


Memo

Date: January 30, 2025
To: ACBHD Team Members & Partners
From: Karyn Tribble, PsyD, LCSW | Director 
Subject: In the Spirit of Partnership and Appreciation

Greetings Team Members and Partners:

First, I would simply like to take this time to convey my hope that you, as a member of the Alameda County community, are safe and well. This communication has been provided on behalf of our Alameda County Behavioral Health Department (ACBHD) Executive Team; both in the spirit of partnership and with a sincere appreciation for your dedication to the health and wellness of others.

As you know, this New Year has already ushered in a very complex time impacting individuals nationwide, across the state, and here locally. Whether those impacts have included changes in key leadership positions across the county, devastating fires displacing many community members in Southern California, or a rapidly changing political and national landscape – our Executive Team is here to offer support. Our commitment to providing comprehensive behavioral health services remains intact even as we each attempt to understand what such changes might mean for the behavioral health system. **We are closely monitoring specific policy, legislation, and service delivery protocols in order to ensure that services continue with the least disruption possible.**

Our department continues to prioritize the provision of mental health and substance use services to those most in need; and we recognize that those who rely upon our services require support, [resources](#), and compassion as they navigate their personal wellness journeys. We also understand that advocacy – regardless of your perspective – can often take a toll on your own health and wellbeing. It may be, after all, an incredibly galvanizing experience. What may also be equally possible is that current events may be difficult to track, confusing, or wrought with images or news coverage that may be disturbing. In whatever way that you, your family, your clients, or community at large are experiencing these current events – we ask that you take frequent opportunities to ensure that **you** are connected with organizations, individuals, or county resources that might be of support.

In the near future, our Health Equity Division will be offering a training and listening session to assist our Team Members and Community Partners with strengthening their own internal capacity to manage these multiple and incredibly complex changes – as well as to provide a safe space for supportive dialogue. Please feel free to sign up for such training should you be interested in learning more. As always, we encourage the use of professional, personal, or community resources to help navigate these very complex and dynamic times. If you are feeling the need for professional support, speaking with a trusted person, family member, or supervisor may be a good way to connect with county offered resources if ever they are needed.

Please know that you are appreciated. ACBHD is here to partner with you; and our dedication to public service remains intact. Just as we collectively weathered the complexities of the pandemic several years ago, our Team members will provide systemwide communications should there be any service delivery protocol changes. **On behalf of our Executive Team, we wish you health, safety, and hope for the future.**