

2024 Mental Health Month Planning Committee

FEBRUARY 15 3:30PM-5:00PM

This meeting is being recorded.



MEDIA NOTICE

This meeting is being recorded. Slides and recording will be shared with those on the mailing list.





PHOTO/VIDEO NOTICE

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Do not enter this event area if you do not wish to be subject to the foregoing. Alternatively, if you wish to participate/attend the event, but do not wish to have your photograph used in accordance with the above notice, please contact an Event Organizer. County will make best efforts to comply with your wish not to be photographed.

Thank you.

We honor and affirm the rights of the **Ohlone People and** the other Indigenous Peoples who call the unceded territories of the San Francisco Bay Area their traditional homeland.

They represent Tribes, Native American organizations, families, and Indigenous Nations. They are the descendants of the village sites that are seen, and unseen. We pay respect to the Ancestors, Elders, and Relatives of Indigenous Peoples for their historic and current contributions to San Mateo County and we commit to an ongoing effort to bring about healing, inclusivity and deeper collaborative partnerships.



Slide adapted from work by Trauma Transformed (https://traumatransformed.org/)
Learn more about SMC BHRS Native Indigeous People's Initiative (NIPI) at
smchealth.org/native-and-indigenous-peoples-initiative and
African American Community Initiative (AACI) at smchealth.org/bhrs/ode/aaci.







Agenda

- 1. Welcome & Introduction
- 2. MHM Introduction
- 3. Measures of Success
- 4. Next Steps
- 5. Announcements & Closing

1. WELCOME & INTRO

In the Chat: Name, Pronouns, Affiliation(s). Announcements Housekeeping: Group Agreements, Zoom Participation, Stipend, Demographic Survey

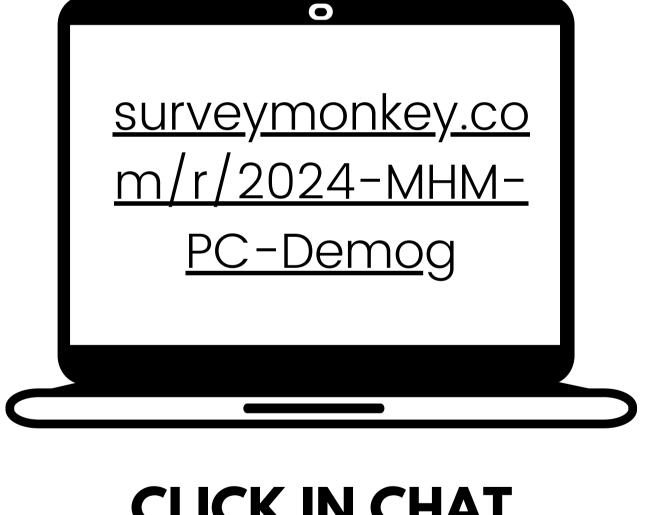
Cultural Humility Group Agreements

- LISTEN AS IF THE SPEAKER IS WISE; LISTEN TO UNDERSTAND
- PRACTICE "I" STATEMENTS WHEN SPEAKING
- OKAY TO RESPECTFULLY DISAGREE
- TAKE RISKS
- NO PRESSURE TO SPEAK
- BE DISCIPLINED ABOUT NOT MAKING ASSUMPTIONS
- NO BLAMING, NO SHAMING
- CONFIDENTIALITY IF STORIES ARE SHARED
- COURAGE TO INTERRUPT IF SOMETHING IS GOING AMISS OR BEING LEFT UNSAID: MAKE THE INVISIBLE VISIBLE
- VOICES, THOUGHTS, IDEAS, EXPERIENCES WELCOME
- PAY ATTENTION TO WHAT MOVES YOU: USE OOPS AND OUCH

DEMOGRAPHIC SURVEY

Please complete this 6-question survey.





CLICK IN CHAT

Among the six meetings, we ask that you complete this survey once.

Last year's flyer + theme



Mental Health Month (MHM) INTRODUCTION

- 1. Background/History, Purpose, Target Audience
- 2. Theme



San Mateo County becomes 1st in US to declare loneliness as health emergency

By Tim Johns 🔊 Tuesday, January 30, 2024





With a unanimous vote by the Board of Supervisors, San Mateo County has become the first in U.S. to recognize loneliness as a public health emergency.

ACTIVITES: ADVOCACY

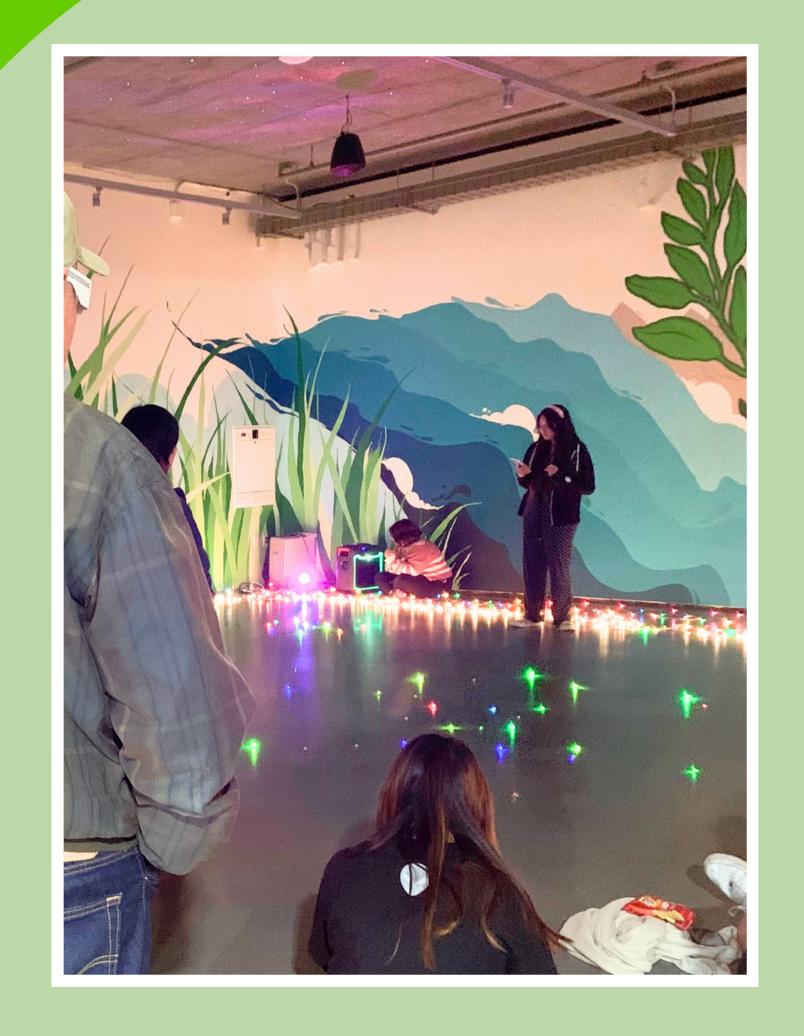
- Cities Lights, City
 Council Proclamations
- County Lights, Board of Supervisor Proclamation (April 25), Commission Presentation (May 3)





ACTIVITIES: EVENTS

- Mini-Grant(Questions & Answers)
- Diverse Communities (Brainstorm)
- Collaboration(Discussion)



MINI-GRANT

Questions & Answers



OR



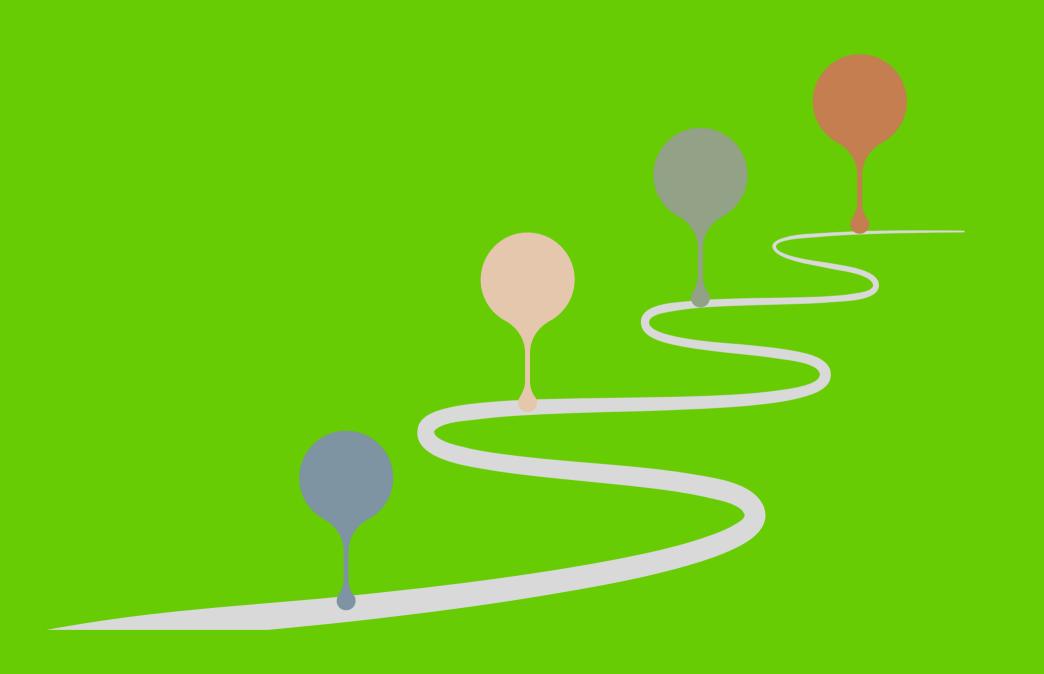
CLICK IN CHAT

For programs that receive funding through SMC BHRS Office of Diversity and Equity, please request funds through your usual budget request process.

COMMITTEE MEMBER ROLES



TIMELINE



3. MHM MEASURES OF SUCCESS



Logic Model for San Mateo County Mental Health Month (MHM)

Program Goals

- 1. Reduction in stigma and discrimination against those facing mental health or substance use conditions
- 2. Increase in service utilization to address mental health and substance use conditions
- 3. Increase wellness related to mental health and substance use conditions.

Resources

we have to work with

MHM Planning

Committee

Advocacy

- · BHRS Office of Diversity and
- MHM budget

Equity staff

- SMC Health communication channels
- Outreach materials from county and state
- Community partners

Activities

that happen in our county

- Behavioral Health **Commission Meeting** (May 1)
- County Board of **Supervisor Proclamation** (April 23 or May 7)
- · City Proclamations (April and May)

Communications

- Website
- Social media calendar and posts

Events

- Events hosted by community partners
- Mini-grants
- Event support

Outputs

(the products of our activities)

Advocacy

- # of cities participating in proclamation and/or lighting
- # of public comments across all public meetings

Communications

- #/rate of engagement
- · # of reach
- # of impressions

Events

- # of events
- · # of attendees across all events (Including new attendees)
- · # of survey respondents

Short-Term Outcomes*

- 1. Increases in community members' belief that people with mental health or substance use conditions contribute to society
- 2. Increases in community members' knowledge that mental health and/or substance use services they can reach out to
- 3. Increases in community members' willingness to seek professional support for a mental health and/or substance use condition they needed it.
- 4. High degree of cultural relevance to community members

Long-Term Outcomes*

- 1. Reduction in stigma and discrimination against those facing mental health or substance use conditions
- 2. Increase in service utilization to address mental health to substance use conditions
- 3. Increase wellness related to mental health and substance use conditions
- 4. Diverse participation by race/ethnicity, age, gender identity, sexual orientation and region of the county





4. NEXT STEPS

- 1. Identify personal next step to accomplish by next meeting
- 2. Apply or share mini-grant
- 3. Invite others to upcoming meeting



2024 MAY MENTAL HEALTH MONTH

PLANNING COMMITEE

THURSDAYS 3:30-5:00 PM VIA ZOOM - EXCEPT FOR APRIL 18TH

OPEN TO PUBLIC

Stipends available for behavioral health clients or family members.

Language
interpretation
available. Request at
least one week before
each meeting.



Info & registration at SMCHealth.org/MHM

February 15	Intro & Measures of Success
March 7	Events & Advocacy
March 28	Communication & Outreach
April 18 In-person meeting at 310 Harbor Blvd, Building E, Belmont	Group Photo & Outreach Materials
June 6	Debrief & Appreciation

5. ANNOUNCEMENTS

Next Meeting
Thursday, March 7th
3:30-5:00pm
Zoom (Registration Required)

Please invite others!

Resources





CRISIS 24/7 RESOURCES

Call 650-579-0350 or 988

Star Vista Crisis Center or National

Crisis and Suicide

Text "BAY" to 741741 or 988

Crisis Text Line or National Crisis and Suicide Lifeline

sanmateocrisis.org/crisiscenter

NON-CRISIS RESOURCES

NAMI SMC Warmline

650-638-0802

Heart & Soul Peer-Run Warm Line

650-231-2024

smchealth.org/bhrsservices

takeaction4mh.com



Questions?







www.smchealth.org/mhm



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