

Behavioral Health Commission Director's Report

February 25, 2026

Observances & Holidays

FEBRUARY

- **FEBRUARY 1 MARKS THE FIRST DAY OF BLACK HISTORY MONTH 2026.** The month-long celebration is a chance to acknowledge the historic achievements of Black Americans and to highlight their contributions and undeniable impact on American history. Prolific game changers like Malcolm X, Rosa Parks, Shirley Chisholm and Dr. Martin Luther King, Jr., are some of the names we learn more about each February. But the celebration that is now Black History Month started long before these civil rights leaders made their mark.
- **FEBRUARY 9 – ROSA PARKS DAY** is a holiday in honor of the civil rights leader Rosa Parks. Her contributions have been most impactful to the movement, but the most famous incident is her refusal to give up her seat on a bus she was commuting on.
- **FEBRUARY 14 – THIS VALENTINE'S DAY** let's focus on self-love and self-care, skills necessary for good physical and mental health. Why is self-care important? Many times, our society tells us that we need to put the needs of others first. But I will make a challenge for you here. How are we to take care of our loved ones if we don't take care of ourselves? There are many ways to take care of oneself, including physically, emotionally, socially, and spiritually, all of them equally important.

Some ways in which we can practice self-care are:

- Maintain a regular sleep routine / schedule
 - Eat healthy foods
 - Get adequate daylight and exercise
 - Practice mindfulness
 - Abstain from judgment
 - Practice gratitude
 - Be a part of supportive community
 - Participate in a nourishing spiritual practice
- Although dates vary from year to year (Hiriji calendar is based on a lunar year), **THIS YEAR RAMADAN BEGINS IN FEBRUARY AND ENDS IN MARCH.** *Ramadan* is the ninth month of the Islamic calendar, observed by Muslims worldwide as a month of fasting, prayer, reflection and community.
 - **FEBRUARY 20 – NATIONAL CAREGIVERS DAY** honors professional and family caregivers who provide support and care to others.

- **LAST WEEK OF FEBRUARY – NATIONAL EATING DISORDERS ASSOCIATION WEEK PROMOTES** awareness of eating disorders and shares hope for individuals in recovery and their families.

Homeless Initiatives

- Innovation 7 projects have been executed and are now underway. Innovation 7 is a partnership between Sacramento County Behavioral Health Services, and two trusted, community-based organizations in areas with some of the county’s highest homeless counts. In these areas, they will provide outreach, early intervention and address homelessness for people enrolled in behavioral health services. Both contractors are new to BHS and are Color The Block (zip code 95823, Florin area) and Neighborhood Wellness Foundation (zip code 95838, Del Paso Heights area).
- The Behavioral Health Bridge Housing program has provided safe shelter to 450 individuals so far and is currently operating at approximately 85% utilization, within the Continuum of Care target range.
- In March, Grow Florin will begin welcoming families, expanding bridge housing options for households with children.

Behavioral Health – Adult Outpatient

Crisis Respite & Mobile Crisis Response Updates

- The Behavioral Health Services Oversight and Accountability Commission (BHSOAC) recently approved a statewide plan to launch a \$20 million annual Peer Respite grant program under the Mental Health Wellness Act. This new funding stream will allow counties, tribes, cities, and nonprofits to apply for support to operate peer-run crisis respite centers, creating a potential pathway for sustaining these services after the transition to the Behavioral Health Services Act.
- Beginning in April 2027, enhanced federal Medicaid funding for mobile crisis response is scheduled to expire, and under the Governor’s proposed budget, mobile crisis services would shift from a required Medi-Cal benefit to an optional one once that funding ends.

Adult Full-Service Partnership Procurement

- Still in process. Evaluation committee will be meeting this month. Awarded recommendations will be posted by the end of February with the goal of going to the board in June after County Budget hearings.

Substance Use Prevention and Treatment

- Substance Use Prevention and Treatment Healthy Beginnings Perinatal Program Planning:
 - Goes live July 2026
 - Continuing to work with Managed Care Plans to get them acquainted and engaged with our model. The next workgroup meeting has been scheduled for 2/26.
 - The provider, Bridges, has developed a resource guide to match the perinatal auxiliary requirements from the Department of Health Care Services guideline book.

- Opioid Coalition
 - When: February 25, 2026, from 2:00pm-3:30pm
 - Join Us: [Register for Zoom Meeting](#)
- Fentanyl and Beyond: A Community Response Summit
 - Save the date for Sacramento County’s annual summit on May 12, 2026, from 9:00am-4:00m at the Citrus Heights Event Center. This event is dedicated to raising awareness, providing education, and engaging the community to enhance safety across the greater Sacramento area. To learn more, visit [Fentanyl and Beyond](#). If you would like to host a resource table, please complete the [Vendor Request Form](#).

Behavioral Health – Child and Family

- The Flexible Integrated Treatment/Therapeutic Behavioral Services/Outreach/Early Intervention procurement will be released soon following recent guidance.
- A Full Service Partnership Wraparound procurement will be released soon.
- Community informational sessions have been held for both procurements. The most recent was for the Full Service Partnership Wraparound procurement, which had 82 attendees.

Behavioral Health Services Act

- The draft Behavioral Health Services Act (BHSA) Three-Year Integrated Plan for Fiscal Years 2026–2029 is now available for public review. The draft plan will be posted beginning February 16, 2026, and will remain available for a 30-day public comment period. Community members are encouraged to review the draft and provide feedback to help shape local behavioral health priorities, identify opportunities for improvement, and strengthen services across Sacramento County. A public hearing will be held during the Behavioral Health Commission (BHC) General Meeting on March 18, 2026, where members of the public are invited to provide additional comment on the draft plan. For more information, to review the draft plan, and to submit feedback, please visit: [DRAFT Behavioral Health Services Act \(BHSA\) Three-Year Integrated Plan for Fiscal Years 2026–2029](#)

Behavioral Health Commission and Committees

- Sacramento County Behavioral Health Commission (BHC): Established to promote transparency, accountability, and community engagement in behavioral health services. Learn more about the [Sacramento County Behavioral Health Commission](#).
- The Clerk of the Board has provided proposed term limits for Behavioral Health Commission members to establish the staggered three-year structure required by the Bylaws. Under the Bylaws, the Board of Supervisors is responsible for equitably staggering appointments. Once the term limits are confirmed, updated appointment letters will be issued to all Commissioners.

- **Commission Meetings:** Third Wednesday of the month, 6:00–8:00 PM
 - Next meeting; Wednesday, March 18, 2026
- **Committees:**
 - Executive Committee - First Thursday of the Month, 6:00–7:30 PM
 - Next meeting; Thursday, March 5, 2026
 - Adult Prevention & Treatment Committee - Second Monday of the Month, 6:00–7:30 PM
 - Next meeting; Monday, March 9, 2026
 - Youth Prevention & Treatment Committee - First Monday of the Month, 6:00–7:30 PM
 - Next meeting; Monday, March 2, 2026
 - Crisis & Justice Involved Continuum Committee - Second Thursday of the Month, 4:00–5:30 PM
 - Next meeting; Thursday, March 12, 2026

Administration

- County budgets are being developed for Fiscal Year 2026-27. The accounting structure used by Behavioral Health Services (BHS) was fully overhauled to align accounting practices with the Behavioral Health Outcomes, Accountability, and Transparency Report.

Recruitment

Behavioral Health Services (BHS) continues to face a workforce crisis due to the statewide shortage of behavioral health professionals. Community members are encouraged to apply, as many positions are currently available. Applications are accepted on an ongoing basis!

- Explore current openings, application instructions, benefits information, employee testimonials, and more on the [BHS Employment webpage](#).

BHS is committed to building a workforce that reflects the diversity of our community. We are seeking applicants from a wide range of backgrounds and experiences - clinical, professional, and lived - who bring energy, compassion, and enthusiasm for public service.

Learn about
services &
programs:



Behavioral Health
Services
Employment Page



QR Codes – BHS Resources: Handout #5