

SUPERVISOR RICH DESMOND

NEWS BULLETIN

Sacramento County Board of Supervisors, District 3



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SACRAMENTO COUNTY HELPING YOUTH

School-aged kids in Sacramento County are facing unprecedented life challenges amid a world increasingly run by technology, unrest in schools across the country, and picking up the pieces after a traumatic global pandemic – all while navigating the complexities of playground politics, new relationships, increased educational demands and the pressure of graduating high school into a bleak economy. Studies demonstrate the alarming prevalence of mental health challenges: 1 in 5 children and youth have a diagnosable emotional, behavioral, or mental health disorder, and 1 in 10 experience severe impairment in their daily lives. Tragically, as many as 80 percent of those in need do not receive essential mental health care. In Sacramento County alone, this translates to 50,000 students with diagnosable mental health disorders, with upwards of 40,000 potentially going without vital treatment.

Ensuring that our children have access to adequate mental health resources is a top priority in Sacramento County. Recognizing this need, [Sacramento County's Department of Health Services \(DHS\)](#) has forged a groundbreaking partnership with the Sacramento County Office of Education (SCOE) to bolster mental health services within the school setting. The School Based Mental Health and Wellness program through the Sacramento County Office of Education is an innovative and successful venture to recognize that mental health wellness begins early and isn't just about the child, but rather their entire system of care. Currently in more than 30 school sites, the long-term goal is to have programs in every single school site under SCOE – nearly 350 sites.

Funding for this program comes from reimbursable Medi-Cal dollars for ongoing sustainable mental health services and extends the County's Federally Qualified Health Center (FQHC) status to the school sites, creating satellite centers of the FQHC. It is estimated that with the current program model, the program will generate sufficient revenue to support costs.

To learn more about the groundbreaking partnership and program, visit the [School Based Mental Health and Wellness webpage](#).

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YOUR AGING & DISABILITY SERVICES NETWORK

The Agency on Aging/Area 4 and I will be holding a community meeting to share concerns and help find practical solutions for older adults, people with disabilities, and family caregivers. I want to hear from you! The meeting will be hosted by Mission Oaks Recreation and Park District. The date, time and location are listed below:

Location: Gibbons Community Center, 4701 Gibbons Drive, Carmichael, CA 95608

Date: Friday, March 29, 2024

Time: 10:00 AM – 11:30am

I look forward to seeing you there!

Supervisor Desmond wants to hear from you! Join us for this special community meeting for Sacramento County. Join older adults, people with disabilities and family caregivers to share concerns and help us find some practical solutions together.

**YOUR
AGING & DISABILITY
SERVICES NETWORK:
A SHARED VISION
FOR
THE FUTURE?**

FRIDAY, MARCH 29TH 2024
FROM 10AM-11:30 AM
GIBBONS COMMUNITY CENTER
4701 Gibbons Drive Carmichael, CA 95608

  

EASTER AND SPRING ACTIVITIES FOR THE WHOLE FAMILY

Spring is here, and several communities are hosting Egg Hunts for children and the entire family. These events are open to the public.

Fair Oaks Easter Eggstravaganza

- Fair Oaks Park, 11549 Fair Oaks Boulevard
- Saturday, March 30, 2024
- 9:00am – 12:00pm
- This event includes a free Egg Hunt for children and adults of all ages, plus crafts and carnival games, a petting Zoo, pictures with the Bunny and vendors and food. For more information, visit the [Fair Oaks Recreation and Park District website](#).

Arden Park Easter Egg-Stravaganza

- **Arden Park**, 1000 La Sierra Drive
- Saturday, March 30, 2024
- Breakfast Time: 8:30am – 9:30am
- Breakfast Fee: \$5/per person
- Egg Hunt Time: 9:30am
- Egg Hunt Ages: 3 Years & Under, 4-6 Years, 7-9 Years, 10-12 Years, & Adult
- For more information, visit the [Arden Park Recreation and Park District website](#).

Breakfast With The Bunny at Carmichael Park

- 5750 Grant Ave. Carmichael
- Saturday, March 30th, 2024
- Times: 8am, 9am, 10am
- Here comes Peter Cottontail, hopping down the bunny trail to Carmichael Park! Join the Bunny and the Kiwanis Club of Carmichael for a yummy pancake breakfast, crafts, pictures with the bunny, and more! For more information and to register for the breakfast, visit the [Carmichael Recreation and Park District's event page](#).

Spring Extravaganza & Egg Hunt at Freedom Park

- **Freedom Park, 3244 Freedom Park Drive**
- Saturday, March 30, 2024
- 10:00am – 12:00pm
- The Spring Extravaganza is full of exciting activities for all ages including crafts, interactive vendors, egg hunts with a chance to win prizes, and a visit from the Easter Bunny. Grab your peeps and join the fun! For

more information, visit the [North Highlands Recreation & Park District](#).

Neighbors of College-Glen (NCG)

- Oki Park, 2715 Wissemann Drive, Sacramento
- Saturday, March 30, 2024
- 3:00pm -5:00pm
- The NCG Easter Egg Hunt is back for its second year! Come join us on March 30th, from 3pm to 5pm at Oki Park on the soccer fields. Activities will include an egg hunt, crafting, vendors, a photo booth, free books, and a special visit from the Easter Bunny. For more information and to register, please visit: tinyurl.com/NCGEgghunt2024.



FREE TAX HELP FOR LOW INCOME FAMILIES

Households with an income of less than \$63,398 may qualify for the Earned Income Tax Credit (EITC). Sacramento County's [Department of Human Assistance](#) has partnered with the United Way California Capital region to offer the [Volunteer Income Tax Assistance \(VITA\)](#) Program, which offers a free tax preparation service to moderate to low-income individuals and families with a focus on helping them claim the federal EITC. All taxpayers earning a gross income of \$63,398 or less qualify for the year. DHA sites will be available through April 4, 2024, by appointment at the following location:

- 2700 Fulton Ave., Sacramento, CA 95821: Monday - Thursday, 5 – 8pm, Saturdays 2/17, 3/16 from 9am – 2pm

What to bring to your appointment:

- Valid Photo ID (for you and your spouse)
- Social Security cards for all persons on your tax return

- All tax forms (W2s, 1099s, student loan interest/tuition statements, book receipts, etc.)
- Last year's tax return (if available)
- If you plan to itemize your deductions, bring the necessary paperwork (mortgage interest statement, real estate taxes, charitable donations, etc.)
- If you had health insurance through the Affordable Care Act or Medi-Cal, the 1095-A and/or 1095-B
- If you are married filing jointly, both spouses must attend.

Call (916) 498-1000 to make an appointment. There are also many other locations offering tax preparation services to moderate and low income individuals and families at no cost. To learn more about these locations, call 2-1-1.



SACRAMENTO COUNTY BEHAVIORAL HEALTH SERVING THOSE IN NEED

Some of the most critical services Sacramento County provides address mental health issues facing our residents, and I am proud of the work being done by Sacramento County Behavioral Health Services (BHS). BHS provides programs, services, outreach, education and engagement to eligible residents of Sacramento County with prevention and early intervention, outpatient services, case management services, crisis intervention and stabilization services, and inpatient psychiatric hospitalizations to better connect individuals to necessary supports, including mental health and substance abuse services.

Community Outreach Recovery Empowerment (CORE) Program

CORE provides specialty mental health outpatient services at 11 sites throughout Sacramento County. In addition to these sites, services are delivered in the community, wherever requested. Each CORE site has a co-located peer run

community wellness center, which is open to any Sacramento County adult seeking meaningful activities.

CORE sites have the capacity to serve 7,700 throughout the system at any point in time. Each program includes flexible dollars for preventing or helping resolve homelessness. Of the 7,700, as of February 2024, there is an available capacity for 3,115.

Mental Health Urgent Care Clinic (MHUCC)

MHUCC is a 24/7 resource with a team of peers, clinicians, and medical staff who can assist in a calm and supportive environment. If anyone is having an immediate mental health and/or co-occurring substance abuse need and contemplating using an emergency room, the clinic is a great alternative for care. The County is also working to open a second MHUCC.

Substance Use and Prevention Treatment

Sacramento County Behavioral Health provides a range of substance use treatment programs for the prevention and treatment of alcohol and drug use/abuse. The County contracts with an array of community-based service providers that offer a range of services including outpatient treatment, medication-assisted treatment, withdrawal management (detoxification), residential treatment, perinatal services, and sober living environments/recovery residences.

There are currently 234 substance Use Residential Treatment beds available, and we are expected to add an additional 246 beds by 2026.

Programs Earmarked for People Experiencing Homelessness and Mental Health Crisis

While people with mental health needs experiencing homelessness can access any of the County's behavioral health services and programs, there are specific teams and programs designed to serve the unique needs of these clients.

- **Full-Service Partnerships (FSPs)**

FSPs provide individually tailored intensive services for clients who are most at risk – including those experiencing homelessness and have a serious mental illness. Clients receive intensive case management and mental health services as well as HUD funded housing subsidies. Not all persons that are living with a mental illness and are homeless qualify for an FSP. Currently there are 12 FSPs capable of serving a total of 2,751 eligible individuals – with availability for 379 additional clients – many of which are earmarked for seniors and transitional aged youth (TAY).

The County also has and is expanding three programs for those who meet medical necessity (Medi-Cal), have a mental

health diagnosis (can be provisional) and are justice involved (exiting incarceration).

- Community Justice Support Program (CJSP) serves 175 persons.
- Transformative, Healing, Renewing, Inclusive, Voice, Empowerment (THRIVE) FSP – currently in contracting – 200 persons.
- THRIVE Adult Outpatient Program – three walk-in locations under development – 750 persons.
- **Flexible Integrated Treatment (FIT) Program**

Serving youth under age 21 with a mental illness and their families experiencing homelessness or at imminent risk of homelessness. In addition to mental health services, FIT can also assist with housing services and supports. FIT serves approximately 9,000 youth annually with outpatient mental health services that includes flexible dollars for preventing or helping resolve homelessness.

- [Homeless Engagement and Response Team \(HEART\)](#)

Staffed with counselors and peers HEART uses a phased approach to help encampment and shelter residents enroll in needed behavioral health services and support. From rapport building to offering basic services to building enough trust to offer behavioral health assessments and eventually, referrals – the timeline for these phases can be weeks or years. The team's goal is to reach enrollment phase so that encampment and shelter residents will consent to and can obtain the behavioral services they need.

In 2023, HEART had 3,200 outreach encounters with people experiencing homelessness in encampments and shelters.

- Nearly 600 were screened for mental health services.
- 463 were admitted to outpatient programs.
- 123 were linked to a full-service partnership (FSP) intensive outpatient program.
 - Sacramento County has capacity for 2,751 FSPs with nearly 400 available for use – including those for targeted sub-populations like transitional aged youth.

- **Permanent Supportive Housing (PSH)**

PSH units offer long-term stable housing and services to support individuals and families who need ongoing assistance to maintain housing stability and prepare to enter the job market, school, and other community activities. Each of these projects also include a subset of units that are specifically funded through the Mental Health Services Act (MHSA) or No

Place Like Home (NPLH) dollars and are earmarked for those with living with a severe mental illness.

- 434 dedicated apartments across 16 projects since 2008.
- 264 MSHA funded units currently in operation (plus 33 units waiting for natural turnover).
- 137 NPLH funded units are currently in operation.
- 175 Units currently in the pipeline in varying stages of construction.
- 138 MSHA funded units.
- 37 NPLH funded units.
- **Additional Intensive Treatment Programs and Beds**

Sacramento County Behavioral Health Services also funds a variety of programs and services that serve those experiencing more acute behavioral health challenges, such as severe mental health needs or substance abuse.

- Acute Psychiatric Hospital Beds: 484
- Psychiatric Health Facility (PHF): 98 beds
- Youth specific beds in planning
- Subacute: 266 beds
- Plan to add a 64 Bed Mental Health Rehabilitation Center
- Adult Residential Treatment (ART): 14 beds
- Behavioral Health Bridge Housing: 210 beds in Safe Stay Communities in 2024/25
- Crisis Residential: 60
- Augmented Board and Cares: 104



FREE SPAY/NEUTER COMING TO NORTH HIGHLANDS, FLORIN

To reduce the problem of pet overpopulation in [Sacramento County](#), [Bradshaw Animal Shelter](#) has partnered with [Animal Balance](#) to offer free spay/neuter clinics for both dogs and cats. These temporary clinics, known as Mobile Animal Sterilization Hospital (MASH) clinics, can pop up in different locations to provide nearby spaying and neutering directly to

the communities that need them the most. The MASH clinics will address unwanted litters and reduce the number of stray animals in the county.

The spay/neuter clinics will run from March 8 to March 10, at 3331 Peacekeeper Way in McClellan Park. Appointments are required and are open to Sacramento County residents living in the North Highlands and Florin communities for the following specific zip codes: 95828, 95652, 95660, 95841, 95842, and 95843. Acceptable forms of proof include government-issued ID or a piece of mail, such as a utility bill, that includes your name and address.

Data of pets that entered Bradshaw Animal Shelter in 2022, showed the greatest number of unaltered stray pets were found in the North Highlands and Florin areas, demonstrating that the need for spay/neuter is the greatest in these communities.

Residents in the North Highlands and Florin zip codes can request appointments by calling (916) 875-6274 (MASH) and leaving a message. Calls will be returned in the order they are received to schedule appointments. The clinic can spay/neuter roughly 75 pets per day and appointments can be made for up to two pets per person.

The clinic is for dogs and cats only. Pets must be at least 8 weeks old, weigh more than 2 lbs., and weigh less than 80 lbs. They will receive a wellness exam prior to surgery to ensure they are candidates for the procedure. Pets that are being spayed/neutered are eligible to receive free microchips, first-time pet licenses, rabies vaccines, DHPP vaccines for dogs, FVRCP vaccines for cats, and treatment for parasites.

In addition to preventing accidental and unwanted litters, choosing to [spay or neuter your pet offers health benefits](#), including reducing the risk of uterine infections, certain cancers, and prostate disease. It can also help reduce unwanted behaviors such as roaming or marking.



STORM RECOVERY AND ASSISTANCE

The recent storms have caused major damage across the Sacramento Region. Sacramento County residents and businesses who experienced property damage should report damages and file a claim with their insurance providers.

Property owners should visit the county's Damage Reporter System <https://report-ca-sacramento.orioncentral.com> to report any storm-related damage to their homes or businesses. Submitting damage reports to the county's Damage Reporter System allows the county to assess overall damages. This data can help determine whether our county and its residents/business owners will be eligible for further assistance beyond their insurance claims.

The County is still gathering damage estimates, and currently, we have recorded an estimated \$380,000 in damages. We expect that amount to increase significantly as we receive more reports from the public and local agencies.

Safety is the main focus for our county crews and the public during the clean-up process. Local agencies and utility provider crews are working around the clock assessing damage and prioritizing cleanup to ensure roadways and public areas are safe and power is restored.

To report downed trees and debris, please call 3-1-1 in Sacramento County. If you see a downed power line, stay away, and call 9-1-1 immediately.