



2024 Mental Health Month



Planning Committee

March 7 3:30PM-5:00PM

This meeting is being **recorded**.



SAN MATEO COUNTY HEALTH

**BEHAVIORAL HEALTH
& RECOVERY SERVICES**

MEDIA NOTICE

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



SAN MATEO COUNTY HEALTH
**BEHAVIORAL HEALTH
& RECOVERY SERVICES**



PHOTO/VIDEO NOTICE

You are approaching an event area where filming and photography are being done. Your entrance into the event area constitutes your full consent to being filmed and photographed by the County of San Mateo. The County of San Mateo reserves the right to use any photography or film taken in the event area without providing compensation to you. Such use by County may include, but is not limited to, postings to social media or websites, and/or use in promotional or informational materials in any medium.

You agree to release and discharge the County of San Mateo, its agents, representatives, assigns, and licensees from all claims, demands, and liabilities arising out of or in connection with the use of your likeness.

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.



Learn more about SMC BHRS Native Indigenous People's Initiative (NIPI) at smchealth.org/NIPI.



SAN MATEO COUNTY HEALTH
**BEHAVIORAL HEALTH
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Agenda

1. Welcome & Introduction
2. MHM Theme
3. Advocacy
4. Events
5. Next Steps
6. 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

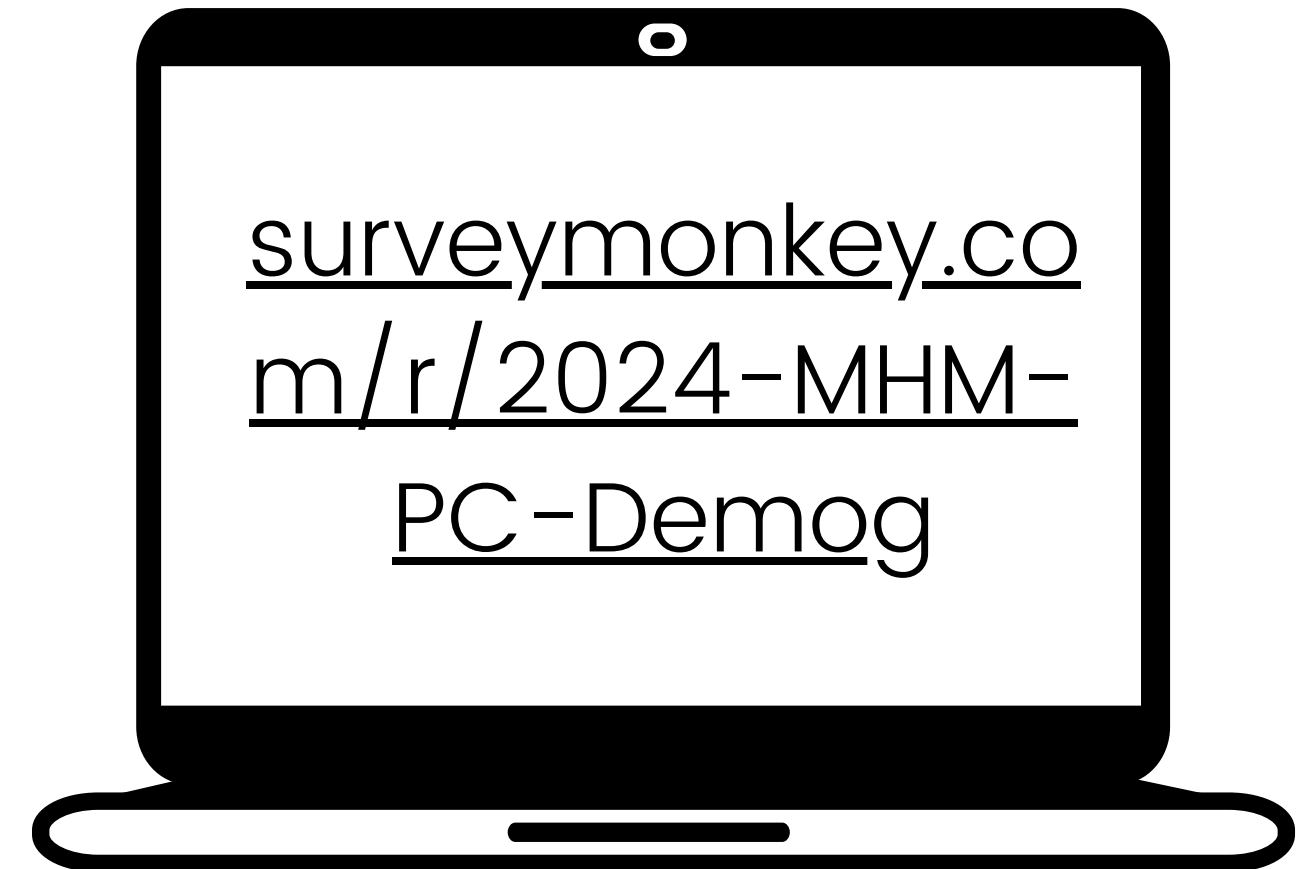
DEMOGRAPHIC SURVEY

Please complete this 6-question survey.



SCAN

OR



CLICK IN CHAT

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

Last year's Flyer

2023 MENTAL HEALTH MONTH

SHARE

HOW YOU PRACTICE SELF-CARE

HOW YOU GET SUPPORT

YOUR JOURNEY

MUSIC

HOW YOU OVERCAME STIGMA

MENTAL HEALTH RESOURCES





HOW YOU PRACTICE MENTAL WELLNESS

#SHARE4MH

ONE OF YOUR CULTURAL WELLNESS PRACTICES

YOUR STORY

May is Mental Health Month!
Learn about free events, getting involved & finding support at SMCHealth.org/MHM

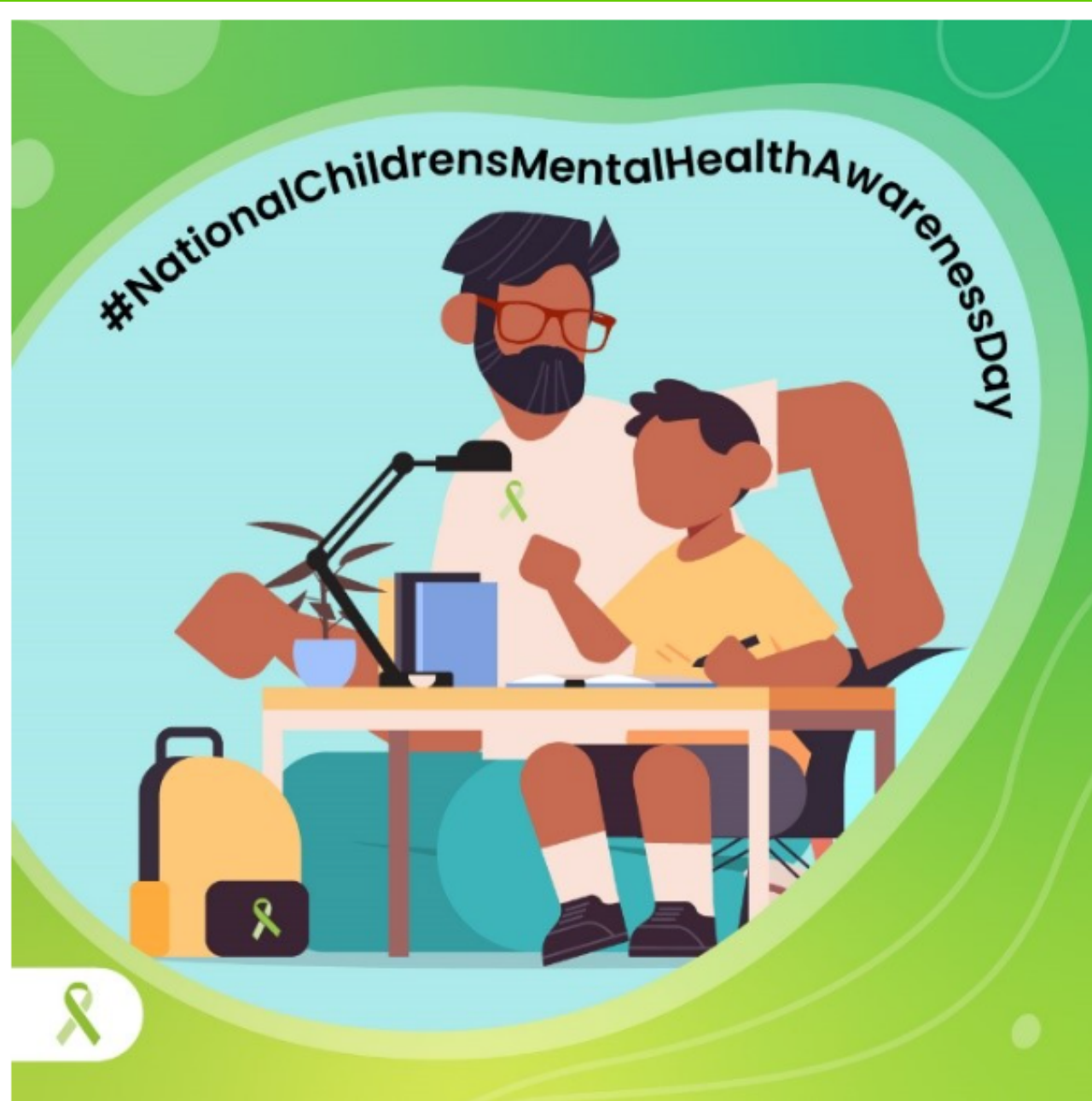


Mental Health Month (MHM) Theme



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SOCIAL MEDIA TOOLKIT



Good mental health starts in childhood. Parents can be role models by practicing self-care and talking about emotions. Parents, how are you sharing your mental health journey with your children?

When discussing Mental Health, an equity lens is vital.

Visit SMCHealth.org/ODE to learn more and SMCHealth.org/HEI to get involved.

For our full list of free and public events and mental health resources, visit SMCHealth.org/MHM.



Did you know? Communities of color with mental health conditions are less likely to receive mental health services than their white counterparts.

When discussing mental health, we need to inform from an equity lens so that all our communities are capable of thriving.

Keep the conversation going, and share one of your cultural wellness practices.

Lenguaje Inclusivo Sobre Salud Mental y Consumo de Sustancias



Diga Esto

- ✓ Condición de salud mental
- ✓ Esta persona vive con esquizofrenia.
- ✓ Esta persona se enfrenta a un problema de salud mental.
- ✓ Condición de consumo de sustancias
- ✓ Esta persona vive con una condición de abuso de sustancias.
- ✓ Esta persona se enfrenta a un problema de abuso de sustancias.
- ✓ Esta persona está en recuperación.



No Diga Esto

- ✗ Trastorno o enfermedad mental
- ✗ Esta persona es esquizofrénica.
- ✗ Esta persona tiene un problema de salud mental.
- ✗ Trastorno o adicción por abuso de sustancias
- ✗ Esta persona es adicta.
- ✗ Esta persona tiene un problema de consumo de sustancias.
- ✗ Esta persona es exadicta.

Inclusive Language About Mental Health & Substance Use



Say This

- ✓ Mental health condition
- ✓ This person is living with schizophrenia.
- ✓ This person is facing a mental health matter.
- ✓ Substance use condition
- ✓ This person is living with a substance use condition.
- ✓ This person is facing a substance use matter.
- ✓ This person is in recovery.



Not That

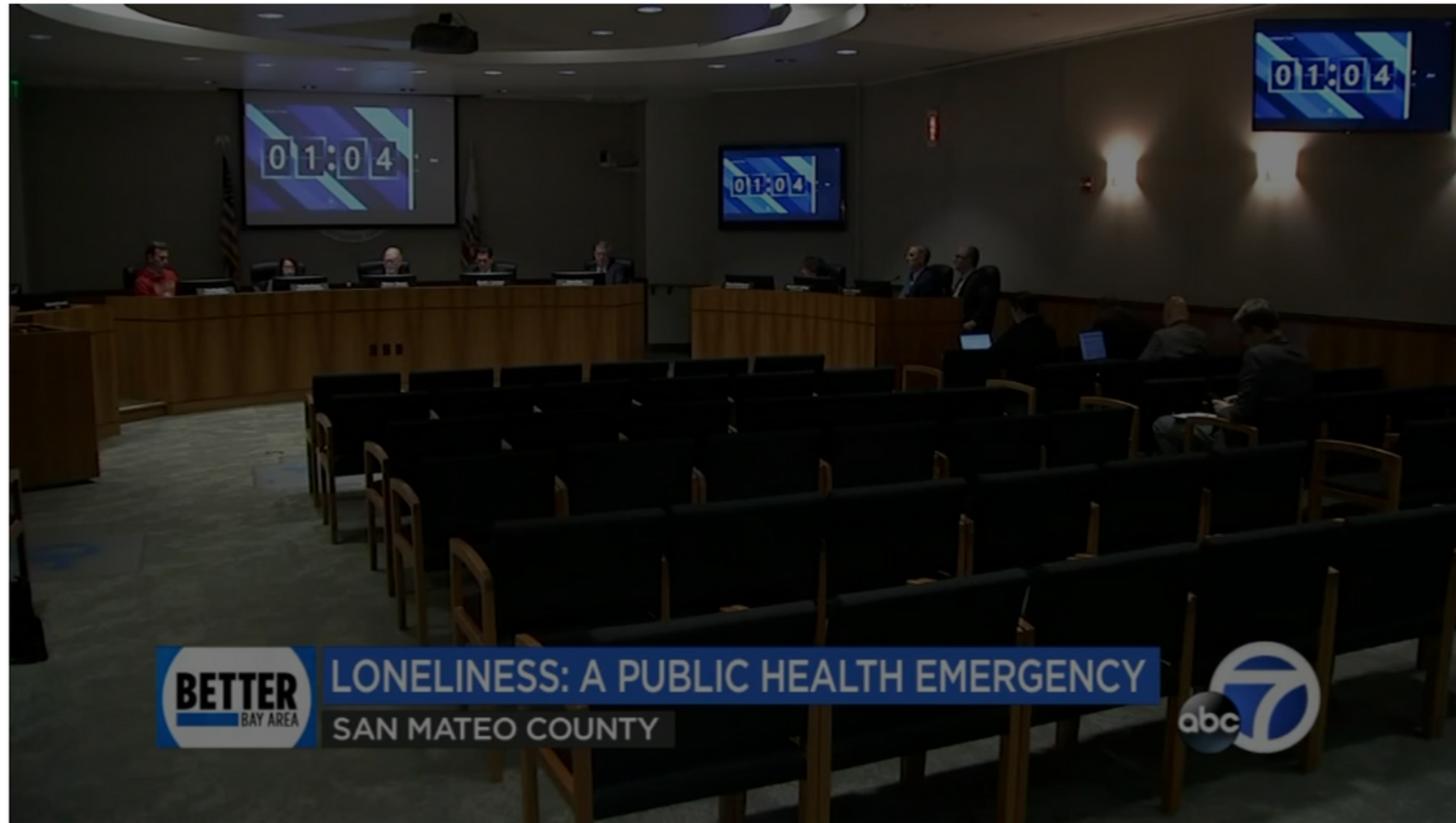
- ✗ Mental health disorder or illness
- ✗ This person is schizophrenic.
- ✗ This person has a mental health problem.
- ✗ Substance abuse disorder/addiction
- ✗ This person is an addict.
- ✗ This person has a substance use problem.
- ✗ This person is an ex-addict.

We all have the power to destigmatize the way we talk about mental health. This May, share how you overcame stigma and how you continue to destigmatize mental health.

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.

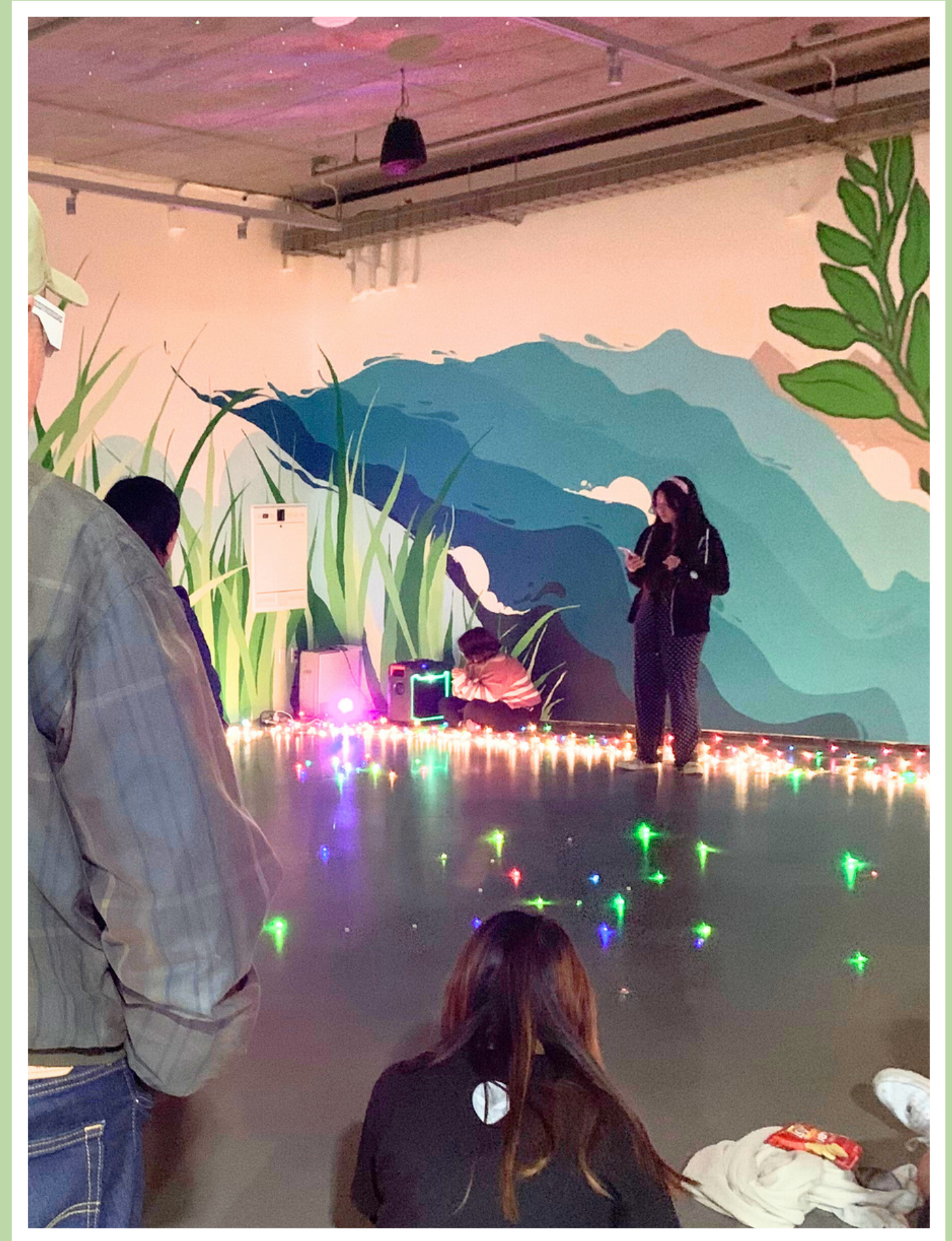
ADVOCACY

- Cities – Lights, City Council Proclamations
- County – Lights, Behavioral Health Commission Presentation (May 1), Board of Supervisor Proclamation (May 7)



EVENTS

- Activity Guide
- Mini-Grant
(Questions & Answers)
- Collaboration
(Discussion)



ACTIVITY GUIDE

- Developed by ODE Intern, Ayanna Wade (she/her)
- Any feedback?
- Where should this be distributed to?



MINI-GRANT

Questions & Answers



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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.

EVENTS COLLABORATION

- What event are you working on?
- Have an event idea but want support?



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4. NEXT STEPS

1. Apply for or share mini-grant
 - a. Deadline: Rolling basis based on available grants OR through Sunday, March 24th
2. Invite others to upcoming meeting



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2024 MAY MENTAL HEALTH MONTH PLANNING COMMITTEE

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 28th
3:30-5:00pm
Zoom (Registration Required)

Please invite others!

Resources



SAN MATEO COUNTY HEALTH

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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



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Questions & Announcements



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www.smchealth.org/mhm



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