



# 2024 Mental Health Month



## *Planning Committee*

**March 28 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.



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## 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](https://smchealth.org/NIPI).



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# Agenda

1. Welcome & Introduction
2. Updates
3. Communications
4. Outreach
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

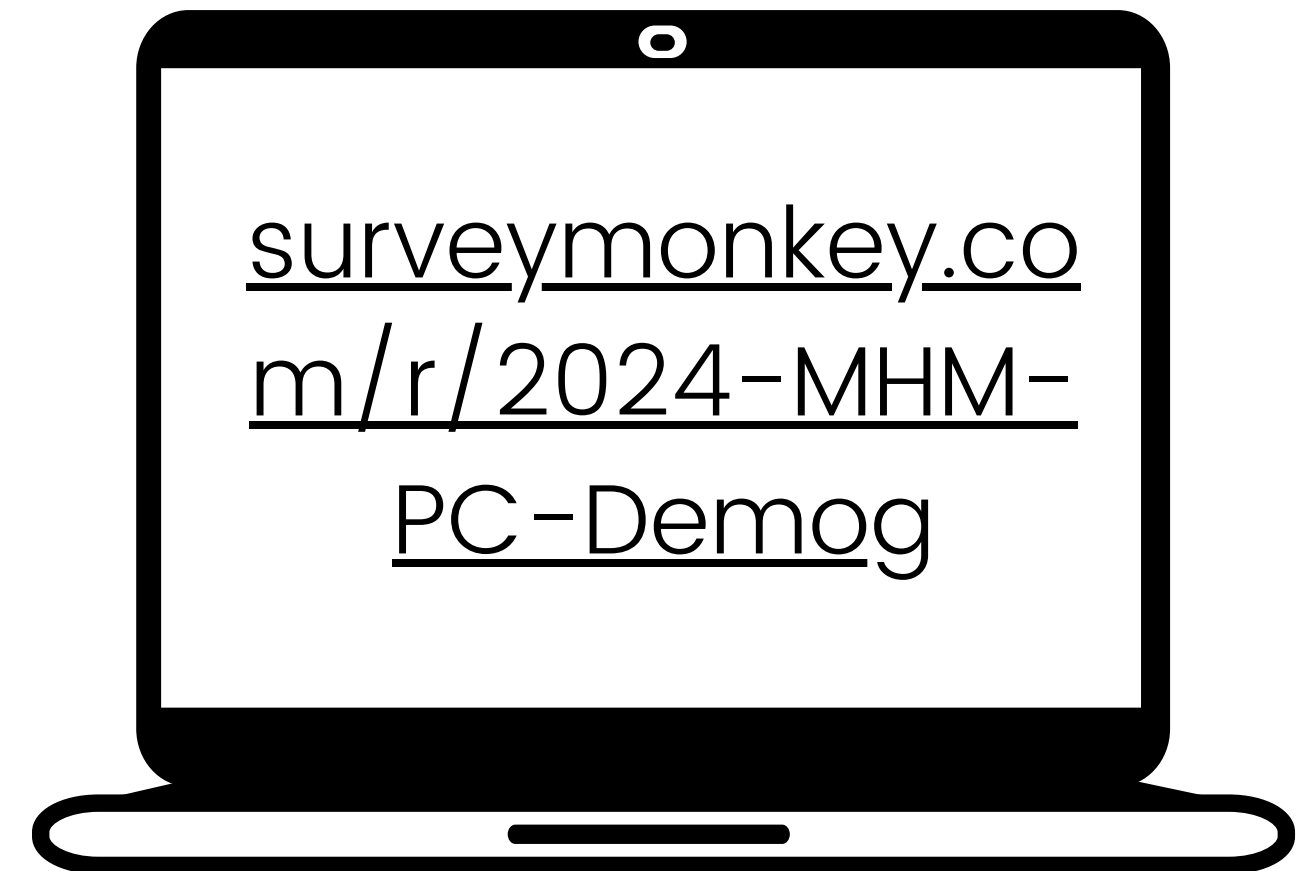
# DEMOGRAPHIC SURVEY

Please complete this 6-question survey.



**SCAN**

OR



**CLICK IN CHAT**

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

# UPDATES

- Mini-grants
- State Campaign
  - Theme
  - Digital Kits
  - Physical Materials



# Mental Health Month 2024 Theme...

## Drum Roll!



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**Mental Health Month 2024 Theme:**  
**Heal Through Connection**  
**#SMCAgainstLoneliness**

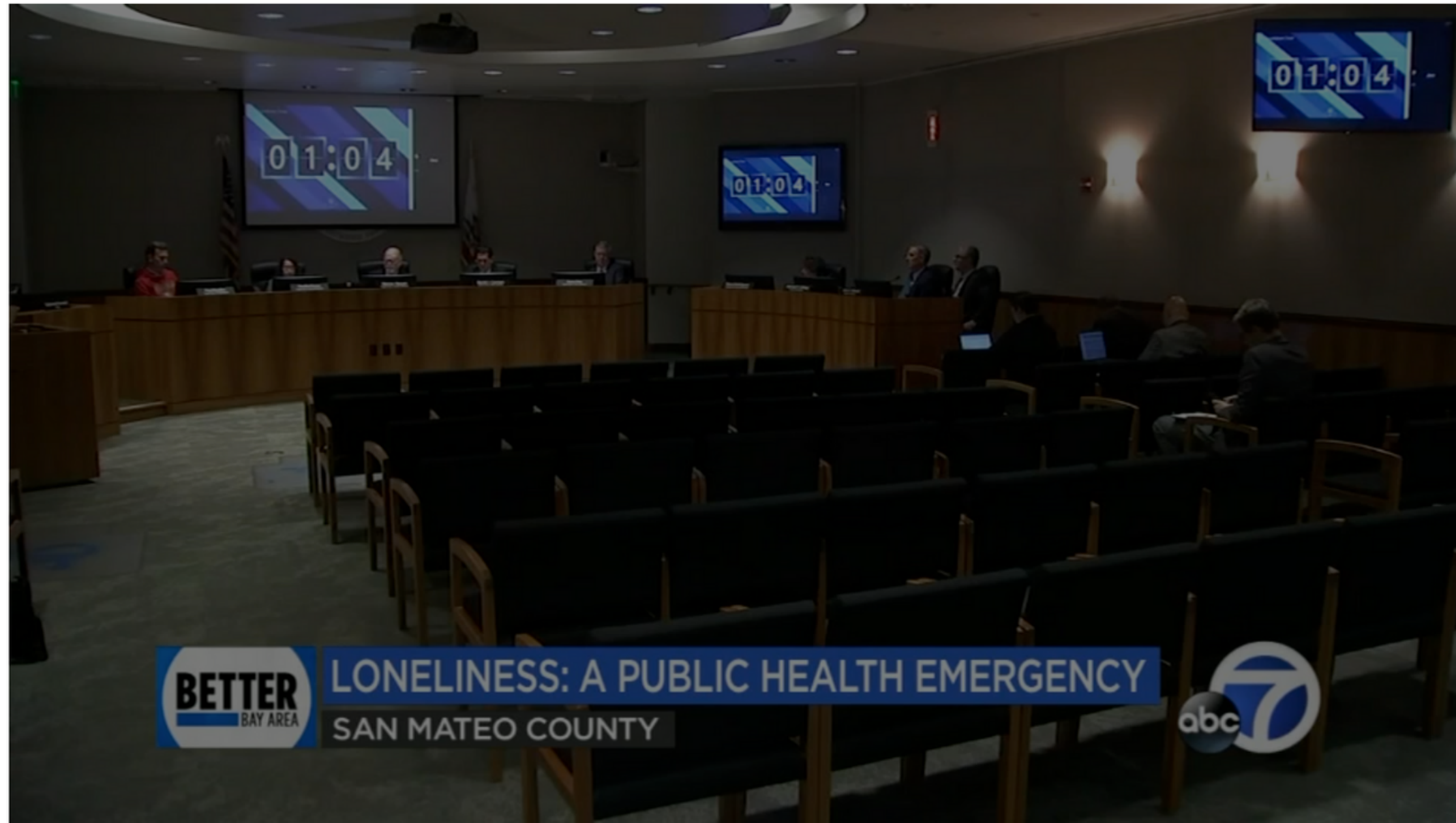


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# San Mateo County becomes 1st in US to declare loneliness as health emergency

By Tim Johns 

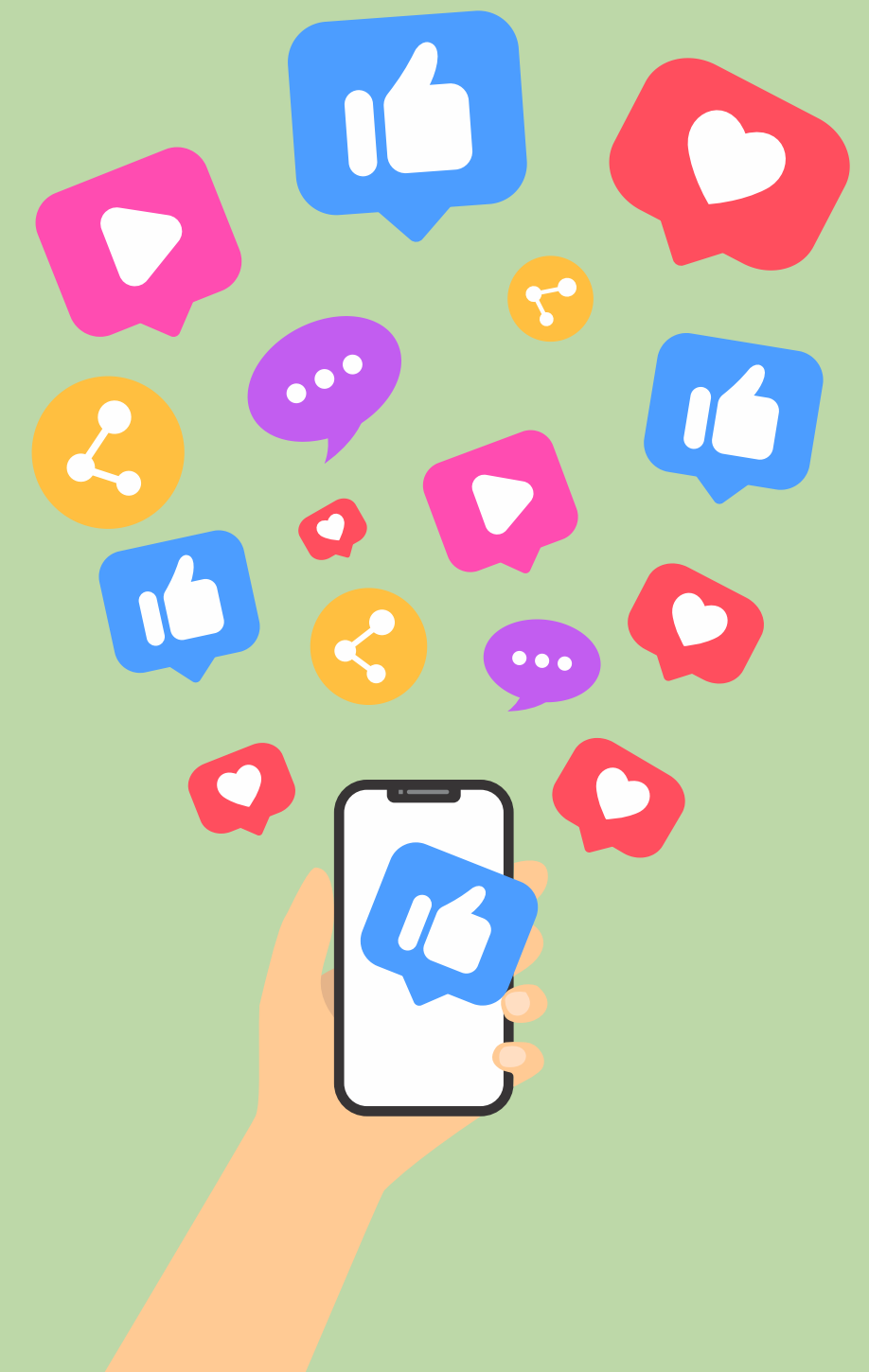
Tuesday, January 30, 2024



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.

# SOCIAL MEDIA CALENDAR

- What Are Your Lime Green Flags? Social Media Challenge
  - Example
- What other content would you like to see shared to align with the theme “Heal Through Connection?”



# FUTURE COMMUNICATIONS RESOURCES

- Communication Plan
- Communication Map
- Website
- Virtual Background
- Email Blasts
- Physical Materials
  - Shirts
  - Stickers



# OUTREACH

- Event Sign-Up
- Outreach Map





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# NEXT STEPS

1. Identify next step(s) to accomplish by next meeting
2. Complete or share with others to complete Event Sign Up spreadsheet
3. Invite others to attend next in-person meeting on April 18 3:30pm at 310 Harbor Blvd, Belmont – group photos and outreach material pickup



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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

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

# 5. ANNOUNCEMENTS

Next Meeting  
Thursday, April 18th  
3:30pm-4:30pm  
In-person meeting at 310 Harbor  
Blvd Bldg E, Belmont

Wear lime green/ green for the  
group photo!

# Resources



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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](https://sanmateocrisis.org/crisiscenter)

## NON-CRISIS RESOURCES

NAMI SMC Warmline

650-638-0802

Heart & Soul Peer-Run Warm Line

650-231-2024

[smchealth.org/bhrsservices](https://smchealth.org/bhrsservices)

[takeaction4mh.com](https://takeaction4mh.com)





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**Questions & Announcements**



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[www.smchealth.org/mhm](http://www.smchealth.org/mhm)



**Kristie Lui** | She/Her/她

[kflui@smcgov.org](mailto:kflui@smcgov.org)

**Sylvia Tang** | She/Her/她

[stang@smcgov.org](mailto:stang@smcgov.org) | 650-208-5799