

May is Menta<mark>l Heal</mark>th Awareness Month



Your Guide to Mental Health Issues and Care

STAGE AND THE

hether it's ourselves or someone that we know, most of us will be touched by mental illness or substance use in some way during our lifetimes.

According to Each Mind Matters, California's Mental Health Movement that works with thousands of organizations throughout the state to advance mental health, between 70-90% of individuals report reduced symptoms after undergoing behavioral health treatment and learning coping skills to go on to lead positive lives.

1 in 5 American adults live with a mental health condition

Source: NAMI

Despite the positive direction that public perception of mental health is heading, stigma still remains an issue. The National Alliance of Mental Illness (NAMI) reports that most people who live with mental illness

have, at some point, been blamed for their condition or called names. They also say their symptoms have been referred to as "a phase" or something they can control "if they only tried."

NAMI says stigma can cause someone to feel ashamed for something that is out of their control. Worst of all, it may prevent



people from seeking the help they need.

There may be various reasons why people react negatively when their loved ones share their mental health experience with them. Mental Health America says it could be a lack of information and awareness, concern for how the person will be treated by others, or being unable to relate to this person's experience.

Ending stigma begins with you. Mental Health America says learning and listening to someone's experience with mental illness goes a long way towards acceptance and healing.

What **YOU** can do

- ► Talk openly about mental health
- ▶ Educate yourself and others
- ▶ Be conscious of language
- ► Encourage equality between physical and mental illness
- ► Show compassion for those with mental illness
- ► Choose empowerment over shame
- Be honest about treatment
- ▶ Let the media know when they're being stigmatizing
- ▶ Don't harbor self-stigma



veryone has felt stressed out at some point in their lives. But how do you know if you're dealing with stress or anxiety?

The words are often used interchangeably. Both share many of the same physical symptoms, such as increased heart rate, muscle tension or rapid breathing. In both cases, your body is releasing hormones to trigger these symptoms.

Stress is a normal reaction to a demanding situation. It's normal to feel stressed about things that happen in our lives.

However, chronic stress can often lead to negative health outcomes. Physically, it can cause headaches, high blood pressure, heart disease, obesity, diabetes and stroke.

Chronic stress has also been linked to mental health issues, including depression, anxiety and post traumatic stress disorder. It can also cause unhealthy behaviors, such as under- or overeating, substance use and social withdrawal.

Anxiety is a condition characterized by feelings of apprehension or unexplained thoughts of impending doom. Another way to tell



the difference between stress and an anxiety disorder is noticing how long your feelings of stress last. When stress lingers for days or weeks and prevents you from carrying out daily activities, then you may be experiencing anxiety. Other signs include avoiding certain places or situations for fear of what might happen, or even feeling anxious about the fact that you're anxious.

If you are having these concerns, you are not alone. Anxiety disorders are common and manageable.

If you are feeling overwhelmed by stress or anxiety, it's OK to reach out to a mental health professional to help you manage your feelings. Treatment options, like therapy or medication, can help you work out coping techniques to manage stress, address concerns of an anxiety disorder or manage the physical symptoms of stress and anxiety.

Source: Mental Health America

TOP 10 STRESS RELIEVERS

- ▶ Identify what triggers your stress or anxiety
- ➤ Count to 10 before you speak or react
- ► Exercise or do something active
- ▶ Take a few slow, deep breaths
- ▶ Meditate

- ▶ Sleep on it and respond tomorrow
- ▶ Walk away from the situation for a while
- Break down big problems into smaller parts
- ▶ Turn on some relaxing music or an inspirational podcast.
- ▶ Do something to help someone else

Source: American Heart Association

Eliminating Barriers



ccessing substance use treatment in Kern County is now even easier – thanks to Medi-Cal's new Drug Medi-Cal Organized Delivery System (Medi-Cal ODS). KernBHRS rolled out the new system on March 1.

The Medi-Cal ODS system gives patients seeking treatment easier access to services, medications and resources, including their own case manager.

One major change is the primary point of entry for people seeking treatment: the new 24-hour Substance Use Division Access Line provided by its Gateway Services Team. Previously, people had to seek help in-person during regular business hours at one of KernBHRS' several locations in Kern County to start the referral process.

"You don't have to work up the courage or spend a lot of time wondering what it's going to be like to walk into a strange place. You can make that call from the comfort of your home," said Gregory Gonzalez, behavioral health unit supervisor for Gateway.

"Once you call, you will be directed to one of our screeners and in around 20 minutes, you will receive a screening and an appointment for services."

In the first month alone, the number of calls placed to the SUD Access Line jumped 11.4%. The number of people seeking substance use treatment is also up – a 13.3% increase from July 2018 through March 2019.

Another major change is that every client will now have their own case manager, which didn't exist before. Case managers will help clients have an easy transition between levels of care as well as out of treatment. They will also provide resources and links to extra support as well as help with choosing a physician, making appointments and more.

The program has also added to the medication department's non-methadone options. KernBHRS has received more than 1,000 kits containing Naloxone, the generic version of Narcan. This drug helps block the effects of an opioid overdose. The kits will be dispersed to various community groups and nonprofits. Groups receiving the kits will also be educated on how to use and distribute them to those who need it.

Other changes include additional peer support, physician support and residential recovery services.

Source: The Bakersfield Californian & KGET-TV 17

Need Help?

Call the 24-hour Substance Use Division Access Line

866-266-4898

WEAR GREED SAVE GREE

During May is Mental Health Awareness Month

ne in four people will be impacted by mental illness or substance use disorders in their lifetimes.

Whether it's someone you know or you yourself who have suffered, May presents a chance for us to join together to spread awareness and help stop the stigmas attached to those who have, and will, battle mental health issues in their lifetimes.

We have an easy way to support mental health awareness in our community. Wear a green ribbon to any of our participating businesses during the month of May and receive areat discounts and exclusive special offers.

Green ribbons are available at the KernBHRS Administration Office, 2001 28th St. For more information, visit www.KernBHRS.org/ mentalhealthmonth.





Receive a free drink with the purchase of meal 916 18th St.



10% off order 1717 20th St.



2844 Niles St.





10% off Botox 6001 Truxtun Ave.. Bldg. C, Ste. 320



10% off dining 1641 Union Ave.



One free pair of hand wraps with membership purchase 5880 District Blvd. Ste. 6 Inside of Evolution Fitness



A very special **THANK YOU** to all of our participating vendors!



\$2 off lunch plate 1905 18th St. *Notarized by Ron Hill* Notary Public **\$2 off per signature** 310-592-8210 ronaldhillrh@gmail.com



Receive a free drink with purchase of meal 1623 19th St. Includes soda, iced tea, etc.



\$10 drop-in classes in May Samara Wellness Center 5301 Office Park Dr., #420



\$5 off \$25 "Signature" haircut

1415 18th St. Appointment only. Contact 661-333-3913 or schedule on BOOKSKY app under "Premier"



One free cookie 1231 18th St. 9160 Rosedale Hwy. 9500 Ming Ave. May is

MENTAL HEALTH AW

MAY 1-31

When Illness Becomes Wellness Art Show

11:30 a.m. – 1:30 p.m. Guild House, 1905 18th St.

MAY 1

College Community Services Tehachapi Learning Center Open House All Day

All Day

107 S. Mill St., Ste. B, Tehachapi

MAY 3

College Community Services Wasco Children's Services Open House 11:30 a.m. – 1 p.m.

29341 Kimberlina Rd., #102, Wasco

MAY 6-7

NAMI Fundraiser at The Pizza Press 12900 Brimhall Rd.

MAY 8-10

College Community S Tehachapi Learning C 10 a.m. – 2 p.m. 107 S. Mill St., Ste. B, Teh

MAY 16

In This Together – Rib 3-5 p.m. – Community Ri 5-7 p.m. – Recovery Rec

MAY 17

Clinica Sierra Vista La Behavioral Health Cer 3-5 p.m. 10417 Main St., Lamont

Art Show Reception 4-6 p.m. Guild House, 1905 18th St

MAY 20

NAMI's In Our Own Vo 6-7:30 p.m. Consumer Family Learnin 2001 28th St.

Free but seating is limite RSVP to 661-858-3255 b









ARENESS MONTH

Calendar of Events

MAY 21

Bridging the Gap with MET: A look into Crisis, Diversion, and Recovery 11:30 a.m. – 2:30 p.m. 2151 College Ave.

MAY 22

College Community Services Taft Open House 10 a.m. – 2 p.m.

1021 4th St., Taft

Child Guidance Stockdale Open House 2:30-5 p.m. 3628 Stockdale Hwy.

MAY 29

20th Annual Academy Awards 11 a.m. – 1 p.m. Hodel's Country Dining, 5917 Knudsen Dr. Registration Deadline – May 17 Tickets not available at the door

MAY 30

Child Guidance Delano Open House 2:30-5 p.m. 375 Dover Park Way, Delano

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Sometimes all it takes is looking into a pair of big brown eyes to make a bad day melt away.

To provide another outlet to

emotional door that allows you to feel your feelings, but they're right there to literally lick your tears away or start playing and make you laugh or smile."



Freedom, Recovery and Empowerment with Dogs

help clients heal, KernBHRS began a partnership with the F.R.E.D. (Freedom Recovery Empowerment with Dogs) program to bring therapy dogs to certain groups. CalWORKs was the first KernBHRS team to use two Labrador Retrievers, Luca and Moku, in its Seeking Safety classes. The interactions have had an immediate impact.

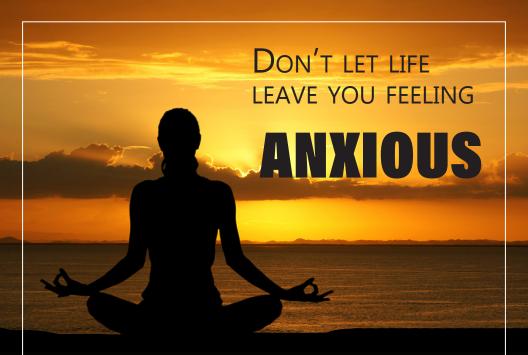
"The dogs will just come over and engage the client by just sitting with them. The client can be on the ground and touch the dog. The facilitator will give the feedback that clients who haven't really talked or been engaged a lot that they start talking, just by having that dog precipitate that interaction," said Jamie Kelley, behavioral health unit supervisor for CalWORKs.

The dogs, Liz Kover said, "sort of opens this Kover, a service and therapy dog trainer who began F.R.E.D., went through the Seeking Safety manual to see where to fit the dogs into certain topics. Through hands-on interactive exercises, the dogs provide positive reinforcement on the skills that clients are learning.

"Just watching them respond to the clients and the clients feel them respecting a boundary that they just set is really powerful," said Kover.

The program has expanded to other KernBHRS sites, including the Consumer Family Learning Center which started bringing the dogs into its Seeking Safety classes in February.

A Fuzzy Support System



Take advantage of **FREE** Yoga classes!

Yoga is proven to help alleviate stress and anxiety.

Now KernBHRS has a free way for you to find out for yourself.

We're partnering with several local yoga studios to bring you **FREE** Yoga for stress relief.

For details, email contact **David Livermore** at **661-868-7582**.





Laughing in even in the face of adversity can help you better deal with and overcome diffcult experiences.

Add funny things into your

photo or a page-a-day

Humor and laughter can reduce the risk of developing chronic health conditions.

Incorporating humor into your daily life is proven to reduce these hormones, and it has also been shown to reduce the risk of blood clots, heart conditions and other stress-related diseases.

Stress and the hormones it produces can cause a lot of damage to your mind and body over time. The health benefits Improves mood and A stronger immune system relieves anxiety levels Less burnout Better interactions at work 10 tips to add more humor in your life... List 3 funny things that Find a TV show or movie that makes you laugh. Reach out to someone who Check out options online, on TV or in person! Spend about 15 minutes online finding something that makes Have a game night! you laugh. It can be anything Try laughter yoga. Read a funny book.

Source: Mental Health America

Spend time with an animal

or child.



Protect loved ones during an emergency



Sign up today. Because every second counts.



NAMI Walks

National Alliance on Mental Illness



Monday, June 17

6-7:30 p.m. 3300 Truxtun Ave.

Call 661-858-3255 for more info.

Mental Health STATE STATE STATE OF THE STATE



A BEAUTIFUL MIND

Suitable for 14+ • PG-13

Based on a true story, this movie follows the challenges that John Forbes Nash Jr., a mathematical savant, experiences in his life due to schizophrenia.

BENNY & JOON

Suitable for 11+ • PG

Movie buff Benny starts up a relationship with Joon, who is battling schizophrenia. The movie shows how Joon's illness doesn't stop her from interacting and connecting with those around her.





GOOD WILL HUNTING

Suitable for 15+ R

Will Hunting, a janitor at MIT, spends his spare time solving incredible p that the other college students can't seem to figure out. However, he shake the impact his abusive childhood has had on his life. Through the movie follows how Will successfully deals with his depression.

INFINITELY POLAR BEAR

Suitable for 15+ • R

Cam, a father with bipolar disorder, becomes the sole caregiver for his two daughters while his wife goes away to graduate school. He faces many challenges, but the film provides a meaningful portrayal of how families can be impacted by mental illness.







INSIDE OUT

Suitable for 6+ • PG Emotions Joy, Sadness, Anger, Fear and Disgust learn to work together to help Riley adjust to her family's move to San Francisco.

LARS & THE REAL GIRL

Suitable for 16+ • PG-13
Lars, who suffers from an emotional disorder, begins a "relationship" with a very lifelike doll. What ensues is an emotional journey for Lars and everyone he knows.



perks.rmag. wallflower

THE PERKS OF BEING A WALLFLOWER

PG-13

This coming-of-age movie shows the highs and lows of growing up with mental illness through the eyes of Charlie. He starts high school isolated and anxious, but quickly meets friends who bring joy into his life.



Suitable for 13+ • PG-13
This fact-based drama follows Mark Hogancamp as he recovers from trauma by creating a miniature world populated by dolls.





SILVER LININGS PLAYBOOK

Suitable for 16+ R

Pat Solatano moves back into his parent's home after a stay in the hospital to treat his bipolar disorder. To win his wife back, Pat meets Tiffany who offers to help him if he becomes her ballroom dance partner.

THE SKELETON TWINS

Suitable for 17+ R
Two siblings, Milo and Maggie,
are reunited after a 10-year
estrangement after Milo's suicide
attempt lands him in the hospital.
Both siblings learn to accept
each other and themselves.



Your ROADMAP to Behavioral Health

ARE YOU IN CRISIS?

Call 911 in any emergency

24hour Crisis Hotline: **800-991-5272**

Suicide Prevention Lifeline: **800-273-8255 (TALK)**

Substance Use Access Line: 866-266-4898

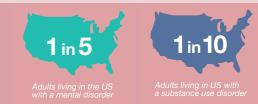
Here are feelings and behaviors we all experience. Having one or more over a long period of time could be a warning sign. If you have one or more of these, see your doctor or a specialty provider.

- Eating or sleeping too much or too little
- Pulling away from people and usual activities
- Having low or no energy
- Feeling irritable or annoyed more than usual, or all the time
- Having unexplained aches and pains
- Feeling helpless or hopeless
- Feeling sad or anxious or "empty"
- Loss of interest or pleasure in hobbies and activities
- Feeling restless or having trouble sitting
- Difficulty concentrating, remembering, or making decisions
- Smoking, drinking, or using drugs more than usual
- Feeling unusually confused, forgetful, on edge, angry, upset, worried, or scared
- Having thoughts about death, suicide, or hurting yourself or others
- Not being able to do daily tasks like taking care of your children or getting to work or school
- Drinking 5 or more alcoholic drinks on one occasion for men, or 4 for women
- Drinking an average of 15 or more alcoholic drinks per week for men, or 8 for women

For more, visit www.mentalhealth.gov/and www.samhsa.gov.

Understand Your Behavioral Health

Behavioral health is a key part of a person's overall health. It is just as important as physical health. It includes your emotional, psychological, and social well-being. Behavioral health conditions include mental and substance use disorders.



Behavioral health conditions are common. People of all ages, genders, races and ethnicities get these conditions. They happen with or without physical disabilities. If you have changes in your mood or behavior or your alcohol or drug use causes problems, you may want to talk to your doctor or health care provider. Help is available. Recovery is possible.

2

Find where you can go for help

For those who have Private Insurance:

You best bet is to call your provider. They will be able to set you up with the information and appointment protocol you need to get help.

For those who have Medi-Cal:

Call our 24-hour crisis hotline 800-991-5272

Visit the Mary Kay Shell Center (2151 College Avenue) between 8 a.m. – 5 p.m. Between 5 p.m. and 8 a.m. call **661-868-8156.**

Call the Access and Assessment Center (non-crisis adult care):661-868-8080

Those who are having trouble with substance use can call our 24 hour Substance Use Assessment line.

866-266-4898

If you are not sure what insurance you have, you can call our crisis hotline and we can help you.



When making an appointment

After you choose a behavioral health provider, make an appointment.

When you call to make an appointment, you should ask:

- Are they accepting new patients?
- Do they accept your insurance? Always double-check! If you need to provide your Member ID and/or group number this can be found on your insurance card.
- What mental and substance use conditions does the provider treat?
- How soon can you get an appointment?
- Does the provider speak your language? Or have an interpreter?
- If you have limited mobility or other disabilities, is the office able to meet your needs?

You might also want to consider:

- Is the office close to your home or work?
- How would you get to the appointment?
- Is the office near public transportation?
- Will the appointment times work with your schedule?



Prepare for your Appointment

Once you have set up an appointment it is important that you prepare.

Here are the things you should take to your appointment:

- Your insurance card.
- Valid photo identification.
- Any health history or medical records for vourself and family members.
- List of allergies.
- Any medications, vitamins, or herbs you take.
- Bring them or make a list of their names, who prescribed them, andhow much you take each day.
- List of other providers you see.

Questions to ask your provider:

- Write them down and bring them with you.
- Make a list of the symptoms you have been experiencing, how long you've had them, and how they impact your life.
- Bring a notepad to write down any instructions.
- You may also want to bring along a family member or friend.
- Payment for a copayment, if you have one.







RECOVERY

Recovery is something you shouldn't go through alone.

The Consumer Family Learning Center is here to offer support for people 18-years-old and older whose lives have been affected by mental illness and/or substance use. Support is provided by others who have their own recovery experiences. This is not another treatment plan. The CFLC is a community. With its countless classes, support groups and activities, it gives its members a safe space to learn more about their illnesses, build lasting friendships and explore their passion.

Call 661-868-7550 to learn more.

66 I immediately discovered acceptance. I had finally become capable of managing my mental illness, not just my symptoms. I began volunteering - finding a purpose in my past experiences with mental illness. Now I found myself and a recovery beyond amazing.

Charlie

CFLC member



Crisis Hotline 1-800-991-5272 Suicide Prevention Hotline 1-800-273-8255

The Consumer Family Learning Center is part of KernBHRS and is funded through the Mental Health Services Act.

Find your new normal

The CFLC has dozens of groups, classes and activities for you to connect with others and build choose the ones that best fit your needs.

GET SUPPORT

It takes a community to help a person reach recovery. Find your support network through one of our support

2 BE CREATIVE

Tapping into your creative side is of your mental illness. From art and music to technology, explore a new passion or hobby.

BUILD YOUR FUTURE

Gain the skills and confidence to put learn what it takes to land a new job or meet new friends at one of our social

4 HAVE FUN

Recovery is about reconnecting with loose, join a class or two and discover





