2022 MENTAL HEALTH MONTH
PLANNING COMMITTEE MEETING

FEB 24, 2021 3:30PM-5:30PM
This meeting is being recorded.
MEDIA NOTICE

This meeting is being recorded. Slides and recording will be shared with those on the mailing list.

PHOTO/VIDEO NOTICE

You are approaching an event area where filming and photography are being done. Your entrance into the event area constitutes your full consent to being filmed and photographed by the County of San Mateo. The County of San Mateo reserves the right to use any photography or film taken in the event area without providing compensation to you. Such use by County may include, but is not limited to, postings to social media or websites, and/or use in promotional or informational materials in any medium.

You agree to release and discharge the County of San Mateo, its agents, representatives, assigns, and licensees from all claims, demands, and liabilities arising out of or in connection with the use of your likeness.

Do not enter this event area if you do not wish to be subject to the foregoing. Alternatively, if you wish to participate/attend the event, but do not wish to have your photograph used in accordance with the above notice, please contact an Event Organizer. County will make best efforts to comply with your wish not to be photographed.

Thank you.
San Mateo County acknowledges

- Ramaytush Ohlone  
  (Rah-my-toosh Oh-low-nee)
- Muwekma Ohlone  
  (Mah-wek-mah Oh-low-nee)

Learn more about SMC BHRS Native Indigenous People’s Initiative (NIPI) at smchealth.org/native-and-indigenous-peoples-initiative

Source: https://native-land.ca/
AGENDA

1. Welcome & Introduction
2. Mental Health Month Intro
3. Advocacy Days
4. Events
5. Next Steps
WELCOME!

**In the Chat:** Name, Pronouns, Affiliation(s), Announcements

**Housekeeping:** Stipend, Zoom (Chat, Raise Hand)

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**Cultural Humility Group Agreements**

- Listen as if the speaker is wise; listen to understand
- Practice “I” statements when speaking
- Okay to respectfully disagree
- Take risks
- No pressure to speak
- Be disciplined about not making assumptions
- No blaming, no shaming
- Confidentiality if stories are shared
- Courage to interrupt if something is going amiss or being left unsaid: Make the invisible visible
- Voices, thoughts, ideas, experiences welcome
- Pay attention to what moves you: Use oops and ouch
DEMOGRAPHIC SURVEY

Please complete this 6-question survey.

Among the four meetings, we ask that you complete this survey once.

https://www.surveymonkey.com/r/2022-MHM-PC

OR

SCAN

CLICK IN CHAT
MENTAL HEALTH MONTH (MHM)

INTRO

BACKGROUND/HISTORY, PURPOSE, TARGET AUDIENCE

THIS YEAR’S THEME: TAKE ACTION

- Events
- Communication Campaign
- Advocacy Days

COMMITTEE MEMBER ROLES

TIMELINE
SAN MATEO COUNTY

STIGMA BASELINE DATA

Find Executive Summary and Full Report at:
https://smcbhrsblog.org/2020/09/02/community-stigma-baseline-survey-mental-health-substance-misuse-knowledge-beliefs-behavior/
ADVOCACY DAYS

• Purpose
• Target Audience
• Activities
• Roles
EVENTS

• Mini Grant - Application Due Thursday, March 24
surveymonkey.com/r/2022MHM-MiniGrantApp
• Collaboration
NEXT STEPS!

- Share personal next step(s)
- Apply or share mini-grant
- Invite others to upcoming meetings
NEXT MEETING
Thursday, March 24
3:30–5:30pm
Zoom
Please invite others!

MAY MENTAL HEALTH PLANNING COMMITTEE
OPEN TO PUBLIC
THURSDAYS 3:30–5:30 PM
VIA ZOOM

February 24
Events and Advocacy Days

March 24
Events and Advocacy Days

April 14
Communications and Outreach

June 9
Debrief and Celebration

Stipends are available for those who identify as behavioral health clients or family members.

Language Interpretation is provided if needed. To reserve language services, please contact us at least one week prior to meeting.

KIRSTIE LUI | SHE/HER/她
klflui@smc.gov.org
SAN MATEO COUNTY
RESOURCES

CRISIS 24/7 RESOURCES
Star Vista Crisis Hotline
650-579-0350
(or 1-800-273-8255)
smcateocrisis.org/crisiscenter

Crisis Text Line
Text “BAY” to 741741 crisisextline.org

NON-CRISIS RESOURCES
Heart & Soul Peer-Run Warm Line
650-231-2024

NAMI SMC Warmline
M–F 9am–5pm
650-638-0802

smchealth.org/bhrsservices
takeaction4mh.com
Questions or suggestions?
Please feel free to contact Mental Health Month Planning Committee Co-Chairs.

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THANK YOU!