

Results of 2014 Household Survey, and Preliminary Mental/Behavioral Health and Youth Health Needs Assessments of the Tahoe Forest Health System Service Area

John Packham, Ph.D. University of Nevada School of Medicine

Wei Yang, M.D., Ph.D., M.S. University of Nevada, Reno Community Health
Sciences, Nevada Center for Health Statistics and Informatics

Victoria Mercer, Ph.D., Private Practice

Caroline Ford, M.P.H., Tahoe Forest Health System

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Overview of Household Survey

- 402 surveys completed between July 10 and August 4, 2014
- 68% completed by phone, 32% on-line
- Final data have been are weighted to adjust for the age, gender, and racial and ethnic distribution of the sample versus Census Bureau estimates of population characteristics

Overview of Household Survey

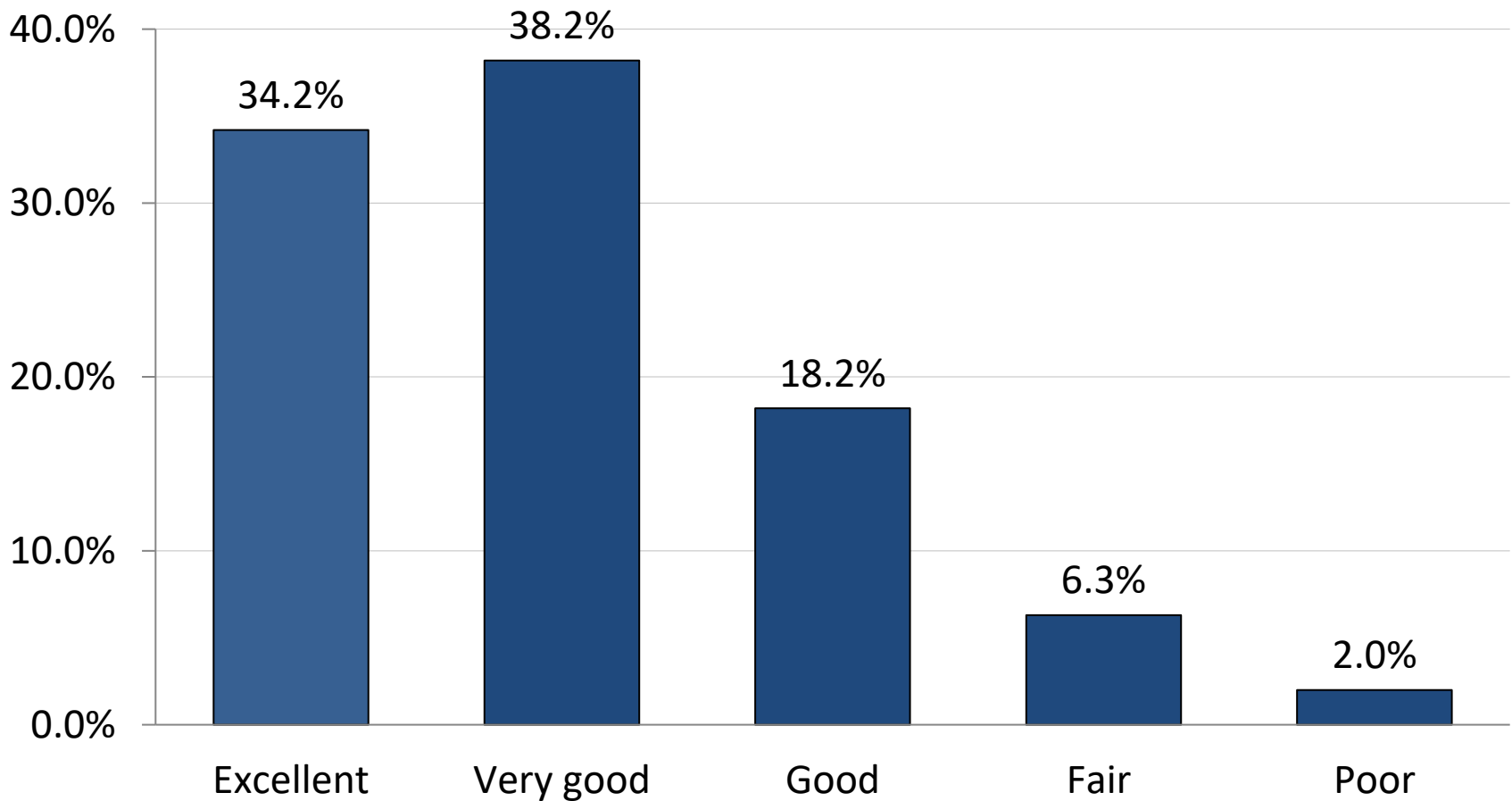
- Maximum statistical margin of error for the sample-wide results (N=402) is approximately +/- 4.9% at the 95 percent confidence interval
- Numerous questions benchmarked against data from the 2011 TFHS household survey (N=457)
- Total percentages for many questions do not equal 100.0% due to rounding and respondents who indicated that they were “not sure” or “prefer to not to answer”

Responses by Socio-demographic Factors and Characteristics

- Age (Q4)
- Education (Q78)
- Employment Status (Q7)
- Gender (Q3)
- Income (Q80)
- Marital Status (Q79)
- Race & Ethnicity (Q5, Q6)
- Region-Community (Q2)

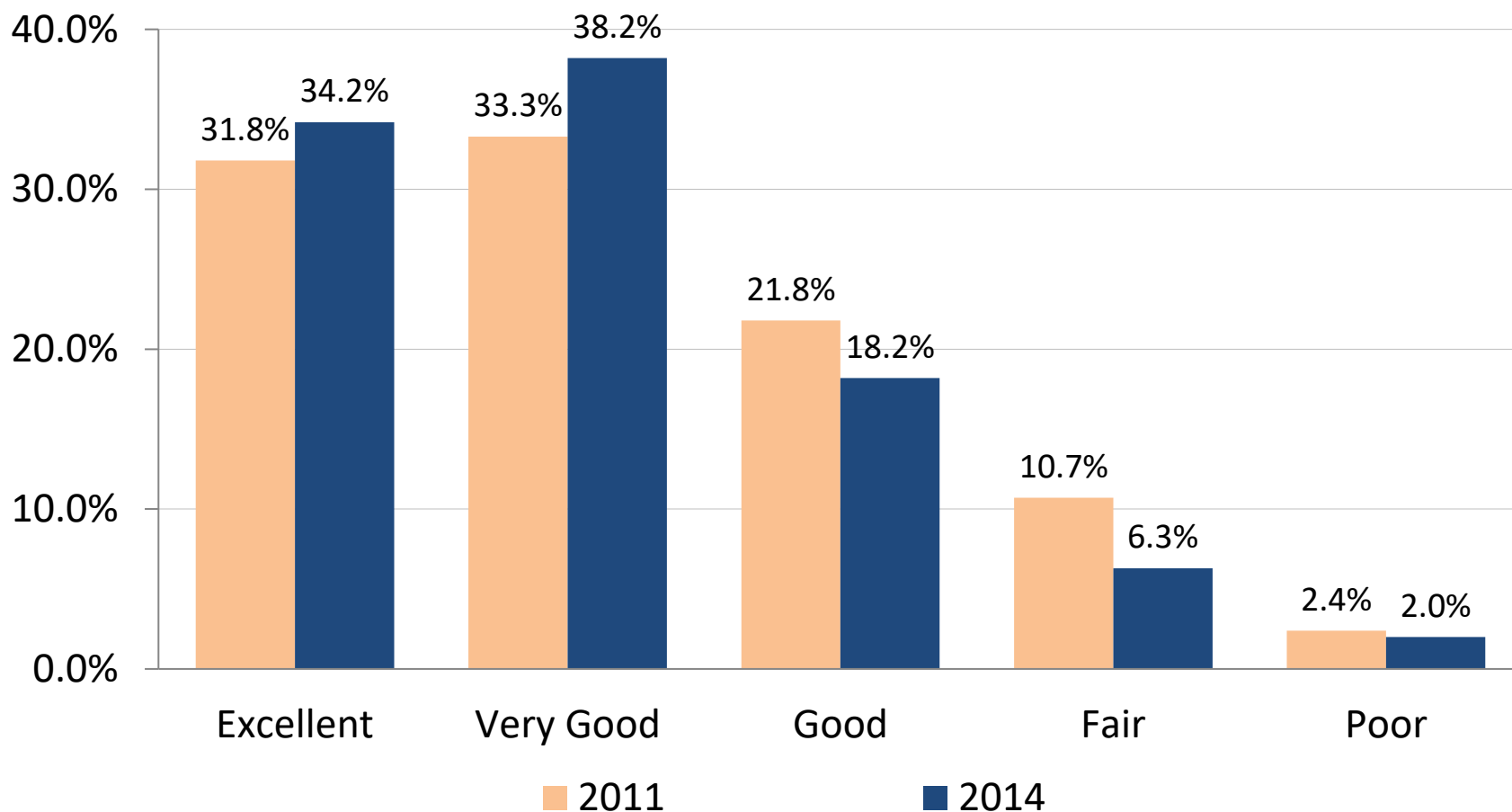
Health Status

Would you say that in general your health is _____ ? (Q8)

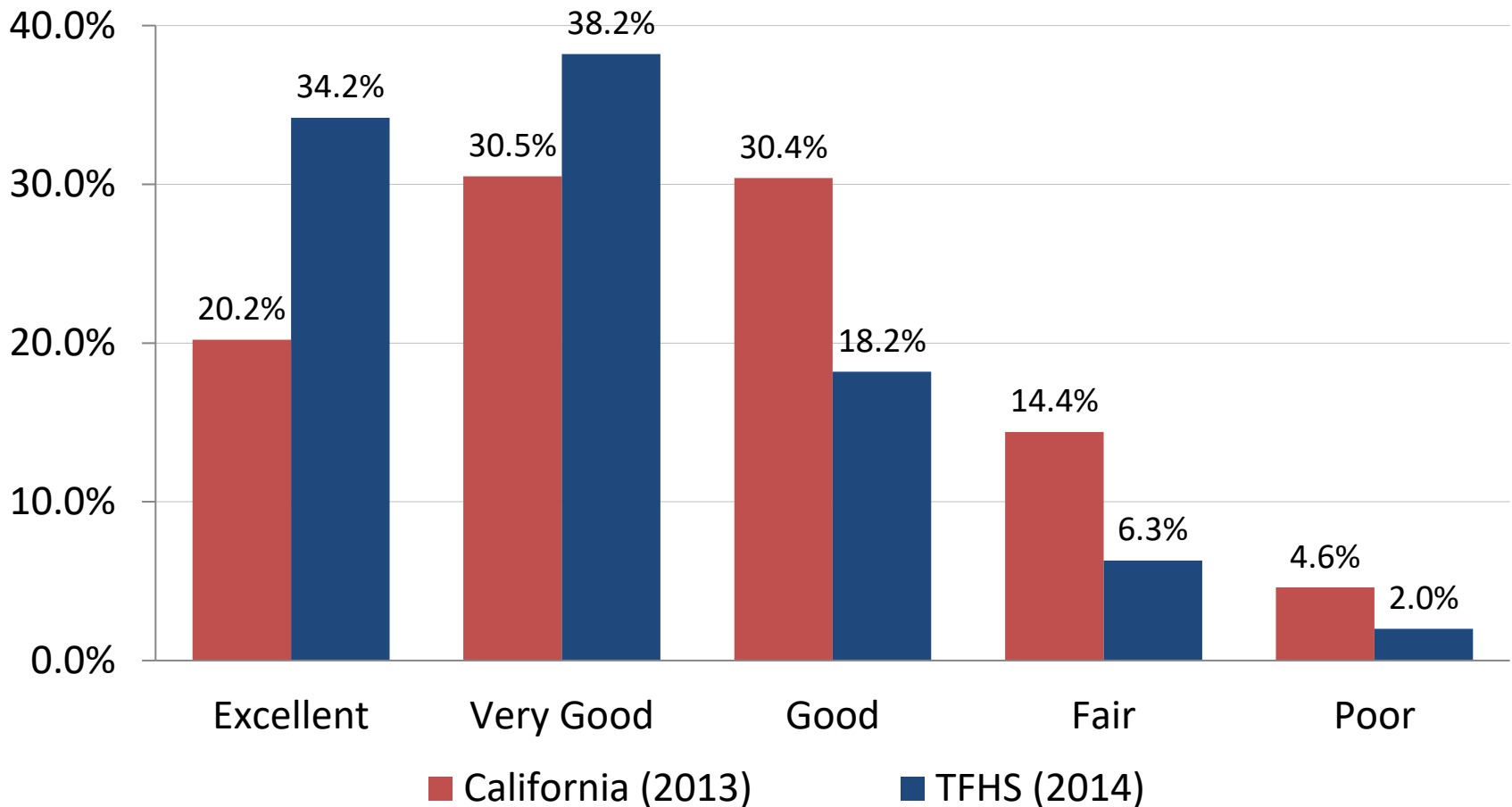


N = 402

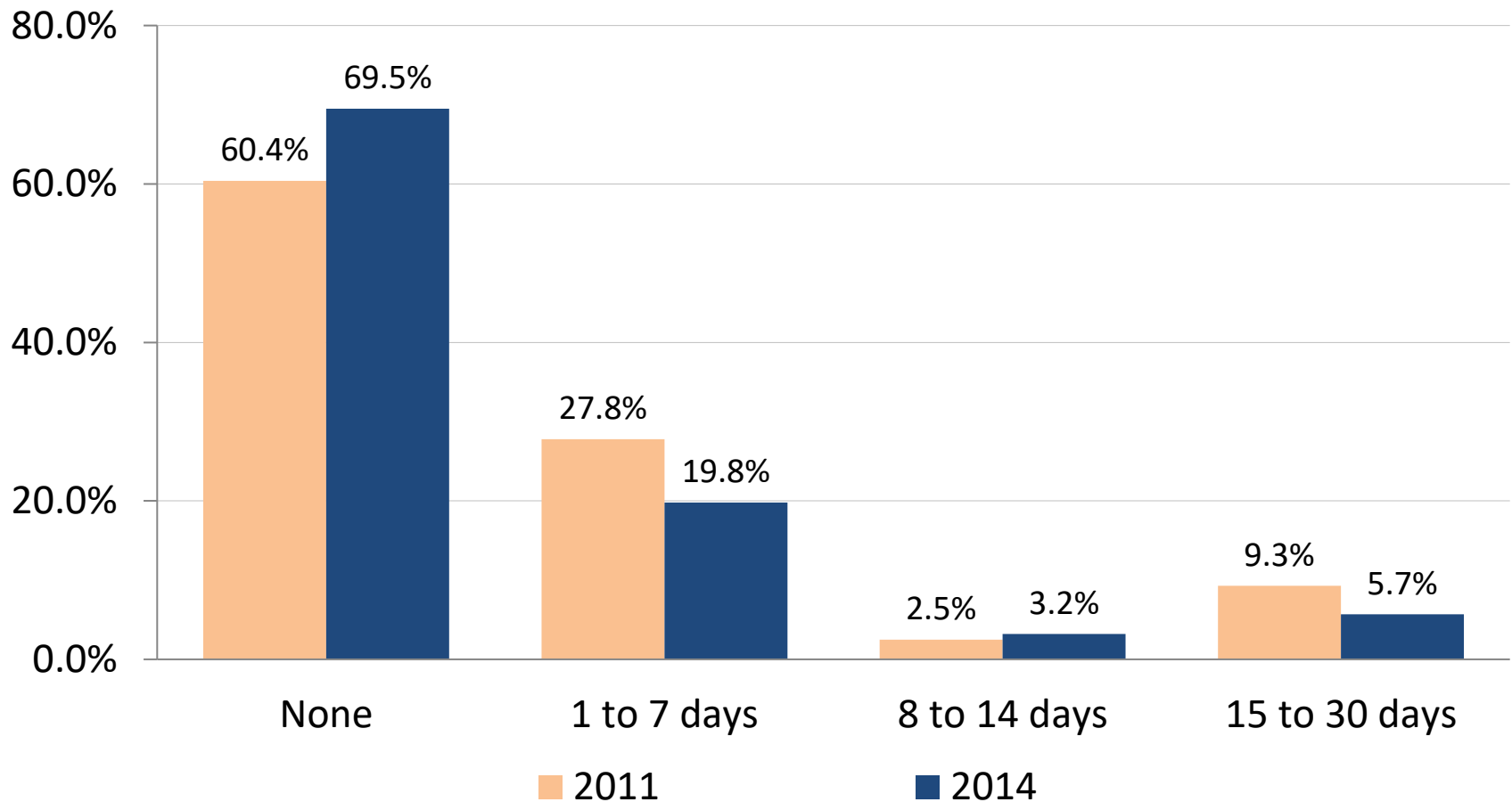
Would you say that in general your health is _____ ? (Q8)



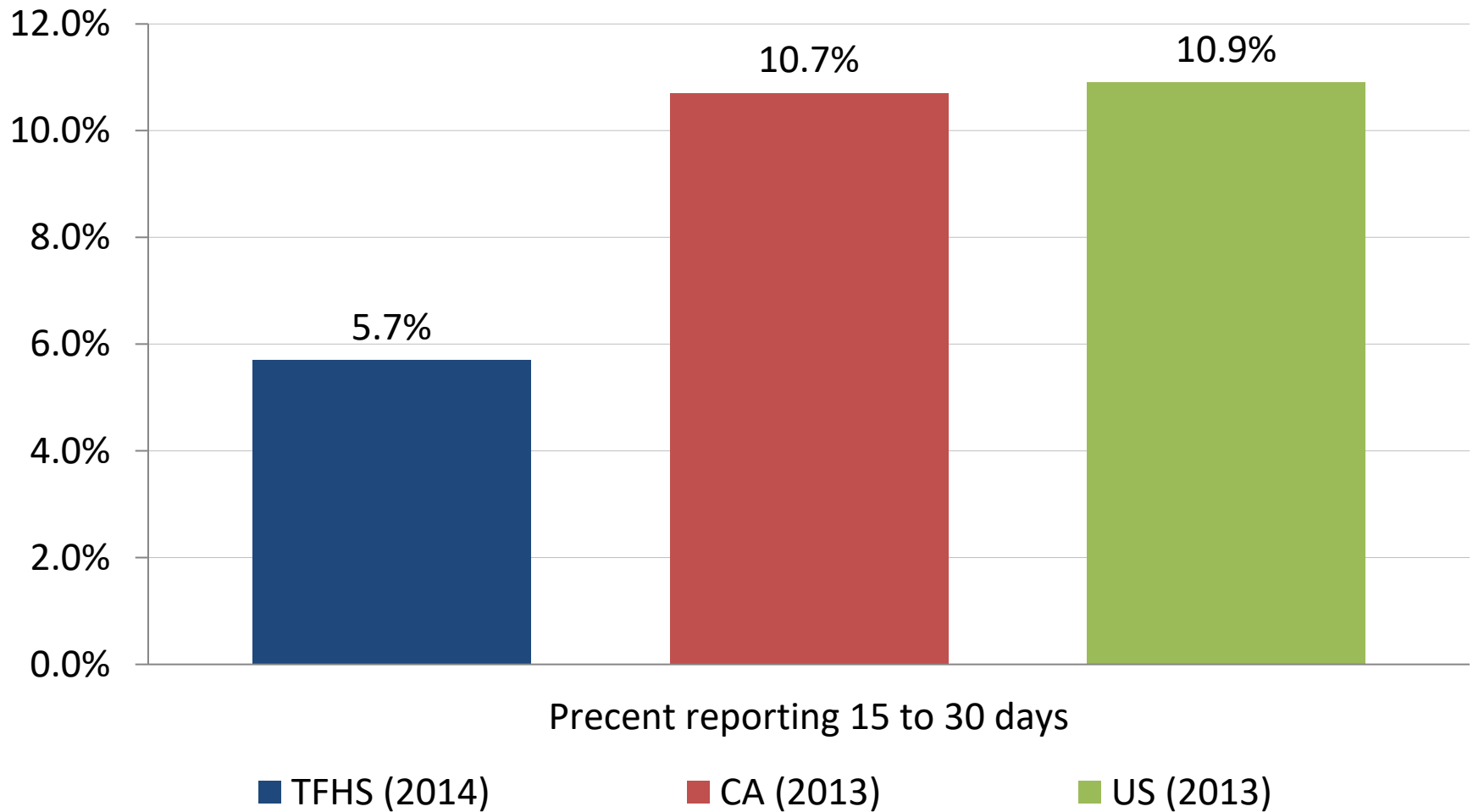
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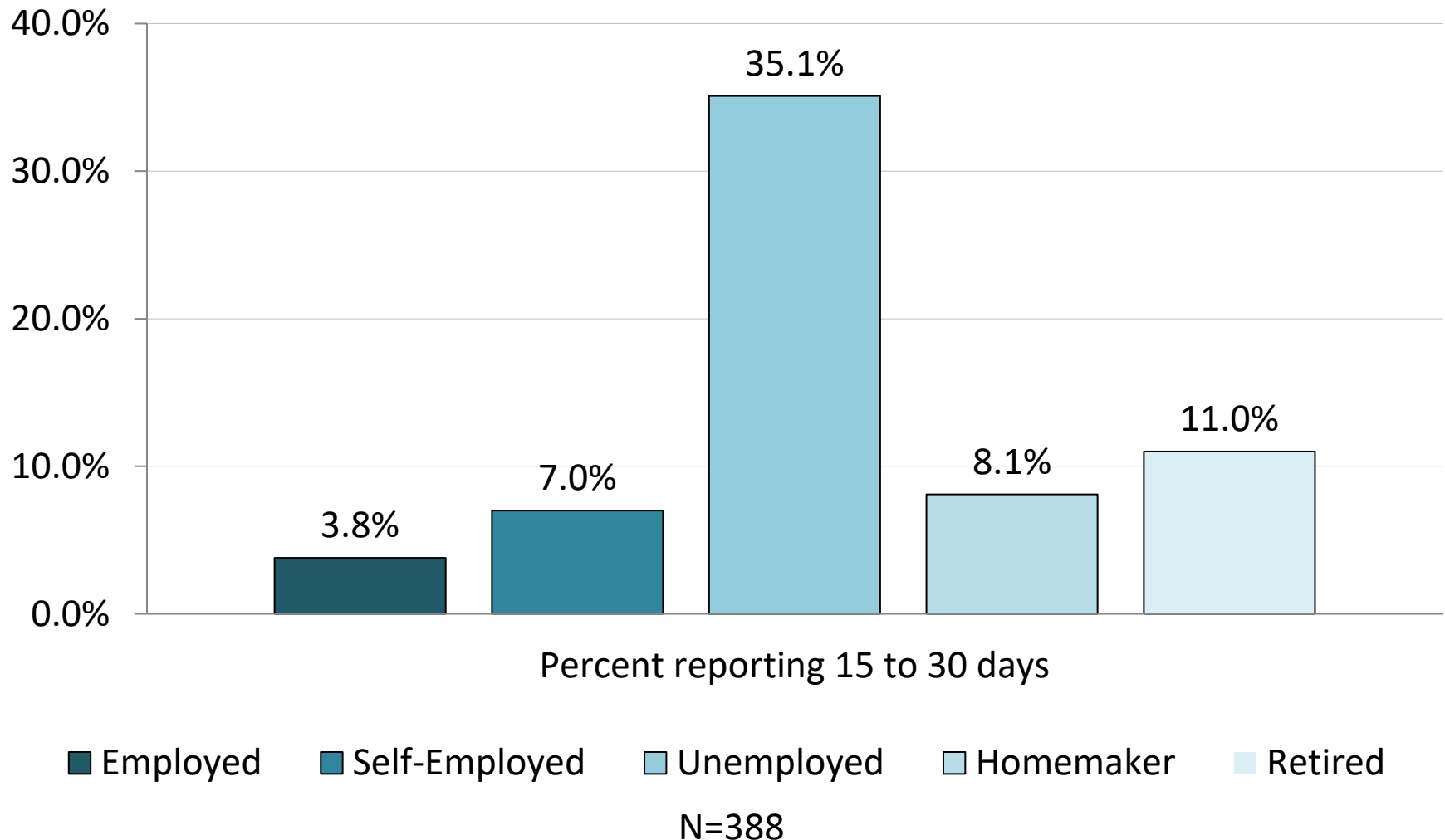
How many days during the past 30 days was your physical health not good? (Q9)



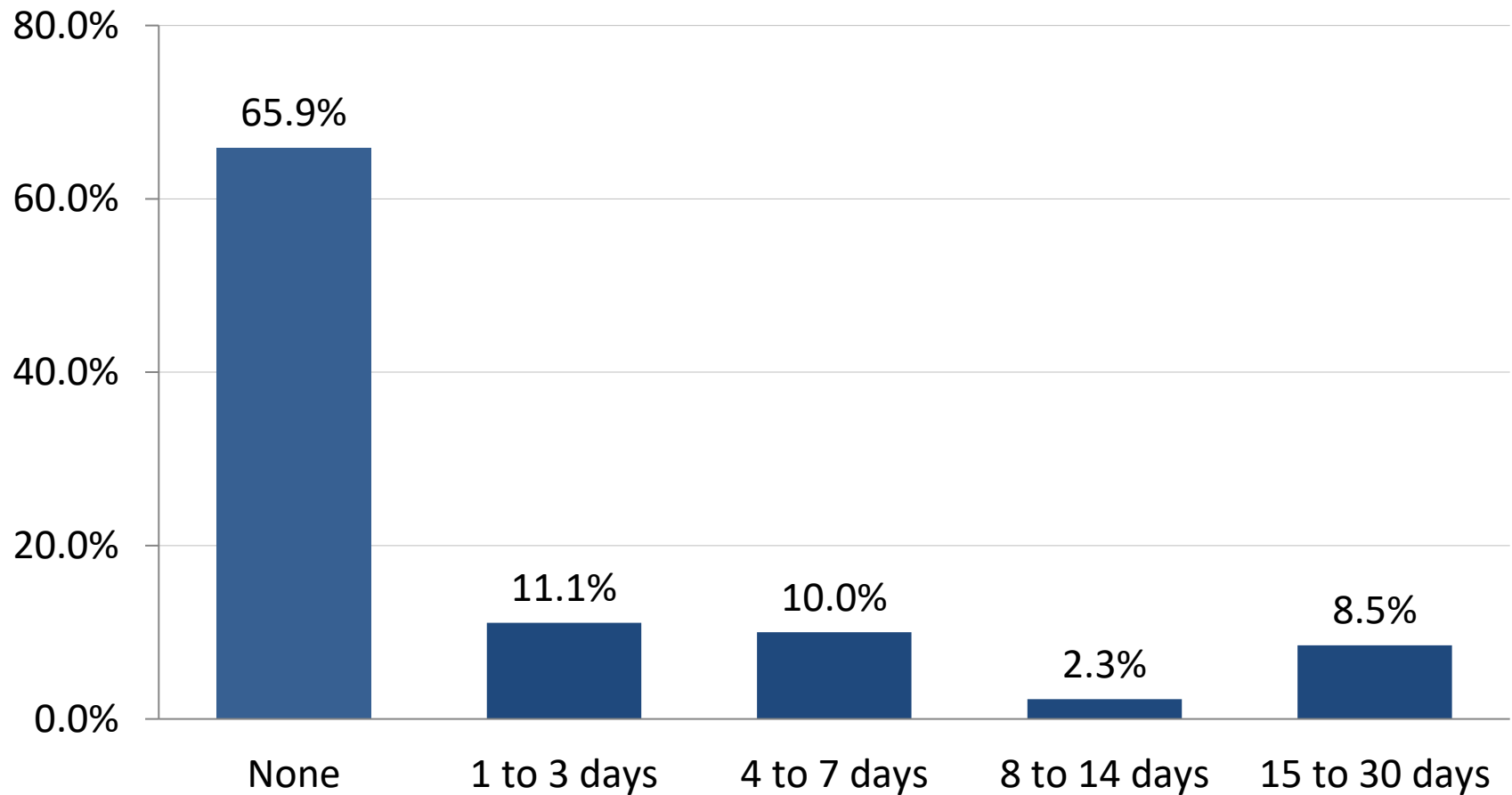
How many days during the past 30 days was your physical health not good? (Q9)



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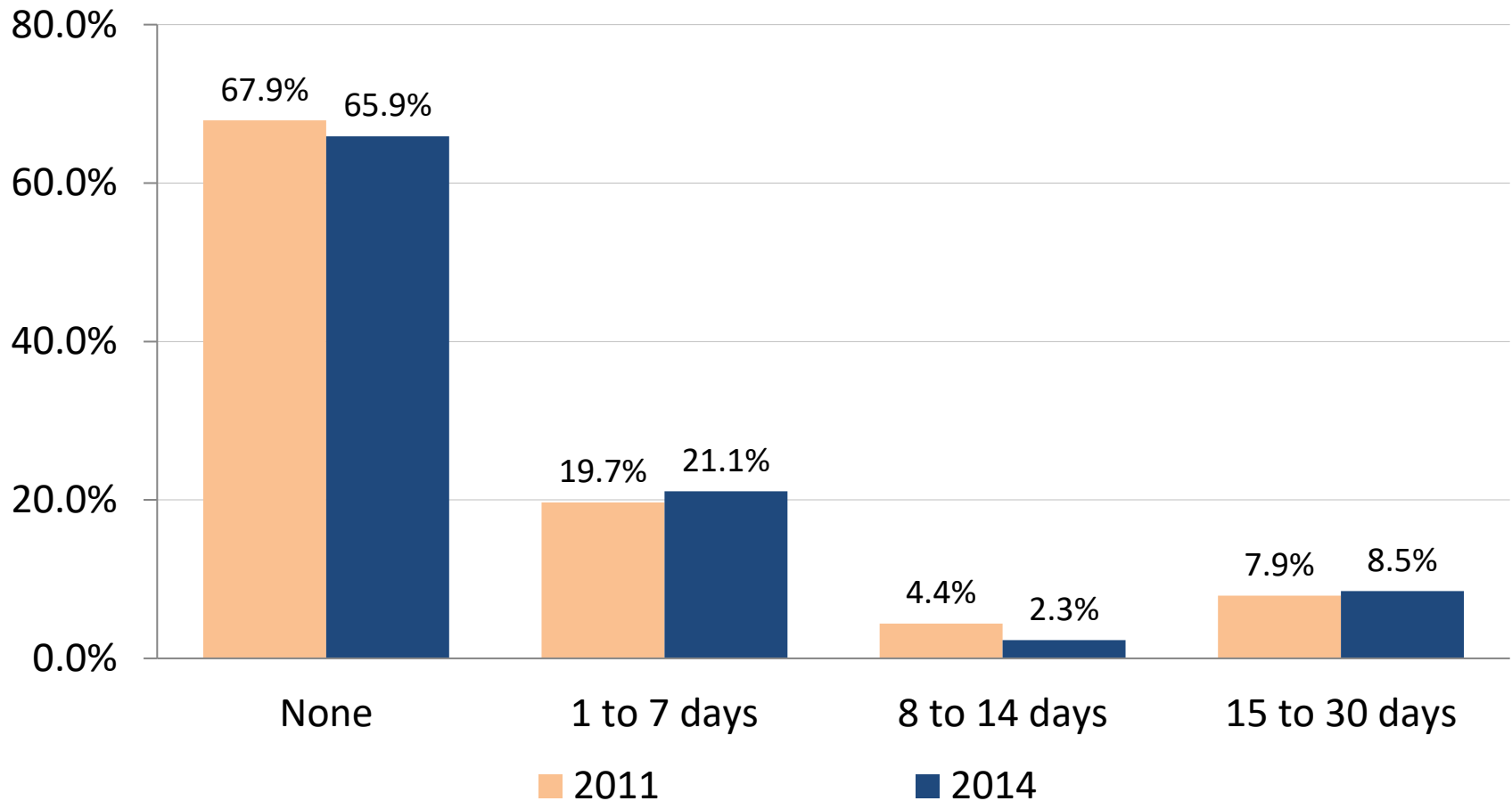


How many days during the past 30 days was your mental health not good? (Q10)

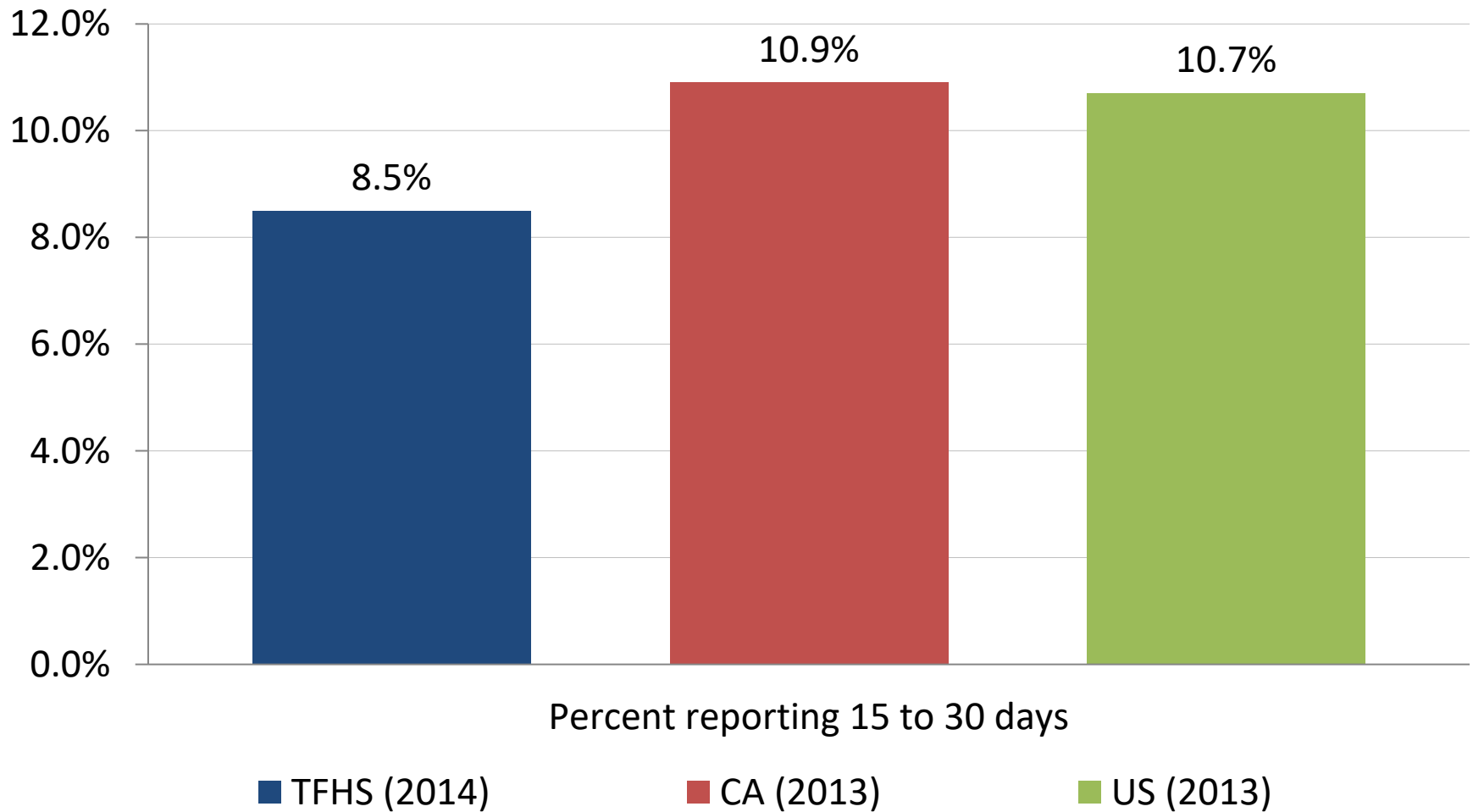


N=402

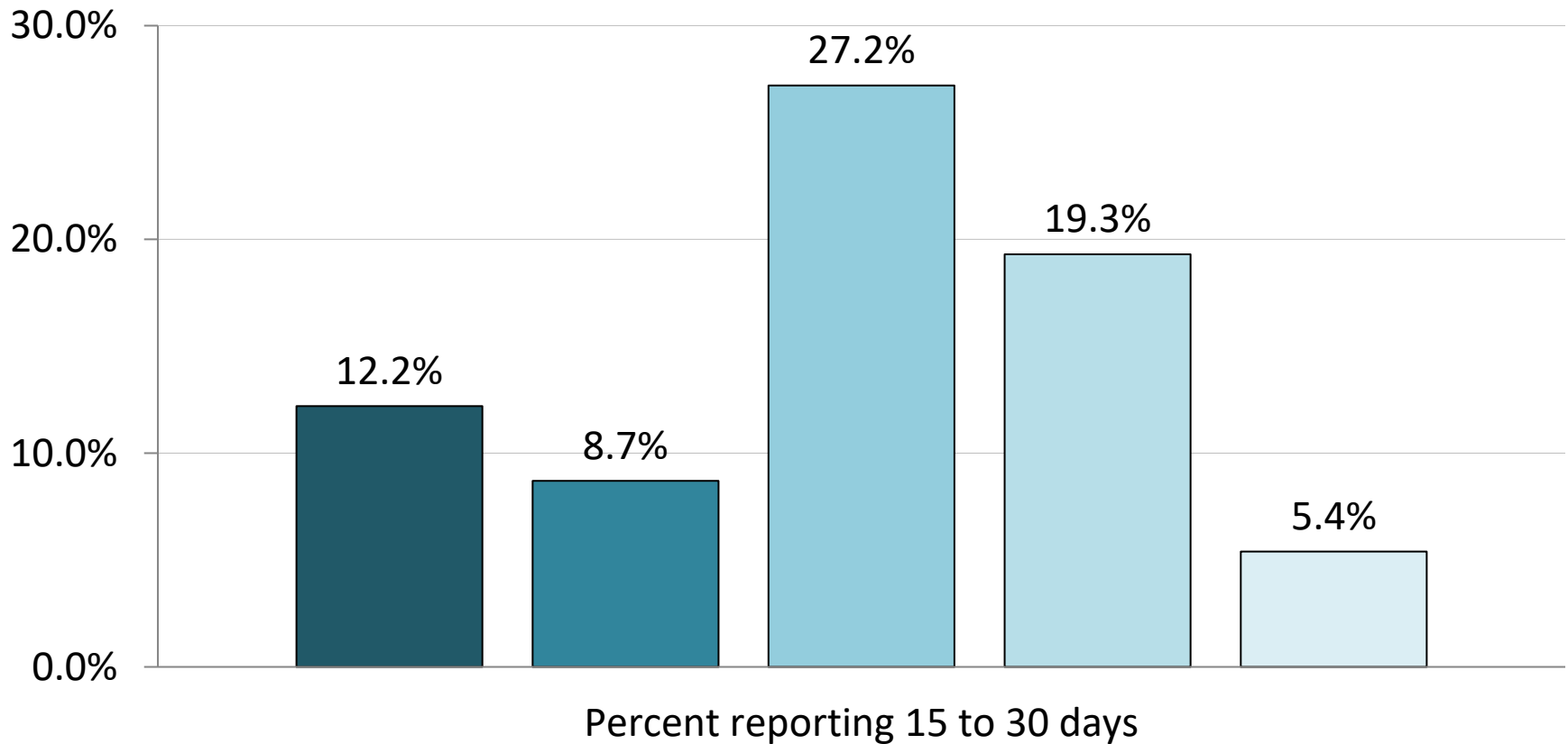
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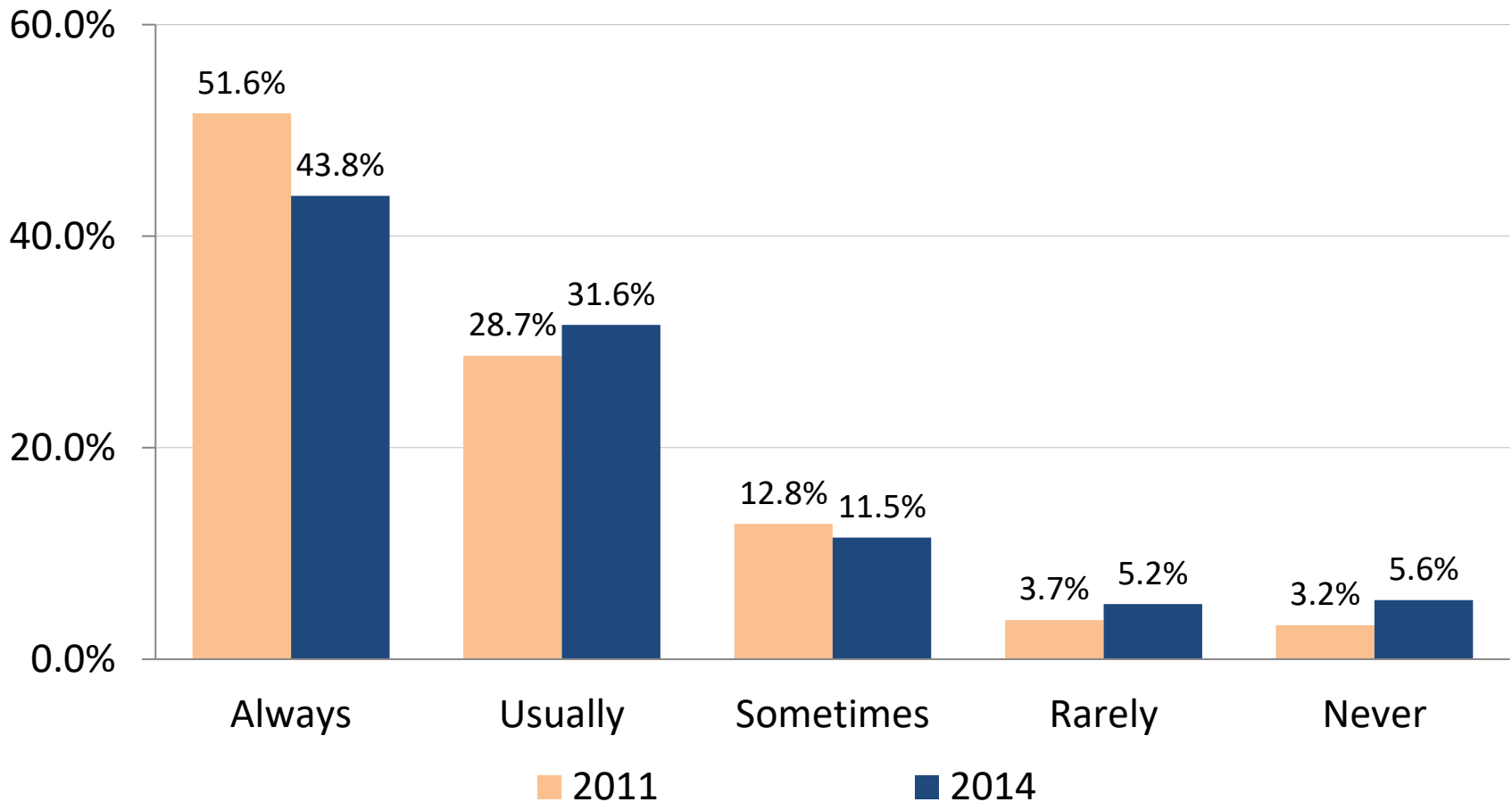
How many days during the past 30 days was your mental health not good? (Q10)



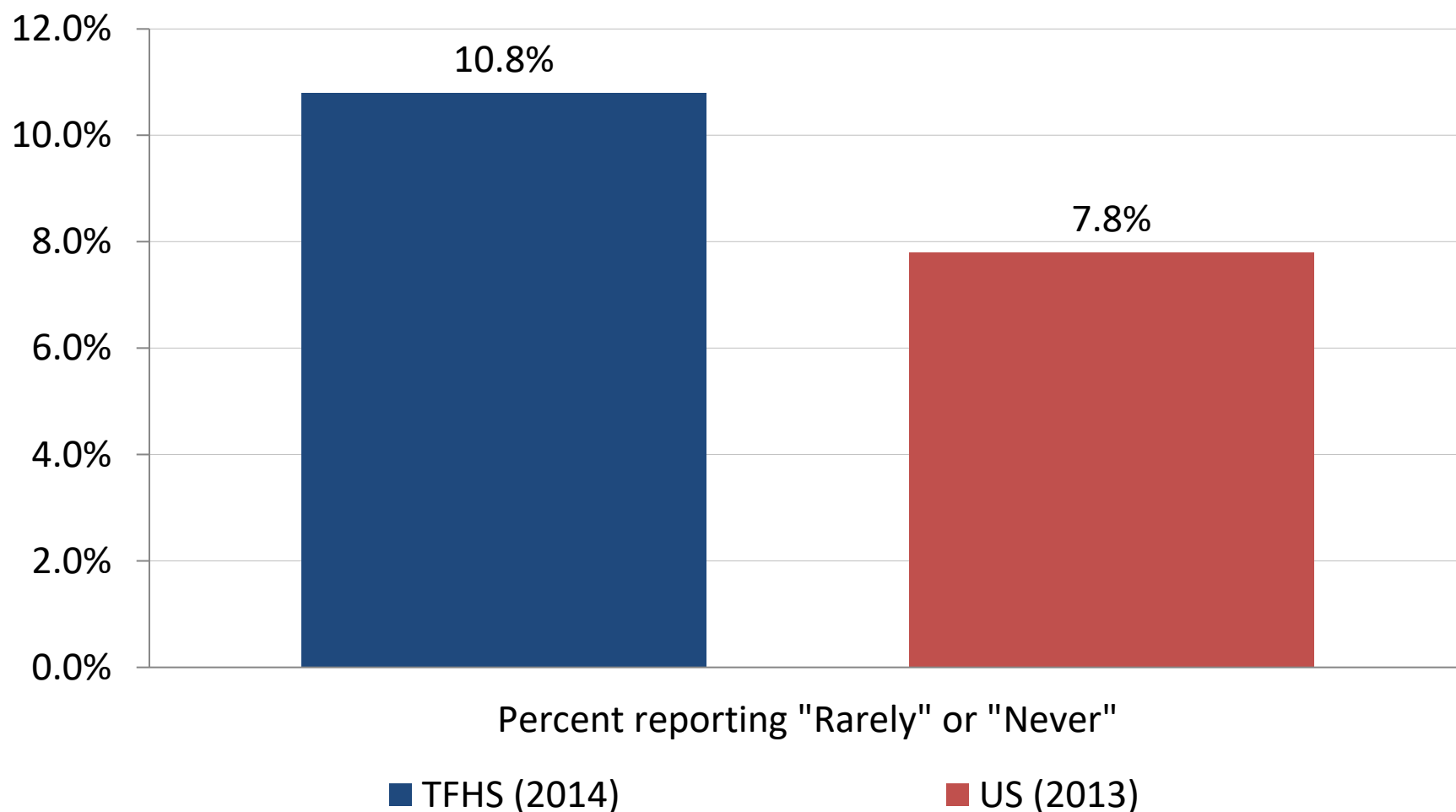
■ Employed ■ Self-Employed ■ Unemployed ■ Homemaker ■ Retired

N=388

How often do you get the social and emotional support you need? Would it be _____ ? (Q11)

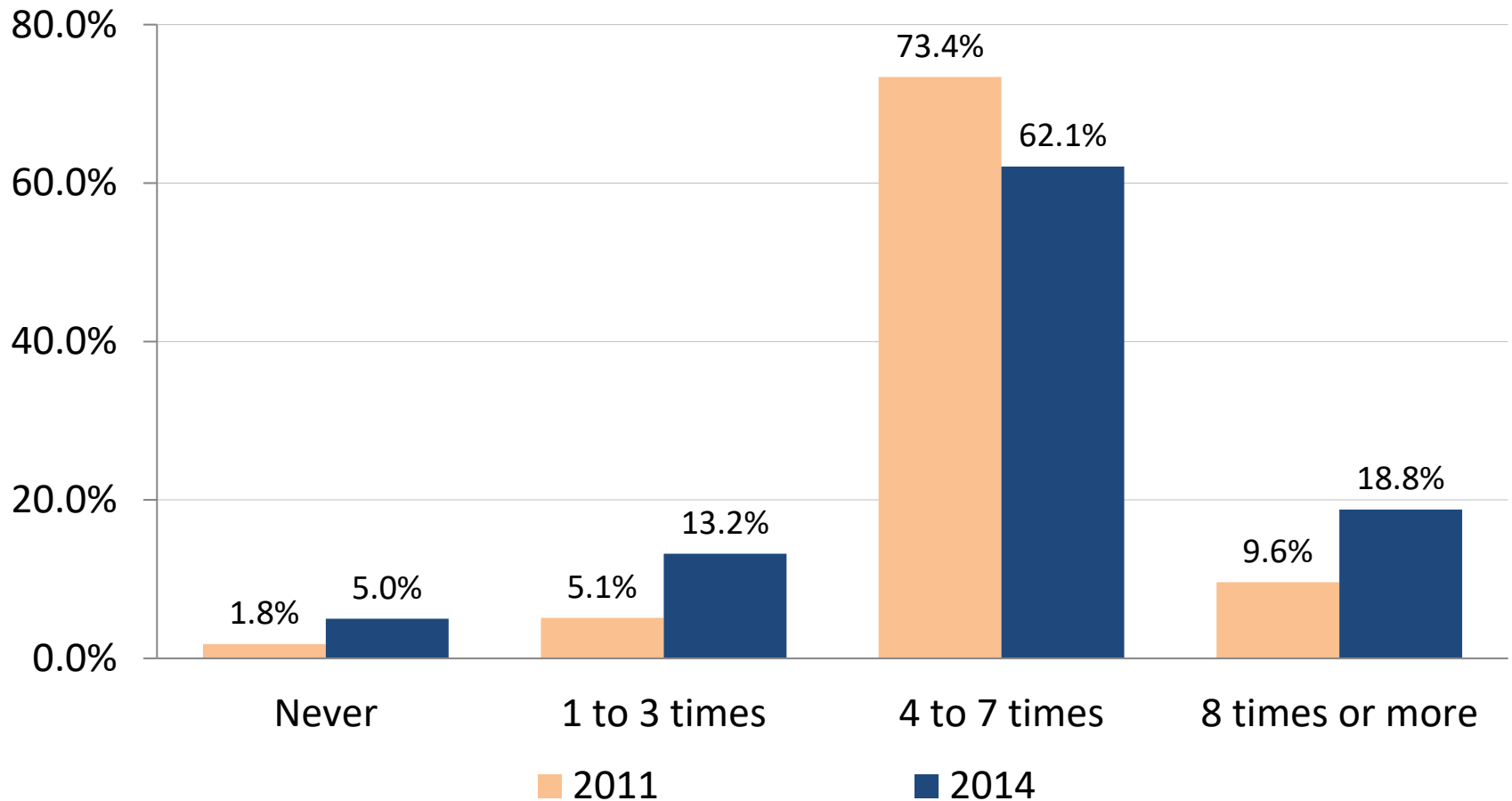


How often do you get the social and emotional support you need? Would it be _____ ? (Q11)

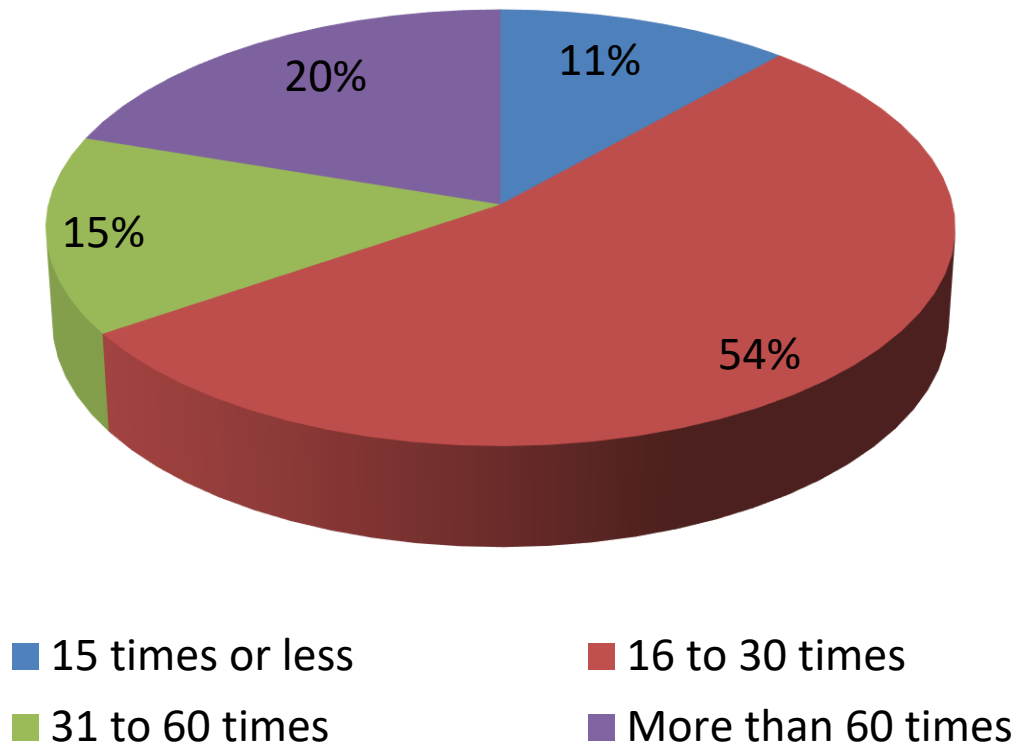


Diet and Nutrition

How many times per week do you prepare and eat a family meal in your household? (Q12)

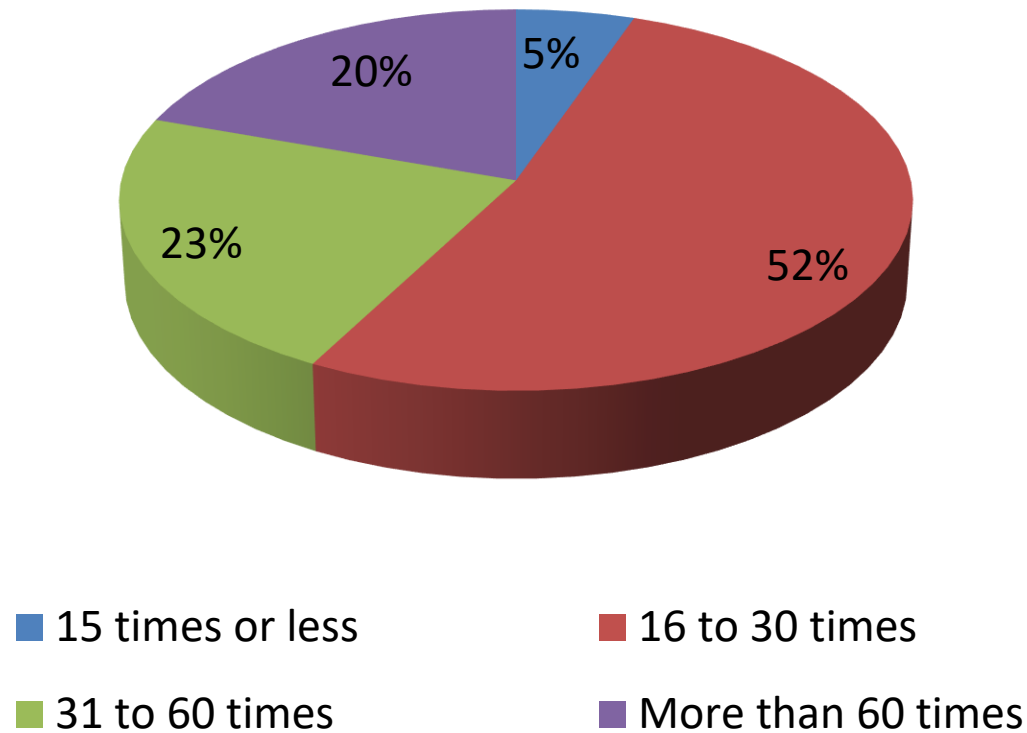


During the past month, how many times did you eat fruit? (Q13)



N = 402

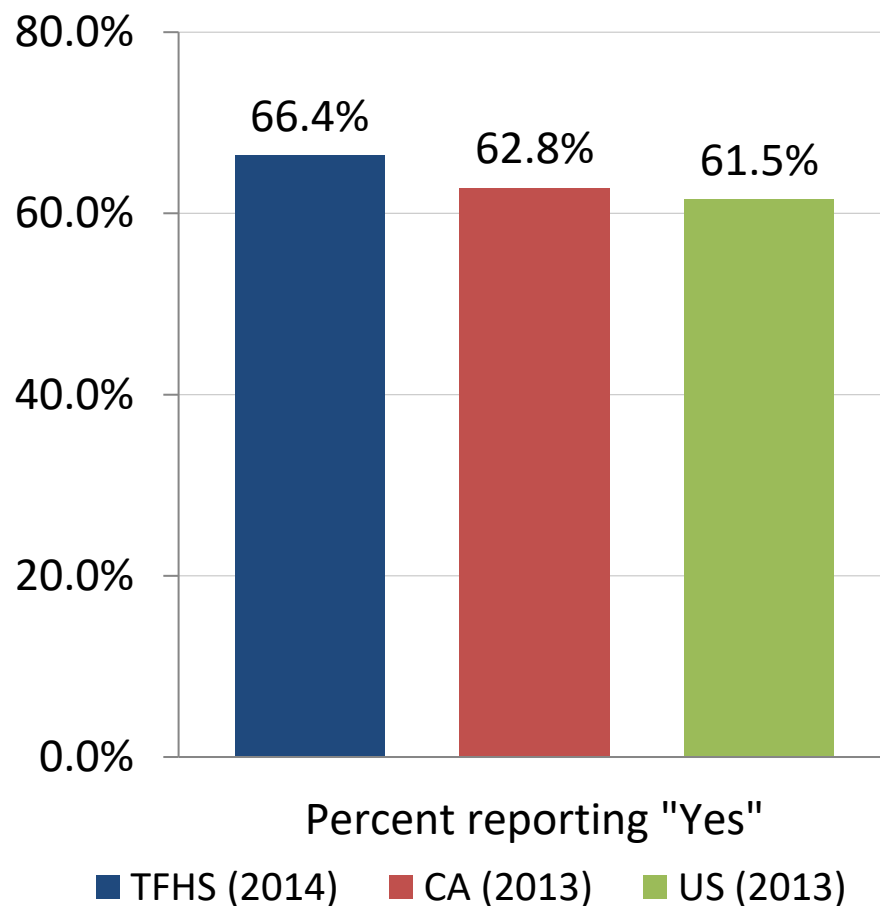
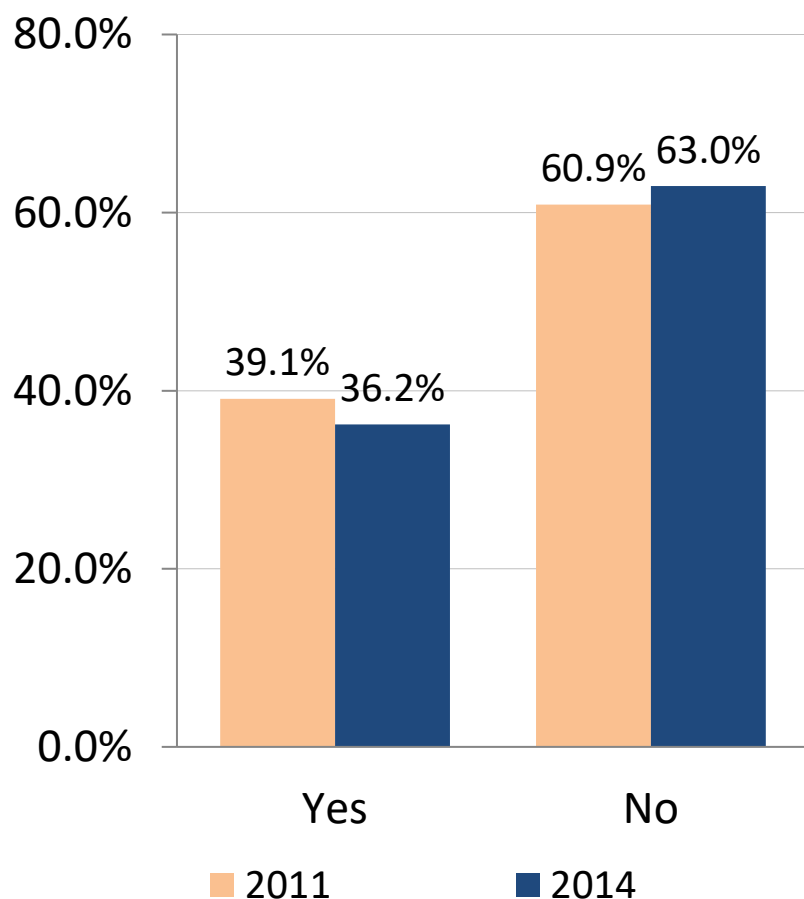
During the past month, how many times did you eat vegetables? (Q14)



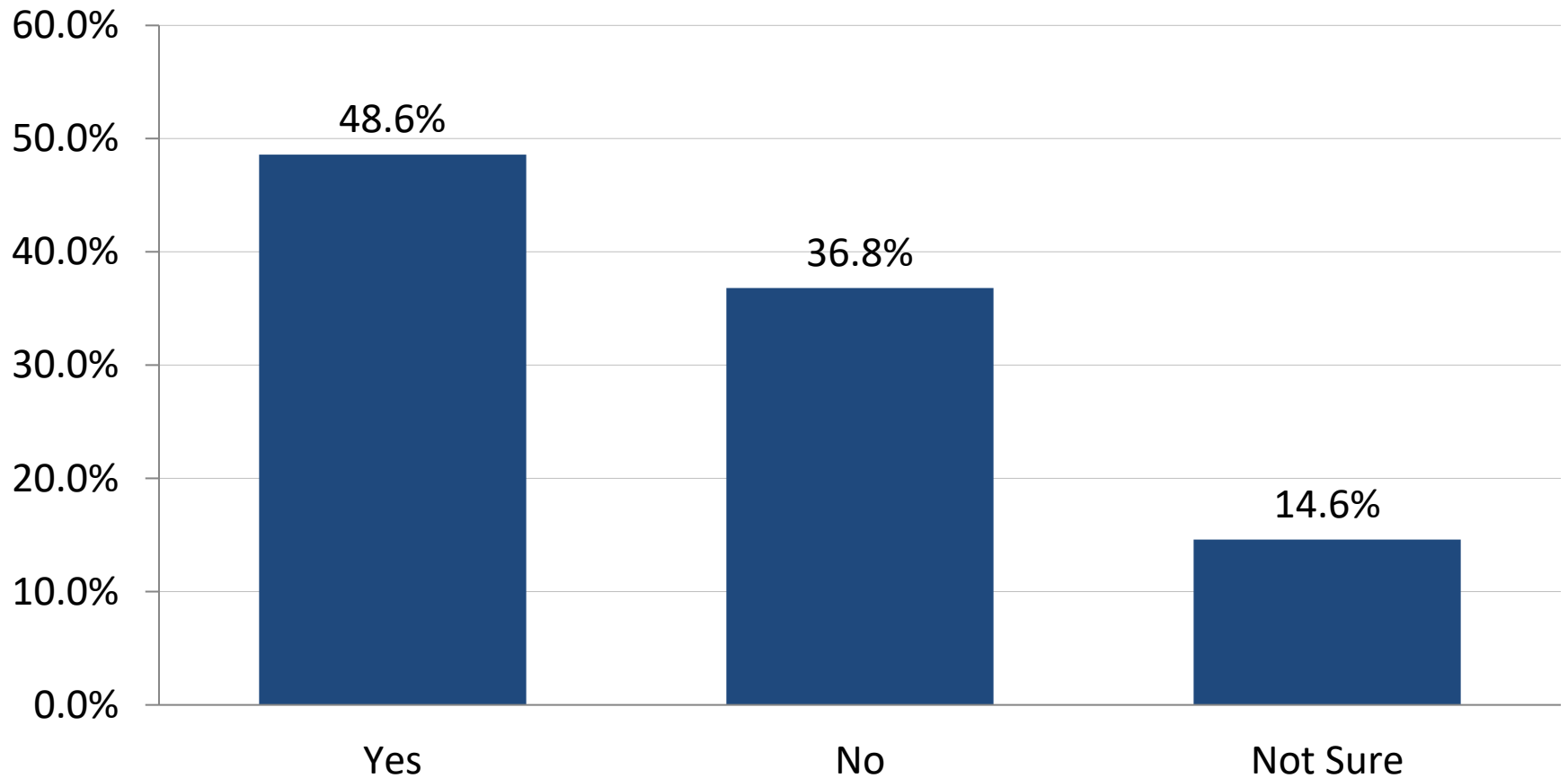
N = 402

Vaccinations

During the past 12 months, have you had either a flu shot or a flu vaccine that was sprayed in your nose? (Q15)

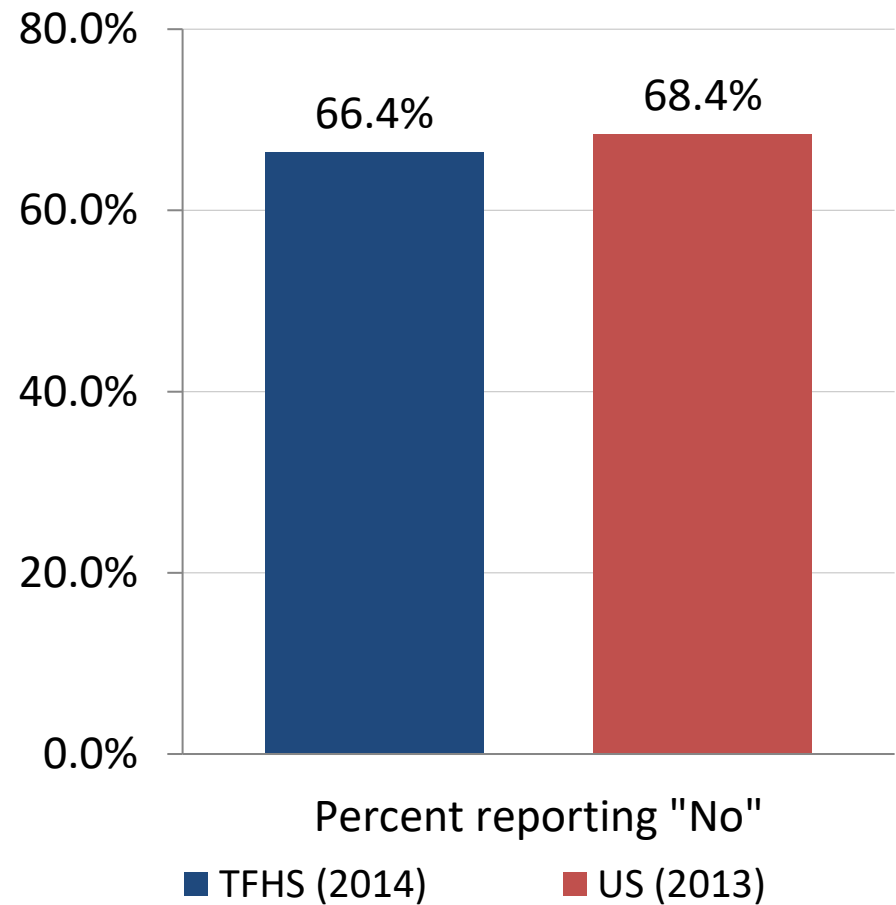
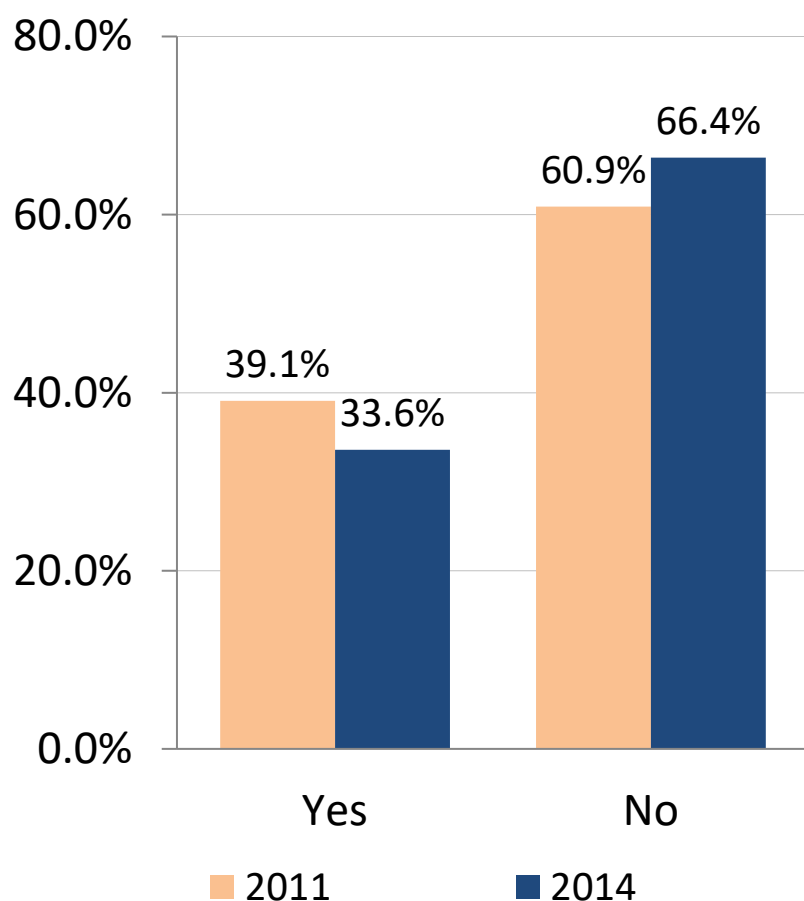


Have you ever had the adult booster for the Tdap (Tetanus, diphtheria and pertussis) vaccine? (Q16)

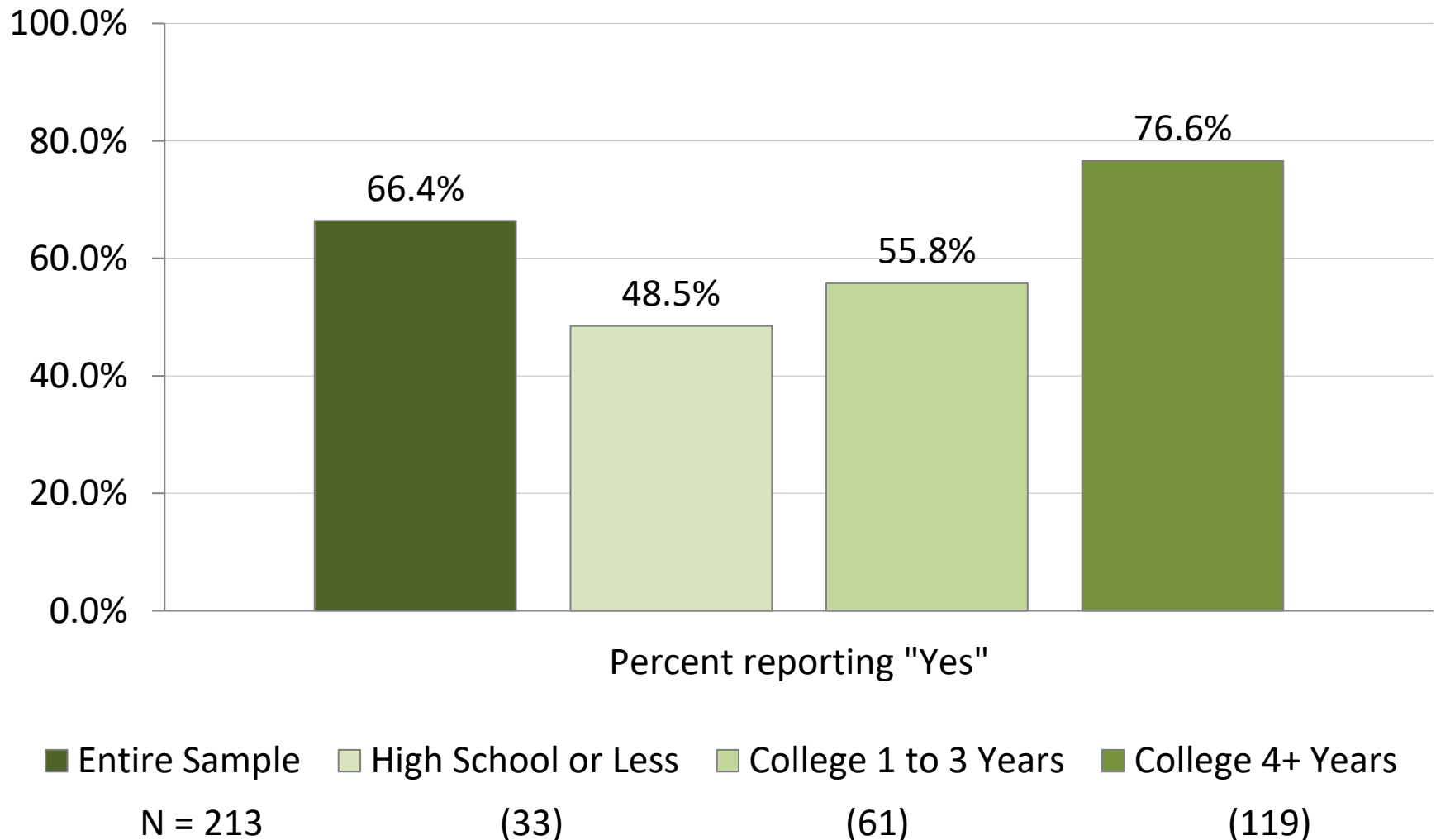


Preventive Health Services

A mammogram is an x-ray of each breast to look for breast cancer. Have you ever had a mammogram? (Q17)

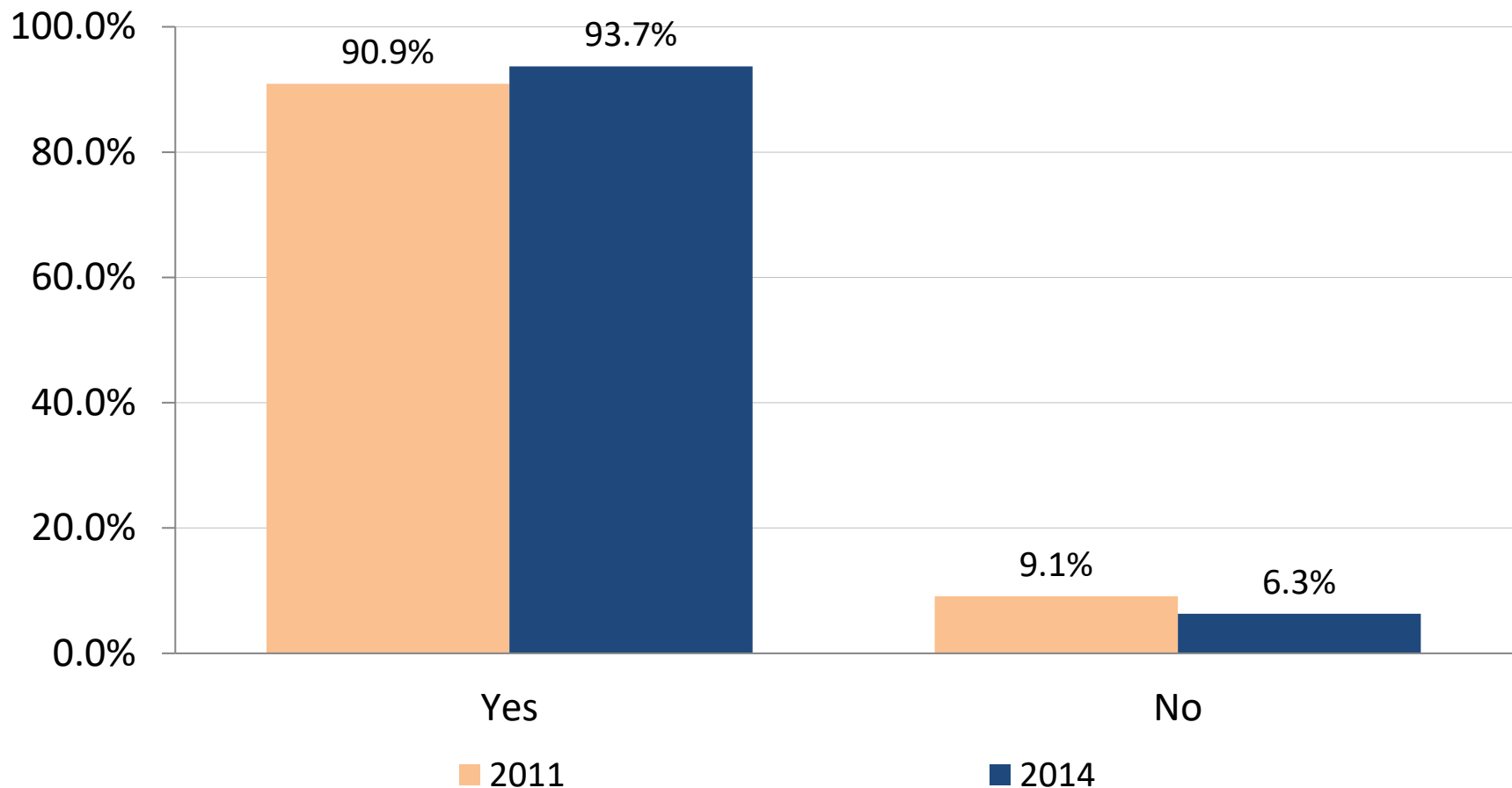


A mammogram is an x-ray of each breast to look for breast cancer. Have you ever had a mammogram? (Q17)

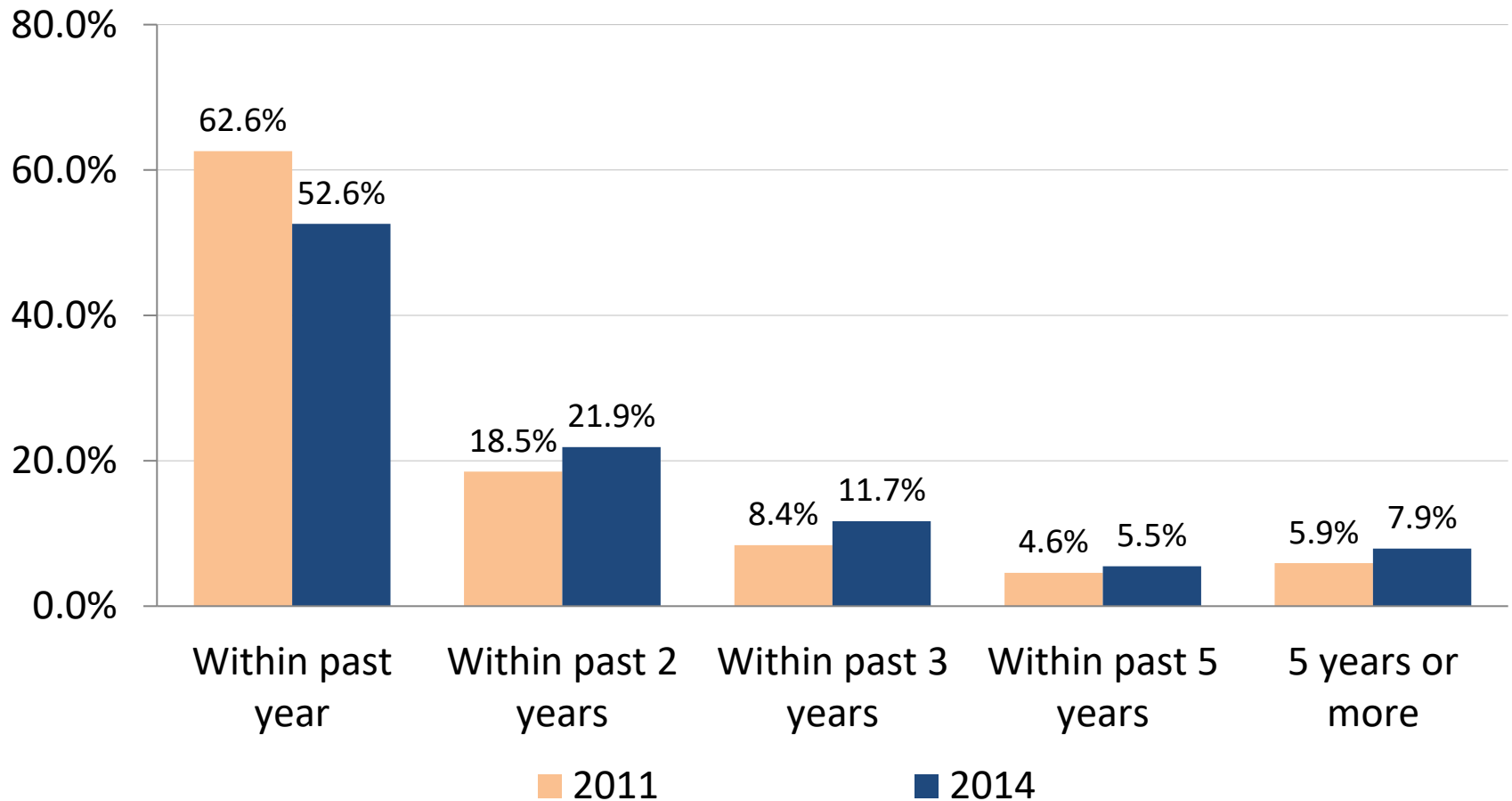


A mammogram is an x-ray of each breast to look for breast cancer. Have you ever had a mammogram? (Q17)

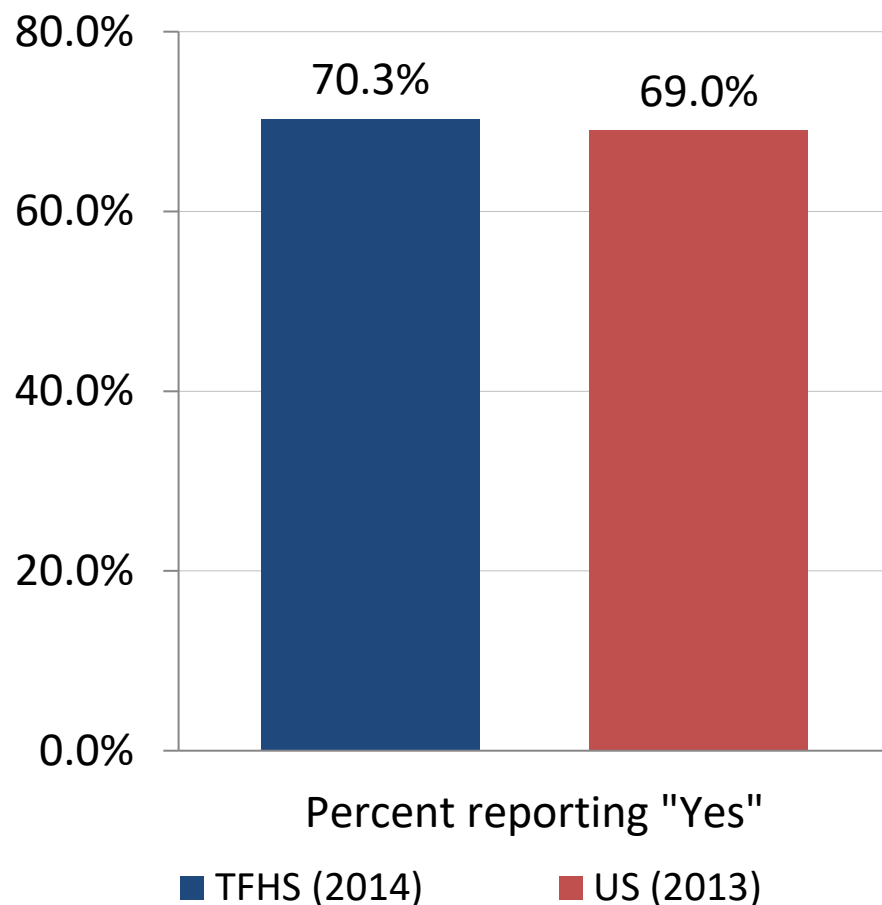
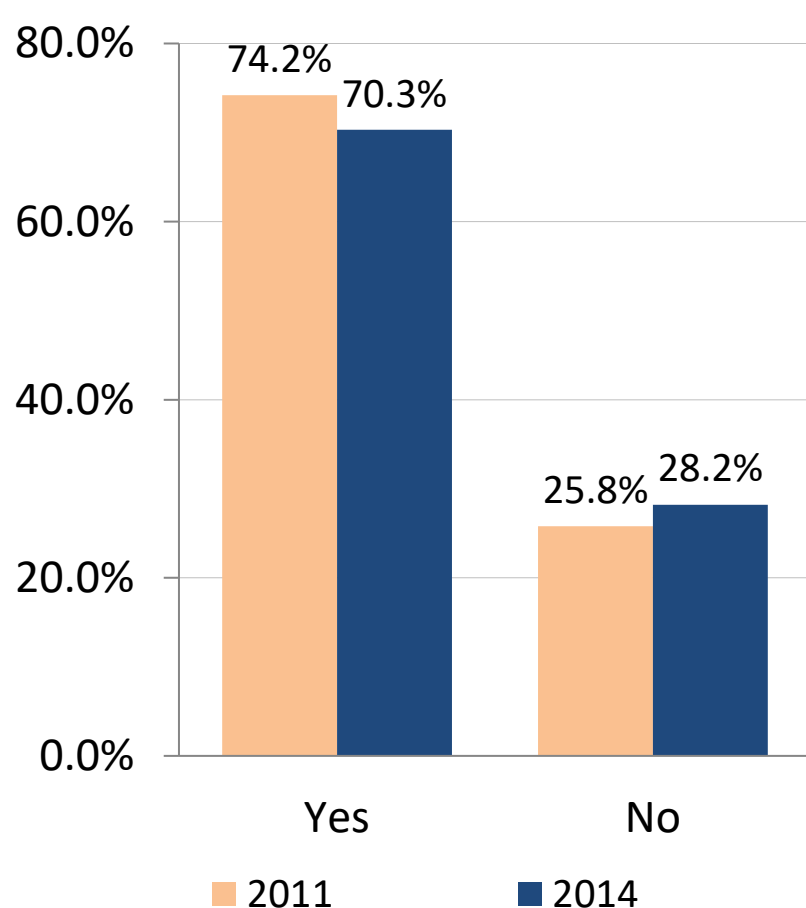
Females age 40 and Over



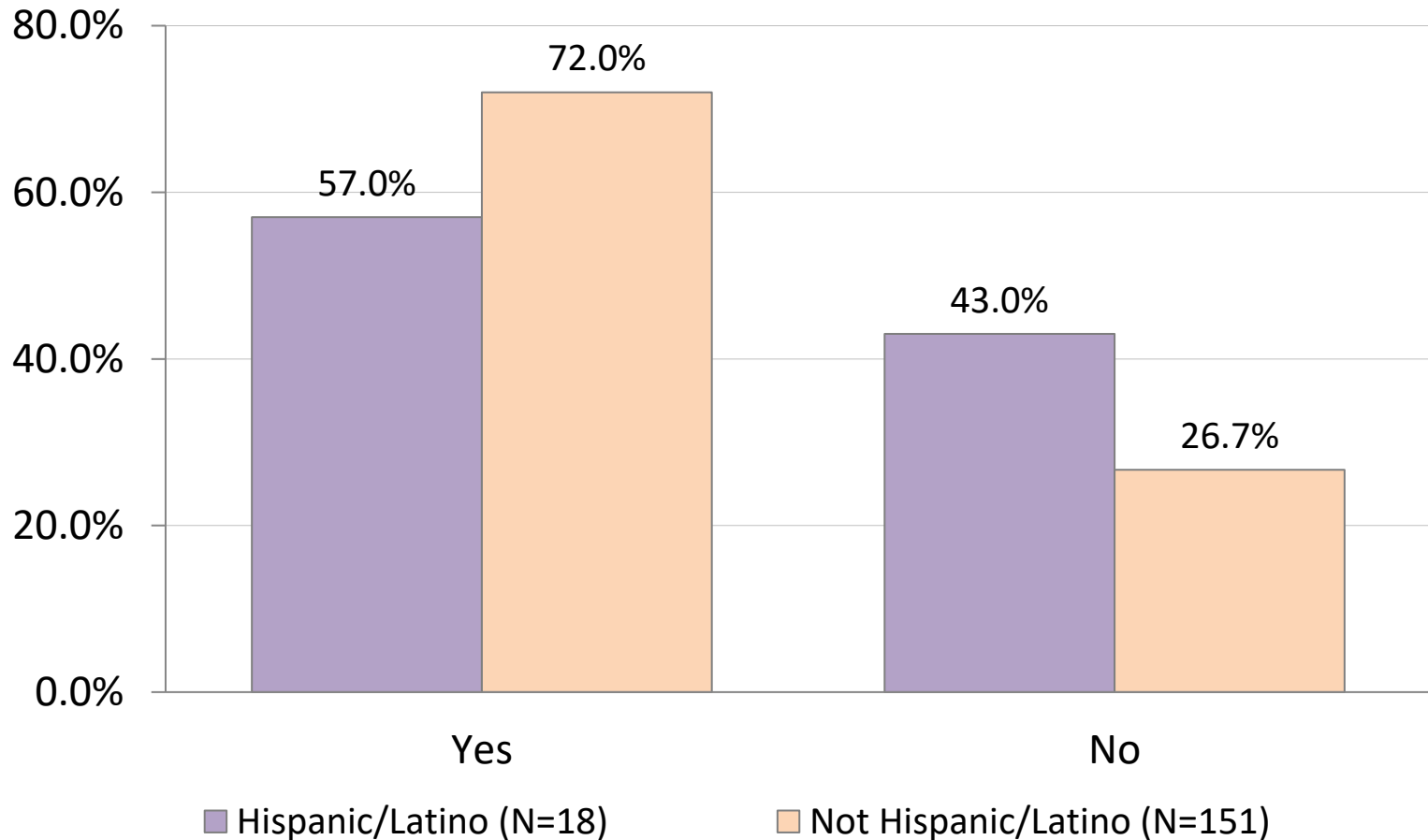
How long has it been since you had your last mammogram? (Q18)



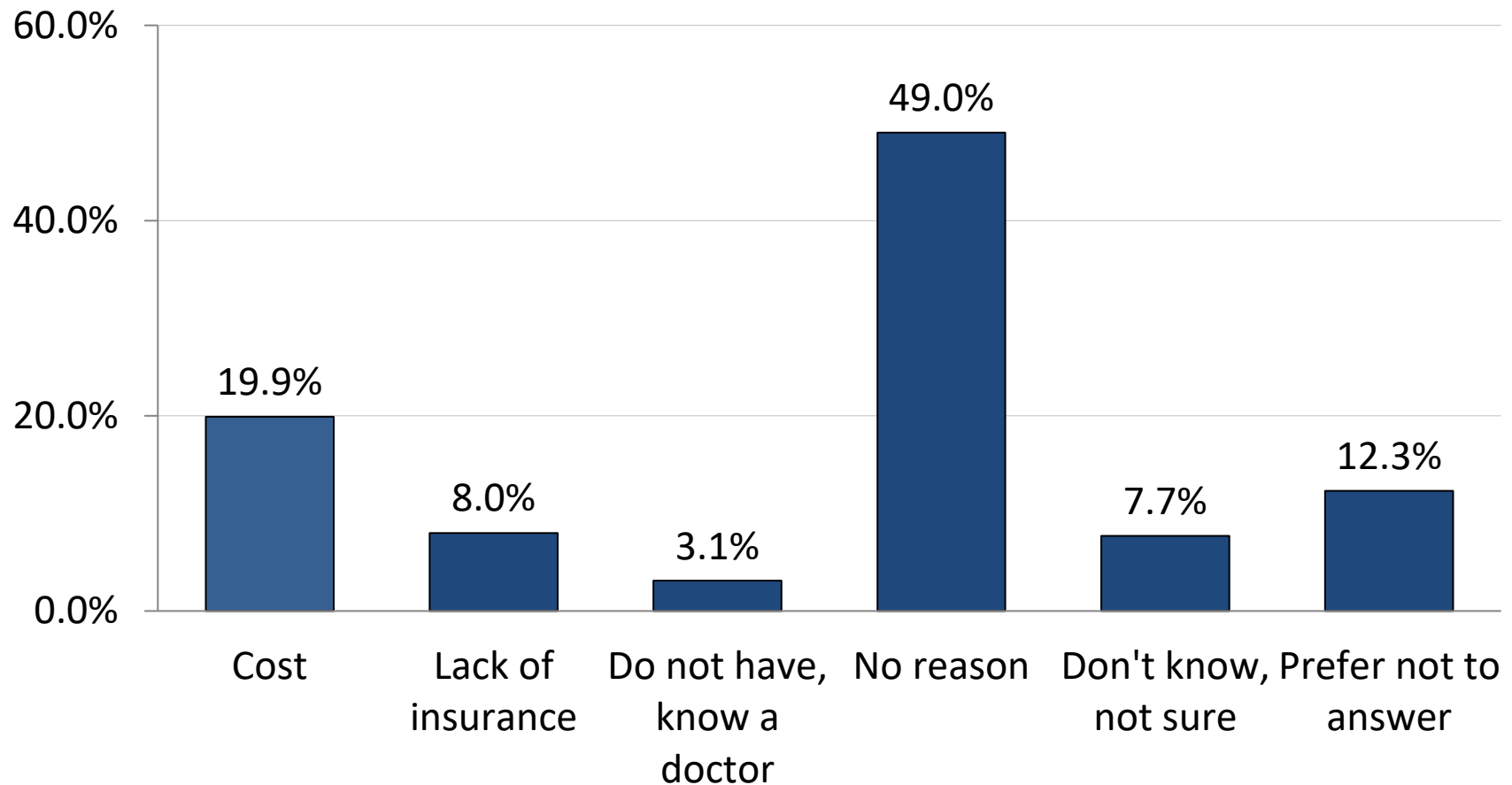
Sigmoidoscopy and colonoscopy are exams in which a tube is inserted in the rectum to view the colon for signs of cancer or other health problems. Have you had either of these exams? (Q19)



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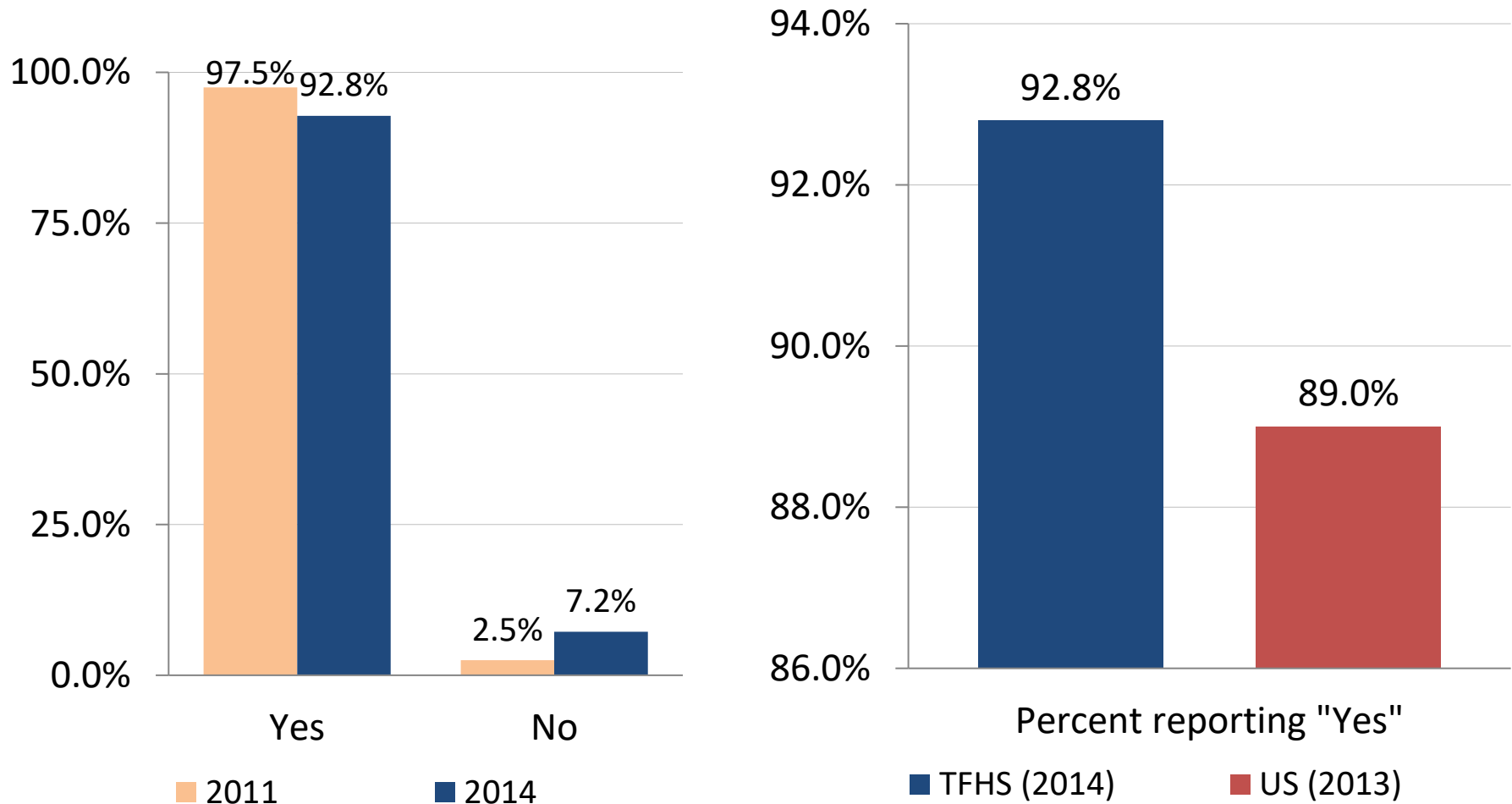


Why have you not had either of these exams? (Sigmoidoscopy or colonoscopy) (Q20)

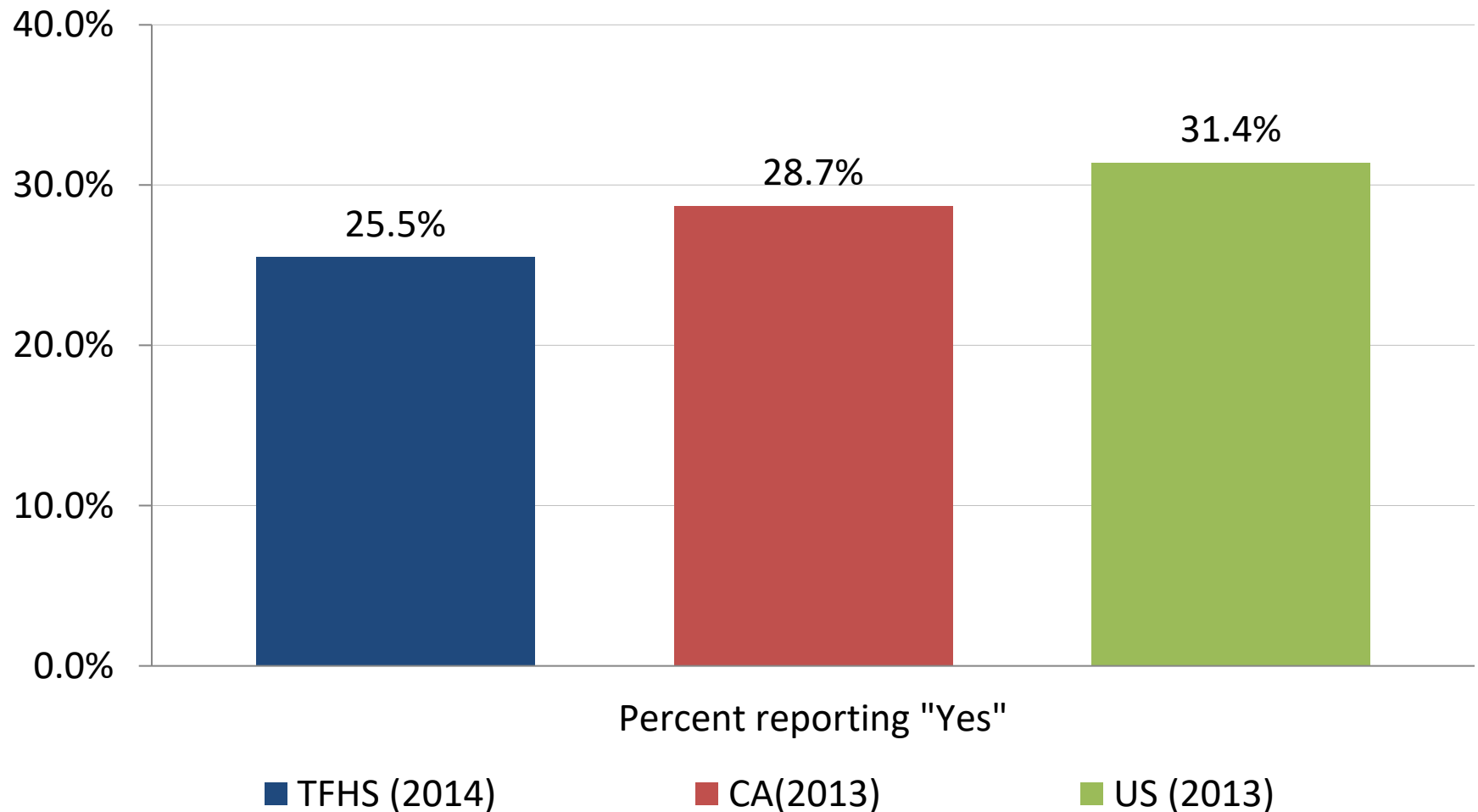


N=48

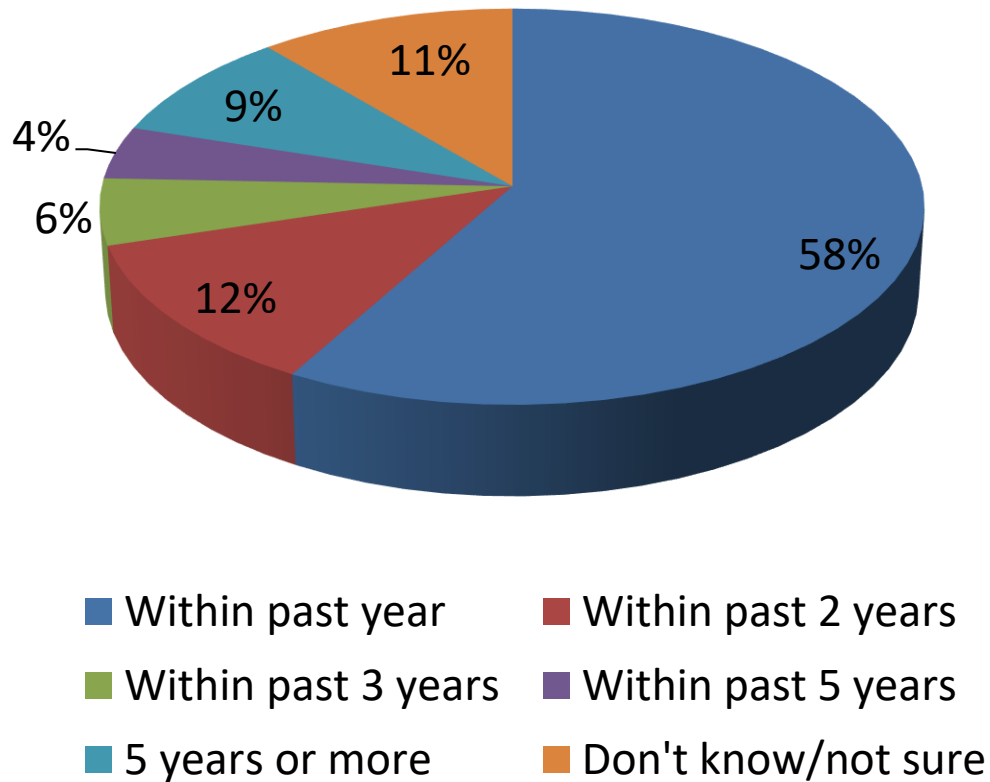
A Pap test is a test for cancer of the cervix. Have you ever had a Pap test? (Q21)



Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure? (Q22)

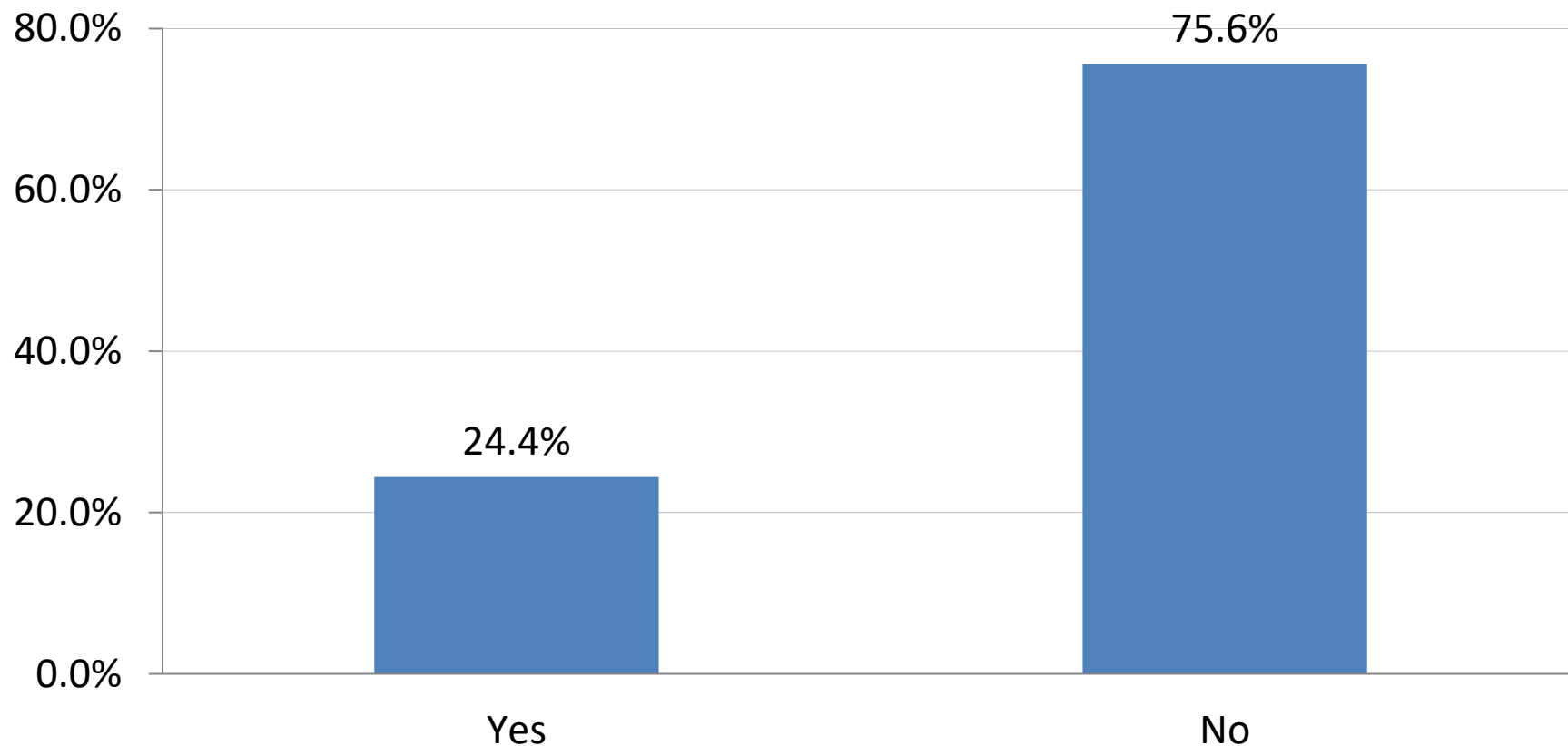


About how long has it been since you last had your blood cholesterol checked? (Q23)

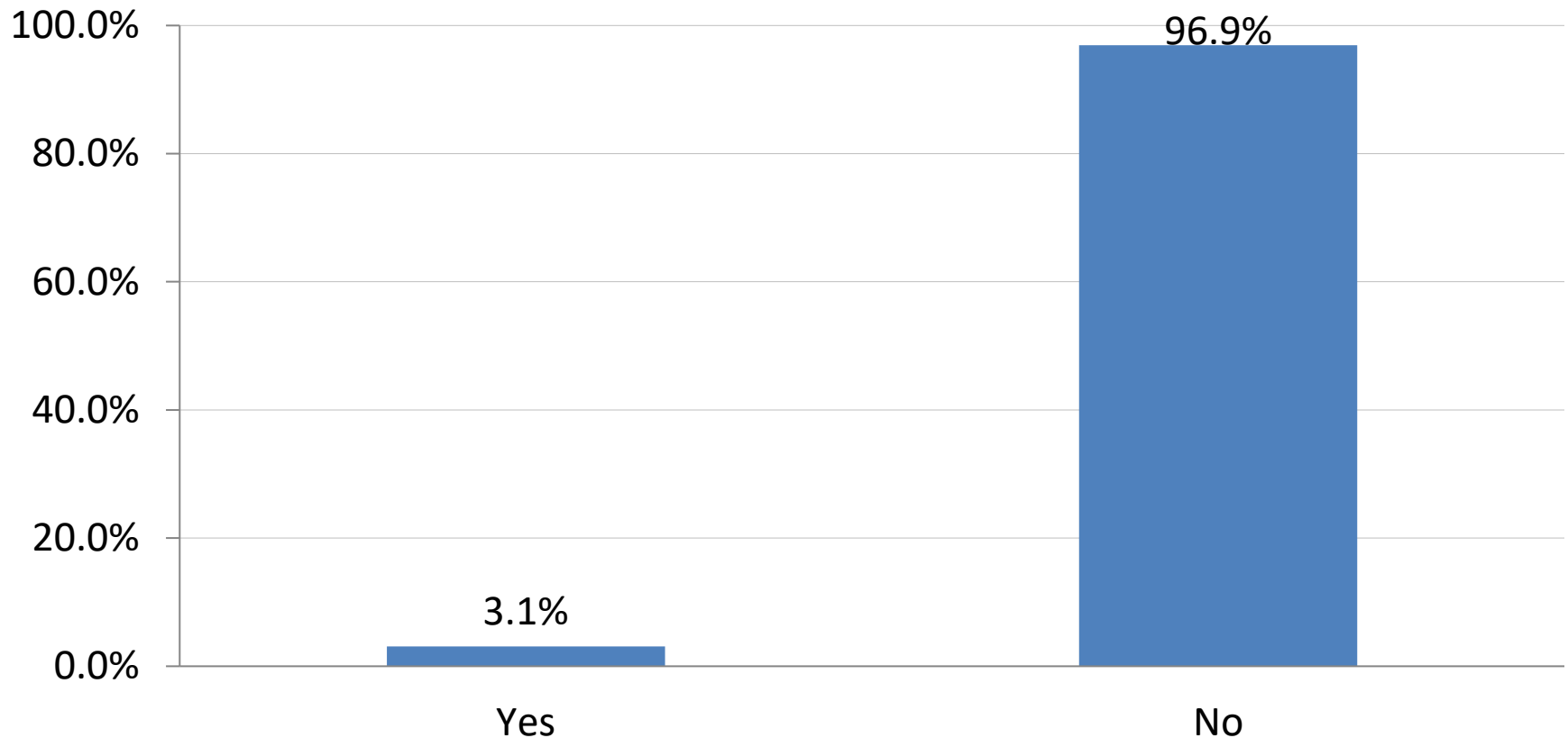


N=402

Has a doctor, nurse or other health professional ever told you that your blood cholesterol is high? (Q24)

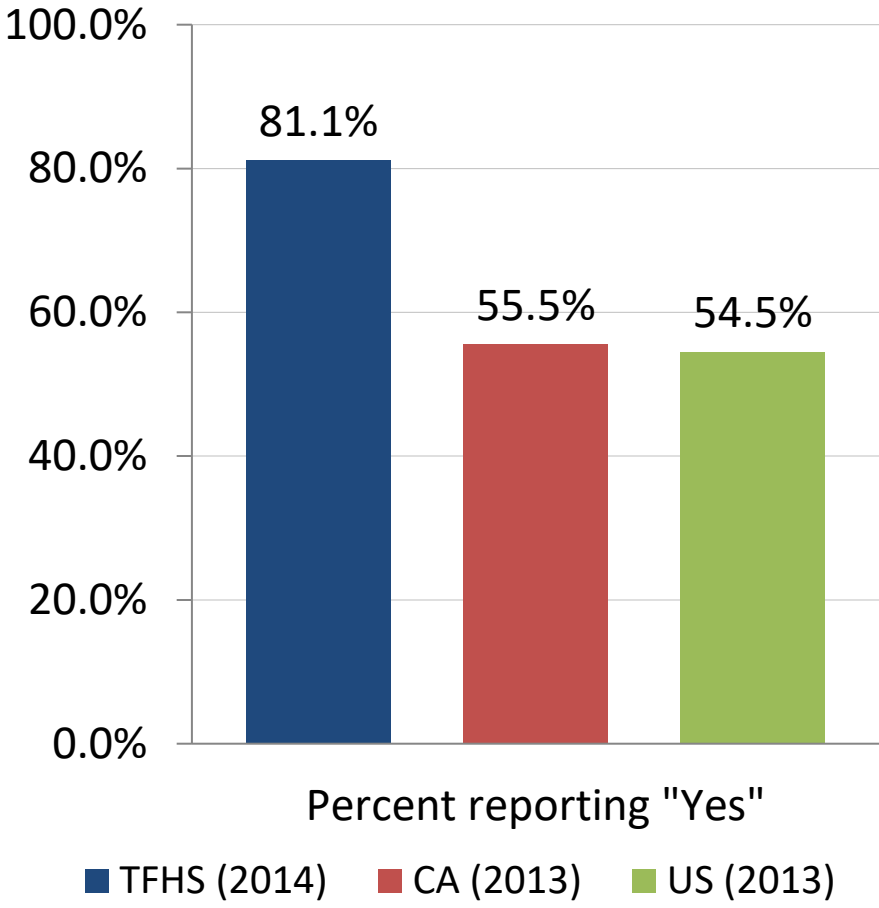
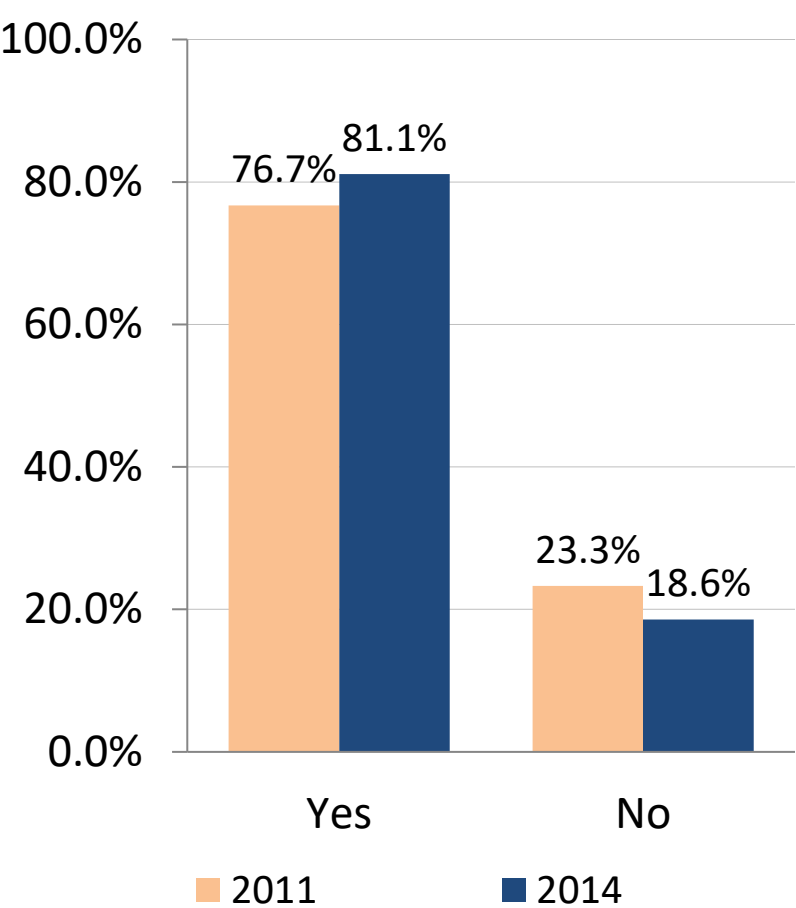


Has a doctor, nurse or other health professional ever told you that you have angina or coronary heart disease? (Q25)

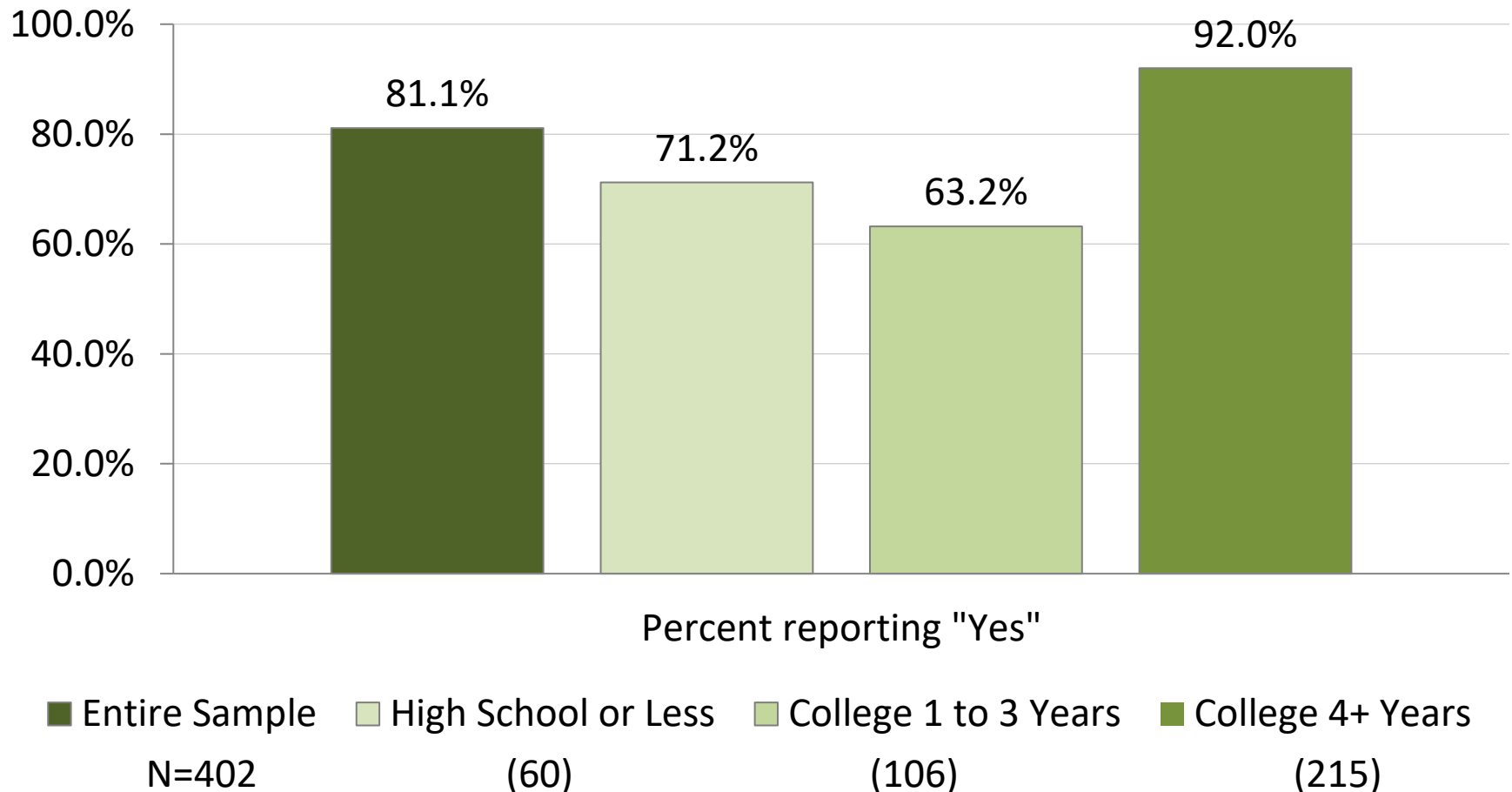


Alcohol Consumption

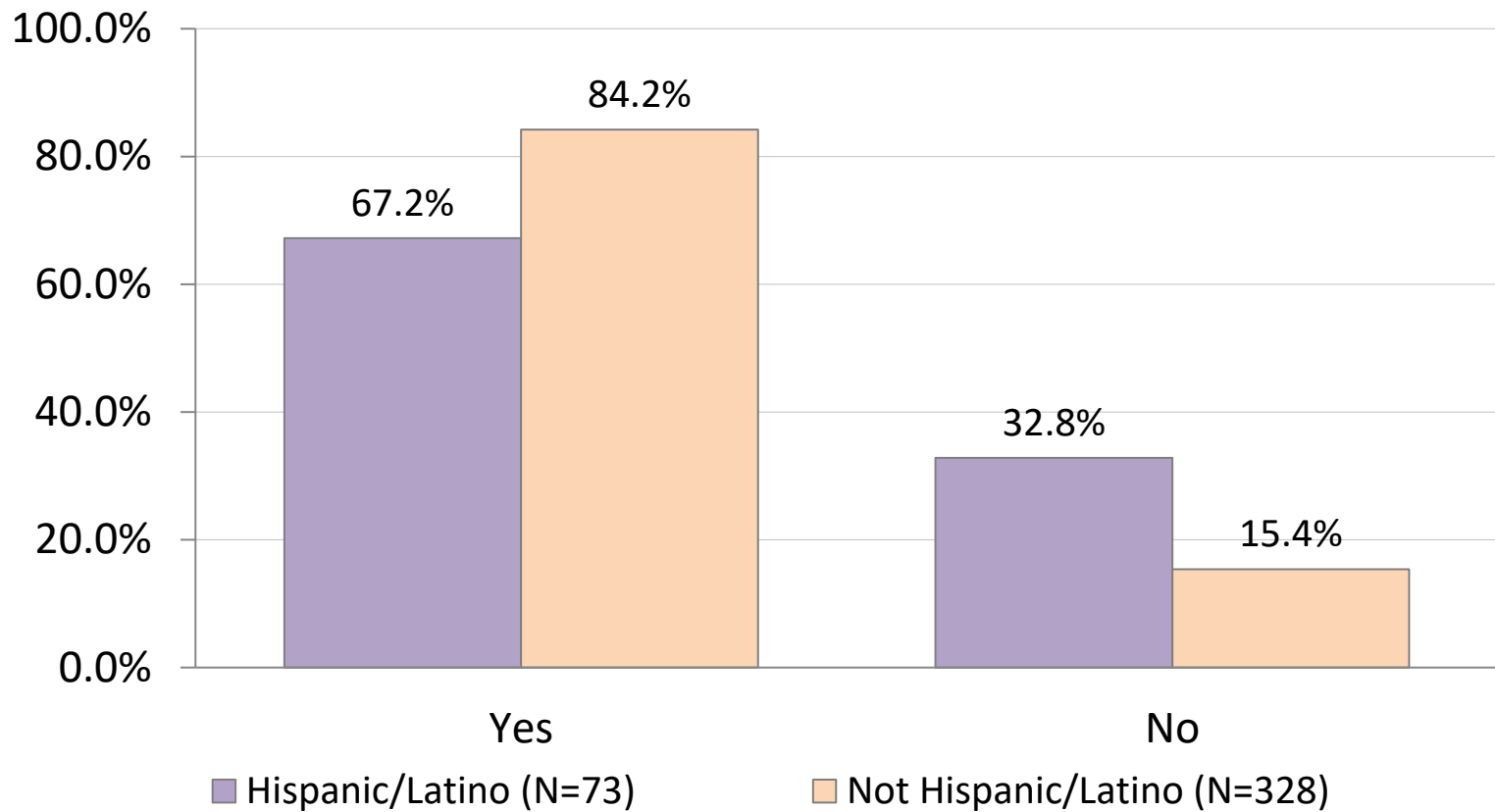
During the past 30 days, have you had at least one drink of any alcoholic beverage, such as beer, wine, a malt beverage, or liquor (Q26)



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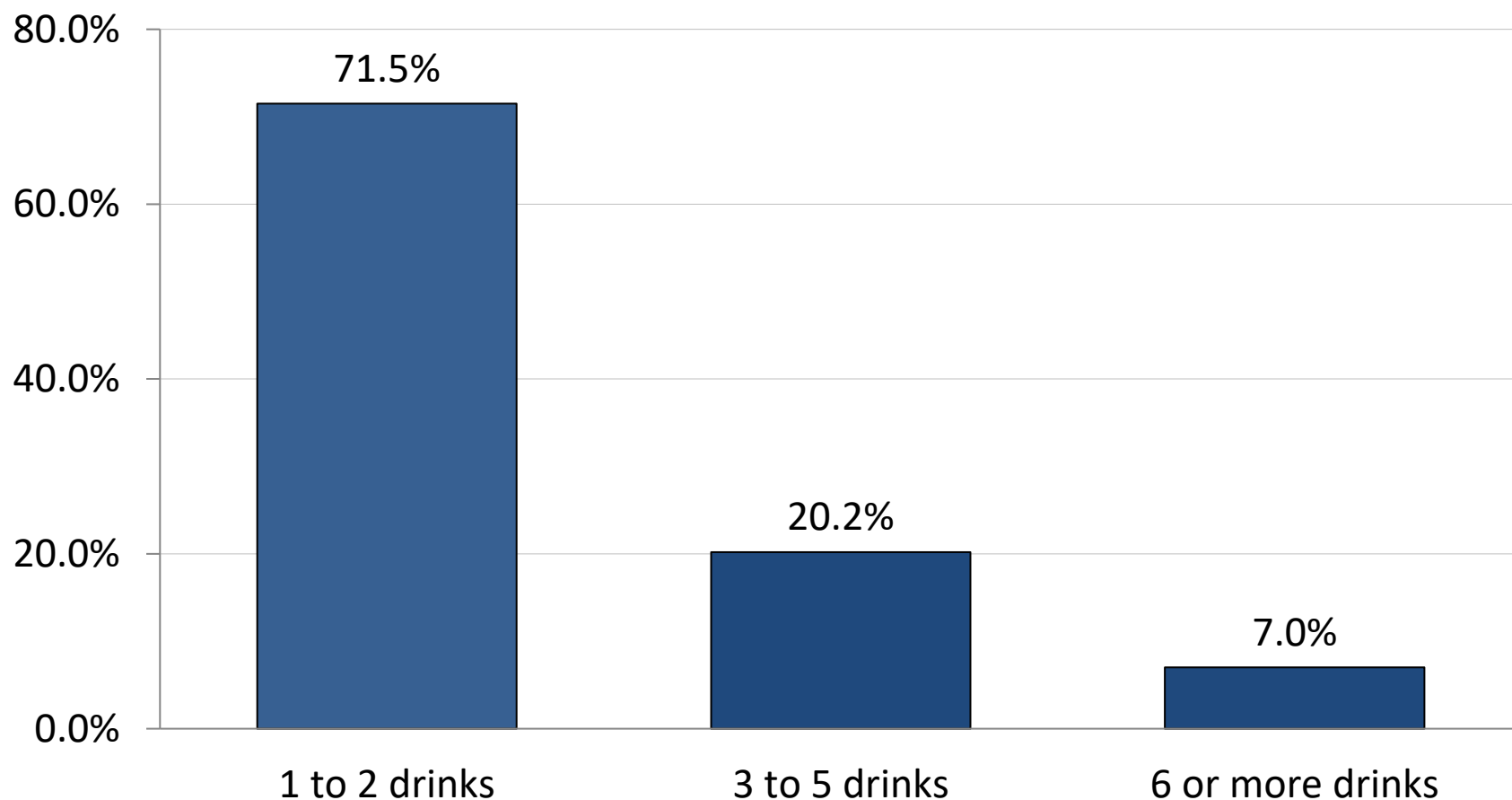


During the past 30 days, have you had at least one drink of any alcoholic beverage, such as beer, wine, a malt beverage, or liquor (Q26)



During the past 30 days, on the days you drank, about how many drinks did you have on average? (Q27)

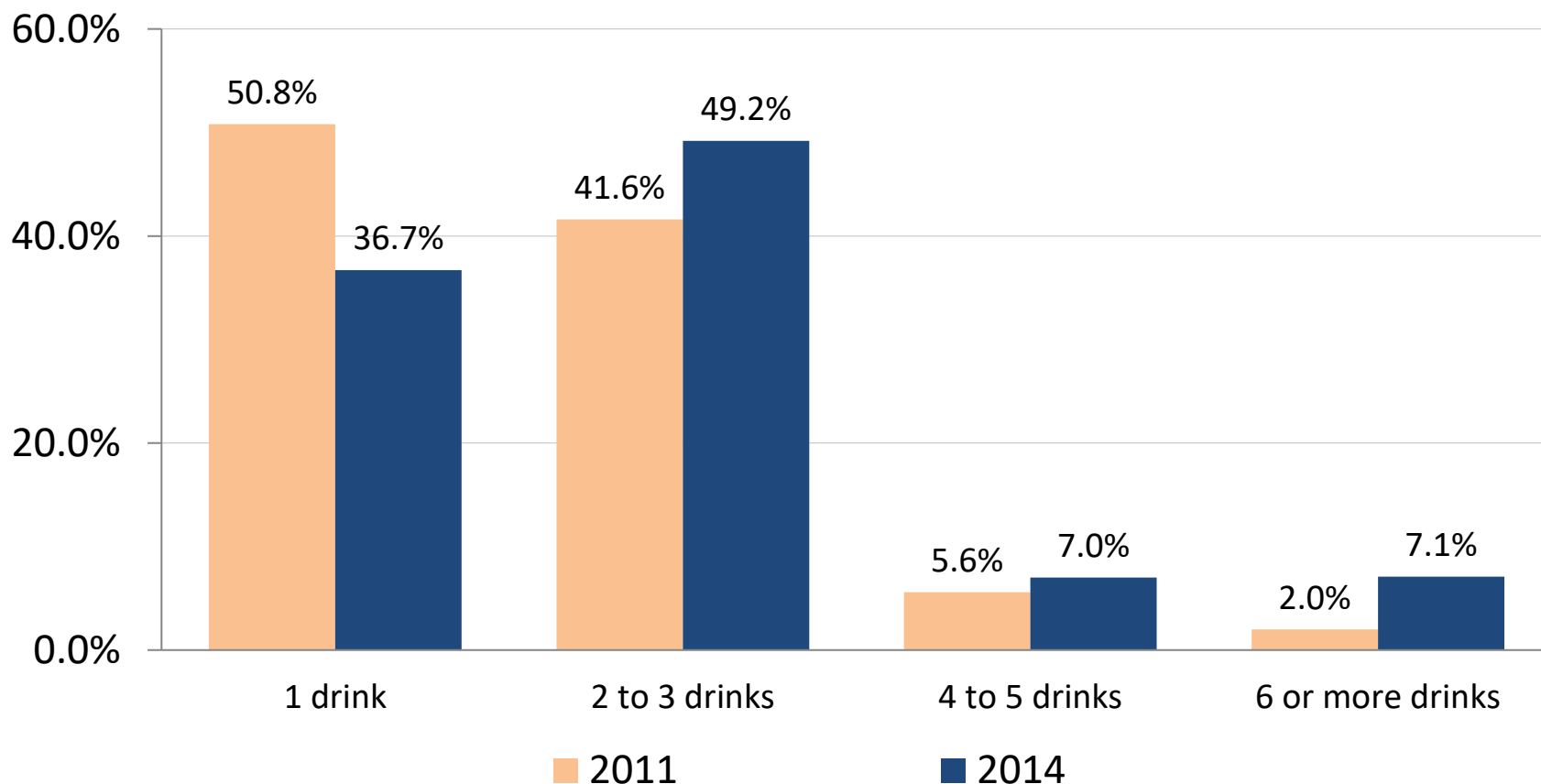
Respondents who drank an alcoholic beverage in the past 30 days



N=326

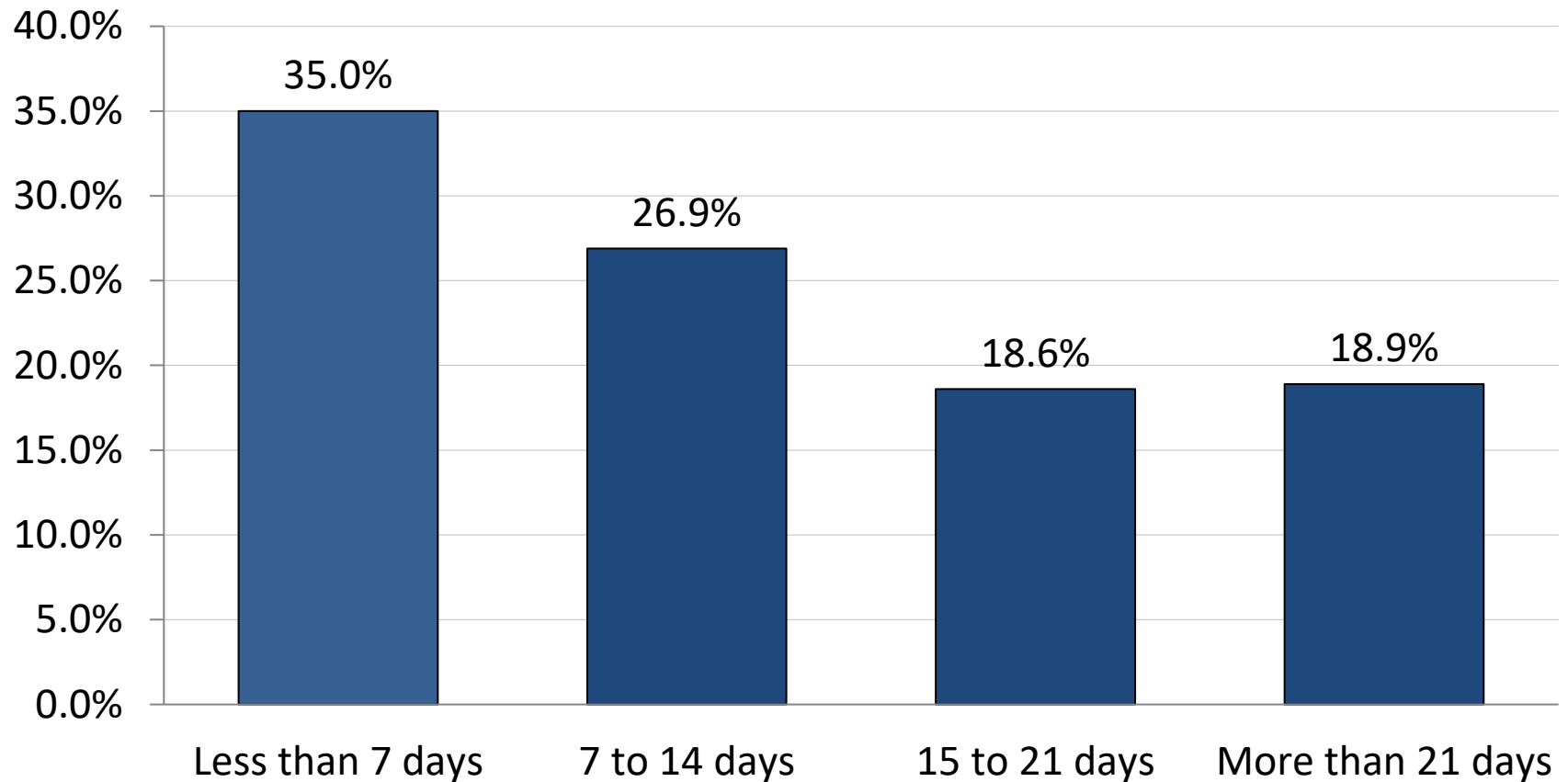
During the past 30 days, on the days you drank, about how many drinks did you have on average? (Q27)

Respondents who drank an alcoholic beverage in the past 30 days



During the past 30 days, how many days per week or month did you have at least one drink of any alcoholic beverage? (Q28)

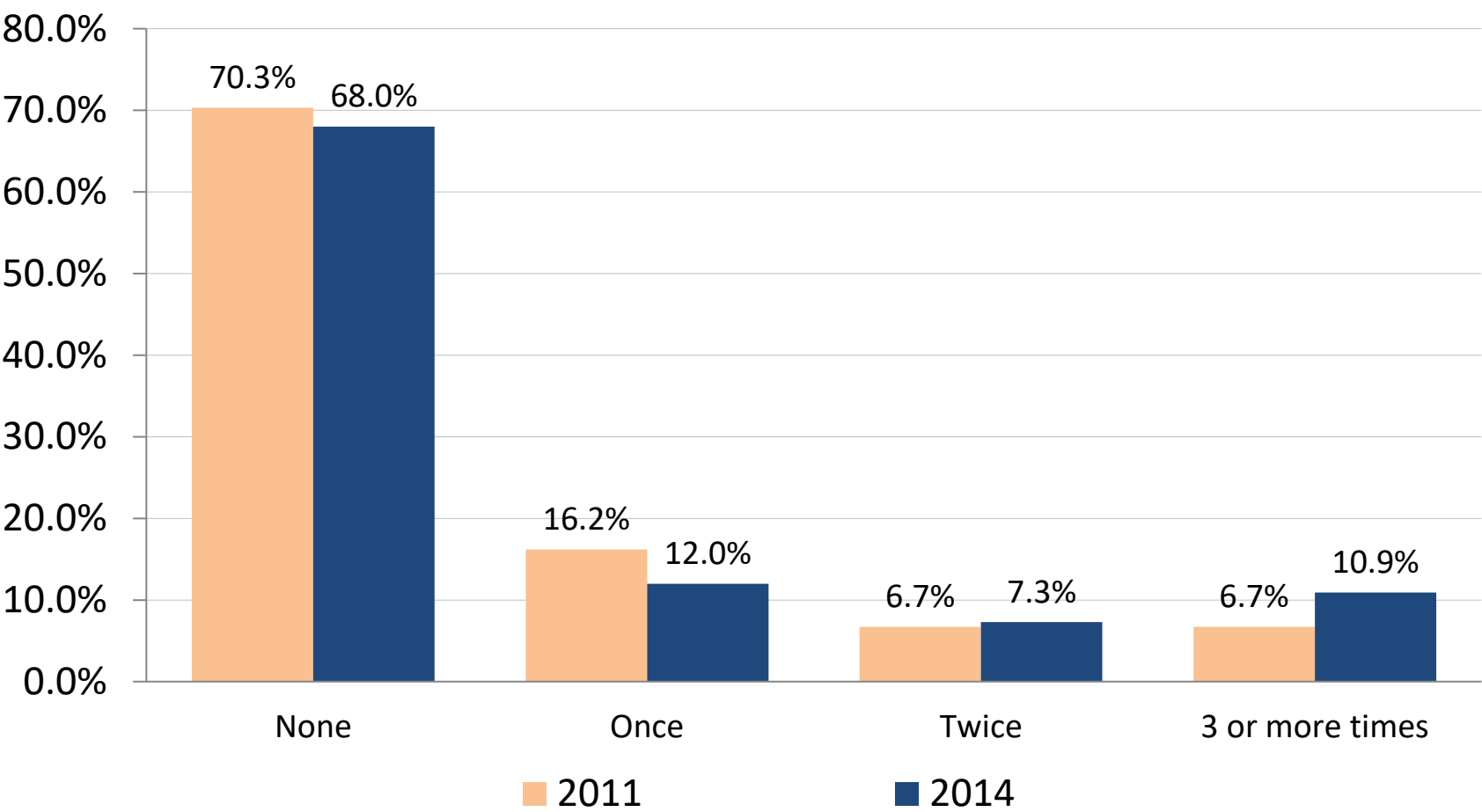
Respondents who drank an alcoholic beverage in the past 30 days



N=326

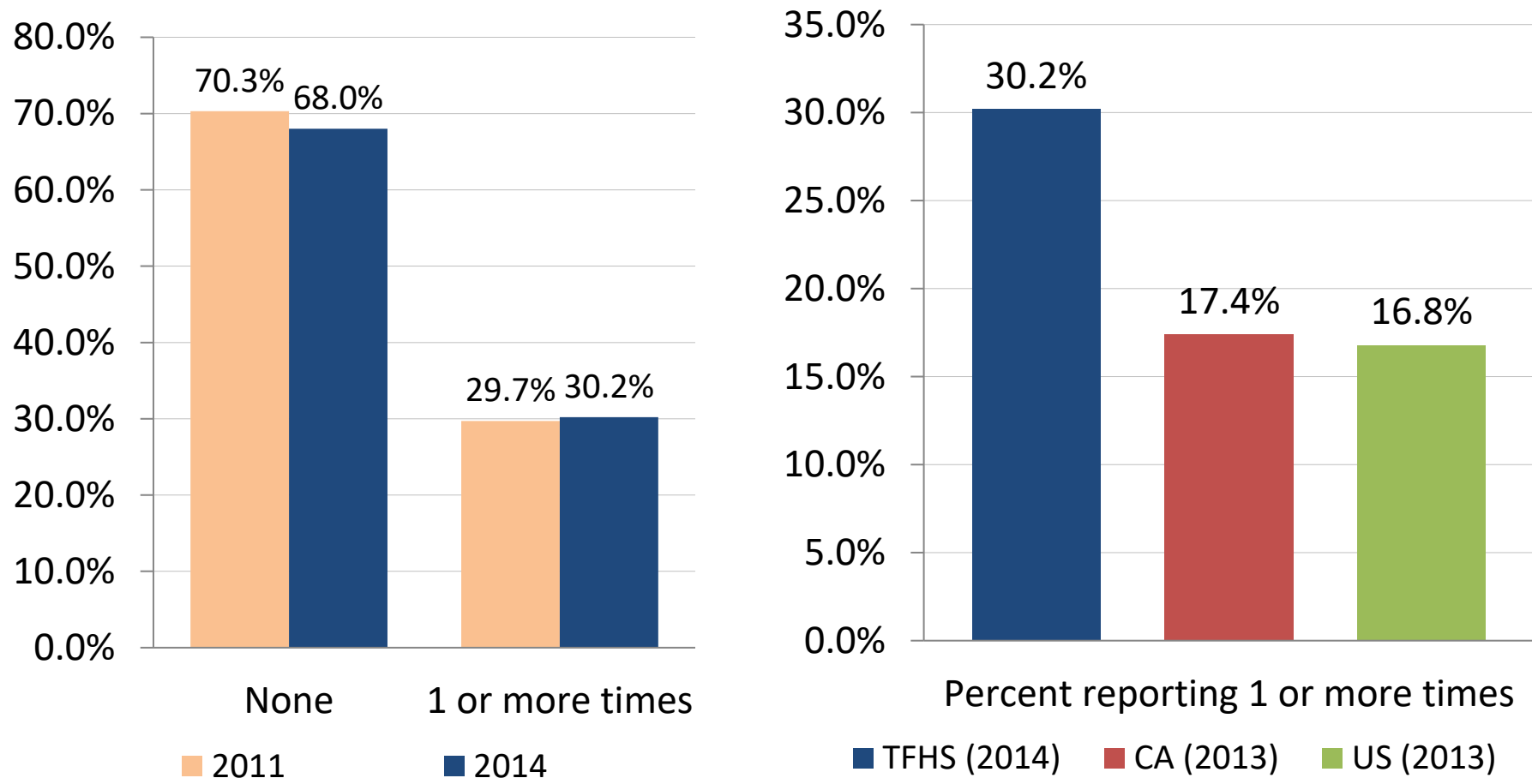
Considering all types of alcoholic beverages, how many times during the past 30 days did you have five/four (males/females) drinks? (Q29)

Respondents who drank an alcoholic beverage in the past 30 days



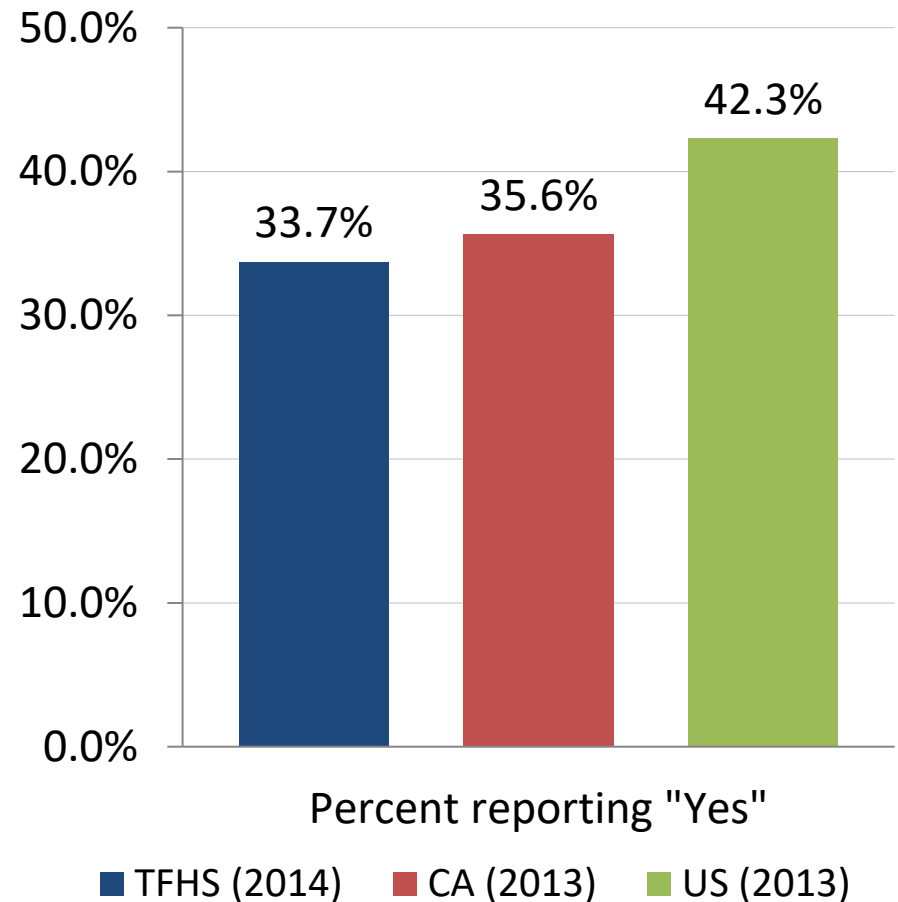
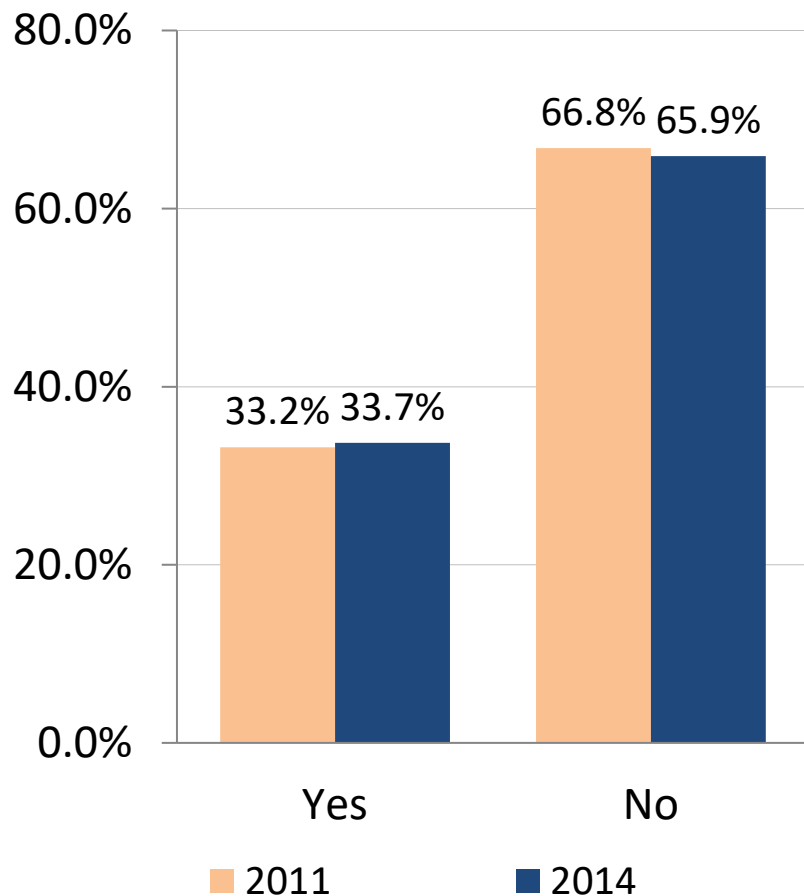
Considering all types of alcoholic beverages, how many times during the past 30 days did you have five/four (males/females) drinks? (Q29)

Respondents who drank an alcoholic beverage in the past 30 days



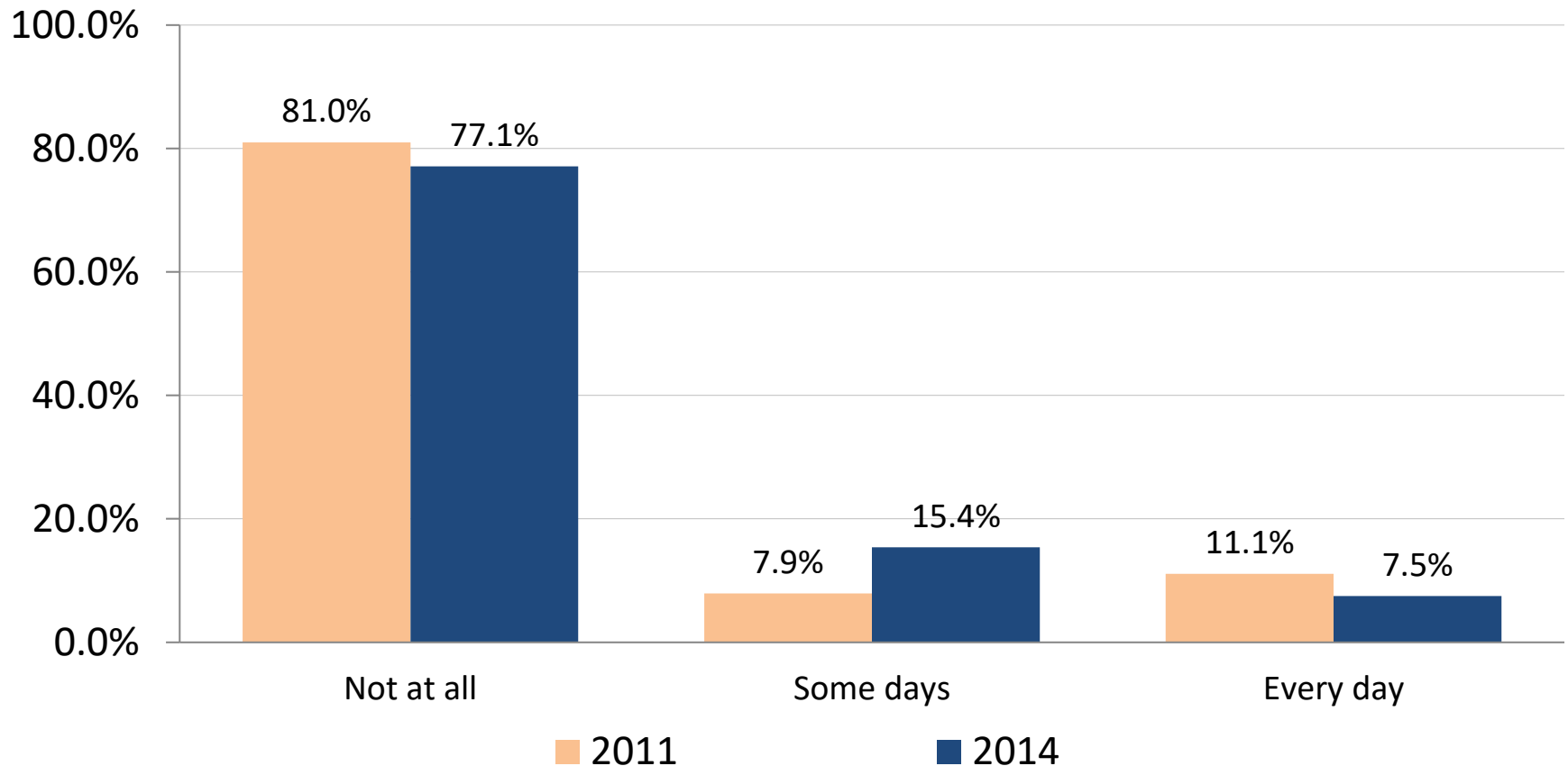
Tobacco Use

Have you smoked at least 100 cigarettes in your lifetime (Q30)



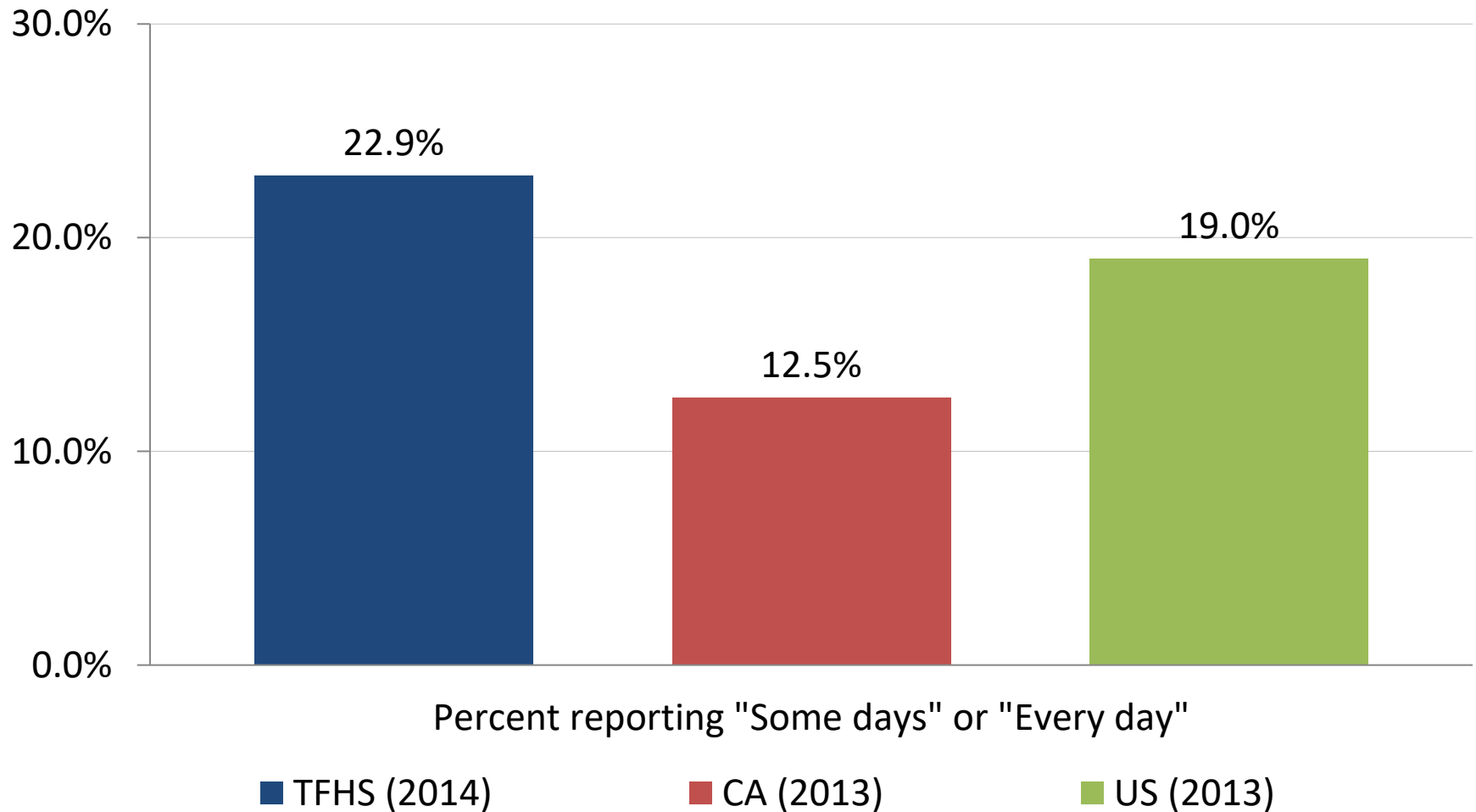
Do you now smoke cigarettes every day, some days, or not at all? (Q31)

Respondents who have smoked at least 100 cigarettes in their life



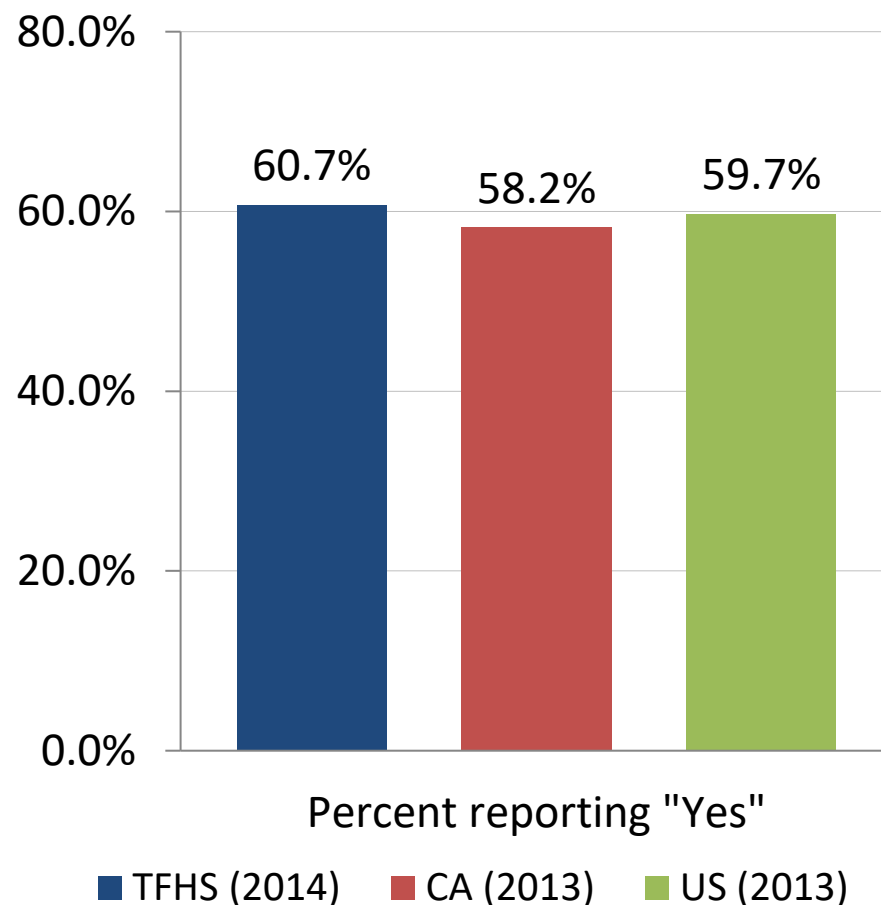
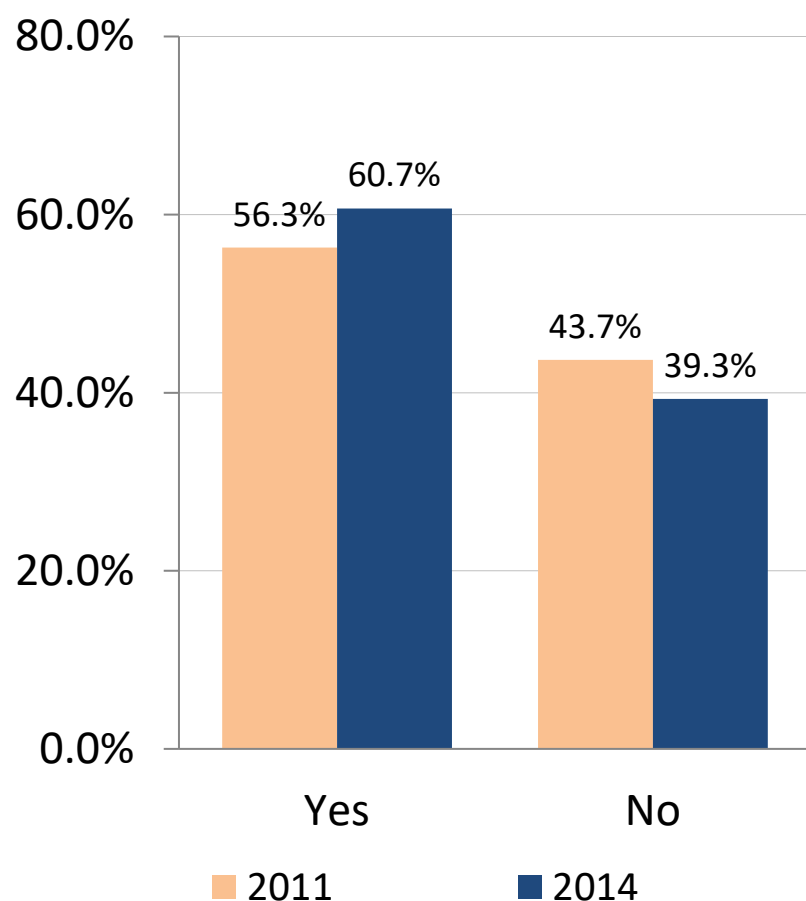
Do you now smoke cigarettes every day, some days, or not at all? (Q31)

Respondents who have smoked at least 100 cigarettes in their life

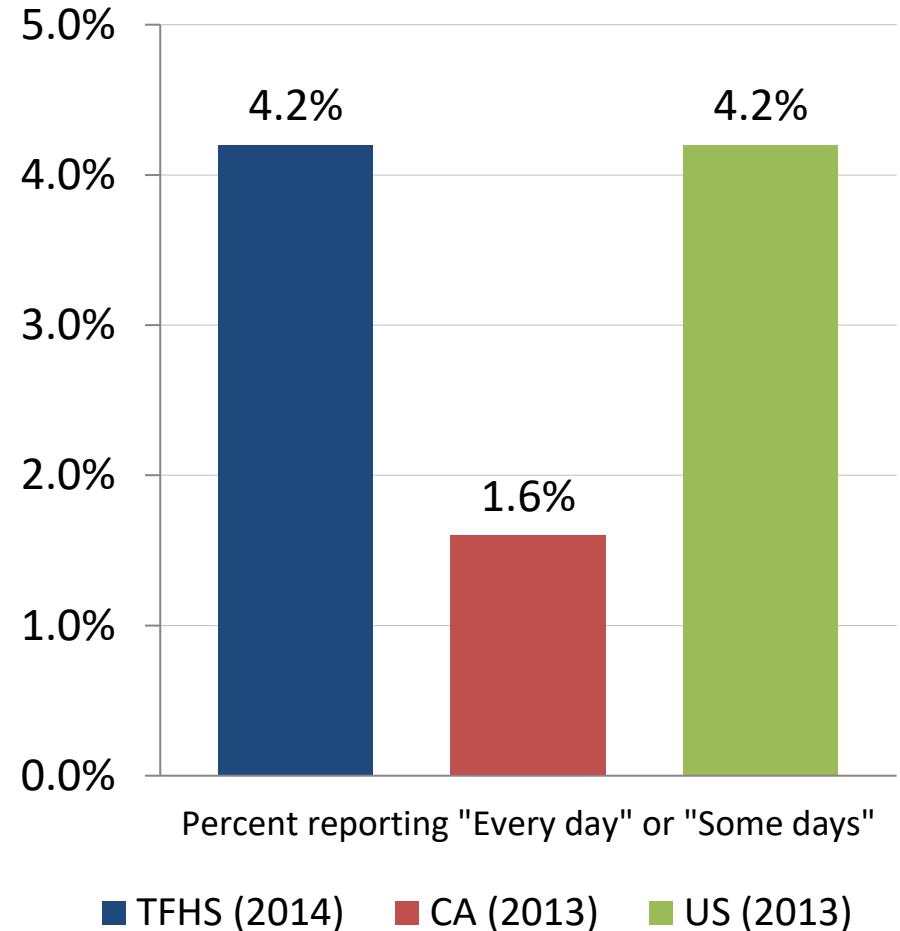
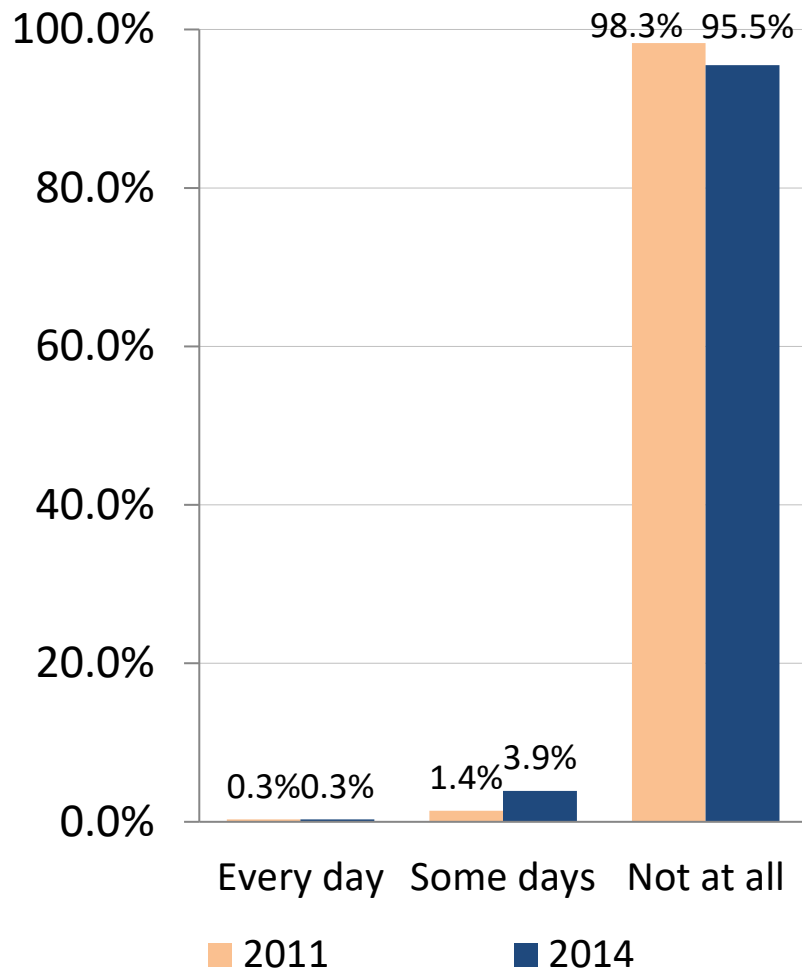


During the past 12 months, have you stopped smoking for one day or longer because you were trying to quit smoking? (Q32)

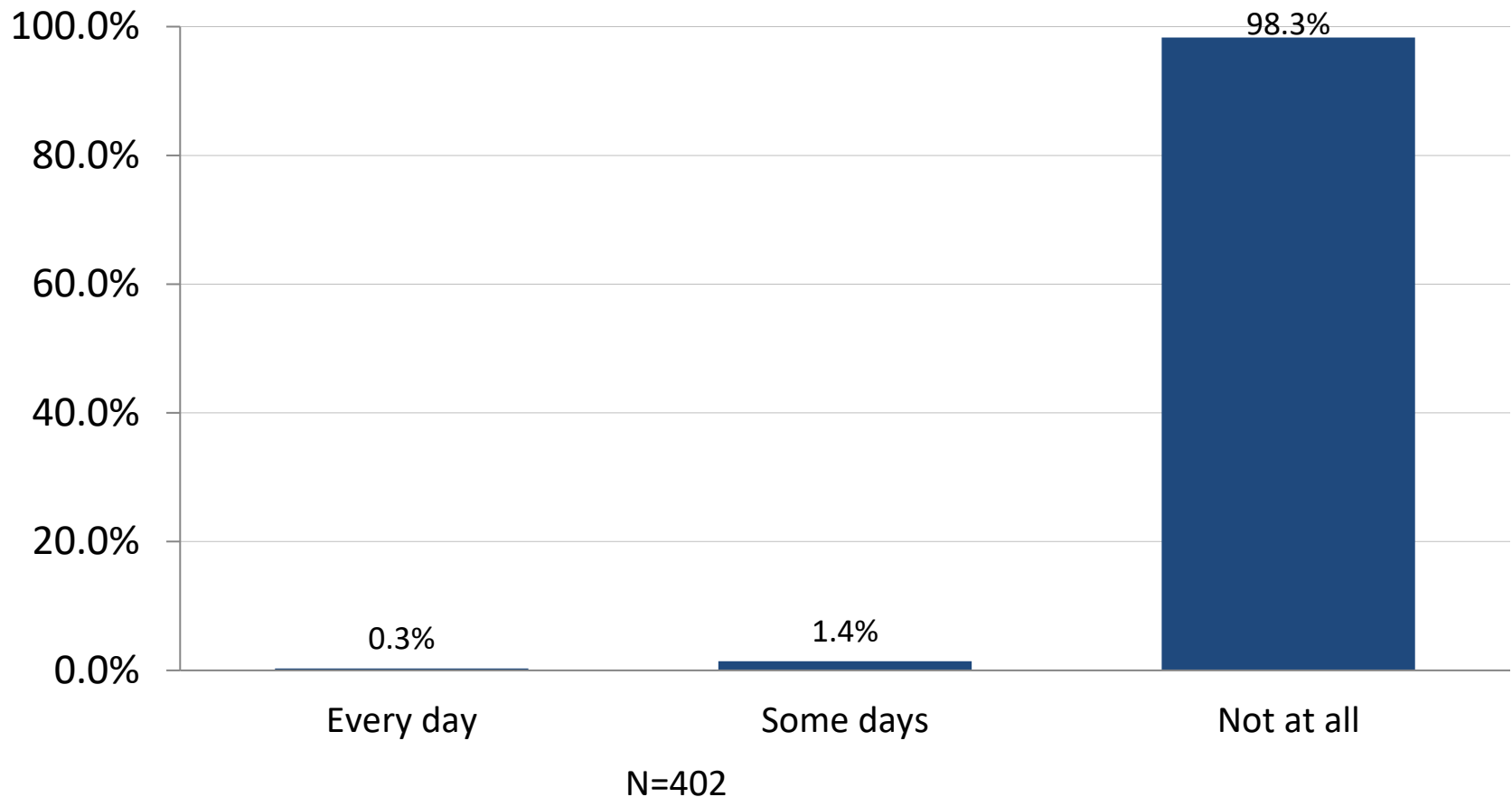
Respondents who have smoked at least 100 cigarettes in their life



Do you currently use chewing tobacco, snuff, or snus every day, some days, or not all? (Q34)

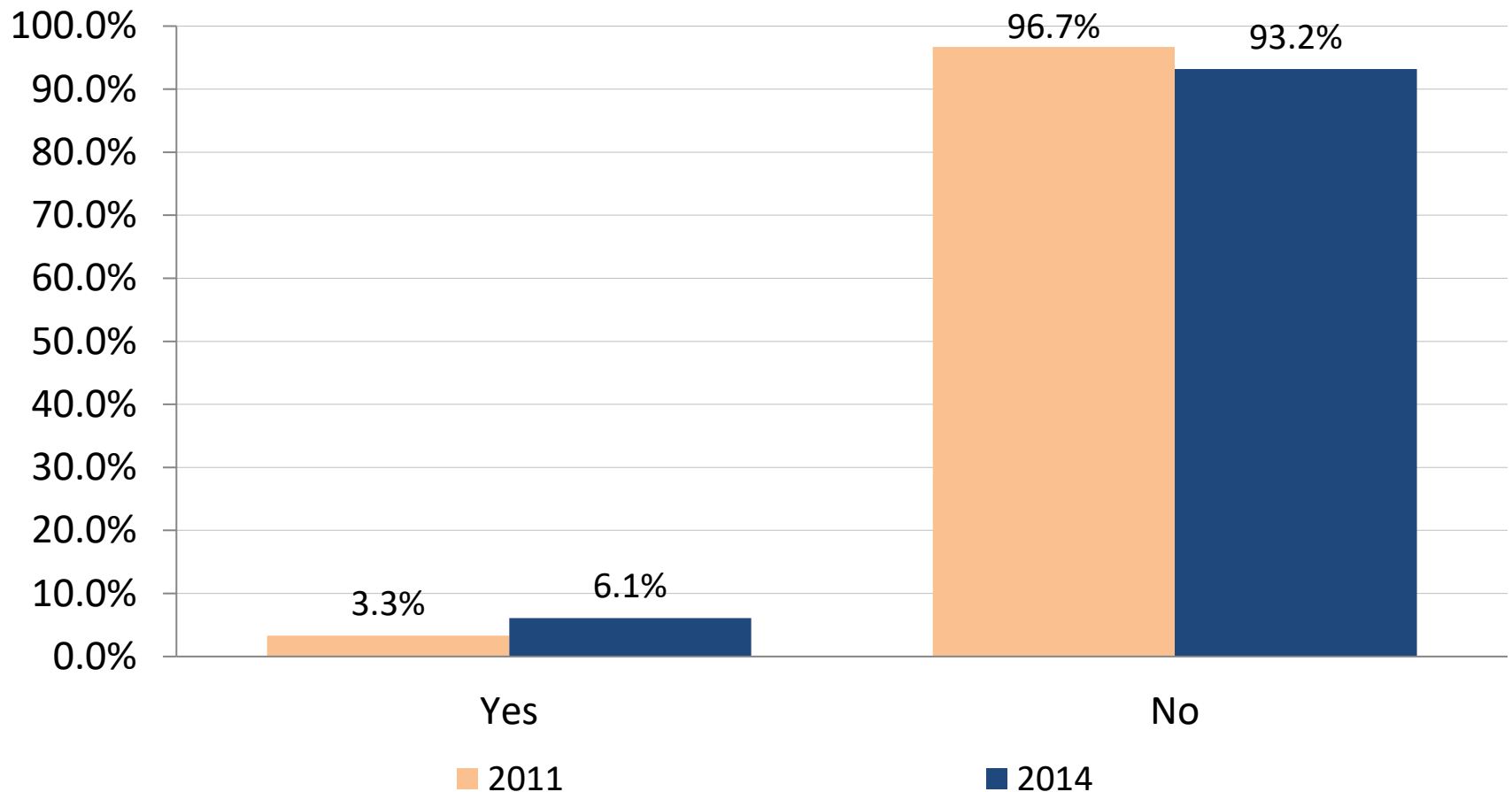


Do you currently use electronic cigarettes every day, some days, or not at all? (Q35)

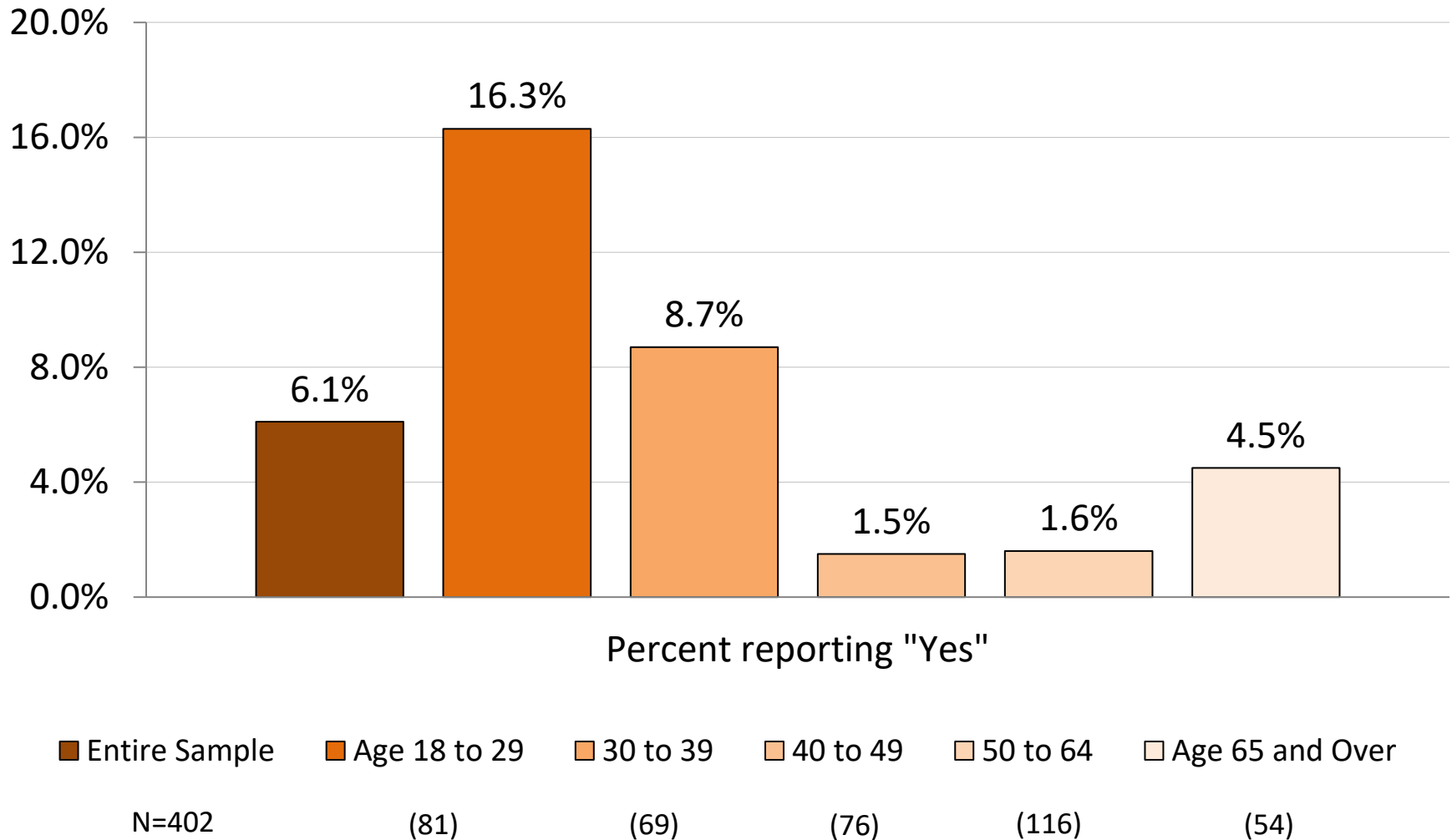


Other Health-Related Behavior

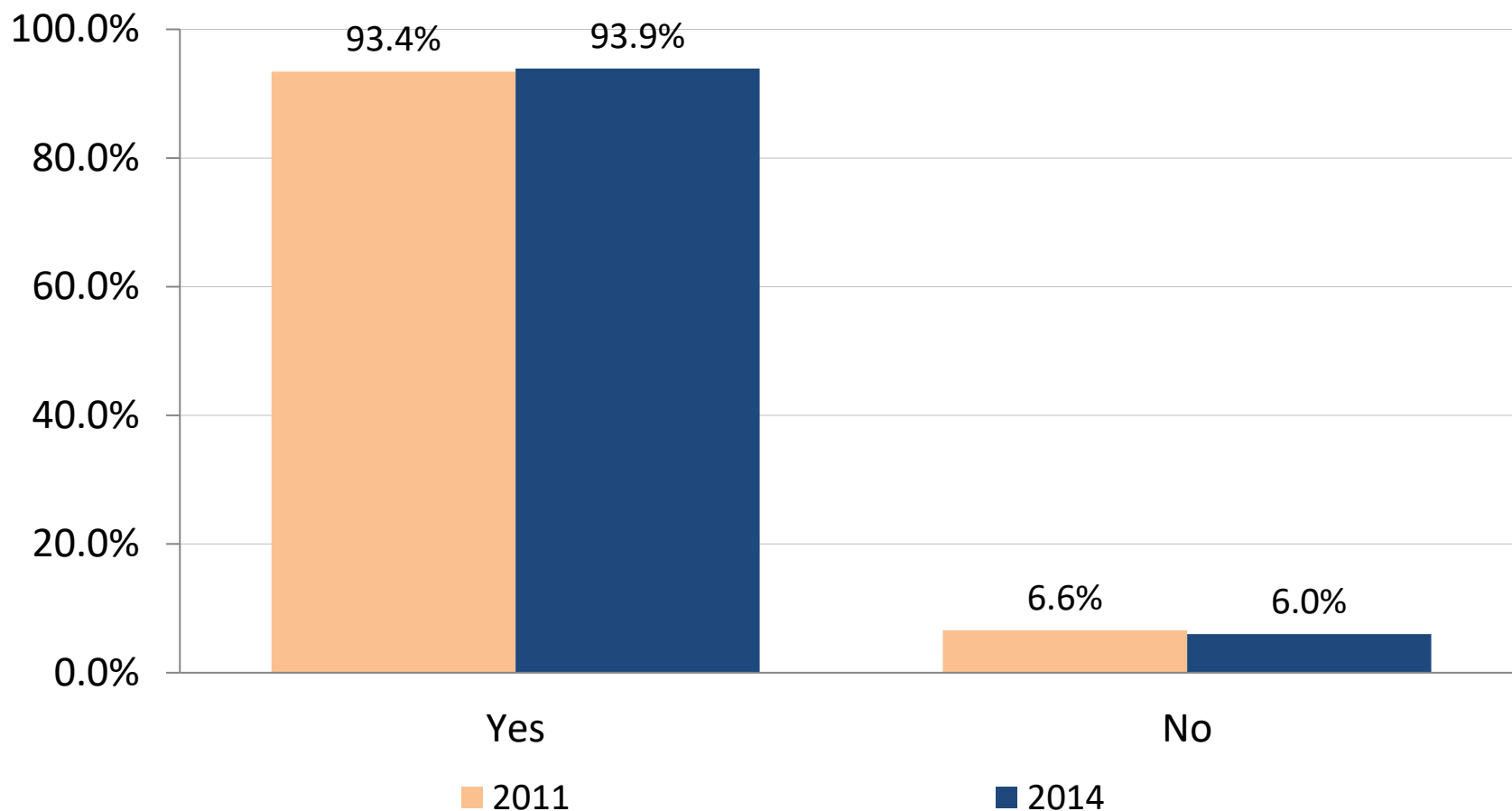
Have you or someone in your household abused drugs, including prescription medicines, in the past year? (Q38)



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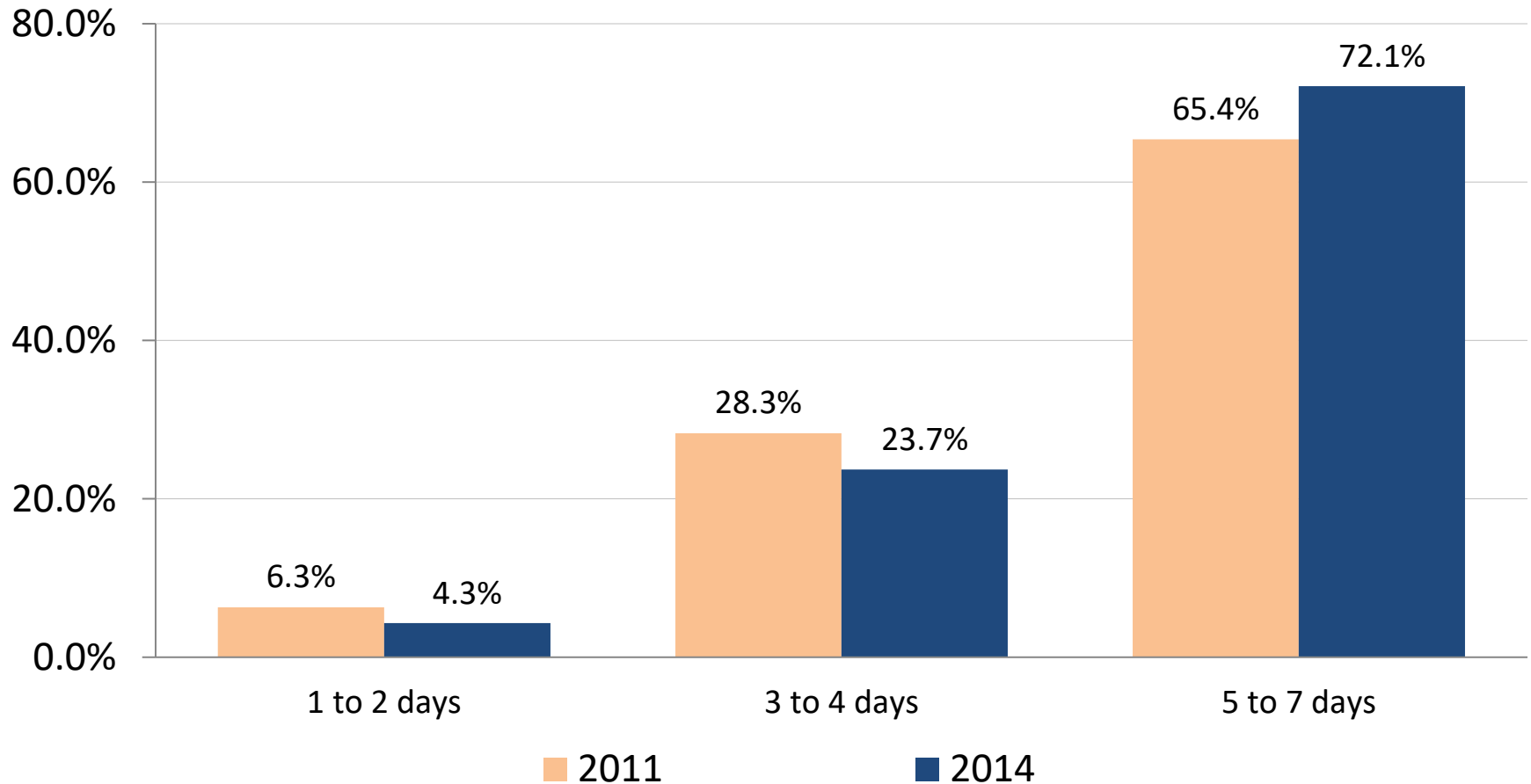


In a usual week, do you moderate activities for at least 10 minutes at a time, such as brisk walking, bicycling, vacuuming, gardening, or anything else that causes some increase in your breathing or heart rate? (Q40)

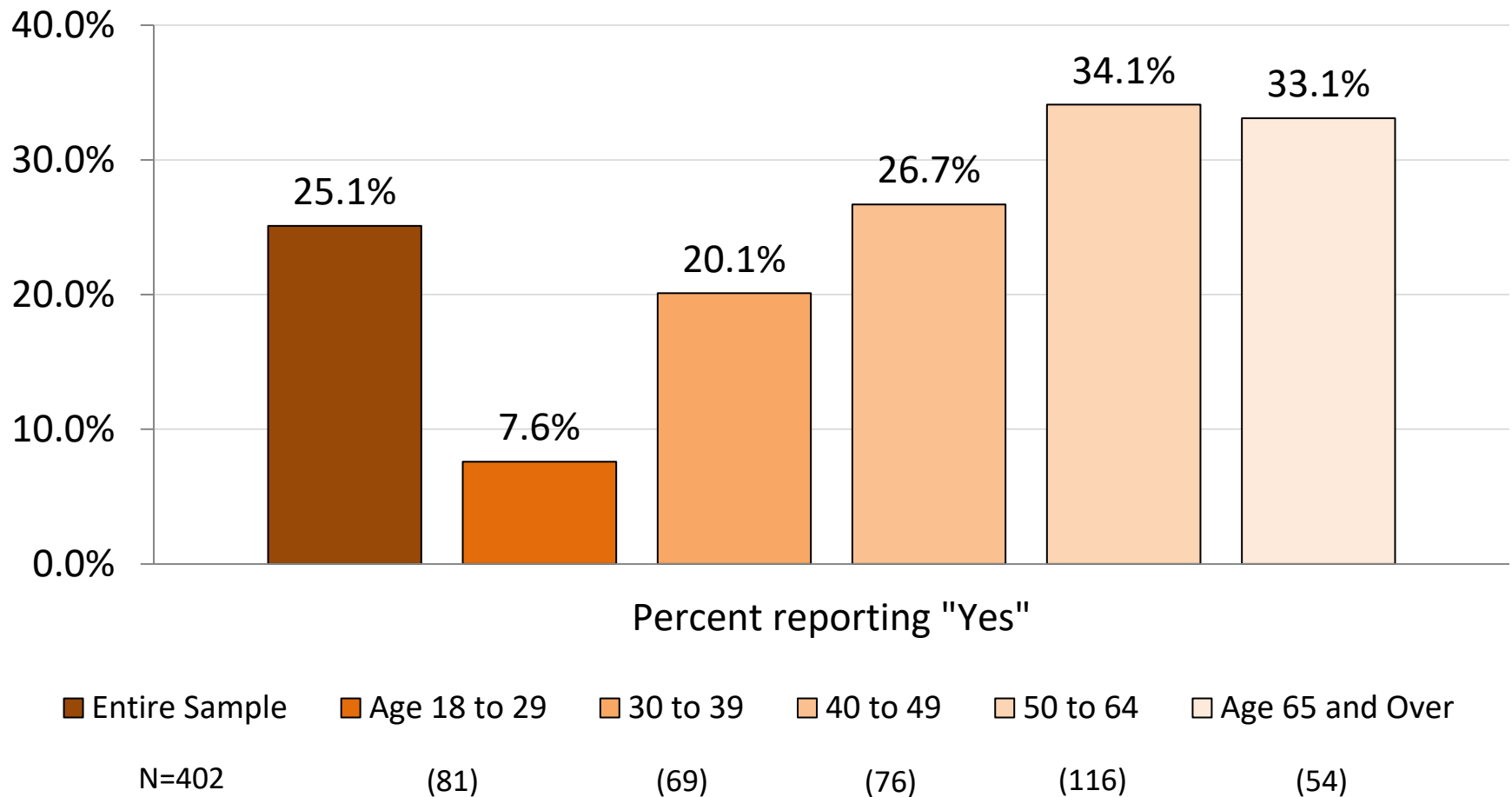


How many days per week do you do these moderate activities? (Q41)

Respondents who do these moderate activities for at least ten minutes at a time

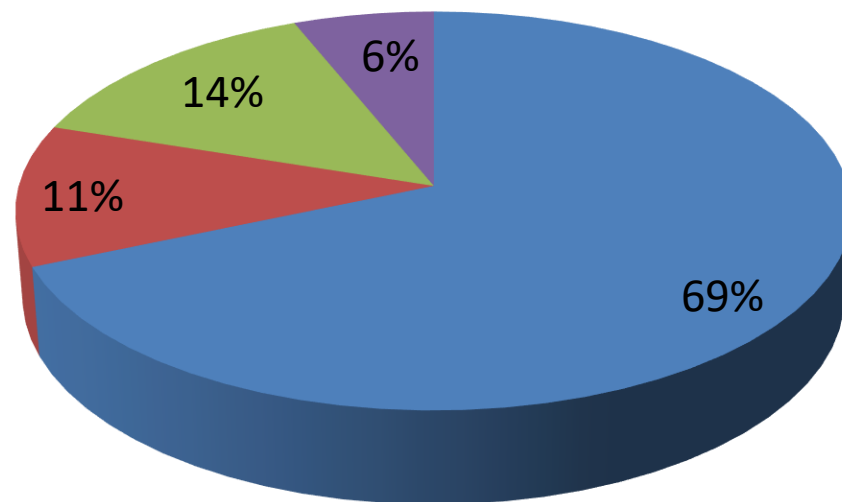


Do you have a lingering or chronic injury or ailment to a major joint or your back that gives you substantial pain or limits your daily activities or sports you enjoy? (Q42)



Children's Health Care Utilization and Access

How many children less than 18 years of age live in your household? (Q43)

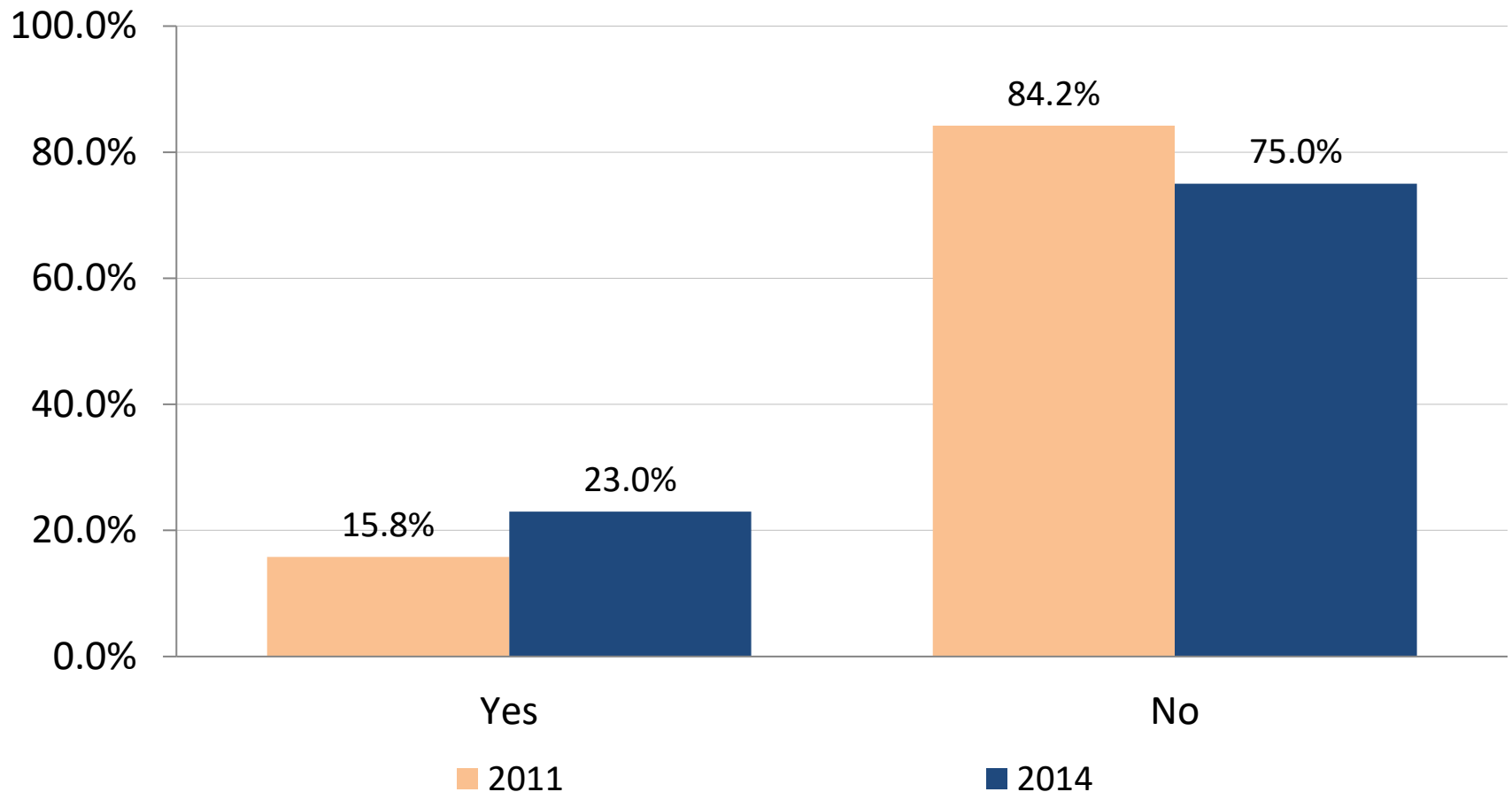


■ None ■ 1 child ■ 2 children ■ 3 or more children

N=402

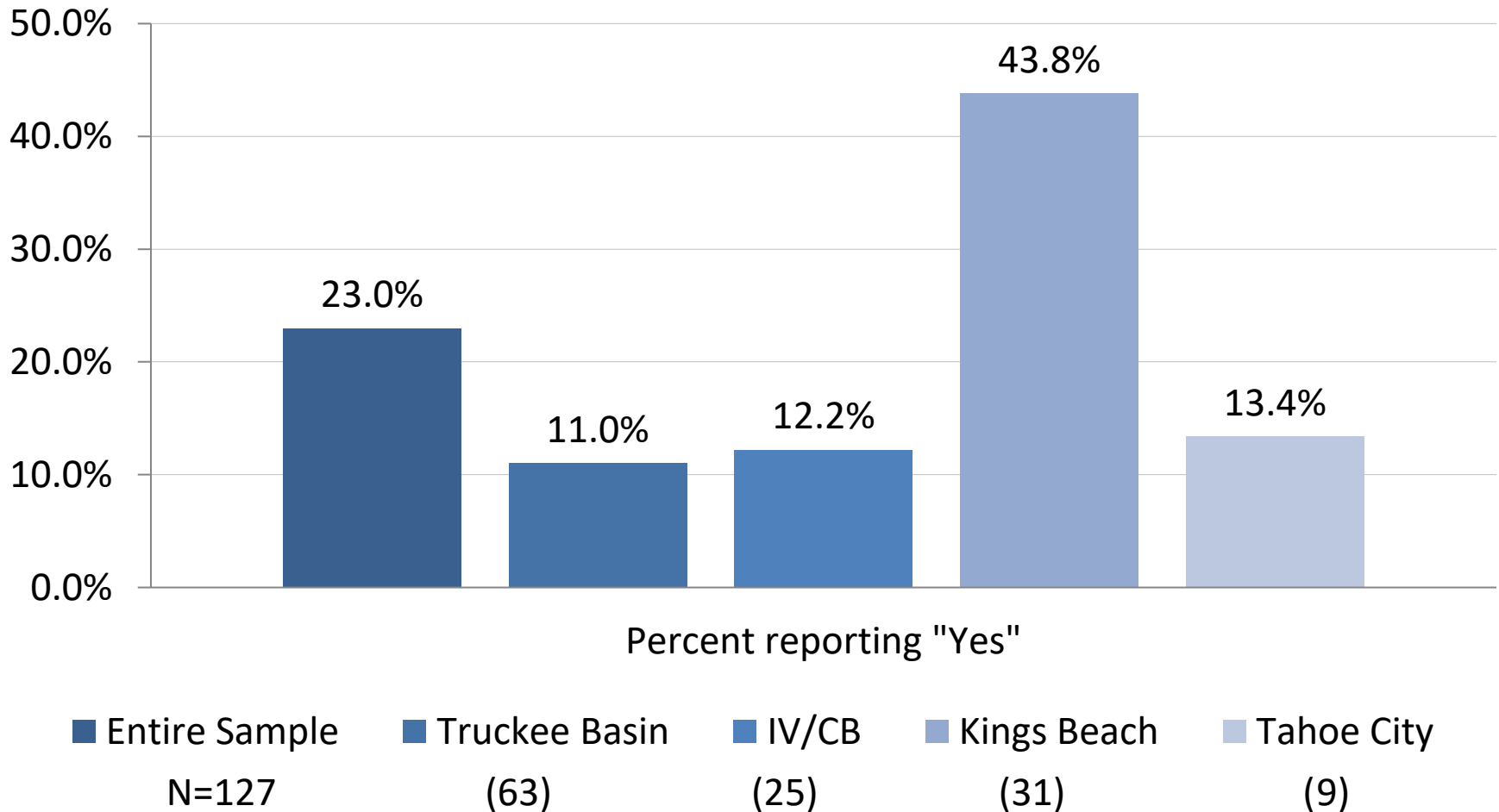
Do you have children in your household who have not all had all of their vaccinations and immunizations? (Q44)

Respondents with children living in the household



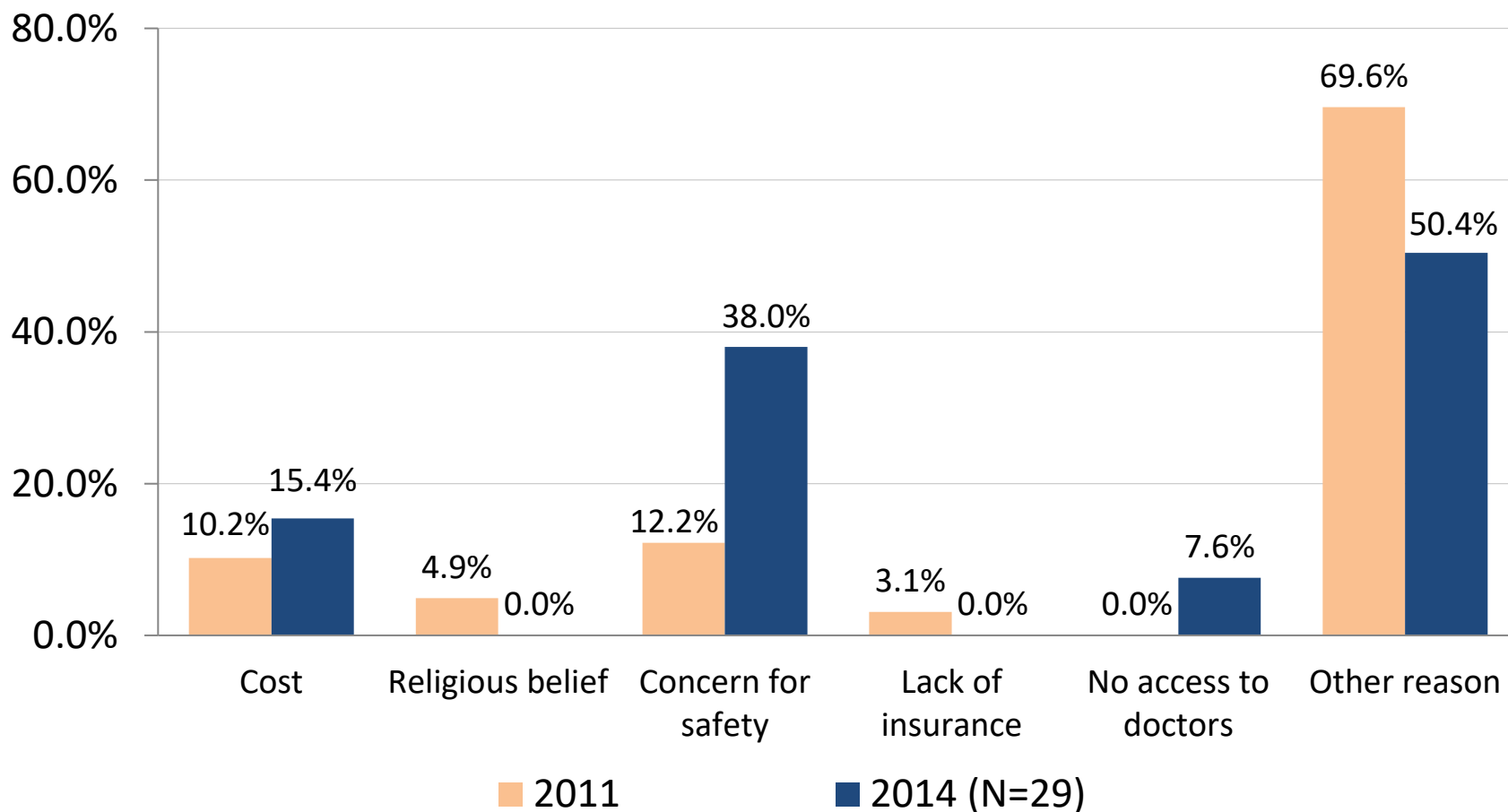
Do you have children in your household who have not all had all of their vaccinations and immunizations? (Q44)

Respondents with children living in the household



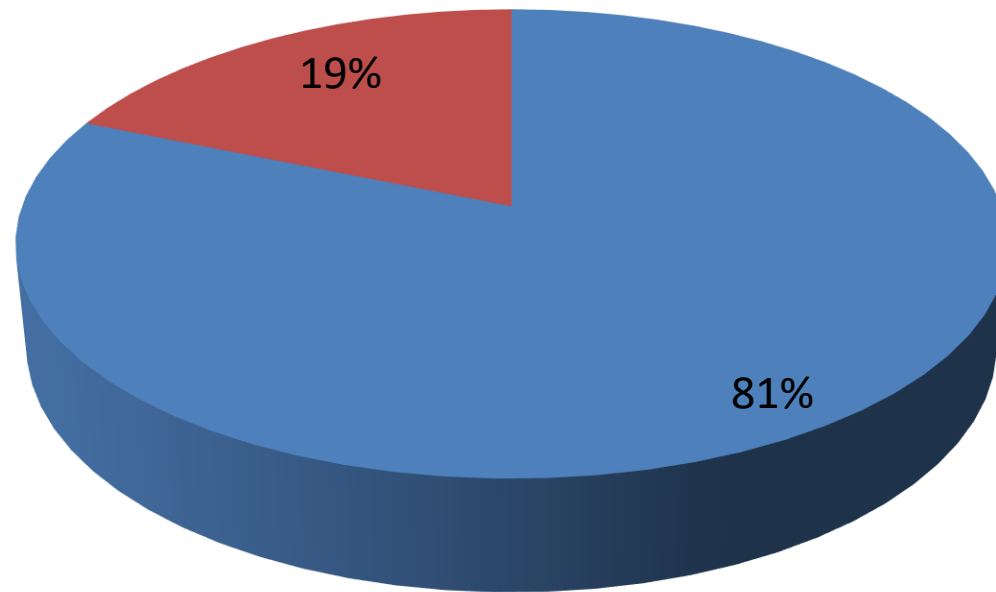
For those children in your household who have not had all of their vaccinations and immunizations, would explain why not? (Q45)

Respondents with children living in the household who have not had vaccinations and immunizations



During the past 12 months, has one or more children in your household under the age of 19 visited a dentist or dental clinic for dental care? (Q46)

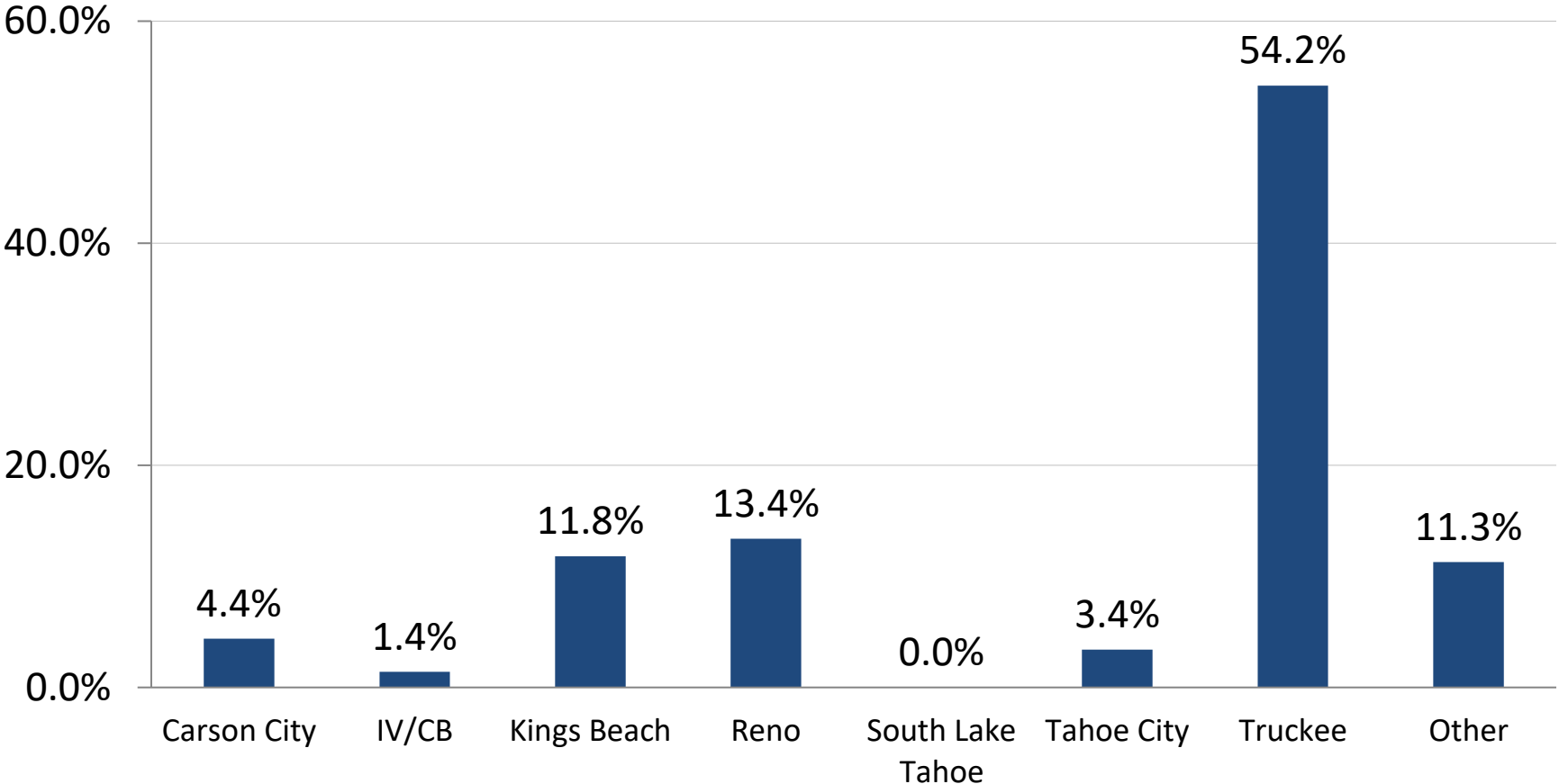
Respondents with children living in the household



■ Yes ■ No

Where did your child receive that dental care? (Q47)

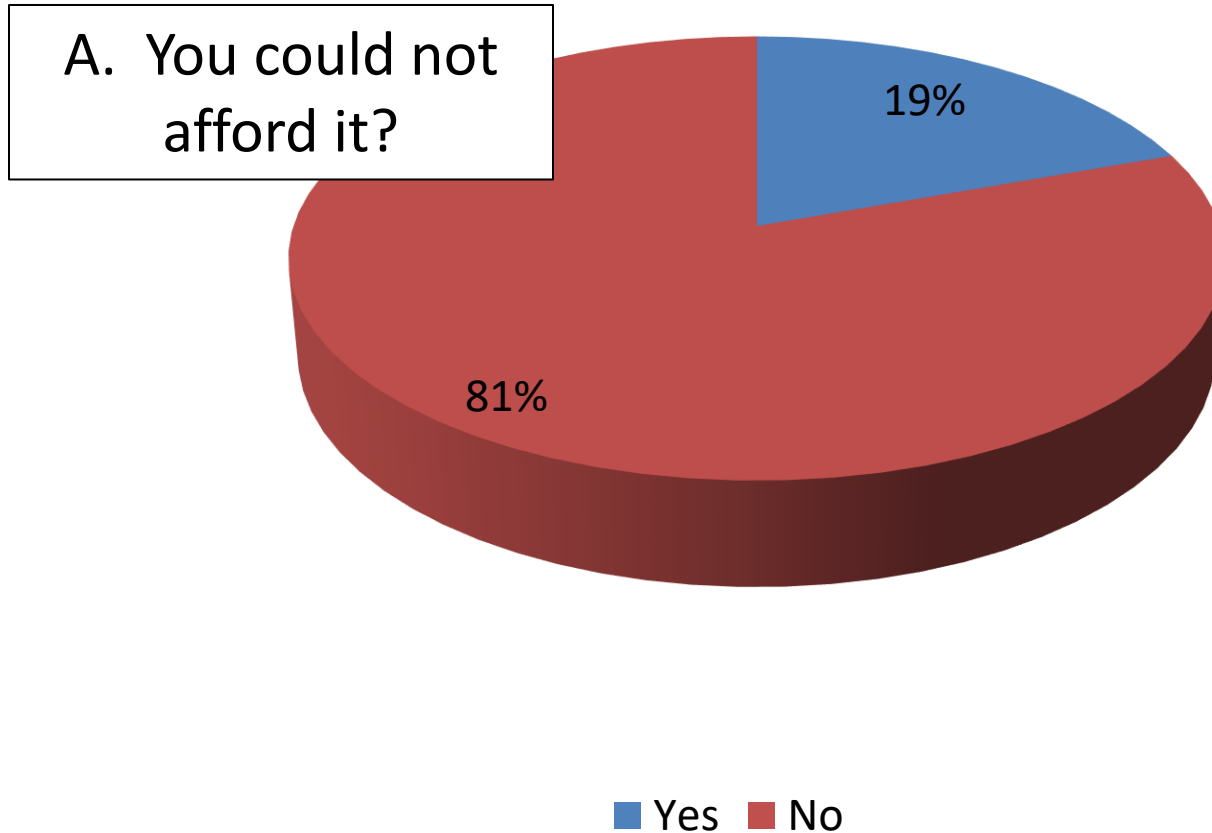
Respondents who had children who had received dental care in the past 12 months



Entire Sample (N=104)

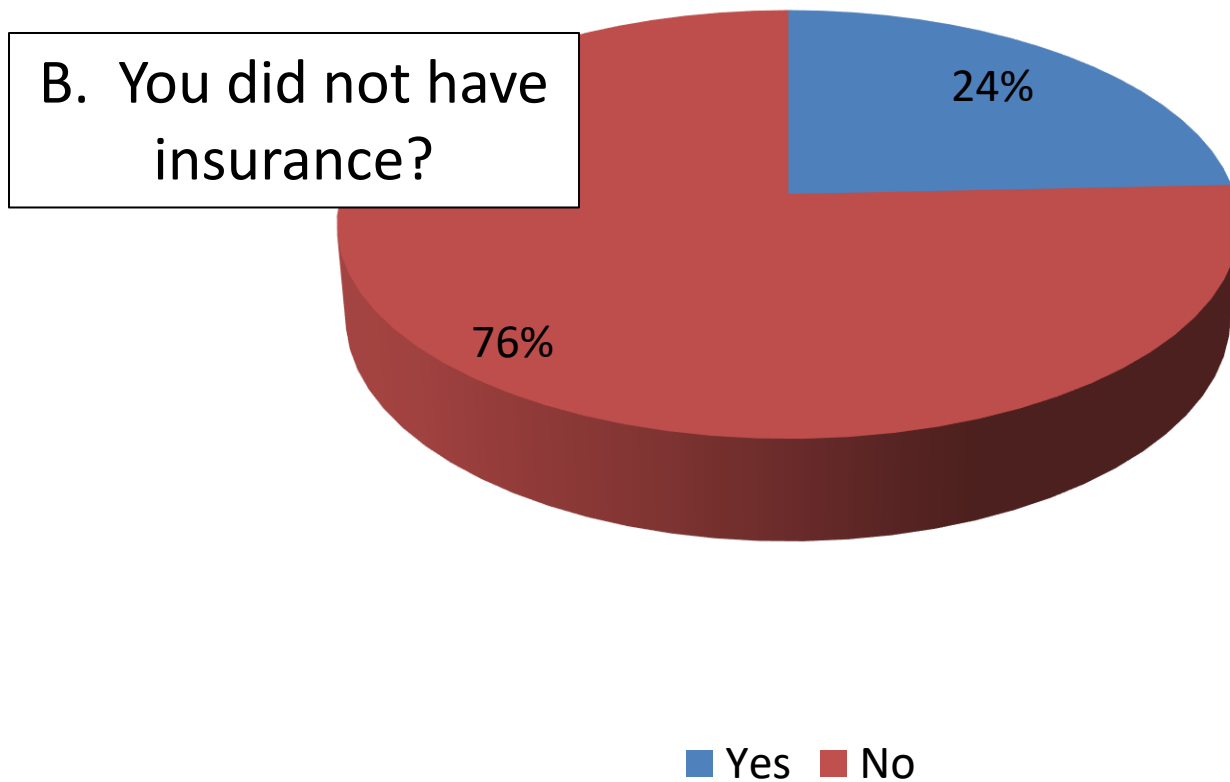
In the past 12 months, have you wanted but not sought help for dental care for your child(ren) because _____? (Q48)

Respondents with children living in the household



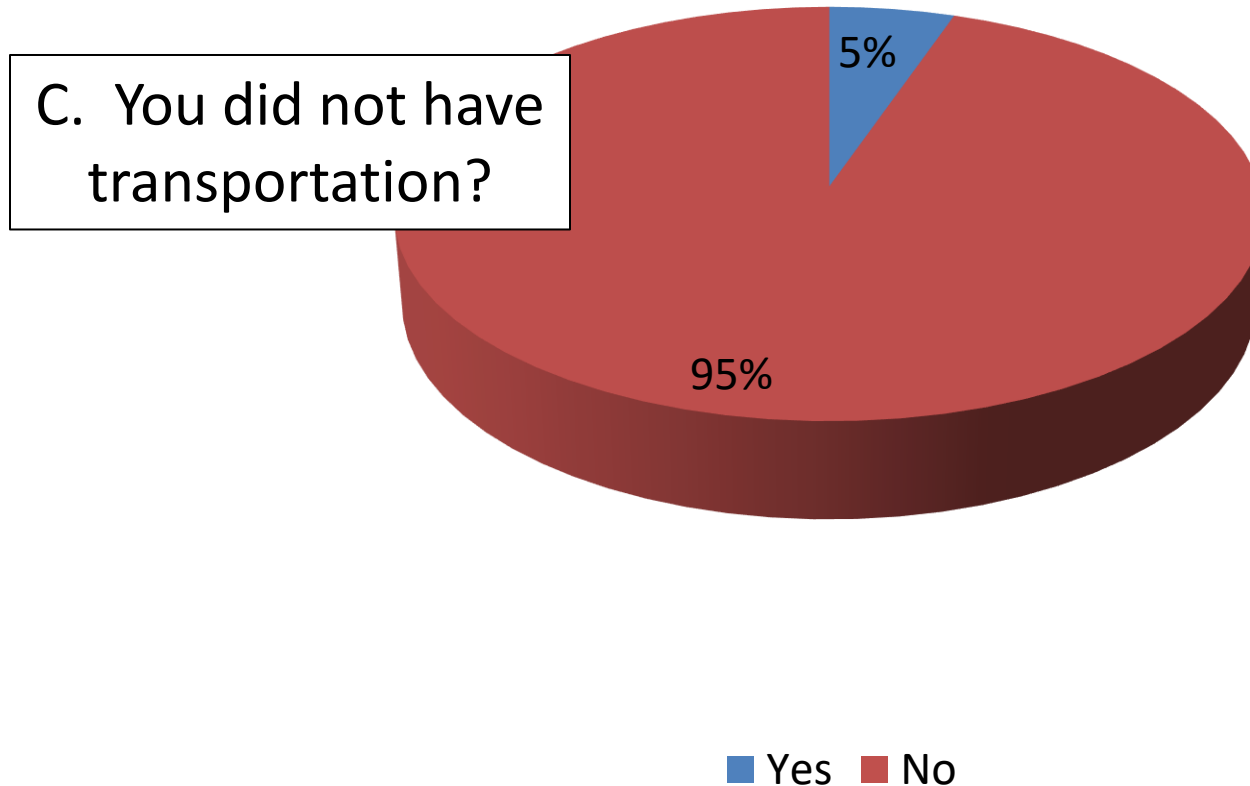
In the past 12 months, have you wanted but not sought help for dental care for your child(ren) because _____? (Q48)

Respondents with children living in the household



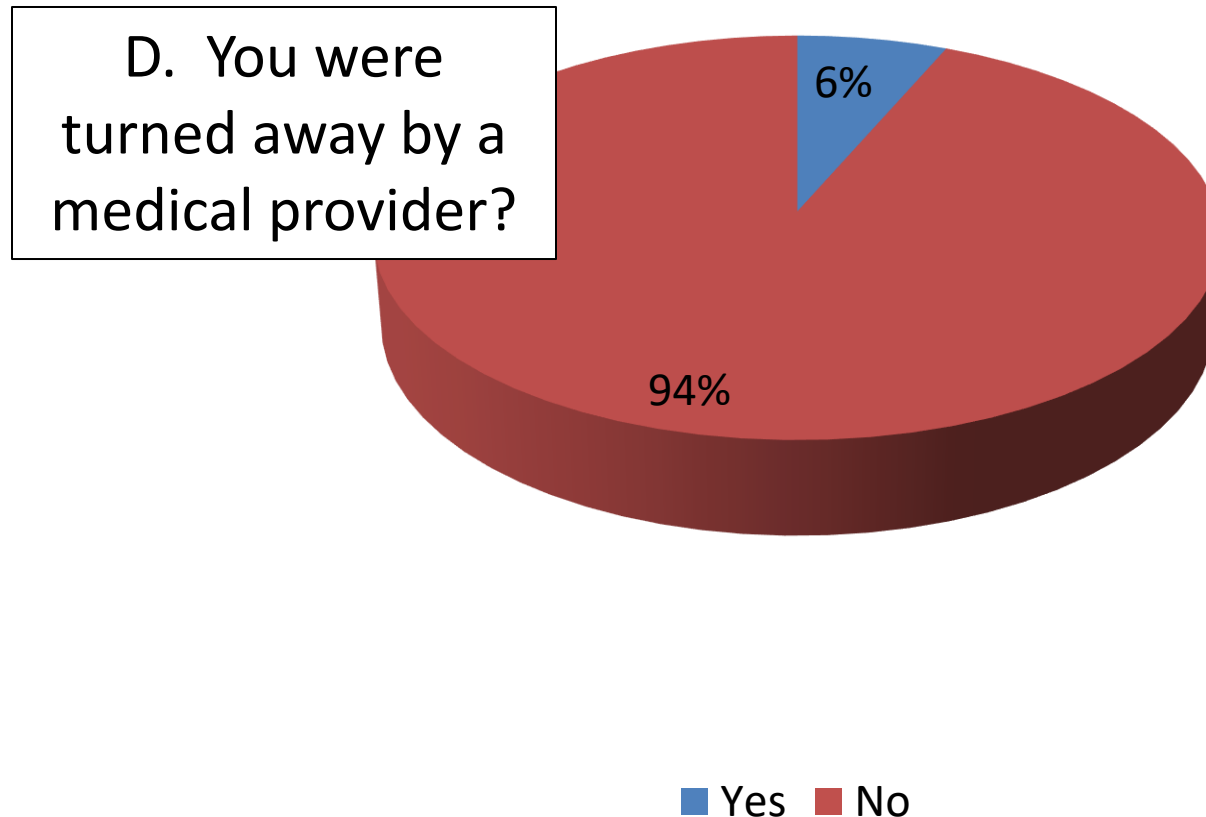
In the past 12 months, have you wanted but not sought help for dental care for your child(ren) because _____? (Q48)

Respondents with children living in the household



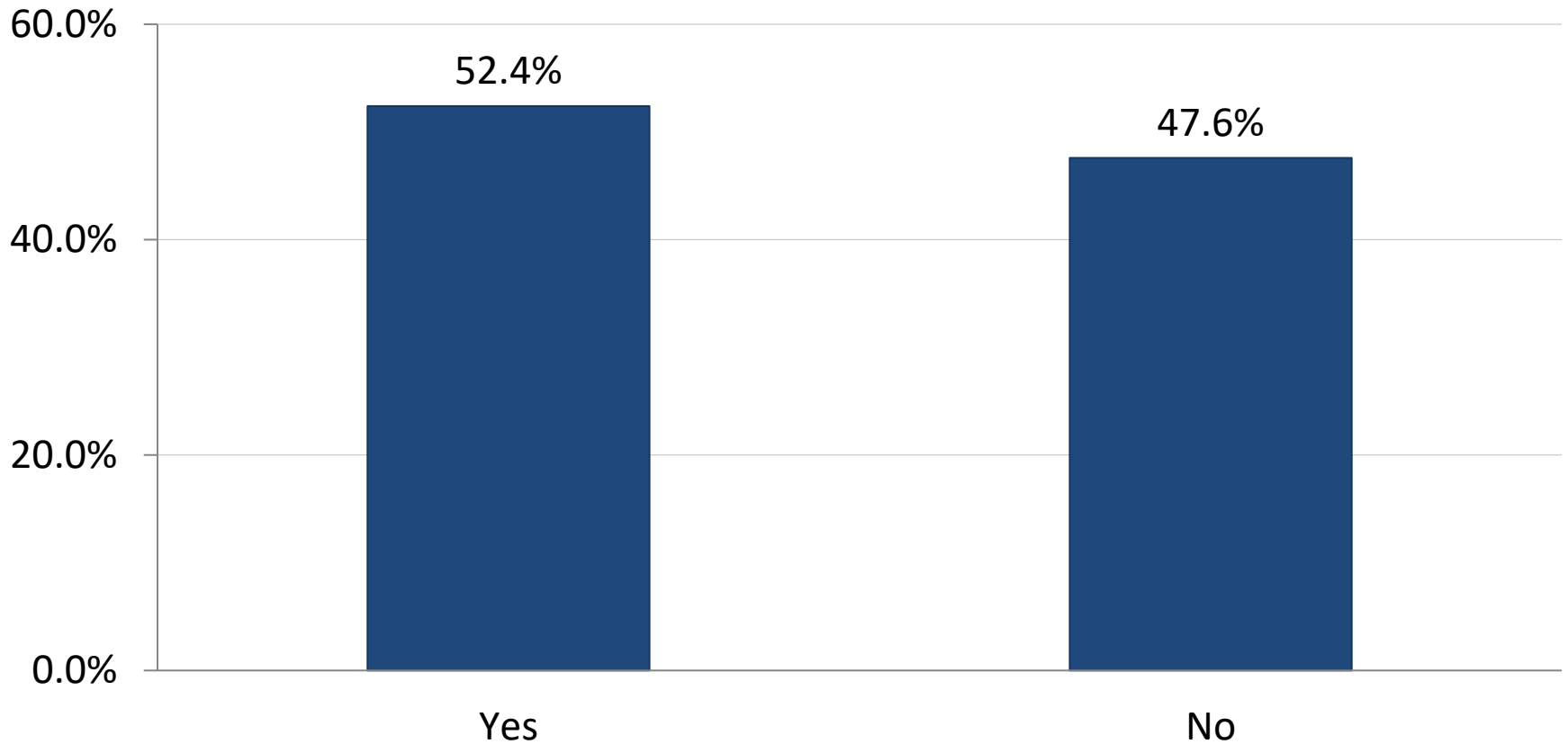
In the past 12 months, have you wanted but not sought help for dental care for your child(ren) because _____? (Q48)

Respondents with children living in the household



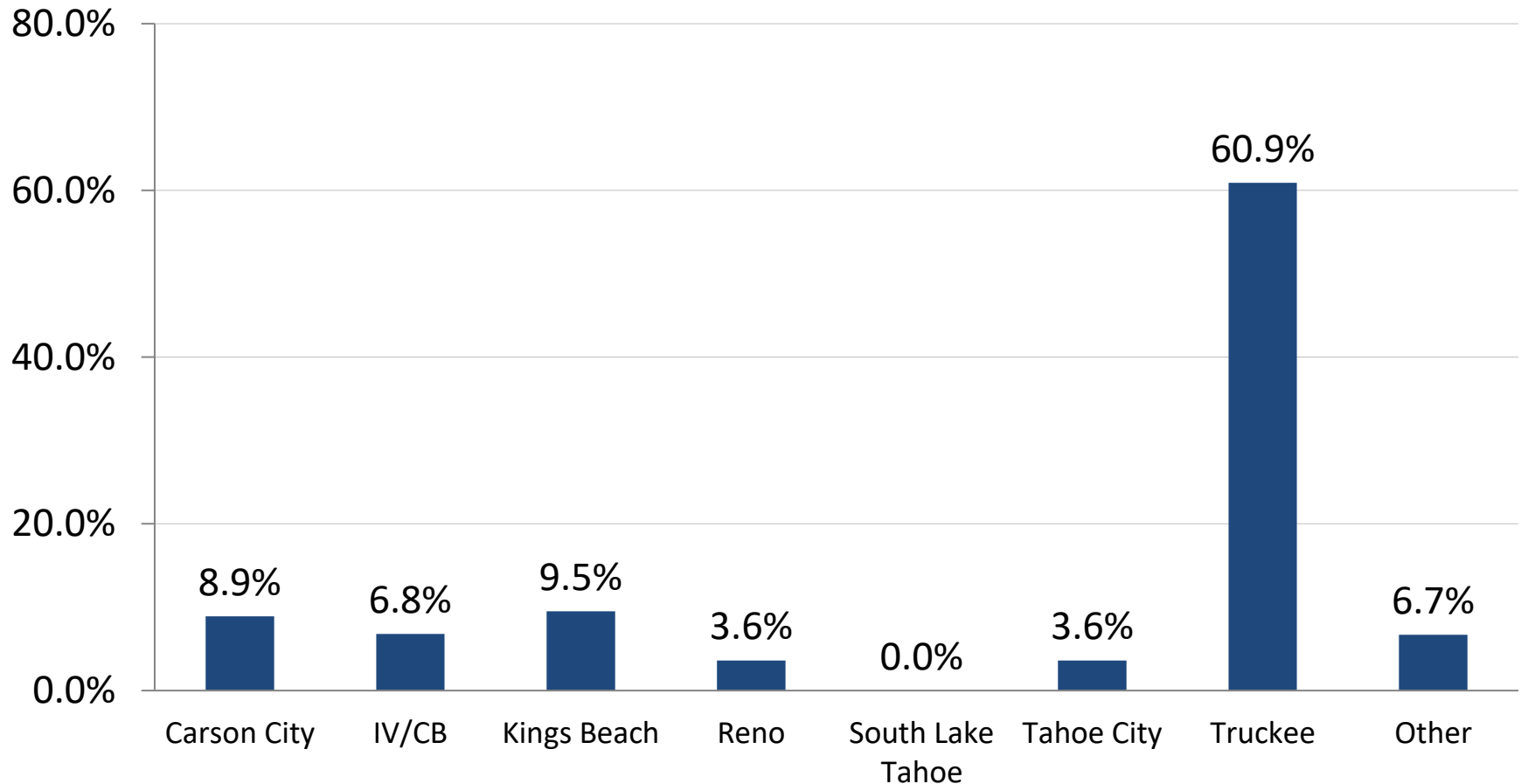
During the past 12 months, has a child or children in your household under the age of 7 had a well-child visit with a doctor or other health care provider? (Q50)

Respondents with children living in the household



Where did your child receive that well-child visit? (Q51)

Respondents with children under the age of 7 who have had a well-child visit in the past 12 months



N=67

Youth Health Assessment

Truckee North Tahoe (TNT) Youth Health Initiative

A partnership between the Tahoe Truckee Unified School District, the Health and Human Services Departments of both Nevada and Placer Counties and Tahoe Forest Health System.

Commitments

- Improve health outcomes for youth ages 12 to 18
- Address persistent health inequities experienced by the Hispanic population
- Develop a more comprehensive, youth-based health delivery system

The Network's long-term strategy is to create a strong partnership of community organizations committed to leveraging and expanding existing community- and school-based strategies to build a sustainable integrated continuum of health supports and services for adolescents in the Truckee – North Tahoe area.

TNT Youth Health Initiative

Key Informants and Focus Groups

- 13 Key Informant Interviews
- 16 Focus Groups involving 187 individuals
 - Youth (4 grps)
 - Parents (4 grps)
 - School District Staff (2 grps)
 - Health & Community-based Providers (4 grps)
 - Placer & Nevada County Staff (2 grps)
- 15 Survey Monkey and Paper Survey Responses
- Additional Outreach to Parent Teacher Organization, Very Important People (VIP), Boosters, English Learner Advisory Committee (ELAC) and Book Club meetings targeting 41 individuals.
- Total contacted directly for feedback: 241

TNT Youth Health Initiative

Primary Issues

- Behavioral & Mental Health
- Alcohol and Drug Use
- Reproductive Health
- Health Access
- Physical Health (Obesity & Nutrition, Vision, Healthy Behaviors, Sports Health)
- Oral Health

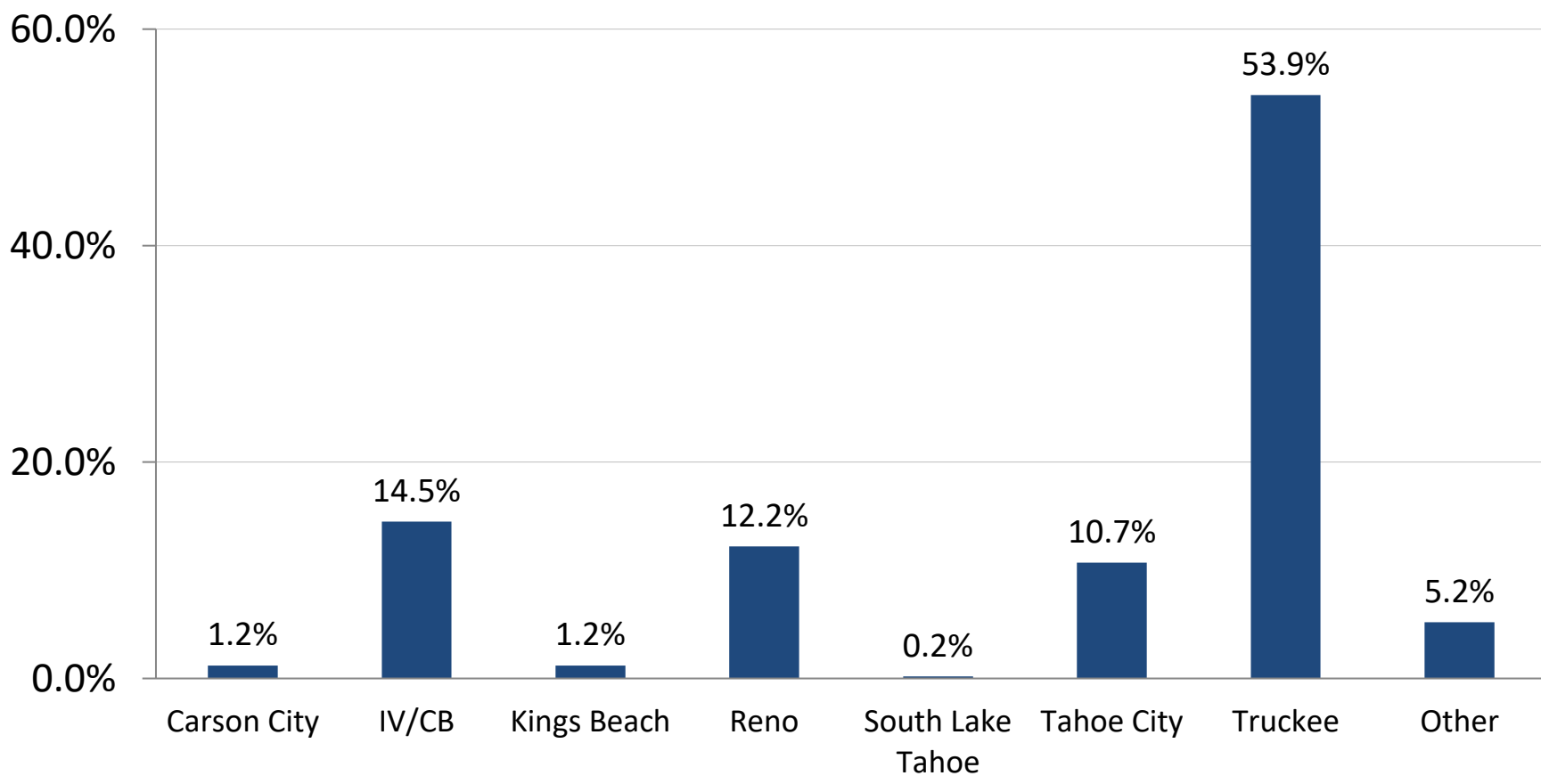
TNT Youth Health Initiative

Primary Barriers

- Stigma in accessing services and confidentiality concerns
- Lack of coordination of care and collaboration between agencies
- Expense and health insurance coverage
- Lack of youth-focused providers, bilingual providers and youth-friendly environments
- Clinic hours and appointment times are limited and coincide with school and work hours
- Transportation and location of clinics
- Lack of family support to access services/Parental denial or apathy
- Social and Cultural Norms

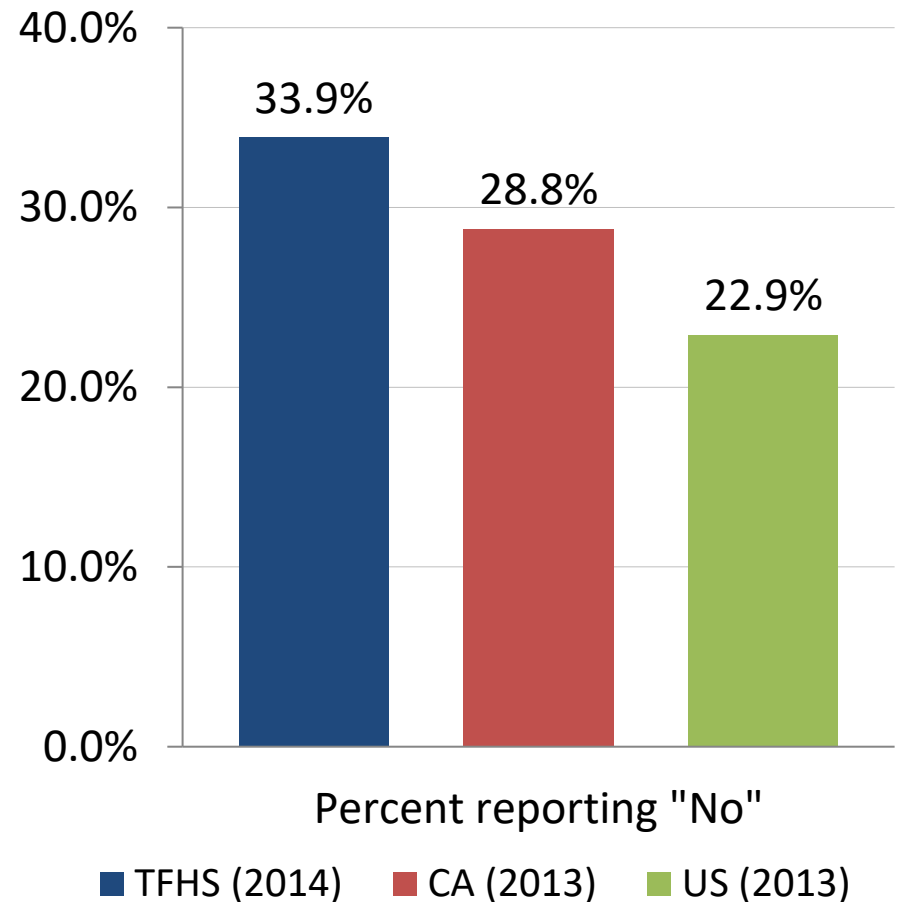
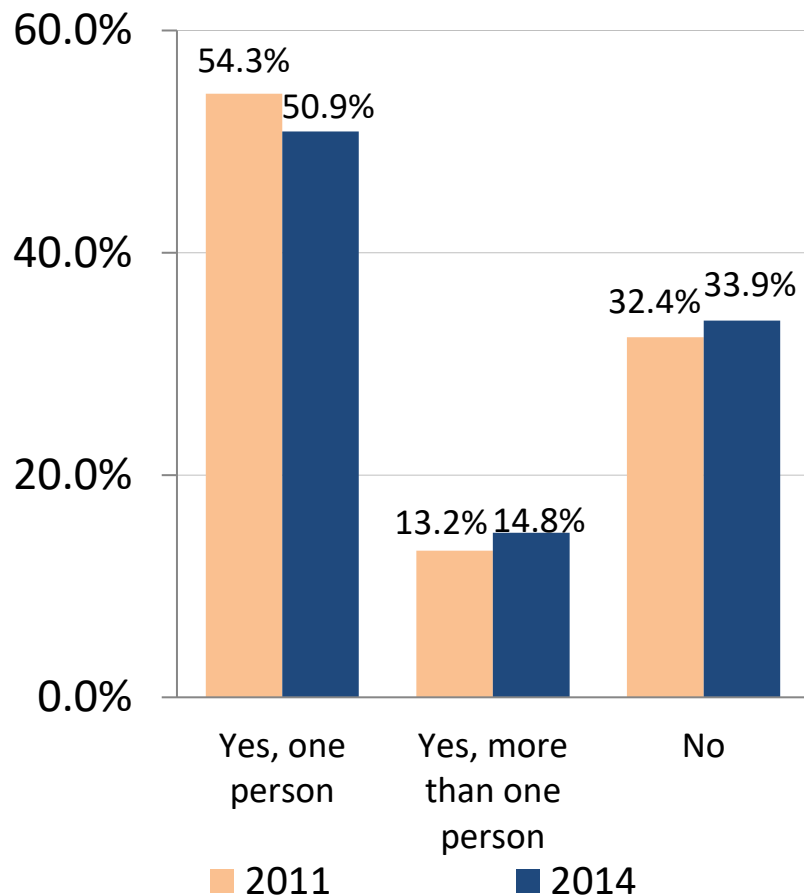
Health Care Utilization and Access

Except for emergencies, which of the following towns or cities do you primarily go to for most of your health care related needs? (Q52)

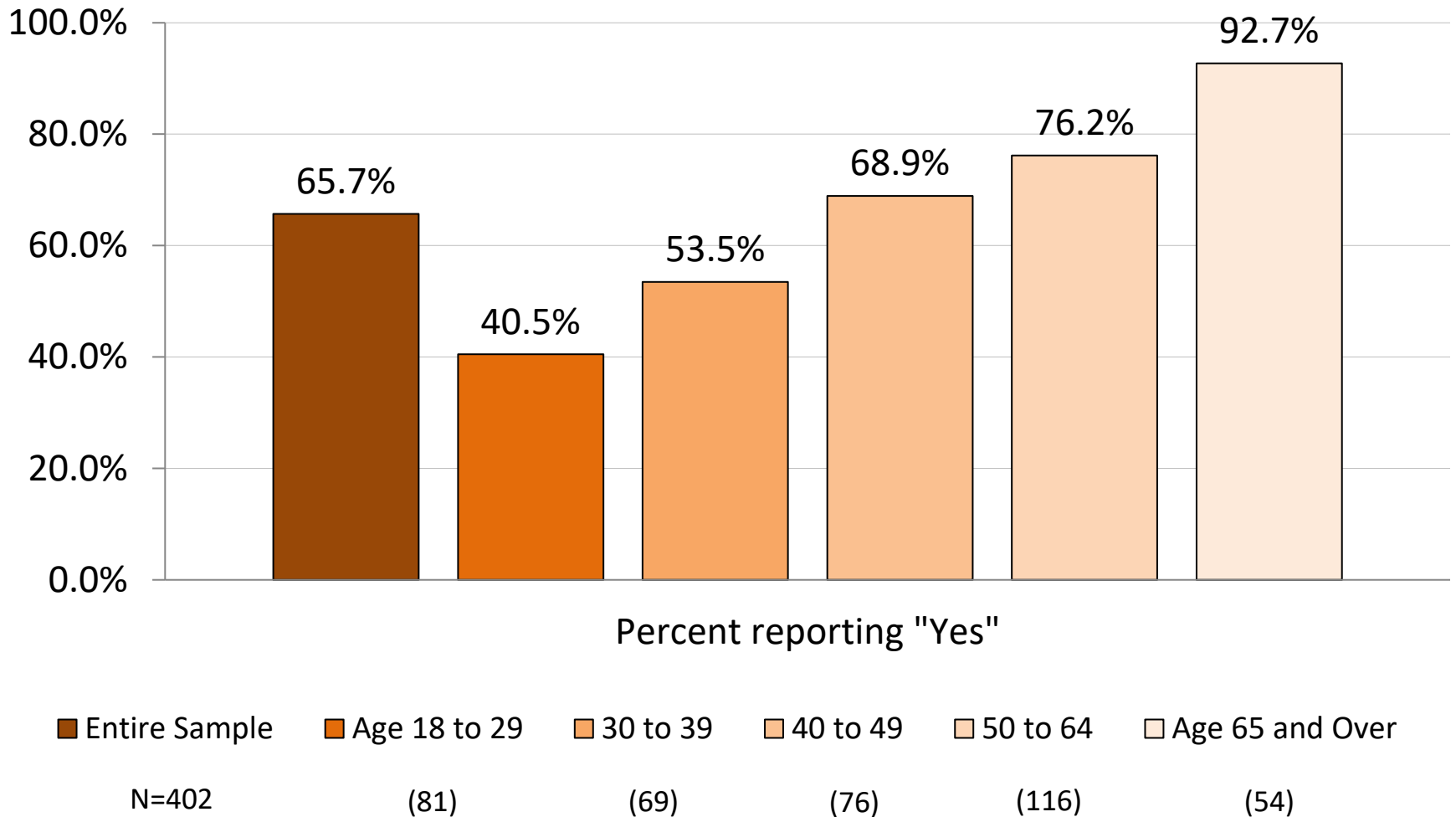


N=402

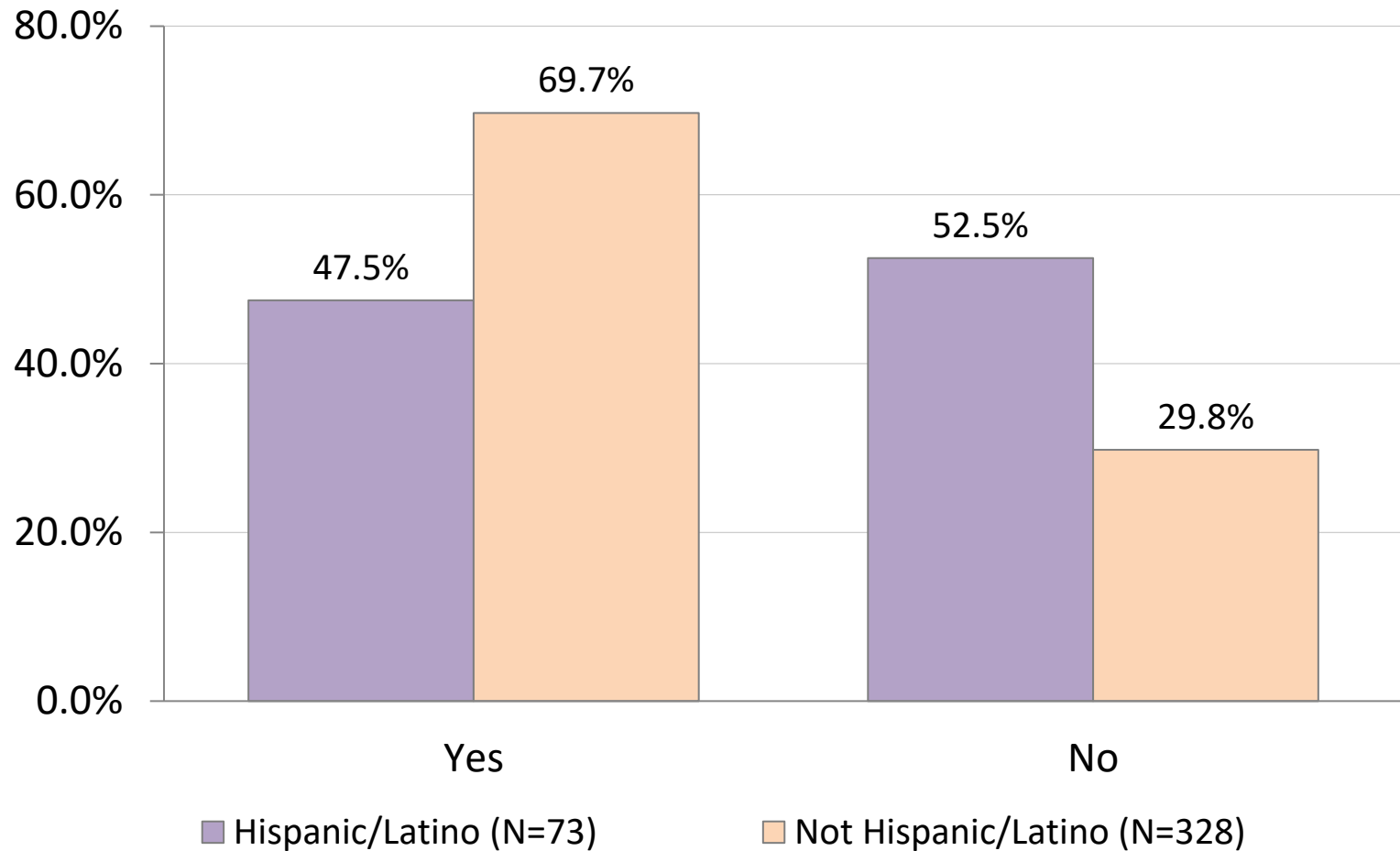
Do you have one person you think of as your personal doctor or health care provider? (Q53)



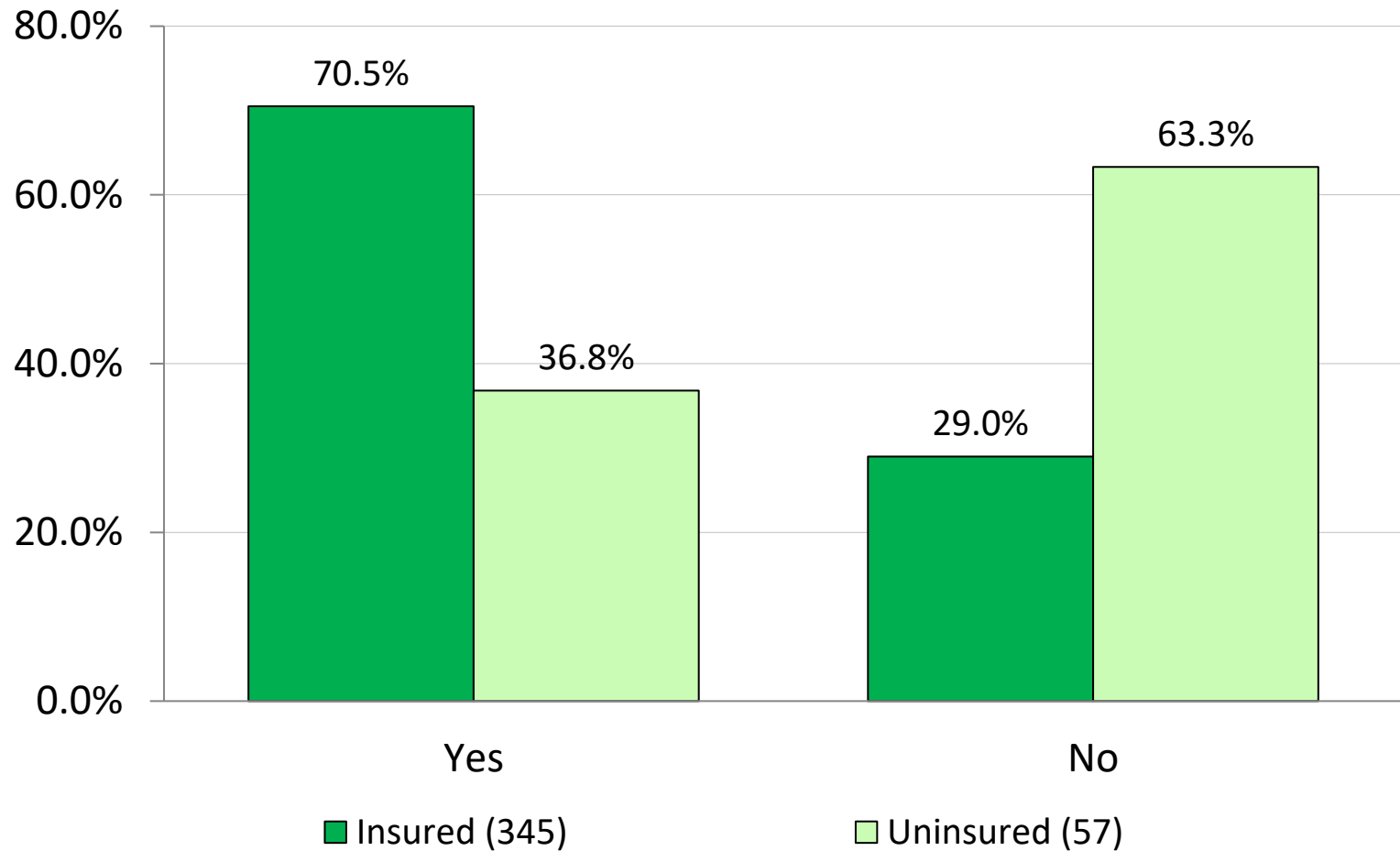
Do you have one person you think of as your personal doctor or health care provider? (Q53)



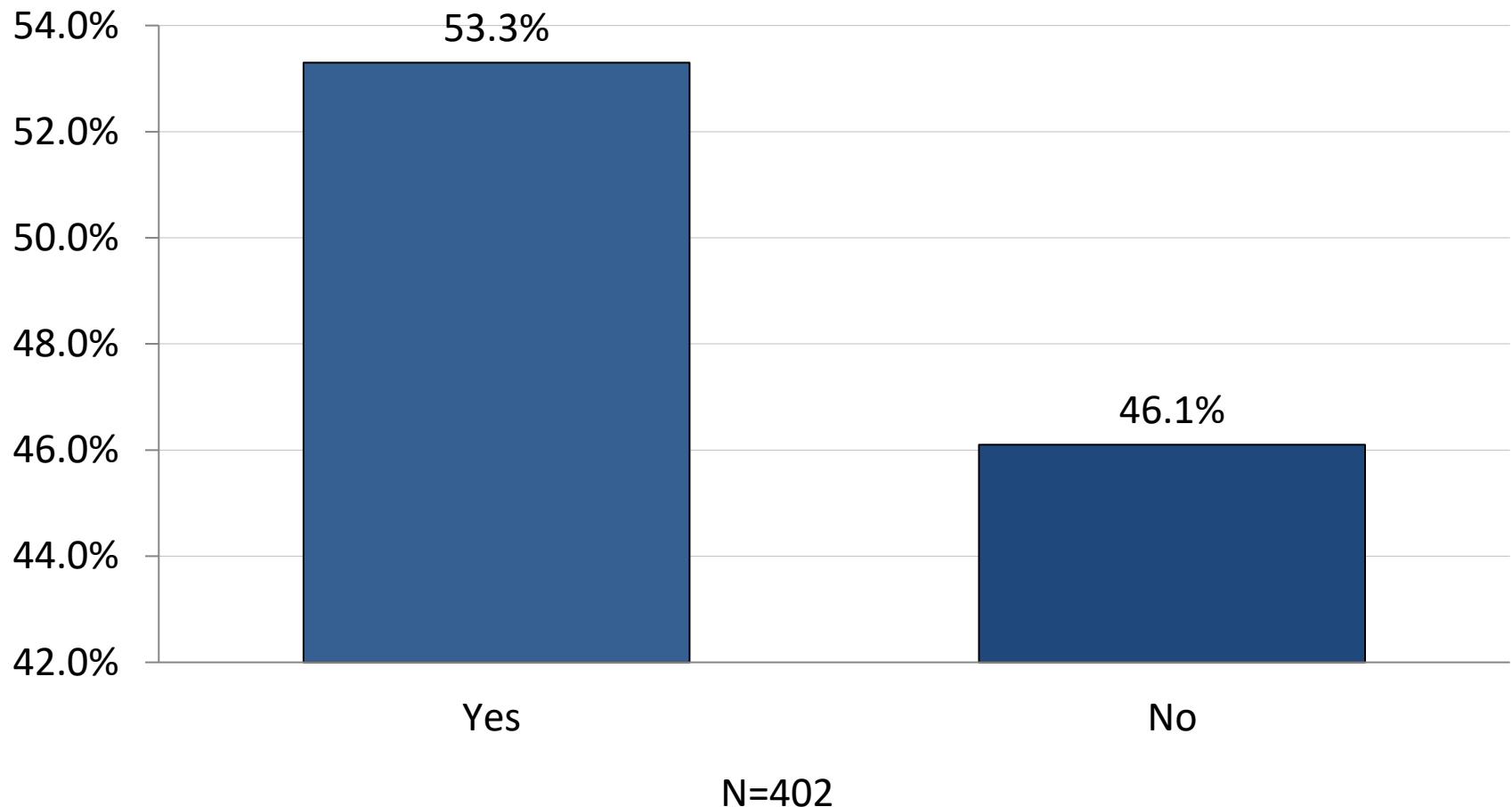
Do you have one person you think of as your personal doctor or health care provider? (Q53)



Do you have one person you think of as your personal doctor or health care provider? (Q53)

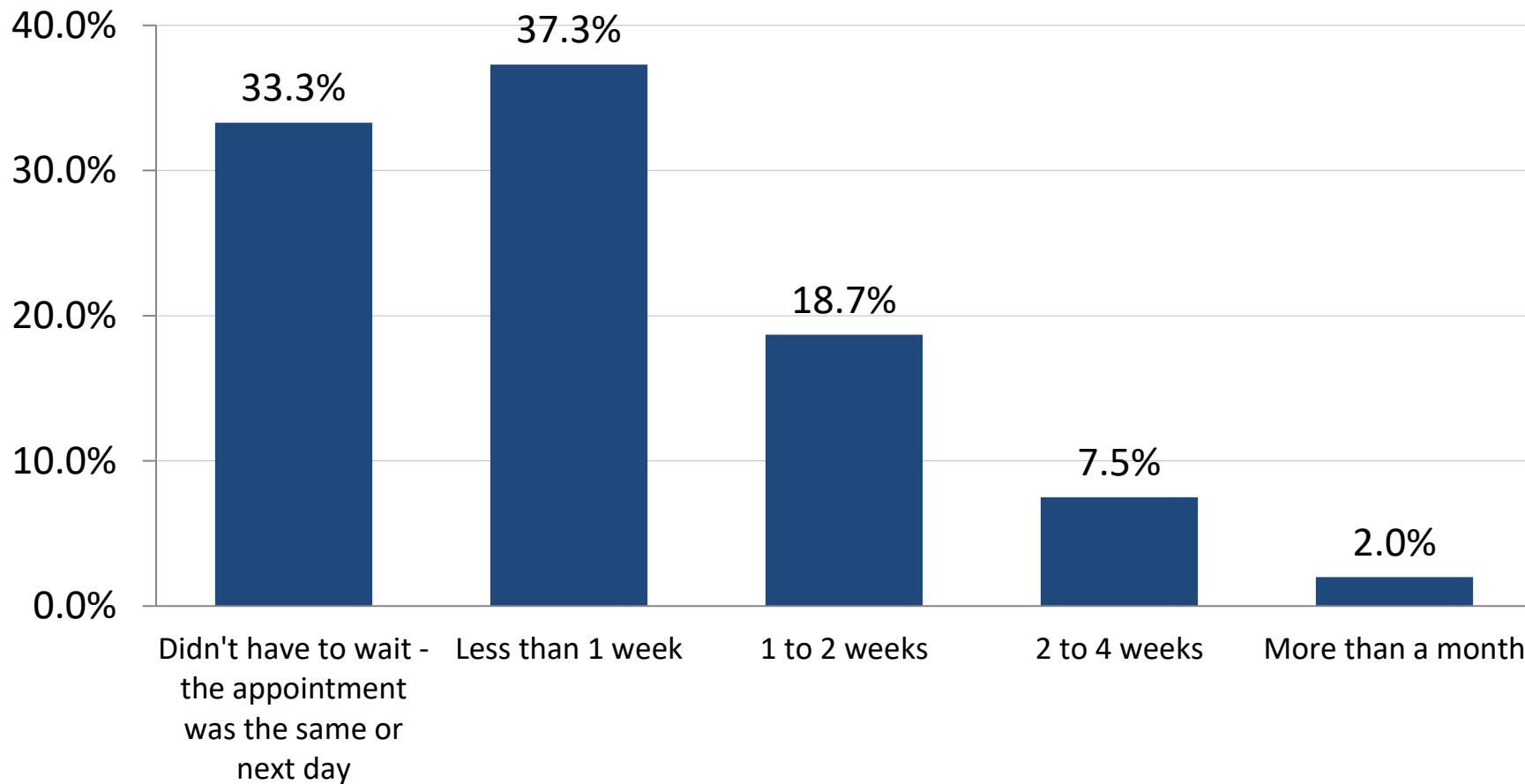


In the past 12 months, have you scheduled an appointment with a doctor or health care provider for an immediate (but not emergency) health concern? (Q54)



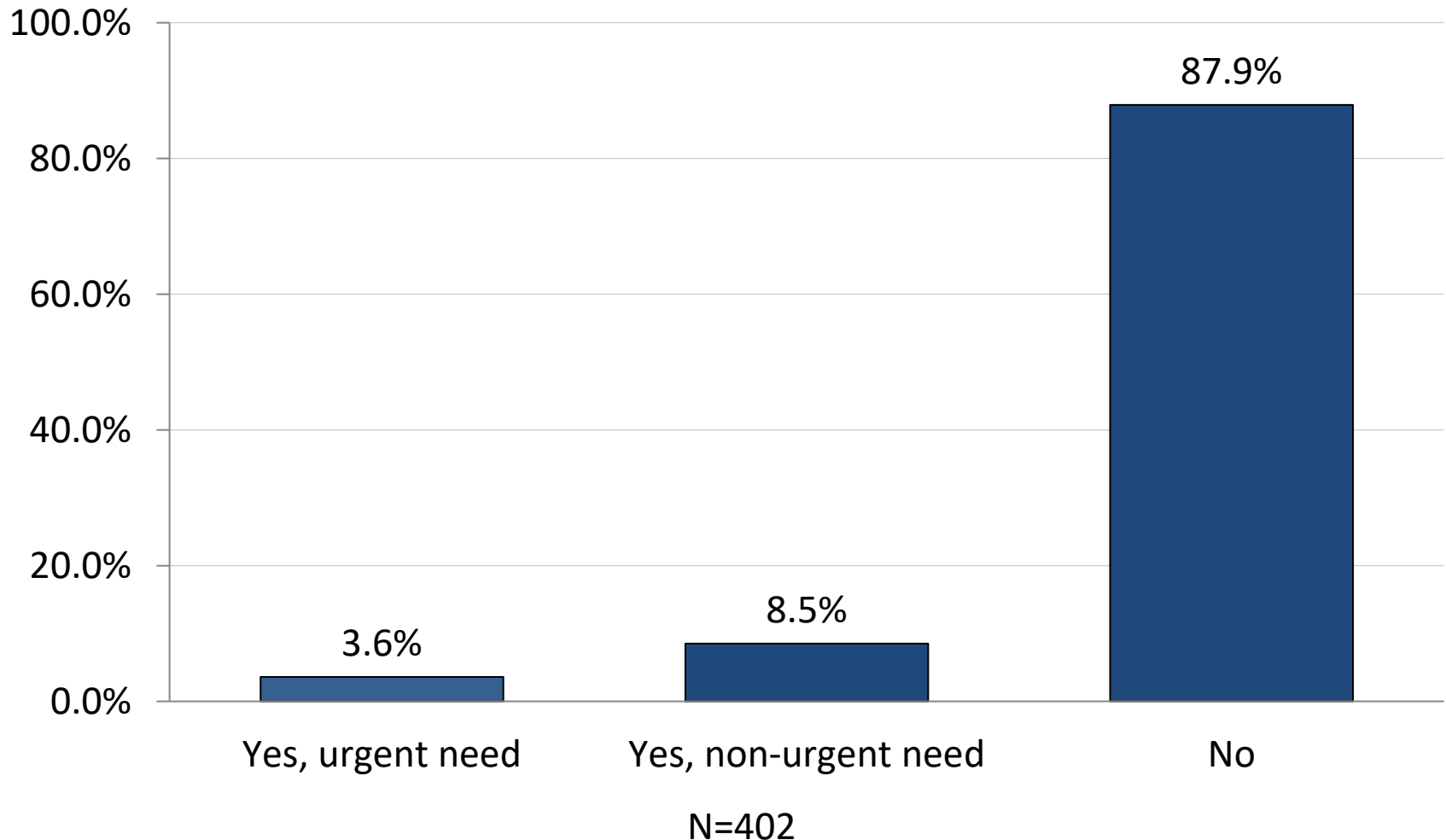
When you scheduled that appointment with a doctor or health care provider, about how long did you have to wait for that appointment? (Q55)

Asked of those respondents who scheduled an appointment in the past 12 months



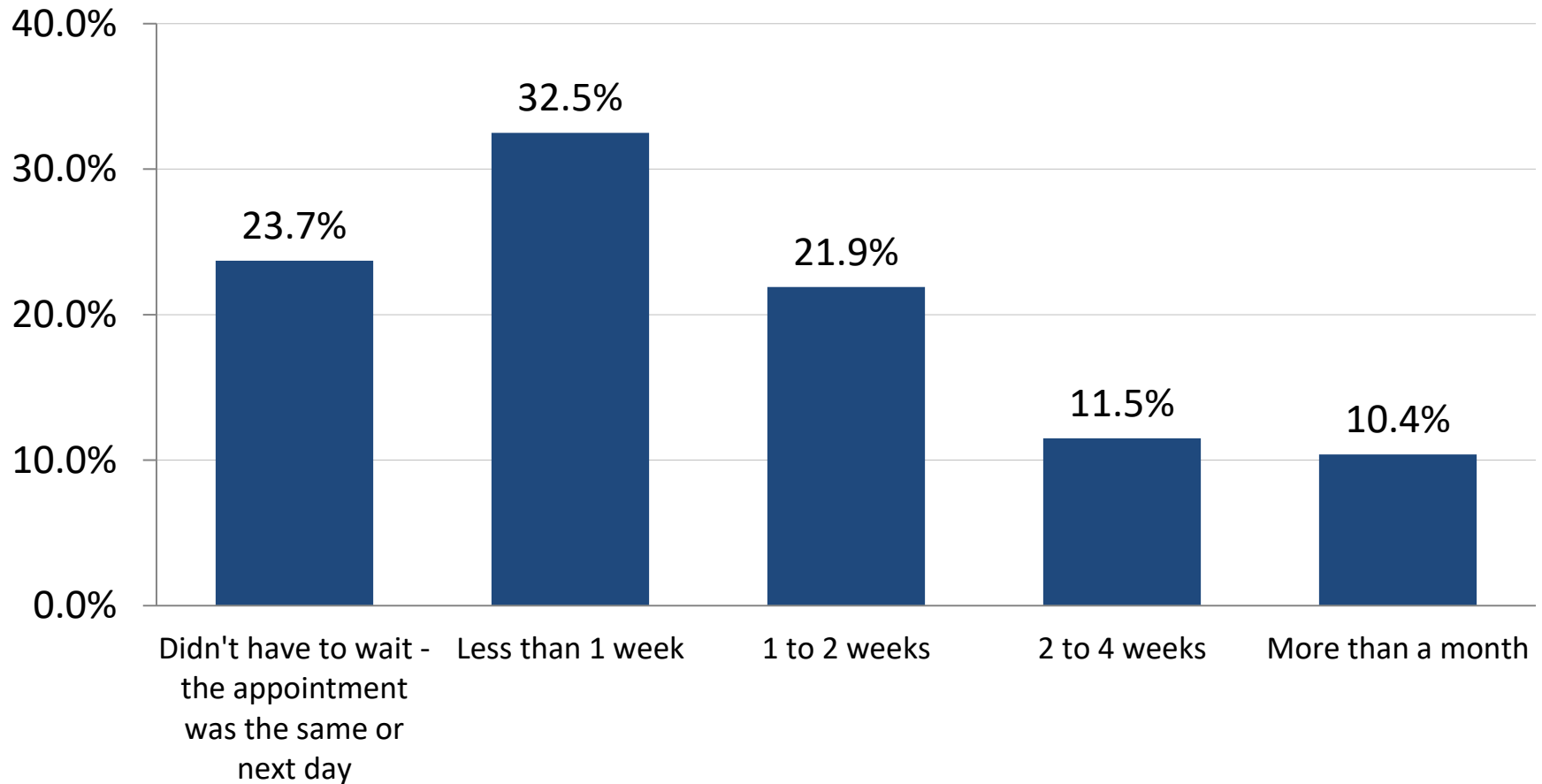
N=210

In the past 12 months, have you scheduled an appointment with a mental or behavioral health services provider (Q56)



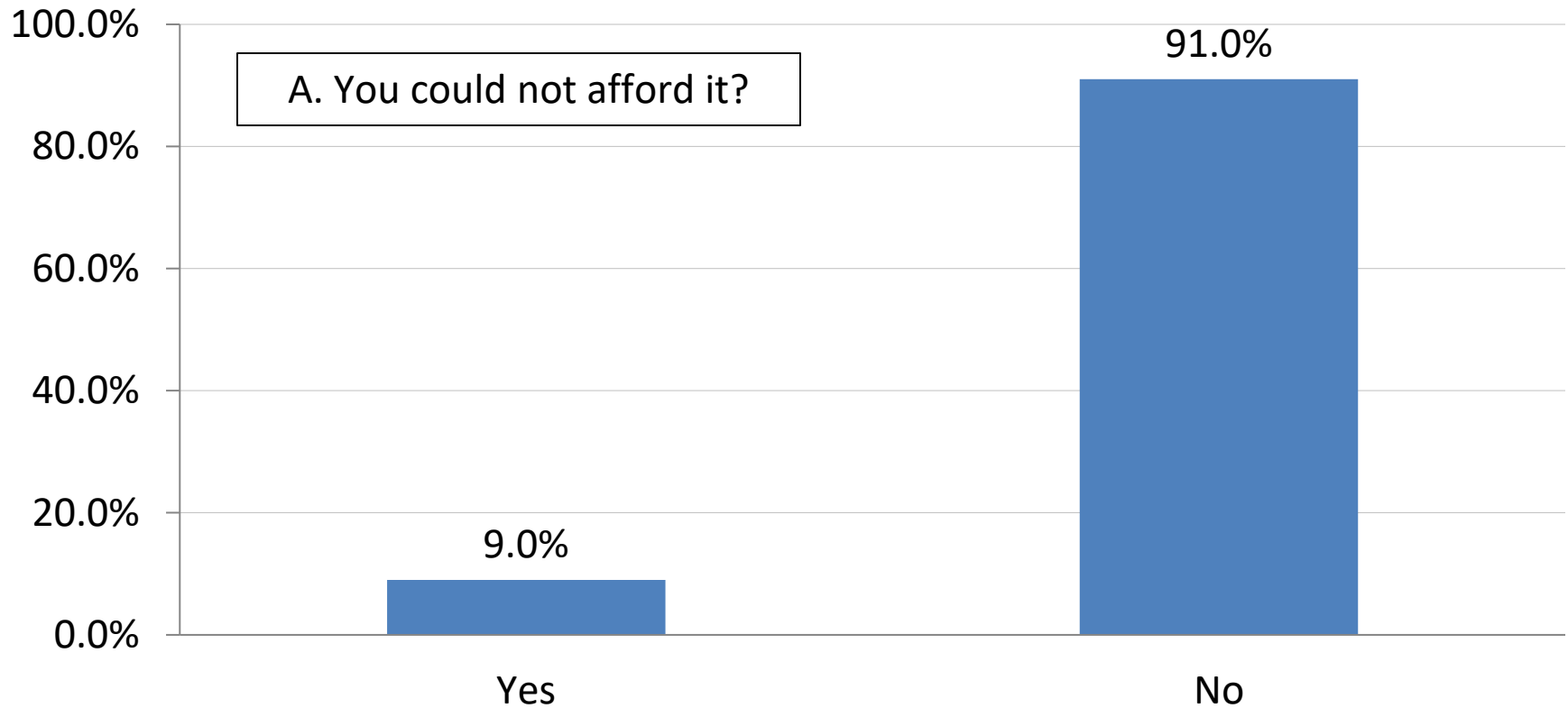
When you scheduled that appointment with a mental or behavioral health services provider, about how long did you have to wait for that appointment? (Q57)

Asked of those respondents who scheduled an appointment in the past 12 months

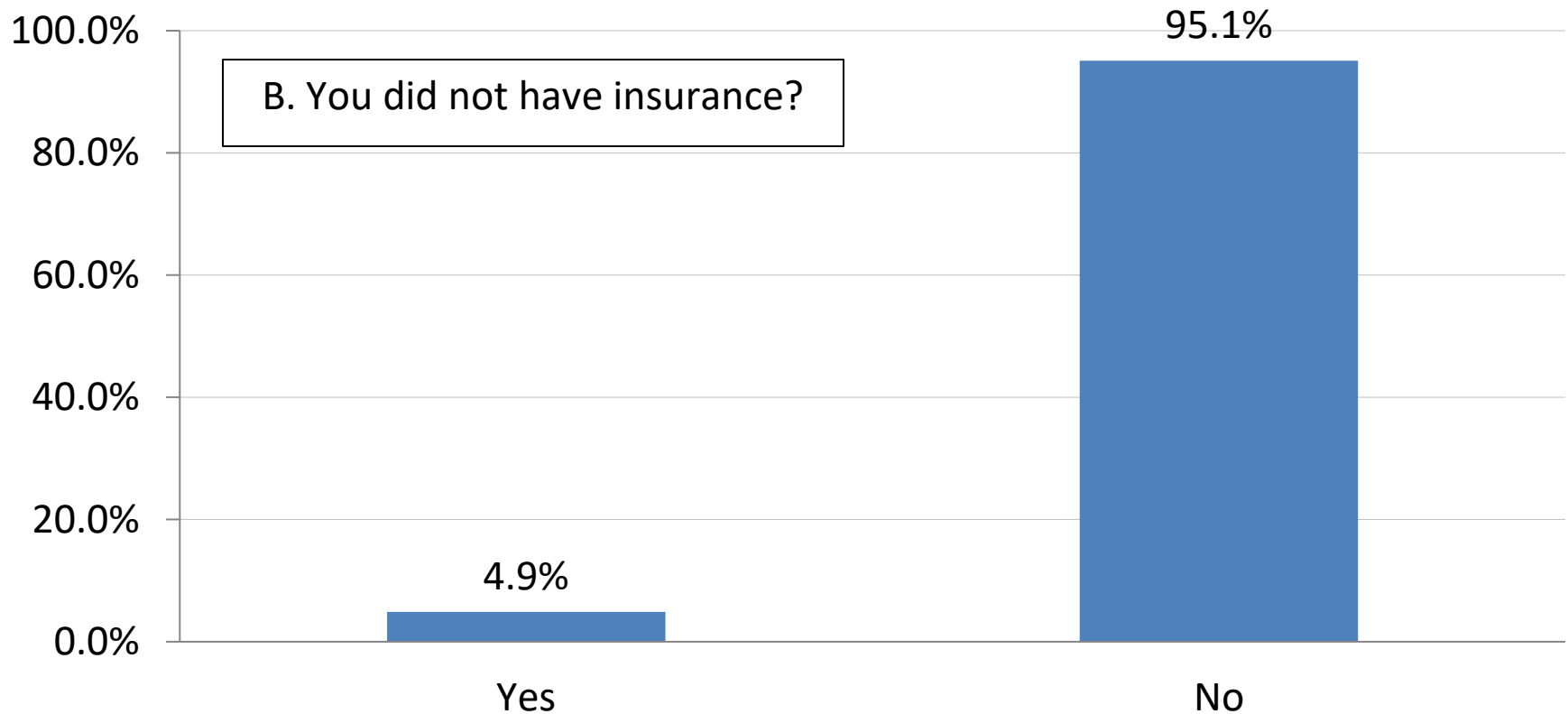


N=49

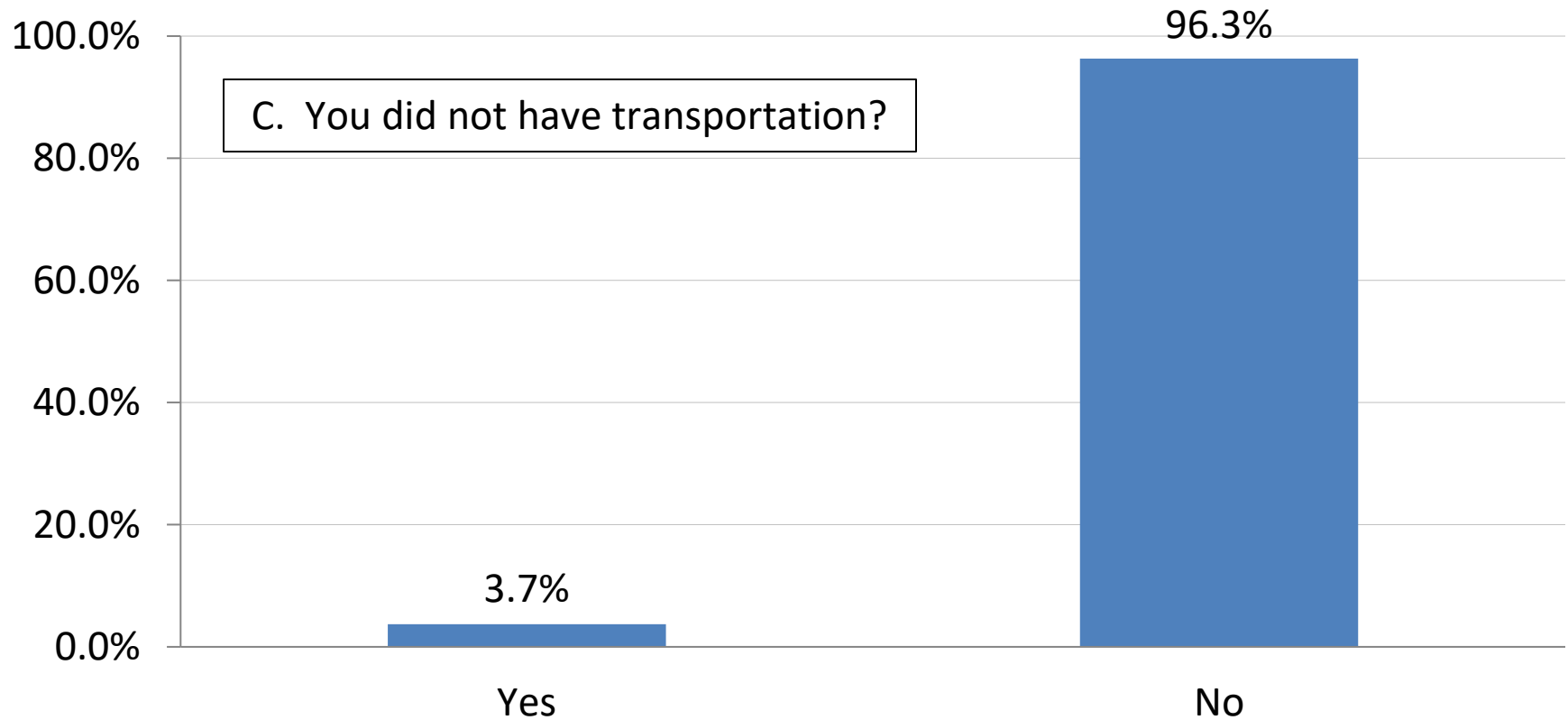
In the past 12 months, have you wanted but not sought help for mental health because _____? (Q58)



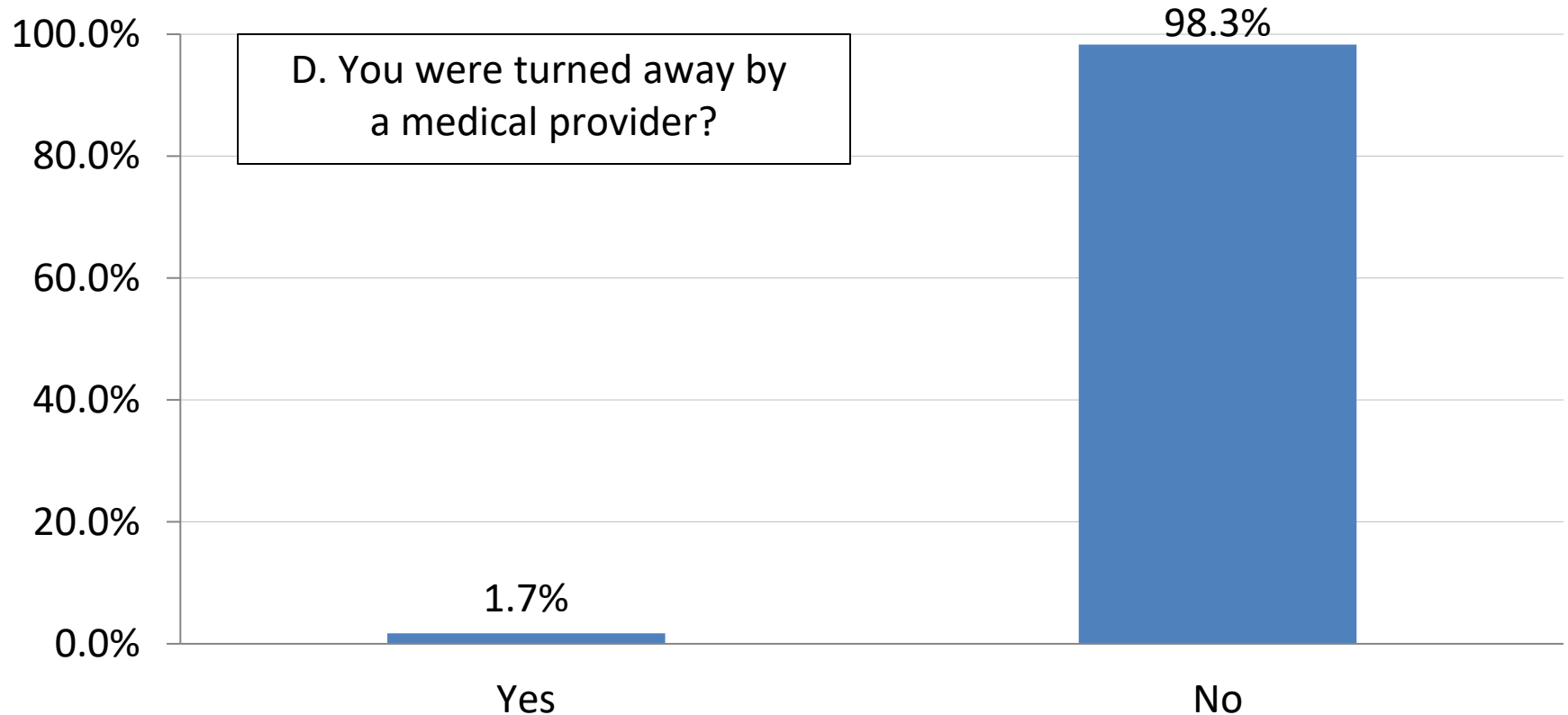
In the past 12 months, have you wanted but not sought help for mental health because _____? (Q58)



In the past 12 months, have you wanted but not sought help for mental health because _____? (Q58)



In the past 12 months, have you wanted but not sought help for mental health because _____? (Q58)



Mental/Behavioral Health Provider Needs Assessment

Preliminary Findings Fall 2014

Victoria Mercer, Ph.D.

Mental Health Assessment Parameters

- *Identify and address needs, gaps, and disparities in the delivery of mental/behavioral health services*
- Environmental scan of services
 - Range of available services
 - Who has access to services, what are providers' availability and capacity, what are the quality of services and outcomes?
- Summary description of current mental health conditions
 - Prevalence of diagnoses, variability by demographic group
- Summary gap analysis of services, including barriers to care
- Recommendations for strategic interventions and solutions

Key Informants and Focus Groups

- Sample:
 - private practitioners, county agencies, medical providers, community service agencies that have direct contact with individuals with mental and behavioral health needs
- Currently:
 - 22 informant interviews, 3 focus groups (12 participants)
- Sampled across Nevada, Placer, and Washoe Counties

Primary Issues

- Mood disorders
 1. Depressive disorders
 2. Anxiety disorders (including panic and trauma)
- Substance abuse disorders
 1. Alcohol
 2. Cannabis
 3. Prescription abuse
 4. Methamphetamines/Cocaine/Opioids
- Serious mental illness
- Relational issues
- Phase of life issues
- Age discrepancies
 - Youth: high rates of stress related problems, substance use, depression, self-injury, disordered eating
 - Seniors: isolation, depression, cognitive issues

Primary Barriers: Service Gaps

- Additional practitioners/specialty providers:
 - Adolescent and adult psychiatrist (who would accept insurance)
 - Private practice/clinical providers who accept insurance, workers compensation, MediCal, Medicare
 - Quality substance use program (empirically supported, intensive outpatient therapy options, coordinated care, address education, community substance use, dual-language, Medicare providers)
 - Lack of variety of county providers, NV county services for those with less severe symptoms, female, bilingual
 - Neuropsychological services/assessment

Primary Barriers: Service Gaps

- Support Services
 - Crisis intervention team/HHS crisis team (mobile)
 - Discharge planning services/follow-up care (dedicated person to follow-up)
 - Trained sitters
 - Alternate security services in ED
 - Clinician who can transition MH patients identified in medical settings and bridge care to private practitioners or mental health program

Primary Barriers: Service Gaps

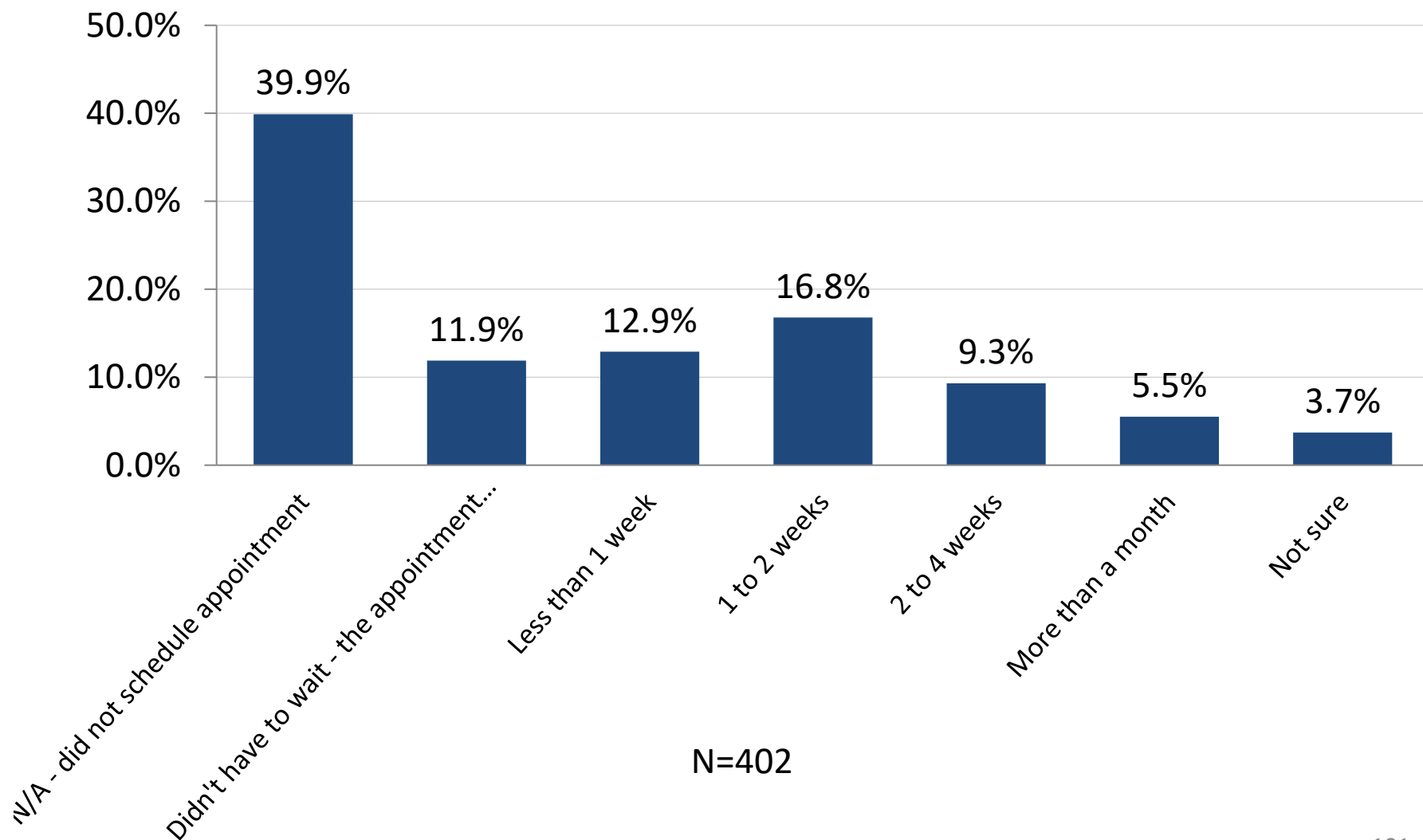
- Community services:
 - Long-term program/services to address needs of underserved, undocumented, those with serious mental illness
 - Senior services: day program for isolated, homebound, cognitive decline, elder care resources including respite, senior center
 - Youth services: teen al-anon or alternate program, services that can be accessed without parent consent, clinicians trained to address non-suicidal self-injury, peer programs, secure funding for existing programs

Primary Barriers: Access

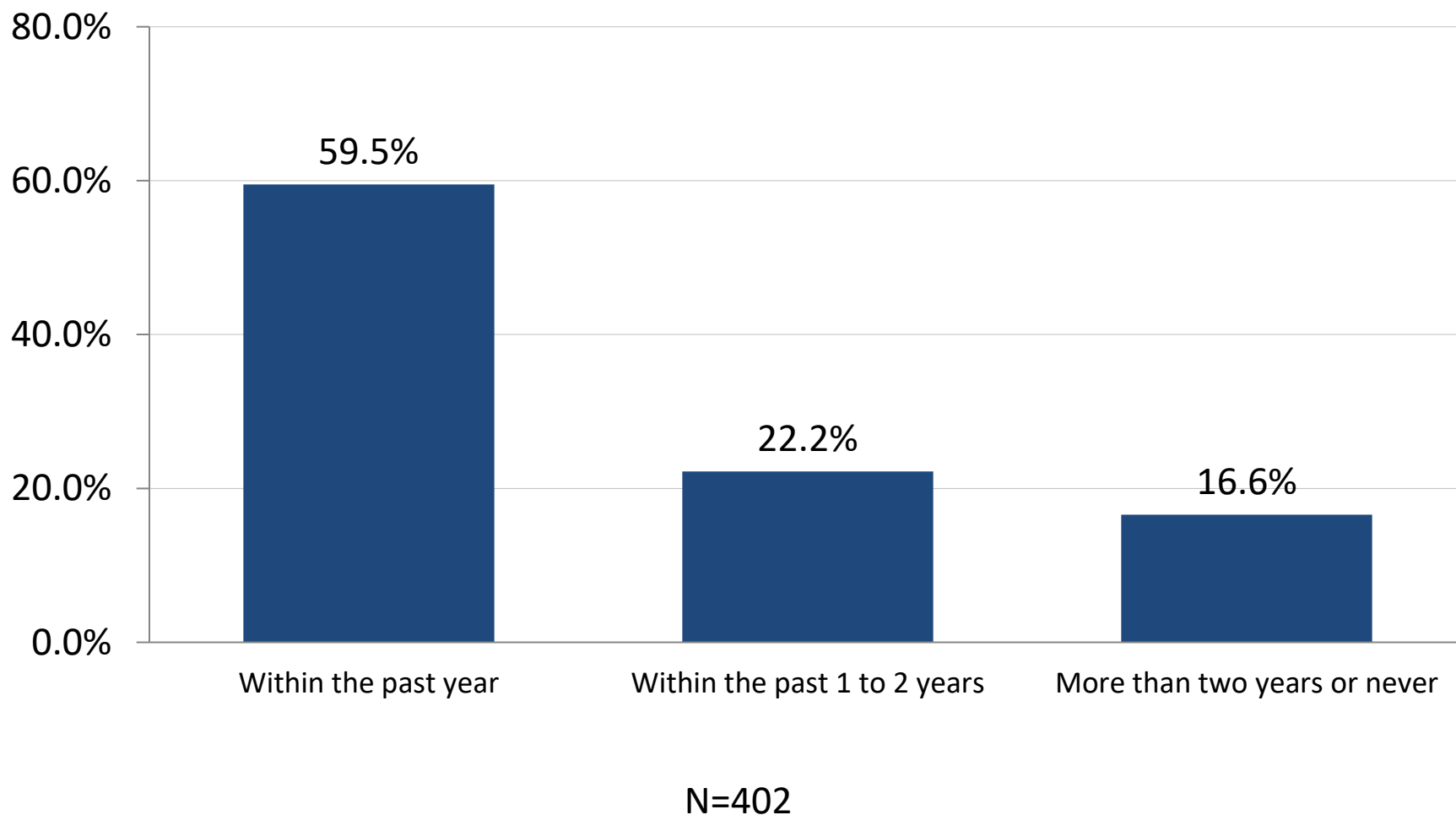
- Lack of care coordination
- Logistical challenges of multiple counties, states
- Cost, lack of finances, underinsured
- Motivational issues
- Stigma (parents, seniors, Hispanic)
- Limited number/demographics of providers (county, MediCal, Medicare, insurance panels)
- Cultural competence
- Community acceptance of high risk substance use

Health Care Utilization and Access (continued)

If you scheduled an appointment with a medical specialist in the past 12 months, about how long did you have to wait for that appointment? (Q59)

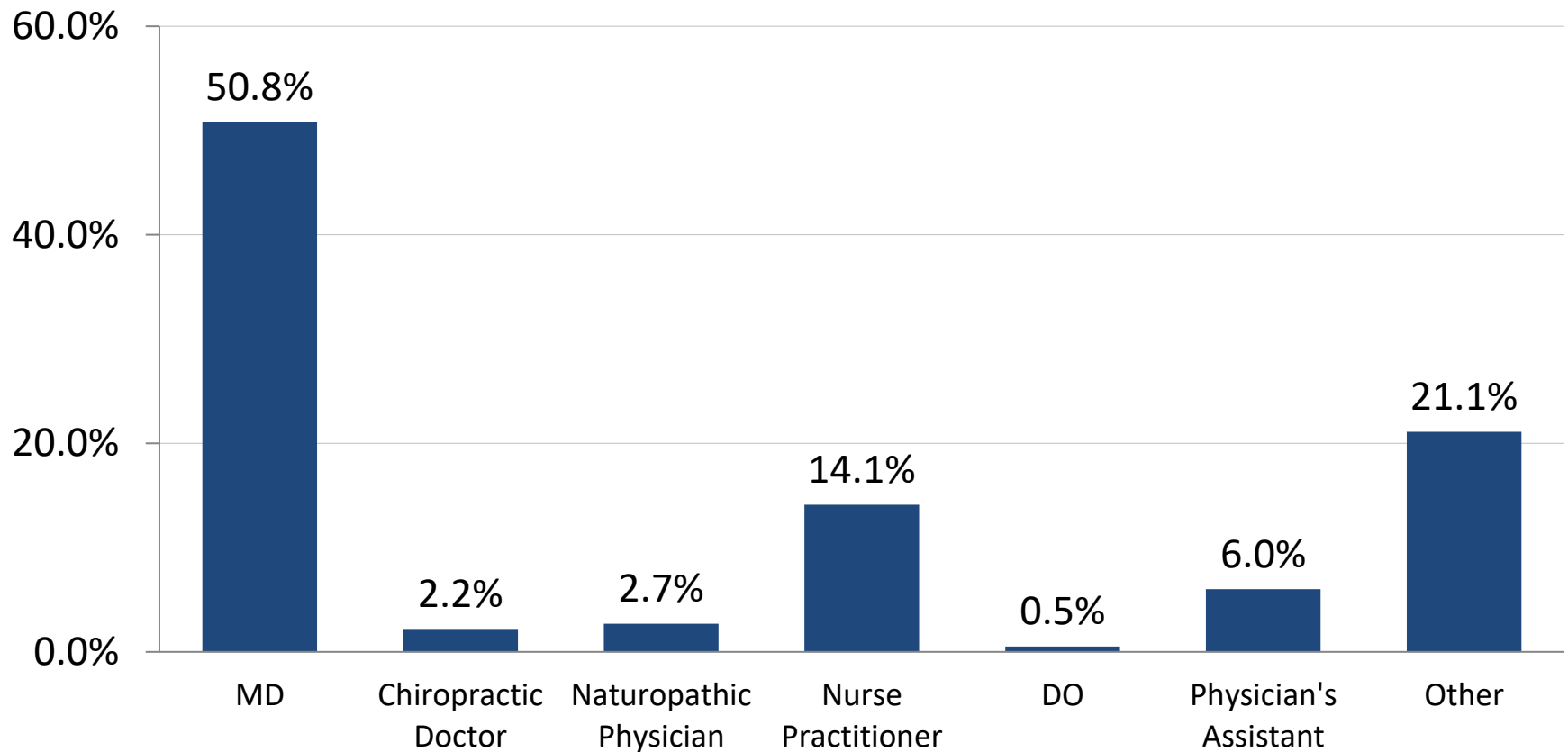


How long has it been since you last visited a primary care doctor or health practitioner for a routine checkup? A routine checkup is a general physical exam, not an exam for a specific injury, illness, or condition. (Q60)



What type of doctor or health practitioner did you see for that routine checkup? (Q60)

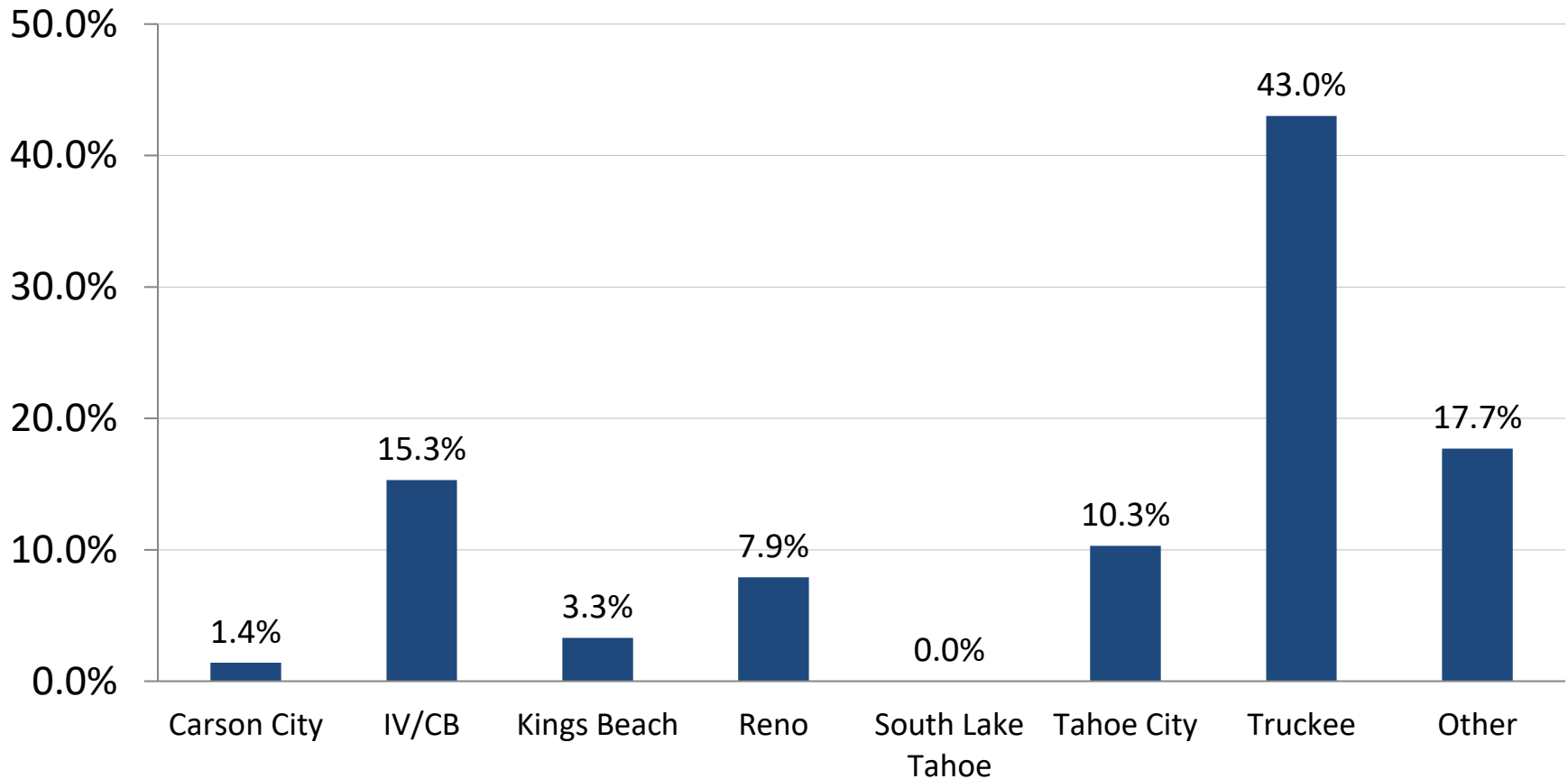
Respondents who reported ever having had a routine checkup



N=382

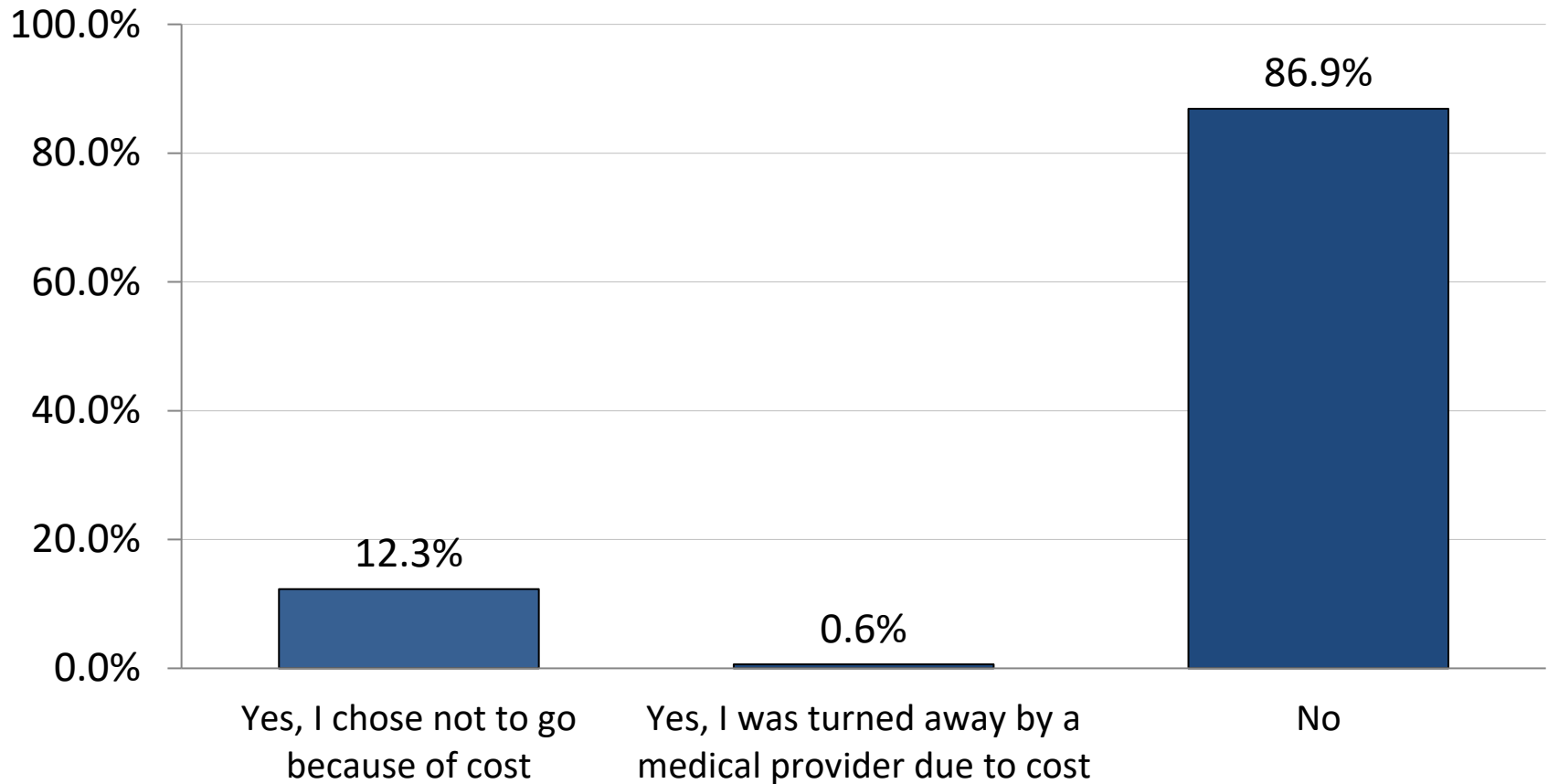
Where did you go for that routine checkup? (Q60)

Respondents who reported ever having had a routine checkup



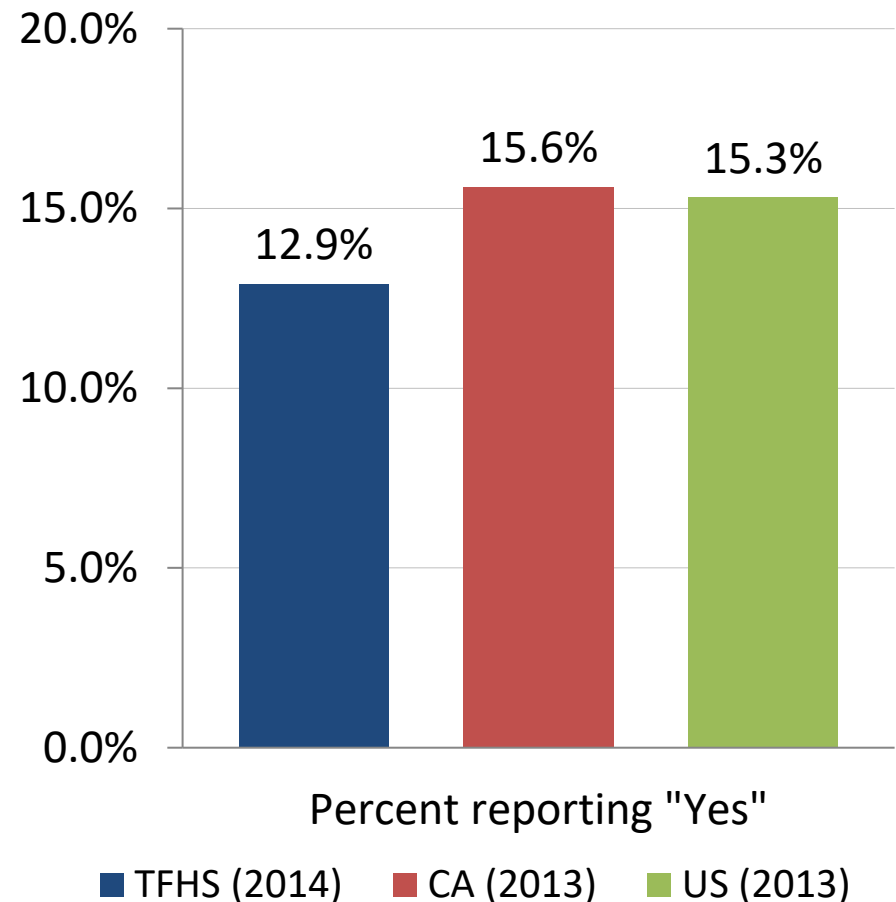
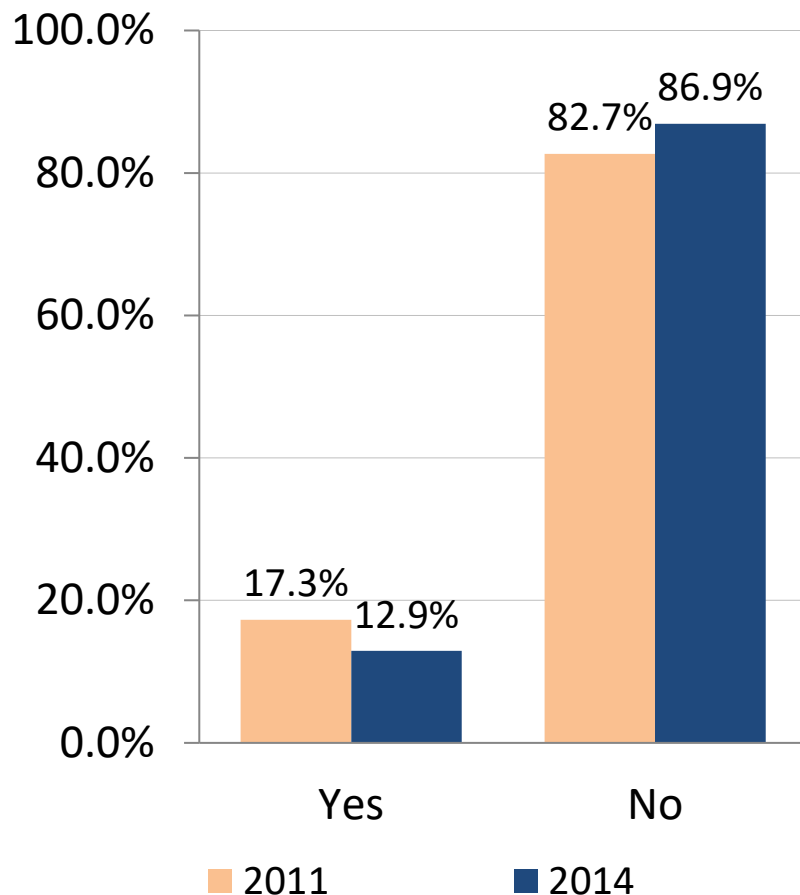
N=382

Was there a time in the past 12 months when you need to see a doctor but could not because of cost? (Q63)

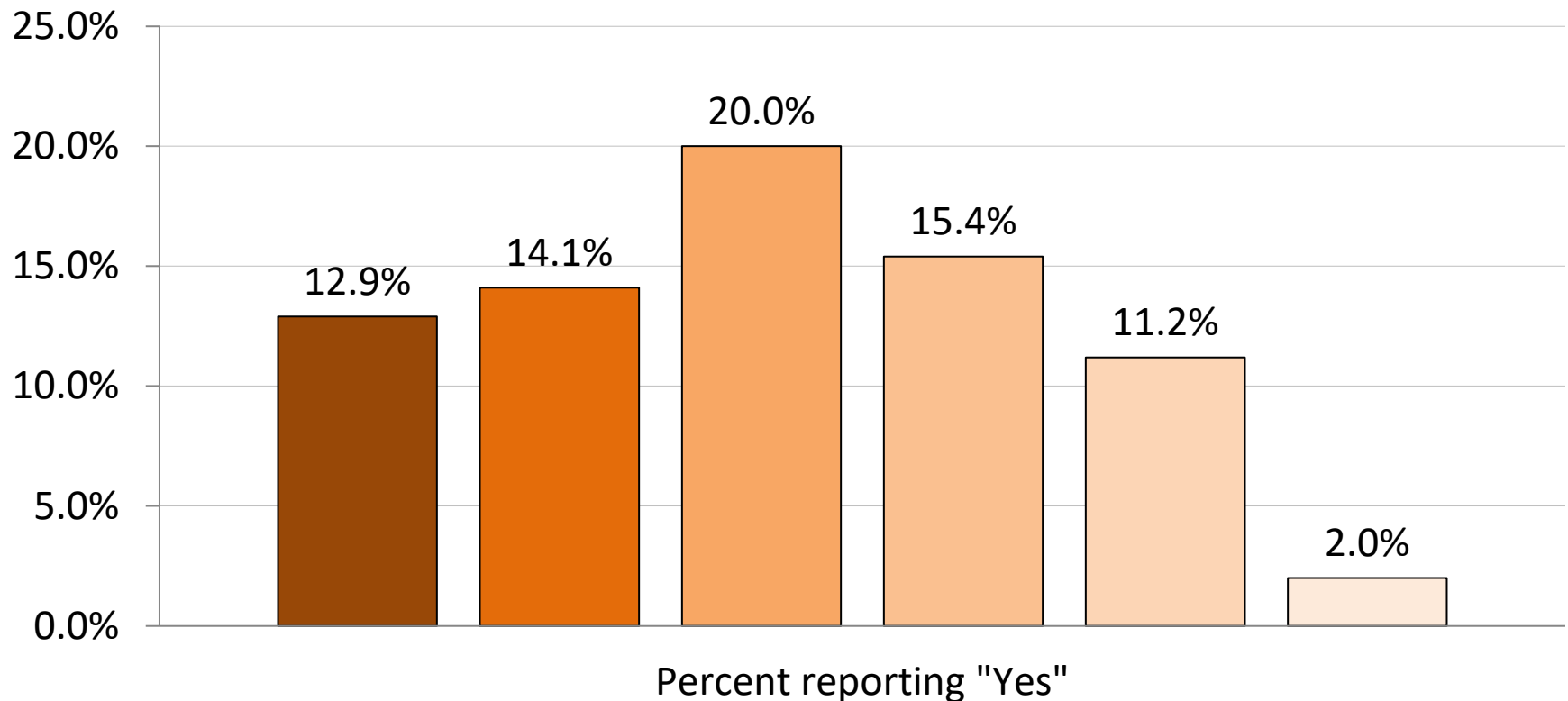


N=402

Was there a time in the past 12 months when you need to see a doctor but could not because of cost? (Q63)



Was there a time in the past 12 months when you need to see a doctor but could not because of cost? (Q63)



■ Entire Sample ■ Age 18 to 29 ■ 30 to 39 ■ 40 to 49 ■ 50 to 64 ■ Age 65 and Over

N=402

(81)

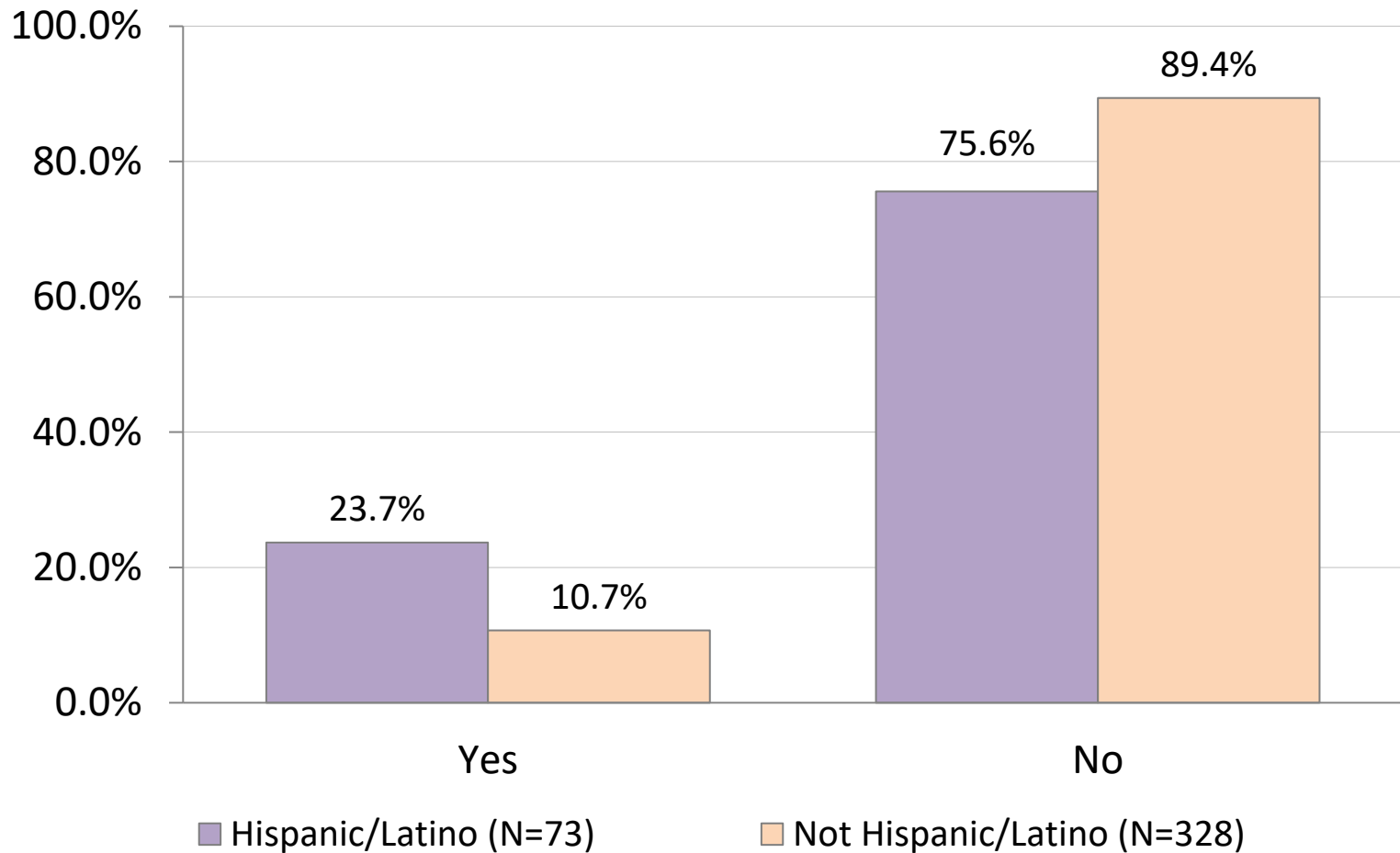
(69)

(76)

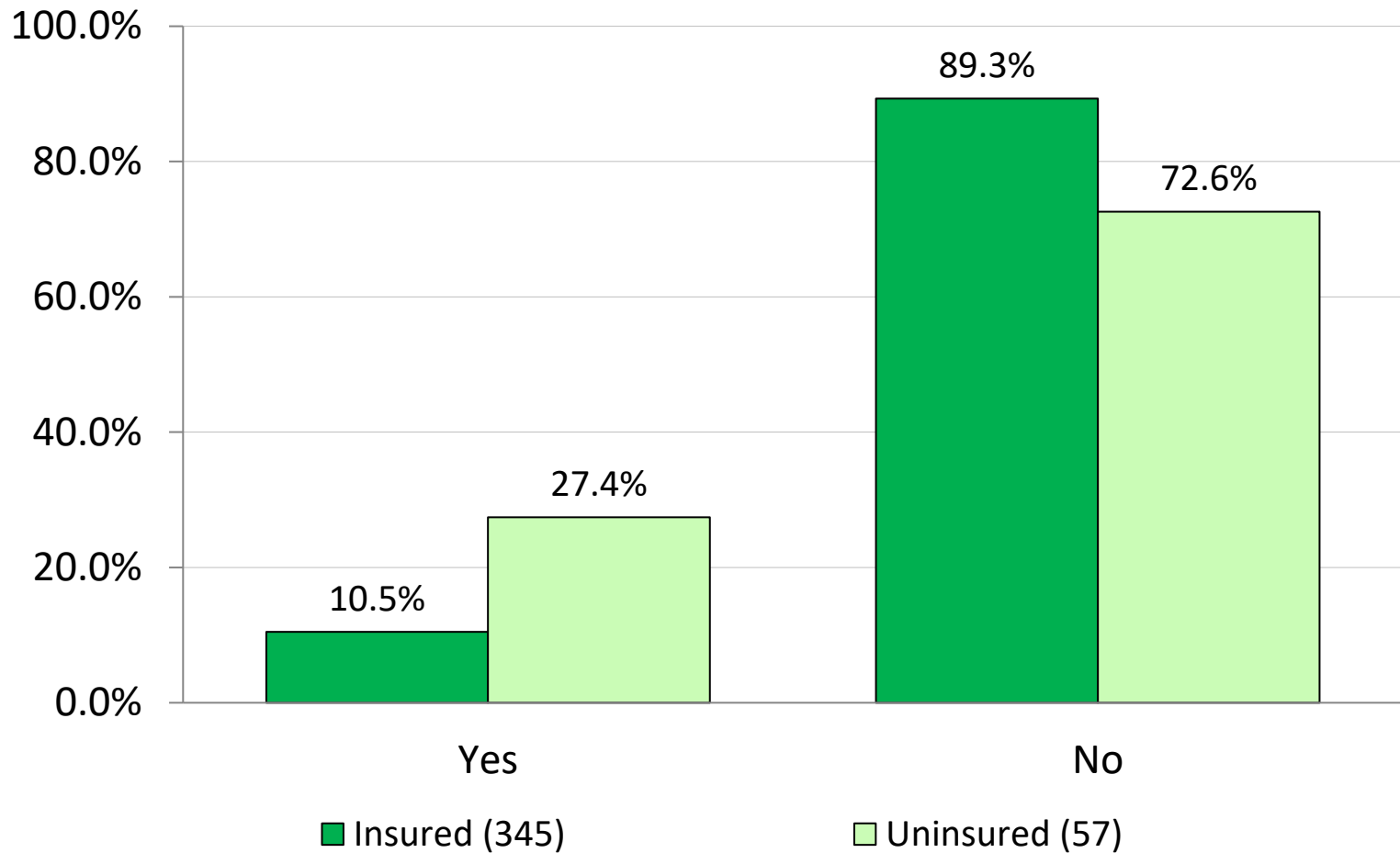
(116)

(54)

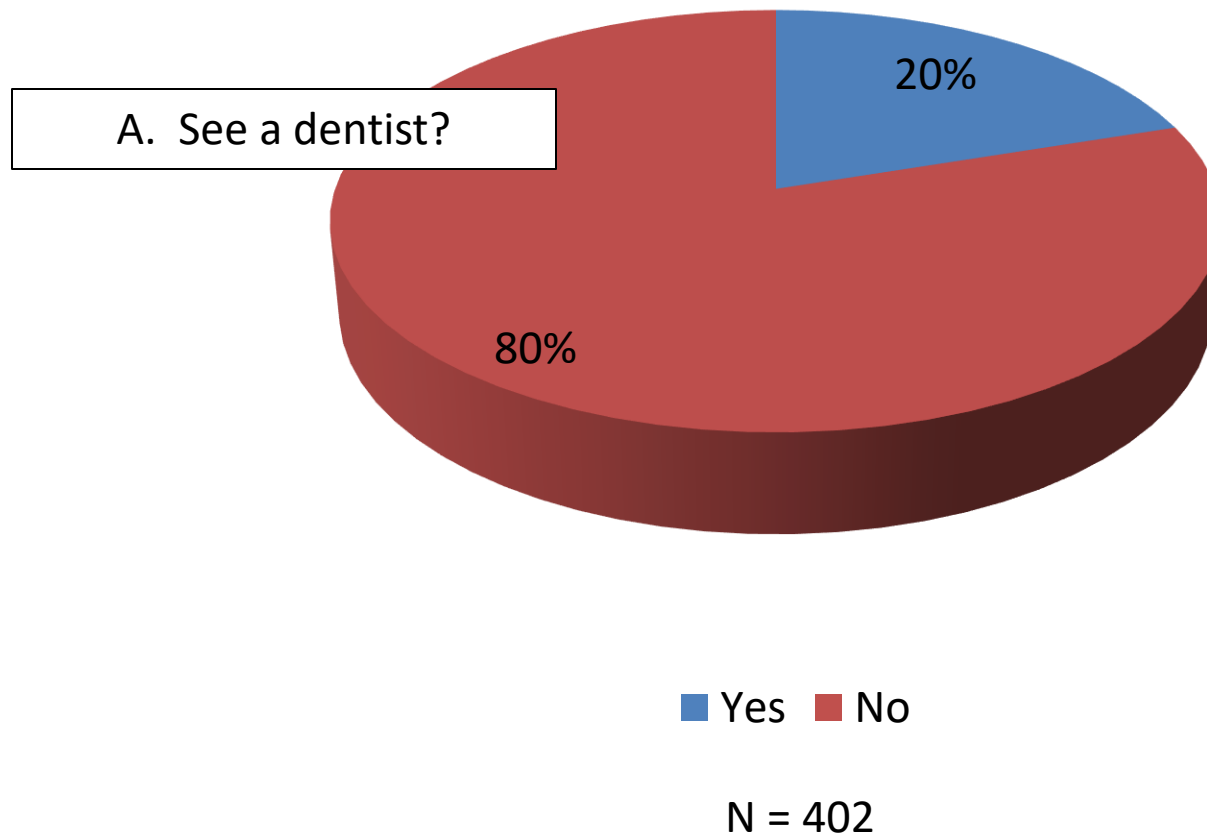
Was there a time in the past 12 months when you need to see a doctor but could not because of cost? (Q63)



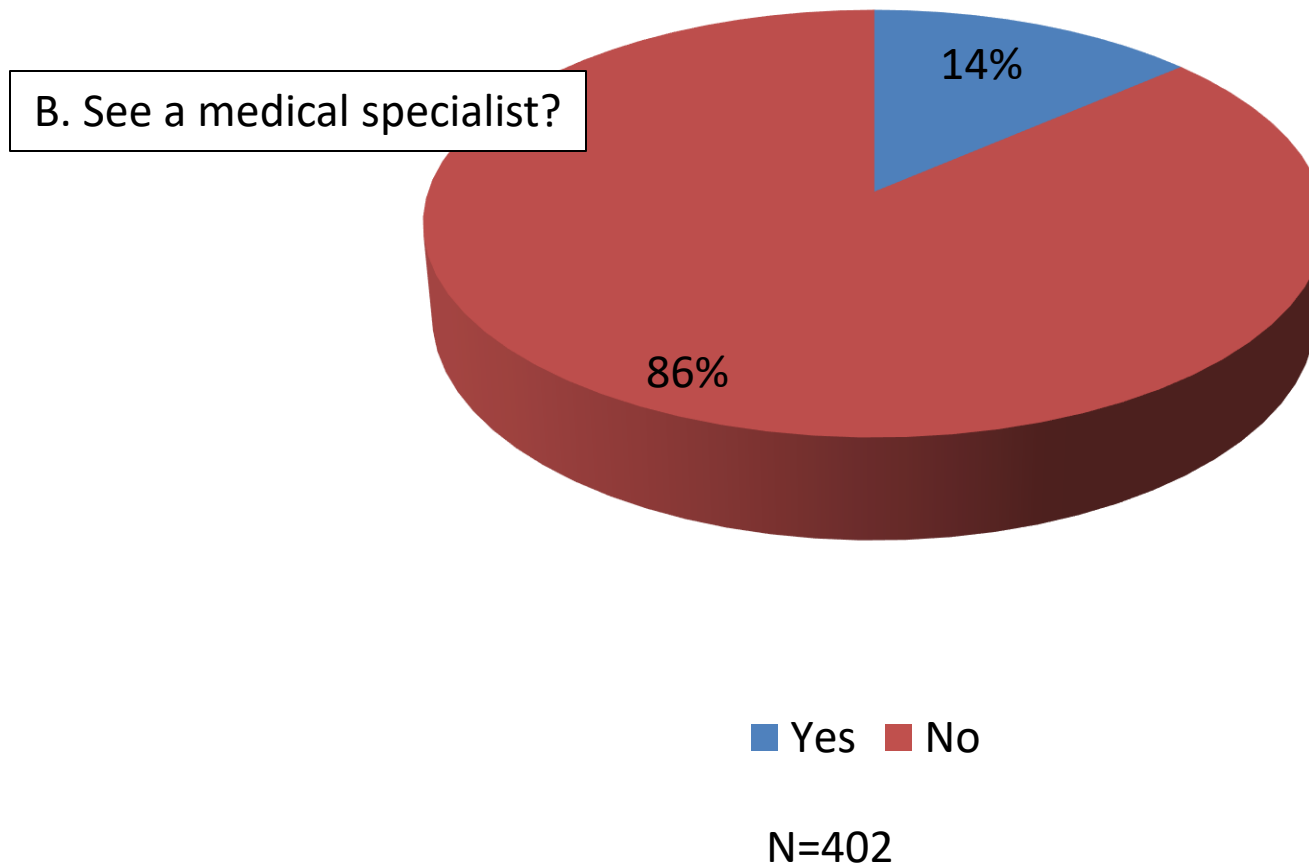
Was there a time in the past 12 months when you need to see a doctor but could not because of cost? (Q63)



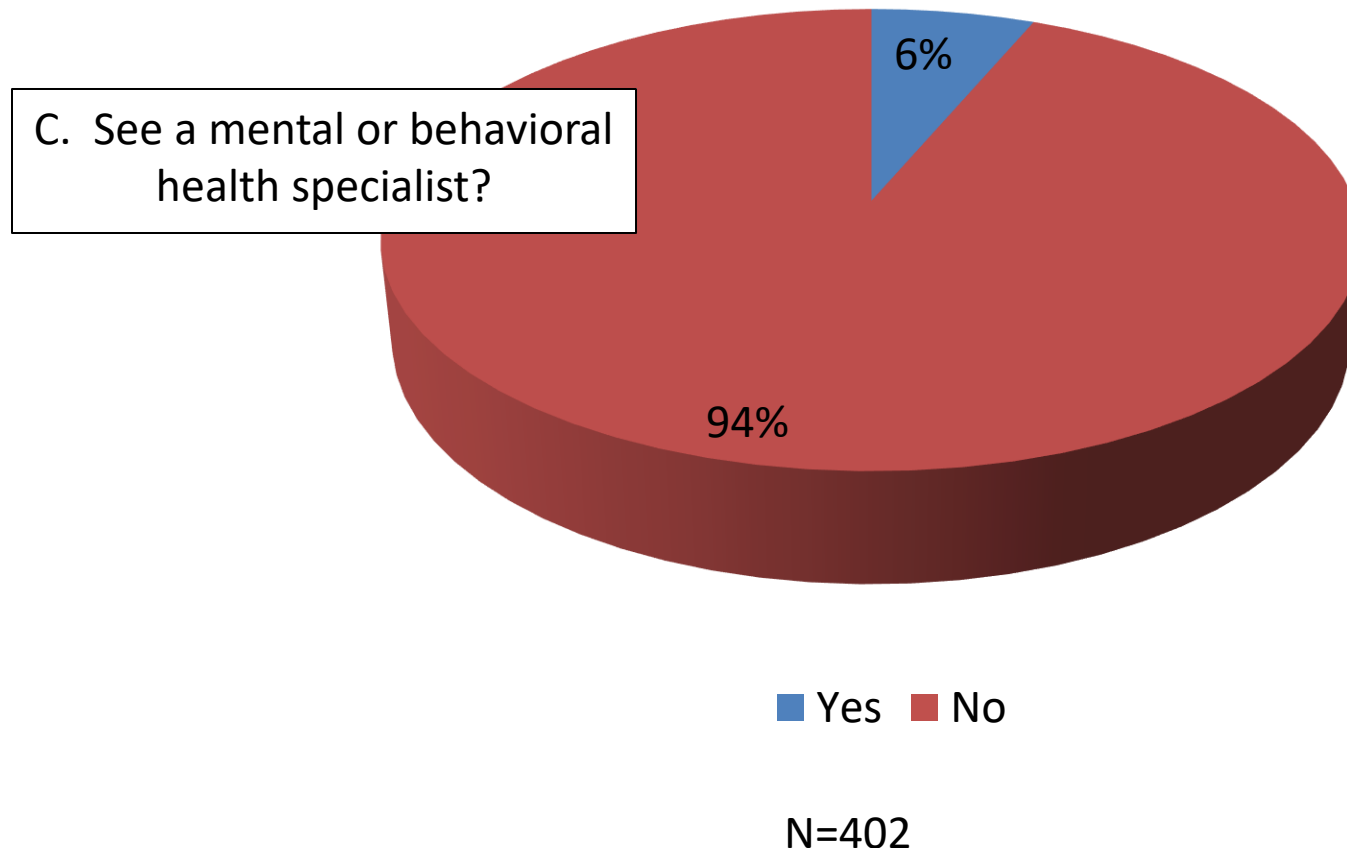
As I read the following items, please tell me whether there were any instances in the past 12 months where you need this item but did not receive it due to cost. (Q64)



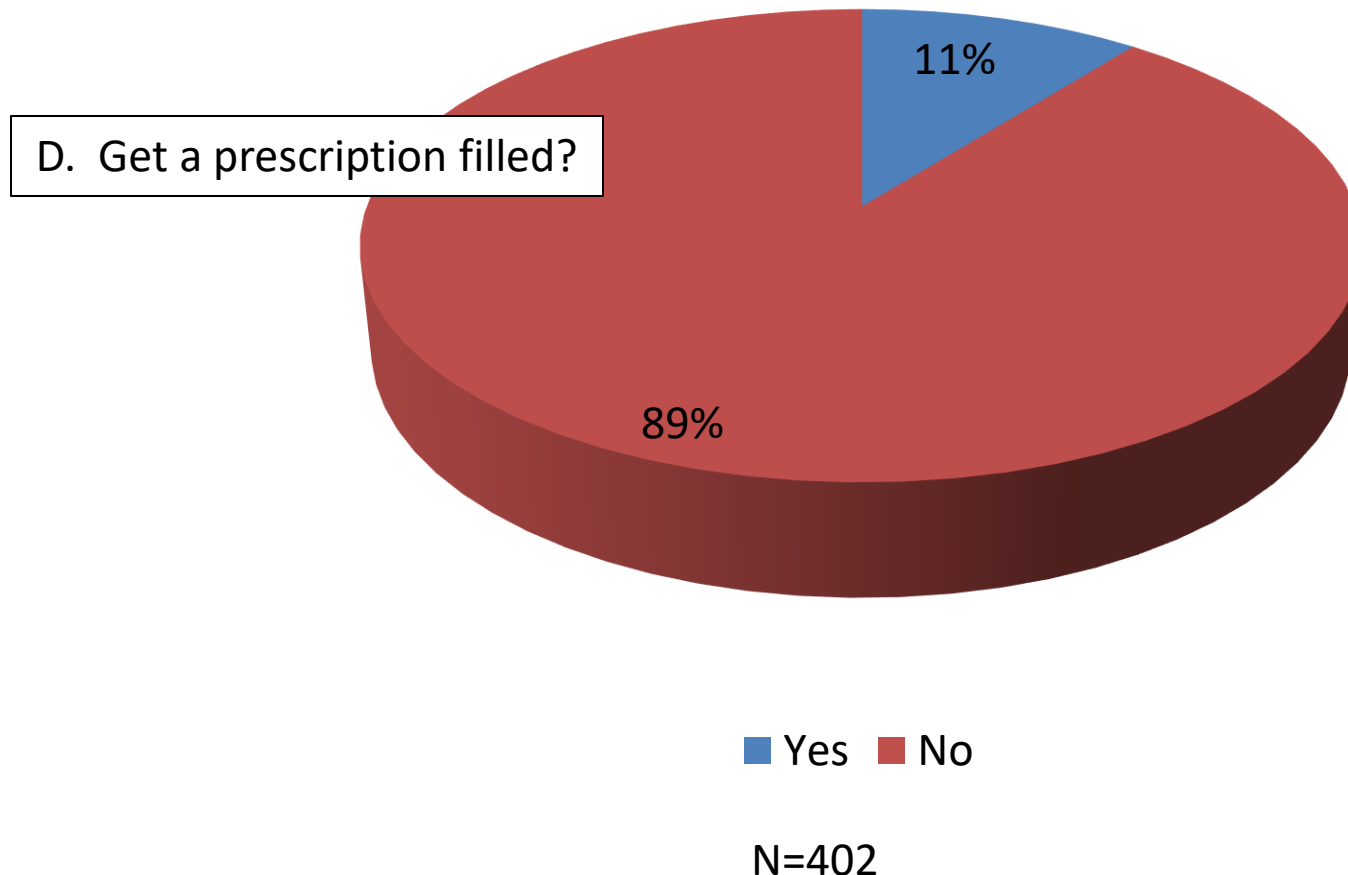
As I read the following items, please tell me whether there were any instances in the past 12 months where you need this item but did not receive it due to cost. (Q64)



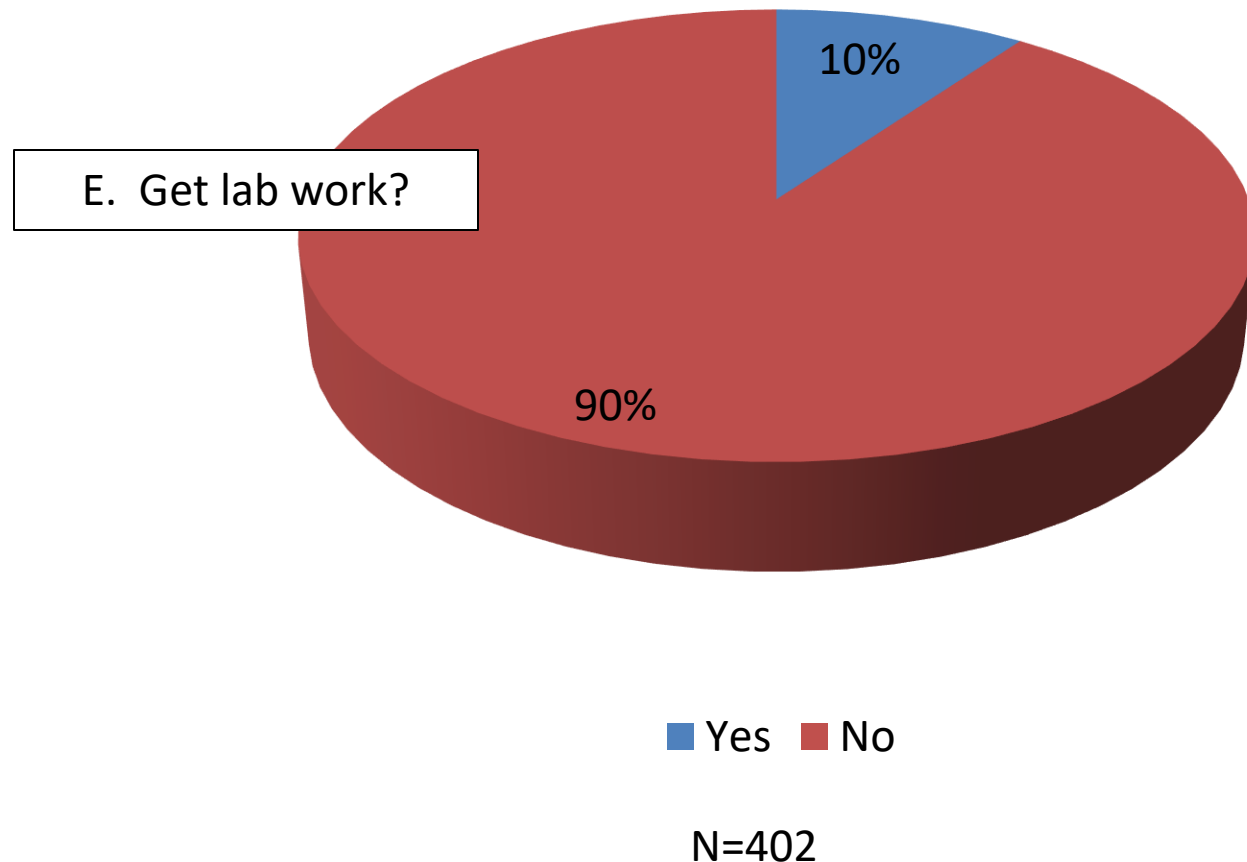
As I read the following items, please tell me whether there were any instances in the past 12 months where you need this item but did not receive it due to cost. (Q64)



As I read the following items, please tell me whether there were any instances in the past 12 months where you need this item but did not receive it due to cost. (Q64)

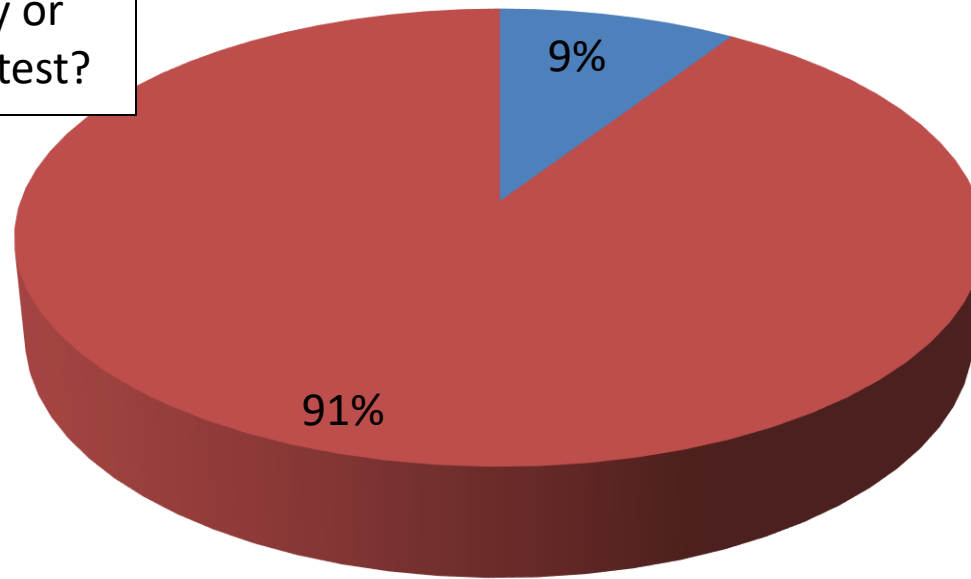


As I read the following items, please tell me whether there were any instances in the past 12 months where you need this item but did not receive it due to cost. (Q64)



As I read the following items, please tell me whether there were any instances in the past 12 months where you need this item but did not receive it due to cost. (Q64)

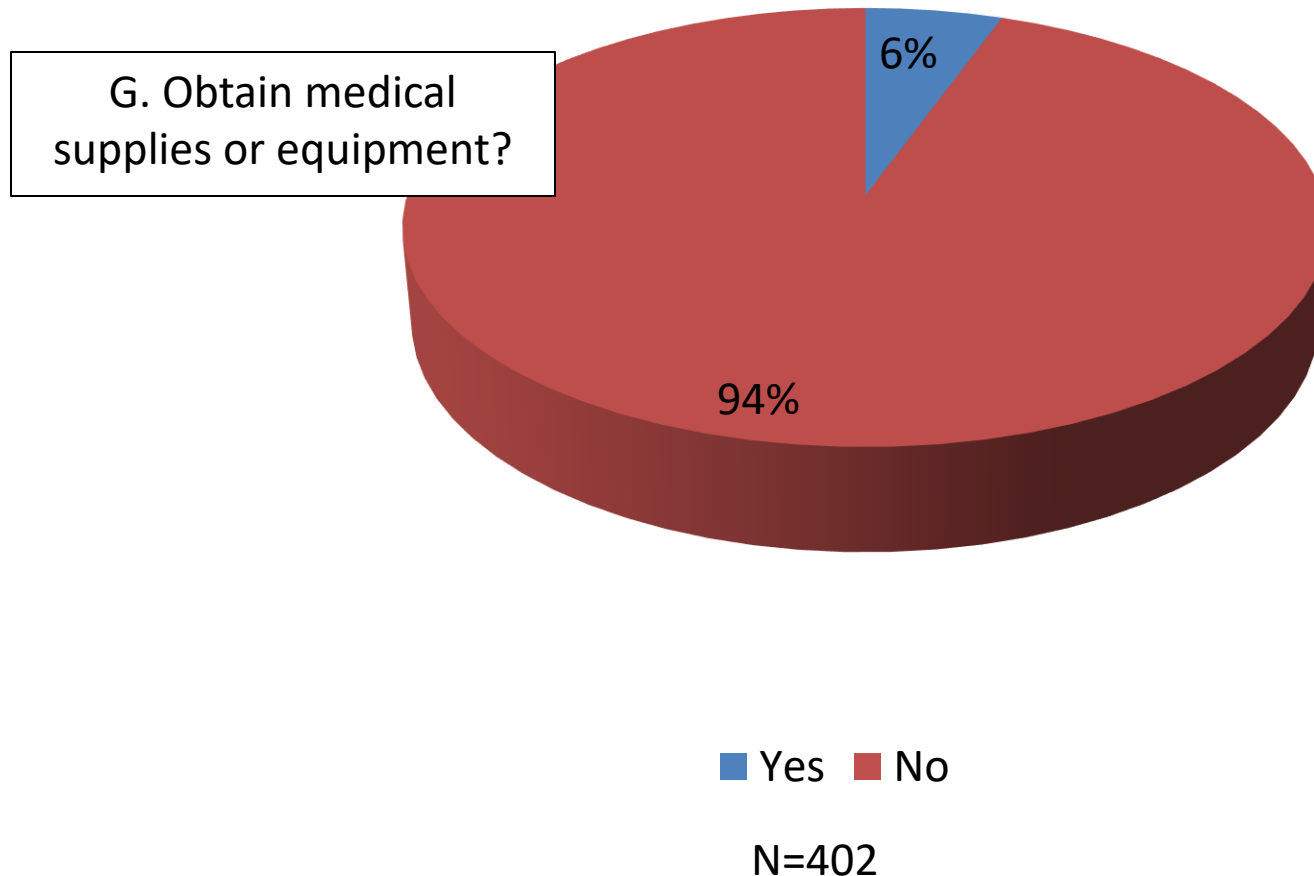
F. Have an X ray or other diagnostic test?



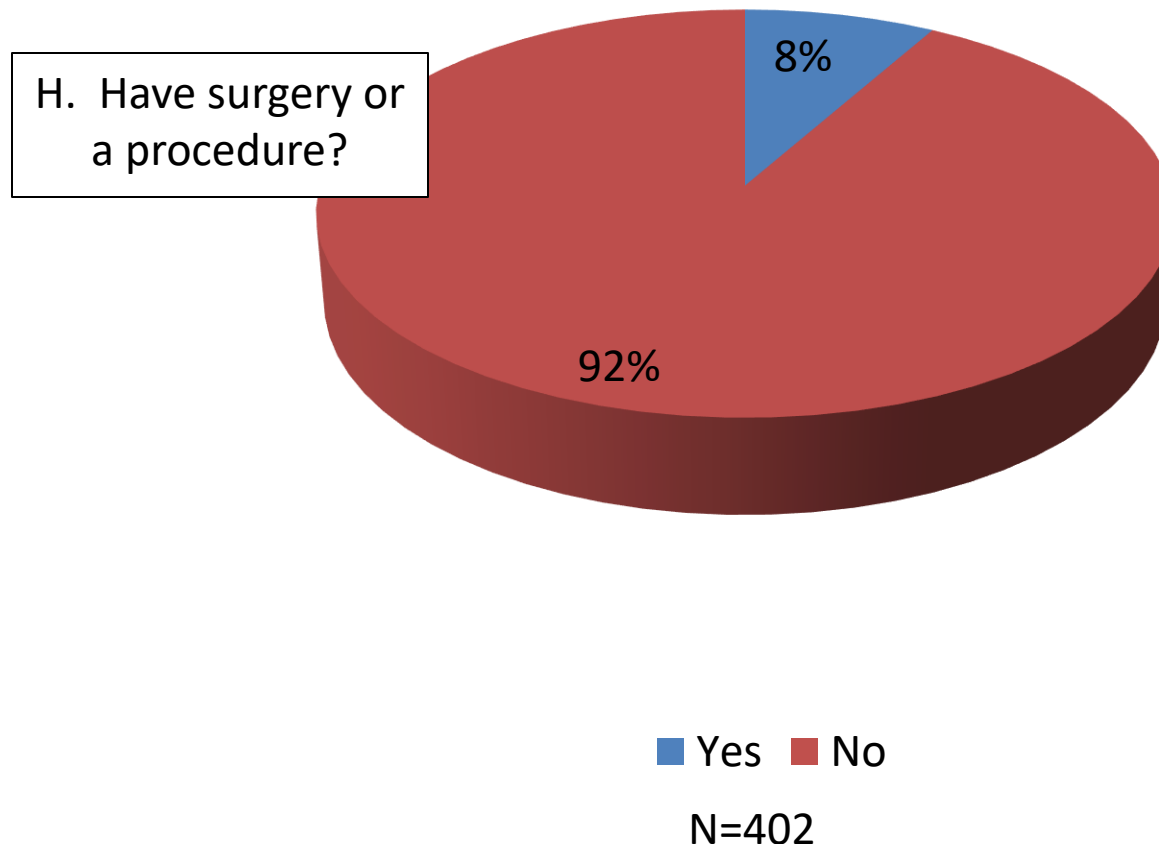
■ Yes ■ No

N=402

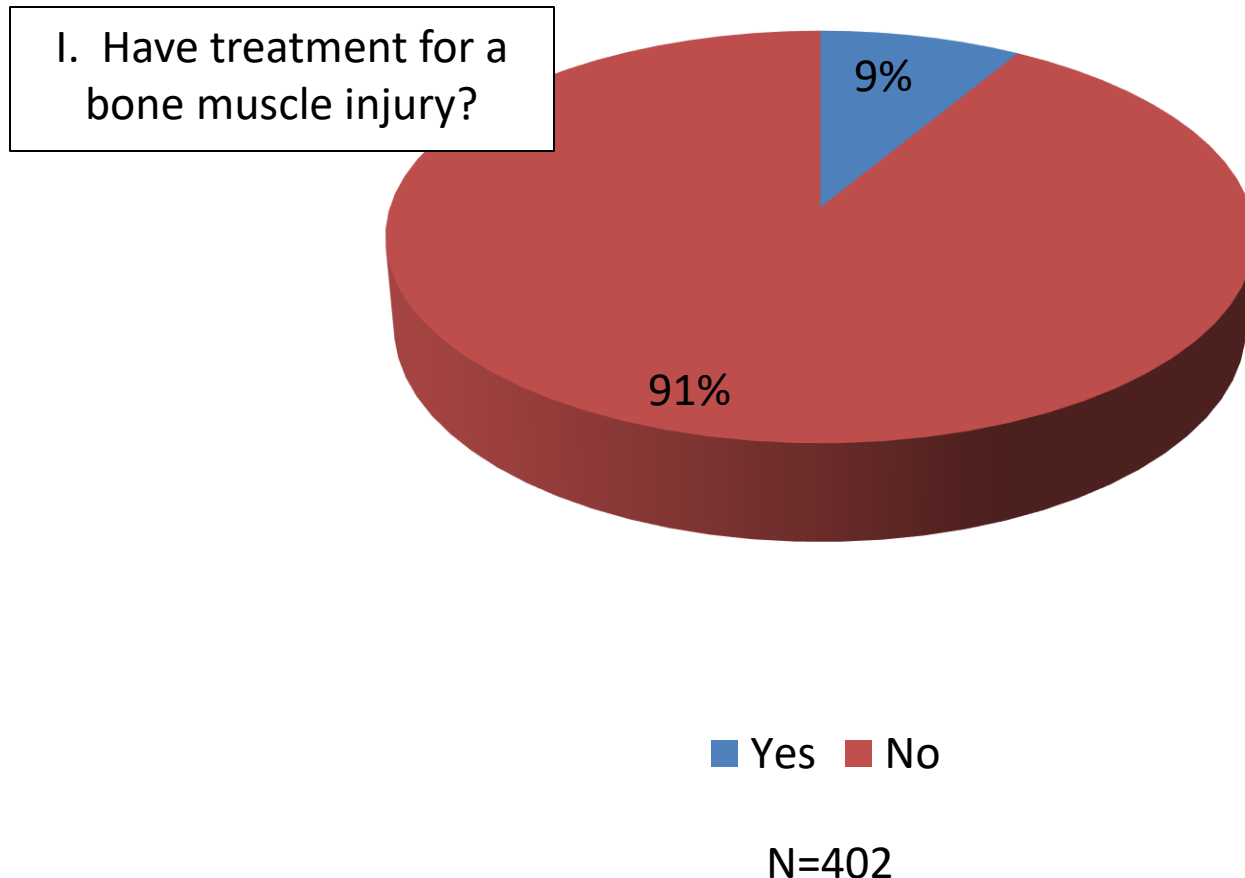
As I read the following items, please tell me whether there were any instances in the past 12 months where you need this item but did not receive it due to cost. (Q64)



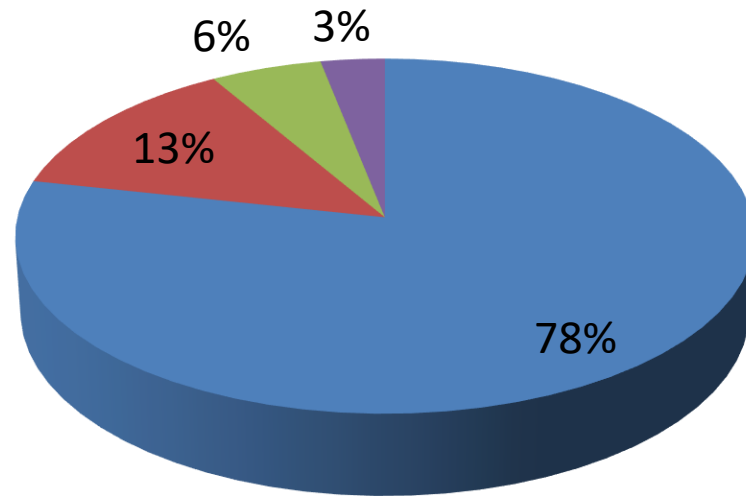
As I read the following items, please tell me whether there were any instances in the past 12 months where you need this item but did not receive it due to cost. (Q64)



As I read the following items, please tell me whether there were any instances in the past 12 months where you need this item but did not receive it due to cost. (Q64)



How many times have you used a hospital emergency room in the past 12 months? (Q65)

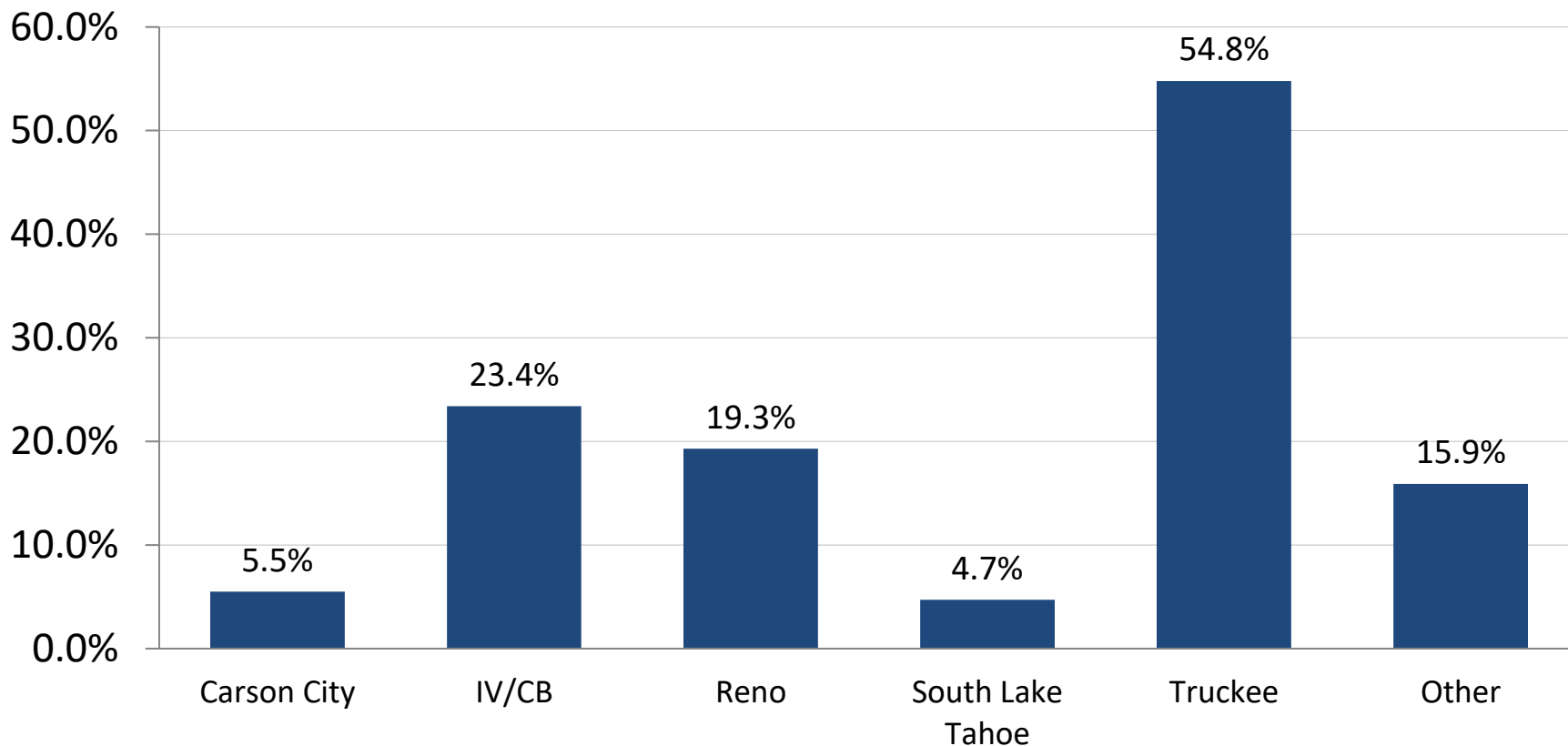


■ None ■ Once ■ Twice ■ Three or more times

N=402

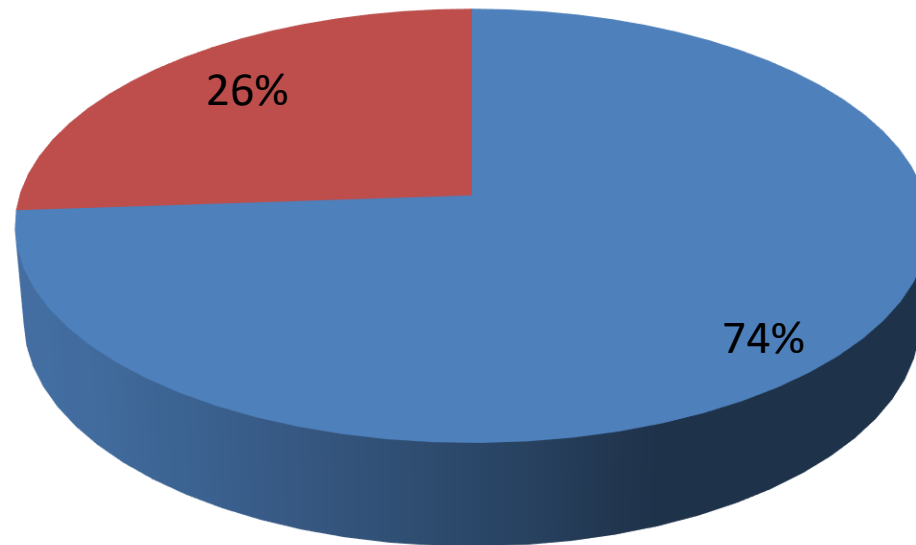
Where did you receive emergency care? (Q66)

Respondents who reported having used a hospital ER in the past 12 months



N=87

During the past 12 months, have you visited a dentist or dental clinic for dental care? (Q67)

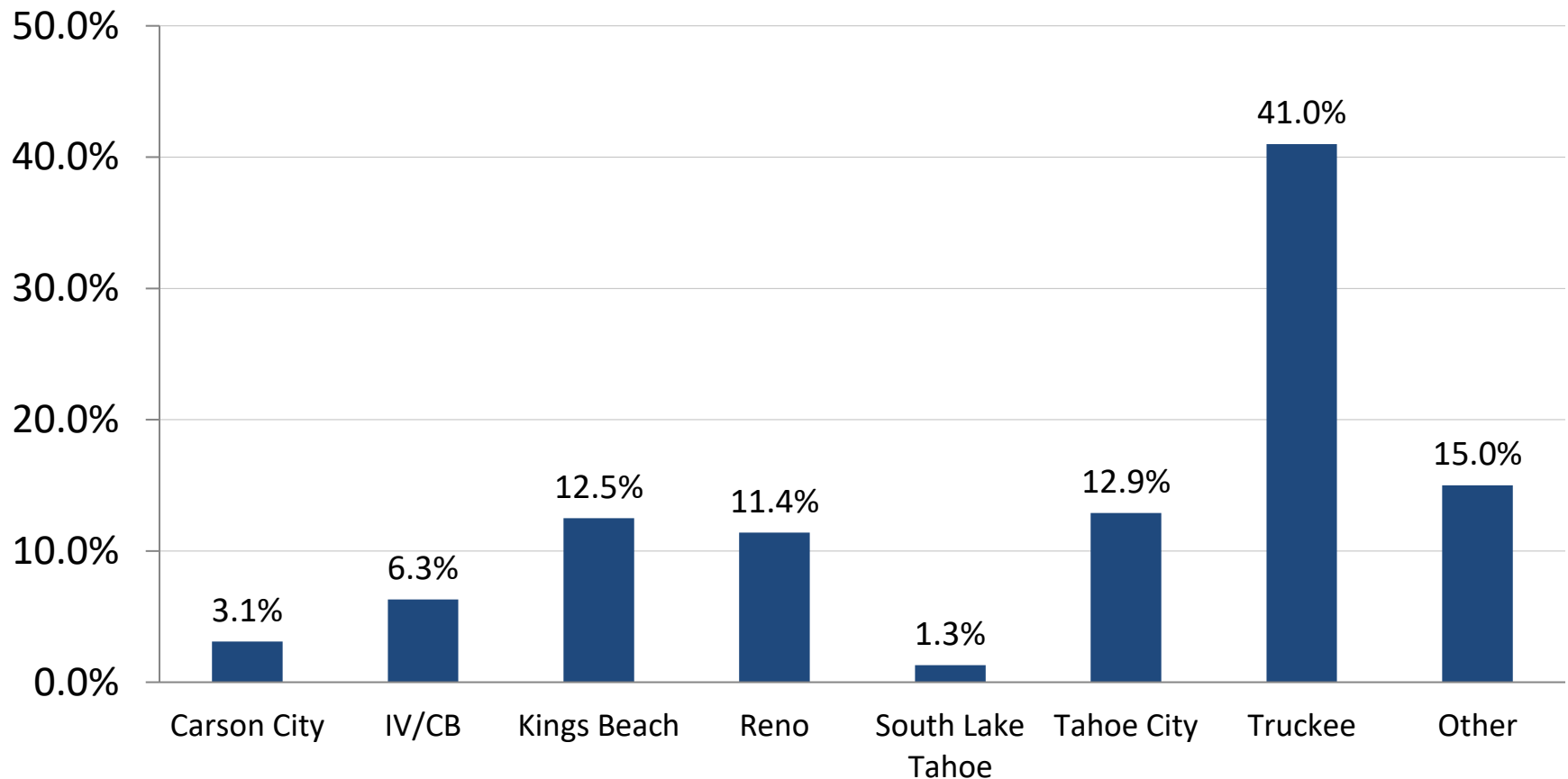


■ Yes ■ No

N=402

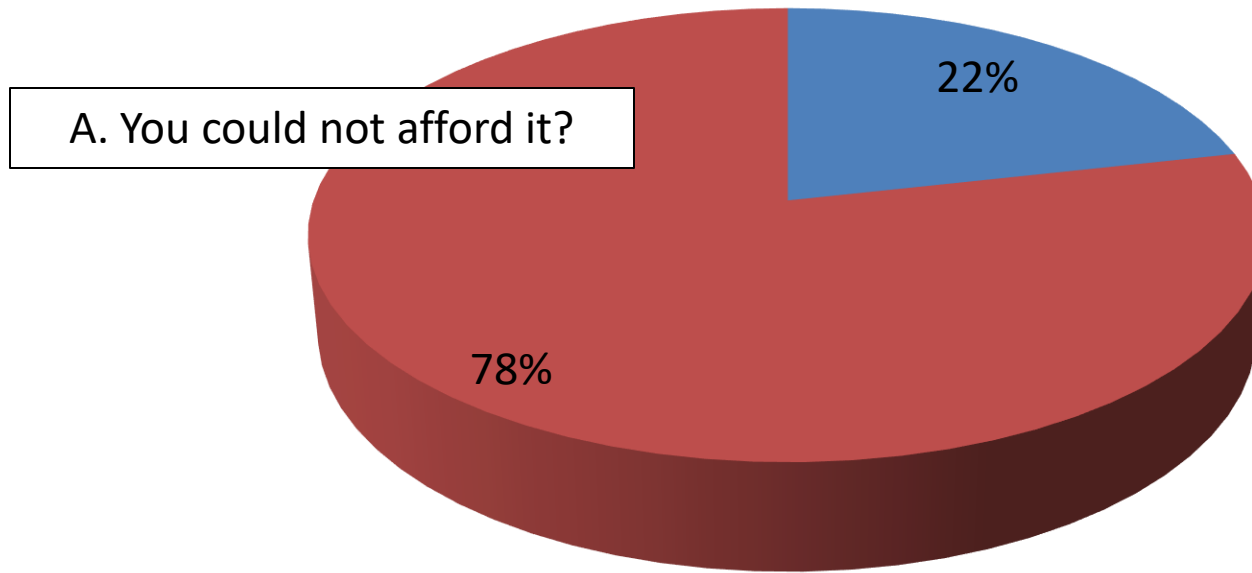
Where did you go for that dental care? (Q68)

Respondents who reported having a dental visit in the past 12 months



N=297

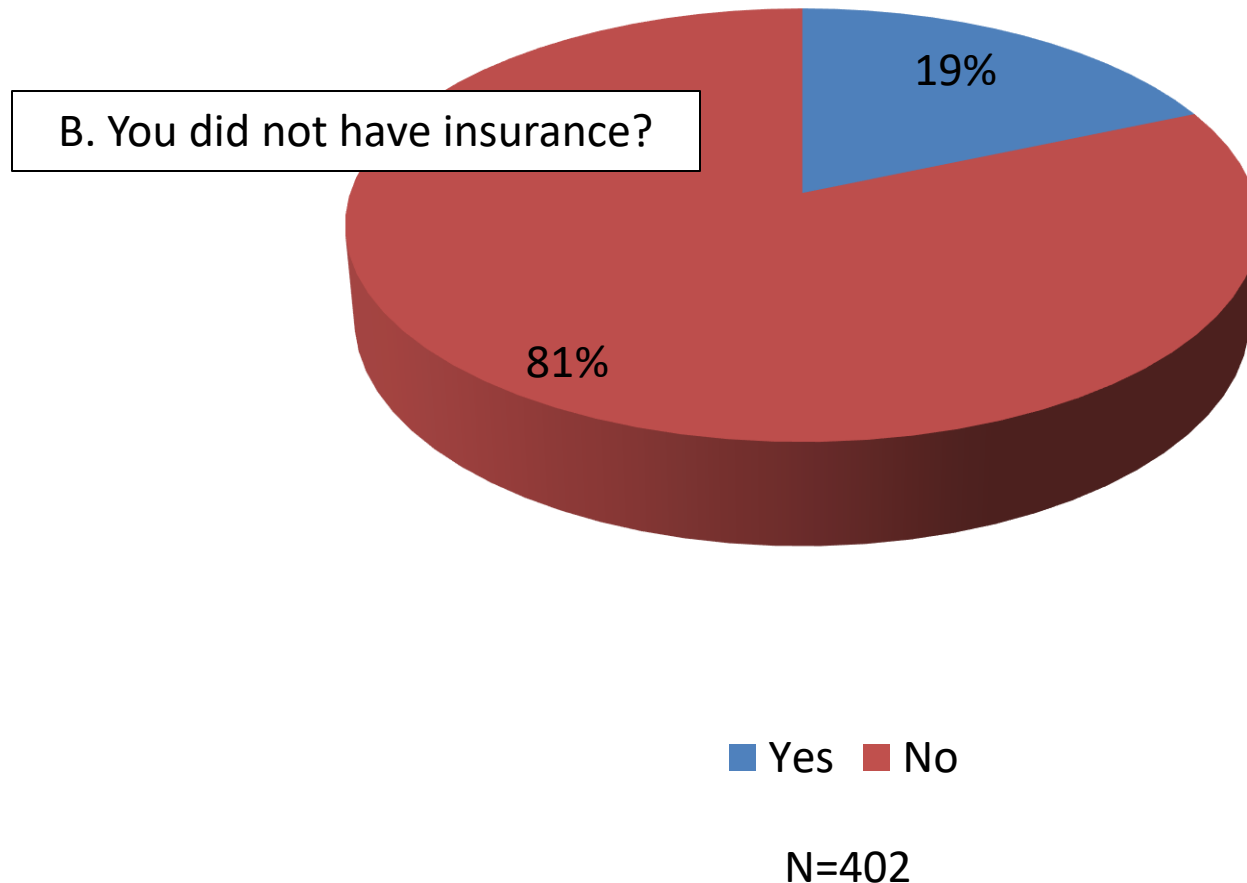
In the past 12 months, have you wanted but not sought help for dental health because _____? (Q69)



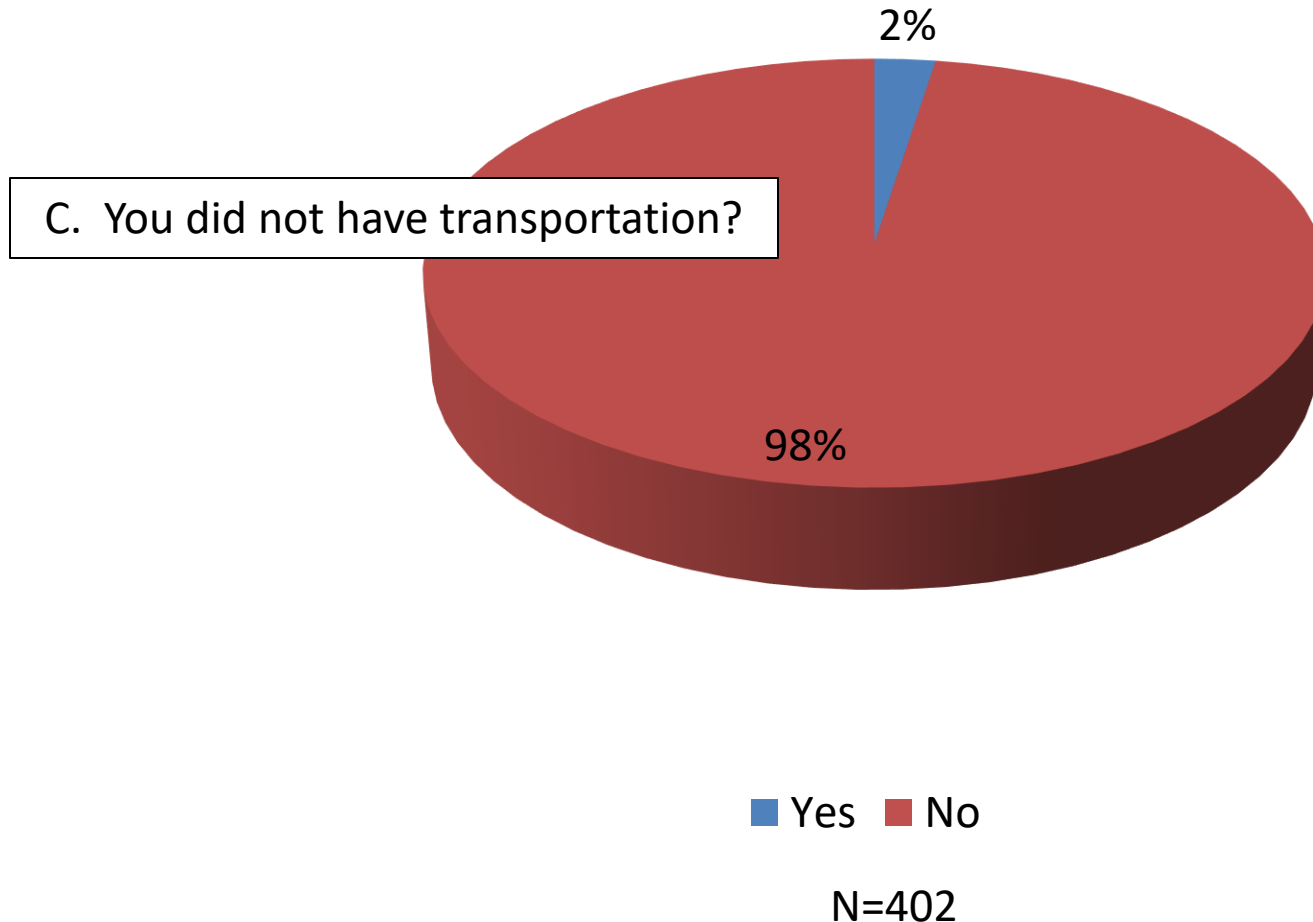
■ Yes ■ No

N=402

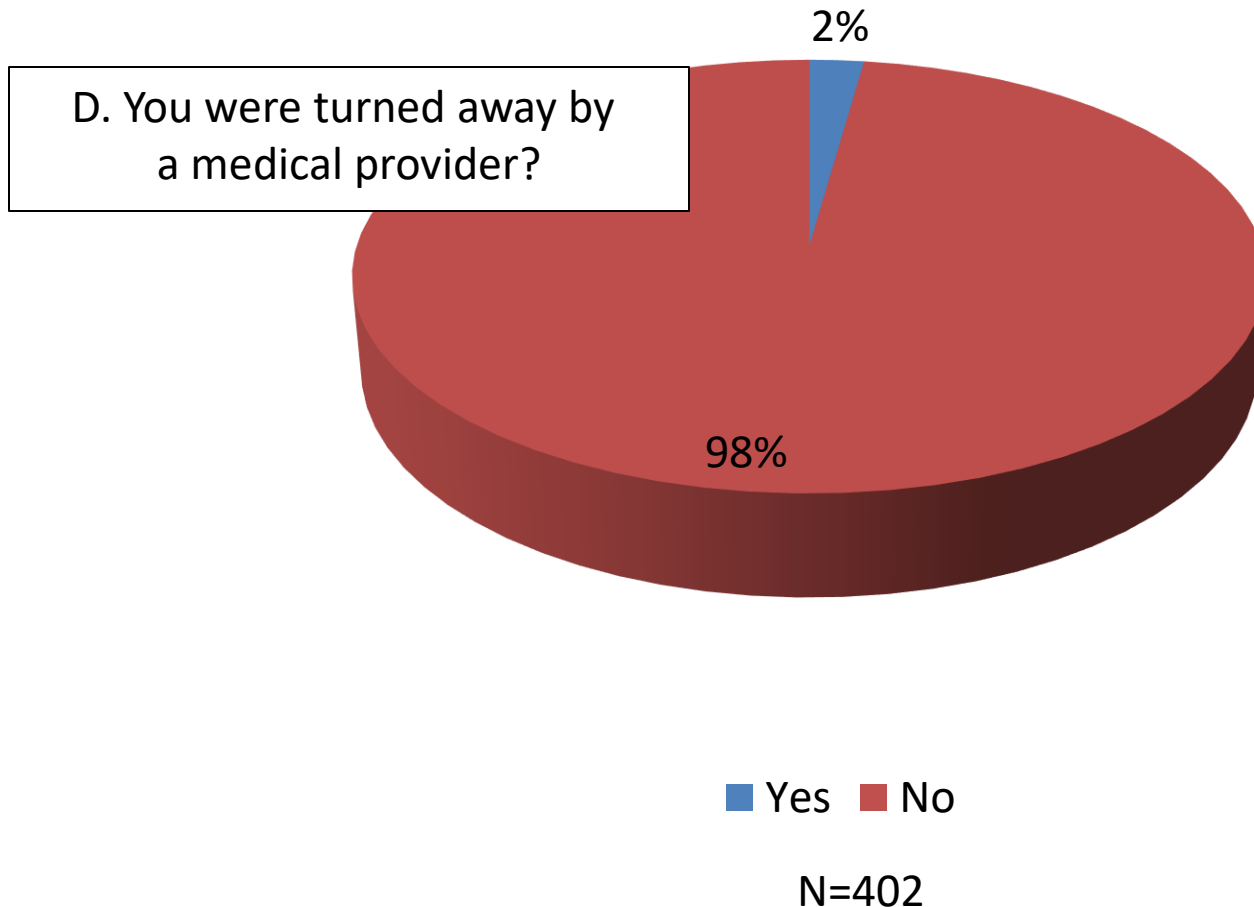
In the past 12 months, have you wanted but not sought help for dental health because _____? (Q69)



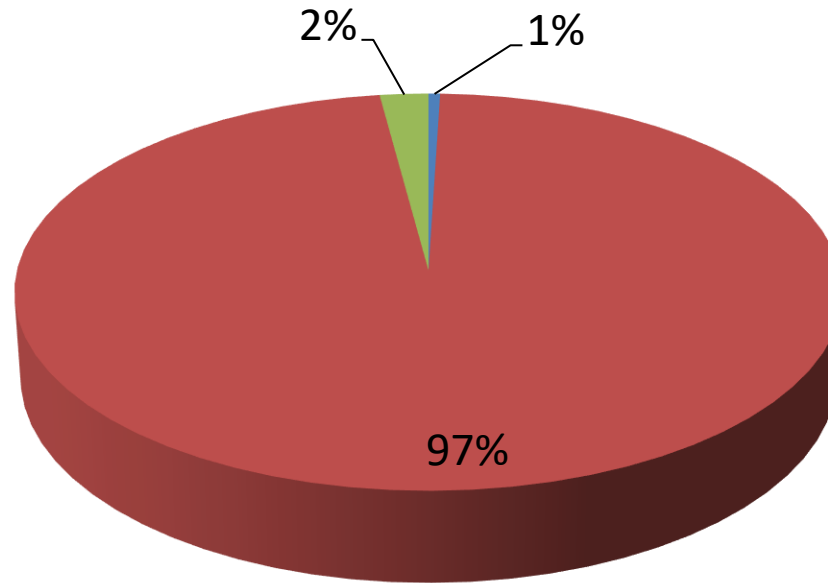
In the past 12 months, have you wanted but not sought help for dental health because _____? (Q69)



In the past 12 months, have you wanted but not sought help for dental health because _____? (Q69)



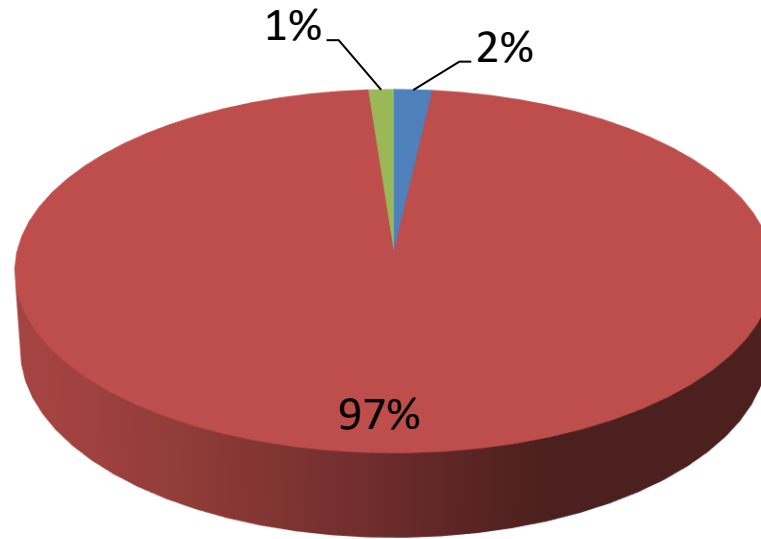
In the past five years, have you sought but were not able to obtain prenatal services in the local community? (Q70)



■ Yes ■ No ■ Don't know/not sure

N=402

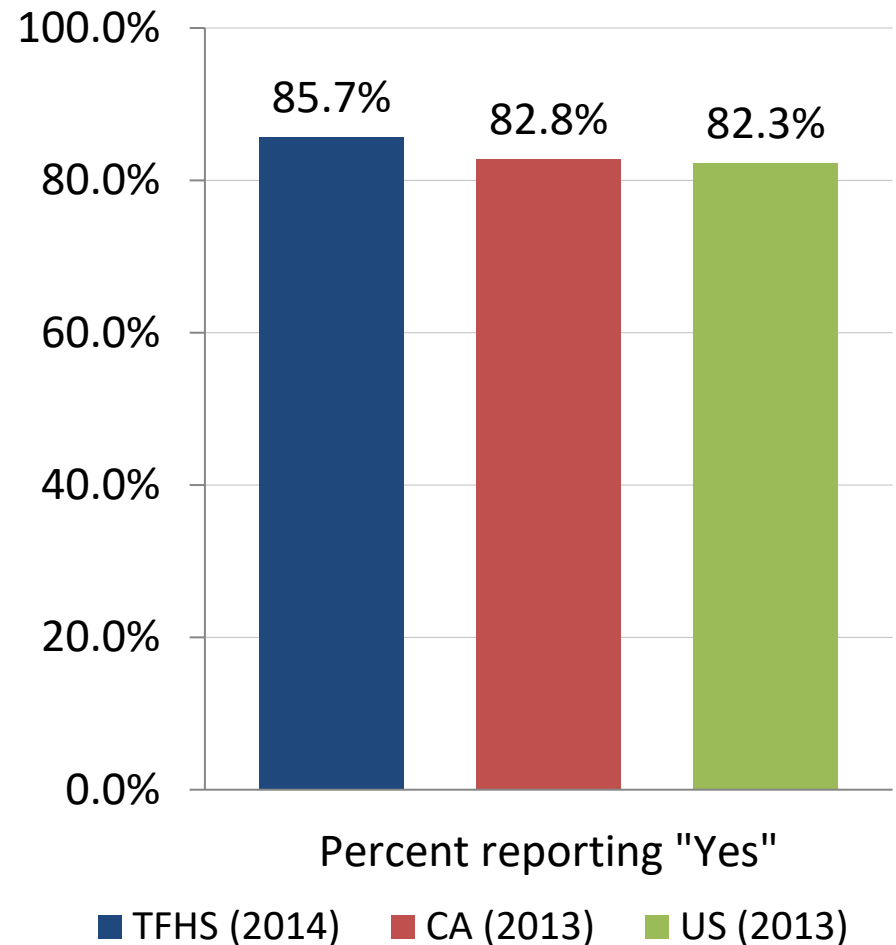
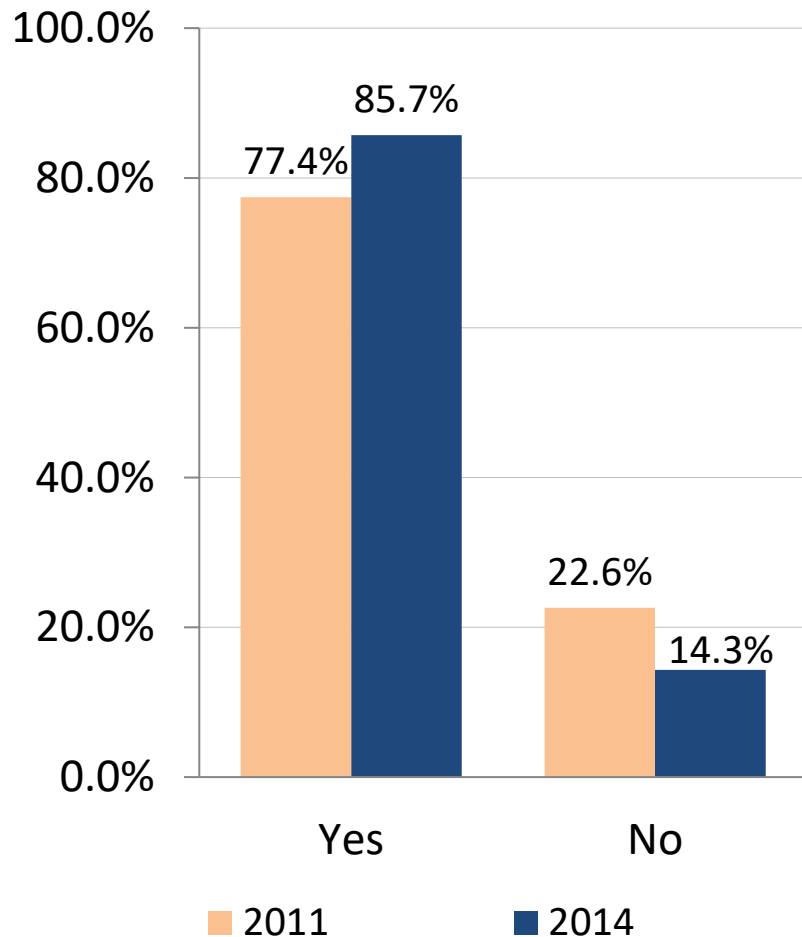
In the past five years, have you sought but were not able to obtain family planning services in the local community? (Q71)



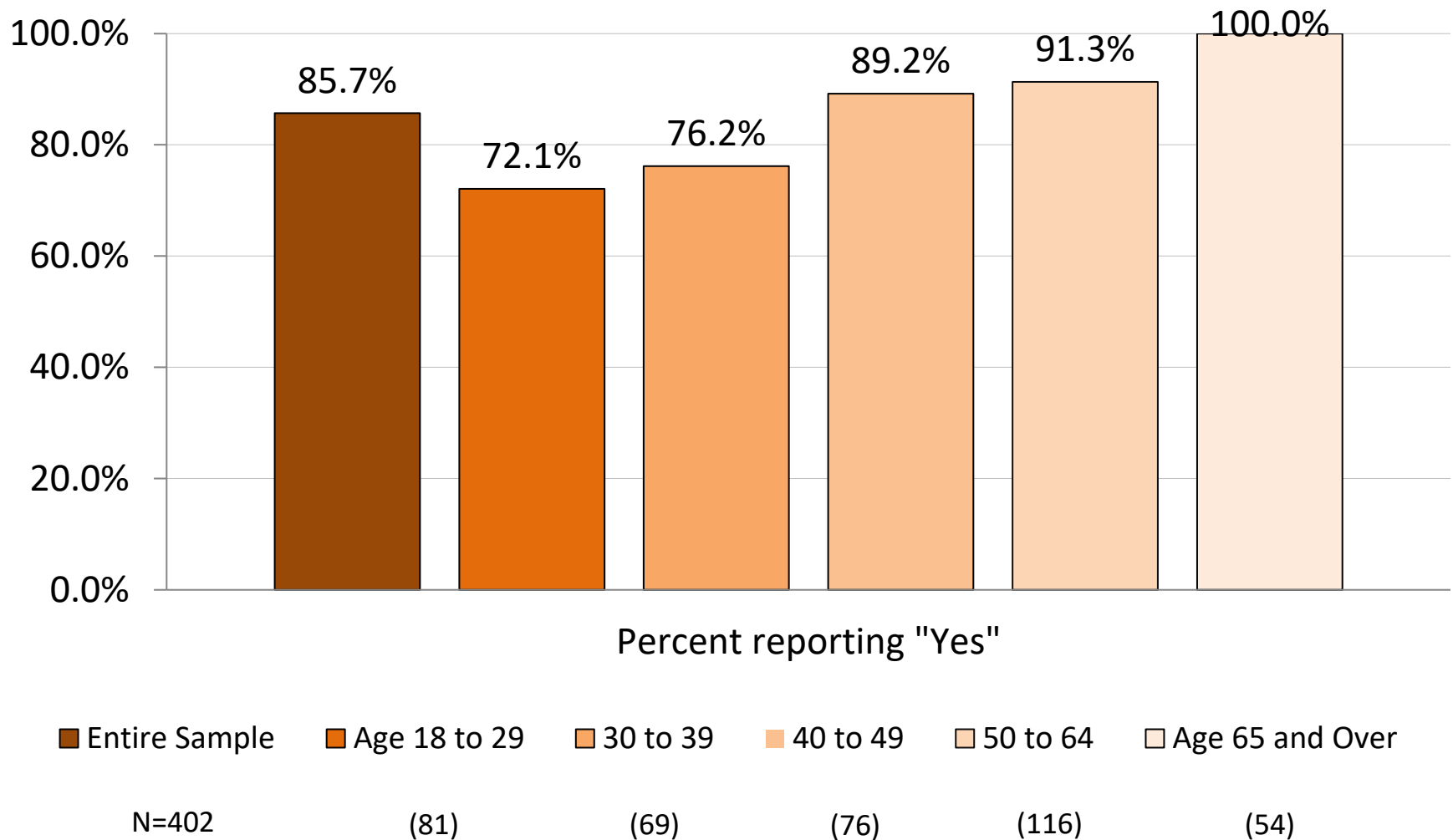
■ Yes ■ No ■ Don't know/not sure

N=402

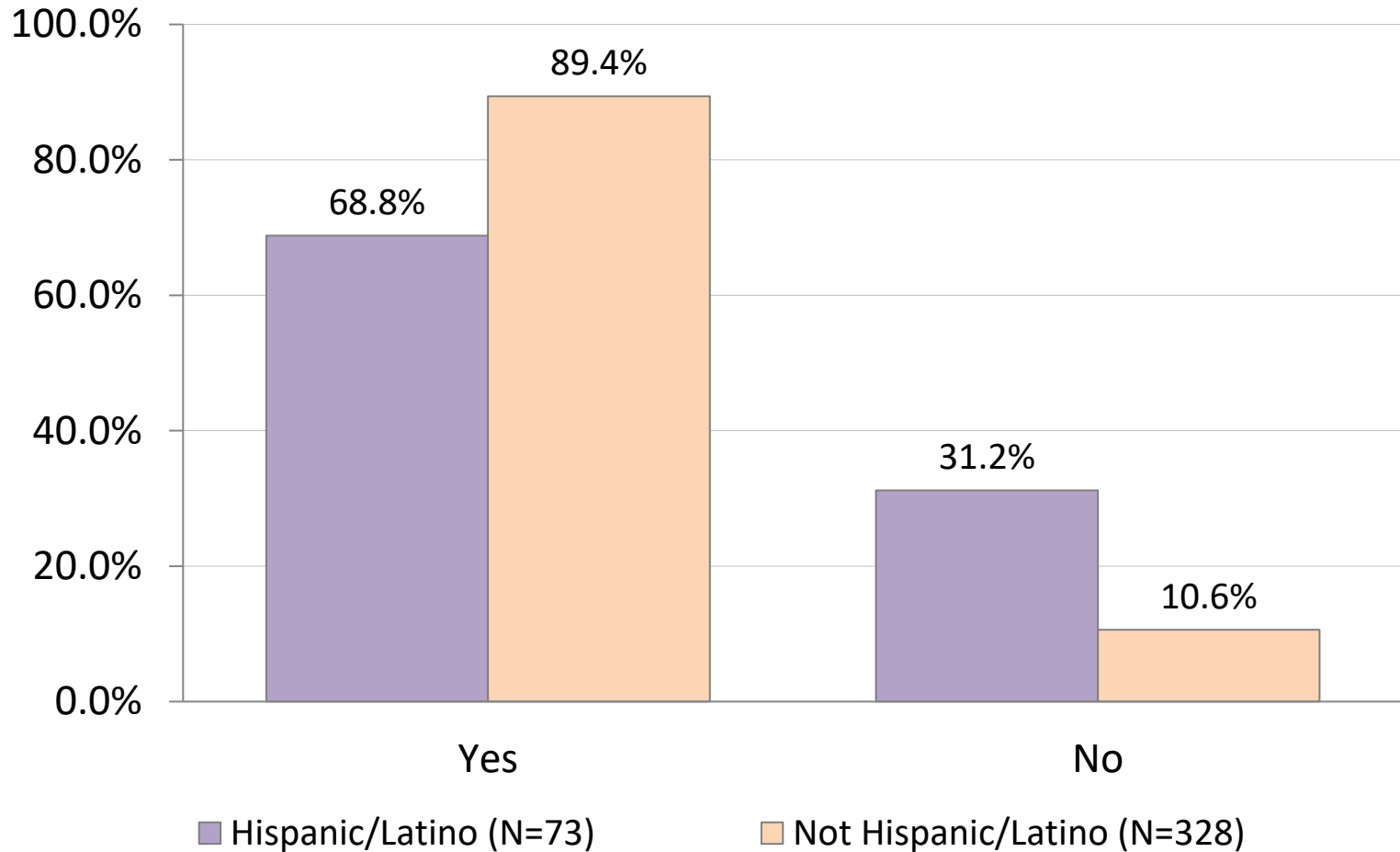
Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or governmental plans such as Medicare? (Q72)



Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or governmental plans such as Medicare? (Q72)

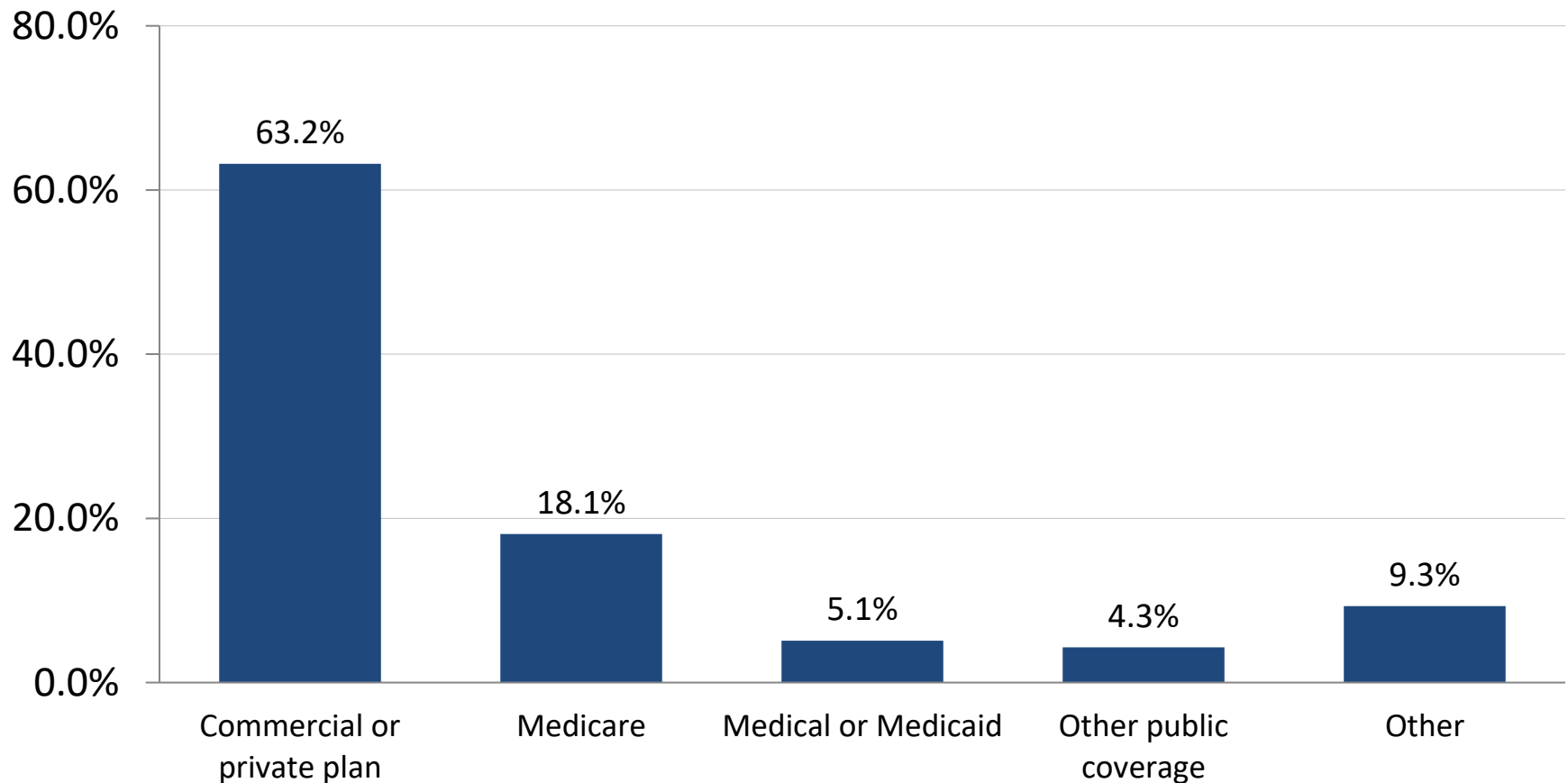


Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or governmental plans such as Medicare? (Q72)



What type of health care coverage do you have? (Q73)

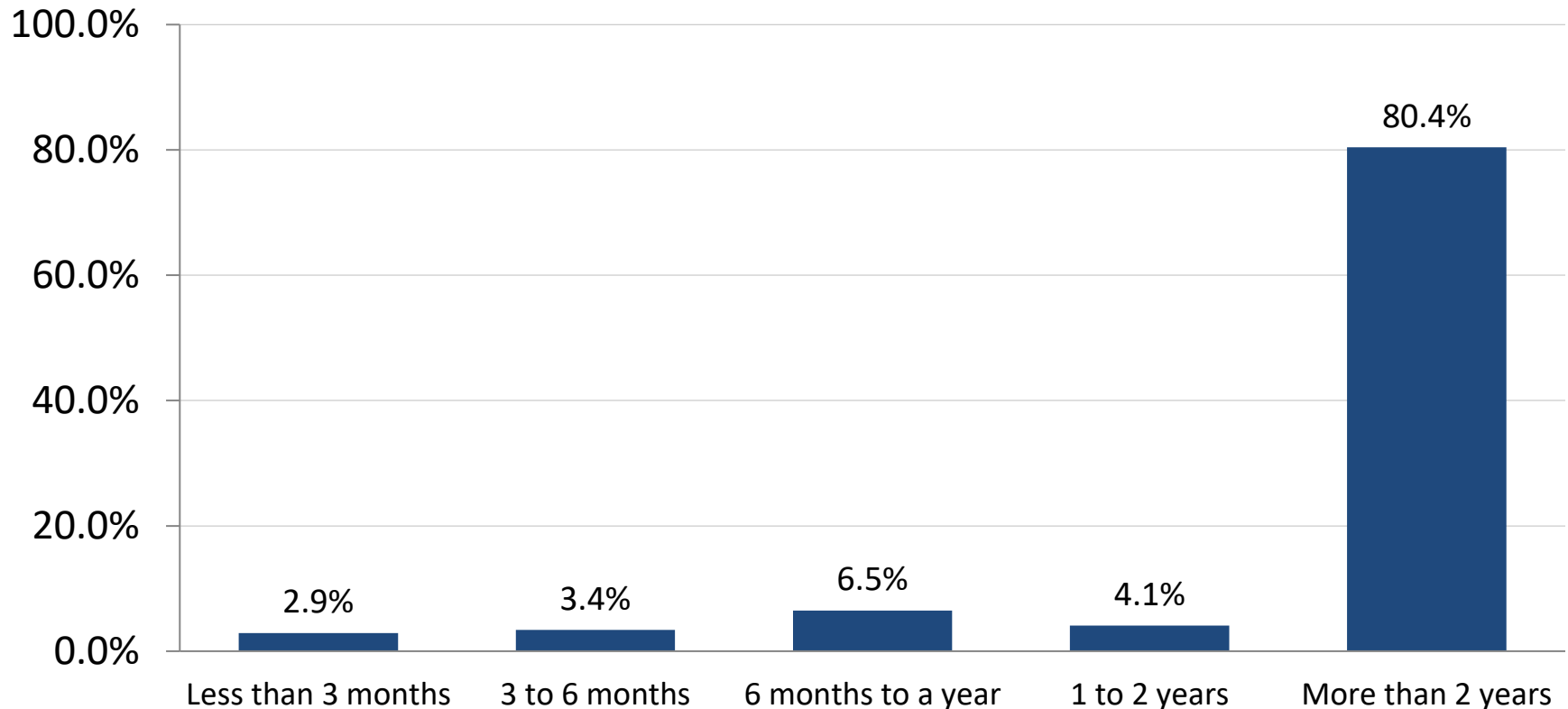
Respondents who reported ever having health coverage



N=345

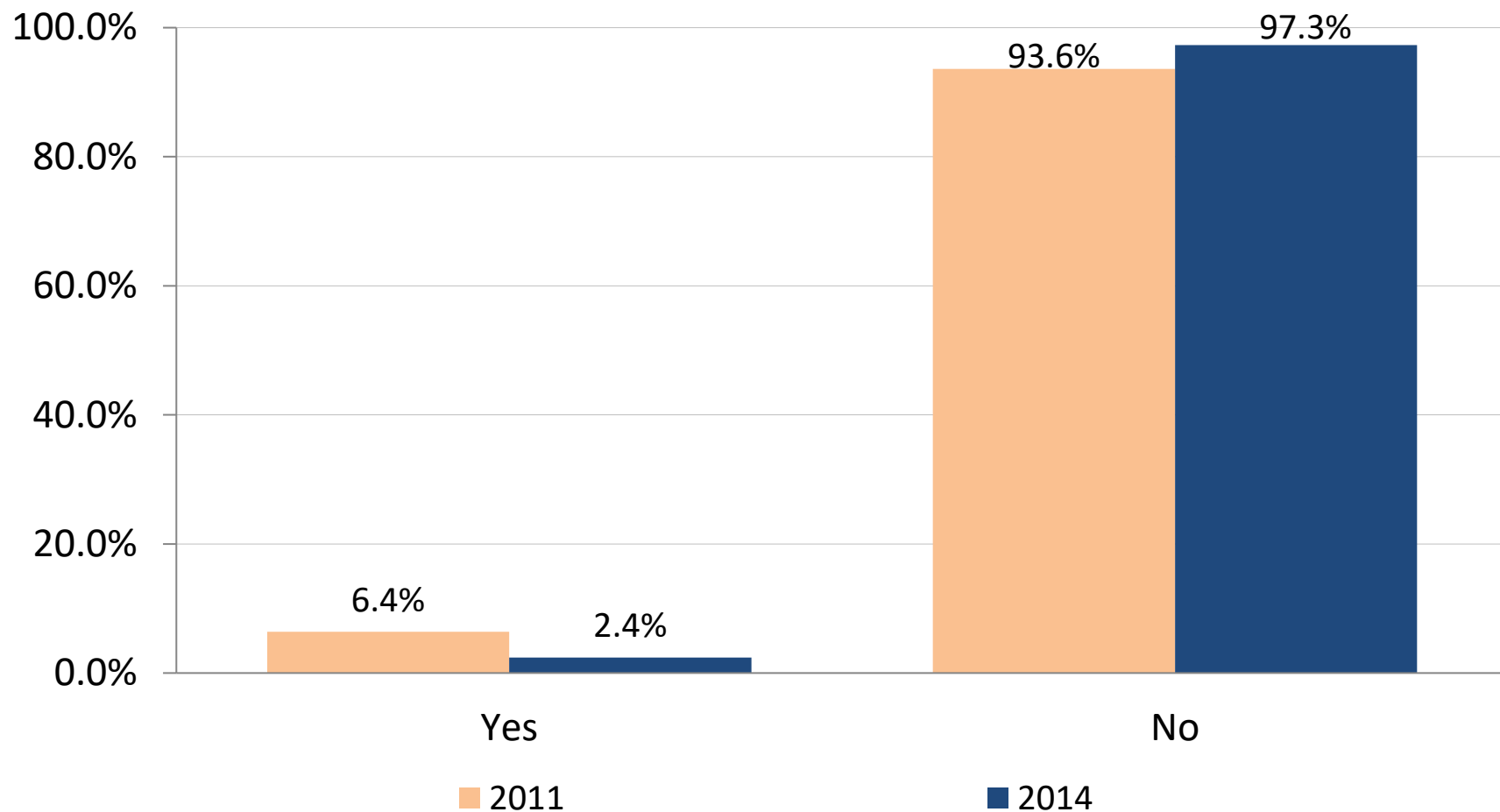
For how long have you had health care insurance coverage without a lapse in coverage? (Q74)

Respondents who reported ever having health coverage

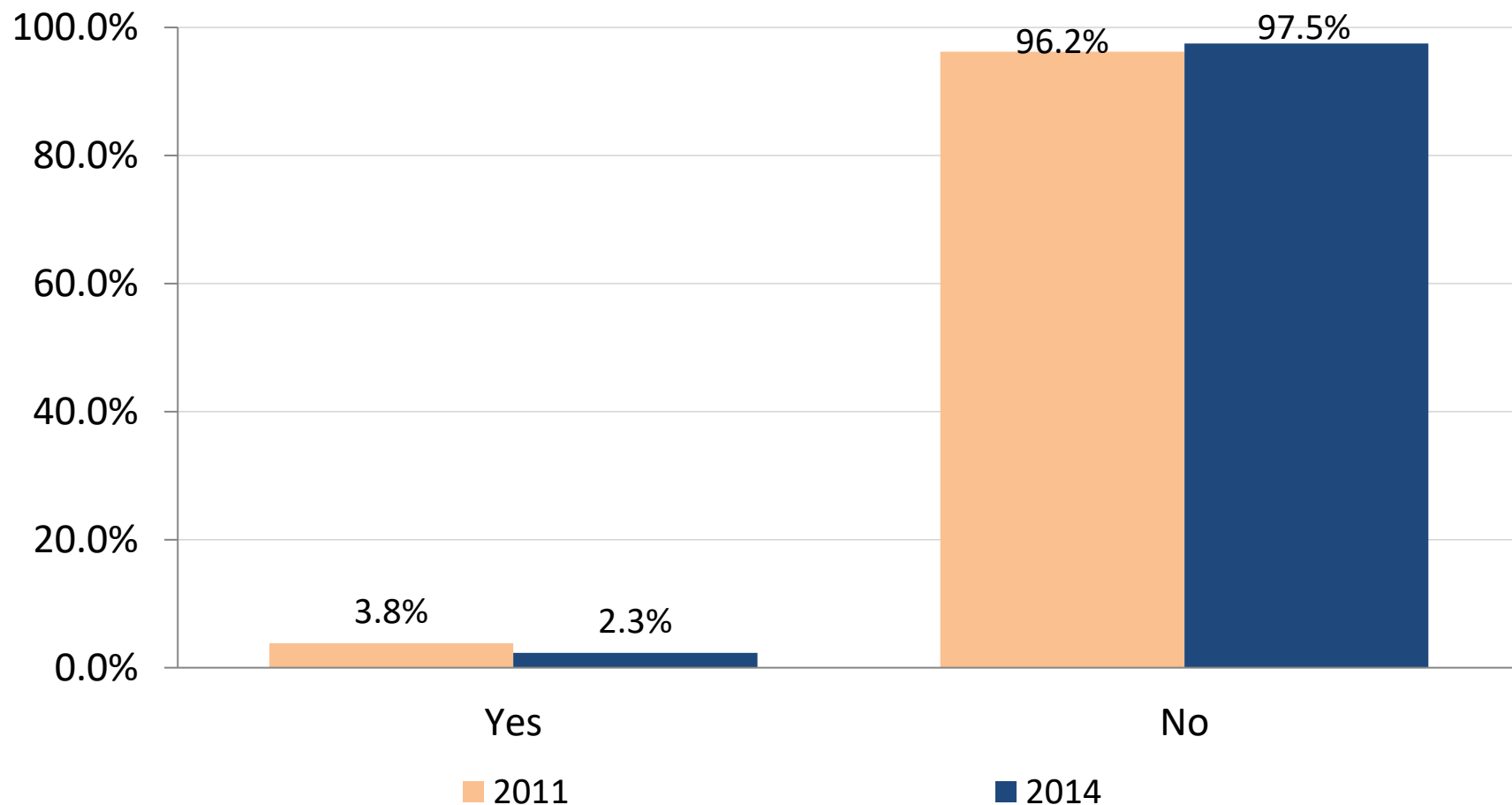


N=345

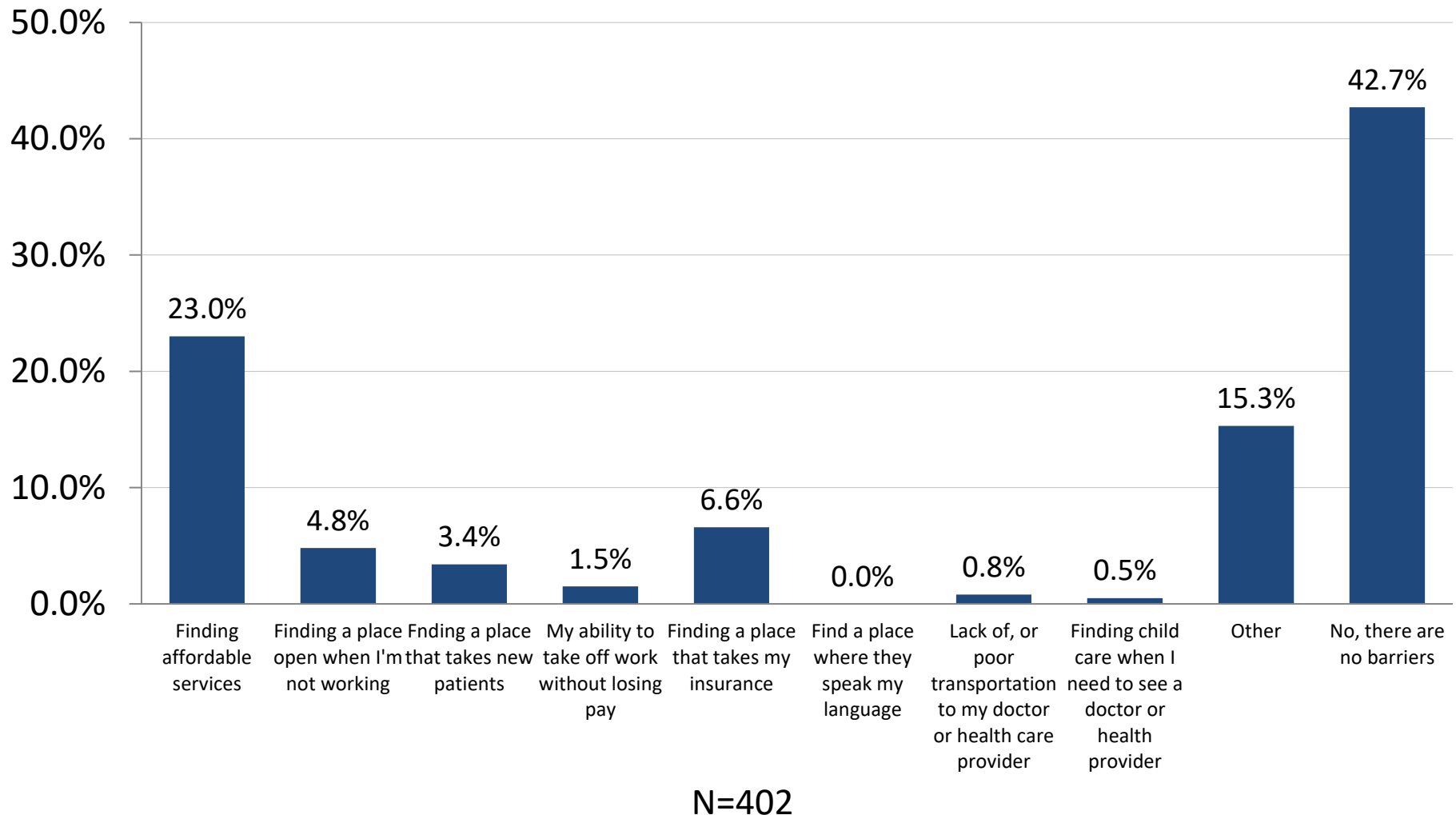
Have you not sought medical help in the past year even though you wanted to because of a lack of transportation? (Q75)



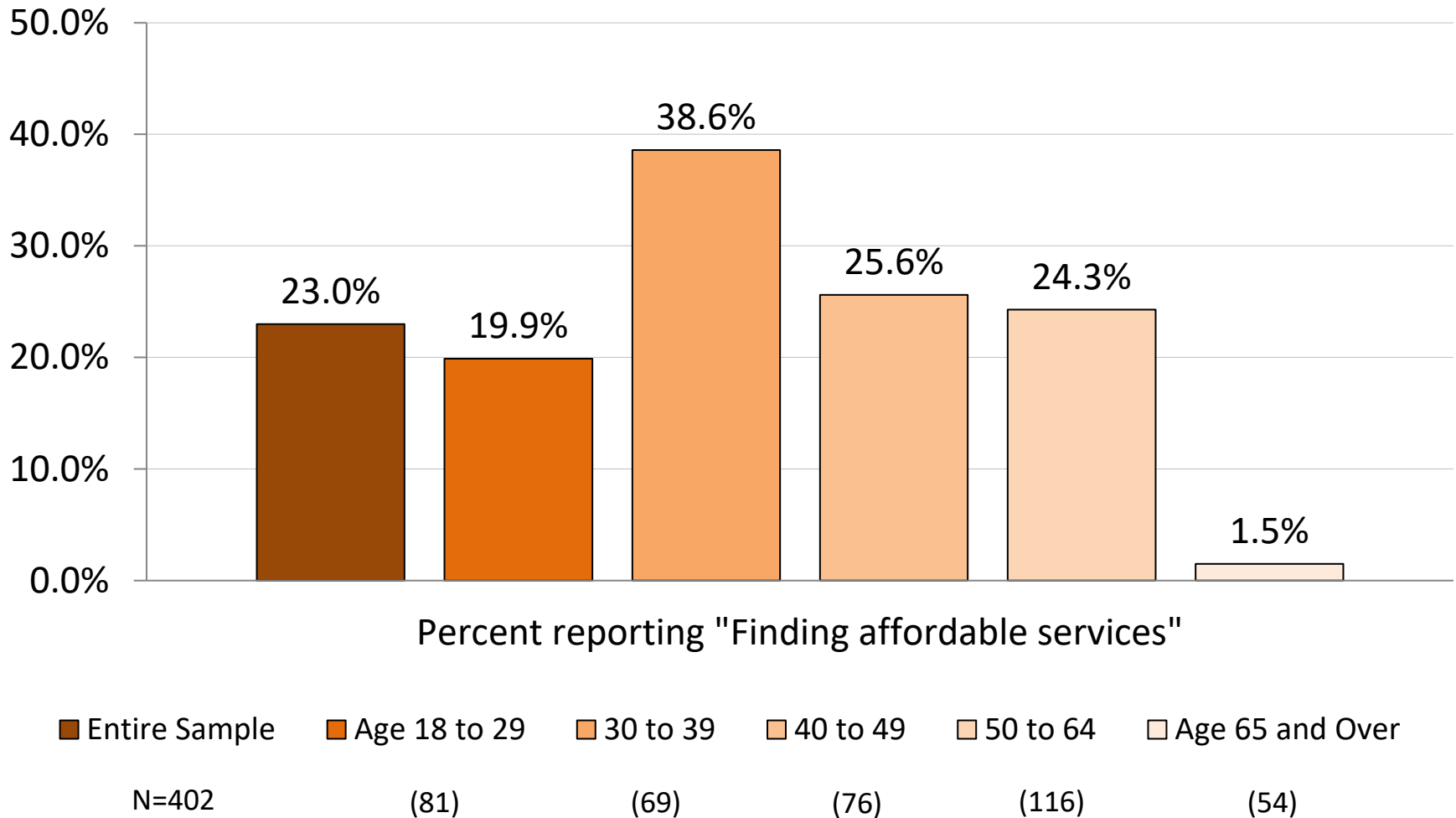
Have language or cultural barriers between you and a medical provider prevented you from seeking medical care in the community? (Q76)



In your opinion, what is the main barrier you face in accessing health care in our community? (Q77)



In your opinion, what is the main barrier you face in accessing health care in our community? (Q77)



Open-Ended Questions Summary

- Q81: What do you think is the top health or health care challenge facing our community? (75%)
- Q82: What changes in health care services would you like to see in our community, if any? (61%)
- Q83: Is there anything else you would like to know? (24%)

Open-Ended Questions Summary

- Hospital costs, prices, affordability and transparency (-)
- Hospital quality and ease of access (+/-)
- Health workforce, esp. access to medical specialists, dental care, and urgent care (-)
- Insurance coverage gaps and acceptance by hospital and other local providers (-)

Key Household Survey Findings

- Immoderate alcohol consumption
- Prescription drug misuse
- Health care costs and affordability
- Oral health care access barriers
- Adult and children's vaccination rates
- Access disparities, costs and coverage

Key Household Survey Findings

- Self-reported general and mental health status
- Mammography rates
- Physical activity prevalence
- Wait times for access providers, including mental health providers
- Health insurance coverage

Key Household Survey Findings

- Tdap vaccination
- Colon cancer screening
- E-cigarette and chew tobacco use
- Length of coverage lapses for those with health insurance coverage

Key Mental Health Preliminary Findings

Many individuals' mental health needs are adequately addressed;

Need to encourage and continue community collaboration efforts;

Need to address issues of transportation, observation, and further referral/placement for patients in the ED.

- Providers recognize need for additional services:
 - Psychiatric care, clinicians who bill insurance, alternative to county services (different model), crisis team services for community service provision, substance use programs, groups, day programs
 - Co-location or integration is a preferred method to provide seamless and efficient care

Key Mental Health Preliminary Findings

- MDs/docs are filling multiple roles:
 - Factor in burnout, job satisfaction
 - Isolated and underserved depend on them for support
 - Lack of psychiatric consultation
- Highest risk groups need innovative services:
 - Centers of excellence, additional/secure funding streams, outreach services to address barriers (novel settings, alternate service delivery models, addressing systemic issues impacting care)
- Providers and referral agencies would value collaboration and information sharing about existing services
 - This could reduce confusion and burden on individuals seeking services (how to navigate community services)
 - Increase successful service utilization

TNT Youth Health Initiative

Key Preliminary Findings

- The Truckee-North Tahoe region has a wide variety of youth-focused agencies and programs that can be leveraged to improve adolescent health.
- The Youth Health Care System can be improved by
 - Improving Access to Services
 - Increasing Services and Youth-friendly, Bilingual Providers
 - Expanding Affordable, Youth-driven Activities
 - Promoting Education
 - Creating a Coordinated and Collaborative System of Care

Key Informant and Focus Group Barriers

Access To Care

- Transportation
- Lack of Specialty Providers
 - Mental and Behavioral Health
 - Dental (especially pediatric)
 - Reproductive
- Insurance coverage
- Immigration Status
- Cost of care (Borderline MediCal)
- Language and Cultural barriers

Key Informant and Focus Group Barriers Mental and Behavioral Health

- Stigma in receiving services
- Limited availability of:
 - Youth-friendly providers
 - Bilingual, culturally sensitive providers
 - Transport to services
 - Appointments (hours conflicting with work and school)
- Financial resources
 - Insurance coverage
 - Cost of Services
- Complex and fragmented patient care
- Availability of individual and group support programs
- Availability of alternative therapeutic options