

2010
May

Mental Health

Health is a state of complete physical, mental, and social well-being.



Yolo County sunflower and bee. Courtesy Rita Cital.

Mental Health

The World Health Organization (WHO) defines health as a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity. WHO further defines mental health as a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community. Numerous studies document the link between one’s mental well-being and stress with measurable health outcomes, including the primary public health goals of increasing quality and years of healthy life.

Substance Use

Substance use in adolescence can lead to accidental injury or death, unintended pregnancy, violence, and risk of addiction. It is associated with depression and other mental health disorders and can lead to school failure or expulsion. Among Yolo County 11th graders, 23% reported binge drinking in the previous 30 days, 13% reported smoking in the previous 30 days, and 34% reported ever having been high from using drugs.¹⁹ While none of these statistics are significantly different from statewide rates, they underscore the intransigent nature of this problem in our community.

Mental Health Month • American Stroke Month • Asthma Awareness Month • Hepatitis Awareness Month • Teen Pregnancy Prevention Month

Sun	Mon	Tue	Wed	Thu	Fri	Sat
25	26	27	28	29	30	1
2	3	4	5	6	7	8
9 Women’s Health Week Mother’s Day	10	11	12	13	14	15
16	17	18	19	20	21	22
23 30	24 31 County Holiday Memorial Day	25	26	27	28	29

Evolution of the Mental Health Services Act in Yolo County⁸¹

When the Mental Health Services Act (MHSA) was passed in 2004, no one could have imagined its impact on community mental health in California. MHSA funds are comprised of five components: 1) Community Services and Supports (direct services for the mentally ill); 2) Prevention and Early Intervention; 3) Workforce Education and Training; 4) Capital Facilities and Information Technology; and 5) Innovation.

Community Services and Supports, the largest component of MHSA, has funneled billions of dollars into California counties for direct mental health services to un-served and underserved individuals with serious mental illnesses. Since its initial plan was approved in 2006, Yolo County Department of Alcohol, Drug and Mental Health (ADMH) has used CSS dollars to begin the intended transformation of the public mental health system into one that better promotes recovery and independence among adults with serious mental illnesses and enhances resiliency among children with emotional problems. With these funds, ADMH has opened an Adult Wellness Center and a Transition-Age Youth Center (both in Woodland), and a Drop-In Center for clients in West Sacramento; ADMH has also increased client housing, enhanced services to children in rural areas, expanded services to older adults throughout the county, and provided benefits assistance to those in need.

Yolo County’s plan for Prevention and Early Intervention (PEI) offers resiliency-building programs for both urban and rural children, lead counselors for the Older Adult Senior Peer Counselor Volunteer program, community outreach teams to offer mental health education, and a Mental Health Crisis Intervention Training Program for law enforcement and other first responders. Still to be implemented are the MHSA components on Workforce Education and Training, Capital Facilities and Information Technology, and finally, Innovation. Look for other transformative MHSA programs to roll out in the coming months.

Cool Beans Offers Cool Opportunities⁸¹

Upon entering the Herbert Bauer MD Health and Alcohol, Drug & Mental Health Building, one cannot help but notice *Cool Beans Coffee + Eats*, where folks can get everything from specialty coffees to sandwiches, healthy snacks and exotic teas. Plus, everything served at *Cool Beans Coffee + Eats* comes with a big helping of customer service.

Cool Beans Coffee + Eats is a consumer-operated business overseen by Turning Point Community Programs, a local non-profit agency serving individuals with serious mental illnesses. Under contract to ADMH, Turning Point promotes wellness, recovery and independent living by providing housing supports and vocational opportunities to mental health clients. With start-up funds from MHSA, Turning Point opened *Cool Beans Coffee + Eats* in August 2008, to offer clients opportunities to learn and practice specific transferrable skills such as making specialty coffees, cashiering and customer service, while earning an hourly wage.

Whether you’re craving a steaming latte or a tall iced tea, be sure to visit them soon—they promise you a cool experience.

- California Department of Alcohol and Drug Programs www.adp.ca.gov
- National Alliance on Mental Illness, Yolo Chapter www.namiyolo.org
- National Center for Post-Traumatic Stress Syndrome www.ptsd.va.gov
- Suicide Prevention Crisis Lines (24/7) Call Davis (530) 756.5000 Woodland (530) 666-7778 West Sacramento (916) 372-6565