

# JANUARY UPCOMING OBSERVANCES & EVENTS

## JANUARY

### Substance Use Disorder Treatment Month TREATMENT WORKS. RECOVERY IS POSSIBLE.



Substance Use Disorder Treatment Month serves to support:

- People contemplating or seeking help for their substance use
- Practitioners treating or considering treating substance use disorder
- Friends, family, and loved ones of those with substance use conditions

According to the 2024 [National Survey on Drug Use and Health](#) (NSDUH):

- 48.4 million people aged 12 and older met the criteria for a Substance Use Disorder
- However, 95.6% of them—over 42 million people—did not believe they needed treatment

#### Top reasons people didn't seek treatment

#### DID YOU KNOW?

75% thought they should handle it themselves

65% weren't ready to start

59% weren't ready to stop using

43% feared what others would think

38% didn't know where to get help

#### Call to Action

#### What can you do?

- Reduce stigma surrounding treatment
- Encourage those on their treatment and recovery journey
- Promote best practices
- Attend [SUPT Low Barrier Care Training](#)



Explore the [Treatment Month Toolkit](#) to learn more and access resources.



## JANUARY

### Dry January Month



Start the new year with a healthy challenge - take a break from alcohol. It's a great way to begin the year with intention and clarity.

## JANUARY

### Mental Wellness Month

Mental Wellness Month is a reminder to prioritize your emotional well-being and take meaningful steps to support your mental health.

#### Self-Care Ideas:



Take a break



Spend time in nature



Dance!



Practice meditation



Connect with others

## JANUARY

### National Human Trafficking Prevention Month

January is a time to raise awareness, take action, and support efforts to prevent human trafficking. Wear blue on [January 11](#) for [#WearBlueDay](#) to help raise awareness of human trafficking.

JANUARY  
21

## Sacramento County Opioid Coalition Meeting *Together, We Save Lives.*



**Mission:** The Sacramento County Opioid Coalition's mission is to save lives by reducing opioid misuse, overdose, and stigma through community collaboration.

**Where:** Virtual over Zoom ([registration link](#))

**Time:** 2:00 PM

**Theme:** This meeting highlights how listening to community voices and honoring cultural perspectives can strengthen our collective response to the overdose crisis.

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## Sacramento County Behavioral Health Commission (BHC) Meetings

### BHC General Meeting (3<sup>rd</sup> Wednesday monthly @ 6:00 PM):

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

### BHC Adult Prevention and Treatment Committee (2<sup>nd</sup> 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.

### BHC Youth Prevention and Treatment Committee (1<sup>st</sup> 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.

### BHC Crisis and Justice Involved Continuum Committee (2<sup>nd</sup> 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.

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The meeting agendas are posted to the [Behavioral Health Commission 2026 Meetings webpage](#).



### Safer Sacramento

[www.safersacramento.com](http://www.safersacramento.com)

Safer Sacramento provides educational multimedia resources to guide individuals to make healthy choices and to avoid or reduce the potential harm from the use or misuse of alcohol, tobacco, marijuana, and other substances.



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.



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### Future Forward

[www.sacramentoccy.org/futureforward.html](http://www.sacramentoccy.org/futureforward.html)

As a campaign for Sacramento County Coalition for Youth and in partnership with Sacramento County Division of Behavioral Health Services, Substance Use Prevention and Treatment Services, Future Forward is a youth marijuana prevention campaign.

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## SACCounty Healthy Beginnings

SACCounty 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](#)

#### HOW ADULTS CAN INTERACT WITH CHILDREN TO PROMOTE EMOTIONAL AND BEHAVIORAL REGULATION

Wednesday, January 21, 2026  
1 PM - 2:30 PM

#### 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



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



### Talk. They Hear You.

[www.sacramentoccy.org/TalkTheyHearYou.html](#)

As a campaign for Sacramento County Coalition for Youth and in partnership with Sacramento County Division of Behavioral Health Services, Substance Use Prevention and Treatment Services, Talk. They Hear You. is a youth underage drinking prevention campaign.

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### FREE Narcan® and Fentanyl Testing Strips

For free Narcan® - scan QR code. Be sure to click through to page 2 to complete the form and make your request.

Organizations may apply to DHCS, Naloxone Distribution Project for free Narcan® and Fentanyl Testing Strips at:  
[www.dhcs.ca.gov/individuals/Pages/Naloxone\\_Distribution\\_Project.aspx](#)

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### Opioid Coalition Data Dashboard

[www.sacopiodcoalition.org](#)

With help from Sacramento County, the Opioid Coalition now has a LIVE updating dashboard that keeps track of suspected opioid overdoses over the last few years. You can examine the data monthly or annually, and filter by various demographics.

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For more information on Substance Use Prevention and Treatment (SUPT) Services, please [click here](#) or scan the QR code

