



Behavioral Health and Recovery Services (BHRS) Update September 2023

A Safe and Healthy County:

Men die by suicide in greater numbers than women, but the rate of death by suicide increased in greater percentage for women in 2022 according to CDC. Data on non-binary genders is not available from this data source at this time. Death by suicide increased for all ethnicities between 2021 and 2022 except American Indian/Alaskan Native populations, however American Indian/Alaskan Native populations have the highest rates of death by suicide over other ethnic populations. Suicide is a preventable cause of death. You can help prevent suicide by knowing the warning signs and risk factors which include isolation or withdrawal, dramatic change in mood, increased high risk behaviors, researching suicide methods, history of suicide attempts or family history of suicide. Anyone can help by feeling comfortable having a real conversation with the person about whether they are contemplating suicide. Know the signs and risk factors, ask the question, help the person find resources and connect to them. Connection is the best strategy for someone that feels isolated, despondent, and hopeless: Listen, express concern, create a plan for safety. Resources include 988 the National Suicide Lifeline or 1-855-838-0404 the Mendocino County Crisis Line www.suicideispreventable.org. Additional population specific suicide prevention resources exist.

August 31 was Overdose Awareness Day. BHRS participated in Overdose Awareness events hosted by Adventist in Ukiah, Willits, and Fort Bragg and in memory of those that have died by opioid overdose. BHRS staff wore purple in honor of Overdose Awareness Day.

BHRS Prevention and Wellness unit has been working with County Departments and other community agencies to train and disseminate Narcan, a nasal spray version of naloxone, and opioid overdose reversal medication. Over the summer, Behavioral Health distributed over 300 free doses of opiate overdose reversal medication, Naloxone, to the community through participation in local events in Laytonville, Ukiah, Fort Bragg, Redwood Valley, Willits, and Hopland.

Six Emergency Opioid Overdose Response Naloxone Boxes were donated to the Mendocino County Cultural Services Agency to be installed at all County Library branch locations in Laytonville, Covelo, Willits, Fort Bragg, Point Arena, and Ukiah.

Behavioral Health now has Fentanyl and Xylazine test strips available for the community, as well as additional harm reduction supplies including locking medication bags, gun locks, and safe medication disposal bags.

Behavioral Health and Recovery Services (BHRS) provides services to individual who meet criteria for specialty mental health (MH) and substance use treatment (SUDT). A snapshot of some of the services provide in the month of July:

- SUDT served 146 clients from July 1 - July 31, 2023, this includes the adolescent program with 806 services offered.
- SUDT Jail program had 22 new participants join the groups in the month of July. There was a total of 76 attendances to the groups within the month of July. There has been 108 new clients total attend the groups since 1/1/2023. There have been 450 attendances to the groups since 1/1/2023.
- MH Probation Clinical Services served 44 clients in July. This program consists of one clinician, that is stationed at the Probation office, who supports individuals referred by Probation needing mental health services.



- Dual Response Mobile Crisis responded to 33 calls in July, average calls resulting in 5150, 6%.
- BHRS Jail Discharge Planning served 21 new clients, for a total of 59 active clients in July. This program consists of one mental health rehabilitation specialist, that is stationed at the jail, who supports individuals with mental health and/or substance use conditions in connect with services upon discharge.

Crisis Intervention Teams: BHRS attended the annual Crisis Intervention Team International Conferences. The keynote speaker and several session presenters focused on the neurobiology of de-escalation. The presentations looked at what

happens in the brain in escalated situations, how to prevent from

LPS Conservatorship (Mental Health) Placement Costs FY 22/23			
FY 22/23	Total Costs	General Funds	Realignment Funds
June 2023	\$343,888.57	\$0	\$341,410.14
Total (YTD)	\$3,473,941	\$0	\$3,389,618.74

going into survival mode as the responder, and how to help the escalated person move from fight or flight mode into a calmer more rational state of mind. The conference is a good opportunity to network, as well as to bring resources back to the County CIT Taskforce meetings. BHRS facilitates monthly meetings of the CIT Taskforce, which is comprised of three BHRS provider representatives, three Law Enforcement representatives, and three Consumer/advocate representatives; we are still recruiting the person with lived experience representative. The Taskforce reviews strengths of existing crisis intervention response, gaps or challenges in the system, and strategies to bridge those gaps including the development of Crisis Intervention Team Trainings

Number of Clients Placed In and Out of County			
FY 22/23	Out of County	In County	Total Number of Clients
June 2023	38	21	59

Number of LPS conserved individuals in June 2023 remains the same as previous month. 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 June 2023, there were more clients placed out of county than in county due to needing higher level of care.