

# Sonoma County

## MENTAL HEALTH SERVICES ACT

# Newsletter

MAY 2022 | 49TH EDITION



## Let's celebrate May is Mental Health Matters Month!

**TAKE ACTION**

FOR MENTAL HEALTH

Every month should be a month we are paying attention to our mental health, right? But with May as Mental Health Matters Month, we have a special focus on getting the word out about what you can do to take action for your mental health and for everyone in our County!

You may already know that more than half of all Americans will experience a mental illness or disorder in their lifetime. And just about all of us have times when we feel stressed out, anxious, or down. When that happens to you or a loved one, do you know what to do? Recognizing that you or someone you know could use some support for your mental health is the first step. That means checking in with yourself regularly, and checking in with others to see if they may need help. Then you can take action to get support if it's needed.

Join us and people across California in making the Take Action for Mental Health Pledge. This is a way to commit to ourselves and the people around us that mental health is a priority and that we will do what we can to support each other.

### The Take Action for Mental Health Pledge says:

- I Pledge to Take Action for Mental Health
- I will Check In with myself to identify mental health needs.
- I will Learn More about mental health.
- I will Get Support for my own mental health and support the mental health of others.
- I will share this pledge with others to help them take action too!

Download the pledge and find more resources to help you Check In, Learn More, and Get Support on the Take Action for Mental Health website [HERE](#).

If you are in distress, need emotional support, or are worried about a loved one, help is available.



**24 HOUR HOTLINE**  
NORTH BAY SUICIDE PREVENTION  
HOTLINE OF SONOMA COUNTY  
**1 855 587 6373**

Suicide Prevention • Crisis Intervention • Toll free

### CBC TAKES ACTION FOR MENTAL HEALTH

Prior to the pandemic, Community Baptist Church Collaborative (CBC) hosted a variety of programs funded by the Mental Health



Services Act Prevention and Early Intervention (PEI). From "The Village Project and Saturday Academy" - a weekly faith-based learning program which focuses on character building and resiliency to "The Safe Harbor Project" featuring events and activities to increase well-being, reduce stress, and increase community building through music, sound, and vibro-acoustic techniques. They even held an annual "Mental Health Training and Speaker Series" with emphasis on reducing stigma; increasing mental health awareness and cultural competency; and appropriate help seeking. However, the pandemic put a halt on in-person activities which lead CBC programs and events to a pause; leaving many sad during a time where services were even more critical.

Dr. Reverend Lee Turner, Honor Jackson, and James Coffee came together and found a way to keep the music alive and people connected. They created KSHP Mood Radio where people can just click and enjoy music during times of uncertainty. They had heard about a radio station in Mendocino County and decided it was a worthwhile endeavor to offer our community during a time filled with worry and fear. With no prior radio experience, CBC took the initiative to learn the ropes. Thus, KSHP Mood Radio was born. It has grown to over 680 listeners in two years.



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## NEW MHSOAC GRANT AIMS TO IMPROVE LIVES THROUGH EARLY DIAGNOSIS AND TREATMENT

Nearly 100,000 adolescents and young adults experience their first psychotic episode each year in the United States. With half of all mental disorders manifesting by the age of 14 and 75 percent by the age of 24, the early detection and early intervention of psychosis can improve the lives of adolescents and young adults, significantly reducing the impact of mental health challenges.

The County of Sonoma is honored to receive Early Psychosis Intervention Plus (EPI Plus) funding through the Mental Health Services Oversight and Accountability Commission (MHSOAC). The County in partnership with Aldea aspires to help improve the lives of Sonoma County residents with mental health needs before those needs escalate and become severe or disabling.

This program is offered through the Elizabeth Morgan Brown One Mind ASPIRe Clinic in Santa Rosa, CA. The program provides a coordinated specialty treatment approach, evidence-based therapies, family support, medication management, and recovery-oriented practices to address psychotic symptoms and promote resilience. Click [HERE](#) to learn more.

## CBC TAKES ACTION FOR MENTAL HEALTH

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The station today plays 24 hours a day with a wide variety of music styles to offer, including tunes by some local musicians and James himself. The music—intended to increase wellbeing along with PSAs, interviews, speakers, and other mental health related information—can be reached through the [MSHP Facebook page](#) (<https://www.facebook.com/kshpradio>) or directly on the internet by clicking [HERE](#).

For more information on CBC's MHSO funded programs and events please email: [honorjackson1121@comcast.net](mailto:honorjackson1121@comcast.net)



### CHECK IN

about mental health

Get Resources

### LEARN MORE

about mental health needs and what you can do

Get Resources

### GET SUPPORT

for yourself or someone you care about

Get Resources

## Check out Sonoma County MHSA's Annual Update & Report!

Check out Sonoma County's MHSA Annual Plan Update for FY 22-23 and Program Report for FY 20-21, now posted on the DHS-BHD website!

This publication is brought to you by the County of Sonoma Department of Health Services Behavioral Health Division (DHS-BHD) and will be posted for 30 days before the public hearing hosted by Sonoma County's Mental Health Board on May 17, 2022 at 5pm.



Click [HERE](#) to access the publication released on April 15th. For more details on how to attend the Mental Health Board Meeting on May 17th click [HERE](#).

## TAKE ACTION: COMMUNITY CALENDAR

May is Mental Health Matters Month, a time for Sonoma County to collectively raise awareness about mental health and wellness. We've put together a community calendar of events, activities and trainings to encourage people to **check in** virtually or in-person, **learn more** about mental health and the resources, and **get support** for yourself or others.

Click [HERE](#) to access Sonoma County's May 2022 Mental Health Matters Month Community Calendar.

May is **Mental Health Matters Month**

### Community Calendar

**May 5, 2022 1:00—4:00 p.m.**  
 WCS Peer Programs Open House  
One of the Wellness and Advocacy Center's (WACS) Peer Programs, open about your mental health and how you can help others. Open House, 1:00 p.m. to 4:00 p.m. This Peer Program is open to the general public. Contact: (707) 546-7800

**May 6, 2022 1:00—3:00 p.m.**  
 WCS Screening of the movie **Created Beauty**  
WCS and the Wellness and Advocacy Center (WACS) are screening of the movie, *Created Beauty*, followed by a facilitated discussion. Contact: (707) 546-7800

**May 12, 2022 11:30 a.m.—1:30 p.m.**  
 WCS Peer Support Recovery Center (PPRC) Open House  
WCS and the Wellness and Advocacy Center (WACS) are screening of the movie, *Created Beauty*, followed by a facilitated discussion. Contact: (707) 546-7800

**May 13, 2022 1:00—3:00 p.m.**  
 WCS Screening of **Healing Power**  
WCS and the Wellness and Advocacy Center (WACS) are screening of the movie, *Healing Power*, followed by a facilitated discussion. Contact: (707) 546-7800