

# WORKING ON WELLNESS

## Mental Health Awareness Month

In recognition of Mental Health Awareness Month, the County continues to promote access to **confidential** support services through the [Employee Assistance Program](#) (EAP), provided by Magellan Health. ALL County employees -- whether full-time, part-time, or extra help -- have access to this benefit, which also extends to members of their household. Employees in the Sheriff's Office and Probation Department also have access to counselors with experience supporting law enforcement and correctional staff.

Through the EAP, employees and their families have access to:

- Up to **10 free counseling sessions** per issue, per family member, per year
- In-person counseling, as well as phone, virtual, and text-based support options
- Counseling services through BetterHelp for added flexibility and convenience

These resources are designed to reduce barriers to care and support the mental and emotional wellbeing of the County workforce and their families.

## Personify Health Platform Updates

New content continues to be added to the [Personify Health](#) digital wellbeing platform to help keep the content fresh, relevant, and engaging. Staff can use the Personify Health app to access personalized tools, resources, and activities that support their health and wellbeing, while also earning Wellness Incentive points.

Recent additions include *Journeys* on topics such as Pilates, healthy aging, first aid, sleep, and work-life balance, along with new media content featuring FitOn fitness classes, guided meditation, nutrition information, and wellness tips.

Click [here](#) to view a complete list of platform updates.



MENDOCINO COUNTY

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## Spring Wellness Challenge Wrap-Up

The County's six-week [Spring Into Motion](#) Wellness Challenge concluded on April 26, with **200** employees actively participating. Of those, **89%** achieved the program goal and earned 3,500 wellness incentive points. The challenge encouraged staff to incorporate physical activity into their daily routines in ways that worked best for them — whether through walking, swimming, gardening, housekeeping, or other forms of movement.

Collectively, participants logged more than **92 million steps**, the equivalent of nearly twice around the Earth! Team participation remained strong, with 107 employees across **19 teams**. The *WISC Walkers* from Social Services in Willits achieved the highest team score, followed closely by *Adjourn and Burn*, representing the Executive Office and Social Services. In total, employees from 21 departments took part in the challenge.

By providing opportunities that encourage movement, connection, and healthy habits, the County continues to invest in a workforce that is better equipped to serve the community.

