SACRAMENTO COUNTY MENTAL HEALTH TREATMENT CENTER

The Mental Health Treatment Center (MHTC) is located at 2150 Stockton Blvd, Sacramento, CA 95817. The Mental Health Treatment Center is a locked facility that is certified as a 5150 facility by the County Board of Supervisors.

This facility houses two distinct county operated mental health programs within the same building, serving both Medi-Cal eligible clients as well as uninsured individuals. Both programs are under the same NPI number and have a combined fire clearance capacity or occupancy of #75. The programs are as follows:

- **A 50 bed Psychiatric Health Facility (PHF)** located in the north wing of the building, which provides inpatient psychiatric care and treatment for individuals undergoing involuntary treatment. Average daily length of stay varies and is highly individualized. Historically median LOS was around 7 days yet is now at about 15 days. 50% of PHF population are on ‘Administrative’ stay and 25% of individuals are forensic holds.

- **Intake Stabilization Unit (ISU)** located in the south wing of the building, which is certified as a Crisis Stabilization Unit-(Urgent Care) by the California State Department of Health Care Services (Title IV regs.). This locked outpatient program provides crisis stabilization services to adults and children/adolescents experiencing a psychiatric crisis.

#216 employees and #53 contracted doctors are employed at MHTC with around #28 positions serving the ISU.

The Intake Stabilization Unit operates 24/7 and provides phone triage and consultation to local providers, families, and system partners.

**ISU overview and history**

Prior to 2009, Sacramento County operated what was known as the Crisis Stabilization Unit (CSU) and Minor Emergency Response Unit (MERT). The CSU program received all 5150 applications across the county, which included substance abuse clients. In October 2009, the CSU was closed due to a decrease in 1991 Realignment Mental Health Realignment and State general fund for Managed Care. The MERT program remained open during this time at reduced hours.

Effective Sept. 2012, in response to overcrowding at local emergency rooms, where individuals experiencing a mental health crisis are taken by local law enforcement, Sacramento County launched a new crisis stabilization unit known as the Intake Stabilization Unit (ISU). The staff previously assigned to the MERT Unit which solely served children were cross trained and combined with the MHTC Intake staff creating an interdisciplinary team currently available 24/7, 365 days a year. This new program receives over #400 emergency room referrals per month and is able to navigate and accept these clients experiencing a mental health crisis in a more timely fashion thereby reducing the total time spent in the emergency rooms. Referrals for fiscal year 2013-2014 have dropped compared to prior years.
Definition of Crisis Stabilization Services  (service lasting less than 24 hrs.)

ISU Referral Process
- The ISU receives over #400 faxed referrals each month from over #40 distinct local emergency rooms, private psychiatric hospitals or county jails.
- A close clinical and nursing screening occurs as staff log in each referral, confirm medical necessity, Sacramento residency, check insurance, Medi-Cal eligibility, and insure the collateral information and legal status is thorough and complete. Medical clearance must be completed prior to acceptance by ISU.
- As multiple referrals are received the Intake Stabilization Unit prioritizes acceptance based on many variables.

Arrival to ISU

Service Delivery

Disposition / Contracted PHFs

Children and Adolescents

Community Partnership

Afterhours Function

July 2014 ISU statistics
- Average LOS = 13.5 hours on ISU
- 16% of ISU admits had no documented prior mental health history (ISU = 1st episode)
- 55% of ISU referrals were not linked to mental health services at time of referral
- 60% of individuals test positive for illicit drugs / alcohol
- 16% of individuals admitted to ISU were successfully discharged to the community and did not require inpatient stabilization
- Medi-Cal eligibility for individuals referred to ISU has increased since January 2014
- Approx. #50 ISU referrals each Monday, with 40%-50% generated by ERs