



**May 4-10, 2025 is Children's Mental Health Week,
May 7, 2025 is World Maternal Mental Health Day,
May 8, 2025 is Children's Mental Health Day,
and all month long is Mental Health Awareness Month.**

Behavioral Health and Recovery Services (BHRS) recognizes May as Mental Health Awareness Month annually with a proclamation and community awareness activities. Mental Health Awareness Month was established in 1949 as a way to reduce stigma and educate the community about the signs and symptoms of mental illness. The Mental Health Awareness Ribbon is lime green.

Maintaining habits that support good mental health is beneficial for individuals of all ages and backgrounds. Approximately one in five adults in the United States experiences a mental health condition, and one in twenty lives with a serious mental illness that can interfere with daily activities such as work, school, or other adult responsibilities. More than half of all mental health conditions begin by age 14, and 75% develop by age 24. The U.S. is witnessing a rise in youth mental health concerns—particularly symptoms of depression—while fewer young people are accessing the treatment they need.

Stigma often serves as a barrier to seeking mental health care. Engaging in open conversations about mental health, sharing information about available resources and services, and participating in supportive, healthy activities can help reduce stigma and encourage timely support-seeking. Learning self-care strategies and coping skills to manage intense emotions can build resilience and make it easier for youth and adults to seek help.

Additionally, supporting our physical and social health—through regular exercise, exposure to sunlight, nutritious meals, and positive social connections—can enhance our emotional well-being. Like many chronic conditions, mental health disorders can often be effectively managed, allowing individuals to lead meaningful and fulfilling lives.

Help is Available!

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

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

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



A Safe & Healthy County May 2025

Mental Health



Here are a few additional ways to promote good mental well-being:

- **Prioritize Self-Care:** Make time for activities that bring you joy and relaxation
- **Stay Connected:** Engage with loved ones and build supportive relationships
- **Manage Stress:** Practice mindfulness, meditation, or deep breathing exercises to help reduce stress levels
- **Get Enough Sleep**
- **Maintain a Healthy Diet:** Eating nutrient-rich foods supports both brain function and mood stability
- **Limit social media**
- **Practice Gratitude:** Reflecting on the positives in life can shift your mindset and help you maintain a more optimistic outlook.
- **Seek Professional Support:** If you are struggling, talk to a mental health professional.

Join BHRS at Upcoming Community Events in May!

Behavioral Health & Recovery Services (BHRS) will be present at the following community events throughout Mendocino County:

- **Laytonville Healthy Start Health Fair** *Tuesday, May 6, 2025*
- **Mendocino College Health Fair** *Wednesday, May 7, 2025 | 11:00 AM – 2:00 PM*
- **Ukiah Farmers Market** *Saturday, May 10, 2025 | 10:00 AM – 12:30 PM*
- **Fort Bragg Farmers Market** *Wednesday, May 28, 2025 | 3:00 PM – 5:30 PM* (Adjusted to the typical end time of the market)

Additionally, BHRS has been invited to participate in:

- **Crisis Conversation with the Coyote Valley Band of Pomo Indians** *Friday, May 16, 2025 | 4:30 PM*

Substance Use Disorder Treatment (SUDT)

Prevention is setting up this year's calendar for all the events that are happening throughout the county, so they can attend. They have made several purchases, using grant funds, for table swag to hand out at the events.

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.





An Effective County Government Organization

May 2025

Mental Health

BHRS will host the following stakeholder communication meetings:

- Behavioral Health Services Act (BHSA) Forum/ Quality Improvement Committee on Wednesday, June 4, 2025, from 1:00 PM - 3:00 PM at the Fort Bragg Hospitality Center, 101 N. Franklin St., Fort Bragg, CA 95437.
- Safe Rx Coalition on Tuesday, May 27, 2025, from 11:00 AM – 12:00 PM. The meeting will also be available via [Teams](#).



Substance Use Disorder Treatment (SUDT)



SUDT continues to await notification regarding the Youth Opioid Response (YOR) grant application. In support of prevention efforts, the Prevention Program recently welcomed a new Program Specialist to help expand outreach and programming.

The Opioid Task Force continues to move forward, maintaining its focus on adolescent prevention. The second task force meeting was recently held, building on initial momentum from the February 26, 2025, kickoff meeting, which had 12 participants.

SUDT is also in the final stages of the Comprehensive Opioid, Stimulant, and Substance Use Program (COSSUP) grant, which concludes on September 30, 2025.

In collaboration with the Public Defender's Office, SUDT is developing a referral and assessment process for individuals in the jail who may be eligible for treatment under Proposition 36. Over the past month, approximately 10 referrals have been made as part of this initiative.



Other/Additional Information May 2025

Public Conservator Office

The number of LPS-conserved individuals in March 2025 was consistent with the previous months. The Public Conservator office and the placement team are always reviewing individuals in higher levels of placements to work towards achieving their goals to be eligible for lower-level placements including independent housing. In March 2025, there were more clients placed out of the county than in the county due to needing a 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
March 2025	42	21	63

LPS Conservatorship (Mental Health) Placement Costs FY 24/25			
FY 24/25	Total Costs	General Funds	Realignment Funds
March 2025	\$354,496	\$0	\$354,496
Total (YTD)	\$2,900,110.61	\$0	\$2,900,110.61

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).