



SAN MATEO COUNTY HEALTH

BEHAVIORAL HEALTH & RECOVERY SERVICES

MEETING MINUTES

TOPIC: 2023 May Mental Health Month (MHM) Planning Committee

DATE/TIME: Thursday, March 16, 2023

TIME: 3:30-5:00 pm

LOCATION: For Zoom information, please register at

<https://us02web.zoom.us/meeting/register/tZlqcu2prTwqE9a7l4H7l7dHKOD9TUWUhqgr>

PRESENT: Rev. Bill Kruse, Christopher Hoover, Claire Huysentruyt, Cristina Ugaitafa, Gina Quiney, Greg Thompson, Irene Pham, Jackie Almes, John Butler, John Weaver, Kai Thornton, Kristie Lui, Lanajean Vecchione, Maria Martinez, Marina Kravstova, Michael Lim, Shannon Oh, Sylvia Tang, Twila Dependahl, Valorie Herd

PRESENTERS: Sylvia Tang, Kristie Lui

RECORDER: Maria Martinez

You can view recording and chat at

https://us02web.zoom.us/rec/share/6lSztvqQ1muB0OvIvK6iPBNpwEUws_BI5M0Y9pDqQS5ZuCMrJrWAu8hzY7A_yj7V.TxBP_9c_2cwvygpB. This link is scheduled to expire June 30, 2023.

Item	Time
1. WELCOME & INTRODUCTION <ul style="list-style-type: none">• Agenda• Introductions in the Chat• Housekeeping: Agreements, Zoom Participation, Land and Labor Acknowledgment, Stipends, Demographic Survey	3:30-3:37 pm (7 minutes)
2. THEME: THIS YEAR'S MHM THEME is SHARE <ul style="list-style-type: none">• Specific Hashtag: #Share4MH• Promote Engagement across Audiences in California• Encouraging Californians to Share:<ul style="list-style-type: none">○ How you practice self-care○ How you practice mental wellness○ How you get support for your mental health○ How you overcame stigma○ Your journey toward wellness and inspire others to Take Action○ How you live the Take Action Pillars: <i>Check-In, Learn More, and Get Support</i>○ How you're using MHM Resources• Theme addresses our top 3 goals for MHM:<ul style="list-style-type: none">○ Reduce Stigma○ Connect People to Services○ Promote Wellness• Committee Members shared positive feedback related to this year's theme• NOTE: March 16 & 30 Meetings-focus is on Events & Advocacy	3:37-3:42 pm (5 minutes)

<ul style="list-style-type: none"> • April Meetings: Will focus on Marketing/Communications and Outreach <ul style="list-style-type: none"> ○ Will learn more about #Share4MH materials state created <ul style="list-style-type: none"> ▪ Digital Version comes out ~March 20-You can view and download at https://takeaction4mh.com/tooltip-categories/may-is-mental-health-matters-month-2023/ ▪ April 7th-outreach materials shipped out and then distributed to committee members; pick-up process to be announced 	
<p>3. ADVOCACY (what's involved and next steps)</p> <ul style="list-style-type: none"> • Cities- there are 20 cities throughout county <ul style="list-style-type: none"> ○ Lights <ul style="list-style-type: none"> ▪ Different cities sign up to light their cities in Green ○ City Council Proclamations <ul style="list-style-type: none"> ▪ Cities proclaim MHM in their public meetings ▪ Speakers Include: Behavioral Health Commissioners, Interested Committee Members (Lived Experience sharing is welcomed-helps elevate the issue for the residents and council members) • County <ul style="list-style-type: none"> ○ Lights: Light up County Building in RWC, Justice Hall area in Green ○ Board of Supervisor Proclamation (tentatively April 25) ○ Behavioral Health Commission Presentation (May 3) <ul style="list-style-type: none"> ▪ Public Comment is welcomed at these meetings-ie share specific issue you would like to advocate for; share lived experience • Next Steps: <ul style="list-style-type: none"> ○ Reach out to Cities-as soon as possible <ul style="list-style-type: none"> ▪ Need one point of contact to reach out, to get on city calendars (already on county calendar) ▪ Gina Q- offered to assist in connecting with city council ▪ Template Message/Proclamation Template will be made available ○ Reach out to Sylvia directly if you would like to speak at any of the events ○ Discussed the possibility of providing/lending cities colored light filters-Sylvia will further research this idea ○ Lawn Signs provided to cities <ul style="list-style-type: none"> ▪ to raise awareness of cause and connect folks to website ○ 	<p>3:42-3:50 pm (8 min)</p>
<p>4. EVENTS</p> <ul style="list-style-type: none"> • MINI-GRANTS (Q & A): (Mini-Grants support community partners, agencies or individuals, to host an event-Ten \$300 mini-grants available) <ul style="list-style-type: none"> ○ Application- Reviewed by Sylvia <p>PDF Application: smchealth.org/sites/main/files/fileattachments/2023mhm_minigrantapplication_printready.pdf</p> <p>Online Application (Preferred): surveymonkey.com/r/2023-MHM-Mini-Grant</p>	<p>3:50-4:45 pm (55 minutes)</p>

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- Applications open through March 31st or until all 10 mini-grant recipients have been selected (deadline extended to April 7)
 - Note: HEI's and Health Ambassadors- do not qualify for mini-grants; please reach out to contact person on application for other funding sources
 - DIVERSE COMMUNITIES (Brainstorm who are the audiences we want to reach and what type of programming would be great for those audiences)
 - Goal-Reach out to diverse communities in our county to reflect the communities we are supporting
 - Target Communities may include, but are not limited, to the following:
 - 0-17 and 18-25 years old (children, youth and young adults)
 - 55+ years old (older adults)
 - Identify as part of the LGBTQ+ community
 - Identify as men or boys
 - Identify as women or girls
 - Identify as a people of color or racial/ethnic minority
 - Who are veterans
 - Who were born outside of the United States (immigrants)
 - Without stable housing
 - Committee Member Ideas for Events & Communities to Reach:
 - Focus on Older Adults-(Bill K, Cristina U, Pam W)-in person, possibly at MLK Senior Ctr in San Mateo, or Doelger Sr Ctr in Daly City; (underserved areas); provide education on scams targeting older adults, a vulnerable grp; oftentimes victims feel shame which is related to mental health; giving more thought on how to link/open door to conversation and dialogue around spirituality (protective factor) and end of life; how to deal with challenges r/t pandemic such as isolation (risk factor), and share resources; discussed spirituality being part of wellness
 - Need: funds for food, interpretation, gifts to encourage participation-Sylvia will send Budget Proposal
 - To join this group contact: cugaitafa@smcgov.org (meets weekly)
 - Resources Needed: Sylvia will send State Resources for older adults
 - Mental Health First Aid trainings- (Greg T and Voices of Recovery staff)-offer two trainings, one Youth and one for Adults; open to anyone in the county; location TBD; very early stages in planning process
 - Focus on Immigrants and Immigrant Students-(Marina)-inquiring about resources for immigrants to “address cultural shock and grieving”; normalize grief specific to immigrants
 - Suggestion: connect with Kara Grief Support as a start <https://kara-grief.org/>
 - Sylvia and Bill-offered to further research resources specific to immigrants
 - Suggestion: Connect with Office of Community Affairs, and NAMI for additional resources
 - Suggestions to frame event (ie “navigating change”)
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	<ul style="list-style-type: none"> • Discussed interpretation needs • Immigrant Services with San Mateo County's Community Affairs: https://www.smcgov.org/ceo/immigrant-services ▪ <u>Open House For Those Managing Severe Mental Health Condition and their Families</u> (Valorie H)-Hybrid event; Offer resources such as: Peer, Family, Education and Employment Support; Med Support by Nurse Practitioner <ul style="list-style-type: none"> • Valorie Herd, Felton Institute, 510-807-7554, vherd@felton.org ○ Question Re: support with setting up and hosting hybrid events- (by Michael L)-Sylvia will research any in-house experts; will update at next meeting <ul style="list-style-type: none"> ▪ Lanajean shared tech support number for peers for lived experience: 213-289-3578 (Help@Hand) ○ Projects/Other Ways to Reach Communities, in addition to Events: <ul style="list-style-type: none"> ▪ Radio PSA ▪ Podcasts ▪ Meet Folks at Gatherings ▪ Get Creative :) ○ OTHER EVENTS BEING PLANNED: <ul style="list-style-type: none"> ▪ Sylvia-Two Youth-to-Youth Events <ul style="list-style-type: none"> ○ Open Mic Poetry Event~April/May ○ Educational & Sharing Lived Experience Presentations-at Middle and High Schools ▪ John B-<i>People of Color and Mental Health</i> by African American Community Initiative for MHM ▪ John W-<i>Yearly Mental Health Mic</i> with Aileen Cassinetto at Menlo Park Library 	
	<ul style="list-style-type: none"> • COLLABORATION:- <ul style="list-style-type: none"> ○ Continue sharing events and ideas ○ Request and provide support ○ Other Ideas for Collaboration: Health Equity Initiatives- HEI's focus on Mental Health and Substance Use matters <ul style="list-style-type: none"> ▪ For more info: https://www.smchealth.org/health-equity-initiatives 	
5.	NEXT STEPS (ALL) <ul style="list-style-type: none"> • Identify Personal Next Step to Accomplish by Next Meeting • Apply for or Share Mini-Grant <ul style="list-style-type: none"> ○ Application: surveymonkey.com/r/2023-MHM-Mini-Grant • Invite others to Upcoming Meetings 	4:45-4:50 pm (5 minutes)
6.	ANNOUNCEMENTS & CLOSING <ul style="list-style-type: none"> • Greg T: <i>Voices of Recovery</i>, <ul style="list-style-type: none"> ○ <u>Cesar Chavez Celebration; F, March 31st, 4-8pm, East Palo Alto Academy</u> <ul style="list-style-type: none"> ▪ https://www.smcgov.org/hsa/event/cesar-chavez-celebration-0 ○ <u>Recovery Happens 2023</u> planning has started <ul style="list-style-type: none"> ▪ Contact: GThompson@vorsmc.org or info@vorsmc.org 	4:50-5:00 pm (10 minutes)

- Right now we meet the first Wednesday of the month in person or on Zoom.
 - VOR can table to support any event/organization; please contact Greg
- Cristina U- Cristina New Beginning Coalition meeting on March 21st, 9:00-10:30 on Zoom, with a presentation on older adults and scams: <https://www.smchealth.org/general-information/new-beginning-coalition>
- Sylvia-In chat; sharing county article r/t preparing for more rain and non-emergency assistance
 - <https://www.smcgov.org/ceo/news/more-rain-forecast-now-time-prepare>
 - <https://www.smcgov.org/ceo/news/what-you-need-know-where-call-if-you-need-non-emergency-assistance-sandbag-locations-and>
- John B-in July/August-County Spirituality Retreat and St Raymond's Spirituality Retreat
 - Spirituality Retreats ~County of San Mateo through ODE
 - and
 - ~St. Raymonds Parish Retreat in
 - Menlo Park
 - Contact john
 - (650)842-0544 (please Text first)
- Marina: San Mateo Adult School will be hosting a Mental Health and Wellness Fair in April; please contact Marina if you are interested in tabling at event
 - Marina Kravtsova, San Mateo Adult and Career Education at mkravtsova@smuhdsd.org
- Cristina: Pacific Islander Initiative; Wellness Event, May 20, 11am-2pm, in San Mateo; please contact PII co-chair Brittany: <https://www.smchealth.org/pacific-islander-initiative>
- Cristina: Pride Event, June 10th; if interested in tabling contact Cristina or Pride Initiative co-chairs; <https://www.smchealth.org/pacific-islander-initiative>

NEXT MEETING:

- **Date/Time:** Thursday, March 30, 3:30-5pm
- **Location:** Zoom: (Registration Required) Please invite others.
<https://us02web.zoom.us/join/zoom/register/tZlqcu2prTwqE9a7l4H7l7dHKOD9TUWUhgqr>