Mental Health Awareness Month

May is National Mental Health Awareness Month but Lake County Behavioral Health Services celebrates all year! We are dedicated to providing the best care for the people of Lake County seeking services for mental health and substance use disorders.

Mental health refers to our emotional and social well-being and impacts how we think, feel, and behave. It plays a role in connecting with others, making decisions, handling stress, and many other aspects of daily life. Everyone has mental health, and it deserves just as much attention as your physical health.

Mental health is important for all of us. Taking care of yourself is critical to maintain optimal mental health – factors like nutrition and gut health, stress, sleep, relationships, trauma, and more can contribute to poor mental health. If you experience struggles with mental health, now is a great time to start practicing healthy/safe coping skills (ways to help you deal with difficult feelings) so that you’re better able to handle tough times when they happen.

National Prevention Week

The week of May 8th through the 14th is National Prevention Week, which is a national platform that brings communities and organizations together to raise awareness about the importance of substance use prevention and positive mental health.

For more information visit: Mental Health Awareness Month and National Prevention Week.
The LCBHS Access Team

What is an Access Team?

Our Access Team is the first point of contact for all callers wishing to get information about services for mental health and/or substance use disorder programs. The call is answered by Lilia or Jorge, who will provide any information requested and begin the process of linking the caller to services.

Our Access Team also receives referrals from community agencies, such as the Lake County Department of Social Services and Probation. People requesting services receive a comprehensive mental health assessment by a professional. This will determine the presence of a mental health diagnosis, if any, and determine the appropriate level of care or services for an individual.

Make no mistake, the Access Team is not just here to answer calls. They work tirelessly to make sure all who request services are connected to a professional who can assess them. They also follow up each morning with our after-hours answering service (Yes! You will speak to a real human being if you call LCBHS after 5pm or before 8am) and return all calls requesting services, as well as pass along messages to clinical staff from current clients. They are, essentially, the glue that holds LCBHS together!

What The Access Team Wants You To Know

Our Access Team is made up of several extremely dedicated staff who spend their days acting as the bridge to mental health and substance use disorder services. It is not always an easy job, but they are determined to ensure that all requests for services are honored.

The Access Team provides services for both our clinics (Lucerne and Clearlake) in English and Spanish and provided services through the duration of the COVID-19 pandemic.

What is the Criteria to Receive Mental Health Services from LCBHS?

Our mandate as the County Mental Health Plan is to provide services to those with moderate to severe mental illness. Individuals seeking mental health services but who do not meet criteria for specialty mental health services are connected to community mental health providers.

LCBHS is honored to have such dedicated individuals on our Access Team!

Those who would like to initiate services with LCBHS are encouraged to call our toll free, 24/7 Access Line phone number at: 1-800-900-2075.

The LCBHS Access Team (Left to Right):
Liz Abrica, Laurie Grogg, Lilia Powers, Rachel Nell, Jorge Morales

Not Pictured: Becky Furia & Jana Zeibig
LCBHS is proud to introduce you to our amazing Crisis Team!

The LCBHS Crisis Team is comprised of five extremely dedicated individuals who take turns being on call 24/7 for our community members experiencing crisis. With four crisis workers and one case manager this team is always busy, responding quickly, competently, and compassionately to all crisis situations.

What Do They Do?

Our Crisis Team responds to any behavioral health crisis Lake County. A behavioral health crisis means someone is a danger to themselves or others due to a mental health condition. The Crisis Team works in partnership with our two local hospitals and law enforcement to support the needs of the community.

How Often Does Crisis Respond?

Crisis is extremely busy serving our beautiful communities, and on average they respond to anywhere from 10 to 15 crisis calls per week. Most often they meet clients in the hospital but sometimes they work in the community to support de-escalation of a potential crisis.

What The Crisis Team Wants You To Know

Our dedicated Crisis Team would like the public to know their mission is to ensure that people experiencing a mental health crisis have the ability to access services. Often, people experiencing a mental health crisis are unaware of services available in the community or did not know how to ask for help. They want the public to know that they are here to help, and you can call 24/7 for crisis at: 1-800-900-2075
Greetings from the Mental Health Services Act Prevention Team! We are looking forward to brighter days after the challenges of the past years and have set some very lofty goals. As part of our suicide prevention and de-stigmatization campaigns we have been in the process of developing a suicide prevention strategic plan. We are expanding into radio public service announcements and continue to provide suicide prevention and mental wellness education in the schools and community.

In collaboration with Each Mind Matters and the Striving for Zero state campaign we are in the process of developing a suicide prevention strategic plan for Lake County. This project is currently in the early stages; please keep an eye out for upcoming focus groups or surveys. We need your input! Also, please keep an ear tuned for our radio ads on KXBX 98.3FM and Q106FM 105.9FM.

Our mission is to provide prevention services to all school districts in Lake County. These services include teen Mental Health First Aid (tMHFA), Question Persuade and Refer (QPR), Know the Signs (KTS) and Self Awareness classes. We have focused on providing 7th and 8th grade students with KTS and Self Awareness classes, 9th grade students with QPR, and 10th through 12th graders with tMHFA. We have provided these trainings/services to more than 400 students in Lake County. Participating schools include: Middletown High School, Clearlake High School, Upper Lake High School, Konocti Education Center, Kelseyville High School and Lucerne Middle School. We are currently working with Konocti Unified School District to bring these crucial trainings into their schools.

We were also able to provide Adult Mental Health First Aid and Youth Mental Health First Aid trainings to the Lake County Probation Department. During those trainings, with cooperation from the L.C. Probation Department, we recruited two probation officers who will become Mental Health First Aid instructors. This is a big step in Partnership to bring Mental Health First Aid education to Lake County First Responders.

We have begun planning for the 2022/23 school year. With the easing of COVID restrictions, we look to surpass the numbers from this year and continue building upon the relationships already established. LCBHS will be hiring three more prevention specialists in order to provide our amazing education and services to more members of community focusing on underserved or unserved people.

Please join us on May 14 from 10 am to 2 pm at Library Park in Lakeport, for our annual Mental Health Matters Day. Numerous community agencies will be participating, providing information on their services. There will be activities at each booth to encourage mental health awareness, and many.

Kendra Boyce & Michael Mos
LCBHS is proud to introduce you to our Discharge Planning Team!
The Discharge Planning Team is comprised of a small but mighty group of three individuals: Laurie Grogg, Jamilyn Trillo, and Rachel Nell.

What Do They Do?
Our Discharge Planning Team covers a lot of ground, working in concert with other teams in order to provide the best care to our clients. To give you an overview of their day-to-day activities, we can start with their work with our acute care clients, which are those folks experiencing a behavioral health crisis. Once an individual is put on a 72-hour hold due to being a danger to themselves or others, our Crisis Team places clients in an acute psychiatric hospital. From there, the Discharge Planning Team goes to work, providing careful and appropriate discharge planning from that acute care setting. These individuals can be existing clients or people who are new to LCBHS. If they are current clients, the Discharge Planning Team will get them linked with their established teams, and for new clients, they will link them to our Access Team to establish services and care with LCBHS.

This team works collaboratively with community partners, including social workers, hospitals, and other providers to plan accordingly for each client. They coordinate follow-up appointments with psychiatrists, coordinate care for medication and medical needs, and will arrange for transportation home (Shout out from the Team to Craig Kean and all the case managers that pitch in to provide last minute transportation!).

Services for People on Conservatorship
Our Discharge Planning Team also works very closely with those individuals on conservatorship who are often placed out-of-County. The team works diligently to ensure some of our most vulnerable community members receive the services and supports needed to live fulfilling lives. A key component of this work is ensuring clients on conservatorship are placed in the least restrictive setting possible.

In collaboration with the Department of Social Services’ Public Guardian, the team works to oversee the care of people conserved under Lanterman-Petris Short (LPS) conservatorship. This includes ensuring clients are connected to all services and supports needed to facilitate recovery, including medical care. The ultimate goal is to step clients down to independent living in the community.
I feel confident saying that the past two years have been the most challenging in recent history to our collective mental health and well-being. COVID-19 intensified feelings of anxiety and isolation in all of us. Now, as we begin to move out of the pandemic, the month of May is the perfect time to raise awareness around mental health and reflect on the struggles we have experienced.

Every year, millions of Americans face the reality of living with a mental health condition. Mental illness affects everyone directly or indirectly via family, friends or coworkers. Despite the prevalence of mental health challenges, misunderstanding and stigma are widespread and prevent many experiencing mental illness from seeking treatment. One in five individuals will experience a mental illness during his/her lifetime, though everyone faces events and challenges that impact mental health.

Good mental health is just as vital as good physical health. It is critical to practice self-care by engaging in activities that are enjoyable in order to promote relaxation and reduction of stress. Self-care can include playing board games, gardening, walking, and any other interests that result in a sense of satisfaction and contentment.

Please make the time to take care of yourself and know that Lake County Behavioral Health Services is here to help. And please join us in celebrating Mental Health Awareness Month!

Lake County Behavioral Health Services provides:
- Crisis Services
- MH Services for Youth & Adults
- Substance Use Disorder Treatment Services
- Housing Support & Homeless Outreach

These services are recovery-oriented and trauma-informed and include crisis resolution, assessment, counseling and access to hospital and residential services for adults experiencing serious mental illness and children with emotional disturbance.

“To improve the quality of life for the people of Lake County experiencing mental illness or substance abuse by offering recovery-oriented services”