



Introduction

March 2025

March is Self-Injury Awareness Month and March 1 is Self-Injury Awareness Day.

This month is to raise awareness, increase understanding, reduce stigma, and offer support to those affected by self-harm.

Approximately 4% of the US population uses self injury as a way of coping. Self injury is distinguished from other forms of self harm, in that there is no intent to die or suicidal intent. Also, called Non Suicidal Self Injury, these activities can include cutting or burning one's self, picking or scratching at ones self, hitting, puncturing, or otherwise harming one's self. These activities are often used as a strategy to manage stress, end feelings of numbness, to feel a sense of control when otherwise feeling helpless or overwhelmed, or as an act of self punishment. Self injury is common among adolescents and young adults and age of onset is frequently from 12-14. Once an individual uses self harm as a coping mechanism, it can become a habit or addiction depending on the physiological response generated which can reduce pain. Strategies to reduce self harm and to replace these actions with healthier coping and stress management skills can include seeking professional help to process triggers and alternative coping skills; connect with someone you trust for support; engage in other activities that create the same physiological response such as running, dancing, or yoga; practice harm reduction by using things that shock your system similarly to self harm but are not harmful such as holding an ice cube for a brief period, sucking on a lemon, or snapping a rubber band.

The National Crisis Line 988 is a resource to begin to seek support and resources. To seek treatment talk to your primary care provider or contact the Mental Health Access line at 1-800-555-5906. If needed call 911 for medical emergency or the Crisis Line at 1-855-838-0404 if self harm becomes overwhelming or does have a suicidal element. Learn more at March is Self-Injury Awareness Month | Psychology Today

This month is a reminder that it's okay to talk about emotional pain.

behavioral health & recovery services
Mendocino County

**MARCH 1
SELF-INJURY AWARENESS DAY**

Self-Injury Awareness Day is dedicated to increasing understanding, breaking stigma, and offering support to those affected by self-harm. It's a reminder that no one is alone in their struggles and that help, healing, and hope are always within reach.

- IF YOU ARE FEELING STRESSED, ISOLATED, OVERWHELMED, OR NEED SUPPORT, CALL THE WARM LINE: 1-707-472-2311 OR TOLL FREE AT 1-833-955-2510
- IF YOU ARE EXPERIENCING A MENTAL HEALTH CRISIS (A DANGER TO ONESELF OR OTHERS) AND NEED HELP RIGHT AWAY, CALL: 1-855-838-0404
- WWW.MENDOCINOCOUNTY.GOV/DEPARTMENTS/BEHAVIORAL-HEALTH-AND-RECOVERY-SERVICES



A Safe & Healthy County March 2025

Substance Use Disorder Treatment (SUDT)

SUDT is working to put together an Opioid Task Force and has agencies willing to be a part of this effort. The response and feedback have been positive. They met on February 26, and now working on setting up the next meeting, and a plan of how we can make our county safer from overdoses.



SUDT has NARCAN, COVID-19 tests, Fentanyl test strips and Xylazine test strips in our lobby for easy access by the individuals we serve.



Mental Health

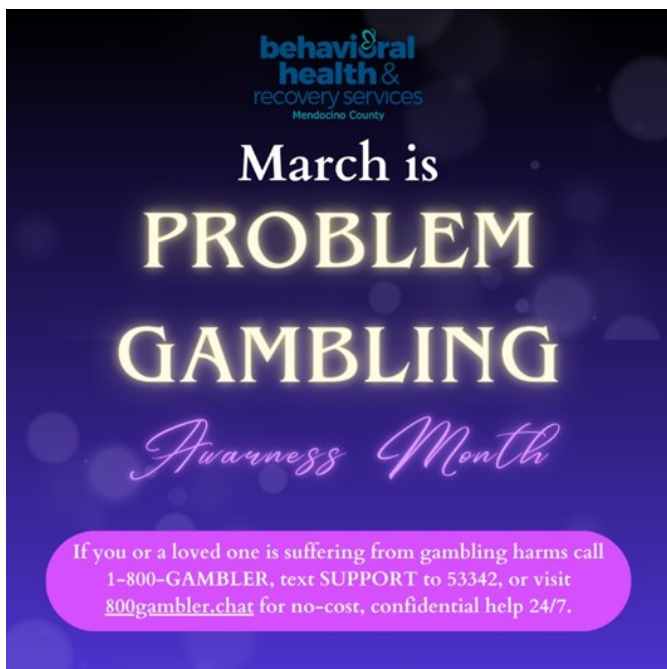
BHRS partners with Indigenous Wellness Alliance to provide culturally specific wellness programs and is excited to be present at their Justice Involved Re-Entry Initiative. This event on March 6, 2025 included a Key Note presentation from Al Pooley, Founder and President of Native American Fatherhood and Families Association and opportunity for the community to contact service providers and access resources.

March is also Problem Gambling Awareness Month. Approximately 2.5 million us adults suffer from gambling problems or gambling addictions. While gambling is an activity that some can engage in without it becoming a problem, gambling is determined to be a problem if it is damaging to the

individual, disrupting daily life to the point of impacting and harming social, financial, educational, career, or emotional wellbeing. During the Month of March BHRS recognizes and seeks to raise awareness to resources for prevention, treatment, and recovery services.

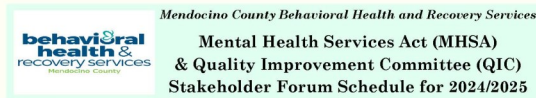
If you or someone you care for may need support contact the National Gambling Helpline 1-800-GAMBLER or text 800Gam for 24/7 free and confidential help from the National Council on Problem Gambling.

Additional resources are available at:
www.ncpgambling.org/news/march-is-pgam-2025 or
problemgambling.ca.gov.





An Effective County Government Organization March 2025



Mendocino County Behavioral Health and Recovery Services

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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Mental Health

BHRS facilitates the Mental Health Services Act Forum and Quality Improvement Committee Joint Meeting every other month. During this meeting BHRS staff and contracted agencies provide information about the services offered by Behavioral Health Providers. The meeting is an opportunity for community stakeholders to provide input and feedback on the behavioral health system in addition to learning more about programs and services offered. The next MHSA Forum/QIC will be held on Thursday, April 3, 2024 from 2:00 PM to 4:00 PM at the Willits Library, 390 E. Commercial Street, Willits, CA 95490. The meeting will also be available via [Teams](#).

The Mental/Behavioral Health Services Act Annual Plan Update for Fiscal Year 2025-26 will be open for a 30 day Public Comment period beginning February 26, 2025 through April 4, 2025. The Mental/Behavioral Health Services Act Program and Expenditure Plan is developed for three years at a time with an Annual Update to the Plan reviewing any updates for the upcoming Fiscal Year. The Plan Update was reviewed

at the Behavioral Health Advisory Board meeting on February 26, 2025 and was approved to go into Public Comment Period. The Public Comment Hearing will be held during the Behavioral Health Advisory Board meeting on March 19, 2025 from 1:00 PM to 3:00 PM in Conference Room 1 at 1120 South Dora Street, Ukiah, CA 95482. Comments on the plan can be mailed or emailed to the MHSA team at mhsa@mendocinocounty.gov or MHSA/BHSA, 1120 S. Dora St. Ukiah, CA 95482. The Annual Plan Update is available for review on the MHSA website at [Mental Health Services Act | Mendocino County, CA](#) and at County Mental Health Offices at 1120 South Dora Street, Ukiah, CA 95482, 790 B South Franklin Street, Fort Bragg, CA 95437, and Willits Justice Center Wellness Center, 123 E. Commercial Street, Willits, CA 95490.

Substance Use Disorder Treatment (SUDT)

SUDT has exhausted all grants. SUDT is working on the YOR grant to apply for.

SUDT is still working on a RFP with Opioid settlement funds for prevention and intervention of Opiates.





Other/Additional Information March 2025

Public Conservator Office

Number of LPS conserved individuals in December 2024 and January 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 December 2024 and January 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
December 2024	40	25	65
January 2025	39	25	64

LPS Conservatorship (Mental Health) Placement Costs FY 24/25			
FY 24/25	Total Costs	General Funds	Realignment Funds
December 2024	\$335,300.40	\$0	\$335,300.40
January 2025	\$337,535.09	\$0	\$337,535.09
Total (YTD)	\$2,248,995.60	\$0	\$2,248,995.60

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).

March 30, 2025 is World Bipolar Day. This day is to raise awareness about bipolar disorder, eliminate social stigma and discrimination.

