

### MAY UPCOMING OBSERVANCES & EVENTS

MAY

#### National Treatment Court Month

Treatment Courts are problem-solving courts that promote accountability by combining judicial supervision with rigorously monitored rehabilitation and treatment services in lieu of detention. Sacramento County has several robust Treatment Courts. [Learn more.](#)



MAY

#### Mental Health Awareness Month: More Good Days, Together



When stigma, discrimination, and shame are removed from the equation, people living with mental illness may feel supported in enjoying everyday activities, seeking treatment, and achieving recovery.

[Learn more](#) at Stop Stigma Sacramento.



MAY

#### Older Americans Month: Champion Your Health

Champion Your Health, underscores prevention, wellness, and personal responsibility as cornerstone of healthy aging. [Learn more](#) about substance use and mental health struggles in older adults.



#### Sacramento County Behavioral Health Commission (BHC) Meetings



- MAY 4** BHC Youth Prevention and Treatment Committee (1<sup>st</sup> Monday monthly @ 6:00 PM)
- MAY 11** BHC Adult Prevention and Treatment Committee (2<sup>nd</sup> Monday monthly @ 6:00 PM)
- MAY 14** BHC Crisis and Justice Involved Continuum Committee (2<sup>nd</sup> Thursday monthly @ 4:00 PM)
- MAY 20** BHC General Meeting (3<sup>rd</sup> Wednesday monthly @ 6:00 PM)

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

MAY  
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#### 2026 Fentanyl and Beyond: A Community Response Summit

Join us for this free conference! Learn more about drug trends in Sacramento, connect with community partners, and join local efforts to make Sacramento safer for everyone.



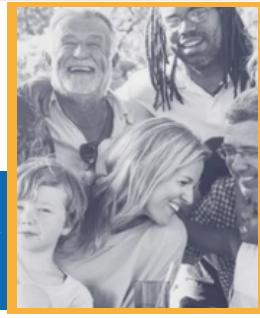
**Register to Attend**



**Safer Sacramento**  
[www.safersacramento.com](http://www.safersacramento.com)



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



**THE RIPPLE EFFECT**

▶ WATCH NOW



**Safer Sacramento Youth**  
[www.safersacramento youth.com](http://www.safersacramento youth.com)

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



**SAC County Healthy Beginnings**  
[www.sachealthybeginnings.com](http://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



**FETAL ALCOHOL SPECTRUM DISORDER (FASD): UNDERSTANDING THE DIAGNOSIS**  
WEDNESDAY, MAY 6, 2026 // 1 PM - 2:30 PM

**BEHAVIOR BELONGS IN THE BRAIN: CHILDREN AND TEENS**  
WEDNESDAY, MAY 20, 2026 // 1 PM - 2:30 PM

**MARIJUANA, PREGNANCY, AND FAMILY FUNCTIONING**  
WEDNESDAY, JUNE 10, 2026 // 1 PM - 2:30 PM

**THERAPEUTIC APPROACHES FOR CHILDREN WITH PRENATAL SUBSTANCE EXPOSURE**  
WEDNESDAY, JUNE 17, 2026 // 1 PM - 2:30 PM

**RISK IS DESTINY: BEHAVIORAL AND EDUCATIONAL INTERVENTIONS FOR CHILDREN AND TEENS AFFECTED BY PRENATAL SUBSTANCE EXPOSURE**  
WEDNESDAY, JUNE 24, 2026 // 1 PM - 2:30 PM



**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



**Opioid Coalition Data Dashboard**

LIVE dashboard that has information on Emergency Department visits and hospitalized cases suspecting opioid overdoses.

