

SUTTER-YUBA BEHAVIORAL HEALTH

BEHAVIORAL HEALTH NEWS

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Welcome to SYBH's first quarterly e-newsletter

Welcome to the first issue of the Sutter-Yuba Behavioral Health (SYBH) quarterly e-newsletter. We are very excited to present this first issue to our fellow behavioral health colleagues and Sutter

County and Yuba County Departments.

Every three months, you will receive a copy of the e-newsletter via email. We encourage you to share the information with your clients, customers and stakeholders to spread the word about the programs we offer.

Our goal is to keep you informed on SYBH's services and events. In each issue, you will find a highlight of one of SYBH's programs, updates from our

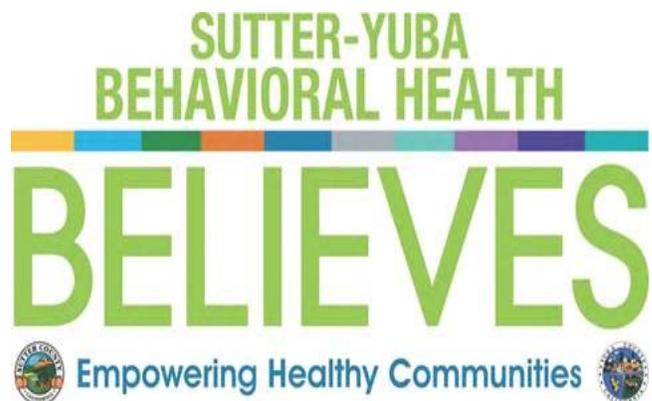
Behavioral Health Director, program achievements and the acknowledgement of the above and beyond work of SYBH employees.

Ideas for future articles or upcoming events are most welcome. Please forward items of interest directly to:

- ★ Trisha Hull
THull@co.sutter.ca.us
- ★ Megan Ginilo
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ABOUT US...SYBH WELLNESS AND RECOVERY

WHAT DO WE PROVIDE/HOW DO YOU ACCESS IT?

Wellness and Recovery by, Chai Thao, LCSW, Mental Health Therapist

Vocational Training Program by, Yeng Vang, MPA, Employment Resource Specialist

THE LIL' BIT CAFÉ... A Program to get Hungry about Interview by, Trisha Hull, QA Medical Clerk II

The Wellness & Recovery (W&R) Program provides support and skills training for consumers who are seeking recovery or who are already in recovery from a wide variety of mental health issues. We primarily provide group-based support, although limited one-to-one support is also available. We also have a growing network of peer-based support that consumers provide to one another. Support areas include group therapy, social and recreational activities, independent living skills, learning to manage symptoms and medications, recovering from co-occurring mental health and addiction issues, improving quality of life, obtaining employment, reaching educational goals, living a healthy lifestyle, building support networks, community reintegration and accomplishing personal goals.

Recent W&R outings have included trips to a San Francisco Giants Game, Six Flags Theme Park, the movie theater, Roseville Auction, a Gold Sox game and the Sacramento State Fair.

If you have an interested client, please use the following procedure:

1. The referring staff member will give the client a description of the activities and expectations of the W&R Program.
2. If there is client interest, referring staff will need to complete the intra-agency referral form and submit to the Adult Services Program Manager (Mark Schlutsmeyer).
3. Program Manager will direct referral forms to the W&R Therapist (Chai Thao) and a meeting with the client will be set up to discuss and select group activities.

The Vocational Training Program (VTP) provides pre-employment training and paid work experience for clients 18 years and older who receive services through SYBH. The program serves individuals who have been out of work for a long time and individuals who have little or no work experience.

SYBH has built a positive partnership with many local businesses that provide job opportunities for our clients. Participants who have completed the VTP have received job offers from the training sites, have continued to apply for other jobs in the community, have gone back to school and overall have become more self-sufficient!

VTP is structured into two major phases. The first phase provides education to help improve social skills, communication, self-esteem and self-advocacy, while the second phase provides a six-month job placement.

VTP is both empowering and engaging for clients to move on and be active and productive citizens in the community.

For more information, contact Yeng Vang, at: 530-822-7200 or YVang@co.sutter.ca.us

Dione Beilby is the woman behind the SYBH Lil' Bit Café.

The adventure began for Dione in 2015 when she decided to open a kitchen classroom upon seeing some of the students who had been making lunches for the doctor's lunch meetings. The kitchen/classroom was cleaned and rearranged, but had no budget. With Director, Tony Hobson, PhD cheering them along, the kitchen would soon be in full swing, and was aptly named, "The Lil' Bit Café".

Learning how to operate a kitchen and become part of a team are just two dimensions to Dione's teaching. She also teaches the students arts and crafts. "Other students have found they can create items they can sell and find self-satisfaction in completing and seeing their finished work throughout the building", Dione explains.

When interviewed, Dione explained that she has lived in the community for over 20 years and it was not until she began working with SYBH that she understood that the services that are provided are truly about caring for the community. Being an educator for over 30 years, this was not a new teaching environment, but Dione states that, "I find myself viewing the community just a little differently."

(see page 3 for continued story...)

THE LIL' BIT CAFÉ... (CONTINUED)

The kitchen serves daily specials that include salads, sandwiches, hamburgers and a variety of breakfast items. Hours of operation are 9:00 am-12:30 pm, Monday through Thursday, with hours varying in the summer. New sandwiches have been added to the menu including an Ultimate Veggie Sandwich and a Turkey CB (cranberry/bacon) on Dave's Killer Seed Bread.

Clients can be referred to the Work Activity Program by a staff member or they can speak directly with Dione. Program intakes can be done Monday through Thursday.

GRILLED CHICKEN NICOISE SALAD



This Grilled Chicken Nicoise Salad was a Thursday salad special in June. Many recipes for these salads are found on "The Kitchenthusiast, a KitchenaAid® blog"

Quotes about Wellness:

- The part can never be well unless the whole is well. –Plato
- The difference between the impossible and the possible lies in a person's determination. –Tommy Lasorda
- It's bizarre that the produce manager is more important to my children's health than the pediatrician. –Meryl Streep
- To keep the body in good health is a duty, otherwise we shall not be able to keep our mind strong and clear. –Buddha
- The ability to be in the present moment is a major component of mental wellness. –Abraham Maslow

Summer Activities around Sutter-Yuba Counties:

July 30: Sun Ray Car Show

Hosted by St. Andrew Presbyterian
Gates open @ 7:00 am. Free to the public.
1390 Franklin Rd in Yuba City.

August 4-August 7: Yuba-Sutter Fair "Go for the Gold!"

Yuba Sutter Fairgrounds
442 Franklin Rd in Yuba City.

August 10-August 14: Nevada County Fair "Kick It Up!"

Nevada County Fairgrounds
11228 McCourtney Road in Grass Valley

August 25, 26, & 27:

Yuba-Sutter Stand Down 2016

Veteran's Resource Fair
Services include: Food, Shelter, Clothing, Education, Social Security, Veteran's Benefits, Employment/Public Assistance, Drug, Alcohol, and Mental Health Counseling
The Pavilion in Marysville's Riverfront Park

For more information visit:

www.yubasutterveteransstanddown.org

High 5's this quarter go to...



- ★ Adult Services Reception staff for your flexibility in covering CSOC and Youth Services.
- ★ Quality Assurance staff for working diligently on the SYBH Rideout Crisis and First Steps Initial Site Certifications with DHCS.
- ★ PES Staff for your great work at the Rideout Hospital Emergency Room.
- ★ Adult Services Staff and SUDS Staff for working together to provide increased access in the Open Access Clinic.



SYBH awards staff with Longevity Awards and acknowledges them individually for their appreciated years of service with Sutter County. Here were this quarter's recipients:



Sheela Zachariah, 10 years



Sue Sandhu, 10 years



Eva Campos, 10 years



Tony Kildare, 10 years



Katherine Moroni, 15 years



Paul Moua, 15 years



Charlie Benson, 15 years



Rebecca Blumling, 20 years

“We Believe You Soar Awards...” awarded by SYBH

At the July 21st SYBH Quarterly All Staff meeting, “We Believe You Soar” awards were presented to staff who were nominated by their peers and voted on by Administration based on their teamwork, leadership, service excellence and commitment. This quarter's Awardees are:



APRIL: Gina Duran

Gina is the definition of a team player and is always willing to provide coverage. She is organized, flexible and always accomplishes more than expected. Gina is a natural leader!



MAY: Janet Benzel

Janet has taken the time personally to train her colleagues. She has taken the initiative to ensure coverage and is always answering questions. Janet defines the meaning of teamwork, leadership, service excellence and commitment!



JUNE: Dr. Charles Maas

Dr. Maas leads by example. He gives tirelessly of himself. His commitment to the clients and his profession is remarkable. We consider it a privilege to work with him.

Honorable Mentions:

April: Felicia Mayo; **May:** Kathy Farley, Tara Silva, Erin Alig-Dimalanta, Susan Williamson; **June:** Paul Moa, Sandy Alexander



DIRECTOR'S CORNER

With Tony Hobson, PhD

For decades, residents of Sutter and Yuba Counties have received mental health and substance use disorder treatment at Sutter-Yuba Mental Health Services (SYMHS). The title of this long-time community service provider has made no mention of substance use disorder treatment. On July 8, 2014, the Mental Health Advisory Board and the Substance Use Advisory Board decided to merge the two consumer, family, and community member-run boards and create one integrated advisory board. This new board was titled the Behavioral Health Advisory Board. Since this time, SYMHS has been steadily integrating mental health and substance use treatment programs.

By integrating these disciplines, services are being tailored to better address the needs of individuals with complex mental health and substance use challenges. In addition, across the state, the merging of mental health and substance use disorder functions at the county level has increased the use of the term “behavioral” which succinctly bridges the traditional gap between the disciplines of mental health and alcohol and other drug treatment providers. On May 24, 2016, the Sutter County Board of Supervisors approved a request to change the name of Sutter-Yuba Mental Health Services to Sutter-Yuba Behavioral Health, which went into effect July 1, 2016.

In addition to the name change, Sutter-Yuba Behavioral Health has adopted a logo that encompasses the belief that each mind matters, that recovery from mental illness and substance use disorders is possible, and that we can be the catalyst to empower a healthy community. Our name will change, but our commitment to providing essential mental health and substance use disorder treatment services for our bi-county community is unchanging.

Q & A: WHAT DOES WELLNESS MEAN TO YOU?

“I think it means independence, learning how to function on your own”, Sue Hopper, Executive Secretary for SYBH Admin Services

“I think of people being healthy physiologically, psychiatrically, and emotionally in all facets of life. It is what our agency strives to reach for each of the clients we interact with,” Adam Reeb, Mental Health Therapist for SYBH Psychiatric Health Facility

“Wellness is a journey of finding a balance between an individual’s emotional, spiritual, mental, and physical health to have a fulfilling life”- Jacinta Brown-Wade, Marriage & Family Therapist Intern for SYBH Children’s System of Care

“People are driven to that word, it’s about getting people better”, Sandra Suarez, LPT for SYBH Adult Services

“On a personal note, I connect the word wellness with a feeling or state of mind where I am content and comfortable with myself, my whole person”, Judy Guthrie, Prevention Services Coordinator for SYBH Options For Change