What is My Health LA?

- MHLA is a Primary Care Program for low-income uninsured and uninsurable residents of Los Angeles County.
- MHLA is **not** health insurance.
- Funded by Los Angeles County Board of Supervisors and DHS.
Who Is Eligible?

• Uninsured and not eligible for public health insurance.
• LA County residents.
• Age 19 and older.
• Income at or below 138% of the Federal Poverty Level (FPL).
MHLA ID Card

• Card is presented at medical home.
• Participants keep the same card until change medical homes.
• Can call member services for lost or stolen cards.
Where Do Participants Get Care?

• Individuals enroll at MHLA at one of 52 community partner clinics.

• There are about 215 clinic sites.

• We contract with those clinics and conduct yearly audits to ensure compliance with contract and state and federal regulations.

• Website dhs.lacounty.gov/mhla. Find a clinic (map).
Medical Homes

• A medical home is the clinic where a participant receives all of their primary care.
• MHLA participants select a medical home when they enroll, and keep their medical home for 12 months.
• Participants must renew their MHLA at the end of the 12 months, and can change their clinic at that time.
• A participant can also change their medical home if they move or have a life changing event and need a new clinic.
Connecting My Health LA Participants with Behavioral Health Services

California has been at the forefront of expanding access to public behavioral health services, but our undocumented immigrants still face difficulties getting them. We continue to see significant barriers in their access to care. They often face harsh experiences in their migrations. The fears of immigration enforcement actions and family separations make their anxiety levels worse.

Most of us have far more courage than we ever dreamed we possessed.

[Quote]

I am proud of the work at the My Health LA (MHLA) program. Our partnership with the Department of Public Health Substance Abuse Prevention and Control (DPH-SAPC) and the Department of Mental Health (DMH) improves the availability of behavioral health services to our participants. Over the last several months, we developed strategies for our partnership. Our aim is to improve our participants’ access to mental health and substance use disorder (SUD) treatments. We aim to create materials for our patients in multiple languages and to find new ways to make use of the money from the Mental Health Services Act (MHSA). We plan on using MHSA to fund mental health in the primary care setting. We have more updates in this issue. I look forward to our progress in the coming months.

[Signature]
How Do People Enroll in MHLA?

• Patients enroll at the clinics using the county’s web-based eligibility and enrollment system called One-e-App.

• A person is enrolled in MHLA as soon as the application is completed in One-e-App – same day approval.
Enrollment

• Enrollment: 142,300. Nearly 70% had primary visit last year.
Geographic Breakdown
What Does MHLA Cover?

• Preventive Health Care.
• Dental care at some sites (though not a benefit).
• Specialty, urgent, emergency care at DHS.
• Mental health care and SUD treatment.
Pharmacy

- Participants have prescriptions filled at their clinic dispensary or pharmacy, or a retail pharmacy in the MHLA Retail Pharmacy Network.

- Some patients can have the medication(s) mailed to home or clinic.
Mental Health

DMH’s many different types of mental health services are provided free of charge or at low cost (by referral):

- Individual Therapy
- Family Therapy (children services)
- Group Therapy
- Psychiatry/Medication Support
- Case Management
- Parenting Education (children services)
- Intensive mental health services
Mental Health

MHLA participants can get services at:

- At medical home - Generally for “lower level” mental health issues.
- At DMH or DMH Contracted Clinic -- Generally for emergency mental health and severe mental illnesss.
- New project - DMH funding prevention services at medical homes.

NOTE: Legal status is not required to obtain SUD treatment.
SUD Treatment

MHLA participants can get SUD treatment at:

- At medical home.
- By referral to SAPC helpline for treatment provided by DPH SAPC.
- Medical home referral to SUD treatment provider.

NOTE: Legal status is not required to obtain SUD treatment.
SUD Treatment

- DPH provides many different types of SUD treatment services **free** of charge.
  - Outpatient Treatment
  - Residential Treatment
  - Detoxification Services and Withdrawal Management
  - Opioid Treatment Programs
  - Medications for Addiction Treatment
  - Recovery Support Services
  - Case Management
MHLA Participants Served at SUD Treatment Programs: 570
Primary Drug Problem

• Methamphetamine: 55.5%
• Alcohol: 33%
• Marijuana: 5.5%
• Other Drug: 3.1%
• Heroin: 1.5%
• Cocaine: 1.3%
• Prescription drug: .2%
New Projects

• Materials in 8 languages.
• Offering training to MHLA clinics for X-Waiver certification.
• MHLA mobile unit to offer primary care at SAPC providers.
• SAPC providers being located at primary care clinics.
• SAPC providers enrolling MHLA participants.
When you see a MHLA participant:

- Don’t forget to note that they are MHLA.
- SAPC instructions on where to check.
Want more info? MHLA Website
MHLA participants with questions?

• Take questions from members.
• 1-844-744-6452 (MHLA).
• Interpreters available for callers.
Questions
Thank you!

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