2024 May Mental Health Month (MHM)

2024 MHM Planning Committee Co-Chairs

Sylvia Tang | She/Her/她
Kristie Lui | She/Her/她
Maria Martinez | She/Her/Ella
Presentation Outline

1. Overview
2. Planning Committee
3. Advocacy Days
4. Communications
5. Events
6. Next Steps
1. Overview

Goals for May Mental Health Month

1. Reduce stigma and discrimination against those facing mental health or substance use conditions.

2. Increase service utilization to address mental health and substance use conditions.

3. Increase wellness related to mental health and substance use conditions.

SMCHealth.org/MHM
Heal Through Connection

#SMCAgainstLoneliness
#MayMentalHealthMonth

Learn more at SMCHealth.org/MHM
1. Overview

Logic Model for San Mateo County Mental Health Month (MHM)

**Program Goals**
1. Reduction in stigma and discrimination against those facing mental health or substance use conditions
2. Increase in service utilization to address mental health and substance use conditions
3. Increase wellness related to mental health and substance use conditions.

**Resources we have to work with**
- MHM Planning Committee
- BHRS Office of Diversity and Equity staff
- MHM budget
- SMC Health communication channels
- Outreach materials from county and state
- Community partners

**Activities that happen in our county**
- Advocacy
  - Behavioral Health Commission Meeting (May 1)
  - County Board of Supervisor Proclamation (May 21)
  - City Proclamations (April and May)
- Communications
  - Website
  - Social media calendar and posts
- Events
  - Events hosted by community partners
  - Mini-grants
  - Event support

**Outputs (the products of our activities)**
- Advocacy
  - # of cities participating in proclamation and/or lighting
  - # of public comments across all public meetings
- Communications
  - # of engagement
  - # of impressions
- Events
  - # of events
  - # of attendees across all events

**Short-Term Outcomes**
1. Increases in community members’ belief that people with mental health or substance use conditions contribute to society
2. Increases in community members’ knowledge that mental health and/or substance use services they can reach out to
3. Increases in community members’ willingness to seek professional support for a mental health and/or substance use condition they needed it
4. High degree of cultural relevance to community members

**Long-Term Outcomes**
1. Reduction in stigma and discrimination against those facing mental health or substance use conditions
2. Increase in service utilization to address mental health and substance use conditions
3. Increase wellness related to mental health and substance use conditions
4. Diverse participation by race/ethnicity, age, gender identity, sexual orientation, and region of the county
2. Planning Committee

MHM Planning Committee & Elected Official Partners, April 27, 2023

Planning Committee Flyer

SMCHealth.org/MHM
2. Planning Committee

2023 Mental Health Month Planning Committee In-Person Meeting
3. Advocacy Days

South San Francisco City Hall

Brisbane City Hall
3. Advocacy Days

San Mateo County Board of Supervisor Proclamation for 2024 May Mental Health Month

Tuesday, May 21st | 9am-11am (Approximate Time)

In-person Location: 
400 County Center, Redwood City, CA 94063

Virtual Location: Via Zoom (link posted Friday before at https://sanmateocounty.legistar.com/Calendar.aspx)
# 4. Communications

## MAY MENTAL HEALTH MONTH ‘24

### CALENDAR OF EVENTS & 23-DAY “HEAL THROUGH CONNECTION” CHALLENGE

<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
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<th>Thu</th>
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<td></td>
<td>1: Share a laugh with someone</td>
<td>Lift Your Voices: An Open Mic Event</td>
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<td>6</td>
<td>7</td>
<td>8</td>
<td>5: Think of positive traits of close friend</td>
<td>6: Tell someone you’re grateful for them</td>
<td>10: Join a hobby club e.g., book club, sports, etc.</td>
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<tr>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>9: Let someone know if you’re having a hard time</td>
<td>7: Join a hobby club e.g., book club, sports, etc.</td>
<td>11: Healing Connections: Open Mic Event</td>
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<tr>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>10: Share a song with someone</td>
<td>12: Pass on act of kindness to someone new</td>
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<td>25</td>
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<td>23</td>
<td>11: Schedule hangout with a friend</td>
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**BOLD = Event**  
**Italics = 23-Day “Heal Through Connection” Challenge!**

For more info about events visit SMCHealth.org/attend-events

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**Shirt Incentives**

SMCHHealth.org/MHM
While red flags refer to toxic traits and green flags refer to healthy traits, lime green flags refer to practices and actions that help you be mentally healthy.

The lime green is a nod to the national color for mental health awareness which is lime green.
5. Events

ATTEND EVENTS

Each year we partner with local agencies and community members to offer free public events throughout San Mateo County. This year, we are offering both in-person and virtual events!

Mental Health Month Mini-grant events are bolded.

Continue visiting this website for updates.

If you have any questions about hosting an event or adding your event to our calendar, please contact 2024 MHM Planning Co-Chair, Kristie Lui at KFlul@gmail.com

MHM Website Attend Events Subpage

<table>
<thead>
<tr>
<th>Date/Time</th>
<th>Event Description</th>
<th>Location</th>
<th>Contact</th>
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<tbody>
<tr>
<td>Sat, 4/20 3PM</td>
<td>Event Name</td>
<td>Instr. Venue</td>
<td>Name of contact person</td>
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<tr>
<td>Wed, 5/3 6:30PM-7:30PM</td>
<td>Event Name</td>
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<td>Name of contact person</td>
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<td>Fri, 5/5 5:30PM-7:30PM</td>
<td>Event Name</td>
<td>Instr. Venue</td>
<td>Name of contact person</td>
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<tr>
<td>Sat, 5/14 10AM-2PM</td>
<td>Event Name</td>
<td>Instr. Venue</td>
<td>Name of contact person</td>
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HEALING CONNECTIONS OPEN MIC

Interested in creating community connections or showcasing your artistic expressions?

Scan below for more details!
https://www.smhealth.org/healing-connections

MAY 11 | 1PM-3PM

Central Park Recreation Center Assembly Room
50 E. 5th Ave, San Mateo, CA 94401
Therapeutic Tuesday
4/23 during first block and Flex Time

- Limited space (80 students) so turn in your permission slip early to secure a spot!
- Permission slips can be picked up and dropped off in the front office by 4/16

Play with therapy dogs
Self care activities and crafts

NAMI presentation on Ending the Silence
And more...

Jethro
Pet Assisted Therapy
MAGING SENSITIBO, MAGING MATAPANG
PARA SA KALUSUGAN NG PAG-IISIP

Workshop sa Kalusugan ng Pag-iisip na Nagsasaalang-alang ng Kultura

Sa “Maging Sensitibo, Maging Matapang para sa Kalusugan ng Pag-iisip” (Be Sensitive, Be Brave for Mental Health), tinitirahin ang alalang ang kultura at pagkahalaga-iba sa isang foundational workshop tungkol sa kalusugan ng pag-iisip, inihahanda ng ibang workshop na ito ang mga mijero ng komunidad na tulungan ang kanilang mga kabulang at masaban sa bagay sa mga sanahan ng distress. Alamin kung paano matuloy ang mga kundisyon ng kalusugan ng pag-iisip, ang debat gawin laban kay pagkakahalagaan ng pagtunog, at ang mga instrumento sa pagpasahalin ng masabing kalusugan ng pag-iisip.

TIME: 9:00AM PST - 11:00AM PST
DATE: WEDNESDAY, 5/1/24

CONTACT: Gabriel Corpus, Phd
ghcorpus@gmail.com

Interdisciplinary research on drug use, mental health, and suicide prevention. For more information, visit bebrave.org.
StarVista &
The San Mateo Public Library Present:
Lift Your Voices:
An Open Mic Event

Join us to raise awareness for Mental Health Month. This event is open to performers of all ages.

Friday, May 3
San Mateo Public Library
Oak Room
5:30pm - 7:30pm

Performers will be entered in a raffle for $50.00
Refreshments will be served.

Registration required:
Performers must register by April 22
and submit their form to
kassandra.chavez@star-vista.org.
Hearts, Minds, Hands

May 4
10AM-2PM
Church of Jesus Christ of Latter Day Saints - 975 Sneath Lane, San Bruno

Register at HeartMindsHands.eventbrite.com

Be Sensitive Be Brave Training - 10AM
Spanish & English. Recognize mental health conditions, how to support others & tools for good mental health.

Lunch & Scent Hearts Project - 12:30PM
Create scent hearts for parents at UCSF Benioff Children's Hospital

May is Mental Health Month! Celebrate, learn and serve with San Mateo County

Contact Jean Perry jeanpv78@gmail.com
MENTAL HEALTH MATTERS 2024

Saturday, May 18 | Ryder Park

9:00AM - 1:00PM
Meditative Banig Drawing Workshop

Next date: Monday, May 13, 2024 | 06:30 PM to 07:30 PM
6. Call to Action

1. Spread the word
   Examples: social media (posts, lime green flags, etc.), email, text, flyers, meeting announcements.

2. Participate in 23-Day "Heal Through Connection" Challenge

3. Attend local event
Thank You!

SMCHealth.org/MHM
SAN MATEO COUNTY HEALTH
BEHAVIORAL HEALTH & RECOVERY SERVICES

stang@smcgov.org or kflui@smcgov.org
650-208-5799
SMCHHealth.org/MHM