



Feature Story Suicide Prevention

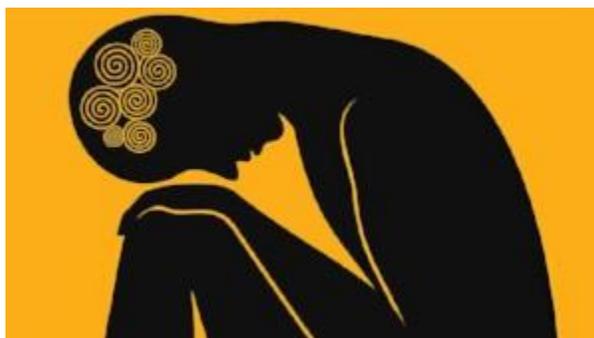
By Lisa Burtis

The North Coast Mental Health Action Team is currently formulating a suicide prevention campaign that will build awareness; increase the opportunity for the community to identify people at risk; provide meaningful connections to appropriate services; and enhance the web of support for community members. These ideas are important for us as a community to reduce and eliminate suicidal self-directed violence.

Suicidal self-directed violence is responsible for an average of 21 deaths each year in Mendocino County (6 deaths/Coast, 15 deaths/Inland based on 2006-2016 statistics). For

Northern California counties, including Mendocino, there is a higher per capita rate of suicidal self-directed violence compared to the rest of the state. [“Age-Adjusted Death Rate due to Suicide”](#) indicator, on [HealthyMendocino.org](#), shows 23.6 deaths/100,000 population compared to the CA value of 10.3 deaths/100,000 population.

To read more click [HERE](#).



Health Matters: Overcoming Anxiety

By Xochilt Morales de Martinez, MSN, MHPNP-BC

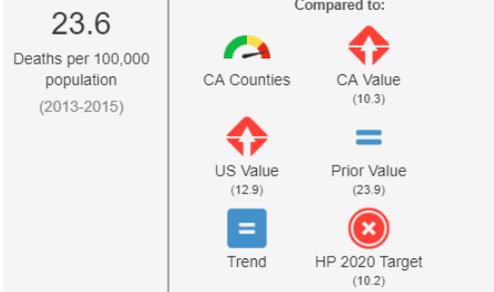
Life is full of ups and downs, so it's normal to feel anxious from time to time, but if you find yourself coping with anxiety in unhealthy ways, it's time to seek help. Do you have trouble falling asleep or have you started waking up in the night or having nightmares? Have you started to avoid normal activities like grocery shopping or going out with friends? Have you started using alcohol or drugs to numb your pain? These can be signs that you are suffering from an anxiety disorder.

Anxiety disorders affect 40 million American adults. Almost a fifth of adults and a quarter of adolescents (aged 13 to 18 years old) suffer from anxiety in one form or another, and sadly, only 40 percent of those with anxiety disorders receive treatment.

Click [HERE](#) to read more.

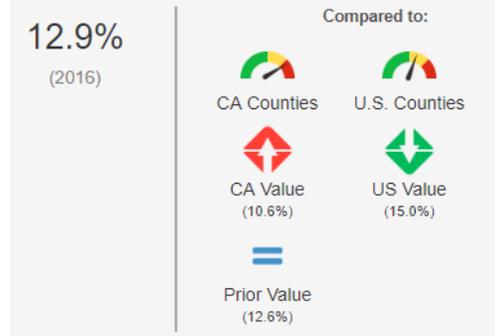
July Featured Indicators

Age-Adjusted Death Rate due to Suicide



Suicide is a leading cause of death in the United States, presenting a major, preventable public health problem. More than 33,000 people kill themselves each year according to the Centers for Disease Control and Prevention, but suicide deaths only account for part of the problem. Other repercussions of suicide include the combined medical and lost work costs on the community, totaling to over \$30 billion for all suicides in a year, and the emotional toll on family and friends. Men are about four times more likely than women to die of suicide, but three times more women than men report attempting suicide. Suicide occurs at a disproportionately higher rate among adults 75 years and older.

Frequent Mental Distress



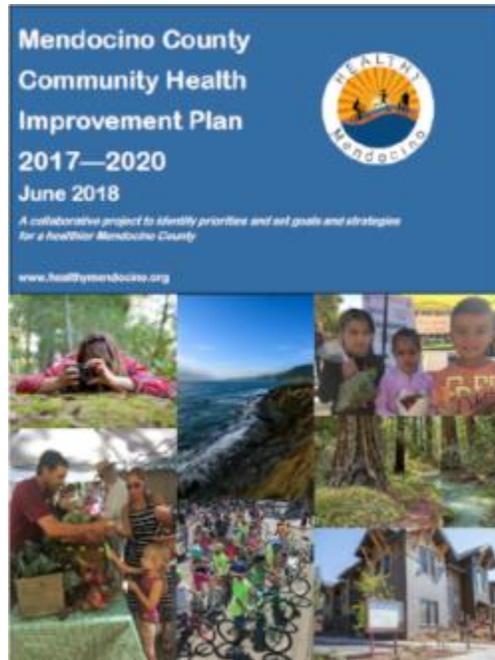
This indicator shows the percentage of adults who stated that their mental health, which includes stress, depression, and problems with emotions, was not good for 14 or more of the past 30 days.

Why is this important?

Psychological distress can affect all aspects of our lives. It is important to recognize and address potential psychological issues before they become critical. Occasional down days are normal, but persistent mental/emotional health problems should be evaluated and treated by a qualified professional.

Click [HERE](#) to view the indicator.

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Community Health Improvement Plan Report

A draft of the Community Health Improvement Plan is ready for viewing. We will have a graphic designer improve the look of the report soon. This is a living document and will be updated as the Action Teams move forward with their goals and objectives.

Click [HERE](#) to view.



Updates for the Healthy Mendocino Project

Inland Ukiah Regional Chapter

Childhood Obesity/Family Wellness (CHOW): July Hashtag is: #BeatTheHeat. Kids Triathlon 2018 - The triathlon in Ukiah took place June 23. There were 100 participants and hundreds of spectators.

Childhood Trauma: They have been focusing on getting 20% of the existing marijuana tax for kid's prevention activities to emphasize a commitment to children.

Housing: Held a successful Attached Dwelling Unit (ADU) panel in Ukiah with 2 contractor/builders, a realtor, city and county planning directors, the Major of Ukiah, and a County Supervisor.

Mental Health: Looking at a Mental Health resource page on the Healthy Mendocino website creating a toolbox of providers maintained directly by the providers.

Poverty: Working with West Company to form a Community Market at Grace Hudson School for low-income families to sell prepared food, crafts, etc. EDFC is planning an Economic Summit in January.

North Coast Regional Chapter

Family Wellness: Working on a Kids Triathlon/Family Wellness Fair for the summer on July 21. There will be booths with service organizations distributing information. The team is

exploring a community kitchen to learn about food resourcing, nutrition, and community support for eating well.

Healthy Mendocino Trauma: Working on Restorative Justice Communication training for teachers. They want to prevent childhood trauma with family support groups and work with teachers in the schools to help them recognize signs of trauma.

Housing: Fort Bragg has identified 83 empty or abandoned units that could be refurbished into housing. They hope to get free water and sewer hookups and free plans to build Attached Dwelling Units (ADUs).

Mental Health: Strategies to launch a Suicide education and prevention campaign. Schools have been contacted regarding Directing Change film entries in the category of suicide prevention. The creation of making a mural in Fort Bragg about community resiliency and connection with local artists.

Poverty: Focus includes financial literacy classes, community market small business training, vocational training, and continuing to expand the group.

Click [HERE](#) to read the full details for each Action Team and their meeting times and locations.

Presentations Available for your Organization!

Do you want to learn more about [HealthyMendocino.org](https://www.healthyMendocino.org)?

Learn about the new Community Dashboards, how to navigate the site, tools you can use to help write reports and grants, and how to add a custom Dashboard to your website.

Email:

healthymendocino@ncoinc.org or call **707-476-3228** to schedule a presentation and find ways you can utilize its many resources.



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