



SLO Health Counts

A Look at Teen Mental Health Data

Data – CenCal Provider Screenings

Source: CenCal Health Patient Screening Data (2024)

CenCal Health is SLO County's local MediCal Managed Care Plan. They serve 66,255 members (2023) throughout SLO County and contract with entities such as Community Health Centers of the Central Coast (CHCCC).

Medi-Cal providers are asked to perform depression screenings on children ages 12 and older at every well-child visit and must use a validated depression screening tool for children and youth, with options including the Patient Health Questionnaire (PHQ-9) and Beck Depression Inventory (BDI).

CenCal depression screening data shows that providers are screening 40% of their teen patients.

Data – CenCal Provider Screenings

Source: CenCal Health Patient Screening Data (2024)

Demographic data for CenCal members comes from the Department of Social Services (DSS). It includes members' personal, contact, and demographic information, as well as aid code. Categories are preset in the DSS member eligibility data file and thus cannot always be broken out further.

Data for the depression screening data below comes from [HCPCS billing codes](#) G8431 (positive screening with follow-up plan) and G8510 (negative screening and no follow-up plan).

Data – CenCal Provider Screenings

Teen Depression Screening by Race

Race	total patients	screened n (%)	positive screening n (%)
Hispanic	3,492	1,625 (47%)	119 (7%)
White	1,748	500 (29%)	81 (16%)
Asked but No Answer	604	202 (33%)	25 (12%)
Other	128	43 (34%)	4 (9%)
Asian or Pacific Islander	107	41 (38%)	3 (7%)
Black	60	18 (30%)	3 (17%)
Total	6,154	2,433 (40%)	236 (10%)

Source: CenCal Health. Patient Screening Data (2024). The category "Other" is preset in the DSS member eligibility data file and thus cannot be broken out further.

Data – CenCal Provider Screenings

Teen Depression Screening by Language

Language	total patients	screened n (%)	positive screening n (%)
English	3,809	1,218 (32%)	163 (13%)
Spanish	2,319	1,208 (52%)	71 (6%)
Total	6,154	2,433 (40%)	236 (10%)

Source: CenCal Health. Patient Screening Data (2024).

Data – CenCal Provider Screenings

Teen Depression Screening by Gender

Gender	total patients	screened n (%)	positive screening n (%)
Female	2,909	1,219 (42%)	158 (13%)
Male	3,245	1,214 (37%)	78 (6%)
Total	6,154	2,433 (40%)	236 (10%)

Source: CenCal Health. Patient Screening Data (2024).

Data – CenCal Provider Screenings

Teen Depression Screening by City

City	total patients	screened n (%)	positive screening n (%)
Paso Robles	1565	695 (44%)	78 (11%)
San Luis Obispo	696	244 (35%)	31 (13%)
Nipomo	682	231 (34%)	13 (6%)
Atascadero	582	209 (36%)	40 (19%)
Arroyo Grande	493	190 (39%)	9 (5%)
Grover Beach	326	131 (40%)	8 (6%)
Oceano	301	155 (51%)	12 (8%)
San Miguel	242	140 (58%)	10 (7%)
Templeton	238	90 (38%)	8 (9%)
Los Osos	223	63 (28%)	2 (3%)
Morro Bay	178	48 (27%)	5 (10%)
Cambria	129	62 (48%)	3 (5%)
Shandon	80	39 (49%)	3 (8%)
Santa Margarita	60	16 (27%)	1 (6%)
Pismo Beach	58	17 (29%)	3 (18%)
Total	6154	2433 (40%)	236 (10%)

Source: CenCal Health. Patient Screening Data (2024). Communities with smaller patient numbers are not included in the table above.

Data – CenCal Provider Screenings

Teen Depression Screening by Age

Age	total patients	screened n (%)	positive screening n (%)
13	1083	431 (40%)	29 (7%)
14	1036	423 (41%)	38 (9%)
15	1044	413 (40%)	42 (10%)
16	1048	428 (41%)	52 (12%)
17	1035	404 (39%)	49 (12%)
18	906	332 (37%)	26 (8%)
Total	6154	2433 (40%)	236 (10%)

Source: CenCal Health. Patient Screening Data (2024).

Data – Emergency Department Visit Data

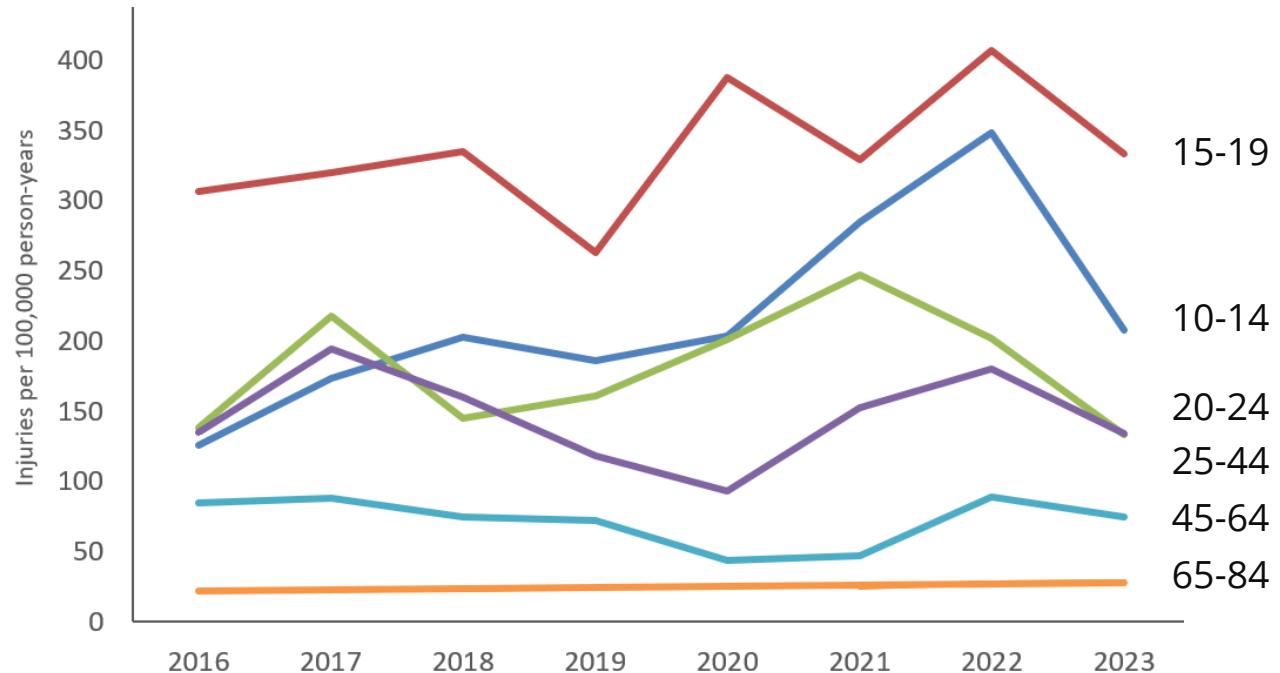
Non-fatal injury ED visits in SLO County for Self-Harm, 2021-2023, by Age

Age	Count	Crude Rate
10-14	114	280.2
15-19	186	356.5
20-24	143	193.0
25-44	334	155.7
45-64	135	69.9
65-84	44	26.9

Source: [EpiCenter California Injury Data Online](#).

Data – Emergency Department Visit Data

Non-fatal injury ED visits in SLO County for Self-Harm, 2016-2023, by Age



Source: [EpiCenter California Injury Data Online](#).

Data – Emergency Department Visit Data

Non-fatal injury ED visits in SLO County for Self-Harm, 2021-2023, by Gender

Gender	Count	Crude Rate
Male	419	98.4
Female	538	130.2

Source: [EpiCenter California Injury Data Online](#).

Data – Emergency Department Visit Data

Non-fatal injury ED visits in SLO County for Self-Harm, 2021-2023, by Race/Ethnicity

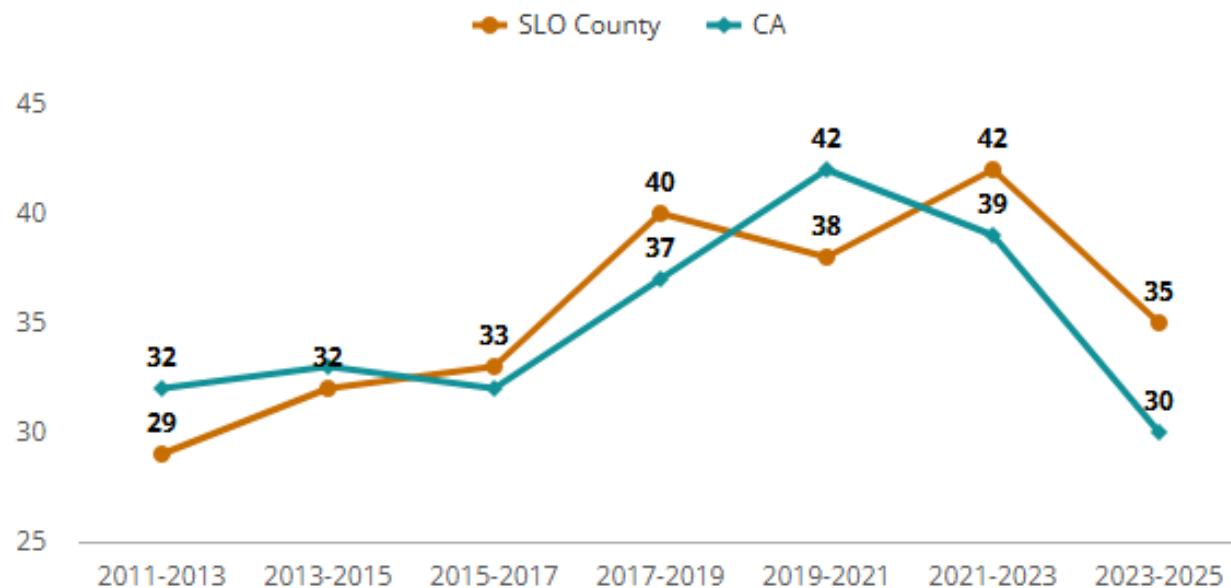
Race/Ethnicity	Count	Crude Rate
Hispanic	198	99.3
White	582	102.5
Other/Unknown	176	

Source: [EpiCenter California Injury Data Online](#).

Data – California Healthy Kids Survey (CHKS)

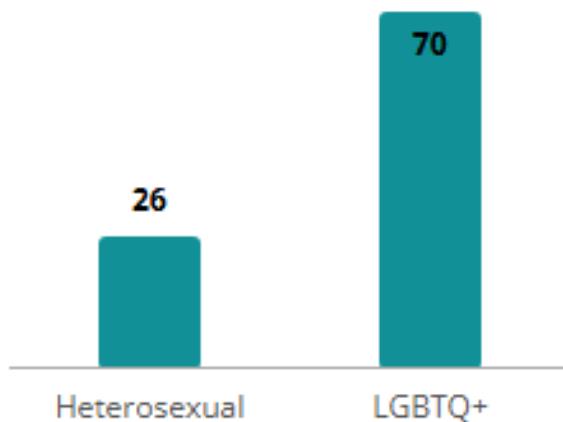
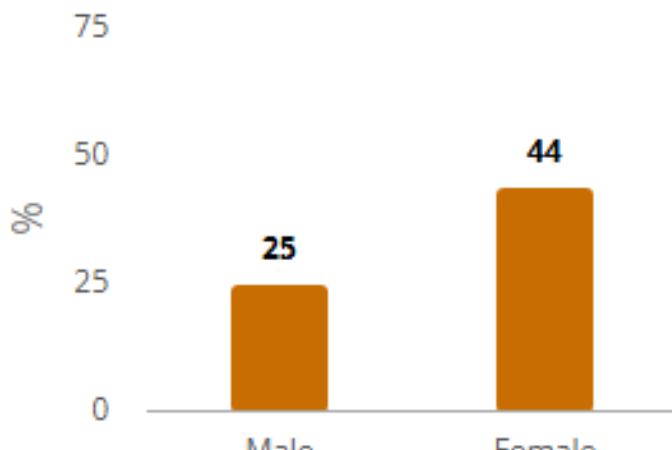
A school survey called the *California Healthy Kids Survey (CHKS)* asks students about chronic sad or hopeless feelings with the question, “During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more that you stopped doing some usual activities?”

Of students surveyed in 2023-2025, 35% of 11th grade students in SLO County said “yes”, up from 29% in 2011-2013; but down from 2021-2023 — a trend that is reflected at the national level as well.



Data – California Healthy Kids Survey (CHKS)

Of students surveyed, both female students and LGBTQ+ students were more likely to report sad or hopeless feelings in past 12 months.



Data – California Healthy Kids Survey (CHKS)

Students reporting sad or hopeless feelings in past 12 months were fairly evenly distributed across the county.

Chronic Sad or Hopeless Feelings

School District	7 th Grade n (%)	11 th Grade n (%)
Atascadero Unified	234 (32%)	223 (33%)
Coast Unified	37 (24%)	29 (31%)
Lucia Mar Unified	561 (27%)	509 (34%)
Paso Robles Joint Unified	381 (26%)	327 (29%)
San Luis Coastal Unified	439 (26%)	445 (35%)
San Miguel Joint Union	59 (42%)	-
Shandon Joint Unified	-	-
Templeton Unified	144 (29%)	124 (36%)
Countywide	3,094 (26%)	2,470 (35%)

Source: California Healthy Kids Survey (CHKS). California Dept. of Education. Data shows 2023-2024 figures for districts and 2023-25 figures for countywide. Pulled from calschls.org.

Data – California Healthy Kids Survey (CHKS)

Students reporting sad or hopeless feelings in past 12 months were fairly evenly distributed across racial and ethnic groups.

Chronic Sad or Hopeless Feelings, by Race/Ethnicity (Grade 11)

Race/Ethnicity	reporting chronic sad or hopeless feelings n (%)
White	1,081 (36%)
Latino/a	1,075 (34%)
Asian	46 (36%)
Mixed (two or more) ethnicities	165 (49%)
Other ethnicity	48 (28%)
Countywide	2,470 (35%)

Source: California Healthy Kids Survey (CHKS). California Dept. of Education 2023-25. Pulled from calschls.org.

Data – SLO County Community Healthy Survey

Of SLO County residents surveyed in 2023, 58% of respondents with a household income of \$130K or more answered 'very good' or 'excellent' to 'How would you rate your (mental) health?' compared to just 32% of those making household incomes less than \$50K.

Rating of Mental Health, by Income

Income	% reporting 'very good' or 'excellent' mental health
Less than \$50K	32%
\$50K-130K	51%
\$130K or more	58%

Source: [2023 SLO County Community Health Survey](#).