

MARCH UPCOMING OBSERVANCES & EVENTS

MARCH

22-28

National Drug & Alcohol Facts Week

This annual observance focuses on the science of drug use and addiction that educates and empowers youth to make informed decisions about substance use and their health.



LEARN MORE



Sacramento County Behavioral Health Commission (BHC) Meetings

MARCH

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BHC Youth Prevention and Treatment Committee (1st Monday monthly @ 6:00 PM):

Examining and monitoring the community's public behavioral health needs, services, facilities, and special problems in any facility within the county where mental health or substance use disorder evaluations or services are being provided, with a focus on children, youth (including transitional age youth), and families.

MARCH

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BHC Adult Prevention and Treatment Committee (2nd Monday monthly @ 6:00 PM):

Examining and monitoring the community's public behavioral health needs, services, facilities, and special problems in any facility within the county where mental health or substance use disorder evaluations or services are being provided, with a focus on adults and older adults.

MARCH

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BHC Crisis and Justice Involved Continuum Committee (2nd Thursday monthly @ 4:00 PM):

Examining and monitoring the community's public behavioral health needs, services, facilities, and special problems in any facility within the county where mental health or substance use disorder evaluations or services are being provided, with a focus on the crisis and justice involved population.

MARCH

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BHC General Meeting (3rd Wednesday monthly @ 6:00 PM):

Reviews, evaluates, and advises the Board of Supervisors regarding the community's public behavioral health needs and services.

The meeting agendas are posted to the [Behavioral Health Commission Meetings webpage](#).





Safer Sacramento www.safersacramento.com

Safer Sacramento provides educational multimedia resources to help youth, families, and community members make healthy choices, seek support, and reduce harm.



EXPLORE. LEARN. SHARE.

THE RIPPLE EFFECT



▶ WATCH NOW

A nine-part documentary blog series that sheds light on the harrowing reality of the fentanyl crisis in the U.S. and its impact on Sacramento County in particular.

FOLLOW US! >>



Safer Sacramento Youth www.safersacramentoyouth.com

Safer Sacramento Youth provides a welcoming, inclusive online space for all things related to mental health, well-being, and substance use.

LEARN MORE

WHAT IS MENTAL HEALTH?



WHAT IS SUBSTANCE USE?

WHAT IS WELL-BEING?



SAC County Healthy Beginnings www.sachealthybeginnings.com

SAC County Healthy Beginnings is a program that focuses on supporting healthy pregnancies and preventing prenatal substance exposure through education, screening, and early intervention.



2026 TRAINING SCHEDULE - ONLINE EVENTS Learn more and register

BUILDING STRONGER BONDS: ENHANCING PARENT-CHILD ATTUNEMENT

Wednesday, March 18, 2026
1 PM - 2:30 PM

BUILDING THERAPEUTIC APPROACHES FOR CHILDREN WITH PRENATAL SUBSTANCE EXPOSURE

Wednesday, June 17, 2026
1 PM - 2:30 PM



FOLLOW US



THERE IS HOPE. CHOOSE TREATMENT.
FOR YOUR BABY'S HEALTH - AND FOR A BRIGHTER FUTURE.



FREE Narcan® - Fentanyl Testing Strips - Sexual Health Kits

To request free supplies, scan QR Code





FENTANYL AND BEYOND

A Community Response Summit

Join us for a day of education, empowerment, and community. Learn more about opioids, methamphetamine, and emerging substances of concern. We will be exploring local resources, options for treatment, and ways we can come together to make Sacramento a safer community.

TUESDAY | MAY 12 | 9AM-4PM

REGISTER HERE

VENDOR SIGN-UP



<https://tinyurl.com/2a4tpept>

REGISTER HERE



<https://tinyurl.com/4tr6vsvy>

INFO & CONTACT



<https://tinyurl.com/2oae870r>



Funding for this conference was made possible (in part) by the California Department of Health Care Services (CDHCS) & SAMHSA. The views expressed in written conference materials or publications and by speakers and moderators do not necessarily reflect the official policies of the CDHCS or the U.S. Department of Health and Human Services, nor does the mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.

