



- four out of five Latinos with moderate distress had unmet needs, as did seven of 10 Asians.

Citizenship and language are barriers to care.

- Among noncitizens, seven of 10 with serious psychological distress, and nine of 10 with moderate distress, had unmet needs.
- 4 of five naturalized citizens with moderate distress did not access the services they needed.
- Among those with limited or no English proficiency, three out of five with serious distress, and nearly nine of 10 with moderate distress, had unmet needs.

Age, education, and marital and family status affect access to care.

Among adults age 65 and over, three of five with serious distress, and nearly four of five with moderate stress, did not access the services they needed.

For adults with moderate stress, four out of five with less than a [high school education](#), and seven of 10 with a high school education, had unmet needs.

Among married adults with moderate distress, roughly nine in 10 did not access services they needed; those with children had slightly lower unmet need than those without children.

Based on their findings, the researchers recommend the adoption of several policies that would further the reach of MHSA services. These include increasing funding to expand access to the Community Services and Supports program and the Prevention and Early Intervention program; increasing and promoting a culturally competent and linguistically appropriate mental health workforce; and prioritizing evaluation and statewide monitoring of the impact of these efforts.

These recommendations are especially crucial at a time when California and the nation are experiencing such instability and uncertainty, said Padilla-Frausto.

"Because of the COVID-19 pandemic and the recent racial unrest in the United States, there is an anticipated increase in demand for public mental health services related to the multitude of hardships from the loss of job-based insurance coverage, to the mental and emotional toll of fighting against racial injustices," she said. "As such, it's vital to support policies that ensure the continued provision of care to the communities that need mental [health](#) support and services."

Provided by University of California, Los Angeles

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