

What Is Our Mission?

The Berkeley Mental Health Commission strives to:

- Provide effective oversight of the Berkeley/Albany Mental Health system
- Ensure services are delivered with dignity and respect and in compliance with all regulatory and statutory guidelines
- Ensure that services are effective, efficient, and responsive to the needs and desires of clients
- Promote Cultural Competence, Wellness, Recovery, Resilience oriented services
- Advocate with the Berkeley and Albany City Councils, Alameda County Behavioral Health care, the Berkeley Mental Health Division

"We must become the change we want to see."

-Mahatma Ghandhi (1869-1948)

Yes, I'm interested in additional information about the Berkeley/Albany Mental Health Commission

(Complete & return)

Name _____

Address: _____

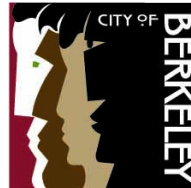
City: _____ Zip: _____

Phone: _____

Best time to call: _____

Email _____

Mail to: Carol Patterson
Berkeley/Albany Mental Health Commission
1947 Center St. 3rd Floor
Berkeley, CA 94704
Or call (510) 981-5217



Berkeley/Albany Mental Health Commission

Carol Patterson, Consumer Liaison
1947 Center St. 3rd Floor
Berkeley, CA 94704
Phone: 510-981-5217
Fax: 510-981-5235
Email: cpatterson@ci.berkeley.ca.us



*Berkeley/Albany
Mental Health
Commission*



(510) 981-5217





Who Are We?

Some of us Are...

- People who care about the quality of mental health services in Berkeley and Albany
- Mental health clients
- Family members of mental health clients
- Health and human services professionals

How Can You Get Involved?

- Attend a Commission meeting. Meetings are held on the fourth Thursday of most months from 5:00—7:30 pm in the Berkeley Mental Health Auditorium. Agendas and minutes are posted on the City of Berkeley web page: www.ci.berkeley.ca.us
- Join the Mental health Commission by calling (510) 981-5217 to obtain an application and schedule an interview.
- Learn more about the Commission. Please see the back of this brochure to request more information.

How Do Our Efforts Impact Mental Health Services in Your Community?

- Review and evaluate Berkeley and Albany mental health needs, services, facilities and special problems.
- Review contracts with county, state or federal agencies
- Advise the City Councils of Berkeley and Albany and the Mental Health Director about any aspect of the local mental health program
- Review, develop and approve procedures used to ensure citizen and professional involvement at all stages of the planning process
- Submit an annual report to both City Councils on the needs and performance of the Berkeley/Albany Mental Health System
- Review and make recommendations about applicants for the appointment of local Director of Mental Health services
- Assess the impact of Mental Health Services Act on services to the clients and local community
- Review and comment on the Mental Health Department's outcome data and send the findings to the California Mental Health Planning Council

Why Is It Important?

- Guidance from consumers and citizens helps improve the quality of services
- According to the 1999 Surgeon General's Report on Mental Health, 1 in 5 adults has a diagnosable mental illness
- Misinformation about mental illness is widespread throughout many communities
- Mental health problem affect our physical health as well



"Human beings, by changing the inner attitudes of their minds, can change the outer aspects of their lives."

-William James (1842-1910)

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