

MENTAL HEALTH AWARENESS MONTH 2026

..... YOU MATTER. YOU ARE NOT ALONE.

Mental health is essential to our overall well-being.
Let's break the stigma, start the conversation,
and support one another.



KNOW
the signs



TALK
about it



SEEK
support




SUPPORT
each other



BE KIND
to yourself



*Hope
Heal
Thrive* 

Behavioral Health & Recovery Services (BHRS) recognizes:

Mental Health Awareness Month: All of May

Children's Mental Health Week: May 4-10

World Maternal Mental Health Day: May 6

Children's Mental Health Day: May 7

Behavioral Health & Recovery Services (BHRS) recognizes May is Mental Health Awareness Month annually with a proclamation to promote community awareness by educating, sharing important mental health information and statistics, and encouraging early intervention and treatment. Mental Health Awareness Month, originally established by Mental Health America in 1949 to raise awareness of mental health, reduce stigma, and support individuals in recognizing the signs and symptoms of mental health conditions.

Mental health conditions continue to significantly impact the population, affecting 1 in 5 adults, more than 1 in 7 youth ages 6–17, and 1 in 20 adults experiencing serious mental health conditions.

Throughout May, BHRS staff will participate in a number of health and wellness fairs to share information on mental health services and available resources.

BHRS encourages everyone to prioritize their mental well-being:

- Practice healthy stress management through exercise, mindfulness, deep breathing, and creative activities
- Seek support from your healthcare provider or mental health professional if symptoms become overwhelming
- Talk openly with family and loved ones and create a plan to support your mental health

You are not alone. Support is available.



TOGETHER, WE CAN BUILD
a healthier, happier future.



24/7 CRISIS LINE:
1-855-838-0404



WARM LINE FOR
NON-CRISIS EMOTIONAL SUPPORT:
(707) 472-2311
or Toll-Free: **1-833-955-2510**



HELP IS AVAILABLE:
988 SUICIDE & CRISIS
LIFELINE



Safe & Healthy Community

May 2026



Substance Use Disorder Treatment (SUDT)

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

On April 16, SUDT and Prevention visited Ukiah Community School, where they conducted Narcan training for staff and approximately 20 students. Narcan was also provided to staff for distribution.

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

Mental Health

Health Services opened a Request for Proposal from March 25, 2026 to April 22, 2026 looking for partners to support a River Restoration & Employment Pathways a grant funded project through Clean California. This grant funded project is an integrated response to encampments along specifically identified waterways. Behavioral health providers will support engaging the unhoused/transient residents to connect with treatment and services and to build employment skills. Health Services will work with selected vendor(s) on waterway clean up as well as local community based groups for restoration of the spaces. This is a very short term, briefly funded project. We hope for an intensive and integrated partnership will result in sustainably addressing the human health needs and waterway and plant health needs.

Anchor Health Management Mental Health Rehabilitation Center is opening in May! Anchor Health Management has been in construction on a local Mental Health Rehabilitation Center (MHRC). MHRCs are one of the highest levels of residential care for individuals requiring long term intensive residential treatment for behavioral health conditions; typically, on LPS conservatorships due to mental health symptoms. BHRS is excited to be working with this provider to add more options for Mendocino County residents meeting medical necessity for this level of care.

Support is available. Reach out today!

Take a mental health test: mhascreening.org

Be Kind
to
Yourself

TOGETHER, WE CAN BUILD
a healthier, happier future.

24/7 CRISIS LINE:
1-855-838-0404

WARM LINE FOR
NON-CRISIS EMOTIONAL SUPPORT:
(707) 472-2311
or Toll-Free: 1-833-955-2510

HELP IS AVAILABLE:
988 SUICIDE & CRISIS
LIFELINE



Safe & Healthy Community

May 2026



Mental Health

Behavioral Health and Recovery Services facilitates joint Behavioral Health Services Act and Quality Improvement Committee meetings every other month, as opportunities for stakeholders to learn news about behavioral health services, and for stakeholders to provide feedback and input on their experiences with behavioral health services. The next joint Forum will be held Wednesday June 3, 2026 from 1:30-3:30 pm in Fort Bragg at the Mendocino Coast Hospitality Center, 101 North Franklin Street and via [Teams](#).

BHRS was at the Farmers Markets in Willits and Ukiah, to raise awareness for May is Mental Health Awareness and will be continuing outreach throughout the month of May.

Join BHRS at the upcoming events!

- **Laytonville Farmers Market**, Harwood Hall, 44400 Willis Ave., Laytonville
Tuesday, May 19 | 2:00 pm to 5:00 pm
- **Fort Bragg Farmers Market**, Downtown Laurel & Franklin, Fort Bragg *Wednesday, May 27 | 2:30 pm to 5:30 pm*

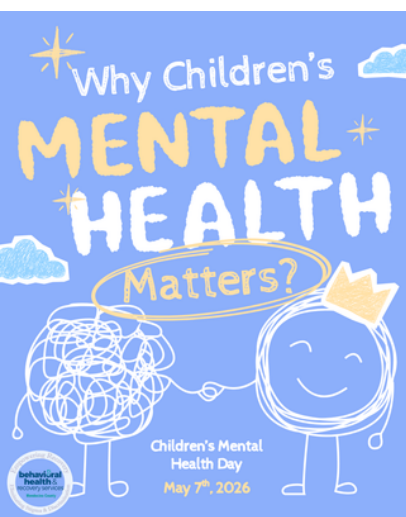
MENTAL
HEALTH
IS THE
PRIORITY

Behavioral Health & Recovery Services recognizes: Children's Mental Health Day: May 7

Children's mental health is an essential part of their overall well-being and development. For many adults living with mental health conditions, symptoms began early in life but often went unrecognized or untreated. Early support and intervention can help prevent more serious, long-term challenges as children grow.

BHRS reminds families that if you notice behaviors lasting for weeks or months, or if you see changes that begin to impact your child's daily life at home, school, or with friends, it may be time to seek additional support. Connecting with a healthcare provider is an important first step.

Learn more about Children's Mental Health: www.cdc.gov/children-mental-health/about



TOGETHER, WE CAN BUILD
a healthier, happier future.

24/7 CRISIS LINE:
1-855-838-0404

WARM LINE FOR
NON-CRISIS EMOTIONAL SUPPORT:
(707) 472-2311
or Toll-Free: 1-833-955-2510

HELP IS AVAILABLE:
988 SUICIDE & CRISIS
LIFELINE



An Effective County Government Organization

May 2026



Substance Use Disorder Treatment (SUDT)

SUDT continues actively seeking new grant opportunities. SUDT is additionally actively seeking Prop 36 funding to assist in funding staff that have been completing screenings and assessments for individuals incarcerated or recently released from incarceration and are Prop 36 referred individuals from the Public Defender's office and or courts.

Mental Health

The Behavioral Health Services Act (BHSA) Three Year Plan for 2026-2029 opened for Public Comment at the Behavioral Health Advisory Board (BHAB) Meeting on April 15, 2026, and closed on May 15, 2026. A Public Comment Hearing will be held on May 27, 2026, from 10:00 am - 12:00 pm at the BHAB Meeting at the Behavioral Health Regional Training Center, 8207 East Rd., Redwood Valley. Public Comment can be provided live in the Public Comment Hearing, by calling the BHSA team at 707-472-2724, via email at BHRSMHSA@mendocinocounty.gov or fordre@mendocinocounty.gov, or by mail to 1120 S. Dora St., Ukiah, CA 95482 Attn: Behavioral Health Services Act C/O Rena Ford.

The plan is updated and drafted considering state regulations, stakeholder feedback from ongoing stakeholder meetings, statewide priorities, and program utilization and outcomes. Draft plans are made available for public comment for 30 days, and all comments are made part of the final document that is routed to the Board of Supervisors and behavioral health services oversight bodies. The Three Year plan is also reviewed and updated on an annual basis for notable changes and utilization data from a prior year. This year the Three Year Plan has more significant changes than in prior years. BHSA will have three components of FSP, housing, and behavioral health services and supports, and we will no longer have community services and supports, prevention and early intervention, and innovation as had been in prior plans. Proposition 1 of 2024 made dramatic changes to the funding priorities and organization of BHSA. The updated regulations, expectations, and guidance include a DHCS required format for the BHSA plan which looks very differently from prior plans. In addition to the above-mentioned public comment opportunities, BHSA will hold an Integrated Plan presentation on April 30, 2026, at 3:00 pm in Conference Room 1, 1120 S. Dora Street, Ukiah to provide additional information about the changes and new requirements of the Three Year Plan.

Support is available. Reach out today!

Take a mental health test: mhascreening.org

Take Care of
Your Mind

TOGETHER, WE CAN BUILD
a healthier, happier future.

24/7 CRISIS LINE:
1-855-838-0404

WARM LINE FOR
NON-CRISIS EMOTIONAL SUPPORT:
(707) 472-2311
or Toll-Free: **1-833-955-2510**

HELP IS AVAILABLE:
988 SUICIDE & CRISIS
LIFELINE



Other/Additional Information

May 2026



Public Conservator Office

The number of LPS conserved individuals in March 2026 was 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 March 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 25/26	Out of County	In County	Total Number of Clients
Mar 2026	46	24	70

LPS Conservatorship (Mental Health) Placement Costs FY 25/26			
FY 25/26	Total Costs	General Funds	Realignment Funds
Mar 2026	\$490,103.79	\$0	\$490,103.79
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:

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).

