

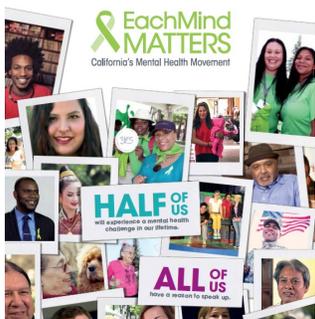
May is **Mental Health Matters Month**

Every May, Sonoma County comes together to raise awareness about mental health. In Sonoma County, approximately seven percent of the population lives with a serious mental illness. Each year, 20 percent of Sonoma County residents will experience a mental health issue that impacts their ability to function effectively in some area of their life.

Through increased outreach efforts and other opportunities during **Mental Health Matters Month**, the Behavioral Health Division, in collaboration with community partners, emphasizes the importance and effectiveness of increasing awareness of mental health services and decreasing stigma by hosting a variety of activities and events. This year's Activity & Event Calendar can be downloaded at the following link:

www.sonomacounty.ca.gov/Health/News/May-is-Mental-Health-Matters-Month-2017/

Year	Topic	Activities & Events	May 2017 Activities & Events	Sonoma County Department of Health Services
2016	5/1-5/31	Sanoma County Board of Supervisors Resolution Proclaiming May 2016 as Mental Health Matters Month	Sanoma County Board of Supervisors Resolution Proclaiming May 2017 as Mental Health Matters Month	Ann Kauter Director of Behavioral Health Services
2015	5/1-5/31	Sanoma County Board of Supervisors Resolution Proclaiming May 2015 as Mental Health Matters Month	Sanoma County Board of Supervisors Resolution Proclaiming May 2017 as Mental Health Matters Month	Ann Kauter Director of Behavioral Health Services
2014	5/1-5/31	Sanoma County Board of Supervisors Resolution Proclaiming May 2014 as Mental Health Matters Month	Sanoma County Board of Supervisors Resolution Proclaiming May 2017 as Mental Health Matters Month	Ann Kauter Director of Behavioral Health Services
2013	5/1-5/31	Sanoma County Board of Supervisors Resolution Proclaiming May 2013 as Mental Health Matters Month	Sanoma County Board of Supervisors Resolution Proclaiming May 2017 as Mental Health Matters Month	Ann Kauter Director of Behavioral Health Services
2012	5/1-5/31	Sanoma County Board of Supervisors Resolution Proclaiming May 2012 as Mental Health Matters Month	Sanoma County Board of Supervisors Resolution Proclaiming May 2017 as Mental Health Matters Month	Ann Kauter Director of Behavioral Health Services
2011	5/1-5/31	Sanoma County Board of Supervisors Resolution Proclaiming May 2011 as Mental Health Matters Month	Sanoma County Board of Supervisors Resolution Proclaiming May 2017 as Mental Health Matters Month	Ann Kauter Director of Behavioral Health Services
2010	5/1-5/31	Sanoma County Board of Supervisors Resolution Proclaiming May 2010 as Mental Health Matters Month	Sanoma County Board of Supervisors Resolution Proclaiming May 2017 as Mental Health Matters Month	Ann Kauter Director of Behavioral Health Services
2009	5/1-5/31	Sanoma County Board of Supervisors Resolution Proclaiming May 2009 as Mental Health Matters Month	Sanoma County Board of Supervisors Resolution Proclaiming May 2017 as Mental Health Matters Month	Ann Kauter Director of Behavioral Health Services
2008	5/1-5/31	Sanoma County Board of Supervisors Resolution Proclaiming May 2008 as Mental Health Matters Month	Sanoma County Board of Supervisors Resolution Proclaiming May 2017 as Mental Health Matters Month	Ann Kauter Director of Behavioral Health Services



The **Each Mind Matters** campaign encourages everyone to start conversations, listen openly to one another and support a loved one with mental health challenges. For Mental Health Matters Month tools and resources go to:

www.eachmindmatters.org/get-involved/spread-the-word/toolkit-may-mental-health-matters-month-2017/

BOARD OF SUPERVISORS TO PROCLAIM MAY 2017 AS “MENTAL HEALTH MATTERS MONTH” IN SONOMA COUNTY

Board will also recognize local “Reducing Disparities” organizations for their work at the recent Cultural Competence Summit

At the Sonoma County Board of Supervisors meeting on May 2, 2017, the Department of Health Services will be requesting that the Board adopt a gold resolution proclaiming May 2017 as Mental Health Matters Month in Sonoma County. Since 1949, activities associated with National Mental Health Matters Month have increased the public's awareness of mental health issues. Through increased outreach efforts and other opportunities during this month, Department staff, contract providers, Sonoma County Mental Health Board members, and National Alliance on Mental Illness (NAMI) staff will emphasize the



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THE RESULTS ARE IN! SEE THE DIRECTING CHANGE REGIONAL WINNERS



In the past 4 years, over 4,000 young adults have participated in the **Directing Change Program and Film Contest** by creating 60-second films on suicide prevention and mental health. The regional winners for the 2017 Contest have been announced, including the following Sonoma County films:

“**Reach Out**” (Analy High School)
Regional 3rd Place, High School Suicide Prevention Filmmakers: Brad Demarest, Payton Cords & Ben Tiche
Advisor Name: Ann Humphrey
<https://youtu.be/a7B5vao68Wk>

“**Reading the Signs**” (El Molino High School)
Statewide 2nd place, Through the Lens of Culture - Suicide Prevention
Filmmakers: Jesse Osman
Advisor Name: Seth Friesen
<https://youtu.be/W2e93ulplnY>

Congratulations to these Sonoma County filmmakers!
For more information: www.directingchange.org

SanaMente INTRODUCES NEW WEBSITE, RESOURCES FOR LATINOS



SanaMente has developed new materials and resources to support Latino mental health. In the past year, 1 in 5 Latinos experienced a mental health challenge. However, Latinos are one of the groups least likely to seek help for mental illness due to reasons which include language fluency, cultural barriers and access to health coverage. The new vibrant Spanish language SanaMente website features a mental health support guide, fotonovelas and activity guides, fact sheets, and more! Visit the site here: www.sanamente.org/

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importance and effectiveness of increasing awareness of mental health services and decreasing stigma; promoting peer employment, empowerment, and self-help; integrated mental health and substance use service delivery; and similar principles of recovery in community mental health.

The following organizations will also be recognized by the Board for their work at the recent **Cultural Competence Summit XX 2017**: Latino Service Providers, Sonoma County Indian Health Project, Positive Images, Community Baptist Collaborative, and Kawahara and Associates.

The Summit, organized by the California Institute for Behavioral Health Solutions (CIBHS) and hosted and planned this year by Sonoma County, highlighted Community Defined Practices used by cultural communities to reduce stigma and to increase access to mental health services and treatment throughout California counties.

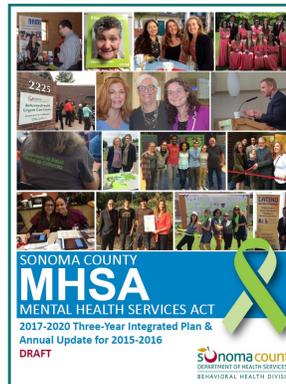


Latino Service Providers (LSP) delivered two presentations at the conference, including a workshop on “Growing a Bilingual Workforce”. **Sonoma County Indian Health Project (SCIHP)** conducted a workshop on their Aunties and Uncles Project entitled, “Healing California Native Communities Through Meaningful and Collaborative Partnership”. SCIHP also worked with local Native American dancers of the Manchester Pt. Arena Band of Pomo Indians to provide a blessing of the food at the Summit.

Javier Rosales, interim executive director of **Positive Images**, delivered a keynote address on “Practicing Cultural Humility and Understanding LGBTQ+ Challenges”. **Community Baptist Collaborative’s** Reverend Lee Turner gave a blessing and then shared music from the Collaborative’s Safe Harbor Project. **Kawahara and Associates** provided key technical assistance to the “Reducing Disparities” organizations that applied to present at the conference. Kawahara also supported LSP and SCIHP in their successful grant award from the California Department of Public Health’s Office of Health Equity of \$1.18 and \$1.14 million, respectively.



The Behavioral Health Division would like to offer a special thanks to the **MHSa Integrated Plan Advisory Committee**, which played an active role in guiding the local MHSa integrated planning process. Between November 2016 and April 2017, stakeholder representatives met frequently to provide oversight and direction in the community engagement process. Committee members also played a key role in the distribution of the **MHSa Community Input Survey** that collected feedback on current services offered, underserved populations living with mental health challenges, and new ideas for expanded services that could be provided in the future. For more information on the Committee and its work, see the DRAFT MHSa Three-Year Integrated Plan at: www.sonoma-county.org/mhsa



The Behavioral Health Division presents a Public Hearing to review the Mental Health Services Act (MHSa) Three-Year Integrated Plan for 2017-2020 and Annual Update for 2015-2016

Tuesday, May 16, 2017
5:00 to 7:00 PM
Finley Center, Person Senior Wing, 2060 West College Avenue, Santa Rosa

Please join us for an informative evening discussing the services provided by MHSa-funded programs throughout the community, and by Sonoma County Behavioral Health. You'll hear from individuals who are transforming their lives with the help of these programs. There will also be an opportunity for public comment. The MHSa Three-Year Plan and Annual Update is available at: www.sonoma-county.org/mhsa

Please submit comments or questions to: Amy.Faulstich@sonoma-county.org

Contact: 707-565-4850



Aging with Dignity: Preparing for Graceful Transitions

May 18, 2017 - Finley Community Center, Person Senior Wing 2060 West College Avenue, Santa Rosa

Presented by Santa Rosa Family Residency Program, the 5th Annual Asian & Pacific Islander Health Forum is Northern California's premier health education conference focusing on the Asian and Pacific Islander Communities. Seating is Limited - Registration is now open. To download registration, exhibitor, and sponsorship forms, visit: <http://asianhealthforum.wix.com/apihf>

EACH MIND MATTERS WEBINAR SERIES

Each Mind Matters, California's Mental Health Movement, is offering a new webinar series that is part of statewide efforts to prevent suicide, reduce stigma and discrimination related to mental illness, and to promote the mental health and wellness of students.

“Mental Health Resources for Diverse Communities”

May 2, 2017, 1-2 pm

<https://attendee.gotowebinar.com/register/8210419842362519297>

“Skills Building Webinar: Suicide Prevention”

June 6, 2017, 1-2 pm

<https://attendee.gotowebinar.com/register/3870779388925992193>

For more information about MHSa programs and services, or to submit updates, events, success stories, or other content for this newsletter, please contact Amy Faulstich at amy.faulstich@sonoma-county.org. To sign up for this newsletter, go to: www.sonoma-county.org/mhsa.

Newsletter Content: Amy Faulstich; Design: Bruce Robbins