



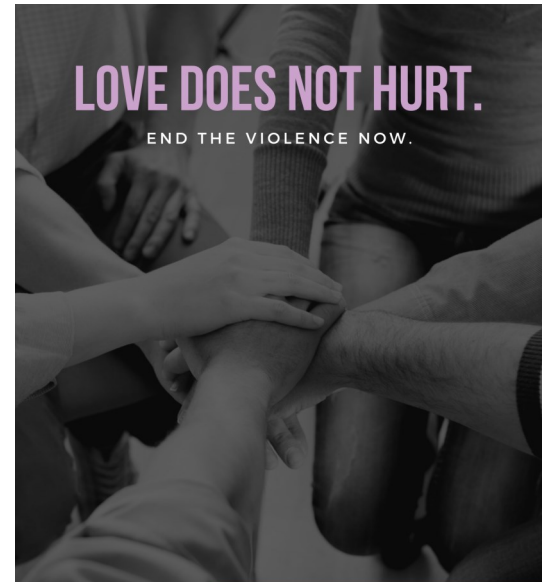
Introduction

October 2024

Behavioral Health & Recovery Services (BHRS) recognizes October as **Domestic Violence Awareness Month** to raise awareness of domestic violence and sharing ways to support victims and survivors. This can include intimate partner violence, child abuse, elder abuse, as well as other types of violence between people who have a relationship with each other.

If you or someone you know is experiencing domestic violence or in crisis (a danger to oneself or others) and need help right away, call: 1-855-838-0404. If you are in immediate danger, call 911.

For additional support, call 1-800-799-SAFE (7233), Text "START" to 88788, or Chat live at <https://www.thehotline.org/#>



BHRS also recognizes October as **Bullying Prevention Month** to raise awareness about the harm bullying causes to youth and to promote kindness, empathy, and inclusion. Both children and adults can experience bullying.

RECOGNIZE.
REPORT.
PREVENT.

National Domestic Abuse Hotline
1-800-799-SAFE (7233)
or Text "START" to 88788

behavioral
health &
recovery services



What is bullying?

Bully is defined as any unwanted aggressive behavior (s) by another youth or group of youths, who are not siblings or current dating partners, that involves an observed or perceived power imbalance and is repeated multiple times or is highly likely to be repeated.

If you are feeling bullied, stressed, isolated, overwhelmed, or need support, call the Warm Line at 1-707-472-2311 or Toll Free at 1-833-955-2510

For additional support, call the Stop Bullying Now Hotline at 1-800-273-8255 or Text "CONNECT" to 741741.



A Safe & Healthy County October 2024

Substance Use Disorder Treatment (SUDT)

SUDT has recently purchased \$58,800.00 of NARCAN. In the past 2 years, SUDT has used COSSUP grants funds to purchase NARCAN.

SUDT has two Mentored Internship Program (MIP) interns working on their credentialing through Cal Poly Humboldt State University that are starting this month in September. The MIP project provides opportunities for students 18 and older and at multiple stages of their education to gain practical on-the-job experience. The goal of the MIP project is to enhance the professional development of diverse students through thoughtful mentored internships and to grow the future behavioral health (BH) workforce.



Mental Health

Hispanic Heritage Month is recognized from September 15th through October 15th. This is a time to honor the history, culture and contributions of Americans with history and ancestry in Central America, South America, the Caribbean, and Spain. During this period BHRS & Public Health will be attending outreach events with informational booths in the community as well as conducting awareness raising, educational, and equity activities within the departments.

October Fest is coming! Behavioral Health and Public Health will be present with prevention resources, educational materials, and program information on our programs! We look forward to interacting with the community and connecting individuals to needed programs and resources.

PATH Justice Involved Grants expansions begin to go into effect in October! The first phase of this expanded benefit will include increased access to Behavioral Health Discharge Planning in the Mendocino County Jail. Prior to expansion, the Behavioral Health Jail Discharge Planner was restricted by regulation to only be able to initiate care within 60 days of release. This new funding and regulatory changes allows for increasing staffing allocations for BHRS Discharge planning to 1.5 Full Time Equivalents, and increases the time during which discharge planning can occur to 90 days prior to release. BHRS is recruiting for additional staff to fill this role, and will increase allocated staff time until positions are filled.



An Effective County Government Organization

October 2024



BHRS recognizes October 10th as **World Mental Health Day**, to raise awareness, reduce stigma, and to talk about mental health and provide support and treatment options for mental health conditions.

If you or someone you know is experiencing a mental health crisis (a danger to oneself or others) and need help right away, call: 1-855-838-0404. If you or someone you know, needs urgent care call 911 immediately.

If you are feeling stressed, isolated, overwhelmed, or need support, call the Warm Line: 1-707-472-2311 or Toll Free at 1-833-955-2510

Mental Health

The Safe Rx Coalition facilitated by BHRS Wellness & Prevention Unit meets monthly with community stakeholders involved in substance misuse, prevention, and response. The October Meeting is scheduled for October 22, 2024, via [Teams Link](#).

The Mental Health Services Act & Quality Improvement Joint Forum facilitated by BHRS is an opportunity for community members and other stakeholders to provide feedback on specialty mental health and MHSA funded programs and services. BHRS consumers, family members, community based agencies, service providers and other concerned community members are encouraged to attend to learn more about services and to provide feedback. There was a meeting scheduled on October 3, 2024, from 2:00 pm to 4:00 pm at Yuki Trails 23000 Henderson Road 95428 Covelo and via Teams, the next scheduled meeting will be Wednesday, December 4, 2024, from 3:00 pm - 5:00 pm at the Behavioral Health Regional Training Center at 8207 East Road Redwood Valley and via [Teams](#).

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



WELLNESS RECOVERY RESILIENCE



Other/Additional Information October 2024

Public Conservator Office

Number of LPS conserved individuals in July 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 July 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
July 2024	39	24	63

LPS Conservatorship (Mental Health) Placement Costs FY 23/24			
FY 24/25	Total Costs	General Funds	Realignment Funds
July 2024	\$279,842	\$0	\$279,842.00
Total (YTD)	\$279,842	\$0	\$279,842.00

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).

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).

Your mental health matters

Symptoms of Depression

Depression is a serious mental health condition that affects people from all walks of life. If you have symptoms, please seek help as there are treatment options available.

Loss of interest or pleasure in hobbies or activities

Persistent sad, anxious, or "empty" mood

Feelings of guilt, worthlessness, or helplessness

Feelings of irritability, frustration, or restlessness

Feelings of hopelessness or pessimism

Difficulty concentrating, remembering, or making decisions

Mendocino County Access Line: 1-800-555-5906
www.mendocinocounty.gov/departments/behavioral-health-and-recovery-services



Other/Additional Information October 2024

Mental Health

BHRS recognizes October 7th is National Depression Screening Day and month is **Depression and Mental Health Screening** Month to raise awareness, reduce stigma, and remind to schedule regular health care screenings.

Who should get screened?

Anyone with the following but not limited to symptoms below:

- A persistent sad, anxious or "empty" mood
- Sleeping too little, early morning awakening, or sleeping too much
- Reduced appetite and weight loss, or increased appetite and weight gain
- Loss of interest or pleasure in activities once enjoyed
- Restlessness or irritability
- Difficulty concentrating, remembering or making decisions
- Fatigue or loss of energy
- Thoughts of death or suicide
- Physical symptoms such as unexplained aches and pains

Take a Mental Health Test at: <https://screening.mhanational.org/screening-tools/> The screening tools are free, anonymous, and confidential.

