



# CCPC NEWSLETTER

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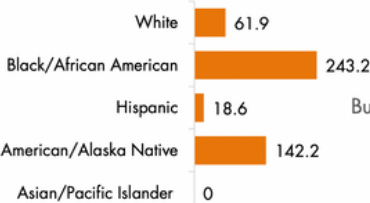
## What is Mental Health?

Includes our emotional, psychological, and social well-being. It affects how we think, feel, and act, and helps determine how we handle stress, relate to others, and make choices.

### According to the 2023 Butte County Community Health Assessment Report

Butte County faces higher rates of suicide and drug overdose deaths with clear racial disparities in these statistics. Several and various communities, such as youth, queer, and immigrant populations, are disproportionately affected.

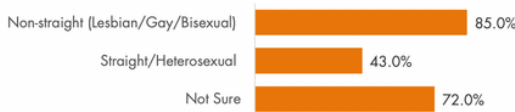
Drug overdose death rate per 100,000 <sup>44</sup>



### State & local average of 11th graders who currently use drugs or alcohol



### 11th graders experiencing chronic sadness/homelessness



Overlapping traumas like the COVID-19 pandemic, drought, and wildfires exacerbate mental health and substance use issues. Stigma remains a significant barrier to seeking support for behavioral health concerns.

“Stigmas are a huge barrier to getting any kind of help. [...] They treat people like they're less than if you admit you need help” -Community Member

Acknowledging the pervasive stigma surrounding seeking mental health services, it's evident that many individuals feel discouraged from seeking the support they need. In Butte County, where there's a critical need in mental health provision, people have turned to substance use as a coping mechanism. This underscores the urgent requirement for a comprehensive approach to addressing mental health concerns.

### Healthy Rural California

At Healthy Rural California, we are committed to addressing mental health concerns in our region through our Psychiatry Residency Program. Given the pressing issue of mental health in Butte County, our Community Psychiatry Residency Program is dedicated to promoting diversity, equity, and inclusion among our faculty, residents, and patients. We prioritize wellness and provide comprehensive care to ensure the well-being of our community.



It is important to recognize the significance of mental well-being for a fulfilling life. Mental health challenges can impact anyone, regardless of who they are. Being mindful of your mental health is essential for leading a satisfying life, regardless of your age.

As we engage in open discussions about mental health, we help destigmatize it, making it easier for people to seek support when needed. Thankfully, more individuals are now acknowledging and giving importance to mental health, just like they would with physical health. They're also embracing self-care practices, understanding that when mental health is cared for, physical and emotional health also improve. This fosters productivity, resilience against life's challenges, and a better quality of life overall.

## Interested in Mental Health Literacy?

### Enhance your mental health literacy and better communicate about mental health!

The Centers of Disease Control and Prevention (CDC) provides **Free** courses that center around mental health literacy:

#### Mental Health, Stigma, and Communication

(Source: The University of Texas at Austin 2021)  
This course is 45 minutes and focuses on language towards stigma regarding mental illnesses, identify how stigma impacts the provider-patient relationship.

#### Learn Mental Health Literacy

(Source: The University of British Columbia 2021)  
This course is 8 to 10 hours focusing on the foundation of mental health literacy, including effective strategies to use in your educational settings and in your own life.

#### Teach Mental Health Literacy

(Source: The University of British Columbia 2021)  
This course is 6 to 8 hours and includes a classroom-ready mental health curriculum for delivery to students aged 12 to 19.

CDC-Mental Health Literacy  
<https://www.buttecounty.net/DocumentCenter/View/12035/Butte-County-Community-Health-Assessment-Revised-on-April-20-2024-PDF?bid=1>  
<https://www.samhsa.gov/mental-health-awareness-month>



**HEALTHY RURAL CALIFORNIA, INC.**



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May 2024

# FENTANYL AWARENESS

Opioid overdose is on the rise. California continues to face a drug overdose public health crisis with substantial health and economic impacts. According to the California Overdose Surveillance Dashboard, in 2021, 10,898 California residents died of a drug overdose, a 23% increase from 2020 (8,894). Drug overdose deaths involving fentanyl increased 51% from 2020 to 2021 (3,946 in 2020 to 5,961 in 2021). Drug overdose deaths involving fentanyl now represent over half (55%) of all drug overdoses among California residents.

Butte County, classified as a rural area, has been marked by alarming rates of opioid overdoses, as reported by the Centers for Disease Control and Prevention. Specifically, Butte County has surpassed the California average of 26.6 overdoses per 100,000 individuals. Butte county had the most opioid related overdose hospitalization in any county in 2021 with 42.14 visits per 100,000 which is over tripled the rate seen in the state's rate.

The opioid epidemic has greatly impacted California communities. In recent years, morbidity and mortality are largely driven by synthetic opioids such as Fentanyl. The illicit drug markets will continue to increase, therefore there must be a call to action in providing Naloxone/ Fentanyl test strips distributions within the at-risk populations, and education and awareness upon the topics to reduce the numbers of opioid deaths.

## Student-Led Fentanyl Awareness Newscast

This event is organized by School Ties & the Chico Student District to promote drug prevention and awareness. Learn about the harmful effects of nicotine, cannabis, alcohol and opioids from professionals around Butte County, so that your summer is worry-free!

Youth will perform as the hosts on Action Now News sharing insights on Fentanyl and having discussions with professionals on this opioid epidemic.

**Join us on May 15th, 5:30-7:30 PM, at Marsh Junior High School Gym in Chico. This event is open to the public!**



<https://healthyruralca.org/naloxone-distribution/>  
<https://skylab.cdph.ca.gov/ODdash/?tab=CTY>



## “Facing Fentanyl: Understanding the Danger, Saving Lives

Fentanyl is increasingly being mixed with other drugs like heroin, cocaine, and counterfeit pills. People may unknowingly consume fentanyl when using these substances, putting them at high risk of overdose. Raising awareness about fentanyl can help communities understand the severity of the opioid crisis and take appropriate preventive measures.

Implementation of harm reduction strategies such as access to naloxone (an opioid overdose reversal medication), drug checking services, and safe consumption sites.

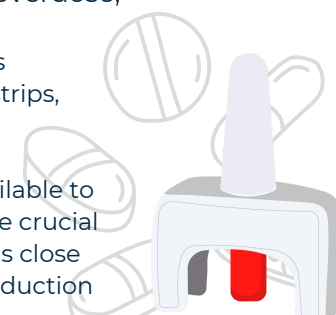
## Naloxone (Narcan)

Naloxone is a medication used to rapidly reverse opioid overdose. It works by binding to the same receptors in the brain as opioids, such as heroin, morphine, oxycodone, and fentanyl, thereby temporarily blocking their effects. Naloxone can quickly restore normal breathing in someone who is experiencing an opioid overdose, potentially saving their life.

If you or someone you know needs Naloxone, Fentanyl/ Xylazine test strips, you can access a text line!

**Text GETWELL to 898211**

Our community has resources available to provide refills or support with these crucial supplies! Below are some of CCPC's close partners who provide free harm reduction resources.



BUTTE-GLENN OPIOID SAFETY COALITION



STONE WALL  
**TEXT GETWELL TO 898211**