San Mateo County’s Total Wellness Program

Integrating care
Promoting wellness
Fostering recovery
For people with mental illness and drug and alcohol problems
Persons with serious mental illness (SMI) are dying 25 years earlier than the general population

- Caused by modifiable risk factors such as smoking, obesity, substance abuse, and inadequate access to medical care

60% of premature deaths in persons with schizophrenia are due to medical conditions such as cardiovascular, pulmonary and infectious diseases

MH and SU disorders leading cause (22.8%) of non-fatal illness worldwide (2010)
Total Wellness Model

- Care Coordination
- Data and Analytics
- Integrated Care
  - Behavioral Health Care
  - Primary and Specialty Care
  - Peer/Community Supports
Improving Access to Primary Care

- BHRS North Clinic: 900 clients
- BHRS Central Clinic: 700 clients
- BHRS South Clinic: 600 clients
Clients Showing Improvement

- Blood Pressure: 16.2%
- BMI: 49.5%
- HgbA1C: 48.1%
- HDL: 50.0%
- LDL: 63.0%
- Triglyceride: 55.1%

Outcome Improved
Clients’ Functioning Improves

- Were Healthy Overall
  - Baseline Positive: 47.50%
  - Second Interview Positive: 55.80%
- Were Functioning in Everyday Life
  - Baseline Positive: 45.70%
  - Second Interview Positive: 53.20%
- No serious psychological distress
  - Baseline Positive: 61.90%
  - Second Interview Positive: 73.50%
Clients are more engaged

- Attending school or employed
  - Baseline Positive: 27.30%
  - Second Interview Positive: 35.80%

- Were socially connected
  - Baseline Positive: 51.40%
  - Second Interview Positive: 64.20%