

MENTAL HEALTH IS HUMAN HEALTH

At Sutter Health, we believe mental health is human health. We commit to seeing the whole person, integrating physical and mental health services across each patient's lifespan.



Sutter's Approach to Mental Health & Addiction Care

Expand digital & telehealth services to improve access & early intervention

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Strive for clinical excellence; share what we learn

2

Listen to the community to invest in more convenient solutions

3

Address & eliminate stigma, starting with our own team's well-being

4

Expand digital & telehealth services to improve access & early intervention

Launching Telepsychiatry: 22,000+ patients benefited from improved workflow and timely access to care since 2017.

Leaning into Virtual Care: Shifted 80% of outpatient behavioral health to virtual visits in 2021, improving convenience.

Focusing on Youth: Launched **Scout by Sutter Health**, a non-clinical program combining human and digital elements to support youth ages 12 to 26 in building resilience and managing their mental health. No referral needed.



2,137
Youth & Caregivers
Served in First Year



20 Percent
Improvement in Self-perception of
Mental Health Reported After 12 Weeks

Strive for clinical excellence; share what we learn

Improving Health Equity: Created a program to teach family medicine residents to recognize and address social/environmental factors that impact mental health.

Improving Interventions: Enhanced our curriculum in Sacramento to teach resident physicians to screen for mental health risk in vulnerable communities.

Screening for Suicide Risk: An 18-month study of standardized screening across Sutter's 23 hospitals identified **2.2% of adult patients with suicidality**—with 80.3% having a mental health diagnosis and 62.4% expressing a plan, intent or suicidal behaviors. Additional steps will improve interventions.

Studying Care Improvements for Substance Use Disorder: Received grants to better integrate substance use disorder screening and treatment into our Sacramento and Davis clinics.

"I never felt like I was being labeled a drug addict or judged. The team made me feel very welcomed....A weight was lifted when I got off Oxycodone. It's changed my whole way of thinking. I'm ready to take on the world now."

— Patient



Listen to the community to invest in more convenient solutions



Supporting Community-based Organizations: Helped expand access to support services under the new California Advances Innovations in Medi-Cal initiative.



Investing in Access: Will open a **new mental health urgent care facility** in Placer County this year to better connect people to care at the right time and right place.



Improving Substance Abuse Treatment: Added substance use navigators to 20 of our emergency departments, making 4,000 connections to care in 2021.



Expanding Our Reach: Partnered with the Steinberg Institute and Mental Health America to support healthcare parity and reach more people.

“Emergency departments are critical access points for medical intervention, which means we have the opportunity to treat immediate needs and help our patients find the longer-term road to recovery. Compassion and excellence really come to life when our patients are met without judgement and treated and supported effectively.”

—Kevin Jones, D.O., Medical Director, Sutter Davis Hospital Emergency Department



Address & eliminate stigma, starting with our own team’s well-being

Investing in Workplace Mental Health: Promoted prevention and early intervention among our 55,000 employees. Encouraged use of our 24/7 Employee Assistance Program to connect employees and their families to therapists and tools.

Improving Psychological Health and Safety: Launched a year-long storytelling campaign, focusing each month on a different mental health or addiction care challenge.

At A Glance: Sutter’s Care Centers Serve a Vital Community Role



Mental Health Inpatient & Addiction Care Units

- California Pacific Medical Center (**16 beds**)
- Mills-Peninsula Medical Center (**39 beds**)
- Alta Bates – Herrick Hospital (**64 beds**)
- Merritt Peralta Institute (**24 beds**)



Freestanding Facilities

- Sutter Center for Psychiatry – Sacramento (**71 beds**)
- Kāhi Mōhala – Oahu (**88 beds**)



Outpatient Care Centers (Ambulatory)

- California Pacific Medical Center – San Francisco
- Palo Alto Medical Foundation – Fremont, Mountain View, Palo Alto & Santa Cruz
- Sutter Gould Medical Foundation – Modesto

We recognize that total care is about more than a visit or a diagnosis—and that it lasts long after treatment. We aim to integrate this perspective into all we do, by infusing mental health fluency and support across our system. Together we can continue to learn, grow and improve care.