

SEPTEMBER SUICIDE PREVENTION AWARENESS MONTH

You are not alone.



Warm Line (non-crisis emotional support line): 1-707-472-2311 or Toll Free: 1-833-955-2510

Behavioral Health & Recovery Services (BHRS) recognizes:

National Suicide Prevention Week: September 7–13

World Suicide Prevention Day: September 10

Suicide Prevention Month: All of September

Each year, BHRS honors these observances with a proclamation and community awareness efforts. This month is a powerful reminder that everyone has a role to play in suicide prevention whether through education, support, or simply starting a conversation.

BHRS is committed to raising awareness, sharing life-saving resources, reducing stigma, encouraging open conversations, and supporting individuals and families affected by suicide.

The official Suicide Prevention Awareness Ribbon is purple and teal, symbolizing hope and remembrance.

Here are 5 steps you can take to help:

1. **ASK**—Don't be afraid to ask directly, "Are you thinking about suicide?" Research shows that asking this question does not increase risk, it can save lives.
2. **BE THERE**—Be present. Listen without judgment. Showing you care can make a difference.
3. **KEEP THEM SAFE** - Reduce access to lethal means. Ask if they have a plan and help create a safety strategy.
4. **HELP THEM CONNECT** - Encourage connection to mental health services. Save the 988 Suicide & Crisis Lifeline number (call or text 988).
5. **FOLLOW UP** Stay in touch. Ongoing support especially after a crisis or discharge from care can be crucial.

Reach out. Listen. Support. Save a life.

Help is Available!

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

988 Suicide & Crisis Lifeline Call, Text, or Chat online anytime 24/7 at 988lifeline.org



An Effective County Government Organization September 2025

Mental Health - Mental Health Services Act (MHSA)

BHRS held a Mental Health Services Act and Quality Improvement Committee Joint Forum in Point Arena on August 27th. The Joint Forum was an opportunity to update community stakeholders on the transformation to Behavioral Health Services Act, upcoming Request for Proposal opportunities for the new Behavioral Health Services Act Three Year Plan, and ongoing information about behavioral health services utilization, resources, and other information.

BHRS will host the following stakeholder communication meeting:

- Mental Health Services Act (MHSA) Forum/Quality Improvement Committee at Yuki Trails, 23000 Henderson Road, Covelo *Thursday, October 2, 2025 | 2:00 pm - 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 will be wrapping up both the RCORP and COSSUP grants in the coming months.

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

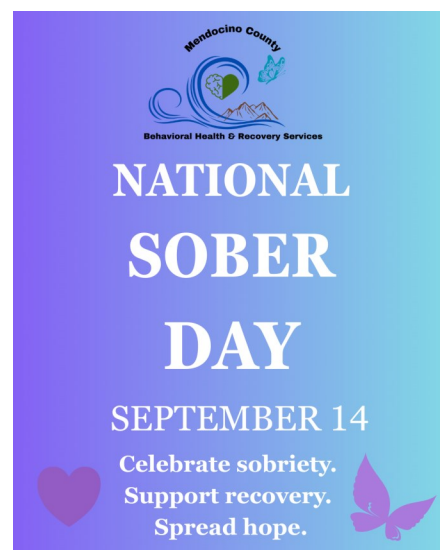
The Prevention Team also attended an Overdose Awareness Day event hosted by Adventist Health on August 31. This gathering honored the lives lost to overdose, supported families, and raised awareness about prevention and recovery resources.

The Public Defender's office has made several referrals for eligible Prop 36 individuals. Staff continue to screen and assess referrals. At this time, no funding has been identified to help cover the associated cost.

September 14 is National Sober Day

BHRS observed this day to support individuals in recovery, celebrate the benefits of sober living, and promote open conversations and healthy coping strategies. It also served as a reminder that help and resources are available. You are not alone on the journey to recovery.

For Substance Use Disorder Treatment Services, call 1-855-765-9703





A Safe and Healthy Community

September 2025

Mental Health

September is Suicide Prevention Month!

Suicide Prevention Month is recognized nationally as a time to raise awareness, provide resources, and share messages of hope and healing.

BHRS hosted and participated in several events throughout the month focused on awareness, self-care, and resource sharing, with a special emphasis on Suicide Prevention Week (September 7–13). Highlights include:

Suicide Touches Every Community.



- **Suicide Awareness Storyboard Activities** at the BHRS Wellness Centers:

- * **Ukiah:** September 11, 10:00–11:30 AM
- * **Willits:** September 11, 1:00–2:30 PM

- **Boonville Fair & Apple Show (September 12–14):** BHRS staff hosted a booth to share information, resources, and promote awareness.

- **Russian River Memorial District Vigil (September 15, 1:00 PM):** BHRS attended a graveside vigil held to honor and remember those who passed away at the former Talmage State Hospital.

Join BHRS at Upcoming Events in September for Suicide Prevention Month:

- **California Indian Heritage Celebration** *Thursday, September 25, 2025 | 5:00 pm – 9:00 pm* Come by our booth!

Substance Use Disorder Treatment (SUDT)

SUDT and Prevention have NARCAN, COVID-19 tests, Fentanyl test strips, and Xylazine test strips in our lobby for easy access to the populations in treatment. There are also NARCAN, COVID-19 tests, Fentanyl test strips, and Xylazine test strips in our main lobby for access to the public.



Other/Additional Information

September 2025

Public Conservator Office

The number of LPS conserved individuals in June 2025 was consistent with prior 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 June 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 24/25	Out of County	In County	Total Number of Clients
June 2025	48	17	65

LPS Conservatorship (Mental Health) Placement Costs FY 24/25			
FY 24/25	Total Costs	General Funds	Realignment Funds
June 2025	\$389,046.50	\$0	\$389,046.50
Total (YTD)	\$4,975,908.19	\$0	\$4,975,908.19

LPS Conservatorship

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

Grave Disability

Gravely disabled refers to a condition in which an individual, as a result of a mental health disorder or chronic alcoholism, is unable to provide for their basic personal needs for food, clothing, or shelter, as defined in the Welfare and Institutions Code (WIC) Section 5008(h)(1)(A) and (2). The term also applies to individuals who have been charged with a crime, found mentally incompetent under Penal Code Section 1370, and who meet the additional criteria outlined in WIC Section 5008(h)(1)(B).

September is National Recovery Month

This month, BHRS observes and celebrates those in recovery from substance misuse and mental health conditions. BHRS is raising awareness, promoting hope, sharing resources for treatment and recovery support and recognizes providers and the community that make recovery possible.

Recovery is For Everyone: Every Person, Every Family, Every Community.

