

2023 MENTAL HEALTH MONTH

PLANNING COMMITTEE MEETING



MARCH 16 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.

COUNTY OF SAN MATEO



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.

LAND & LABOR ACKNOWLEDGEMENT

We acknowledge that we are each residing on tribal lands of those who have lived on this land from time immemorial.

We pay respects to their elders past and present

We recognize the resilience of those past and present, who work to build a strong & sovereign nation where Tribal members live their values & culture

We must acknowledge that much of what we know of this country today, including its culture, economic growth, & development throughout history & across time, has been possible by the labor of enslaved Africans & their ascendants who suffered the horror of the transatlantic trafficking of their people, chattel slavery, & Jim Crow.

We are indebted to their labor & their sacrifice, & we must acknowledge the tremors of that violence throughout the generations & the resulting impact that can still be felt & witnessed today.

Slide adapted from work by Trauma Transformed (<https://traumatransformed.org/>)

Learn more about SMC BHRS Native Indigenous People's Initiative (NIPI) at smchealth.org/native-and-indigenous-peoples-initiative and African American Community Initiative (AACI) at smchealth.org/bhrs/ode/aaci.

MENTAL HEALTH MONTH (MHM) PLANNING COMMITTEE MEETING

AGENDA

1. Welcome & Introduction
2. 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

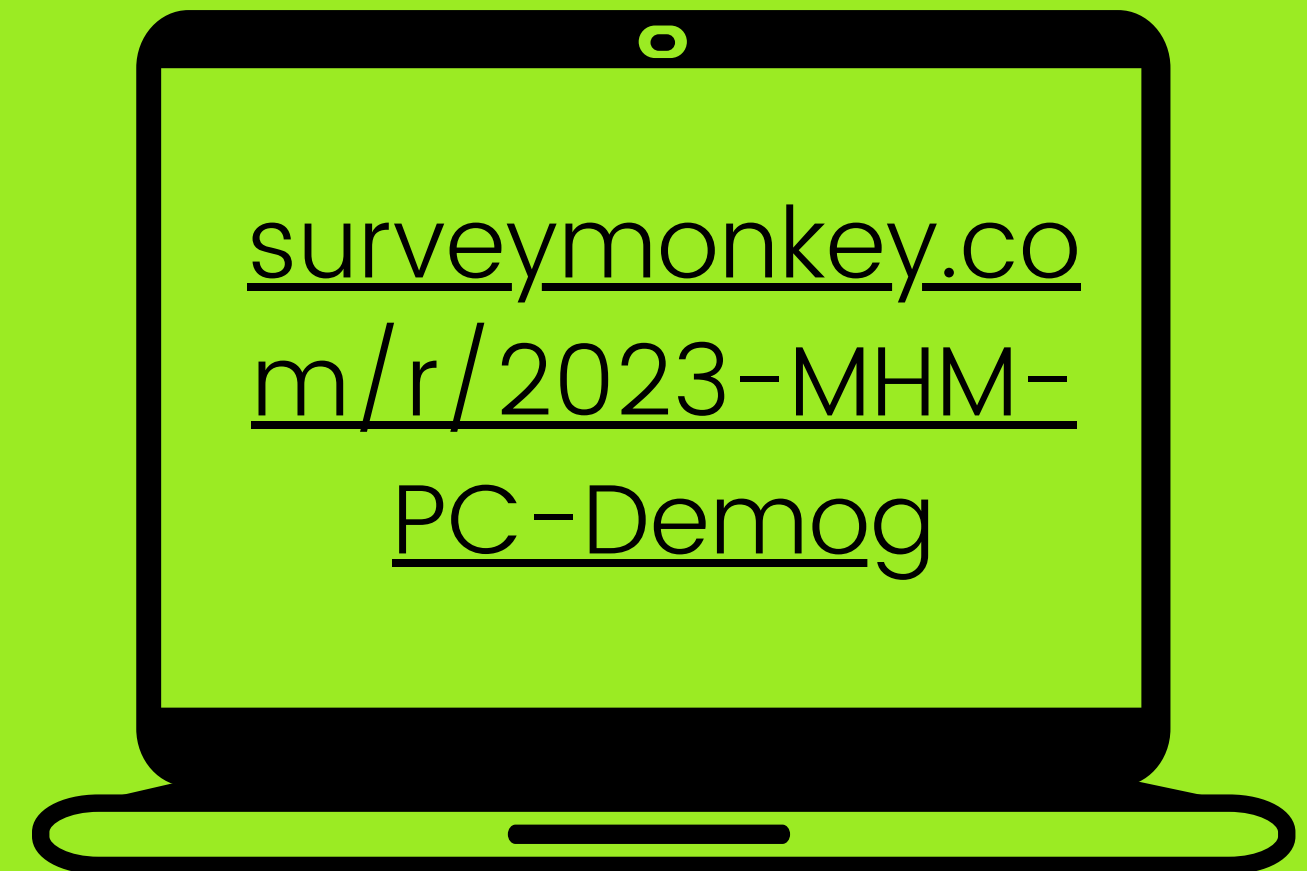
DEMOGRAPHIC SURVEY

Please complete this 6-question survey.



SCAN

OR



CLICK IN CHAT

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

MENTAL HEALTH MONTH (MHM)

2. THEME

Share Theme

Promote engagement across audiences in California. Specifically, we are asking Californians to:

- **Share** how you practice self-care.
- **Share** how you practice mental wellness.
- **Share** how you get support for your mental health.
- **Share** how you overcame stigma.
- **Share** your journey towards wellness and inspire others to Take Action.
- **Share** how you live the Take Action pillars: Check-In, Learn More, and Get Support.
- **Share** how you're using MIMHM resources.

#Share4MH

Take Action



3. ADVOCACY

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



4. EVENTS

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



MINI-GRANT

Questions & Answers



SCAN

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.

DIVERSE COMMUNITIES

Brainstorm



COLLABORATION

Discussion





5. NEXT STEPS!

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

MAY MENTAL HEALTH PLANNING COMMITTEE

OPEN TO PUBLIC
THURSDAYS 3:30-5:00 PM
VIA ZOOM



SCAN TO REGISTER
AND JOIN MEETINGS

Stipends are available
for those who identify
as behavioral health
clients or family
members

Language
Interpretation
can be provided.
Please contact us at
least one week before
each meeting.



March 2

Introduction &
Measures of Success

March 16

Events &
Advocacy

March 30

Events &
Advocacy

April 13

Communication &
Outreach

April 27

Communication &
Outreach

June 8

Debrief &
Appreciation

KRISTIE LUI | SHE/HER/她
kflui@smcgov.org



6. ANNOUNCEMENTS

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



Please invite others!

SAN MATEO COUNTY

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

CONTACT INFO

Questions or suggestions?

Please feel free to contact Mental Health Month Planning Committee Co-Chairs.

KRISTIE LUI | SHE/HER/她

kflui@smcgov.org

SYLVIA TANG | SHE/HER/她

stang@smcgov.org | 650-578-7165

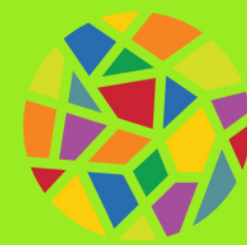


SAN MATEO COUNTY HEALTH

**BEHAVIORAL HEALTH
& RECOVERY SERVICES**



THANK YOU!



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