here**



**Please also complete this survey  
if today is your first time  
attending!**

# THANK YOU

## QUESTIONS / COMMENTS

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*Next Meeting: TBD*

