

Sonoma County

MENTAL HEALTH SERVICES ACT

Newsletter

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Happy Holidays

from Sonoma County's Behavioral Health Division!

REACH OUT FOR SUPPORT WITH MENTAL HEALTH DURING THE HOLIDAYS!

This season can be a joyful time of cozy get-togethers and generosity. It can also be a difficult time for people experiencing isolation, grief and loss, or those who live with anxiety or depression. Social and family expectations can also cause extra stresses and triggers.

How will you decide it's time to reach out? Consider first checking in with yourself to know if you're experiencing some or all of these signs of distress:

- Feeling sad, hopeless, or helpless
- Becoming anxious, worried, or overwhelmed all the time
- Being unable to focus on work or school
- Acting extremely moody or irritable
- Withdrawing from friends and activities
- Having difficulty coping with daily problems or stress
- Using more alcohol or drugs than usual or more often
- Drastically changing eating or sleeping patterns

If you're experiencing these, or similar signs, you are not alone. Learn more about identifying when you may need more mental health support. To take action for your own mental wellness, you can reach out to trusted friends, family, and other supportive people in your life. You can also call 988 the new three-digit number for mental health, substance use and suicidal crises, and talk with a phone counselor.

Here are some tips to help with winter blues:

Whatever you're feeling this season, it's important to check in on your mental health and the mental health of people around you.

Learn how to practice holiday self-care, and find support and resources for yourself and others, at [TakeAction4MH.com](https://www.takeaction4mh.com).



If you or someone you know are depressed or thinking about suicide, **call or text the 988 Suicide & Crisis Lifeline** or **chat with CalHOPE Connect at [CalHOPEConnect.org](https://www.calhopeconnect.org).**

MHSA CONTRACTOR SPOTLIGHT: LA LUZ CENTER



La Luz Center has been helping immigrants and families in the Sonoma Valley since 1985 when Ligia Booker, a Colombian philanthropist, learned that the families of vineyard workers had basic unmet needs like language skills and access to food, clothing and housing; assistance with medical, legal and financial issues presented more complicated, longer term challenges.



La Luz Center has grown and continues

to develop new programs and resources to ensure residents in Sonoma Valley can improve their lives and strengthen their families by providing easily accessible services, effective programs, and culturally relevant mental health services. Continued on page 2.



Take Action for Mental Health:

1. Exercise
2. Look for ways to enjoy social connections
3. Stick to a Sleep Routine
4. Queue Up a Stream of Laugh-Out-Loud Films
5. Warm Yourself Up With a Mug of Real Hot Cocoa
6. Give Yourself a Manageable Task to Accomplish
7. Find time for yourself
8. Don't Hesitate to See Your Healthcare Professional

In 2021 a contract was executed with La Luz and the County of Sonoma to provide MHSA Prevention and Early Intervention (PEI) services. PEI funds, "Your Community, Your Health/Tu Comunidad, Tu Salud" which helps address the mental health needs of the Sonoma Valley Latinx community providing no-cost culturally and linguistically competent health and wellness services.



One of the popular services available under MHSA at La Luz Center are Zumba classes. Zumba classes are a great whole body workout, stress reducer, confidence builder and a fun way to meet new people and make connections which is known to improve mental health.

To learn more about La Luz Center please visit: www.laluzcenter.org or call: 707- 938-5131

Ways to learn more & get involved!

MHSA Stakeholder Committee

You are invited to attend our next virtual MHSA Stakeholder committee meeting. This meeting is open to anyone with an interest in Sonoma's Behavioral Health System of care. This meeting provides MHSA updates and current events and an opportunity to share your thoughts and ideas related to MHSA.

WHEN: Thursday, February 16, 2022
1:00pm - 3:00pm

WHERE: Zoom

To attend, please email MHSA@sonoma-county.org for Zoom link.

Sonoma County's Mental Health Board

You are also invited to attend Sonoma County's Mental Health Board meeting. This an advisory board empowered to listen to the concerns of our constituents and to help formulate policies that offer a consistent continuum of care for all those with mental health challenges. The Board advises the County Board of Supervisors on the Mental Health System of Care.

For date, time, and location of the next board meeting please visit the webpage [HERE](#).



Looking for a mental health support group in Sonoma County? Housing resources? Other local resources? **Check out NAMI Sonoma County's Resource Directory [HERE](#).** You are not alone, reach out for help!

MHSA Winter Word Search

Find the word in the puzzle. Words can go in any direction. Words can share letters as they cross over each other.

W	E	L	L	N	E	S	S	Q	S	R	E	X	Q	C
I	Z	S	J	K	M	O	Q	C	S	D	P	M	E	O
N	D	H	G	E	S	N	L	R	E	A	C	R	S	M
T	Q	E	N	E	U	O	F	E	N	D	D	W	N	M
E	W	T	L	S	P	M	N	F	D	Z	S	X	O	U
R	A	F	N	E	P	A	O	Z	N	C	X	F	I	N
L	A	B	I	R	O	D	I	H	I	X	A	E	T	I
X	J	A	Q	V	R	Q	T	A	K	E	S	R	N	T
I	S	S	N	I	T	Y	A	C	T	I	O	N	E	Y
H	O	P	E	C	P	M	V	M	A	Y	L	V	V	V
Z	T	J	U	E	H	N	O	K	I	J	K	B	R	L
J	C	L	C	S	H	K	N	T	G	T	F	Z	E	D
T	Z	R	A	V	G	C	N	M	G	V	W	H	T	A
P	R	E	V	E	N	T	I	O	N	G	A	E	N	R
A	J	W	P	I	H	E	X	U	D	U	C	U	I	F

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| Action | Intervention | Services |
| Care | Kindness | Sonoma |
| Community | Mental | Support |
| Health | MHSA | Take |
| Hope | Prevention | Wellness |
| Innovation | Self | Winter |