



Black, Indigenous, and other People of Color (BIPOC) Awareness Month

BREAKING STIGMAS, PROMOTING MENTAL HEALTH FOR ALL.



Behavioral Health and Recovery Services (BHRS) recognizes July as Black, Indigenous, and other People of Color (BIPOC) Awareness Month to raise awareness of the challenges affecting the mental health of racial and ethnic groups in the United States as well as to acknowledge and explore issues concerning mental health and substance use disorders relative to minority communities. Studies suggest racial minority groups and sexual minority groups experience higher levels of anxiety, depression, suicidal tendencies, post-traumatic stress disorder (PTSD) and other mental health disorders.

BIPOC mental health presents challenges for racial and ethnic minority groups with regard to accessing and finding health care and provider representation. Other challenges include having to address negative perceptions about mental health care that may discourage people from seeking help as well as environmental factors such as experiencing or witnessing racial discrimination or violence that can cause stress and racial trauma.

Help yourself to relieve stress by participating in regular exercise, eat a balanced diet, limit phone use and screen time, practice self-care, journal your thoughts and feelings, reduce caffeine intake, spend time with friends and family, create boundaries, and practice mindfulness that involves being fully present in the moment, observing your thoughts and feelings without judgment to help reduce stress, improve focus, and enhance overall well-being.

Myth:
**Mental illness is a
white people problem.**

Reality:
**We all have mental health
and deserve proper care.**



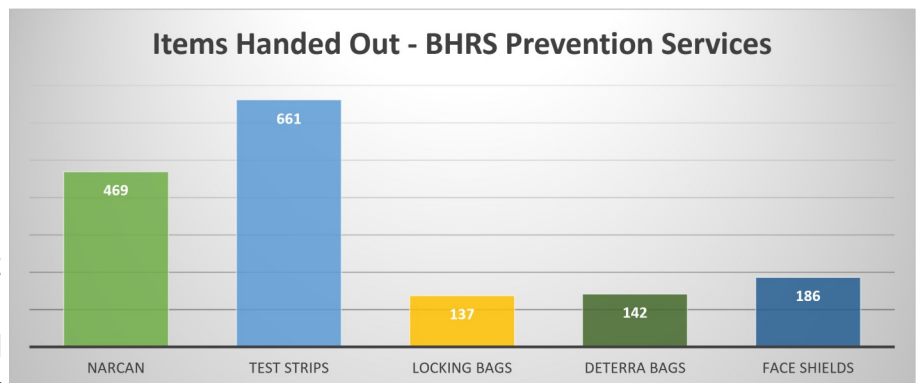
A Safe & Healthy County July 2024

Substance Use Disorder Treatment (SUDT)

SUDT has recently purchased 198 more boxes of NARCAN on 6/29/2024 with the COSSUP funds that BHRS was granted.

SUDT Prevention & Wellness

BHRS Prevention & Wellness Units participated in promoting behavioral health resources and resiliency at the Pride Walk and Picnic on June 16th. Our resource table provided resource and referral information for behavioral health services and harm reduction materials including 13 Detera medication dissolve kits, 23 Narcan boxes, 90 Test strips for harm reduction testing, and 26 CPR face shields.



Mental Health

In July, BHRS recognizes BIPOC Mental Health Month. This month recognizes that individuals from Black, Indigenous, and other People of Color (BIPOC) experience higher rates of trauma and greater barriers to accessing services than the dominant population. During the month of July Mental Health systems celebrate the resiliency that BIPOC communities use to overcome these challenges. BIPOC communities throughout history create their own systems of healing and self-care using cultural healing practices, culture as healing, and other mechanisms of support even in the face of disproportionate harm and resources. During the month of July Mental Health America encourages all to connect to culture and community, and to continue to work towards dismantling the barriers to treatment and services for BIPOC communities.

BHRS was approved for our PATH Justice Involved Implementation Plans. This project which will begin in 2026 increases collaboration between BHRS, Probation, and the Mendocino County Sheriff's Office. Our plans for collaboration outline increased collaboration to increase opportunities to connect justice involved populations to treatment services.

**Normalize talking
about mental
health in BIPOC
communities.**



Explore Mental Health America's 2024 BIPOC Mental Health toolkit at mhanational.org/july



An Effective County Government Organization July 2024



Substance Use Disorder Treatment (SUDT)

SUDT had nine client's successfully complete treatment in the month of May and two left before completion with Satisfactory Progress/Standard. One client was discharged due to being placed in a Rehabilitation Facility.

Admissions: 29 First Admissions; 5 Re-Admissions for a total of 34 individuals coming into treatment.

SUDT has begun it's Juvenile Justice summer program. There are 6 youth participating in the program. The groups are at SUDT on Monday's and then work with the dogs at Animal Care on Wednesday's. The funds came from an HMA Juvenile Justice stipend that BHRS was granted.

SUDT has also purchased multiple MTA bus passes with the help of the HMA drug courts grant funds to assist in reducing the barriers for participants to access services.

Mental Health

BHRS facilitates the Safe Rx Coalition, which meets monthly with stakeholders involved in substance misuse prevention and response. The meeting day and time was adjusted in May to accommodate stakeholder needs. The next meeting will be held Tuesday July 23 at 11 am via Teams.

BHRS facilitates Mental Health Services Act & Quality Improvement Committee Joint Forum every other month for mental health stakeholder feedback on specialty mental health and MHSA funded services. This meeting is an opportunity for stakeholders including providers, community agencies, BHRS consumers and their family members of mental health services to learn more about services and to provide feedback on these programs. Meetings travel throughout the county to ensure opportunities for many community voices to be heard. The forum schedule for Fiscal Year 24/25 has been finalized and is posted on the MHSA website. The next meeting is scheduled on Wednesday August 28th, 2024 from 12pm to 2pm in Point Arena at The Center 200 Main Street 95468. The meeting can also be joined via Zoom <https://mendocinocounty.zoom.us/j/>

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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WELLNESS · RECOVERY · RESILIENCE



Other/Additional Information July 2024

Public Conservator Office

Number of LPS conserved individuals in May 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 November 2023, 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 23/24	Out of County	In County	Total Number of Clients
May 2024	40	22	62

LPS Conservatorship (Mental Health) Placement Costs FY 23/24			
FY 23/24	Total Costs	General Funds	Realignment Funds
May 2024	\$360,613.52	\$0	\$356,950.47
Total (YTD)	\$3,404,338.18	\$0	\$3,404,338.18

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).

**It's always a good
time to work on
your mental health.**

Take a free mental health test
mhascreening.org

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).



A Prepared & Resilient Community

July 2024



Substance Use Disorder Treatment

SUDT has purchased products for table swag for the coming summer events. All are customized with the county logos to get our information out to the public. NARCAN will be distributed along with the information on how to use NARCAN. This was purchased using funds from the COSSUP grant that BHRS was granted.

Other/Additional Information

May Program Data

- Assisted Outpatient Treatment: 1 referrals in May, 11 referrals in FY 23/24
- AB109 MH Probation: 40 clients served in May, 46 clients served in FY 23/24
- Dual Response Mobile Crisis: 37 Calls in May, 608 calls in FY 23/24; average calls resulting in 5150 6% for FY 23/24
- Mobile Outreach & Prevention Services: 29 clients served in May, 64 clients served in FY 23/24
- BHRS Jail Discharge Planning: 26 clients served in May, 262 served FY 23/14
- Crisis Residential Treatment: 15 clients served in May; 223 total bed days. 8 repeated clients. Successes: 2 clients transitioned to residential rehabilitation treatment, 1 client returned to family, 6 moved to other housing (of the client's choice)

Myth:

Expressing my feelings and needing help is a sign of weakness.

Reality:

Expressing my feelings and asking for help is a sign of strength.



Explore Mental Health America's 2024 BIPOC Mental Health toolkit at mhanational.org/july