

# Behavioral Health Commission Director's Report

May 20, 2026

## **Behavioral Health Services Core Purpose:**

### **Enriching Communities to Thrive through Accessible, Equitable Behavioral Health Care**

Behavioral Health Services advances Sacramento County and the Department of Health Services' core purpose by promoting mental health and substance use treatment, wellness, and recovery so individuals, families, and communities can thrive.

## **Behavioral Health Services Vision:**

**A Premier, Trusted Behavioral Health System** that fosters a healthy, inclusive community where all people can achieve optimal behavioral health across the lifespan.

## **Behavioral Health Services Mission:**

**Improve residents' quality of life** by delivering cost-effective, culturally responsive, strength-based behavioral health services that promote recovery, wellness, and resilience, while strengthening community partnerships and advancing health equity.

## **Values + Behavior = Culture: Behavioral Health Services PRIDE**

- **Principled + Integrity in Care:** We act with honesty, transparency, and accountability in all behavioral health services.
- **Respect + Compassion:** We listen, honor lived experience, and treat every individual with dignity, empathy, and cultural humility.
- **Innovation + Community Defined/Evidence-Based Practice:** We encourage creativity and continuous improvement to achieve measurable outcomes.
- **Diversity, Inclusion + Equity & Access:** We commit to reducing disparities and ensuring services are inclusive and culturally responsive.
- **Excellence + Outcome-Driven Service:** We invest in our workforce and deliver high-quality, responsive behavioral health services.

## Observances & Holidays

### MONTH OF MAY

For many Sacramento County residents, May brings warmer days, community events, and opportunities to recognize the diverse cultures and experiences that shape our region. It is also a month filled with observances that highlight wellness, equity, cultural traditions, and community connection. Raising awareness and reducing stigma remain essential as individuals and families across the county navigate behavioral health needs. May offers many opportunities to learn, reflect, and honor the diverse experiences of our community.

- **MENTAL HEALTH AWARENESS MONTH.** Established in 1949, this month promotes understanding of mental health conditions, early intervention, and recovery. SAMHSA encourages communities to learn the signs of mental health challenges and connect people to support. For more information and tools, visit the SAMHSA website at [Mental Health Awareness Month | SAMHSA](#).
- **ASIAN AMERICAN, NATIVE HAWAIIAN, AND PACIFIC ISLANDER (AANHPI) HERITAGE MONTH.** A national celebration honoring the histories, cultures, and contributions of Asian American, Native Hawaiian, and Pacific Islander communities. Throughout May, communities across the country recognize the resilience, achievements, and diverse cultural traditions of AANHPI individuals through festivals, educational events, and storytelling. This observance also highlights the importance of culturally responsive behavioral health services and addressing disparities in access and outcomes.
- **OLDER AMERICAN'S MONTH.** Led by the Administration for Community Living, this observance honors older adults and promotes health, independence, and community connection. The 2026 theme, *Champion Your Health*, encourages older adults to stay engaged, access preventive care, and participate in community activities. Ways to support this year's theme include:
  - Promoting resources that help older adults engage, such as community events, social clubs, and volunteer opportunities.
  - Connecting older adults with local services, including transportation and caregiver support, help reduce barriers to meaningful relationships.
  - Encouraging partners to host connection-focused events or programs, such as peer-to-peer support, mentorship opportunities, or intergenerational activities.
- **FOSTER CARE AWARENESS MONTH.** Recognizes the children, youth, families, caregivers, and professionals who make up the foster care community. The observance highlights the importance of supporting family stability, strengthening connections, and promoting permanency for children and youth in care. This year's theme emphasizes the power of collaboration, community partnerships, and trauma-informed supports that help families stay together whenever possible.
- **MATERNAL MENTAL HEALTH MONTH.** Raises awareness about the emotional and behavioral health needs of individuals during pregnancy, postpartum, and early parenting. The observance highlights the importance of early identification, reducing stigma, and connecting families to support. Communities and providers are encouraged to share resources, promote screening, and strengthen access to perinatal mental health services.

- **NATIONAL TREATMENT COURT MONTH.** Recognizes recognizes treatment courts that support individuals with substance use and mental health needs involved in the justice system. The observance highlights the effectiveness of treatment courts in reducing recidivism and supporting long-term recovery.

#### MAY 1

- **NATIONAL OLDER ADULT MENTAL HEALTH AWARENESS DAY.** Highlights the unique mental health needs of older adults and promotes strategies to support emotional well-being as people age. The National Council on Aging hosts the Older Adult Mental Health Awareness Day Symposium, an all-day virtual event that brings together aging services professionals, behavioral health providers, and community partners. The symposium focuses on reducing stigma, improving access to care, and strengthening the capacity of organizations that serve older adults.
- **BUDDHA PURNIMA.** Also known as Vesak, honors the birth of Siddhartha Gautama, later known as Gautama Buddha. The day is observed by Buddhist communities worldwide through prayer, reflection, and acts of compassion, honoring the teachings and life of the Buddha.

#### MAY 3-MAY 9

- **MATERNAL MENTAL HEALTH AWARENESS WEEK.** A dedicated week focused on increasing understanding of perinatal mood and anxiety disorders, supporting caregivers, and encouraging open conversations about mental health during the perinatal period.
- **NATIONAL CHILDREN MENTAL HEALTH ACCEPTANCE WEEK.** Promotes acceptance, understanding, and support for the mental health needs of children and youth. The observance emphasizes positive youth development, recovery, resilience, and the importance of accessible, family-centered mental health services. Communities are encouraged to elevate youth voices, reduce stigma, and strengthen systems that support children and families.
- **PUBLIC SERVICE RECOGNITION WEEK.** Honors the dedication of individuals who serve at the federal, state, county, local, and tribal levels of government. The observance recognizes the essential contributions of public servants who support community well-being, safety, and effective government operations. Agencies and communities across the country participate by highlighting achievements, sharing stories of service, and expressing appreciation for the public workforce.

#### MAY 5

- **CINCO DE MAYO.** Commemorates the 1862 Battle of Puebla, when the Mexican army achieved an unexpected victory over French forces. In the U.S., the day has become a broader celebration of Mexican culture and heritage, often observed with community events, parades, traditional foods, music, and educational activities that honor Mexican history and contributions.

#### MAY 6

- **WORLD MATERNAL MENTAL HEALTH DAY.** Recognized globally on the first Wednesday of May, this day brings attention to the prevalence of perinatal mental health conditions and the need for accessible, compassionate care for all birthing people and families.

#### MAY 7

- **THE NATIONAL DAY OF PRAYER.** Invites individuals of all faith traditions to turn to reflection, prayer, or meditation. For many, prayer is an integral part of daily life, and this day provides a chance to recognize the role of spiritual practice in personal and community well-being. This day is not tied to any specific religion and encourages people to participate in ways that align with their own beliefs and values.

#### MAY 10

- **MOTHER'S DAY.** Observed in the United States on the second Sunday in May, this day honors mothers, caregivers, and maternal figures for their love, guidance, and contributions to families and communities. The day recognizes motherhood, maternal bonds, and the influence of mothers in society.

#### MAY 10-16

- **NATIONAL PREVENTION WEEK.** A national public education initiative led by SAMHSA highlighting the importance of substance misuse prevention, positive mental health, and community-driven efforts to support wellness. It showcases the work of communities, coalitions, and organizations across the country that are dedicated to preventing substance use and promoting healthy lifestyles.

#### MAY 13

- **MENTAL HEALTH MATTERS DAY.** Hosted by Mental Health America of California at the State Capitol, this day brings together community members and organizations to promote mental health awareness, reduce stigma, and support individuals and families affected by mental health and substance use challenges. To learn more visit: [Mental Health America of California](#).

#### MAY 16

- **ARMED FORCES DAY.** Honors the men and women serving in all branches of the United States Armed Forces. The day recognizes the dedication, service, and sacrifice of those who protect the nation. Communities across the country mark the observance with ceremonies, educational events, and expressions of appreciation for active-duty service members.

#### MAY 17

- **INTERNATIONAL DAY AGAINST HOMOPHOBIA, TRANSPHOBIA, AND BIPHOBIA.** Observed globally on May 17, this day marks the 1990 decision by the World Health Organization to remove homosexuality from the International Classification of Diseases. Today, more than 130 countries participate in coordinated events that raise awareness of LGBTQ+ rights, highlight ongoing discrimination, and promote inclusion, dignity, and safety for LGBTQ+ people worldwide.

#### MAY 19

- **MALCOLM X'S BIRTHDAY.** Honors the life and legacy of Malcolm X, a prominent civil rights leader and an influential figure in the Nation of Islam. His advocacy for Black empowerment, human rights, and racial justice continues to shape social movements today. Assassinated in 1965, his birthday is commemorated through educational events, community gatherings, and reflections on his impact.

## MAY 25

- **MEMORIAL DAY.** Honors the U.S. military personnel who lost their lives in service to the nation. The day is marked by ceremonies, moments of remembrance, and visits to cemeteries and memorials across the country. Many volunteers place American flags on the graves of fallen service members as a tribute to their sacrifice.

## Homeless Initiatives

- Behavioral Health Bridge Housing Bed Occupancy: 79.3% of beds are currently filled by residents.
- Behavioral Health Bridge Housing Committed Capacity: 87% of beds are either filled or assigned to individuals with scheduled intake dates.

## Crisis and Court/Justice Involved

### CRISIS UPDATES:

- The Mental Health Urgent Care Center (MHUCC) at 2130 Stockton Blvd hours are:
  - Monday – Friday: 8:00AM – Midnight (last walk-in at 10:00PM)
  - Saturday, Sunday, and Holidays: 8:00AM – 8:00PM (last walk-in at 6:00PM)
  - The Mental Health Treatment Center at 2150 Stockton Blvd and the 988/Community Wellness Response Team remain available 24/7

### COURT/JUSTICE INVOLVED UPDATES

- The Community Assistance, Recovery, and Empowerment (CARE) Court dashboard has been updated on the webpage.
- Behavioral Health Services is meeting weekly with Correctional Health on CalAIM Justice-Involved 90-day Prerelease Benefit.

## Behavioral Health – Adult Outpatient

### FULL SERVICE PARTNERSHIP AWARDS

- Congratulations to the awarded providers: Asian Pacific Community Clinics, Bay Area Community Services (BACS), El Hogar Community Services, Hope Cooperative, Pacific Clinics, Telecare Corporation, and Turning Point Community Programs.
  - Behavioral Health Services is meeting regularly with awarded providers to support transition planning efforts to begin next fiscal year.
- A survey was completed, which included community members and community organizations, to help name the new Full Service Partnerships. The selected names will be announced soon and are designed to help providers, community members, and clients more

easily recognize these programs as enhanced Full Service Partnerships. These enhancements include additional practices, such as evidence-based models like Assertive Community Treatment and Forensic Assertive Community Treatment.

## Behavioral Health – Child and Family

- Day Treatment Intensive is set to go live on June 2, 2026, with two providers delivering services. This program will fill a critical gap for teens stepping down from or diverting from psychiatric hospitalization.
- Behavioral Health Bridge Housing - Grow Florin launched April 22, 2026, serving families in collaboration with Behavioral Health Services Full Service Partnership system partners. For more information about Grow Florin and eligibility, please review the following flyers:
  - [Grow Florin Family Flyer](#)
  - How to submit a referral: [SAFE Bridge - Referral](#)
- The Youth Substance Use Disorder Residential Treatment Program will begin taking intakes in May.
- A Perinatal Workgroup is underway to establish a Healthy Beginnings Behavioral Health Services Perinatal Program. If interested in joining, contact Kimberly Grimes at [grimesk@saccounty.gov](mailto:grimesk@saccounty.gov). The program is scheduled to go live on July 1, 2026.
- Upcoming [Healthy Beginnings Perinatal Initiative Trainings](#) include:
  - 5/6 - *Fetal Alcohol Spectrum Disorder: Understanding the Diagnosis*
  - 5/20 - *Behavior Belongs in the Brain: Children and Teens*
- The *2026 Fentanyl and Beyond: A Community Response Summit* will be held on May 12 from 9:00 AM to 4:00 PM at the Citrus Heights Event Center. For information or registration, contact [Millerlori@saccounty.gov](mailto:Millerlori@saccounty.gov).

## Behavioral Health Services Act

- The Fiscal Year 26-29 BHSA Integrated Plan will go to the Board of Supervisors for approval in June 2026. BHSA goes into effect on July 1, 2026.

## 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.
- **MEETING DATES**

- **Behavioral Health Commission Meetings:** Third Wednesday of the month, 6:00–8:00 PM
  - ◇ Next meeting: Wednesday, June 17, 2026
- **BHC Executive Committee:** First Thursday of the Month, 6:00–7:30 PM
  - ◇ Next meeting: Thursday, June 4, 2026
- **BHC Adult Prevention & Treatment Committee:** Second Monday of the Month, 6:00–7:30 PM
  - ◇ Next meeting: Monday, June 8, 2026
- **BHC Youth Prevention & Treatment Committee:** First Monday of the Month, 6:00–7:30 PM
  - ◇ Next meeting: Monday, June 1, 2026
- **BHC Crisis & Justice Involved Continuum Committee:** Second Thursday of the Month, 4:00–5:30 PM
  - ◇ Next meeting: Thursday, June 11, 2026

## 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