



SAN MATEO COUNTY HEALTH

BEHAVIORAL HEALTH & RECOVERY SERVICES

MEETING MINUTES

TOPIC: 2023 May Mental Health Month (MHM) Planning Committee
DATE: Thursday, March 30, 2023
TIME: 3:30-5:00pm
LOCATION For Zoom information, please register at
<https://us02web.zoom.us/meeting/register/tZlqcu2prTwqE9a7l4H7l7dHKOD9TUWUhggr>

PRESENT: Claire Huysentruyt, Cristina Ugaitafa, Ghasem Aval, Greg Thompson, Irene Pham, John Butler, John McMahon, Kai Thornton, Kassandra Chavez, Lanajean Vecchione, Maria Martinez, Marina Kravtsova, Melissa Wong, Nicoletta Kelleher, Nirmala Bandrapalli, Patricia Neme, Sylvia Tang, Valorie Herd, William Kruse

PRESENTER: Sylvia Tang, Lee Harrison

RECORDER: Maria Martinez

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

Item	Time
1. WELCOME & INTRODUCTION <ol style="list-style-type: none">1. <u>Agenda</u>2. <u>In the Chat:</u> Name, <u>Pronouns</u>, Affiliation(s)1. <u>Housekeeping:</u> Agreements, Zoom Participation, Land and Labor Acknowledgment, Stipend, Demographic Survey2. <u>Brief Communication Update:</u> Promotional Flyer and Virtual Background are Ready:<ul style="list-style-type: none">• Sylvia will mail out to group-feel free to start using and distributing it now• Kristie will provide draft of e-mail to forward with the graphics• Kudos to Kristie for creating the graphics; used "Share" Theme• Note: Event Flyers don't have to use this style; encourage different style as will make your events stand out• ODE/Sylvia can assist with QR codes if needed for flyers	3:30 – 3:55pm (25 minutes)
2. ADVOCACY <ol style="list-style-type: none">1. Cities – Lights, City Council Proclamations (April – May)<ul style="list-style-type: none">• Sylvia will be main point of contact with City Mayors-will be requesting city proclamation dates throughout April/May2. County – Lights,<ul style="list-style-type: none">• Board of Supervisor Proclamation (Tues, April 25, 9am, Hybrid Mtg-Sylvia will attend in person)• Behavioral Health Commission Presentation (Wed, May 3, Hybrid as well)	3:55-4:05pm (10 minutes)

<p>3. Note: Sylvia will share spreadsheet of proclamation dates if you would like to sign up to attend to accept or co-accept proclamations</p> <ul style="list-style-type: none"> Sylvia will also e-mail group about opportunities to speak or make public comment at meetings 	
<p>3. EVENTS</p> <p>1. Hybrid Event Coordination Tips (Lee Harrison, African American Community Initiative Co-Chair)-Lee shared his experience and lessons learned hosting a Hybrid AACI Black History Month Event in February-Combination Zoom and In Person at EPA</p> <ol style="list-style-type: none"> 15-20 min presentations were great, but due to hybrid event and increased in person socialization after pandemic, made for disruptive environment For in person audience, in person and shorter presentations are better vs recorded or via Zoom The more interactive the event the better, however difficult to engage both audiences (in person and virtual) in the same activity at the same time; virtual audience not as engaged or connected as in person group. Do everything possible to get all info needed through registration process ahead of the event, such as contact info and survey forms Have People Resources-for logistics and problem solving, ie have at least 2 people for each task AACI's next event; decided to not use Zoom, but will be in person and use Facebook Live Have a designated photographer Start your Program (ie activities, speakers, etc) at least one hour after start of Resource Tables to allow ample time for visiting tables Used raffle tickets as incentive to visit resource tables Timing is key with Evaluations-start at least an hour prior to end of event and offer incentive; difficult to obtain eval's virtually Lee offered contact info: LeHarrison@smcgov.org <p>2. Collaboration (Open Discussion)</p> <ol style="list-style-type: none"> Bill-Spirituality Initiative working with Office of Aging and Adult Services- 2 events at Doelger Ctr, Daly City <ul style="list-style-type: none"> May 15: Topic: Older and Adults and Scams May 31: Talk about Spirituality and How to Deal with Loneliness and Isolation as an Older Adult (will have peers and clinicians) Bill will send updates to Sylvia 	<p>4:05-4:30pm (25 minutes)</p>

<p>ii. John B-NAMI-Plan to have Event for MHM: People of Color and Mental Health (Location TBD-possibly RWC library or East Palo Alto)</p>	
<p>4. NEXT STEPS - ALL</p> <ol style="list-style-type: none"> 1. Identify next step(s) to accomplish by next meeting (ie contact partner; find venue; reach out for support) 2. Apply for or share mini-grant <ol style="list-style-type: none"> i. Application: surveymonkey.com/r/2023-MHM-Mini-Grant ii. Deadline: April 7 or when all 10 grantees are selected 3. Invite others to upcoming meetings <ol style="list-style-type: none"> i. April meetings will be focused on Communication and Outreach (ie Kristie will go over website; Guest Speaker from the State will be invited to review “Share” theme and resources) 4. Outreach Materials will be passed out mid or late April, and perhaps Group Photo can be taken at same time 	<p>4:30-4:40pm (10 minutes)</p>
<p>5. ANNOUNCEMENTS & CLOSING</p> <ol style="list-style-type: none"> 1. John B- John personally has extensive experience with live events and can be of support, as well as available to table representing Spirituality Initiative and NAMI <ul style="list-style-type: none"> • NAMI WALK, Saturday, October 14th, Seal Park • Next Lived Experience Academy- starts April 26th (6 weeks long; learn to share your story: contact Jairo at OCFA) 2. Marina K-San Mateo Adult and Career Education <ul style="list-style-type: none"> • Mental Health Fair; Wed, April 5th AM and PM sessions- looking for any resources/materials or organizations to table at event; e-mail Marina 3. Cassandra C- StarVista is currently taking applications for Health Ambassador Program Youth (HAP-Y) program-14 week MH program for youth 16-24 y/o's 4. Maria M - Cesar Chavez Celebration, F, March 31st, East Palo Alto Academy 5. Sylvia T- BHRS, ODE Internship Application Open <p>Next Meeting: Thursday April 13 3:30-5:00pm Communication & Outreach 2023 Meeting Schedule smchealth.org/MHM</p> <p>Questions/suggestions? MHM Planning Committee Co-Chairs Kristie Lui, She/Her (kflui@smcgov.org) or Sylvia Tang, She/Her (stang@smcgov.org) 650-578-7165)</p>	<p>4:40-4:55pm (15 minutes)</p>