

## **Meeting Minutes**

TOPIC:2024 May Mental Health Month (MHM) Planning CommitteeDATE:Thursday, March 7, 2024TIME:3:30-5:00pmLOCATIONFor Zoom information, please register athttps://us02web.zoom.us/meeting/register/tZcsfughqDgqGtRlg10zsFa3Aasvi2sayaqp#/

Meeting recording and slides will be shared with those on the registration and/or mailing list.

Item	Time
<ol> <li>WELCOME &amp; INTRODUCTION         <ol> <li><u>Agenda</u></li> <li><u>In the Chat</u>: Name, <u>Pronouns</u>, Affiliation(s)</li> <li><u>Housekeeping</u>: Agreements, Zoom Participation, Stipend, Demographic Survey</li> </ol> </li> </ol>	3:30 – 3:45pm
<ul> <li>2. MHM THEME: Group Brainstormed on Theme for 2024-Ideas from the group included: Heal Through Connection; Here For You; Unity In Our Community; Minds Combined; SMC Against Loneliness; You Are Not Alone; No One Is An Island; Building Wellness Through Connections; Together We Are Whole.</li> <li>Kristie Lui will send out a poll to the committee to vote on SMC's 2024 MHM Theme</li> </ul>	3:45 – 4:15pm
<ol> <li>ADVOCACY         <ol> <li>Cities – Lights, City Council Proclamations-20 SMC will light up in green</li> <li>County – Lights, Commission Presentation (May 1), Board of Supervisor Proclamation (May 7)</li></ol></li></ol>	4:15– 4:25pm
<ul> <li>4. EVENTS         <ol> <li>Event Guide-Created by ODE Intern, Ayana Wade, a</li></ol></li></ul>	4:25-4:50pm

Chairs for copies, if needed

 Mini-Grant- Reviewed Application & Questions; 7 applications submitted thus far; deadline to apply: Sunday, March 24. Applications will be reviewed week of March 25.

- 2024 Mini-Grant Application: surveymonkey.com/r/2024-MHM-Mini-Grant
- John M suggested adding to the application the following target demographic group: "Persons with a history of homelessness and/or substance use"

## 2. Collaboration (Open Discussion)

- Jose A-CARON plans to host a Community Academy at Fair Oaks and Parent Project series in HMB
- Jean P-"Heart, Minds, Hands" MHM event; will have lunch, BSBB trainings in Eng & Span; and create flannel hearts for parents of NICU babies
- In the Chat Andrew D wrote: For advocacy, I'm not a public speaker, but with the script, maybe some of us can message our city councils? Also, I'm interested in following up with my local library for any placement of flyers and book displays. Definitely open to collaborating with the SMC libraries and city libraries (both present here and not present).-Plans to reach out to Kathryn W
- In the Chat, Rubi G shared: VORSMC is collaborating with EPASAPC in hosting a wellness event on May 4th in East Palo Alto
- John W shared: Menlo Park Library will have it's 6th Annual Mental Health Open Mic - Thursday 5/9 @ Cafe Zoe Menlo Park, 6-730pm
- Marina mkravtsova@smuhsd.org at San Mateo Adult and Career Education would like to plan an event at end of April; invited other agencies to table at event to share resources; also suggested MHM Committee have a list of organizations & contact persons participating in MHM meetings (Co-chairs noted this as a longer-term project)
- John B-offered to table at any MHM event, either representing BHRS-Health Ambassador Program and/or NAMI-shared contact info: John butler, (650)842-0644, <u>NewHope8@aol.com</u>

<ul> <li>Patricia also offered to table at any MHM event, representing NAMI (ENG &amp; Span);pato@namisanmateo.org; would like to collaborate with CARON</li> <li>Patricia shared collaboration with law enforcement re CIT trainings; please contact Patricia for more info</li> <li>Venezia shared e-mail for anyone interested in pairing businesses with CBO's sharing same "mission" as a possible funding source; veneziavargas@californiaclubhouse.org</li> <li>Rubi G-in chat: VORSMC is collaborating with EPASAPC in hosting a wellness event on May 4th in East Palo Alto</li> <li>Rubi G-in chat: San Mateo Youth Leadership Institute. We have a group of youth who are interested in presenting on a variety of Mental Health topics during Mental Health Month.</li> <li>Please reach out to Kristie Lui-for any support with promoting any of your events: kflui@smcgov.org</li> <li>Group interested in more Photovoice: Co-chairs shared the following link for more info (please contact co-chairs if interested in this possible support for MHM events): Storytelling Program: empowers community members to share their stories of recovery and wellness through photos and digital stories. To learn more: https://www.smchealth.org/general-information/storytelling-program</li> </ul>	
<ul> <li>5. NEXT STEPS Identify next step(s) to accomplish by next meeting</li> <li>1. Apply for or share mini-grant <ul> <li>i. Application: <a href="mailto:surveymonkey.com/r/2024-MHM-Mini-Grant">surveymonkey.com/r/2024-MHM-Mini-Grant</a></li> <li>ii. Deadline: Rolling basis based on available grants</li> <li>OR through Sunday, March 24th</li> </ul> </li> <li>2. Invite others to upcoming meetings</li> </ul>	4:50-4:55pm

6. ANNOUNCEMENTS & CLOSING	
<ul> <li>John B-NAMI's 50<sup>th</sup> Anniversary Gala on Sat, April 27<sup>th</sup>, for more info visit NAMI's website</li> <li>John B- Mental health Graphic Novel (Comic Book), sponsored through the Photovoice Program, Looking for Contributors of Artist &amp; Writers, Tell Your Lived Experience stories!</li> <li>Rubi G-2nd Annual Community Gathering, EPA+Health Collective, YMCA Community Room, 550 Bell Street 94303, March 15th @ 6pm</li> <li>Rubi G- VORSMC will be having a WRAP Seminar II from April 1st through Aril 3rd. Flyer coming soon!</li> </ul>	
	4:55-5:00pm
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Next Meeting: Thursday March 16 3:30-5:00pm	

Next Meeting: Thursday March 16 3:30-5:00pm | Events & Advocacy 2023 Meeting Schedule

Questions/suggestions? MHM Planning Committee Co-Chairs Kristie Lui, She/Her (<u>kflui@smcgov.org</u>) or Sylvia Tang, She/Her (<u>stang@smcgov.org</u> | 650-578-7165)