



# **Mental Health Awareness Month and Mental Health Advisory Board Annual Report**

Nevada County Behavioral Health

May 2018

# **Mental Health is essential to everyone's overall health and well-being.**

Our mental health impacts every facet of our lives:

our family, our work, and play.



# Role of the Mental Health Advisory Board (MHAB)

The vision of the Nevada County MHAB is to promote and support policies and programs that effectively improve the lives of persons with mental illness and improve community understanding.



# Priorities for the MHAB

- Ensuring access to services
- Ensuring services are responsive and respectful
- System oversight



# Overview of the Behavioral Health Department



# Adult Services

- Psychiatry and Medication Support
- Outpatient therapy
- Case management
- Supportive housing
- Assertive Community Treatment
- Peer support



# Children's Services

- Outpatient therapy for children, youth and families
- Psychiatric services and medication support
- Wraparound programs
- School based services



# Substance Use Disorder Services

- Assessments
- Outpatient treatment
- Residential treatment
- Perinatal treatment
- Prevention programs





# Crisis Services

- Crisis assessments 24/7
- Acute psychiatric inpatient hospitalizations
- Crisis Stabilization Unit
- Insight Respite Center
- Embedded peer support
- Community crisis response



# Highlights from the past year

- Crisis Stabilization Unit
- CIT training for law enforcement
- Drug and alcohol services expansion
- Improved Truckee services
- Homeless people with mental illness



# Stepping Up Initiative: Reducing the number of people with mental illness in jails

- Approximately 2 million people admitted to jail annually have severe mental illness
- Our strategies locally:
  - Cross sector collaborative group
  - Forensic outreach worker
  - Mental Health Court expansion
  - Law enforcement training
  - Case coordination with California Forensic Medical Group (Correctional Medical Group Companies)

# May is Mental Health Awareness Month

## Deeper Connections: From Small Talk to Real Talk



Research suggests that strengthening positive social networks can contribute to a happier, healthier life.

