



Are you  
(or a loved one)  
in recovery for  
mental health  
or substance  
use?

Want to improve services for others?  
Become a board member. Make a difference!

## Serve on the Shasta County Mental Health, Alcohol and Drug Advisory Board (MHADAB)

As a board member, you will learn about the mental health and substance use programs provided by the county and help design future programs.

You can provide feedback on how things are done.

You can help others.

### For more information

- Call (530) 229-8266
- Email [MHADAB@co.shasta.ca.us](mailto:MHADAB@co.shasta.ca.us)
- Visit [shastahhsa.net](http://shastahhsa.net) and click on “Advisory Boards”

The 15-member  
MHADAB board  
includes consumers  
of mental health  
and substance-use  
services or their  
family members.  
It meets on second  
Wednesdays of  
every other month  
at 5:30 p.m.

Updated 10/2023



Shasta County  
Health & Human  
Services Agency