



May is Mental Health Matters Month

CALENDAR OF EVENTS

As part of California's ongoing mental health movement, the Take Action for Mental Health campaign is designed to help you check in, learn more, and get support for your own mental health or the mental health of someone you care about.

Heading into the month of May, we're gearing up to support our local efforts to shine a light on the importance of behavioral health care and reducing stigma as part of May is Mental Health Awareness Month. It's a time to let our community learn more about it and about the resources in our community.

In May, the Sonoma County Behavioral Health Division and our community partners are sponsoring many events to support mental wellness. Find the link to our online calendar of events [HERE](#)



Attend our next MHSa Stakeholder Committee Meeting!

You are invited to attend our MHSa Stakeholder Committee meeting. This meeting is open to anyone with an interest in Sonoma County's Behavioral Health System of care. MHSa updates and current events will be presented, with an opportunity to share your thoughts and ideas related to MHSa.

WHEN: Tuesday, June 18th
12pm - 2pm

WHERE: North Coast Builders Exchange
1030 Apollo Way, Santa Rosa, CA 95407

Lunch will be provided for those who register in advance. To register click [HERE](#). For questions or more information email MHSa@sonoma-county.org. Thank you!

4 THINGS LIKELY AFFECTING YOUR MENTAL HEALTH, AND

4 THINGS YOU CAN DO ABOUT IT

While we're familiar with how relationships and work can impact mental health, it's easy to overlook the influence of broader factors. Here are four often-overlooked elements that may be affecting you:

- **Current Events:** From global crises to graphic news coverage, the constant barrage of information can take a toll on mental well-being
- **Loneliness:** Surprisingly pervasive, loneliness affects over half of U.S. adults, leading to increased risks of anxiety and depression.
- **Technology:** While technology offers connectivity, it also breeds anxiety through constant exposure to distressing news and social media's comparison culture.
- **Social Drivers:** Economic status, living conditions, and access to resources significantly impact mental health.

Coping Strategies:

- **Find Your Support System:** Surround yourself with individuals who provide empathy and understanding.
- **Set Tech Boundaries:** Establish limits on screen time to reduce stress from constant connectivity.
- **Advocate for Change:** Channel your concerns into action by getting involved in causes that matter to you.
- **Discover Healthy Coping Skills:** Experiment with various techniques until you find what works for you, whether it's mindfulness exercises, creative pursuits, or physical activities.

five mental health tips for the week



BHSA PROP 1 RESULTS AND IMPACTS

Proposition 1: SB-326 (Senate Bill 326) has been approved by California voters. Proposition 1 renames the Mental Health Services Act (MHSA) to the Behavioral Health Services Act (BHSA). While the law dictates that major changes will be phased in over several years, we are already working to ensure that the changes will support our clients. On July 1, 2026 the new funding allocations become effective, and we will be working with stakeholders to determine how Sonoma will implement BHSA.

Proposition 1 has two major components:

1. Changes the Mental Health Services Act (MHSA) that was passed by voters in 2004, with a focus on how the money from the Act can be used.

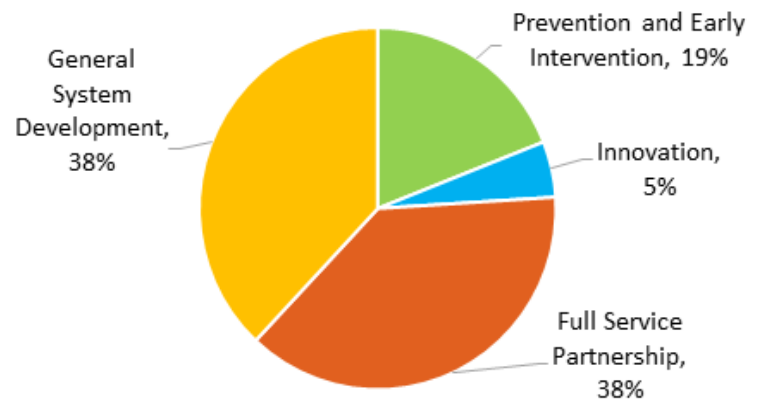
MHSA Funding Changes:

- Prop 1 makes no changes to the amount of money collected through the MHSA (now BHSA) tax, but the money would be used differently.
- Prop 1 will change how counties can use BHSA dollars to allow counties to use the funds to treat individuals with substance use only disorders.
- BHSA creates a new requirement that 30% of funds allocated to Sonoma County must be spent on housing interventions for people with behavioral health challenges.
- Counties will not receive additional funding under Prop 1 for services previously funded by MHSA; therefore, less money will be available for non-housing services under BHSA, there will be fewer resources for prevention programs, outpatient mental health treatment, and outreach efforts.
- Prop 1 increases the allocation of MHSA (now BHSA) dollars to the state from 5% to 10%. This shifts roughly \$140 million of money annually from the counties to the state.

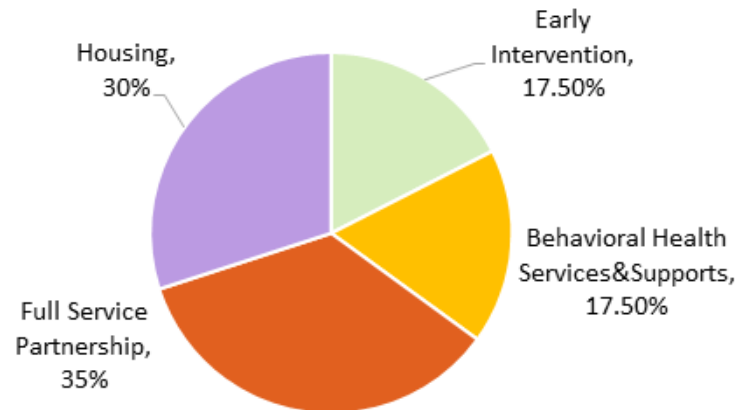
2. Approves a \$6.4 billion bond to build (1) more places for mental health care and drug or alcohol treatment and (2) more housing for people with mental health, drug, or alcohol challenges.

Housing: Bond funding will finance the building of new bricks and mortar infrastructure to house and treat county behavioral health clients. Many of Sonoma County's behavioral health clients are receiving treatment despite not having permanent housing or shelter, and being able to provide more of our clients a safe space to live while they receive treatment is a welcome opportunity to build on the many paths to recovery.

MHSA Funding Components



BHSA Funding Components



MHSA PLAN & REPORT

Read Sonoma County's MHSA Plan Update for FY 2024-2025 and Program Report for FY 2022-2023 which will be posted in May 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. The Sonoma County Mental Health Board will host the MHSA Public Hearing on June 18, 2024 at 5pm at Finley Community Center and everyone is welcome to attend.

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

