



RECHARGING YOUR PERSONAL BATTERY: MENTAL HEALTH SELF-CARE TIPS

Navigating life's challenges can be overwhelming, and it's crucial to recognize that both your body and mind need periodic breaks. Whether you're engrossed in work, school, family, or other commitments, it's easy to overlook the necessity of self-care. Neglecting this aspect can strain your mental health and pave the way for burnout. Just as you wouldn't want your phone to die when you need it, remember to recharge your mental and physical energy by tapping into your personal power sources. Integrating self-care activities into your routine provides the essential pause your mind and body require to rejuvenate, allowing you to be the best version of yourself.

Here are a few activities that are essential to maintaining mental health and overall well-being:

- **Ensure adequate sleep:** Aim for 7 to 9 hours of sleep each night to allow your body and brain to reset for the next day.
- **Consume nutritious food:** Choosing the right foods can positively impact your mood and functionality.
- **Stay hydrated:** Drinking enough fluids supports optimal functioning of your body and brain, enhancing your overall energy.
- **Engage in physical activity:** Exercise boosts both energy levels and mood.
- **Adhere to medication regimens:** If you have physical or mental health conditions, follow your doctor's instructions to prevent crises or other complications.
- **Manage your schedule:** Avoid overcommitting and know your limitations.
- **Foster social connections:** Surround yourself with positive and supportive individuals who uplift your spirits.

unidos
POR NUESTRO BIENESTAR
United for Our Wellness

The goal of Unidos por nuestro bienestar is to help adults (50+) improve their sense of wellbeing through a collaborative care team approach

Have you been feeling:

- tired
- low mood
- overwhelmed
- challenges following through with tasks
- alone
- having difficulty at home

With the support of the Unidos care team:
Get 12 months of ongoing assistance and support from a home-visiting social worker and your health clinic team.

Talk through challenges and find solutions that work best for you and get connections to resources such as food, transportation and other benefits.

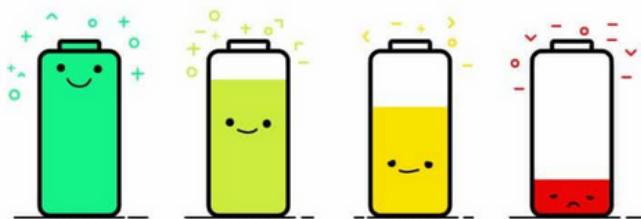
If you're interested, please talk with your medical provider or call Santa Rosa Community Health Center 707-547-2220

Human Services Department COUNTY OF SONOMA Santa Rosa HEALTH

UNIDOS POR NUESTRO BIENESTAR

The Unidos por Nuestro Bienestar initiative was launched in 2019 through a partnership between the Sonoma County Human Services Department, Adult & Aging Division (A&A), and Santa Rosa Community Health (SRCH)-Lombardi Campus with MHS Innovation funding. This groundbreaking project aims to deliver behavioral health care in a primary care setting to Latinx patients aged 50 and above with symptoms of depression. Building on the Collaborative Care Model (CoCM), the project underwent a strategic modification, extending the case management period from 3 months to a full year and intentionally engaging the Latinx community. A bilingual/bicultural team, composed of primary and behavioral healthcare providers, collaborates with a Sonoma County Adult & Aging social worker embedded at the health center, delivering coordinated care that includes home and telephonic visits.

Sonoma County, experiencing a significant demographic shift with a growing aging population and a rising demand for behavioral health services, prompted the Unidos por Nuestro Bienestar initiative. The project addresses the specific challenges faced by older adults, particularly in the Hispanic/Latinx community, through an innovative modification of the CoCM. The initiative not only adapts the evidence-based depression intervention but also emphasizes cultural responsiveness, recognizing the diverse language and cultural backgrounds prevalent in Sonoma County. Preliminary findings reveal positive outcomes, with clients benefiting from extended case management periods and improvements in mental health. Despite facing challenges, including the impact of the pandemic on service delivery, the project has shown resilience and adaptability, leading to continuous improvements and a commitment to providing impactful mental health care for the targeted population.



LA PLAZA: NUESTRA CULTURA CURA



La Plaza: Nuestra Cultura Cura, a Latine co-created and lead healing program in Santa Rosa, funded in part by MHSA Innovation dollars, embodies the philosophy that culture heals - La Cultura Cura. With a dedicated focus on the Latine population, La Plaza is committed to promoting health and well-being by collaborating with resources, agencies, and communities to implement innovative, culturally defined practices addressing mental health needs/wants.

The vision of La Plaza centers on reducing mental health stigma and raising awareness through the utilization of cultural strengths for community healing. Recognizing the urgent need to enhance mental health in the Latine community, the program seeks affordable, effective healing practices tailored to cultural needs/wants, advocating for more culturally and linguistically appropriate mental health services in Sonoma County.

La Plaza serves as a welcoming space for community gatherings, establishing a new cultural norm for wellness. It provides a practice space for emerging leaders to develop skills and lead healing activities. Uniquely, La Plaza integrates clinical, therapy-based services with familiar healing practices and cultural experiences, creating a bridge for the community to access clinical services when needed. Importantly, the program offers a platform for the community to come together and heal from trauma.

To learn more about La Plaza: Nuestra Cultura Cura or to get involved, visit:

<https://www.laplazancc.org/home#welcome>

POSSIBLE CHANGES TO MENTAL HEALTH SERVICES ACT (BHSA)

Senate Bill 326, also known as Proposition 1, will be on the March 5, 2024, California ballot, and the proposition may bring an enormous change to California's mental health landscape by redefining the existing Mental Health Services Act (MHSA) as the Behavioral Health Services Act (BHSA). Prop 1 introduces a comprehensive approach to behavioral health by incorporating substance use disorder (SUD) treatment into the revised framework. The bill reshapes fund distribution, mandating specific allocations: 35% for "full-service partnership" services that emphasize comprehensive care for those with complex behavioral health needs; 30% for housing initiatives, recognizing the vital connection between stable housing and mental health; and 35% for a broad spectrum of behavioral health services. Currently, there is not a dedicated housing initiative allocation, funds that are currently being used for treatment will be utilized for housing initiatives if Prop 1 receives voter approval.

Prop 1 also establishes comprehensive reporting requirements for entities involved in delivering behavioral health services. This includes mandatory reporting to both the Department of Health Care Services and the Behavioral Health Services Oversight and Accountability Commission. The inclusion of reporting mechanisms serves as a crucial step toward ensuring transparency and accountability in the delivery of behavioral health services. In summary, if Prop 1 is approved by voters, there will be a significant shift towards a more inclusive and integrated behavioral health system in California.

MHSA Winter Word Search

Find the word in the puzzle. Words can go in any direction. Words can share letters as they cross over each other.



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|-------------|-------------|--------------|
| Wellness | Resolutions | Cheerfulness |
| Gratitude | Celebration | Smiles |
| Joyfulness | Love | Sunshine |
| Mindfulness | Tradition | Laughter |
| Resilience | Goals | Hope |
| Serenity | Winter | Kindness |