

# Behavioral Health Commission Director's Report

January 21, 2026

## Observances & Holidays

### JANUARY

- **JANUARY IS SUBSTANCE USE DISORDER TREATMENT MONTH**, which aims to uplift individuals seeking help for their substance use, their loved ones, and the practitioners who provide treatment.
- **JANUARY IS NATIONAL CODEPENDENCY AWARENESS MONTH**. The greater Sacramento Codependents Anonymous community is a valuable resource for individuals members trying to overcome codependency and engage with peers who share similar struggles.
- **JANUARY IS ALSO MENTAL WELLNESS MONTH**. **Mental wellness** refers to actions taken to ensure your mental health needs are being met and maintained. Mental wellness can include the following:
  - Setting mental health goals and the steps to help you achieve them
  - Volunteering or giving back to the community
  - Meeting with a mental health therapist to learn more about yourself
  - Attending a peer support group
  - Practicing self-care, such as mindfulness, stress management, getting quality sleep, eating healthy diet and exercising
  - Engaging in healthy relationships at work, home, school, and socially
  - Avoiding mental exhaustion
- **“DRY JANUARY” MONTH** is a time when many people voluntarily stop consuming alcohol. This month can help normalize abstaining from alcohol or drinking less while developing changes in behaviors for the new year.
- **JANUARY 1ST – NEW YEAR’S DAY** often starts with resolutions that are difficult to keep and induce guilt. This new year let’s make a resolution to be less judgmental and more kind and loving to ourselves, especially when it comes to behavioral health.
- **JANUARY 11TH – HUMAN TRAFFICKING AWARENESS DAY**. According to the [California Department of Justice website](#) human trafficking is one of the world’s fastest-growing criminal enterprises, generating an estimated \$150 billion annually. It involves controlling individuals through force, fraud, or coercion for labor or sexual exploitation and can occur within a single country or across borders. Due to Sacramento’s geographic location, proximity to major cities, and access to transportation corridors, the region remains a significant hotspot for human trafficking.
- **JANUARY 19TH – MARTIN LUTHER KING JR. DAY**, sometimes referred to as **MLK Day**, is a federal holiday marking the birthday of Rev. Martin Luther King Jr., observed on the third Monday of January every year. Dr. King was a leading voice for nonviolent activism during the Civil Rights Movement, which challenged racial discrimination in federal and state law. Dr. King was assassinated in 1968 and in

1983, President Ronald Reagan signed the Martin Luther King Jr. Day holiday into law. It was first observed in 1986. Some states initially resisted adopting the holiday, offering alternative names or combining it with other observances. It was not until 2000 that all 50 states officially recognized Martin Luther King Jr. Day.

- Some ways to commemorate Martin Luther King Jr. Day are:
  - Listening to Dr. King's speeches, especially his ["I Have A Dream" speech](#).
  - Reading books and/or watching videos about Martin Luther King Jr., the Civil Rights Movement and social justice (children's booklist: [Reading Rockets Booklist – MLK Jr.](#); adults booklist: [Book Riot: Martin Luther King Jr. Reading List](#)).
  - Taking an in-person or virtual tour of the [National Civil Rights Museum](#) in Memphis as well as reading about Dr. King on the [Smithsonian website](#).
  - Volunteering for causes elevating social justice.
- **JANUARY 21ST – NATIONAL DAY OF RACIAL HEALING** is a time to think about our shared values and create a plan on how to heal from the effects of racism.

## Homeless Initiatives

- All Behavioral Health Bridge Housing projects are open and accepting new clients. Learn more about our projects here: [Behavioral Health Bridge Housing \(BHBH\)](#). As of the end of 2025 (12/31/25), we had 83.81% utilization!

## Behavioral Health – Adult Outpatient

### Adult Full-Service Partnership Request for Applications (RFA)

- Applications closed on 12/29/2025.
- The Evaluation Committee will meet in mid-February to make a recommendation for awardees.
- Awarded recommendations will be posted by the end of February.

### Upcoming Permanent Supportive Housing:

- On Broadway: 37 units (32 adult single units and 5 family units) began moving in on 12/19/25
- Madison Square Studios: It was expected 15 units would have move-ins beginning on 2/1/2026. However, there have been construction delays that will push back this date. Completion is anticipated no later than 5/1/2026.
- The Sequoia: 16 units, expected to begin move ins 2/16/26.

## Performance Based Contracting Initiative: In partnership with Healthy Brains Global

- Adult Mental Health (focusing on Adult Full-Service Partnerships, Community Outreach Recovery Empowerment and Transformative, Healing, Renewing, Inclusive, Voice, Empowerment programs) is set to begin working with Healthy Brains Global Initiative this month.
- Provider engagement is expected to begin in March.

## Behavioral Health – Child and Family

- Flexible Integrated Treatment/Therapeutic Behavioral Services/Outreach/Early Intervention procurement closed December 10.
- The Evaluation Committee will score applications and make recommendations for a network of providers by the end of the month.

## BHSA

- Behavioral Health Services Act (BHSA) goes into effect July 1, 2026.
- Sacramento County Behavioral Health Services (BHS) is utilizing public feedback gathered during Phase 1 & 2 of the Community Planning Process to inform the creation of the inaugural BHSA Integrated Plan (IP). The draft IP is due to Department of Health Care Services (DHCS) March 31, 2026. The IP will be shared with the community for a 30-day review process and then changes to the DRAFT plan will commence. The final IP is due to DHCS on June 30, 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](#).
  - **Commission Meetings:** Third Wednesday of the month, 6:00–8:00 PM
    - Next meeting; Wednesday, February 18, 2026
  - **Committees:**
    - Executive Committee - First Thursday of the Month, 6:00–7:30 PM
      - Next meeting; Thursday, February 5, 2026
    - Adult Prevention & Treatment Committee - Second Monday of the Month, 6:00–7:30 PM
      - Next meeting; Monday, February 9, 2026
    - Youth Prevention & Treatment Committee - First Monday of the Month, 6:00–7:30 PM
      - Next meeting; Monday, February 2, 2026
    - Crisis & Justice Involved Continuum Committee - Second Thursday of the Month, 4:00–5:30 PM
      - Next meeting; Thursday, February 12, 2026

## Administration

- The accounting structure used by Behavioral Health Services (BHS) was fully overhauled to complete the Behavioral Health Outcomes, Accountability, and Transparency Report in preparation for the Fiscal Year 2026-27 Budget submittal. Fiscal reports will reflect this new structure beginning in July.

## 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 more about [joining the Behavioral Health Crisis Response Team](#).

Learn about  
services &  
programs:



Behavioral Health  
Services  
Employment Page



QR Codes – BHS Resources: Handout #5