2023 May Mental Health Month (MHM)

2023 MHM Planning Committee Co-Chairs
Sylvia Tang | She/Her/她
Kristie Lui | She/Her/她
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. **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.

SMCHealth.org/MHM
2023 MENTAL HEALTH MONTH

SHARE

HOW YOU PRACTICE SELF-CARE
HOW YOU GET SUPPORT
YOUR JOURNEY
MUSIC
HOW YOU OVERCAME STIGMA
MENTAL HEALTH RESOURCES

#SHARE4MH

ONE OF YOUR CULTURAL WELLNESS PRACTICES
YOUR STORY

May is Mental Health Month!
Learn about free events, getting involved & finding support at SMCHS.org/MHM

BEHAVIORAL HEALTH & RECOVERY SERVICES

2023 MES DE LA SALUD MENTAL

COMPARTES

CÓMO PRACTICAS LA AUTOAYUDA
TU EXPERIENCIA
MÚSICA
CÓMO OBTENES APOYO
CÓMO VENGISTE EL ESTIGMA
RECURSOS DE SALUD MENTAL
CÓMO PRACTICAS EL BIENESTAR MENTAL

#SHARE4MH

UNA DE TUS PRÁCTICAS CULTURALES PARA EL BIENESTAR
TU HISTORIA

¡Mayo es el Mes de la Salud Mental!
Informese sobre eventos gratuitos, participe y encuentre apoyo en SMCHS.org/MHM

BEHAVIORAL HEALTH & RECOVERY SERVICES
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 3)
- County Board of Supervisor Proclamation (April 25)
- 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 reach
- # of impressions

Events
- # of events
- # of attendees across all events (including new attendees)
- # of survey respondents

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 need 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

SMCHHealth.org/MHM
3. Advocacy Days

San Bruno Proclamation April 25, 2023
3. Advocacy Days

South San Francisco City Hall

San Carlos City Hall
San Mateo County Board of Supervisor
Proclamation for 2023 May Mental Health Month

Tuesday, May 9th | 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

SMCHealth.org/MHM

Virtual Background

SMCHealth.org/MHM
4. Communications

Inclusive Language About Mental Health & Substance Use

**Say This**
- Mental health condition
- This person is living with schizophrenia.
- This person is facing a mental health matter.
- Substance use condition
- This person is living with a substance use condition.
- This person is facing a substance use matter.
- This person is in recovery.

**Not That**
- Mental health disorder or illness
- This person is schizophrenic.
- This person has a mental health problem.
- Substance abuse disorder/addiction
- This person is an addict.
- This person has a substance use problem.
- This person is an ex-addict.

**Instagram Post**

SMCHealth.org/MHM

SAN MATEO COUNTY HEALTH
BEHAVIORAL HEALTH & RECOVERY SERVICES
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!

Continue visiting this website for updates.

If you have any questions about hosting an event or adding your event to our calendar, please contact 2023 MHM Planning Co-Chairs, Kristine Lui at KFlui@smcgov.org

Want to attend your city’s May Mental Health Month proclamation or take a free Mental Health First Aid training?

View our calendar of city proclamations, trainings, and other honoring here.

SMCHealth.org/MHM
DIVERSITY & EQUITY COUNCIL

OPIOID USE & MENTAL HEALTH IN SAN MATEO COUNTY
A PRESENTATION BY BQRS INTEGRATED MEDICATION ASSISTED TREATMENT PROGRAM

IN HONOR OF MAY MENTAL HEALTH MONTH PLEASE JOIN OUR UPCOMING DIVERSITY & EQUITY COUNCIL MEETING

TO LEARN MORE ABOUT:

- WHAT IS OPIOID ADDICTION?
- HISTORY & LANDSCAPE IN SAN MATEO COUNTY
- OPIOIDS & MENTAL HEALTH

FRIDAY MAY 5TH
11AM-12:30PM

JOIN ZOOM MEETING:
MEETING ID: 840 4489 5737
PASSCODE: DECBHRS

FOR UPCOMING MENTAL HEALTH MONTH EVENTS VISIT: WWW.SMCHEALTH.ORG/ATTEND-EVENTS
FOR MORE INFORMATION ABOUT THIS EVENT PLEASE EMAIL: FRANCES.LOBOS@SMCGOV.ORG
ART & CULTURE EXPO
HOSTED BY YCS' PEER LEADERS AT EPA CENTER
FRIDAY
MAY 5TH
5PM-9PM
1950 Bay Rd.,
East Palo Alto,
CA 94303

• Youth Art • Live Performances • Workshops • Food Trucks •

5:25 - Art & Social Justice Workshop
6:00 - Lauren Lin
6:15 - Art & Substance Use Workshop
6:20 - Garcia's Quartet
6:30 - Hip Hop Dance Lesson
7:00 - Roisin Hernon
7:30 - Celebration of Service
8:30 - Dance Performance

Join us for the YCS Celebration of Service starting at 7:30!
Followed by a dance performance by Antonella Doblanovic
FREE POETRY EVENT

INTERESTED IN SONG WRITING OR RAPPING?
START WITH LEARNING THE BASICS OF POETRY!

YOUR WORDS HAVE IMPACT.

WHEN:
Saturday, May 6th 10:00–2:45pm

WHERE:
Woodside High School
199 Churchill Ave,
Woodside, CA 94062

Free Lunch Included!

Parents welcome!

CLICK HERE TO REGISTER:

DECODED
SAN MATEO COUNTY HEALTH BEHAVIORAL HEALTH & RECOVERY SERVICES
MENTAL HEALTH AND WELLNESS WALK

Join the San Mateo County Youth Commission on Saturday, May 13th, 2023, from 1 p.m. to 3 p.m. to raise awareness about Mental Health and Wellness and de-stress in Coyote Point, San Mateo.

https://www.eventbrite.com/e/mental-health-and-wellness-walk-tickets-60236132697

Coyote Point, San Mateo
MENTAL HEALTH AWARENESS MONTH 2023

PAINT & SNACK
MENTAL WELLNESS ACTIVITY FOR TEENS

Join the StarVista Crisis Center and Redwood City Public Library for an afternoon of painting and snacks as part of Mental Health Awareness Month. Life can get stressful, but engaging our creativity can help release that stress and improve our mental wellbeing.

SATURDAY MAY 13TH
1PM-4PM
REDWOOD CITY PUBLIC LIBRARY COMMUNITY ROOM
1044 MIDDLEFIELD RD

Spots limited, register today!

Presented by:

#Share4MH
In honor of May Mental Health Month

OLDER ADULTS & MENTAL HEALTH

Event Dates & Location

- 5/15 - Scam Prevention for Older Adults & Adults w/ Disabilities
- 5/31 - Loneliness & Social Isolation

Location: Doelger Senior Center - Cafe Doelger
(101 Lake Merced Blvd, Daly City)

Event Agenda + Info

- 12pm-1pm: Lunch (Reservation required. See contact) + resource tables
- 1pm-2pm: Presentation

Lunch is $3 suggested donation. Presentation is free.

Contact info

Cristina Ugaitafa
C Ugaitafa@smgov.org
Call For Lunch: (550) 991-8012
The County of San Mateo Veterans Commission in partnership with the CVSO & VA presents:

S.A.V.E. Training & VA Resource Event

Understanding and Preventing Suicide through SAVE Training followed by VA Healthcare Enrollment and VA Benefits Panel.
Learn how to enroll in VA Healthcare and how to apply VA for benefits. Free to everyone.

- 5:30pm VA SAVE Training- Provided by VA Palo Alto- Learn How you can save a life
- 6:30pm VA Healthcare Enrollment and Accessing VA Benefits- Experts answer your questions on how to enroll in VA Healthcare, how to apply for VA Disability, Education Benefits, etc.

Date: May 16th, 2023
Time: 5:30pm
Place: RWC Library - 1044 Middlefield Rd, Redwood City, CA 94063
*Limited Seating Available

FOR MORE INFO:
(650) 802-6598

*The meeting space is provided as a community service by the City of Redwood City. The City neither sponsors nor endorses this event nor the presenting individual or organizations.
Picnic at the Parks
Quarry Park Picnic & History Tour

SATURDAY MAY 20TH
11AM TO 1PM

Back by community demand, we invite you to join us for Picnic at the Parks on Saturday, May 20th! Come enjoy the May flowers and uplift Mental Health Awareness Month at Quarry Park in El Granada.

Spaces are LIMITED. RSVP at: https://tinyurl.com/PicnicParks2023
PACIFIC ISLANDER WELLNESS GATHERING

FOR AAPI HERITAGE MONTH AND MENTAL HEALTH AWARENESS MONTH, WE WANT TO INVITE ALL COMMUNITY MEMBERS TO JOIN US FOR A DAY OF HEALTH AND WELLNESS!

SATURDAY
MAY 20, 2023
11 AM - 2 PM
Sneath Lane Cultural Center
977 Sneath Lane
San Bruno, CA

FREE ACTIVITIES:
Health Screenings
COVID Vaccines & Booster Resources & Information
Food Raffles

FOR MORE INFORMATION, CONTACT BRITTANY AFU
BAFU@PCRCWEB.ORG
MENTAL HEALTH MATTERS 2023
A community wellness fair and 5K event

Sunday, May 21, 2023
9:00 AM - 1:00 PM
Seal Point Park

REGISTER FOR THE 5K RUN/WALK BEFORE APRIL 8 FOR A $10 DISCOUNT!

PRESENTING SPONSOR
Stanford Medicine Health Care
6. Next Steps

1. Spread the word
   Examples: social media, email, text, flyers, meeting announcements

2. Find something for your mental health and wellbeing

3. Attend local event

SMCHealth.org/MHM
Thank You! SMCHealth.org/MHM
stang@smcgov.org or kflui@smcgov.org

650-578-7165

SMCHHealth.org/MHM