

# EL DORADO COUNTY BEHAVIORAL HEALTH

**Board of Supervisors  
Presentation: May 10, 2022**

**“MAY IS MENTAL HEALTH  
AWARENESS MONTH”**

# Introductions

## *Presenters:*

- ▶ **Nicole Ebrahimi-Nuyken, L.M.F.T., Director, Behavioral Health**
- ▶ **Christianne Kernes, L.M.F.T., Manager of Mental Health Programs, South Lake Tahoe**

# Behavioral Health Mission

- ▶ To deliver coordinated, timely, trauma-informed, culturally-responsive mental health and substance use disorder treatment services that promote wellness, recovery, resiliency, and positive outcomes.

# Vision of an Optimal System of Care

- Accessible and Timely Services
- Multi-Disciplinary Treatment Teams include Peer Support Specialists
- Broad Array of Mental Health and Substance Use Services
- Focus on Wellness and Recovery
- Evidence-Based Practices
- Culturally Responsive Services
- Mobile Crisis Services Available 24/7 and Countywide
- Strong Collaboration and Coordination with Partner Agencies
- ***Right Service, Right Time, Right Amount of Services***

# South Lake Tahoe Wellness Center celebrates “May is Mental Health Awareness Month”





# Mental Health Awareness Month 2022

## Staff and Client Spirit Calendar



### MONDAYS

### TUESDAYS

### WEDNESDAYS

### THURSDAYS

### FRIDAYS

#### Music Monday

Wear your favorite band/musician t-shirt or dress up like your favorite musician.



#### Mellow Monday

Bring your favorite cozy blanket or stuffed animal. **Feeling cozy helps relieve stress and lower cortisol levels.**



#### Meditation Monday

Lead/participate in a guided meditation or practice mindfulness.



#### Tie Dye Tuesday

Wear something tie dye. Colors represent a wide range of emotions. Let's normalize mental health by wearing tie dye.



#### Twin Tuesday

Team up with someone and dress alike.

*"You are not alone in your mental health journey."*



#### Treat Yourself Tuesday

Do something nice for yourself because you are worth it.

#### Workout Wednesday

Dress up in your favorite workout gear and sneak a stretch throughout the day. **Share how you are staying active.**



#### Wellness Wednesday

Eat healthy and drink plenty of water throughout the day.



#### Write it out Wednesday

Write in a journal, write a letter, write a poem. Express your thoughts and feelings on paper.



#### Thinking Cap Thursday

Wear your favorite hat, cap, party hat, funny hat, or a creative headwear.

#### Thoughtful Thursday

Be intentional and spread kindness.



#### Thankful Thursday

Make a list of things you are thankful/thankful for.



#### Free to be me Friday:

Wear something **GREEN** to bring awareness to Mental Health. Make a list of things you **LOVE** about yourself. Think about how you will practice self-care this weekend.



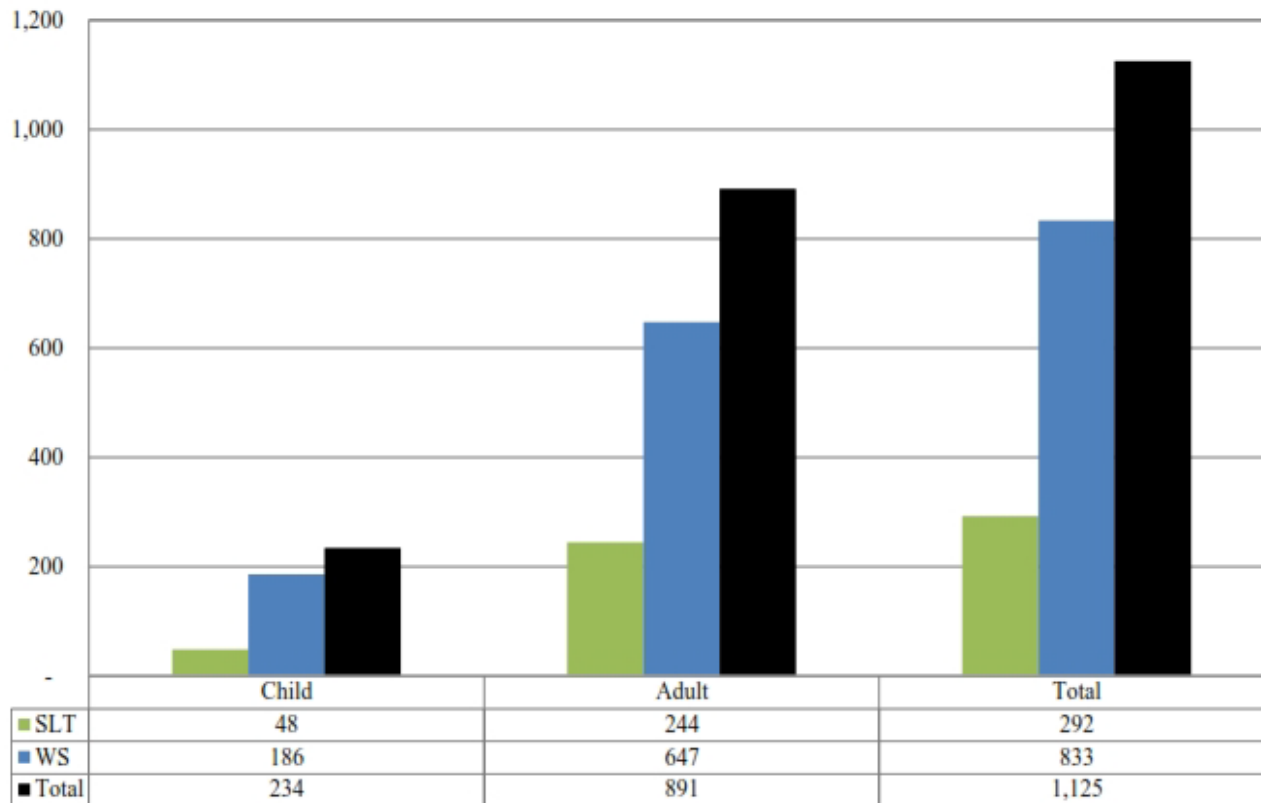
# EDCBH Mobile Crisis Services 2021 and Beyond

- ▶ Goal is to expand Mobile Crisis Services to meet the needs of all El Dorado County communities
- ▶ 24/7 Mobile Crisis Response Team(s) will create a welcoming, responsive, safe, and coordinated crisis response system
- ▶ Responds to behavioral health crisis requests, in collaboration with partner agencies, and ensures linkage to the appropriate level of care



# EDCBH Crisis Assessments CY 2021

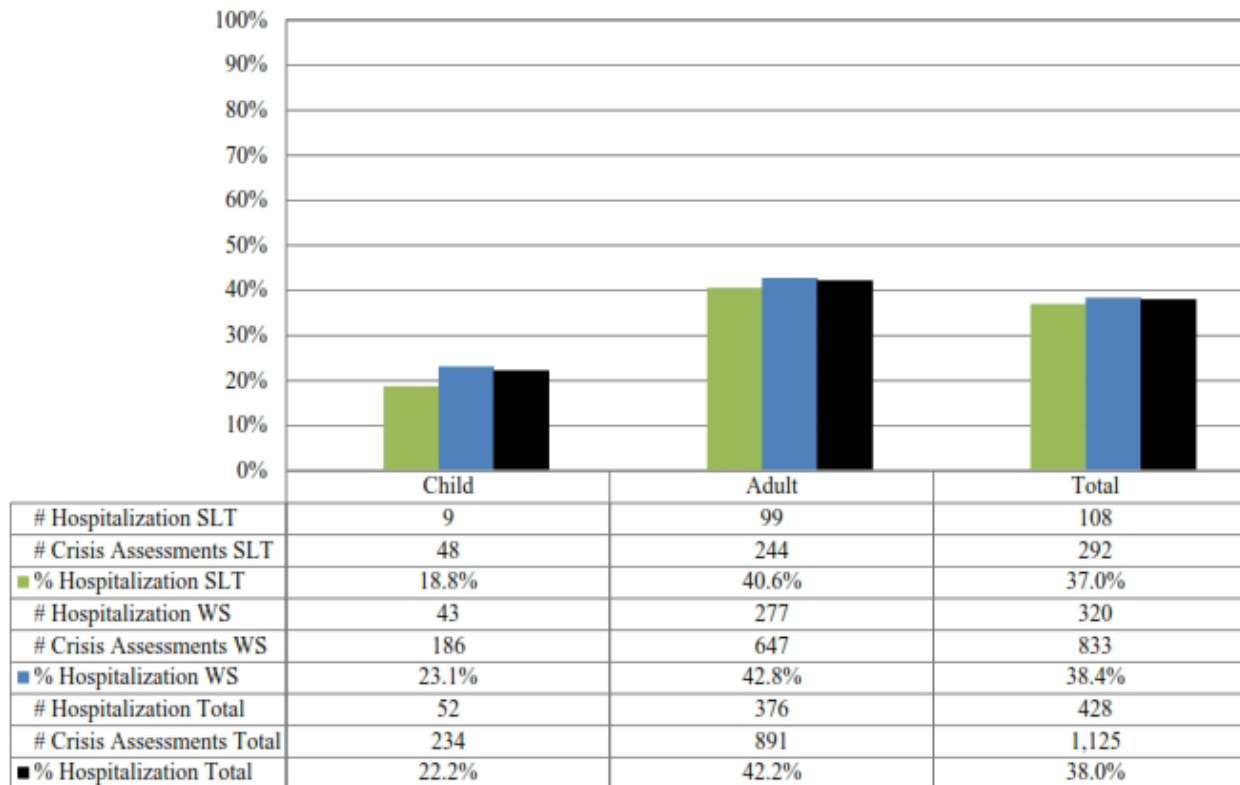
**El Dorado County Crisis Services**  
*Number of Crisis Assessments,*  
*by Age and South Lake Tahoe vs. West Slope*  
**CY 2021**





# EDCBH Crisis Assessments and Hospitalizations CY 2021

**El Dorado County Crisis Services**  
*Number and Percent of Crisis Assessments and Hospitalizations,*  
*by Age and South Lake Tahoe vs. West Slope*  
**CY 2021**



# Current Crisis Resources

## Local El Dorado County Resources:

- ▶ WEST SLOPE CRISIS HOTLINE: (530) 622-3345
- ▶ SOUTH LAKE TAHOE CRISIS LINE: (530) 544-2219
- ▶ 24/7 TOLL-FREE ACCESS LINE: (800) 929-1955

## National Crisis Resources:

- ▶ SUICIDE PREVENTION LIFELINE: (800) 273-8255
- ▶ NATIONAL SUICIDE PREVENTION LINE: **July 2022: 988**
- ▶ NATIONAL CRISIS TEXT LINE: Text “Hello” to 741741

*Thank You!*

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