



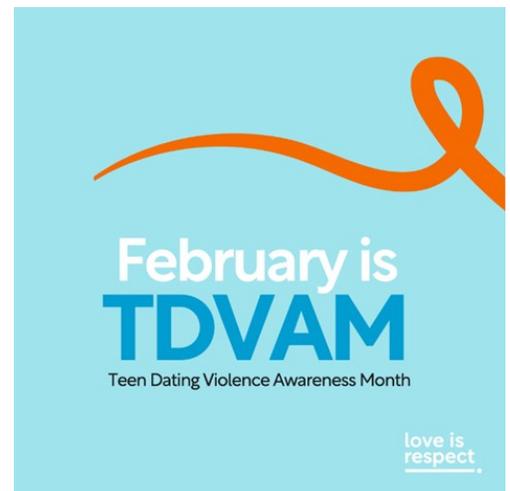
Introduction

February 2025

February is Teen Dating Violence Awareness Month. In the United States 1 in 3 teens experience physical, sexual, or emotional abuse from someone they are in a relationship with before becoming adults. Among College women, 45% report experiencing violent or abusive behaviors from dating partners. During February, BHRS & PH and other providers will raise awareness and advocacy around risk factors and prevention. Reducing dating violence in teens includes education around the importance of respect in a relationship, having and holding boundaries, communication around feelings and boundaries, respect for differences, and identifying disrespectful and other harmful behaviors.

Teen Dating Violence Awareness Month was established in 2011 and the awareness color is **orange**. Use this month as an opportunity to talk with teens about healthy dating relationships and patterns of power and control which lead to abuse and relationship violence.

Share resources to get support for abusive or violent dating relationships. Local resources include The Arbor Youth Resource Center, Project Sanctuary, and other helping professionals. The National Hotline for abusive relationships is 887-854-3594.



If you or you know a teen in need of support, call the Mendocino County Warm Line Call 1-707-472-2311 or toll free at 1-833-955-2510.

February 24 to March 2, 2025, is also **Eating Disorder Awareness Week** to raise awareness, educate about the importance of early intervention and seeking help about eating disorders.

Eating disorders can be considered serious mental disorders that may involve extreme mental fixation on specific thoughts, emotions, and behaviors involving weight and food.

FACT: Eating disorders have the second-highest mortality rate among mental health conditions.

Eating disorders can be fatal and have a high risk associated with suicide. Get help today!

If you or you know someone in need of support, call the Mendocino County Warm Line Call 1-707-472-2311 or toll free at 1-833-955-2510

Learn more at www.nationaleatingdisorders.org/edaw/ and www.samhsa.gov/mental-health/what-is-mental-health/conditions/eating-disorders

Learn how to talk about mental health to support a family, friend or loved one at www.samhsa.gov/mental-health/what-is-mental-health/how-to-talk



A Safe & Healthy County February 2025

Substance Use Disorder Treatment (SUDT)

SUDT is working to put together an Opioid Task Force and has agencies willing to be a part of this effort. The response and feedback have been positive.

SUDT has NARCAN, COVID-19 tests, Fentanyl test strips and Xylazine test strips in our lobby for easy access by the individuals we serve.

Mental Health

BHRS Partnered with Court Appointed Special Advocates and several other partner agencies such as Adventist Health, Cahto Tribe, Childhood Trauma Action Team, and Redwood Community Services. to sponsor a Trafficking Summit to raise awareness and identify risk factors for prevention, reduction, and elimination of human trafficking and sexual exploitation. The Summit included information about trafficking, red flags and risk factor overview, community efforts to prevent and address local trafficking, and stories from survivors. The summit also included an opportunity to view the iEmpathize Exhibit of photographic stories of child exploitation and human trafficking. The training and viewings were held on January 21 & 22nd.

BHRS Cultural Responsiveness Teams highlighted various cultural celebrations of the New Year during January. The end of January and the beginning of February mark Lunar New Year a multiday celebration during which family and religious celebrations occur and house cleaning and gatherings occur, all to bring in a fresh new year highlighting anticipated skills and hope for the future. During February BHRS & PH will honor and recognize Black History Month. Black history Month has been observed since 1970 and honors Black and African American culture and contributions to history. Cultural differences impact how individuals perceive and respond to symptoms of mental health conditions as well as how individuals approach treatment, continuously learning cultural uniqueness and history and seeking to understand and accommodate cultural differences helps to make BHRS services and programs more accessible to our community.

**Write positive
messages on
sticky notes
and leave for
others to find.**

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www.randomactsofkindness.org

Be Kind for your Mental and Physical Wellbeing. **February 17th** is **Random Act of Kindness Day**. Performing acts of kindness can have a profound impact on our emotional and mental wellbeing. Acts of kindness can boost oxytocin a chemical associated with connection to others. Oxytocin plays a role in creating bonds with others and trust, and associates with happiness, less stress, and reduces our blood pressure. Acts of kindness can contribute to release of dopamine the brain chemical associated with accomplishment. Dopamine is associated with euphoria which can relieving pain and contribute to a natural high.

Random Acts of kindness can be as simple as holding the door open for someone, donating something to an agency that can put it to good use like a book to a free little library, or writing/texting/or calling a kind message to some you care about.



An Effective County Government Organization

February 2025

Mendocino County Behavioral Health and Recovery Services

behavioral health & recovery services
Mendocino County

Mental Health Services Act (MHSA) & Quality Improvement Committee (QIC) Stakeholder Forum Schedule for 2024/2025

As part of the Community Program and Planning (CPP) Process, Mendocino County holds a series of stakeholder meetings for consumers, their families, County staff, service providers, and the community to provide the County MHSA/QIC team with input for program needs and challenges.

Dates and Times:	Location and Via Zoom:
Wednesday, August 28, 2024 12:00 pm - 2:00 pm	Point Arena, The Center 200 Main Street 95468 Via Zoom https://mendocinocounty.zoom.us/j/
Thursday, October 3, 2024 2:00 pm - 4:00 pm	Covelo, Yuki Trails 23000 Henderson Road 95428 Via Zoom https://mendocinocounty.zoom.us/j/
Wednesday, December 4, 2024 3:00 pm - 5:00 pm	Redwood Valley, Behavioral Health Regional Training Center 8207 East Road 95470 Via Zoom https://mendocinocounty.zoom.us/j/
Thursday, February 6, 2025 3:00 pm - 5:00 pm	Ukiah, Public Health 1120 South Dora Street 95482 Via Zoom https://mendocinocounty.zoom.us/j/
Thursday, April 3, 2025 2:00 pm - 4:00 pm	Willits, Library 390 E. Commercial Street 95490 Via Zoom https://mendocinocounty.zoom.us/j/
Wednesday, June 4, 2025 1:00 pm - 3:00 pm	Fort Bragg, Hospitality Center 101 N Franklin Street 95437 Via Zoom https://mendocinocounty.zoom.us/j/



If you have any questions please contact
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qaqi@mendocinocounty.gov 707-472-2360



Mental Health

BHRS facilitates the Mental Health Services Act Forum and Quality Improvement Committee Joint Meeting every other month. During this meeting BHRS staff and contracted agencies provide information about the services offered by Behavioral Health providers. The meeting is an opportunity for community stakeholders to provide input and feedback on the behavioral health system in addition to learning more about programs and services offered. The next MHSA Forum and QIC will be held Thursday February 6, 2025 from 3:00 PM to 5:00 PM in Conference Room 1 at the Public Health/Behavioral Health offices at 1120 South Dora Street, Ukiah, CA 95482. The meeting will also be available via [Teams](#).

BHRS Prevention and Wellness facilitates the Safe Rx Coalition, a meeting of community stakeholders that prioritize the reduction of substance misuse and the promotion of prevention and treatment response to substance use. The next meeting of the Safe Rx Coalition will be held on February 25, 2025 from 11:00 AM to 12:00 PM via [Teams](#).

Substance Use Disorder Treatment (SUDT)

SUDT has exhausted all grants. SUDT is looking at another COSSUP grant to apply for. SUDT is also working on a RFP with Opioid settlement funds for prevention and intervention of Opiates.

The music program at Juvenile Hall is still being assembled.

SUDT has had some enquiries about internships and will be accepting them even though the MIP program has completed.

SUDT Drug Court program is starting to pick back up and has 15 individuals now enrolled. It has moved from phases to milestones which allows an individual to move through the program at their own pace and does not hold them to a determined length of time.

**Be a friend
to a lonely
neighbor.**

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Other/Additional Information

February 2025

Public Conservator Office

Number of LPS conserved individuals in October and November 2024 were consistent with the previous months. The Public Conservator office and the placement team is always reviewing individuals in higher level of placements to work towards achieving their goals to be eligible for lower level of placements including independent housing. In October and November 2024, there were more clients placed out of county than in county due to needing higher level of care.

Number of Clients Placed In and Out of County			
FY 24/25	Out of County	In County	Total Number of Clients
October 2024	38	25	63
November 2024	38	25	63

LPS Conservatorship (Mental Health) Placement Costs FY 24/25			
FY 24/25	Total Costs	General Funds	Realignment Funds
October 2024	\$339,211.53	\$0	\$339,211.53
November 2024	\$316,552.72	\$0	\$316,552.72
Total (YTD)	\$1,576,160.11	\$0	\$1,576,160.11

LPS Conservatorship

A conservatorship established under the Lanterman-Petris-Short (LPS) Act to provide for individualized treatment, supervision, and placement of individuals who are gravely disabled as a result of a mental health disorder or impairment by chronic alcoholism (Welfare and Institutions Code Section 5350).

**Laugh often.
It releases
feel good
chemicals.**

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Grave Disability:

A condition in which a person, as a result of a mental health disorder, or impairment by chronic alcoholism, is unable to provide for his or her basic personal needs for food, clothing, or shelter. WIC Section 5008(h)(1) (A) and (2). This term also applies when an individual has been charged with a crime, has been found mentally incompetent under Section 1370 of the Penal Code, and meets the other criteria set forth in WIC Section 5008(h)(1).(B).