

Sutter-Yuba Mental Health Services announces the creation and implementation of the:

Bi-County Elder Services Team or (BEST)

Through recent legislation, Proposition 63 passed and is now known as the Mental Health Services Act (MHSA). This act has allowed us to expand services to the mental health community. **BEST** serves those individuals who are older adults (60 years plus) with psychiatric disabilities who may be physically or geographically isolated, and determined to be unserved or inappropriately served in the Sutter and Yuba county area.

BEST is located in a variety of settings throughout Sutter and Yuba counties. We are working in collaboration with individuals and families, social service agencies, public health departments, the medical community, senior centers, law enforcement and senior housing entities.

BEST's vision is to enable the older adult to maintain positive social connections and relationships, to feel empowered and listened to in their opportunities for obtaining and securing appropriate mental health services, to aid in maintaining their highest level of independence, in any and all settings, and providing advocacy to ensure services are client-driven and client-friendly. Our team consists of a Licensed Marriage and Family Therapist (MFT), a Licensed Psychiatric Technician (LPT) and a 2 peer mentors. Additional supports, such as specialty mental health services, like access to a psychiatrist, will be provided through Sutter-Yuba Mental Health Services.

BEST is stationed in the community, visiting or rotating through various community sites, as well as having a main office location outside of the Sutter-Yuba Mental Health Services location site. The services we offer are tailored to the older adult's special needs. We provide mental health screenings, psychosocial assessments, education (to providers, family/caregivers and the community), outreach, peer-delivered services, and support, assistance and access to mental health services and/or referrals to other needed services such as physical health care, substance abuse assistance, social service needs, housing, etc. We will have access to resource specialists to assist with housing needs, to decrease the risk of homelessness and to assist with vocational desires or interests. As the older adult also has cultural or ethnic needs, consultation and assistance can be provided by the new Ethnic Outreach Team also created through the MHSA. The Ethnic Outreach Team will serve Latinos, Asian Indians and Hmong populations within our community.

For any further information or questions please feel free to contact me, Charlie Benson, MFT, Team Lead at **(530) 216-4543**.