

# Sonoma County

## MENTAL HEALTH SERVICES ACT

# Newsletter

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*Happy Holidays* from Sonoma County's Behavioral Health Division!

### THE ELIZABETH MORGAN BROWN CENTER ~ A ONE MIND ASPIRE CLINIC

In the summer of 2016, David and Seong Brown, were faced with the challenges of trying to help their teenage daughter, Elizabeth, with her anxiety and depression that was getting more and more severe. They were struck with how disconnected our health care providers were when it came to Mental Health.



Elizabeth was an exceptionally intelligent, highly accomplished and poised young woman with a kind heart. Despite her mental health symptoms, she volunteered her time helping people in need including with the National Alliance on Mental Illness (NAMI) sharing her story with her peers in an attempt to end silence, end stigma and change attitudes toward mental illness. Unfortunately in 2018, Elizabeth died by suicide which led David and Seong to help bring better treatment options to Sonoma County.

Thanks to generous donors like the Staglin family, Kaiser Permanente Northern California and MHSA funding, the Elizabeth Morgan Brown Center is now open! This inaugural clinic is part of One Mind's ASPIRe initiative. ASPIRe - Accelerating Serious Psychiatric Illness Recovery - aims to enable 100 percent of youth with early serious psychiatric illness to access gold-standard care, compared to only 8 percent today, and for the proportion of clients who recover from serious psychiatric illness to rise from 22 percent today to 75 percent by 2040.

This unique Center is operated by Aldea Children & Family Services, and housed and supported by Buckelew. The clinic is staffed by mental health professionals, including psychiatrists, nurse practitioners and others who provide early intervention resources for the community to connect families to additional care options. This innovative clinic is part of EPI-CAL and the University of California Davis Early Psychosis Learning Health Care Network, which helps share data and best practices to improve mental health care across the state. It employs

the UC Davis Coordinated Specialty Care (CSC) EDAPT (Early Diagnosis and Preventive Treatment) model, a recovery-based treatment approach which has demonstrated efficacy with individuals within the first two years of the onset of full psychosis and those at risk of developing psychosis.



Through early detection, assessment, and treatment of psychotic illness, this clinic hopes to empower clients and families to understand psychotic illness in general and the client's illness in particular, to fully engage clients and families in their own recovery process, and thereby to reduce their symptoms so they may reach their personal, educational, and occupational goals. To learn more about The Elizabeth Morgan Brown Center visit: <https://www.aldeainc.org/services/behavioral-health/the-elizabeth-morgan-brown-center>



## NEW INNOVATION PROPOSAL: CROSSROADS TO HOPE

Sonoma County Department of Health Services, Behavioral Health Division's (DHS-BHD) MHSA Team is excited to announce our newest Innovation Project, "Crossroads to Hope."



This diversion housing project will provide supportive peer services and Assertive Community Treatment in an integrated, client centered and recovery oriented program designed to stabilize a person's living situation. This program is for individuals with serious mental health issues who may also have substance use concerns and criminal justice system involvement.

Crossroads to Hope will:

- increase access to mental health services to underserved groups
- increase the quality of mental health services
- increase measured outcomes.

Read the "Crossroads to Hope: MHSA Sonoma Innovation Proposal" by clicking [HERE](#). The period for public review is open through January 18, 2022. The Sonoma County Mental Health Board will host the public hearing on January 18, 2022 at 5:00pm via Zoom. To attend the Public Hearing, please visit the Mental Health Board's webpage [HERE](#).

The Sonoma County Board of Supervisors will review the proposal for approval on February 8, 2022.

## A FAREWELL TO OUR MENTAL HEALTH DIRECTOR

The Department of Health Services, Behavioral Health Division prepares to say farewell and thank you to Bill Carter, Director of Behavioral Health Services. Bill has been instrumental in developing and initiating five MHPA innovative projects and he has helped DHS-BHD navigate through multiple natural disasters.



During his tenure Bill redesigned Youth and Family Services and the redesign resulted in expanded services and dramatically reduced wait times. He has advocated for change in the division by adopting the diversity, equity and inclusion model into all BHD priorities and requesting staff feedback to re-build the division.

We wish Bill the best during his retirement at the end of this year!

## → Take Action for Mental Health: Self-Care

Music is often the soundtrack to our lives - woven through life's ups, downs and most memorable moments. A report from the Global Council on Brain Health (GCBH) found that music can have a positive effect on our emotional well-being, improving mood, decreasing anxiety and helping with management of stress.



It is no surprise then that many of us turn to music to cope through difficult times. This year as many students returned to school for in-person instruction, they found themselves facing new obstacles and stressors. To give students an outlet for these emotions, the Directing Change Program asked youth to create art that expressed their feelings about their return to school and how they were coping through the good, the bad, and the unexpected. A 12th grade student created a digital art piece about the power of music, saying "...music can take you to different worlds, somewhat becoming an escape from the stresses of reality. In my art piece I made a choice to make her hair red to represent the warm and comfortable feelings music makes one feel. The plants represent the music itself, taking over the thorns which represents negative thoughts or feelings.

Music for many people including myself, is very therapeutic and is used as a form of self-care."

Learn more about Take Action for Self-Care:

<https://takeaction4mh.com/>

## Job Link – helping clients meet goals!

Job Link, Sonoma County's one-stop employment and training services is partially funded by MHPA money to provide services to clients with additional mental health needs. Job Link staff members are trained to work with people from diverse backgrounds and understand the complex needs of clients with mental health concerns.

Job Link can help clients ages 18+ access job search tools, career development services, labor market information and job referrals.

They can also pay for job training, provide assistance with resume writing, interviewing skills, and assist with other needs related to job and career goals for clients.

Job Link and Sonoma County's Behavioral Health Division have implemented a new referral system to help clients access job and training related services in a streamlined manner. Clients can go through their BHD provider for Job Link services.

For more information on Job Link visit: <https://sonomawib.org/> or call (707) 565-5550.

