



AGENDA ITEM NO.
E1

COUNTY OF HUMBOLDT

For the meeting of: May 1, 2018

Date: March 26, 2018
To: Board of Supervisors
From: Supervisor Virginia Bass
Subject: Presentation from the Humboldt County Department of Health and Human Services Highlighting May is Mental Health Month

RECOMMENDATION(S): That the Board of Supervisors hear the presentation and take appropriate action, if required.

SOURCE OF FUNDING: N/A

DISCUSSION: May is Mental Health Awareness Month. This year the theme is "A Decade of Hope". The Department of Health and Humans Services and the Mental Health Matters Month Committee would like to highlight how many agencies have come together to reduce stigma around mental health challenges over the past 10 years.

FINANCIAL IMPACT: N/A

OTHER AGENCY INVOLVEMENT: N/A

ALTERNATIVES TO STAFF RECOMMENDATIONS: Board discretion.

ATTACHMENTS: N/A

Prepared by Tracy Damico

Signature Virginia Bass

REVIEW:

Auditor _____ County Counsel _____ Personnel _____ Risk Manager _____ Other _____

TYPE OF ITEM:

- Consent
- Departmental
- Public Hearing
- Other Special Presentation (10 minutes)

PREVIOUS ACTION/REFERRAL:

Board Order No. _____

Meeting of: _____

BOARD OF SUPERVISORS, COUNTY OF HUMBOLDT
Upon motion of Supervisor _____ Seconded by Supervisor _____

- Ayes
- Nays
- Abstain
- Absent

Per Order of the Chair

and carried by those members present, the Board hereby approves the recommended action contained in this Board report.

Dated: _____

By: _____
Kathy Hayes, Clerk of the Board

You're invited to the 10th annual

HOPE AND WELLNESS BARBECUE

MAY 18, 2018

11 a.m. to 2 p.m.

**Carson Park picnic area
on Buhne Street,
Between H and I
in Eureka**



Come and join us while we show that each mind matters. There will be sun, fun and food. Bring a dish to share. Hamburgers, hot dogs and a vegetarian option will be provided.

**For more information,
call the Hope Center at
707-441-3783.**

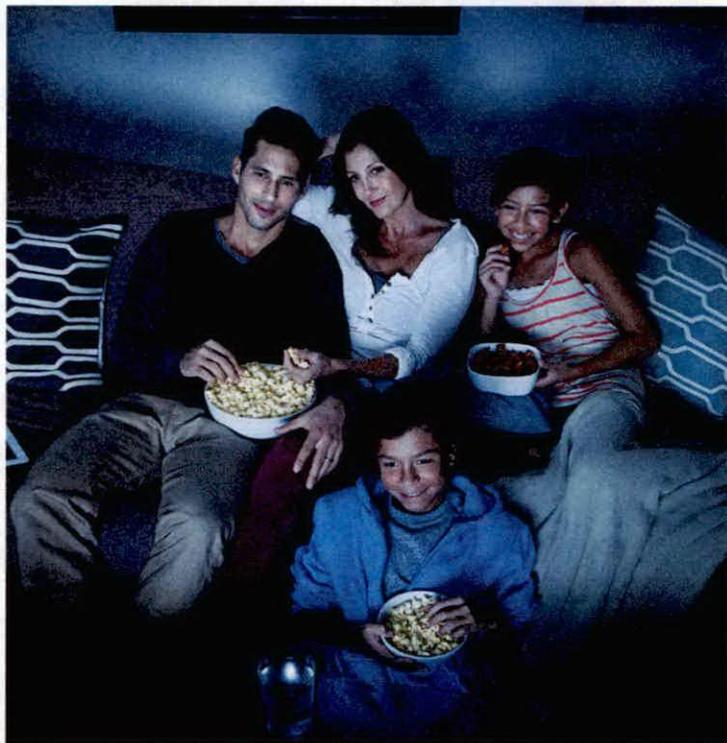
 **Each Mind
MATTERS**
California's Mental Health Movement



DHHS Humboldt County
Department of
Health & Human
Services

Paso a Paso

NOCHE DE PELICULA EN FAMILIA



Martes 22 de Mayo

5:00 a 8:30

Jefferson Community Center

1000 B Street

Eureka, Ca 95501

Para mayor información llame

al tel. 441-4477

- Ven a ver la película **Intensamente (Inside Out)** para celebrar el mes de la salud mental
- Tendremos palomitas
- Trae tu almohada y tu cobija
- Todos son bienvenidos

St. Joseph Health 
Redwood Memorial • St. Joseph



Families as Complex Cultural Systems

This training will examine culture as it influences social ways of being, informs parenting, and shapes our developmental expectations for children.

- Difference between culture and ethnicity
- Culture as a social or interpersonal style
- Definition of culturally responsive care
- Current research defines both helpful and harmful responses to stories of inequity

Tuesday May 1, 2018

1:00-4:00

HCOE Annex - 901 Myrtle Ave

To register or for more information contact:

Star Mohatt • (707) 445-7384

smohatt@co.humboldt.ca.us

Priority enrollment for cohort members, so space for others is limited.

Cost of training is \$30

Presenter:

Barbara Stroud, PhD,

is a licensed psychologist with over three decades worth of culturally informed clinical practice in early childhood development and mental health. She is a founding organizer and inaugural president of the California Association for Infant Mental Health, a member of the Academy of ZERO TO THREE Fellows and holds prestigious endorsements such as an Infant and Family Mental Health Specialist/Reflective Practice Facilitator Mentor.



This course meets the qualifications for 2.75 hours of continuing education credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences. Humboldt County Health and Human Services (HCHHS) is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs and/or LEPs, Provider Number 76178. HCHHS maintains responsibility for this program/course and its content.

Provider approved by the California Board of Registered Nursing; Provider Number CEP 15353, Humboldt County Dept of Health and Human Services, for 2.75 contact hours.

Provider approved by the California Association for Alcohol/Drug Educators, Provider Number CP40 720 C 0319, Humboldt County Dept. of Health and Human Services, for 2.75 continuing education units.

No continuing education fee will be charged. Contact DHHS_TES@co.humboldt.ca.us for more information on continuing education.

Join us at the
**Mental Health Matters
Walk**
Tuesday, May 8
11:30 a.m. to 1:30 p.m.

We're meeting in front of the Hope Center at 11:30 a.m.,
going down H Street to 14th to I streets, then to the
courthouse for a rally.

Because everyone
matters!

Come walk and show
your support.

Don't forget to wear
your lime green.

Sign making on
Friday, May 4 at
433 M St. from
11 a.m. to 2 p.m.

Snacks provided by the
Transition-Age
Youth Division

The Hope Center is located at 2933 H St.
For more information, call Kellie Jack at 707-441-3783.



WELLNESS • RECOVERY • RESILIENCE



California's Mental Health Movement



BIKE MONTH HUMBOLDT COALITION, DHHS HEALTHY COMMUNITIES
AND SIREN'S SONG TAVERN PRESENT:



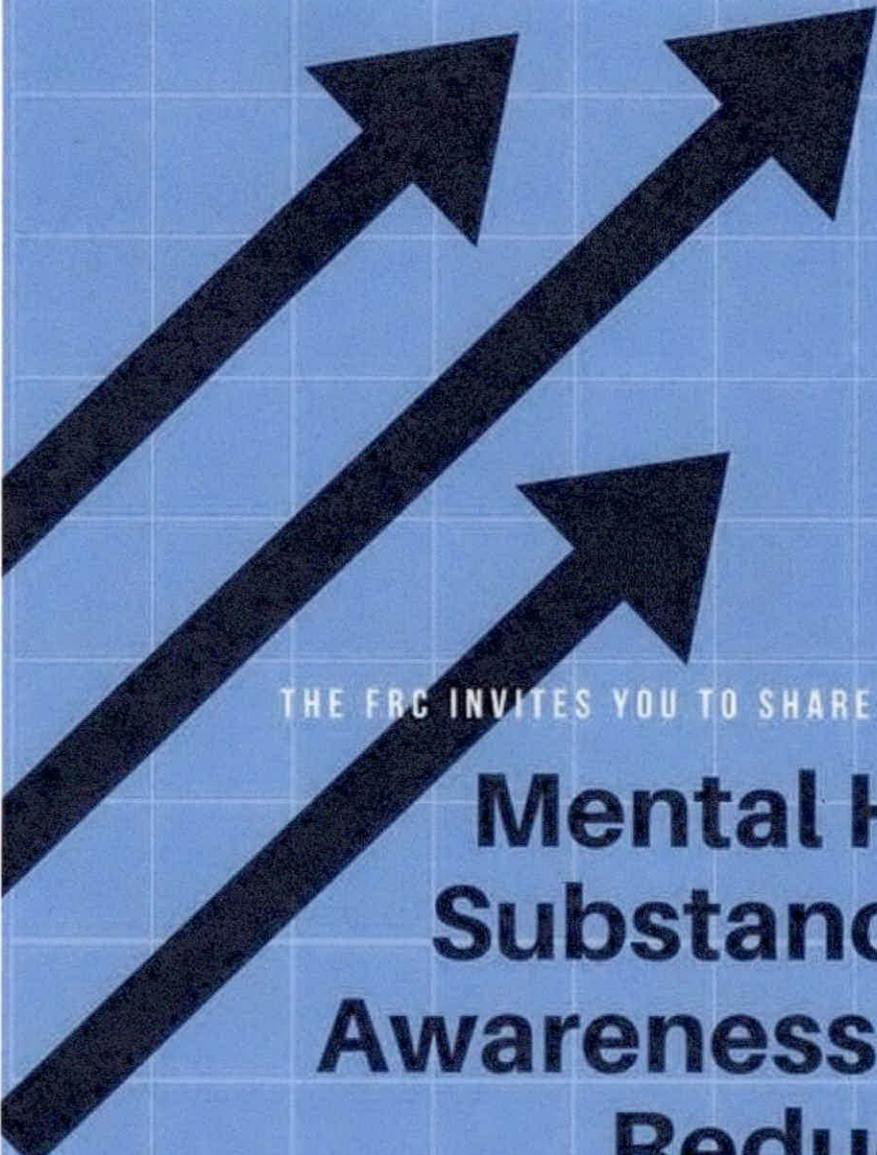
OVARIAN PSYCOS

A DOCUMENTARY DIRECTED AND PRODUCED BY
JOANNA SOKOLOWSKI & KATE TRUMBULL-LAVALLE

IN EAST LOS ANGELES, THREE YOUNG MISFIT WOMEN FIND SOLACE IN AN UNAPOLOGETIC, FEMINIST ALL WOMEN OF
COLOR BICYCLE CREW. THEY CALL THEMSELVES THE OVARIAN PSYCOS BICYCLE BRIGADE.

TUESDAY, MAY 8TH 6:00 P.M.
SIREN'S SONG
325 2ND STREET, EUREKA

ALL AGES WELCOME, THOUGH DOCUMENTARY TOUCHES ON ADULT THEMES.
DISCUSSION TO FOLLOW LED BY DHHS HEALTHY COMMUNITIES.



THE FRC INVITES YOU TO SHARE AND GATHER INFORMATION

**Mental Health &
Substance Abuse
Awareness and Harm-
Reduction
Community Meeting**

MAY 30 + 5-7 PM

SO. HUMBOLDT FAMILY RESOURCE CENTER
344 HUMBOLDT AVE. REDWAY, CA

(707) 923-1147



ReFrame Your Brain

A POSTER CONTEST ABOUT MENTAL HEALTH



This year's poster contest entries will be on display at
Humboldt Herbals Classroom, 300 Second St.
Eureka Arts Alive! May 5, 2018, 6-9 p.m.

We ALL have mental health.

We have to take care of our minds just like we take care of our bodies, yet a lot of us are afraid to talk about our mental health or how we feel. It's hard to ask for the kind of support we need. This spring, we invited the people of Humboldt County to share messages of hope and belonging through art. ReFrame Your Brain.

Join us to vote on the winning poster!





Eureka Community Resource Center presents

Overcoming Mental Health Stigma and Finding Help: How to survive and thrive with mental health conditions and how to get help when needed.

Join us for healthy snacks, shared stories from the Seeds of Change Speaker's Collective on how to find strength in overcoming mental health stigma and discrimination, as well as how to identify when someone you care about has suicidal tendencies and how to get them professional help.

Thursday, May 24, 2018

2:00 to 4:00 p.m.

St. Vincent de Paul's Free Dining Facility

35 West 3rd Street, Eureka

For more information, call (707) 442-5239





Directing Change Red Carpet Event



Thursday, May 3, 2018

The Inn at 2nd & C

139 Second St., Eureka

Doors open at 6:30 p.m.

Program starts at 7 p.m.

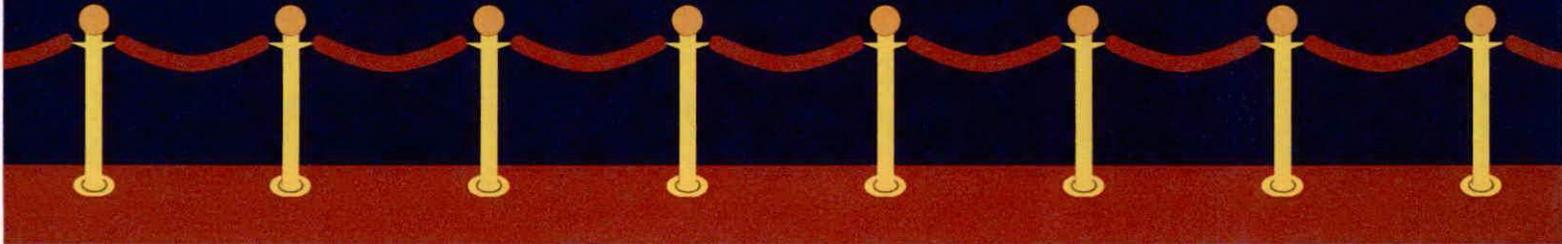
Join us for a special screening of Directing Change films produced by young, local filmmakers!



Directing Change is a statewide film competition that invites students (ages 14-25) to create films that encourage youth to support one another and reach out for help in a mental health crisis.



Also featuring art from the Humboldt County Boys & Girls Club Teen Court and performances from Planned Parenthood of Northern California's Spare Change Teen Theatre troupe.



For more information, visit DirectingChangeHumboldt.eventbrite.com or contact publichealthPEI@co.humboldt.ca.us.



Yurok Tribe Social Services Skuy'-soo hue-nem'oh



Presents:

Yurok Youth Art Showcase

in recognition of

National Children's Mental Health

Awareness Day

Thursday, May 3, 2018

Libby Nix Community Center

Weitchpec, CA

4-7 pm

Featured Artist and Guest speaker:

Rhea McCoy, Yurok Youth Artist

Light snacks and refreshments will be provided

Artwork by Rhea McCoy, Yurok



Grupo de Apoyo Baile Terapia



Viernes
25 de mayo 2018
7PM – 8PM

Centro Comunitario de Loleta
700 Loleta Dr. Loleta

Se ofrece cuidado para
niños mayores de 6 años

Para preguntas, llame al
441-4477

*Ven a divertirte bailando,
mientras haces ejercicio y
combates el estrés*

*Traer agua para
hidratarse y una toalla
pequeña*

Prepárese para sudar



St. Joseph Health 
Redwood Memorial · St. Joseph



Baile Terapia support group

(Dance therapy)



Friday
May 25, 2018
7PM – 8PM

Loleta Community Resource
Center
700 Loleta Dr. Loleta

Childcare for children over age 6

For questions call 441-4477

*Come have fun and
dance while you exercise
and fight stress*

Bring plenty of water
and a small towel

Group is led in Spanish
with interpretation
available



St. Joseph Health 
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Grupo de Apoyo Baile Terapia



Miércoles
30 de mayo 2018
7PM – 8PM

Salón comunitario
Apartamentos Courtyard 3101
Boyd Road, Arcata

Se ofrece cuidado para
niños mayores de 6 años

Para preguntas, llame al
441-4477

*Ven a divertirte bailando,
mientras haces ejercicio y
combates el
estrés*

*Traer agua para
hidratarse y una toalla pe-
queña*

Prepárese para sudar



St. Joseph Health 
Redwood Memorial • St. Joseph



Baile Terapia support group

(Dance therapy)



Wednesday
May 30, 2018
7PM – 8PM

Community Room at
Courtyard Apartments
3101 Boyd Rd, Arcata

Childcare for children over age 6

For questions call 441-4477

*Come have fun and dance
while you exercise and
fight stress*

Bring plenty of water and
a small towel

Group is led in Spanish
with interpretation
available

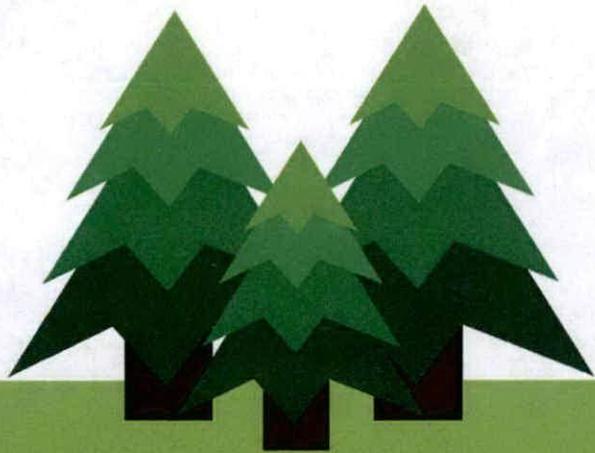


St. Joseph Health 
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A DECADE OF
Hope

Mental Health Matters

to Humboldt County,
California



Mental health challenges start early in life.



75%

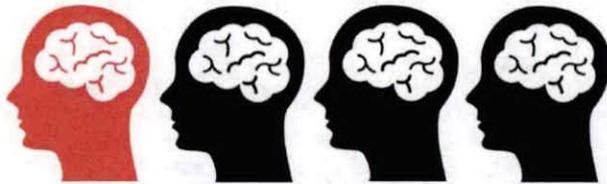
**of all mental
illnesses start
by age 24.**



There is a high correlation between mental health disorders and Adverse Childhood Experiences (ACES)

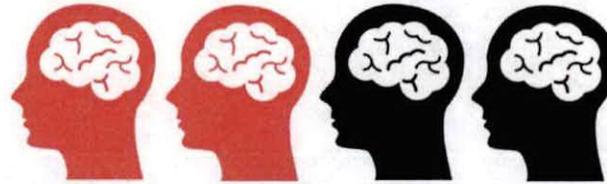
Mental health challenges are common.

IN A SINGLE YEAR



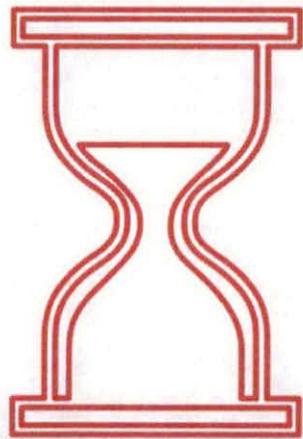
1 out of 4 Americans will experience a mental health challenge.

IN A LIFETIME



HALF of us will experience a mental health challenge.

Most people wait a really long time to get help.



6 to 8 years

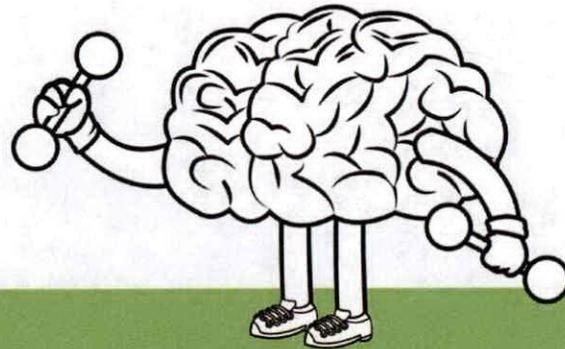
Amount of time young people wait from onset of symptoms to getting help.

Just like with physical health conditions, getting help early on can help people recover faster and limit the negative, long-term impacts of mental illness.

Recovery is possible!

70%-90%

**of individuals report improved
quality of life after receiving
support and treatment**



Let's make it okay to reach out
for help.



We ALL have mental health.
Our mental and emotional well-being is important!

Take time to develop and teach positive coping skills



Meditation



Exercise



**Creative
expression**

Recognize the importance of taking care of ourselves and others.



**Ask sincere questions.
Be a good listener.**

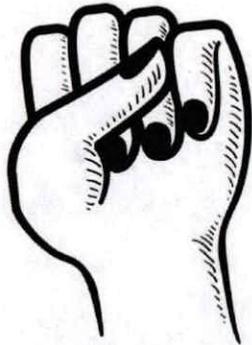


**Support others when
they're ill or down.**



**Practice random
acts of kindness.**

Support those in our community who live with mental health challenges.



Treat every person with dignity and respect.



Reject stigmatizing language.



Learn more about mental health disorders.



May is Mental Health Matters Month is brought to you by:

