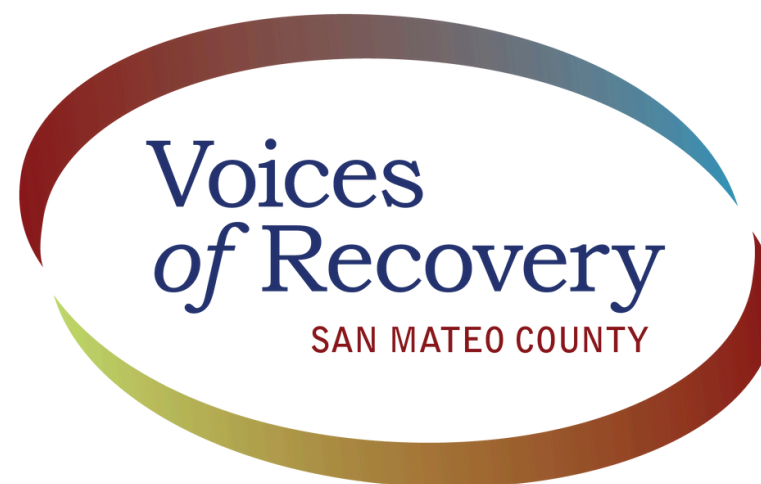


Recovery Month & Suicide Prevention Month

September 2025



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



The logo for National Recovery Month is displayed on a dark purple background. It features the words "NATIONAL", "RECOVERY", and "MONTH" in a large, white, distressed, sans-serif font. The word "RECOVERY" is split by a stylized infinity symbol, which is colored in teal and pink. Below the main text, the tagline "RECOVERY. HOPE. HEALING." is written in a smaller, solid-colored font, with "RECOVERY." in pink, "HOPE." in teal, and "HEALING." in pink. A teal rectangular bar is positioned at the top left of the purple background.

NATIONAL RECOVERY MONTH

RECOVERY. HOPE. HEALING.

Recovery Happens in San Mateo County

September is National Recovery Month

- In San Mateo County, we celebrate it as “Recovery Happens” Month—a local tradition that highlights recovery, resilience, and wellness across our community.
- It celebrates people in recovery from substance use and mental health challenges, along with families, peers, and providers.
- Through the partnership of BHRS and community organizations like Voices of Recovery, we shine a spotlight on recovery and wellness as part of the larger behavioral health system of care.



Why Recovery Month?

- Honors individuals in recovery, their families, and the providers who support them
- Reduces Stigma
- Provides Hope
- Builds Community
- Promotes Wellness



How It's Celebrated in San Mateo County

Candlelight Vigil

Community Events

Awareness & Visibility

Partnerships



RECOVERY HAPPENS

Recovery is Real: Restoring Every Aspect of Life

CELEBRATING NATIONAL RECOVERY MONTH

➡ **SEPTEMBER 2025** ⬅



FRI 5

Candlelight Vigil

5:00 PM - 8:00 PM
400 County Center, Redwood City, 94063



TUE 9

Breakfast & Walk of Hope

7:00 AM - 9:30 AM
Mezes Park
1027 Allerton St., Redwood City, 94063



TUE 9

Proclamation

Resource Fair at 9:30 AM
400 County Center, Redwood City, 94063





THU 18

Recovery Picnic

10:00 AM - 2:00 PM
Coyote Point Recreation Area
1701 Coyote Point Dr., San Mateo, 94401

SAT 27

Recovery Dance

6:00 PM - 10:00 PM
Project 90 Friendship Hall
416 2nd Ave., San Mateo, 94401



Every September, we honor National Recovery Month - a time to celebrate the strength, pride, and resilience of our recovery community.

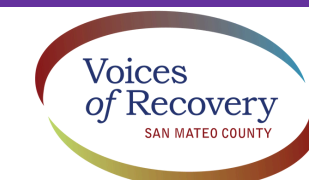
Voices of Recovery, in partnership with local organizations, invites you to a series of FREE community events across San Mateo County. These gatherings are open to everyone and offer a welcoming space filled with fun, resources, speakers, food, music, and entertainment.

Whether you're in recovery, supporting someone who is, or simply want to learn more, we welcome you to join us in celebration and connection.

For more information, please reach out to us at info@vorsmc.org or (650) 980-1922



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





Year Round Commitment to Recovery

- Continued Peer-Led Supports
- Integrated Behavioral Health Care
- Inclusive Community Events

*Recovery doesn't end with treatment—
and it doesn't happen alone.*



Suicide Prevention Month

Support, Your Way

Suicide Prevention Month

SAN MATEO COUNTY HEALTH
BEHAVIORAL HEALTH
& RECOVERY SERVICES

Learn more at SMCHealth.org/SPM

Apoyo, a Tu Manera

Mes de la Prevención del Suicidio

SAN MATEO COUNTY HEALTH
BEHAVIORAL HEALTH
& RECOVERY SERVICES

Aprende más en SMCHealth.org/SPM

支持，用你的方式

預防自殺月

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了解更多信息 SMCHealth.org/SPM

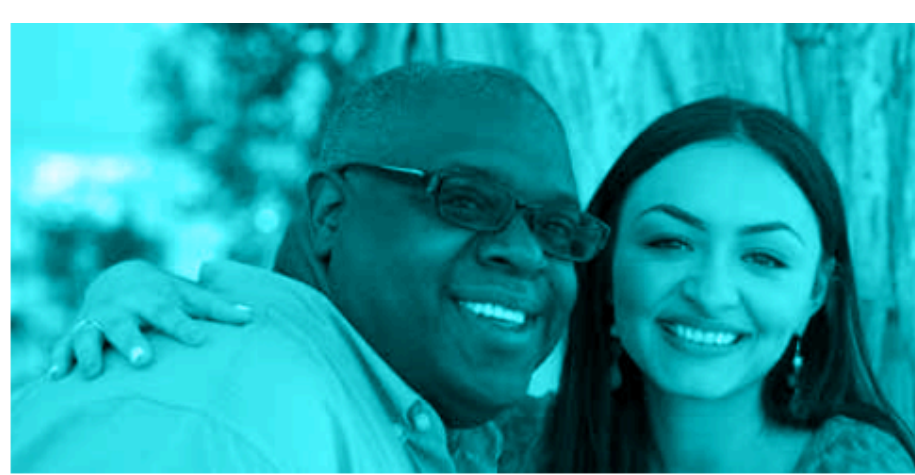
Why Suicide Prevention Month?

- Suicide can be prevented
- Suicide impacts us all
- Talking about suicide saves lives

How It's Honored in San Mateo County

- Events (In-Person and Virtual)
- Communication Campaign
- Proclamations (County and Cities)





SAN MATEO COUNTY

SUICIDE PREVENTION ROADMAP

2021 – 2026



Year Round Commitment to Suicide Prevention

- Coalition
- Strategic Plan
- Trainings
- Data and Evaluation
- Special Projects





Board of Supervisor Proclamations

Tuesday, September 9

9:00-11:00am (Estimated Time)

In-Person: 500 County Center, RWC

Zoom and Live Stream Available

More details posted Friday before at
<https://sanmateocounty.legistar.com/Calendar.aspx>

Core Continuum of Care



Prevention and Wellness

Service: Includes services, activities and assessments that educate and support individuals to maintain healthy lifestyles and prevent acute or chronic conditions, like wellness checks and health promotion activities



Outpatient

Services: Variety of traditional clinical outpatient services like individual and group therapy, ambulatory detoxification services



Community Services & Supports:

Flexible services that are designed to enable individuals to remain in their homes and participate in their communities, like supported housing, case management, supported employment and supported education



Intensive Outpatient Treatment

Services: Includes services such as ACT (Assertive Community Treatment) and substance use intensive outpatient services that are delivered using a multidisciplinary approach to support individuals with higher acuity behavioral health needs



Peer and Recovery Services:

Services delivered in the community that can be provided by individuals with lived experience, including young adults and family members



SUD Residential

Treatment: Provided in short-term residential settings to divert individuals from or as a step-down from intensive services



Crisis Services:

Include a range of services and supports, such as crisis call centers, mobile crisis services and crisis residential services that assess, stabilize and treat individuals experiencing acute distress



Intensive Treatment

Services: Provided in structured, facility-based settings to individuals who require constant medical monitoring

Restoring Every Aspect of Life

From prevention to recovery, BHRS restores every aspect of life through **integrated, culturally responsive, person-centered** mental health and substance use services for all.

Full directory of behavioral health services and programs in San Mateo County at <https://www.smchealth.org/post/find-behavioral-health-provider-program-or-service>

Support, Your Way

Tailored services to each client's culture, schedule, and personal situation.

PHONE



Call 800-686-0101
Access Call Center

ONLINE



Browse
[SMCHHealth.org/](http://SMCHHealth.org/BHRSServices)
BHRSServices

IN-PERSON



Visit County Clinics
or Contract
Providers

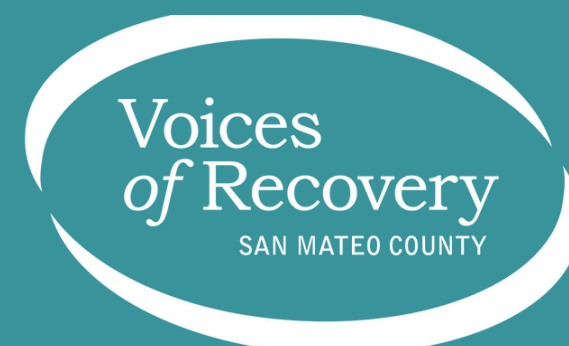


Our Stories | SMCHHealth.org/Stories





Victor's Voice of Recovery and Suicide Prevention

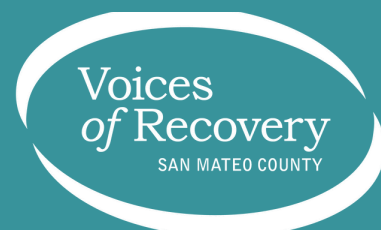


SAN MATEO COUNTY HEALTH
**BEHAVIORAL HEALTH
& RECOVERY SERVICES**

CALL TO ACTION



SAN MATEO COUNTY HEALTH
**BEHAVIORAL HEALTH
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Take action to promote recovery and suicide prevention in our San Mateo County community.

Attend a virtual or in-person event hosted by community partners.

Spread the word about free events and resources using our flyers, virtual backgrounds and social media posts

Take a free community training such as Wellness Recovery Action Plan, Applied Suicide Intervention Skills Training, Mental Health First Aid and Be Sensitive Be Brave.