

## Building Resilient Communities | Behavioral Health

Overview

Data & Information

Workgroup Plan:  
Objective 1 (Part 1)

Workgroup Plan:  
Objective 1 (Part 2)

Workgroup Plan:  
Objective 1 (Part 3)

# BUILDING RESILIENT COMMUNITIES: BEHAVIORAL HEALTH

**Vision:** Community members will view behavioral health conditions as being equivalent to other medical conditions, thereby destigmatizing, educating, and increasing access to behavioral health services

### **Background:**

Behavioral health encompasses our total social, emotional, and psychological well-being and is a critical part, along with physical health, in achieving and maintaining optimal wellness.<sup>1</sup> Persons living with behavioral health illness are at greater risk for substance use disorders, cardiovascular disease, and other chronic diseases.<sup>1</sup> By destigmatizing behavioral health issues, more individuals can access behavioral health resources without fear of judgment.<sup>1</sup>

### **Why it is important:**

Achieving behavioral health equity requires that we work collaboratively to ensure that "every individual has the opportunity to be as healthy as possible."<sup>2</sup> Strategies include efforts to destigmatize behavioral health and provide opportunities to increase awareness of existing services and how to access those services.<sup>2</sup> This is important to address the needs of the community highlighted in the CHA regarding behavioral health services.



Promoting well-being by  
connecting people to  
existing services



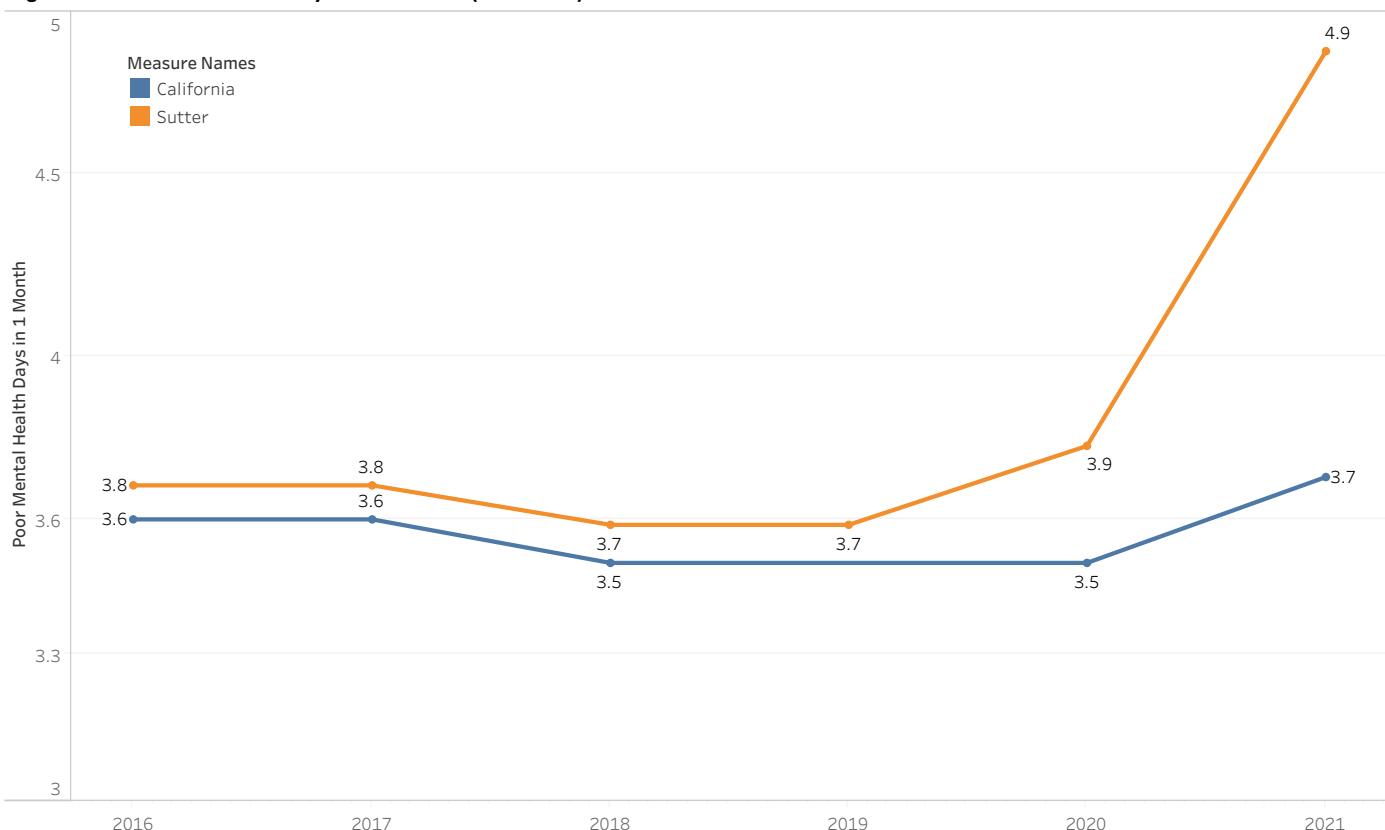
### Citations:

1 - Sutter County Public Health. Health Risk Factors. 2022; <https://www.suttercounty.org/government/county-departments/health-and-human-services/public-health-branch/community-health-assessment/health-risk-factors>.

2 - Substance Abuse and Mental Health Services Administration. Behavioral Health Equity. 2023; <https://www.samhsa.gov/behavioral-health-equity>.

# DATA & INFORMATION: BEHAVIORAL HEALTH

Figure 1: Poor Mental Health Days in one Month (2016-2021)



### References:

California. County Health Rankings and Roadmaps. Accessed March 15, 2022.

<https://www.countyhealthrankings.org/app/california/2021/rankings/sutter/county/outcomes/overall/snapshot>

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# WORKGROUP PLAN: OBJECTIVE 1 (PART 1)

**Objective 1:** By January 2027, increase adult and youth mental health and substance use awareness by 25% compared to 2024 baseline

STRATEGIES	ACTIONS	Lead Entities	Target Date	Anticipated Product or Result
Establish a Sutter Behavioral Health Learning Collaborative to increase overall wellness through awareness of how to access, build, and better utilize the available resources of Medi-Cal Managed Care, School Based Behavioral Health Services, Sutter Yuba Behavioral Health, and commercial insurance providers	Convene healthcare providers, Medi-Cal managed care plans, private insurance plans, County Behavioral Health, Education, Public Health, and other community partners to discuss the formation of a Sutter County Behavioral Health Learning Collaborative	Sutter County Health and Human Services Director	January 1, 2024	Sutter County Behavioral Health Learning Collaborative is formed and meeting cadence established
Hold two community forums annually regarding adult mental health, children/youth mental health, and substance use, to increase awareness about behavioral health disorders and how to receive treatments to reduce stigma and improve services to access	Secure a location in Sutter County capable of allowing a large community forum with breakout sessions (e.g., Yuba-Sutter Fairgrounds, Yuba Community College Sutter Campus, Veterans' Hall)	Sutter Behavioral Health Learning Collaborative	June 1, 2024	Secure a location that allows breakout session
	Rotate the location of the forums and include community-based organizations (CBOs) and faith-based organizations (FBOs) to target specific communities and geographical areas within Sutter County..	Sutter Behavioral Health Learning Collaborative	January 1, 2025	Rotating locations will build partnerships with various CBOs and FBOs
	Create an advertisement plan to raise awareness of community forums	Sutter Behavioral Health Learning Collaborative	June 1, 2024	Create an organized outreach campaign to increase awareness of the community forums

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# WORKGROUP PLAN: OBJECTIVE 1 (PART 2)

**Objective 1:** By January 2027, increase adult and youth mental health and substance use awareness by 25% compare..

STRATEGIES	ACTIONS	LEAD ENTITIES	TARGET DATE	ANTICIPATED PRODUCT OR RESULT
Hold two community forums annually regarding <b>adult mental health, children/youth mental health, and substance use</b> , to increase awareness about behavioral health disorders and how to receive treatments to reduce stigma and improve services to access	<p>Utilize the Sutter County website, social media, and the radio as platforms for advertisements..</p> <p>Leverage partnerships with community-based organizations (CBOs) and FBOs to further advertise community forums..</p> <p>Identify and involve community partners including but not limited to hospitals, Federally Qualified Health Centers (FQHCs), Medi-Cal managed care plans, private practice and commercial insurance providers, substance use..</p> <p>Identify and provide a remote option to increase accessibility</p>	Sutter Behavioral Health Learning Collaborative	June 1, 2024	<p>Increased awareness of community forums</p> <p>Increased number of CBOs and FBOs advertising the community forums</p> <p>Diverse representation from various organizations at the community forum</p> <p>Remote option made available for attendees</p>
Develop measurement tools to assess community-wide awareness of <b>adult mental health, children/youth mental health, and substance use</b>	<p>Identify relevant measures and develop an assessment tool for analyzing County-wide mental health and substance use awareness</p> <p>Disseminate measurement and evaluation tool throughout the community</p>	Sutter Behavioral Health Learning Collaborative in consultation with Sutter County Public Health	<p>June 1, 2024</p> <p>June 30, 2024</p>	<p>Measurement tool is developed to assess awareness of adult and youth mental health and substance use awareness County-wide</p> <p>Establish baseline for behavioral health awareness</p>

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Overview	Data & Information	Workgroup Plan: Objective 1 (Part 1)	Workgroup Plan: Objective 1 (Part 2)	Workgroup Plan: Objective 1 (Part 3)
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# WORKGROUP PLAN: OBJECTIVE 1 (PART 3)

**Objective 1:** By January 2027, increase adult and youth mental health and substance use awareness by 25% compare..

STRATEGIES	ACTIONS	LEAD ENTITIES	TARGET DATE	ANTICIPATED PRODUCT OR RESULT
Create a platform that will be updated regularly with relevant information such as contacts, mental health first-aid information, and other educational content related to Behavioral Health	Identify platforms (website, social media, etc.) to use for educational materials, events, and information for providers	Sutter Behavioral Health Learning Collaborative	January 1, 2025	Platform for communication is created or an existing platform is updated more regularly
Educate parents and children on behavioral health topics and resources available in the community in partnership with schools	Create and provide age-appropriate resources in English, Spanish, and Punjabi (packets, social media, peer-to-peer education, etc.) for students of all grade-levels and their families at the beginning of each school year	Sutter Behavioral Health Learning Collaborative	January 1, 2025	Resources developed and distributed to community and made available on a publicly available platform