

APRIL IS ALCOHOL AWARENESS MONTH

DRINK RESPONSIBLY.

Remember to always take things in moderation.

Don't just drink. Choose to think.



April is Alcohol Awareness Month, established in 1987 by the National Council on Alcoholism and Drug Dependency to raise awareness nationally and locally. It is estimated that 178,000 people die from alcohol related causes annually making it the leading preventable cause of death in the United States. Young people who begin drinking before the age of 15 years old are significantly more likely to develop an alcohol dependence than those that begin drinking after the age of 18 years old. Signs of alcohol misuse include drinking more or longer than you intended, being unable to reduce or stop drinking, needing to drink more to get the desired effect from drinking, loved ones making comments about your drinking, spending a lot of time thinking about drinking, consequences from drinking interfering in your life such as legal problems, impact on family relationships, not engaging in social environments in order to drink or recover from drinking, withdrawal symptoms impacting ability to go to work, school, or other typical activities.

During the month of April, BHRS is raising awareness of alcohol use, misuse, and abuse, and also sharing resources for education and treatment about substance use treatment and prevention. BHRS has recognized April is Alcohol Awareness Month for over 15 years as a time to raise awareness and understanding of alcohol use and misuse. BHRS & PH will be in the community at several events including but not limited to: the CFHL Tribal Symposium on April 9th, Coyote Valley's Spirit Run on April 12th, Native Roots event and Mendocino College on April 18th, Coyote Valley Earth Day on April 19th, City of Ukiah Earth Day on April 19th, Dia del Nino in Ukiah on April 27th.

If you or someone you know is struggling with alcohol misuse, call Mendocino County Behavioral Health and Recovery Services Substance Use Disorder Treatment (SUDT) services at :
1-800-765-9703/TTY: 1-800- 735-2929 or 711.

Call or stop by a nearest office to you for Substance Use Disorder Treatment services at:

1120 South Dora Street Ukiah, CA 95482 Phone: 707-472-2637

125 E. Commercial Street Willits, CA 95490 Phone: 707-472-2637

790 S. Franklin Street Fort Bragg, CA 95437 Phone: 707-961-2665

Learn more at www.mendocinocounty.gov/departments/behavioral-health-and-recovery-services/substance-use



A Safe & Healthy County April 2025

Substance Use Disorder Treatment (SUDT)

The Opioid Task Force and agencies met and believe the focus should be on adolescents. The responses and feedback have been positive. They would like to put together a video that will resonate with the youth.

SUDT and Prevention has 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.



Mental Health

BHRS & PH will be in the community to share education and resources around awareness raising and prevention resources at several events including but not limited to: The CFHL Tribal Symposium on April 9th, Coyote Valley's Spirit Run on April 12th, Native Roots event and Mendocino College on April 18th, Coyote Valley Earth Day on April 19th, City of Ukiah Earth Day on April 19th, and Dia del Nino in Ukiah on April 27th.

DEA NATIONAL
TAKEBACK
Save the Date
Saturday, April 26
10 a.m. - 2 p.m.



In April is also **National Prescription Drug Take Back Day** on **Saturday, April 26th.**

Signs of Drinking Too Much:

SAMHSA

- You drink more or longer than you intended
- You try to cut down or stop drinking, but are not able to
- You need to drink more than you once did, to get the effect you want
- You continue to drink even though it makes you feel depressed or anxious - or adds to another health problem
- Loved ones or trusted friends have made comments about your drinking
- You spend a lot of time drinking or thinking about alcohol
- You find that drinking interferes with daily activities, family, friends, or work
- Or maybe...
 - You have had legal problems due to drinking
 - You have experienced symptoms of withdrawal when you don't drink (such as shakiness, sweating, tremors, headaches, anxiety, irritability, and/or insomnia)

HELP IS
AVAILABLE

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samhsa.gov/find-help/atod/alcohol

#TakeBackDay is a free event for communities nationwide to properly dispose of old and unneeded medications safely and anonymously.

Unused or expired prescription medications are a public safety issue. Proper disposal of unneeded drugs saves lives and protects the environment and our overall community.

BHRS & PH has a medication drop box available 24/7 located outside near the entrance door of the building at 1120 S. Dora Street, Ukiah.



An Effective County Government Organization

April 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 Teams: Link
Thursday October 3, 2024 2:00 pm - 4:00 pm	Covelo, Yuki Trails 23000 Henderson Road 95428 Via Teams: Link
Wednesday December 4, 2024 3:00 pm - 5:00 pm	Redwood Valley, Behavioral Health Regional Training Center 8207 East Road 95470 Via Teams: Link
Thursday February 6, 2025 3:00 pm - 5:00 pm	Ukiah, Public Health 1120 South Dora Street 95482 Via Teams: Link
Thursday April 3, 2025 2:00 pm - 4:00 pm	Willits, Library 390 E Commercial Street 95490 Via Teams: Link
Wednesday June 4, 2025 1:00 pm - 3:00 pm	Fort Bragg, Hospitality Center 101 N Franklin Street 95437 Via Teams: Link



If you have any questions please contact
 Rena Ford (MHSA)
fordre@mendocinocounty.gov 707-472-2724
 Robin Harris (QIC)
qaqi@mendocinocounty.gov 707-472-2360



Mental Health

BHRS facilitates the Mental Health Services Act (MHSA) Forum and Quality Improvement Committee (QIC) 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, June 4, 2025, from 1:00 PM to 3:00 PM at the Fort Bragg Hospitality Center, 101 N. Franklin Street, Fort Bragg, CA 95437. The meeting will also be available via [Teams](#).

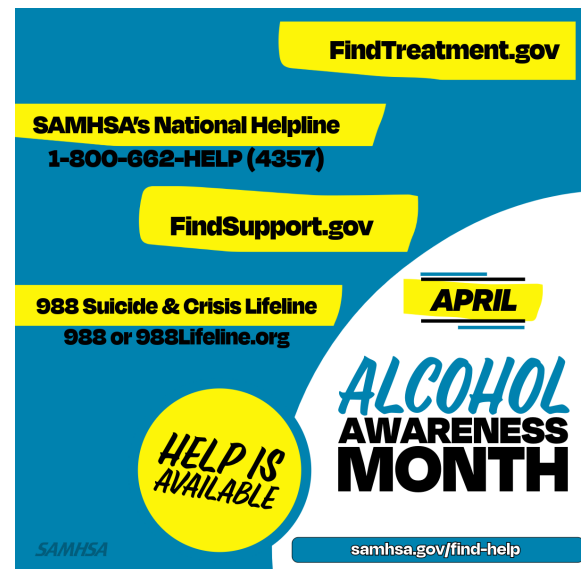
Substance Use Disorder Treatment (SUDT)

SUDT has applied for the YOR grant and is waiting to hear back about the awards. SUDT is now overseeing the Prevention & Wellness Program and working on how we can help to develop and incorporate it within the SUDT Unit.



SUDT has started and had a second meeting for an Opioid Task Force. The first meeting was on February 26, 2025, with 12 individuals in attendance. It has been stated that the primary focus is on adolescents.

SUDT is also working with the Public Defender's office to develop a plan to assess individuals in the jail that are eligible for Prop 36.





Other/Additional Information

April 2025

Public Conservator Office

Number of LPS conserved individuals in February 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 February 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
February 2025	39	24	63

LPS Conservatorship (Mental Health) Placement Costs FY 24/25			
FY 24/25	Total Costs	General Funds	Realignment Funds
February 2025	\$296,619.01	\$0	\$296,619.01
Total (YTD)	\$2,545,614.61	\$0	\$2,545,614.61

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).

SAMHSA

Check Your Alcohol Use:

- Set a daily and weekly drinking limit
- Write down your limit and keep it with you
- Record how much you drink each day
- Avoid situations and triggers that cause you to drink
- Ask a friend to help you stay within your limit
- Talk with a doctor about your alcohol use

What is a Standard Drink?

- 12 ounces of beer (5% alcohol content).
- 8 ounces of malt liquor (7% alcohol content).
- 5 ounces of wine (12% alcohol content).
- 1.5 ounces or a "shot" of 80-proof (40% alcohol content) distilled spirits or liquor (e.g., gin, vodka, rum, tequila, whiskey, brandy).

samhsa.gov/find-help/atod/alcohol

HELP IS AVAILABLE

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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).

Check your alcohol use, by using the Alcohol Use Screening Tool at:

www.cdc.gov/alcohol/CheckYourDrinking/index.html

It takes just 5-10 minutes to complete.