

Health Services recognizes:
Alzheimer's Awareness Month: All of November

Health Services recognizes Alzheimer's Awareness Month and is raising awareness of Alzheimer's disease and other dementias. Early detection, support and understanding can make a meaningful difference in those living with these conditions and their families.

In 2020, an estimated 6.9 million people were living with Alzheimer's disease, and that number is projected to nearly double to 14 million by 2060. In 2022, Alzheimer's disease was the 7th leading cause of death in U.S. adults, and 6th leading cause of death among adults 65 years or older.

Recognizing the warning signs is an important step toward early detection. Common signs and symptoms may include:

- Memory loss that affects daily life
- Difficulty completing familiar tasks at home, work, or during leisure activities
- Decreased or poor judgement
- Misplacing items or unable to retrace steps to find them
- Confusion with time or place
- Changes in mood, personality, or behavior

Learn more about the 10 warning signs of Alzheimer's disease and talk to your health care provider if you notice any changes.

Together, we can help strengthen our community by sharing resources, and supporting individuals, families, friends, and caregivers affected by Alzheimer's disease and other dementias.

Learn more at: *www.alz.org or www.cdc.gov/alzheimers-dementia/*

TOGETHER

Health Services

A Safe & Healthy Community

November 2026

Health Services

Substance Use Disorder Treatment (SUDT)

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

For access to SUDT services within Mendocino County: *1-855-765-9703 or TTY: 1-800-735-2929 or 711.*

Public Health - Immunization

In October, the Communicable Disease and Immunization Teams continued to support public health priorities through communicable disease prevention, surveillance, and immunization services. The teams maintained ongoing activities under their Hepatitis C (Hep C), Disease Intervention Specialist (DIS), and sexually transmitted infection (STI) grants. Staff also continued participating in meetings and virtual calls with the California Department of Public Health (CDPH) to support program coordination and ongoing activities.

The Immunization Team continued efforts to expand access to seasonal influenza vaccination throughout the community. Since September, staff has held nine vaccine events, conducted one drive-through vaccine clinic, and provided vaccination services at two care homes. To date, 306 influenza vaccines have been administered during the current flu season. Additional vaccination events are planned, including outreach to the South Coast and the City of Ten Thousand Buddhas, to further expand access to vaccination services.

Public Health continued its seasonal influenza prevention and public communication efforts by distributing a press release addressing masking and healthcare workers during the current flu season. These efforts help share relevant public health guidance and reinforce awareness of measures to reduce the spread of respiratory illnesses.

Looking ahead to December, Public Health will continue its communicable disease and immunization program activities. A key upcoming priority is participation in the Hepatitis C Summit in Los Angeles, providing an opportunity to engage in discussions relevant to Hepatitis C prevention, care, and program efforts.

Overall, Public Health remains focused on maintaining essential communicable disease services, supporting community immunization efforts, and continuing collaboration with the State and community partners to advance public health priorities.



A Prepared and Resilient County
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Public Health - Maternal, Child, and Adolescent Health (MCAH)

This month, the Maternal, Child, and Adolescent Health (MCAH) Program focused on completing our annual report-out on the previous year's Scope of Work. Each year, this report provides an opportunity to reflect on the progress, accomplishments, partnerships, and meaningful work carried out across our five key domains: Maternal Health, Perinatal Health, Child Health, Children and Youth with Special Health Care Needs (CYSHCN), and Adolescent Health. The report is shared with the State to highlight the ways that Mendocino County MCAH has continued to advance program goals, respond to community needs, and support the health and well-being of children, youth, and families throughout the county. Beyond serving as an important accountability measure, this annual process allows us to celebrate the work accomplished over the past year while also recognizing opportunities to strengthen our efforts moving forward. Through continued collaboration, reflection, and commitment to public health, MCAH remains dedicated to supporting healthier outcomes and equitable access to services for the communities we serve.

Health Services also recognizes:

Diabetes Awareness Month: All of November

World Diabetes Day: November 14

Health Services recognizes diabetes awareness to share the importance of understanding diabetes, recognizing symptoms, prevention, and supporting those living with the condition. Diabetes currently affects nearly 38 million Americans, making awareness, prevention, and effective management more important than ever.

There are three main types of diabetes:

- Type 1: Autoimmune; body stops making insulin. Usually diagnosed in youth but can occur at any age (5–10% of cases).
- Type 2: The body doesn't use insulin properly. Often develops in adults over time (90–95% of cases).
- Gestational: Develops during pregnancy and increases the risk of type 2 diabetes later in life.

The WIC program has registered dietitians and nutritionists who provide specialized nutrition support to high-risk participants, including clients with diabetes. WIC also assists low-income families through personalized nutrition counseling and support services. In addition, WIC provides guidance on carbohydrate counting, meal planning, healthy food choices, physical activity, and behavioral strategies to help promote long-term health.

When diabetes is left untreated or not properly managed, it can lead to serious health problems like heart disease, vision loss, and kidney disease. Early detection, healthy lifestyle choices, and diabetes management can help reduce the risk of complications.

Learn more about diabetes at *www.cdc.gov/diabetes*

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Public Health - Health Care Program for Children in Foster Care (HCPCFC)

This month, the HCPCFC team continued supporting the medical, dental, mental health, and wellness needs of children in foster care, receiving seven new case assignments. The team participated in the CYBHI Rural Resilience Innovation Hub meeting and continued collaborating with Family and Children's Services (FCS) and Anchor Health Management to coordinate care, support placement stability, and address complex mental health needs. HCPCFC nursing staff processed more than 10 JV-220 requests during the previous month and strengthened coordination with FCS through regular check-ins and monthly interagency collaboration meetings to promote continuity of care and successful placement outcomes.

Public Health - California Children's Services (CCS)

This month, the California Children's Services (CCS) Program placed a strong emphasis on strengthening program planning and ensuring the needs of Children and Youth with Special Health Care Needs (CYSHCN) are accurately represented and communicated. As part of collaborative program activities with the Maternal, Child, and Adolescent Health (MCAH) team, staff participated in resiliency training focused on developing skills and strategies to navigate the emotional demands of working closely with children and families with complex health care needs. The training provided an opportunity for staff to reflect on the importance of self-care, recognize signs of emotional burnout, and strengthen personal and professional resilience. By investing in staff wellness and professional development, the program is better equipped to provide compassionate, family-centered support while fostering a sustainable approach to serving CYSHCN and their families.

Health Services - Administration

- **Communications**

Health Services is airing public service announcements in both English and Spanish throughout the month of November to raise awareness for:

- **Respiratory Virus Season**

Fall is the time to prepare for Flu, COVID-19, and RSV (Respiratory Syncytial Virus). Protect yourself and your family. Get the Flu, COVID-19, and RSV vaccines. Talk to your healthcare provider to find out which vaccines are right for you or your loved ones. Remember, wear a mask, staying home when sick, and testing for COVID-19 all help reduce the spread. Vaccines remain your best defense against severe illness. For more information, visit CDC.gov/RespiratoryVirus

- **Movember Men's Health Month**

November is Movember, a month to raise awareness about men's health. Men, it's time to take charge of your well-being. Schedule routine checkups and screenings. Talk openly about mental health. Checking in with your doctor and with your friends can make all the difference. *For non-crisis emotional support, call the Warm Line at (707) 472-2311.*

- **Diabetes Awareness Month**

November is Diabetes Awareness Month, a time to learn, take action, and support those living with diabetes. Did you know that one in ten Americans has diabetes, and many don't even know it? Early detection and healthy habits can make all the difference. Schedule a checkup, stay active, and make healthy food choices. Together, we can prevent and manage diabetes for a healthier community.

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Public Conservator Office

The number of LPS conserved individuals in September 2026 was consistent with the previous months. The Public Conservator's office and the placement team regularly review individuals in higher levels of care to work towards achieving their goals to be eligible for lower level of placements including independent housing. In September 2026, 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 26/27	**Out of County**	**In County**	**Total Number of Clients**
Sep 2026	44	29	73

LPS Conservatorship (Mental Health) Placement Costs FY 26/27			
FY 26/27	**Total Costs**	**General Funds**	**Realignment Funds**
Sep 2026	$387,047.25	$0	$387,047.25
Total (YTD)	$2,962,841.19	$0	$2,962,841.19

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:

An individual may meet criteria for LPS conservatorship when, due to a serious mental health disorder, a severe substance use disorder, or a combination of both, they are unable to provide for their basic needs, including food, clothing, shelter, personal safety, or necessary medical care.



Health Services also recognizes:

Stress Awareness Day: November 4

Health Services recognizes Stress Awareness Day and reminds everyone of the importance of taking care of yourself, slowing down, and checking in with your mental health.

Life can get busy, and stress can build up before we realize it. Taking a moment to pause, breathe, and reflect on how we're feeling can make a difference. Remember, self-care isn't selfish, and it's okay to take a break, ask for support, and prioritize your well-being.

Take a free mental health screening: https://screening.mhanational.org/screening-tools/