

Meeting Minutes

TOPIC: 2024 May Mental Health Month (MHM) Planning Committee

DATE: Thursday, February 15, 2024

TIME: 3:30-5:00pm

LOCATION For Zoom information, please register at

https://us02web.zoom.us/meeting/register/tZcsfuqhqDgqGtRlg10zsFa3Aasvi2sayaqp#/

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

Item		Time
1. 2.	OME & INTRODUCTION Agenda In the Chat: Name, Pronouns, Affiliation(s) Housekeeping: Agreements, Zoom Participation, Stipend, Demographic Survey	3:30 – 3:45pm
 2. 3. 4. 	INTRODUCTION Background/History, Purpose, ("one of the best times of the year to increase awareness and inspire action to reduce stigma against those with mental health and substance use conditions"); Target Audience — anyone who works, plays, or lives in SMC Theme-(In past years we have adopted statewide theme; State has not yet shared 2024 theme; committee can consider creating own theme specific to SMC, ie theme related to loneliness epidemic) Activities-Advocacy (ie City/County lights & proclamations) & Community Events Committee Member Roles-(ie advocacy; hosting/support/informing an event; all ideas/suggestions are welcome) Timeline	3:45 – 4:05pm
1.	MEASURES OF SUCCESS Logic Model (Briefly Reviewed; Program goals; resources we have to work with; activities that happen in our county; outputs/products of our activities; short and long-term outcomes) Event Survey-briefly reviewed types of questions asked	4:05– 4:35pm
4. NEXT 1.	STEPS Identify next step(s) to accomplish by next meeting (ie come up with an event or theme idea)	4:35-4:45pm

- Apply for or share mini-grant (open to community members/agencies throughout SMC to promote MHM; collaboration is acceptable)
 - i. 2024 Mini-Grant Application: surveymonkey.com/r/2024-MHM-Mini-Grant

(Reviewed Application including: target audience/demographics based on needs assessments; # and amount of mini-grants; criteria/requirements; deliverables and due dates; types of mini-grants and available event supports)

- ii. **Deadline:** Rolling basis based on available grantsOR through Sunday, March 24th
- 3. Invite others to upcoming meetings

5.COLLABORATION; ANNOUNCEMENTS & CLOSING

MHM EVENT IDEAS:

Collaboration with Caltrain (Sylvia mentioned upcoming SPM project-Rail Safety, but perhaps can also collaborate for MHM, ie Lived Experience First Responder Panel; tabling, etc)

NAMI Tabling

Community Support groups

One Life Counseling, Self-Care Sessions-at Moonridge Community (impacted by recent shootings) & North Fair Oaks Area

San Mateo Adult School Tabling Event; serves mostly immigrants

San Mateo County Libraries: Teen Care Packages to support them during testing time to manage stress; perhaps in person or virtual talks

An Event for Older Adults, specifically on the Coast/bilingual Sp/Engperhaps a collaboration with Puente

Creating Calm Group/Meditation/Qigong Activity

Spirituality Initiative Collaboration-contact Pam Ward

Open Mic Event May 11th Spirituality and Mental Health 4:45-5:00pm

Other Announcements:

-Homicide-suicide case in San Mateo

https://www.cbsnews.com/sanfrancisco/news/san-mateo-4-dead-family-identified-alameda-de-las-pulgas-murder-suicide/

-Caltrain improved messaging when reporting suicide

https://www.caltrain.com/rider-information/safety-security/suicide-prevention

-"The Tracks"

San Mateo County

San Mateo County Health

Filmmakers: Isabella Gaddini, Robert Giani, Anna Devitis, Amelia Ghilzai and

Ben Passion

Advisor: Sylvia Tang

https://vimeo.com/397546881

-NAMI Teen Group-for more info: outreach@namisanmateo.org

-Health Ambassador Youth Open Mic

9th Anniversary of HAPY Friday, May 3

San Mateo Library (Brenda mentioned great venue)

Patricia Neme (NAMI) & John Butler (NAMI & Health Ambassador)-offered to table at any event.

Mental Health First Aid & Be Sensitive Be Brave Trainings



Next Meeting: Thursday March 7 3:30-5:00pm | Events & Advocacy

Schedule and registration link at

https://smcbhrsblog.org/2024/02/07/join-san-mateo-countys-2024-may-mental-health-month-planning-committee/

Questions/suggestions? MHM Planning Committee Co-Chairs Kristie Lui, She/Her (kflui@smcgov.org) or Sylvia Tang, She/Her (stang@smcgov.org | 650-208-5799)

http://www.smchealth.org/mental-health-month