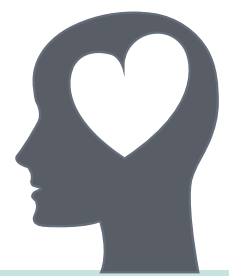


Sonoma County

MENTAL HEALTH SERVICES ACT

Newsletter

MAY 2023 | 52ND EDITION



May is Mental Health Matters Month!

Safe Spaces for Mental Health

Take a moment to consider your surroundings. Do you feel safe? Do you have access to health care and grocery stores? Does your home support you, both physically and mentally?

This Mental Health Matters Month, challenge yourself to look at your world and how different factors can affect your mental health.

Where a person is born, lives, learns, works, plays, and gathers, as well as their economic stability and social connections, are part of what is called "social determinants of health" (SDOH). The more these factors work in your favor means you are more likely to have better mental well-being. However, when it seems like the world is working against you, your mental health can suffer.

There are steps you can take to change your space and protect your well-being.

- **Work toward securing safe and stable housing:** This can be challenging, but there are a few things you can try, such as reaching out to state/local agencies to secure housing, removing safety hazards in the home, or finding another space (such as a community center or friend's home) where you can get the comfort you are missing at home.
- **Focus on your home:** Consider keeping your space tidy, sleep-friendly, and well-ventilated. Surround yourself with items that help you feel calm and positive.
- **Create bonds with your neighborhood and community:** Get to know the people living around you, join or start neighbors-helping-neighbors groups, and support local businesses to challenge gentrification.
- **Connect with nature:** Hike in a forest, sit in a city park, bring a plant inside, or keep the shades open to absorb natural light.

If you're taking steps to improve your surroundings but are still struggling with your mental health, you may be experiencing signs of a mental health condition. Take a free, private screening at mhascreening.org to help you figure out what is going on and determine next steps.

You can also call, text or chat 988 to reach trained crisis counselors who can help people experiencing suicidal, substance use, and/or mental health crisis. People can also dial 988 if they are worried about a loved one who may need crisis support.

MHSA Contractor Spotlight: LSP Youth Promotores

The LSP Promotores Program is an exciting opportunity for young people to make a difference in their community while learning valuable skills



and gaining experience. This program is designed to empower youth to become leaders in their community by promoting mental health awareness, emergency preparedness, housing advocacy, and environmental education.

One of the key focuses of the LSP Promotores Program is mental health. Mental health challenges are a pandemic on their own, especially within the Latino community. The stigma surrounding mental health can prevent individuals from seeking help and support. The Promotores Program aims to de-stigmatize mental health and increase awareness of mental health resources in the Latino community. Youth promotores work on projects such as self-care, suicide prevention, teen dating violence, and substance abuse, among other important topics.

Another track in the Promotores Program is Promotores Preparados, which focuses on emergency preparedness. This track is intended to inform the Latino community on the importance of being prepared for emergencies by creating culturally and linguistically appropriate educational materials and leading discussions around emergency preparedness. The goal is to increase community resilience and improve mental health outcomes after a disaster.

Promotores de vivienda is another track in the program, which focuses on housing advocacy. Youth promotores work on projects related to housing, city planning, and civic engagement.

If you or someone you know needs support now, call or text 988 or chat 988lifeline.org



Continued on page 2.

LSP Youth Promotors (Cont'd from page 1)

The goal is to increase civic participation of the Latino community in housing policy and inform the community of the intersection between these issues and mental health wellbeing.

Lastly, Promotores verdes is a track focused on environmental education and climate science resources. Youth promotores work towards raising awareness about climate change and mental health wellbeing, with the goal of increasing the number of Latino community members who take proactive steps to address it.



The LSP Promotores Program is a fantastic opportunity for young people to get involved in their community and make a difference. By joining the program, youth are not only gaining valuable skills and experience, but also working towards overcoming stigma surrounding mental health and educating their community on

important topics such as emergency preparedness, housing advocacy, and climate change.

Benjamin Rosel, a 22-year-old youth promotor, is a shining example of the positive impact that the LSP Promotores Program can have on young people. Through the program, he was able to guide virtual sessions on mental health during the pandemic and create self-care kits for those struggling in isolation. He shared his personal struggles with mental health after his mother's cancer diagnosis in 2016, and he was determined to make a difference in the Latino community's understanding and acceptance of mental health. Through the program, he discovered his passion for psychology and now works for a local nonprofit. The LSP Promotores Program is funded by the CA Department of Public Health and the Sonoma County DHS-BHD Mental Health Services Act (MHSA).



Become a leader in your community, join the LSP Promotores program today! Visit: <https://latinoserviceproviders.org/youth-promotores/> to learn more about this fantastic opportunity and make a positive impact on people's lives.

Sonoma County's MHSA Three Year Update & Report!



Read Sonoma County's MHSA Plan Update for FY 2023-2026 and Program Report for FY 2021-2022, which will be posted soon on the DHS-BHD website [HERE](#).

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 at least 30 days. There will be two public hearings hosted by Sonoma County's Mental Health Board on May 16, 2023 at 5pm and another on June 20, 2023 at 5pm.

For more details on how to attend the Mental Health Board Meetings click [HERE](#).

CELEBRATE MENTAL HEALTH MONTH!

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](#) or scan to access Sonoma County's May 2023 Mental Health Matters Month Community Calendar.



Community Events for May 2023 - Mental Health Matters Month	
<p>1. Community Events for May 2023 - Mental Health Matters Month</p> <p>1.1. Community Events for May 2023 - Mental Health Matters Month</p> <p>1.2. Community Events for May 2023 - Mental Health Matters Month</p> <p>1.3. Community Events for May 2023 - Mental Health Matters Month</p> <p>1.4. Community Events for May 2023 - Mental Health Matters Month</p> <p>1.5. Community Events for May 2023 - Mental Health Matters Month</p> <p>1.6. Community Events for May 2023 - Mental Health Matters Month</p> <p>1.7. Community Events for May 2023 - Mental Health Matters Month</p> <p>1.8. Community Events for May 2023 - Mental Health Matters Month</p> <p>1.9. Community Events for May 2023 - Mental Health Matters Month</p> <p>1.10. Community Events for May 2023 - Mental Health Matters Month</p>	<p>2. Community Events for May 2023 - Mental Health Matters Month</p> <p>2.1. Community Events for May 2023 - Mental Health Matters Month</p> <p>2.2. Community Events for May 2023 - Mental Health Matters Month</p> <p>2.3. Community Events for May 2023 - Mental Health Matters Month</p> <p>2.4. Community Events for May 2023 - Mental Health Matters Month</p> <p>2.5. Community Events for May 2023 - Mental Health Matters Month</p> <p>2.6. Community Events for May 2023 - Mental Health Matters Month</p> <p>2.7. Community Events for May 2023 - Mental Health Matters Month</p> <p>2.8. Community Events for May 2023 - Mental Health Matters Month</p> <p>2.9. Community Events for May 2023 - Mental Health Matters Month</p> <p>2.10. Community Events for May 2023 - Mental Health Matters Month</p>

Modernizing Our Behavioral Health System

The Mental Health Services Act (MHSA) has fundamentally changed how we deliver mental health care in California. For those with the most serious and persistent needs, the MHSA requires every county in the state to offer a core set of services through a program called Full-Service Partnerships (FSP) that today helps provide wraparound services and the least restrictive level of care with access to peer providers and community services. Today over 80,000 Californians are enrolled in FSP programs.

Today, MHSA funds 30% of the state's mental health system. But the MHSA has never undergone full scale reform. Since its initial passing in 2004, the Affordable Care Act and parity laws have significantly shifted the landscape and the governor sees this as the time to modernize MHSA to account for expanded coverage under Medi-Cal. Governor Newsom's proposed reforms include:

- 1. Require counties to dedicate 30% (roughly \$1 billion annually) to pay for housing and other community-based residential solutions** to provide an ongoing source of funding for new and existing housing and residential settings that are responsive to the diverse needs across the state.
- 2. Focus funding on Full-Service Partnerships and other services for the most seriously ill**, prioritizing community services and supports while including prevention and early intervention and infrastructure investments such as for capital and workforce.
- 3. Require counties to bill Medi-Cal for all reimbursable services** in accordance with Medicaid State Plan and applicable waivers, to further stretch scarce dollars and leverage MHSA to maximize federal funding for services.
- 4. Include those with substance use disorders** who can be served by MHSA funding, broadening the target population to include more people who need support.
- 5. Improve county accountability and increase transparency** updating the Three-Year County Plan requiring counties to create comprehensive behavioral health plans, and move the Mental Health Services Act Oversight and Accountability Commission under the California Health & Human Services Agency, to increase coordination and outcomes.

For questions and inquiries regarding Newsom's proposal, please email BehavioralHealthTaskForce@chhs.ca.gov.