



HEALTHY Mendocino
Connecting people and information for better health

What's New! January 2016

January: Feature Stories

Unity Village, A Ford Street Project

by *Jacque Williams*

Homelessness is a complicated social problem. It is important to identify the underlying causes, if remedies are going to prove effective. Unity Village began in 2004, and is now offering different programs to help the homeless.

What we are doing about homelessness

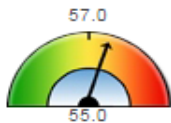
by *Benj Thomas*

As a result of very hard work and remarkable generosity an emergency winter shelter for County residents in Ukiah opened in November. This effort was spearheaded by some members of the Mendocino County Homeless Continuum of Care.

Learn more at HealthyMendocino.org

Feature Indicator

Adults Needing and Receiving Behavioral Health Care Services



Comparison: CA State Value ⓘ

55.0
percent

Measurement Period: 2013-2014

This indicator shows the percentage of adults needing care for emotional or mental health or substance abuse issues who stated that they did obtain help for those issues in the past year.

Learn more [here](#)

Latest news



Covered Mendocino is a coalition of community organizations and government agencies working together to provide outreach and enrollment assistance to Mendocino County residents in need of affordable health insurance coverage through Medi-Cal or Covered California.

For more information and links to resources click [here](#)



A “Small Steps” Resource Guide – coming soon to Mendocino County!

This year, Healthy Mendocino will be launching a “Small Steps” resource guide. It will provide ideas – big and small – for taking the small steps towards health that you can tailor to fit your needs and interests. This guide will provide a listing of local resources found in each community in Mendocino County – everything from walking trails and healthy

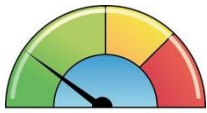
Community Calendar

See the [events](#) happening in Mendocino County
Have an upcoming event? Submit it [here](#) or [contribute](#) other content.

Like Us on [Facebook](#)

Help us use this Social Media to inspire conversation and communicate about new information or changes on the site.

Learn More About Healthy Mendocino



Email healthymendocino@ncoinc.org or call 707-467-3228 to schedule a training for your organization and find the ways in which you can connect with the site, utilizing its many resources.

eating workshops, to whale watching spots and fitness retreats. There will be something for everyone!

The power of small steps is that they can take us to our big goals.

Click [here](#) for more information.

Today's Headlines for [healthfinder.gov](#)

[Down to the Wire on Obamacare Sign-Ups](#)

[Health Tip: Feeling Sleepy?](#)

[Health Tip: Recognize Signs of Mold Allergy](#)

[Health Tip: Struggling With Chronic Cough?](#)

[Health Tip: Who Gets Pneumonia?](#)

[Health Tip: Stay Safe on the Highway](#)



LONG VALLEY
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MCVHN



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