

# Behavioral Health

Hospital Association of Southern California

2025 Strategic Priority

## Fast Facts

### Statewide:



#### Prevalence of Mental Illness:

Approximately **1 in 7 California adults experiences a mental illness**, and 1 in 26 has a serious mental illness that significantly impairs daily activities.



**Substance Use Disorders:** An average of **2.9 million Californians aged 12 and older (8.8%) had a substance use disorder** in 2018-2019.



**Suicide Rates:** In 2021, California lost 4,491 lives to suicide, with **1,232,000 adults reporting thoughts of suicide** within the past year.



**Youth Mental Health:** About **1 in 14 children in California has an emotional disturbance that limits functioning** in family, school, or community activities.



**Homelessness and Mental Health:** In 2021, 161,548 individuals were homeless in California, with **1 in 4 living with a serious mental illness**.



# 1 in 7

**California adults experiences a mental illness**



# Over 9 million

**Californians live in areas with a shortage of mental health professionals.**

## The Impact on Southern California Hospitals

The growing demand for behavioral health services in Southern California places significant strain on hospitals, as emergency departments often serve as the primary entry point for individuals experiencing mental health crises. With a shortage of mental health professionals and inpatient psychiatric beds, hospitals face prolonged patient stays, increased boarding times, and higher operational costs, diverting resources from other critical care areas.



**4.1% of Medi-Cal eligible adults in L.A. County received at least one Specialty Mental Health Service (SMHS)** in a year, compared to the state average of 3.6%.



**Hospitals in Orange County experience an average psychiatric inpatient length of stay at 10.34 days**, above the state average of 10.10.



In SoCal, **more kids on Medi-Cal are seeking SMHS than in most other parts of the state** — and they're using more of the intensive services that help kids stay stable and out of crisis.



In SoCal, about **10.67 children per 1,000 Medi-Cal eligibles received case management support, which is notably lower compared to the state average of 14.1**. That's fewer children and families receiving support to coordinate appointments, navigate the system, and follow through on care.



SoCal accounts for approximately **45.9% of all statewide emergency department encounters related to substance use disorders**.