



# Mental Health Urgent Care Clinic (MHUCC)

## ANNUAL REPORT

July 2020 – June 2021

### WHAT WE DO

**Mental Health Urgent Care Clinic (MHUCC)** is a walk-in clinic for individuals with an urgent mental health need. The MHUCC is a client-centered program that focuses on providing immediate relief to individuals and families in distress. The program intends to avert psychiatric emergency room visits and involuntary hospitalizations. The goals of MHUCC is to foster recovery for individuals and families through the promotion of hope and wellness.

As a walk-in clinic, the MHUCC welcomes anyone experiencing mental health-distress regardless of age and ability to pay. Individuals experiencing non-psychiatric emergencies are encouraged to visit their local emergency room or call 911.



**A safe space** for individuals and families, peer support and on-the spot counseling



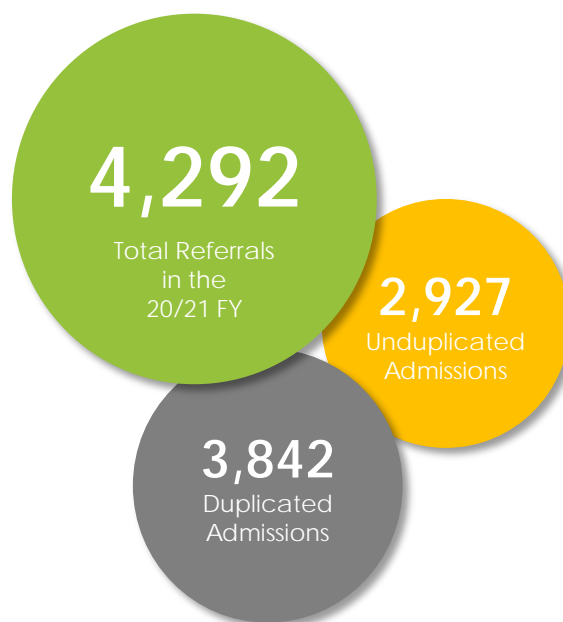
**Crisis interventions**, psychiatric evaluations and clinical assessments



**Referrals and linkages** to community resources

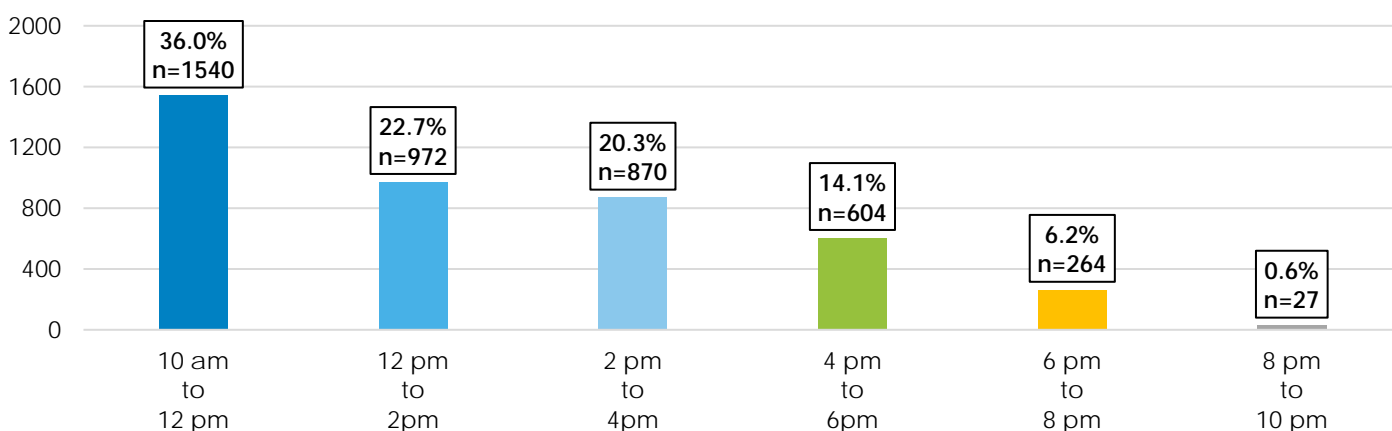


**Brief medication management** services (excluding controlled substances)



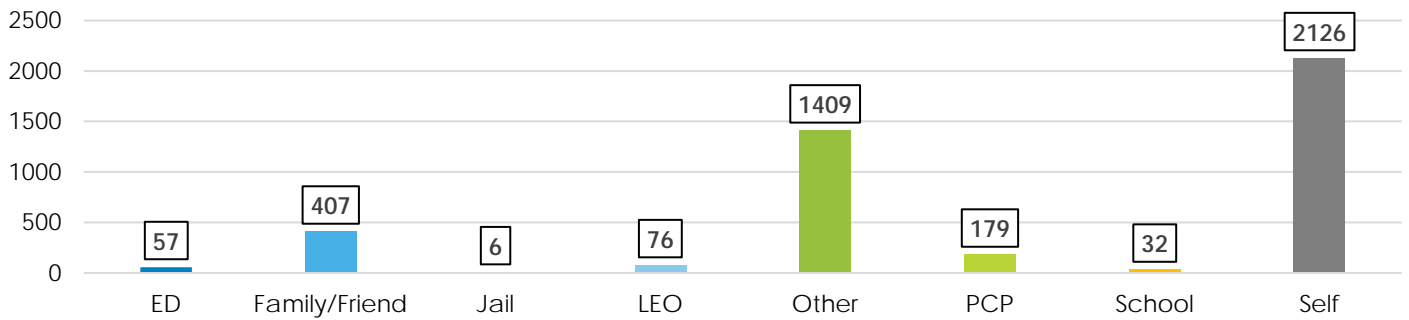
### CENSUS & REFERRALS

Referrals by Time

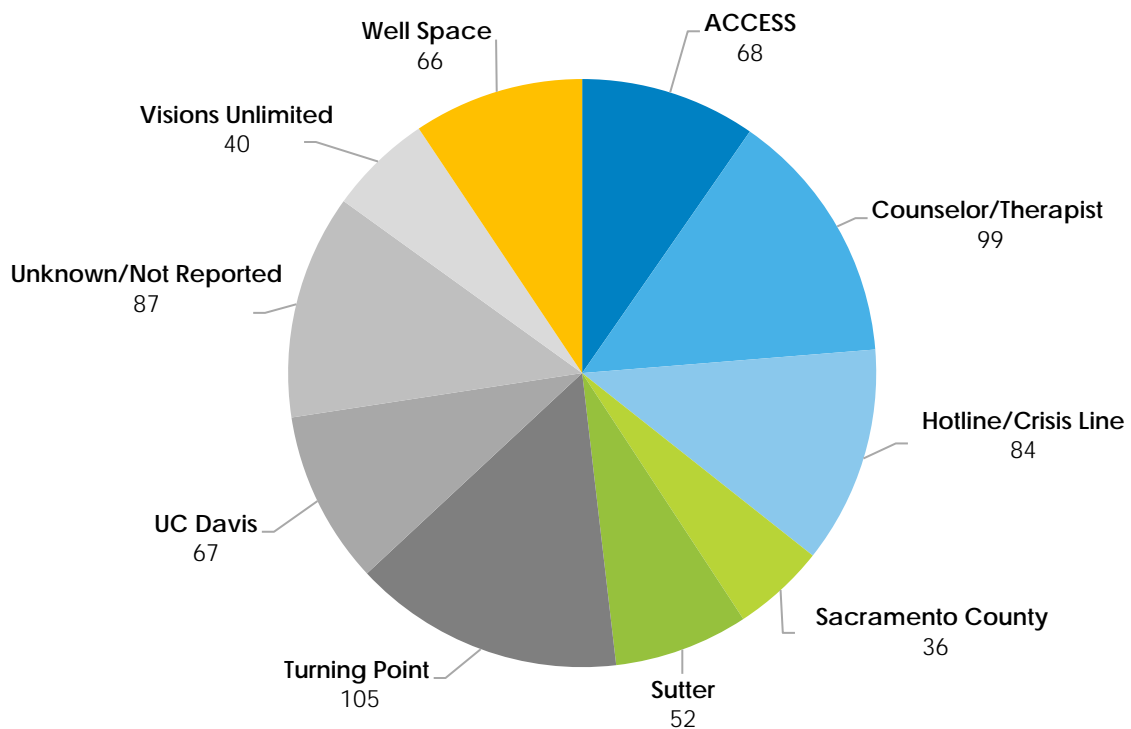


## CENSUS & REFERRALS

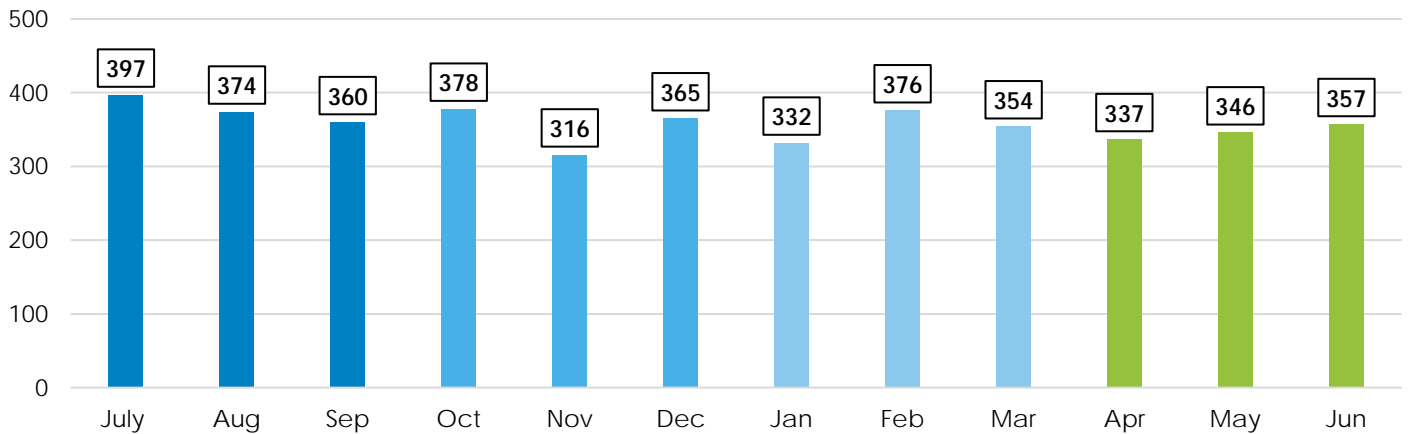
### Referral Sources by Type- All Referrals



### Top Ten Other Referral Sources by Type

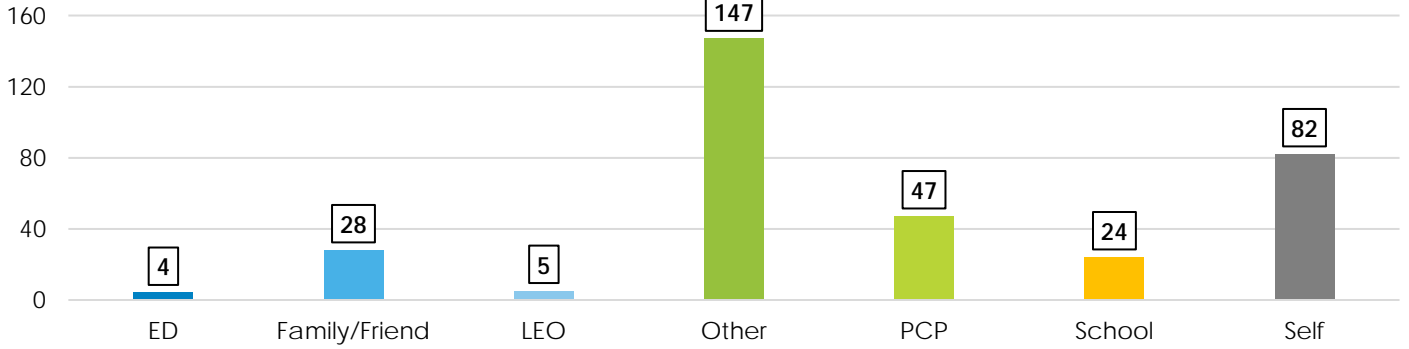


### Admissions by Month

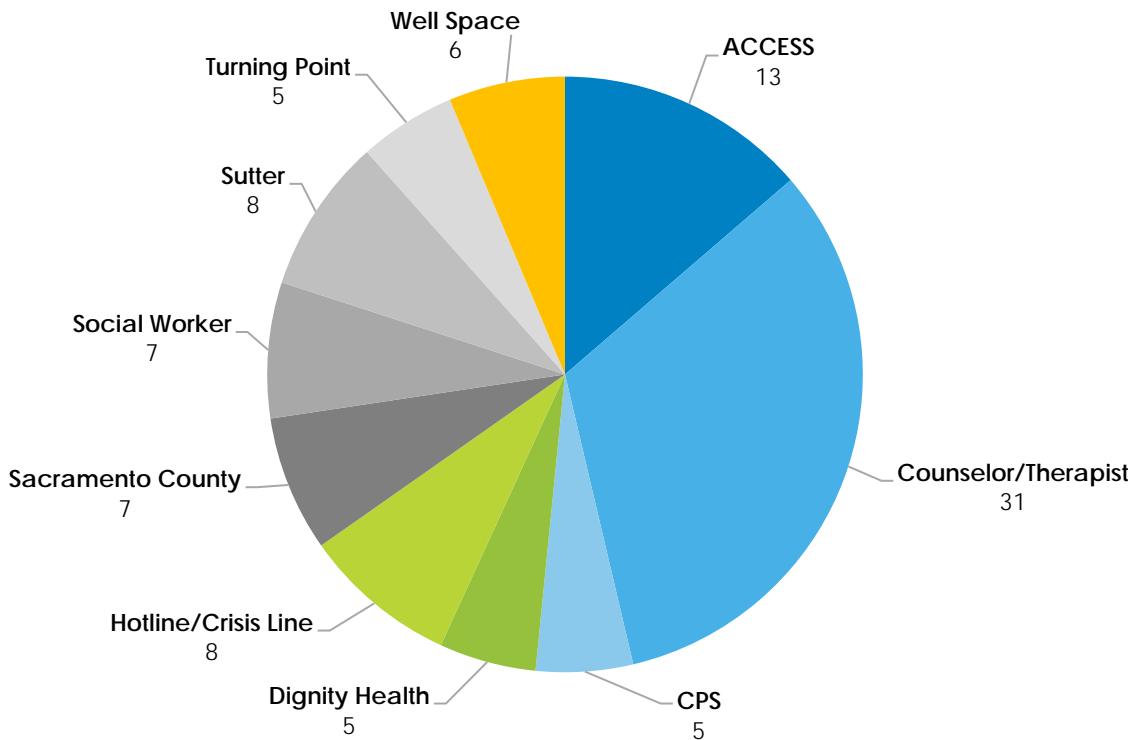


# YOUTH CENSUS REFERRALS

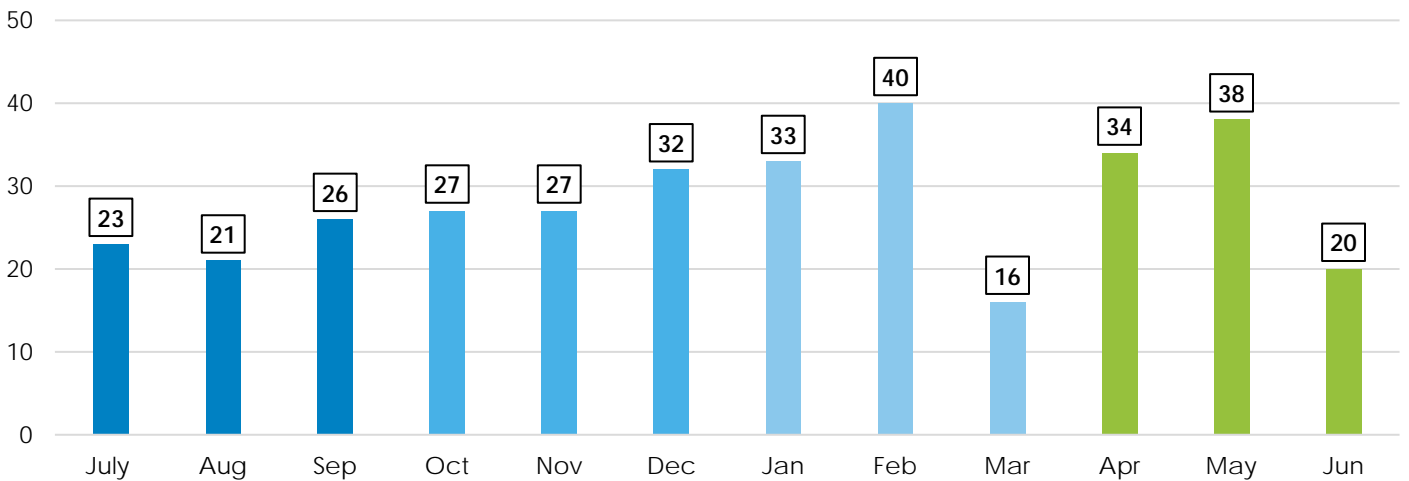
## Youth Referrals by Type



## Top Ten Other Youth Referrals by Type



## Youth Admission by Month



## DEMOGRAPHICS

All demographics below include all unduplicated admitted clients (N=2927)\*.

	#
<b>Age Group</b>	
Youth	296
Transitional Aged Youth	570
Adult	1882
Older Adult	179
<b>Gender</b>	
Female	1530
Male	1393
Unknown/Not Reported	4
<b>Race</b>	
American Indian/Native Alaskan	51
Asian/Pacific Islander	243
Black/African-American	617
Multi-Racial	206
Other Race	273
White/Caucasian	1262
Unknown/Not Reported	275
<b>Primary Diagnosis</b>	
Anxiety Disorders	169
Bipolar and Related Disorders	451
Depressive Disorders	774
Disruptive, Impulse Control, and Conduct Disorders	11
Disassociative Disorders	1
Feed and Eating Disorders	2
Gender Dysphoria	2
Neurodevelopmental Disorders	21
Obsessive-Compulsive and Related Disorders	3
Personality Disorders	6
Schizophrenia Spectrum and Other Psychotic Disorders	705
Substance-Related and Addictive Disorders	3
Trauma and Stressor Related Disorders	546
<b>Housing Status</b>	
Housed/No Imminent Risk of Homelessness	1384
Imminent Risk for Homelessness	62
Literally Homeless-Chronic Homelessness	157
Literally Homeless-Not Chronic Homeless	114
Unknown/Not Reported	1210

	#
<b>Primary Language</b>	
Arabic	4
Armenian	2
Cantonese	7
English	2740
Farsi	9
Hmong	5
Ilacano	1
Japanese	1
Korean	2
Lao	2
Mandarin	5
Mien	1
Other Chinese Language	1
Other Non-English	13
Russian	5
Spanish	72
Tagalog	4
Thai	1
Vietnamese	8
Unknown/Not Reported	44
<b>City of Residence</b>	
Antelope	44
Carmichael	112
Citrus Heights	129
Clarksburg	1
Elk Grove	151
Elverta	1
Fair Oaks	44
Folsom	48
Galt	27
Isleton	3
North Highlands	129
Orangevale	28
Out of County	162
Rancho Cordova	125
Sacramento	1889
Walnut Grove	2
West Sacramento	23
Wilton	6
Unknown/Not Reported	2

\* Primary diagnosis includes duplicated admissions as clients primary diagnosis may change between episodes

## YOUTH DEMOGRAPHICS

All demographics below include all unduplicated admitted youth clients (N= 296)\*.

	#
<b>Age Group</b>	
3 to 5 years	5
6 to 8 years	12
9 to 11 years	36
12 to 14 years	100
15 to 17 years	143
<b>Gender</b>	
Female	189
Male	106
Unknown/Not Reported	1
<b>Race</b>	
American Indian/Alaskan Native	4
Asian/Pacific Islander	26
Black/African-American	49
Multi-Racial	27
Other Race	50
White/Caucasian	111
Unknown/Not Reported	29
<b>Primary Diagnosis</b>	
Anxiety Disorders	29
Bipolar and Related Disorders	11
Depressive Disorders	111
Disruptive, Impulse-Control, and Conduct Disorders	11
Feeding and Eating Disorders	2
Gender Dysphoria	1
Neurodevelopmental Disorders	11
Schizophrenia Spectrum and Other Psychotic Disorders	15
Trauma and Stressor Related Disorders	89
<b>Primary Language</b>	
English	270
Farsi	1
Other Chinese Language	1
Spanish	22
Unknown/Not Reported	2

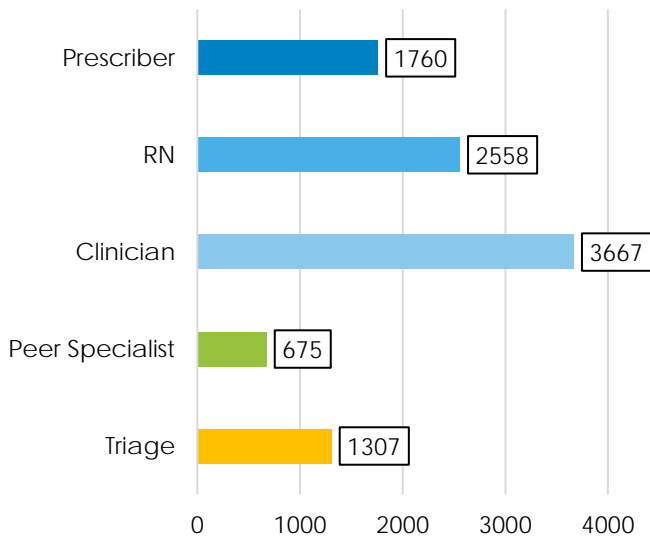
	#
<b>City of Residence</b>	
Antelope	5
Carmichael	15
Citrus Heights	15
Elk Grove	17
Fair Oaks	7
Folsom	9
Galt	5
Isleton	1
North Highlands	12
Orangevale	5
Out of County	24
Rancho Cordova	15
Sacramento	165
West Sacramento	1



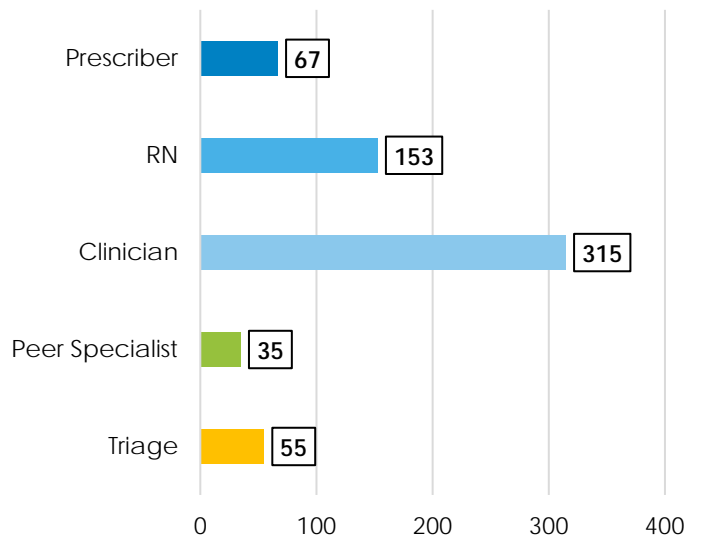
\*Data representative of the 204 youth who had housing data reported.

## SERVICES-ALL REFERRALS

### Services Provided by Position- All Referrals

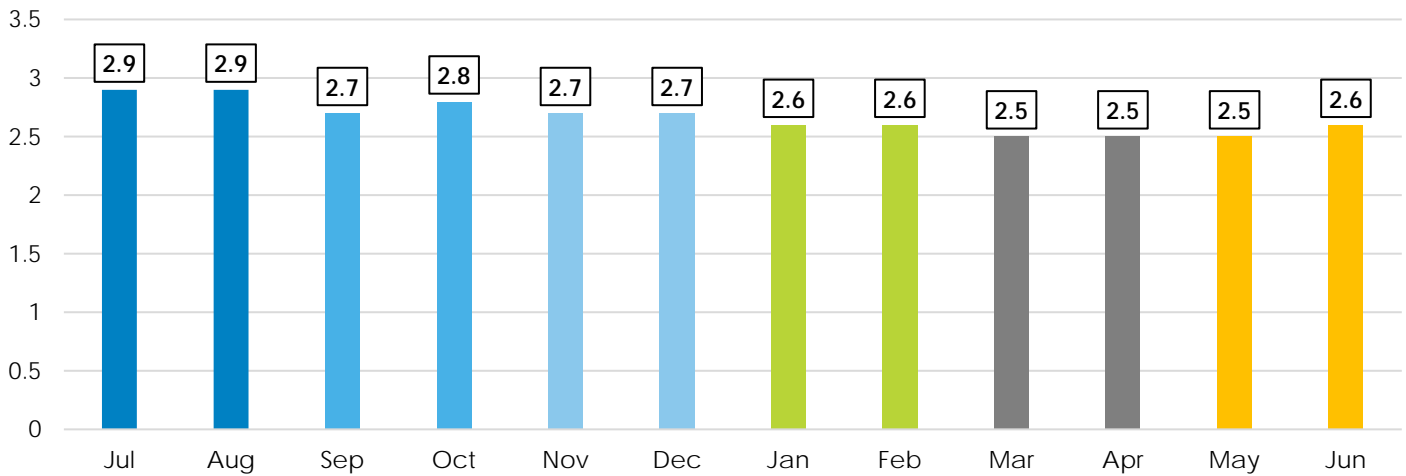


### Services Provided by Position- Youth Referrals

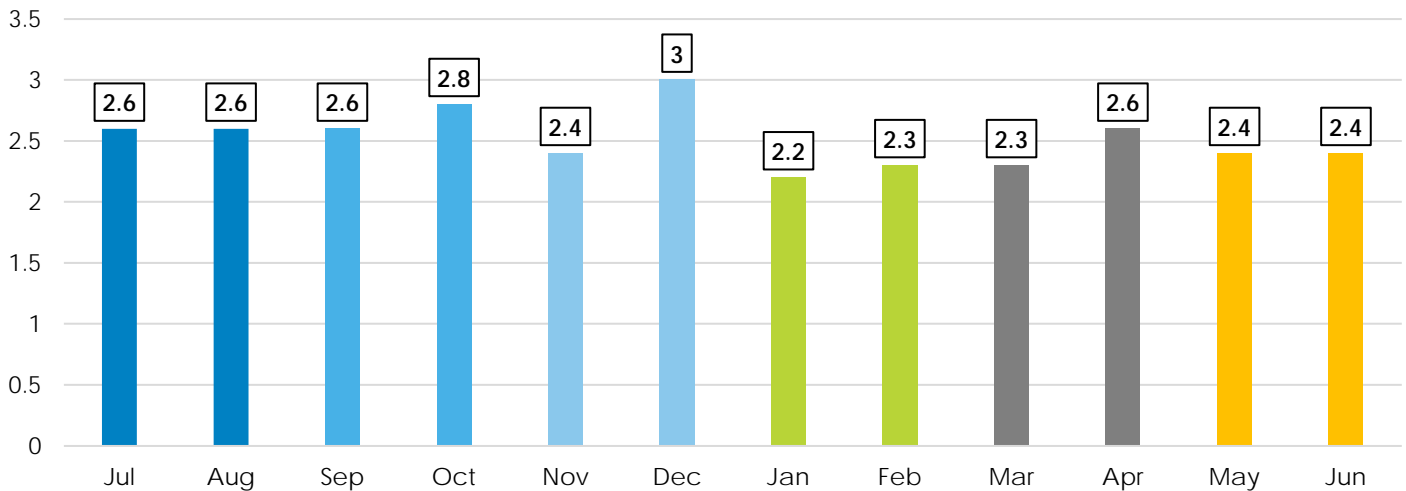


## LENGTH OF STAY

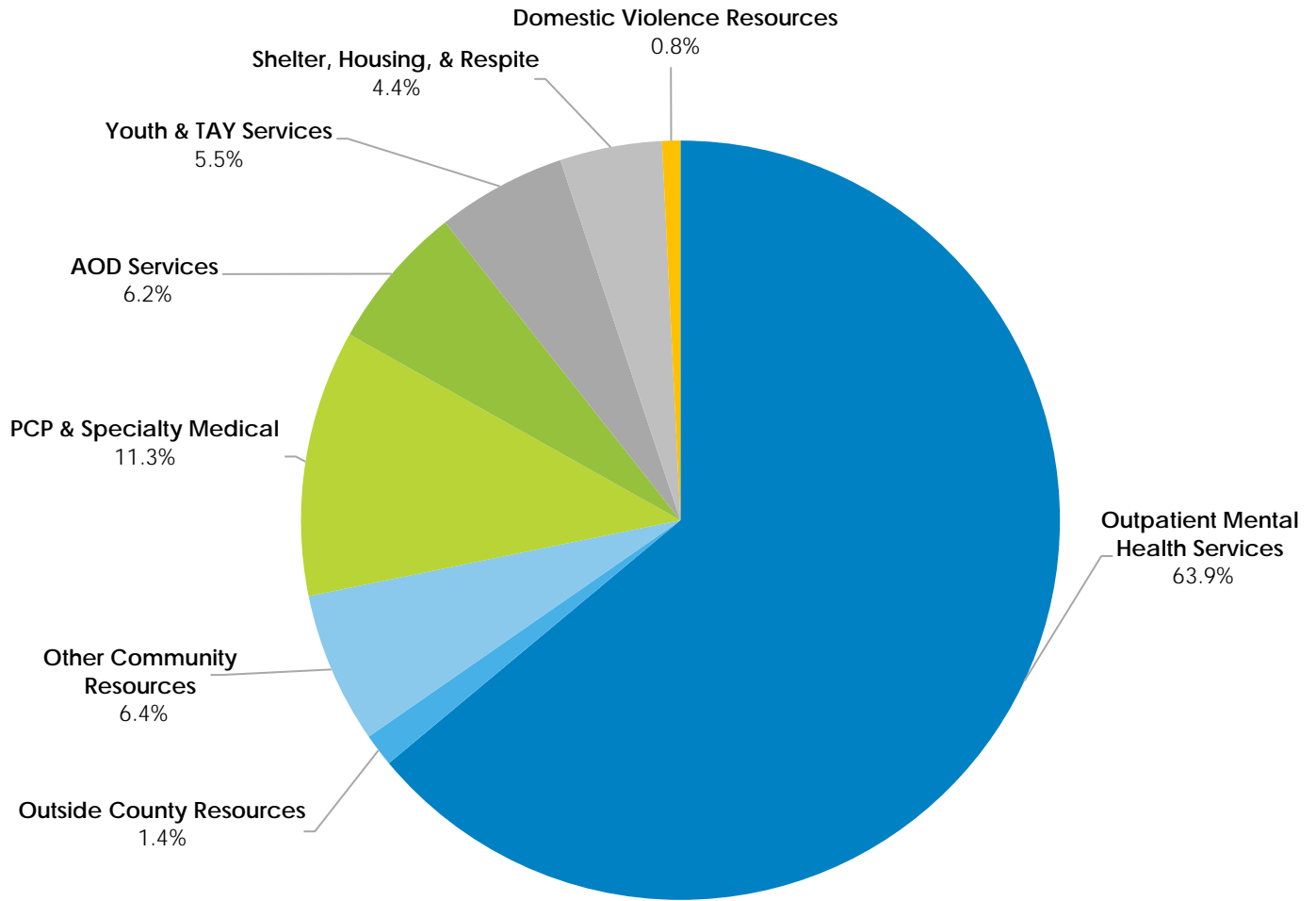
### Average Length of Stay by Month-Admitted Clients Only



### Average Length of Stay by Month- Youth Admitted Clients Only

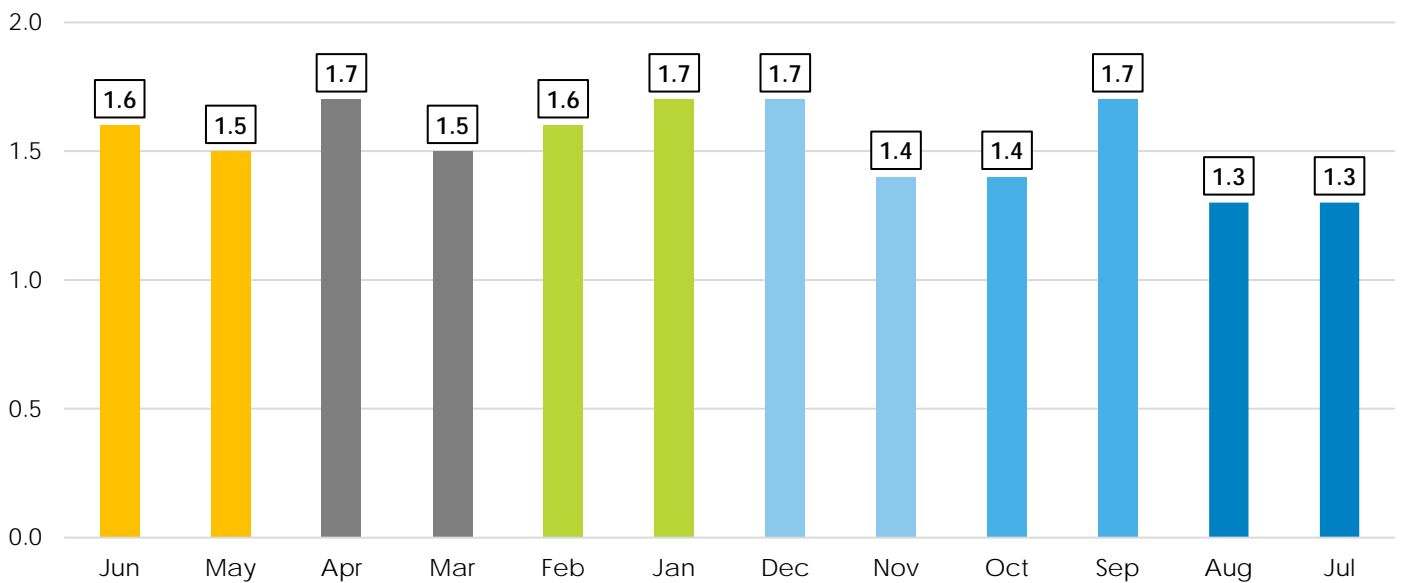


## LINKAGES AND REFERRALS PROVIDED



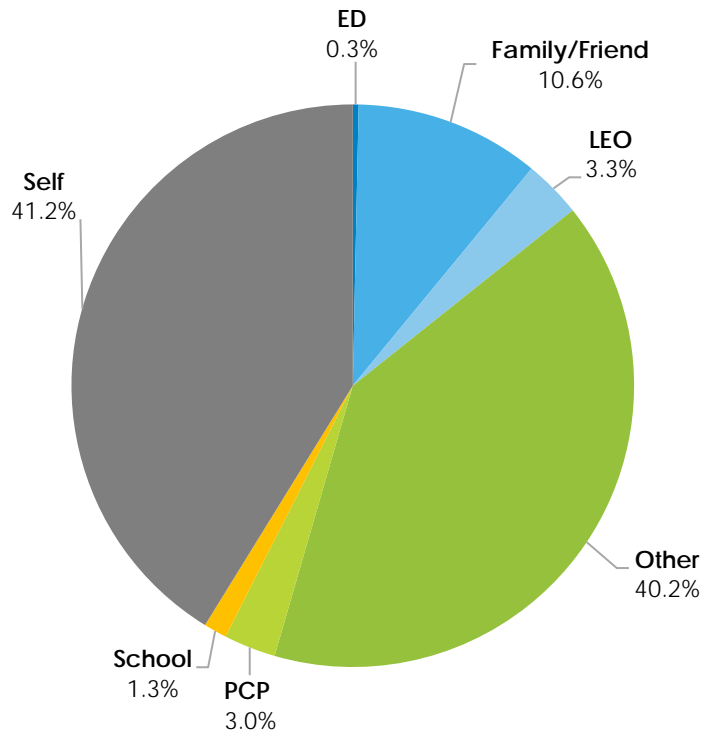
## 5150

Average Daily 5150 Applications per day by Month



## 5150 (CONTINUED)

### Referral Sources for 5150 by Type



	#
<b>5150 Discharge Locations</b>	
AWOL	13
Kaiser ( <i>Morse, North, South, and Unspecified</i> )	21
Mercy ( <i>General and San Juan</i> )	25
Methodist	21
Sacramento Mental Health Treatment Center- Intake Stabilization Unit	82
Sutter	53
UC Davis	77
Unidentified Emergency Department	9
<b>Total 5150 Applications</b>	<b>301</b>

## DISCHARGE REASONS

	#	%
Client does not meet Medical Necessity	1	0.03%
Client has completed services	310	8.1%
Client is receiving services elsewhere-step down	509	13.2%
Client is receiving services elsewhere-step up	1,027	26.7%
Client is receiving services elsewhere-transfer	1,585	41.2%
Client moved out of Sacramento County	2	0.05%
Client refused/declined services	21	0.5%
Client's whereabouts unknown	1	0.03%
Other	40	1.0%
Referred to GMC-Aetna	31	0.8%
Referred to GMC-Blue Cross	172	4.5%
Referred to GMC-Health Net	66	1.7%
Referred to GMC- Kaiser	45	1.2%
Referred to GMC-Molina	39	1.0%
<b>Total</b>	<b>3,849</b>	<b>100.0%</b>



This report was developed and distributed by  
Turning Point Community Program's  
Outcomes & Evaluation Department



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APPENDIX A  
Referral Sources

	FY TOTAL
A House	1
ACAC	1
ACCESS	68
Adventist Health	1
Advocate	3
Agency	5
AHIVA Organization	1
Alpha Oaks	4
Alta Regional Center	6
Angels Therapetutic	2
Anthem Blue	1
AOD	1
Asian Pacific Counseling Center	2
Adult Protective Services	2
Adult Psychiatric Support Services	4
ASAP	2
Assisted Living	1
Athena Better Healthcare	1
Atkinson	1
Attorney/Lawyer	4
Aurora	1
BAART	1
Behavior Specialist	1
Birthing Project	1
Board and Care	1
Bridges	2
Bright Future	1
CAARE	1
Calvary Christian Center	1
Camellia Women's Health	1
Capital STAR	1
Care HOME	1
Care Plan	1
Carmichael Mental Health	1
Case Manager/Case Worker	15
CCC Overcome Program	1
Charris Yotuh Center	1
City of Sacramento	1
Clean & Sober	1
Clear Water	1
Clinician	2
Community Against Sexual Harm	2
Community Health Worker	1
Community Support Team	7
Coordinator	1
Cornerstone Recovery	8
Counselor/Therapist	99
Court	8
Covered CA	3

Table continues on next page.

APPENDIX A  
Referral Sources

	FY TOTAL
Child Protective Services	9
Crestwood	5
Crisis Intervention	1
Crisis Residential Program	7
CVS	1
Department of Mental Health	1
Department of Rehabilitation	1
Department of Welfare	1
Dignity Health	9
EDAPT	9
El Hogar	20
Elica	1
First Step	3
Fremont Hospital	1
Gateway	23
Gender Health Center	4
Genesis	1
Global Foundation	1
Guest House	10
Halo Explorer	1
Health & Life Organization	1
Health Center	1
Health Clinic	1
Health Net	5
Heartland & Associates	1
Heartline	1
Helping Hands	1
Heritage Oaks	24
HOPE	31
Hospital	23
Hotline/Crisis Line	84
HRC	6
ILS	1
Inpatient Facility	1
Insurance	4
IOS Facilitator	1
Jefferson Pharmacy	1
JJDTP	1
John George Psychiatric Hospital	1
Judge	1
Kaiser	29
La Familia	2
Lutheran Social Services	2
Madin Mental Health Chicago	1
Magellan	1
Medi-Cal	5
Medical Urgent Care	30
Medicare	1
Medi-Worker	1
Mental Health	4
Mercy	24
Methodist	9

Table continues on next page.

APPENDIX A  
Referral Sources

	FY TOTAL
Mental Health Clinic	1
Mental Health Urgent Care Clinic	1
Mobile Crisis Team	2
NAMI	3
Next Move	4
One Community Health	11
One Source	1
Other Clinic	5
Other Urgent Care	8
Outpatient Psych	1
Out of County	1
Peach Tree	2
Peer Navigator	1
Personal Growth	1
Placer County	5
Planned Parenthood	1
Power Inn Drug Abuse Center	1
Provider	1
Psych Hospital	1
Psychiatrist/Psychologist	10
Public Defender	1
Room and Board	5
Recovery Center	1
Recovery Home	1
Reference	1
Rehab	4
Respite	9
Ripple Effect	1
River City	9
River Oaks	2
Royal Heart Nursing	1
Sac Covered	3
Sacramento Clinic	1
Sacramento County	36
Sacramento County Behavioral Health	4
Sacramento County Community Clinic	4
Sacramento County Mental Health	9
Sacramento County Social Worker	1
Sacramento Department of Health	1
Sacramento Mental Health Treatment Center	26
Sacramento Recovery House	5
Sacramento Self-Help Housing	1
San Andreas County	1
San Juan	1
Sexual Health Clinic	1
Shelter	3
Sierra Vista	19
Sacramento Native American Health Center	11
Social Services	3
Social Worker	18
St. Johns	1
Stanford Sierra	1

Table continues on next page.

APPENDIX A  
Referral Sources

	FY TOTAL
STC	1
STEP House	2
Stockton Psych Service	1
Supervisor	2
Support	3
Sutter	52
TCORE	5
The Source	1
TLCS	6
Turning Point Community Programs	105
UC Davis	67
Union Gospel Mission	2
Unknown/Not Reported	87
Uplift Family Services	4
Vallejo Mental Health	1
Veteran's Crisis	1
Visions Unlimited	40
Volunteers of America	2
WEAVE	2
Well Space	66
Wind Youth	3
Woodland	1
Woodland Behavioral Health	1
Woodland Clinic	1
Woodland Memorial	4
Wrap Services	1
WRAPS Program	1
Wellness and Recovery Center	3
Youth Help Network	3
Yolo MHUCC	2