



**You're not alone.
Help is available.**

samhsa.gov/find-help

December is Seasonal Affective Disorder (SAD) awareness month. SAD is a condition in which some people experience a significant mood change when the seasons change. SAD is a type of depression.

Seasonal Affective Disorder (SAD) is triggered by changes in seasons. This form of depression usually occurs during the fall and winter months when there is less sunlight, and the days get shorter. The symptoms are not always the same for everyone, but can include:

- Sad, anxious, or "empty" feelings
- Feelings of hopelessness, guilt, worthlessness, or helplessness
- Loss of interest or pleasure in activities you used to enjoy
- Fatigue and decreased energy
- Difficulty concentrating, remembering details, and making decisions
- Thoughts of death or suicide
- Oversleeping
- Overeating, particularly with a craving for carbohydrates
- Weight gain
- Social withdrawal (feeling like "hibernating")
- Difficulty sleeping
- Lack of appetite
- Irritability and agitation

Behavioral Health & Recovery Services (BHRS) also recognizes December as Seasonal Depression Awareness Month. Like Seasonal Affective Disorder (SAD), Seasonal Depression is a form of depression that occurs in winter months and December when there is less sunlight, and the days get shorter. The symptoms are not always the same for everyone, but are similar to symptoms of SAD.

If you or someone you know is struggling or in crisis, help is available. Call or text [988](https://988lifeline.org) or chat 988lifeline.org.

If you or you know someone in need of support, call the Mendocino County Warm Line Call 1-707-472-2311 or toll free at 1-833-955-2510





A Safe & Healthy County December 2024

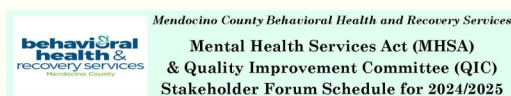
Substance Use Disorder Treatment (SUDT)

SUDT has been able to purchase bus passes from MTA with our HMA Drug Court grant to provide access to and from required appointments. This has been a blessing for the Behavioral Health participants that may not have reliable means of transportation to get to and from their appointments.

Mental Health

CARE Act goes Live on December 1st! Community Assistance Recovery & Empowerment (CARE) is a new regulation and consist of a collaboration between the Courts and Behavioral Health and Recovery Services. This is a voluntary civil court process, similar to Assisted Outpatient Treatment (aka Laura's Law). The Act and program allow for more individuals with concerns about loved ones to make referrals to the program through a legal petition with the Courts. The Courts' Self Help Center can help prospective participants and loved ones navigate the petition process. Individuals that qualify are those with schizophrenia spectrum disorder or other psychotic disorders, are 18 years or older, would benefit from the program, have not been actively engaged in other outpatient treatment, and are willing to engage with the CARE program. The program

increases engagement through the civil court monitoring process, and makes the treatment plan a part of routine check ins for at least a year provided the participant is willing. This is a therapeutic non criminal process. The participant is able to have a support person in addition to the treatment team to support them with the court process. In addition to behavioral health treatment services, the program ensures access to housing supports when needed. Individuals interested in more information can go to the BHRS website CARE program link, or can reach out to the Self Help office at the Courts for information on filing a petition.



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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An Effective County Government Organization December 2024

Substance Use Disorder Treatment (SUDT)

SUDT is on track with our grants. The COSSUP grant ends September 30, 2025. The HMA Drug Court grant and the Juvenile Justice grant ends March 31, 2025. SUDT continues to look at other grant options to sustain the SUDT program.

With our Juvenile Justice grant SUDT was able to team up with Juvenile Hall and assist them with purchasing the needed equipment for a music program at Juvenile Hall.

SUDT has two Mentored Internship Program (MIP) interns working on their credentialing through Cal Poly Humboldt State University that will be ending soon. The MIP project provides opportunities for students 18 and older and at multiple stages of their education to gain practical on-the-job experience. The goal of the MIP project is to enhance the professional development of diverse students through thoughtful mentored internships and to grow a future mental health (MH) and (SUDT) workforce.



Mental Health

The Mental Health Services Act & Quality Improvement Joint Forum facilitated by BHRS is an opportunity for community members and other stakeholders to provide feedback on specialty mental health and MHSA funded programs and services. BHRS consumers, family members, community based agencies, service providers and other concerned community members are encouraged to attend to learn more about services and to provide feedback. The next meeting is scheduled on December 4, 2024 from 3:00 pm to 5:00 pm at the Behavioral Health Regional Training Center 8207 East Road and also available via [Teams Link](#).



The Safe Rx Coalition facilitated by BHRS Wellness & Prevention Unit meets monthly with community stakeholders involved in substance misuse, prevention, and response. There will be no meeting in December. The January Meeting is scheduled for January 28, 2024 via [Teams Link](#).



Other/Additional Information December 2024

Public Conservator Office

Number of LPS conserved individuals in August and September 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 August and September 2024, 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
August 2024	40	24	64
September 2024	39	24	63

LPS Conservatorship (Mental Health) Placement Costs FY 24/25			
FY 24/25	Total Costs	General Funds	Realignment Funds
August 2024	\$323,180.51	\$0	\$323,180.51
September 2024	\$317,373.35	\$0	\$317,373.35
Total (YTD)	920,395.86	\$0	920,395.86

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).



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988 Suicide & Crisis Lifeline 988 or 988Lifeline.org • Español (opreme 2) • LGBTQI+ Youth (press 3)	SAMHSA's National Helpline 1-800-662-HELP (4357)
Veterans Crisis Line Dial 988 (press 1)	Disaster Distress Helpline 1-800-985-5990
FindSupport.gov	FindTreatment.gov

SAMHSA