

**Behavioral Health & Recovery Services (BHRS) recognizes:  
National Stress Awareness Day: November 5**

BHRS is raising awareness and reminds everyone to take a moment to pause and check in with yourself.

Stress affects us all — but managing it can improve your mental and physical health.

- Take a short walk
- Practice deep breathing
- Talk to someone you trust
- Take breaks and rest

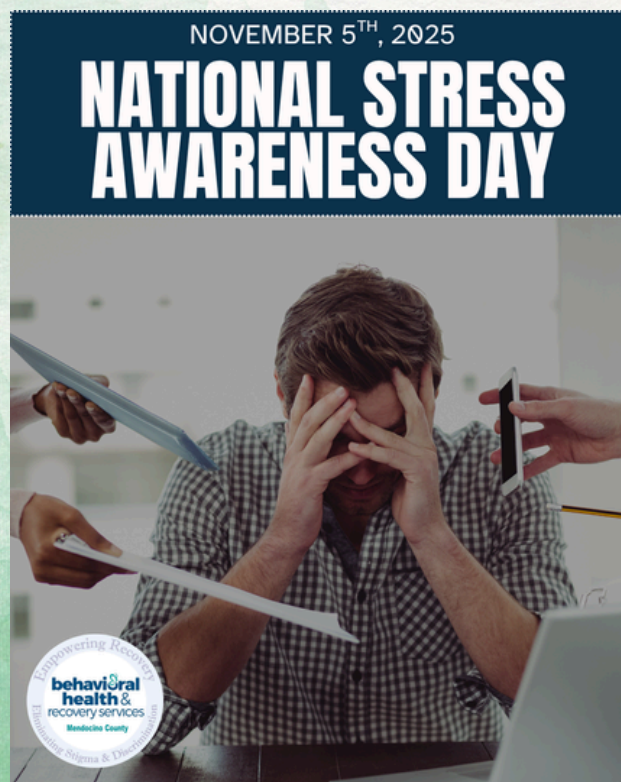


***Taking care of your mental health is as important as taking care of your body.*** ♥

**24/7 Crisis Line: 1-855-838-0404**

**Warm Line for Non-Crisis Emotional Support: (707) 472-2311 or**

**Toll-Free: 1-833-955-2510**



**#StressAwarenessDay**  
**#MentalHealthMatters**  
**#SelfCare**

# Safe & Health Community

## November 2025



### **Behavioral Health & Recovery Services (BHRS) recognizes: World Kindness Day: November 13**

BHRS reminds about the importance of being kind to others and being kind to yourself.

**Warm Line for Non-Crisis Emotional Support:**  
(707) 472-2311 or Toll-Free: 1-833-955-2510

### **Mental Health**

NAMI Mendocino Presents at the NAMI- California Statewide Convention! The National Alliance on Mental Illness Mendocino Chapter has developed and been piloting a Tribal Community adaptation to the NAMI Family to Family Class. NAMI Mendocino leaders and Family to Family Class Facilitators from Native American communities discussed what adaptations were made, while still being true to Family to Family programming fidelity. They discussed how bringing the classes to tribal communities with additions of cultural practices opened opportunities for families to learn more about recognizing mental health conditions and the impacts, providing an opportunity for sharing and grieving.

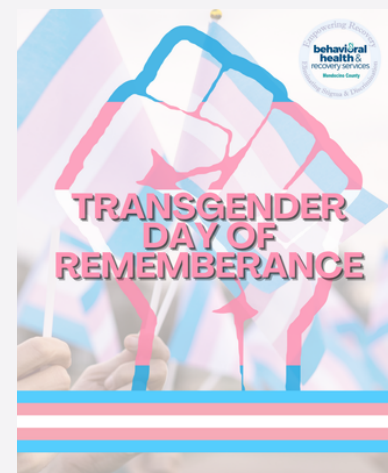


They also shared their hopes that further culturally specific adaptations can be explored to expand and support families and individuals living with mental health conditions. NAMI Mendocino has had a long partnership with BHRS & MHSA to expand Family to Family and Peer to Peer and to bring resources to our communities.

### **Behavioral Health & Recovery Services (BHRS) recognizes: Transgender Day of Remembrance: November 20**

BHRS honors transgender individuals whose lives were lost to acts of violence and discrimination. This day also serves as a reminder to stand together in compassion, raise awareness about the challenges faced by the transgender community, and commit to creating safer, more inclusive communities for all.

*For support, call or text "988" Suicide & Crisis Lifeline, or chat at 988lifeline.org.  
For a LGBTQI+ affirming counselor, text "Q" to 988 or by calling 988 and press 3.*



### **Substance Use Disorder Treatment (SUDT)**

SUDT and Prevention have NARCAN, Fentanyl test strips, and Xylazine test strips in our lobby for easy access to the populations in treatment. There are also NARCAN, Fentanyl test strips, and Xylazine test strips in our main lobby for access to the public.

# An Effective County Government Organization

## November 2025



### Mental Health

BHRS holds Mental Health Services Act and Quality Improvement Committee Joint Forums every other month.

#### **BHRS will host the following stakeholder communication meeting:**

- Mental Health Services Act and Quality Improvement Committee at Behavioral Health Regional Training Center, 8207 East Road, Redwood Valley and via Teams Link *Wednesday, December 3, 2025 | 2:00 pm to 4:00 pm*

For more information, contact Rena Ford in the MHSA Unit at 707-472-2724 or Robin Harris in the QIC unit at 707-472-2630.

### **Substance Use Disorder Treatment (SUDT)**

SUDT continues researching additional grants to enhance and expand prevention and treatment services. SUDT wrapped up both the RCORP and COSSUP grants in October.

SUDT Prevention Team attended the Pumpkinfest in Ukiah, attending both days with three interactive booths. The BHRS and Public Health Teams connected with the community and distributed a wide range of resources, including: brochures, journals, NARCAN, Fentanyl test strips, xylazine test strips, locking med bags, gun locks, and much more. The event was a huge success each day, helping raise awareness and providing tools to keep our community safe and healthy.

The BHRS and Public Health Team also attended the Health Fair in Point Arena connecting with the community and sharing resources on the coast.

#### **BHRS and Public Health teams also participated in several events throughout October & November including:**

- Dia Los Muertos at Mendocino College in Ukiah (October 29)
- Trunk or Treat in Ukiah (October 31)
- Trunk or Treat in Fort Bragg (October 31)
- Dia Los Muertos at Alex Thomas Plaza in Ukiah (November 2)



The Public Defender's office has made several referrals for eligible Prop 36 individuals. Staff continue to screen and assess referrals.

# Other/Additional Information

## November 2025



### Public Conservator Office

The number of LPS conserved individuals in August 2025 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 2025, 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 25/26	Out of County	In County	Total Number of Clients
Aug 2025	49	19	68

LPS Conservatorship (Mental Health) Placement Costs FY 25/26			
FY 25/26	Total Costs	General Funds	Realignment Funds
Aug 2025	\$379,399.10	\$0	\$379,399.10
<b>Total (YTD)</b>	<b>\$782,502.72</b>	<b>\$0</b>	<b>\$782,502.72</b>

### 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).



BHRS has begun the **4th Annual Hat, Sock, and Glove Drive** to celebrate the holiday season, they are collecting and distributing hats, socks, and gloves to conserved clients.

