

2024 May Mental Health Month (MHM)



SAN MATEO COUNTY HEALTH
**BEHAVIORAL HEALTH
& RECOVERY SERVICES**

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

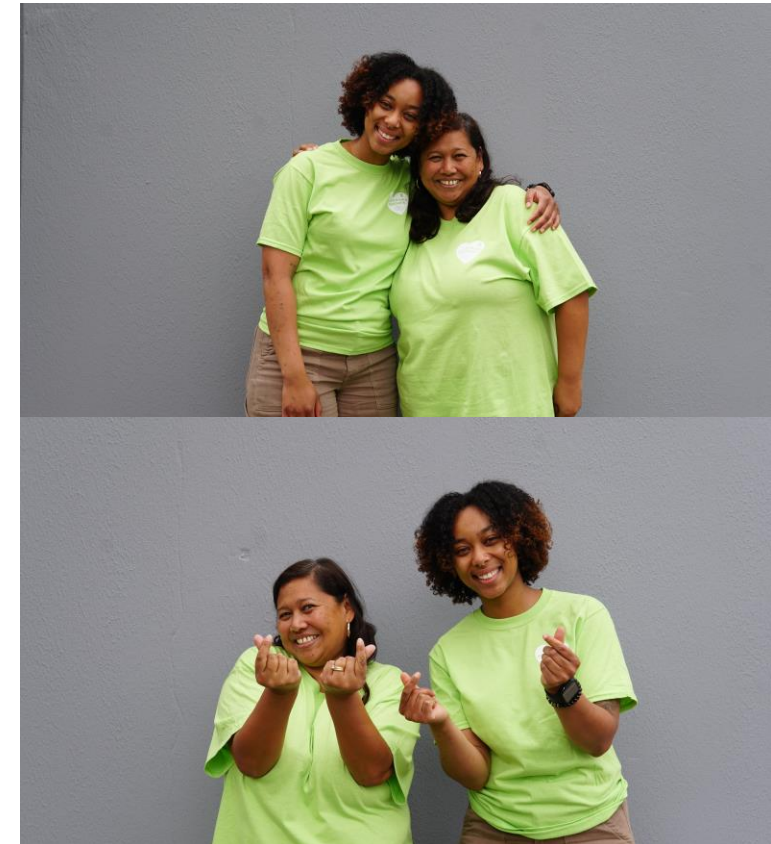


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1. Overview

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.



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SMCHealth.org/MHM





Heal Through Connection

#SMCAgainstLoneliness
#MayMentalHealthMonth

Learn more at SMCHealth.org/MHM



Sanar a Través de la Conexión

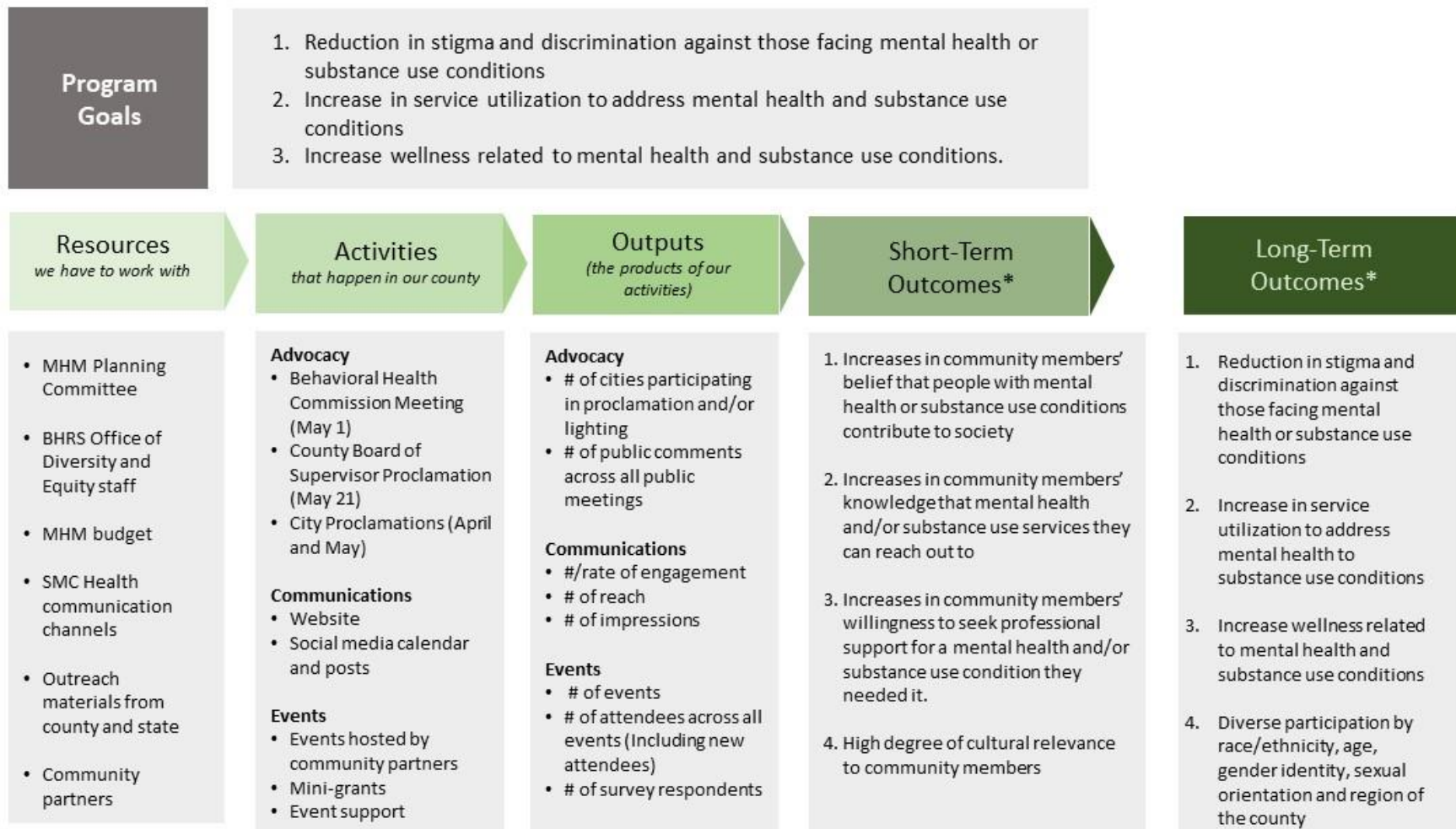
#SMCAgainstLoneliness
#MayMentalHealthMonth

Aprende más en SMCHealth.org/MHM.



1. Overview

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



2. Planning Committee



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

2024 MAY MENTAL HEALTH MONTH PLANNING COMMITTEE

THURSDAYS 3:30-5:00 PM
VIA ZOOM - EXCEPT FOR APRIL 18TH

OPEN TO PUBLIC

Stipends available for behavioral health clients or family members.

Language interpretation available. Request at least one week before each meeting.

February 15	Intro & Measures of Success
March 7	Events & Advocacy
March 28	Communication & Outreach
April 18 In-person meeting at 310 Harbor Blvd, Building E, Belmont	Group Photo & Outreach Materials
June 6	Debrief & Appreciation

Info & registration at SMCHealth.org/MHM

KRISTIE LUI | SHE/HER/她
kflui@smcgov.org

SYLVIA TANG | SHE/HER/她
stang@smcgov.org | 650-208-5799

Planning Committee Flyer



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SMCHealth.org/MHM



2. Planning Committee



2023 Mental Health Month Planning Committee In-Person Meeting



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3. Advocacy Days



South San Francisco City Hall



Brisbane City Hall



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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>)



2023 Board of Supervisor Proclamation for Mental Health Month



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SMCHealth.org/MHM



4. Communications

HEALTH CARE SERVICES

- General Health >
- SMC Connected Care >
- Emergency Medical Services >
- Pregnancy, Children, & Families >
- Tobacco >
- Aging & Adult Services >
- Mental Health & Substance Use >
- Mental Health Services >
- Mental Health Month >**
- Attend Events
- Get Involved
- Find Support
- COVID-19 Mental Health Resources
- Alcohol and Other Drugs Services
- Crisis Services
- Insurance
- New Client Information Spanish
- New Client Information English
- New Client Information Chinese
- New Client Information Filipino
- Support for Clients & Family
- Suicide Prevention
- Community Education
- Get Involved
- Meeting & Event Calendar

2024 MENTAL HEALTH MONTH

May is Mental Health Month!



Hosted by [The Office of Diversity and Equity](#)



Each year, San Mateo County joins our state and country in celebrating Mental Health Month (MHM) in May. MHM is one of the best times of the year to increase awareness and inspire action to reduce stigma against those with mental health and substance use conditions. Each year we partner with local agencies and community members to promote events free and open to the public throughout the county.

We are excited to share with our partners and communities that the theme for 2024 May Mental Health Month is **Heal Through Connection #SMCAgainstLoneliness**.

Each year, San Mateo County joins our state and country in celebrating Mental Health Month (MHM) in May. MHM is one of the best times of the year to increase awareness and inspire action to reduce stigma against those with mental health and substance use conditions.

Our Board of Supervisors passed a resolution in January declaring loneliness a public health crisis and pledging to promote social connection in our communities. According to the 2023 San Mateo County Health and Quality of Life Survey, 45% of residents in San Mateo County residents were experiencing difficulty with loneliness and isolation.

Now more than ever it's important that we find ways to connect with one another. This May, we encourage folks to connect with others at one of our free public events, connect to resources, and connect with your community by getting involved.

General Flyer

Join our **2024 Mental Health Month Planning Committee** by registering [here](#)!

Stay tuned for more details on 2024 MHM happenings! If you have questions or comments in the meantime, please reach out to the MHM Planning Committee Co-Chairs:

Kristie Lui | She/Her/It | klui@smcog.org
Sylvia Tang | She/Her/It | stang@smcog.org | 650-678-7165

Fast Facts

Did you know?

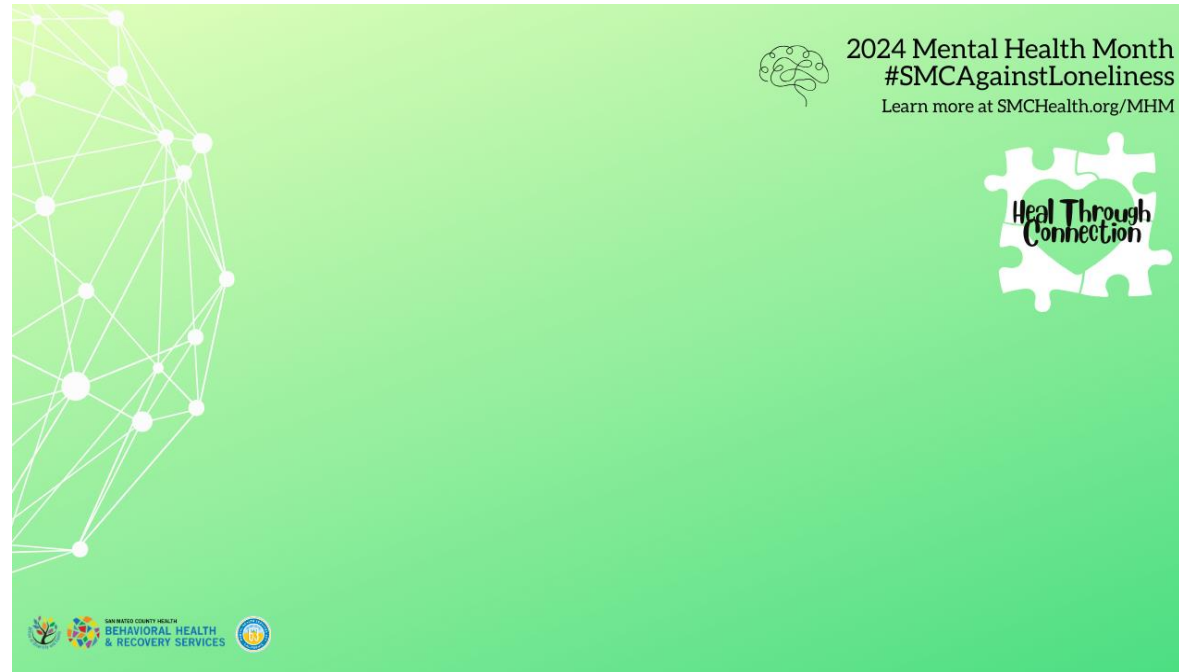
1 in 3 county 11th grade youth used alcohol or drugs one or more days in the past 30 days.

Source: [California Healthy Kids Survey](#)

Attend Events

Get Involved

Find Support



Virtual Background



Virtual Ribbon

SMCHealth.org/MHM



Main Website

4. Communications

MAY MENTAL HEALTH MONTH '24



CALENDAR OF EVENTS & 23-DAY "HEAL THROUGH CONNECTION" CHALLENGE

Sun	Mon	Tue	Wed	Thu	Fri	Sat	Legend
26	27	28	1	2 <i>1: Share a laugh with someone</i>	3 Lift Your Voices: An Open Mic Event	4 Hearts, Minds and Hands	<p>BOLD = Event <i>Italics</i> = 23-Day "Heal Through Connection" Challenge!</p> <p>For more info about events visit SMCHealth.org/attend-events</p> 
5 <i>2: Check-in w/ an older family member</i>	6 <i>3: Wave or smile at someone new</i>	7 <i>4: Learn the name of one of your neighbors</i>	8 <i>5: Think of positive traits of close friend</i>	9 <i>6: Tell someone you're grateful for them</i>	10 <i>7: Join a hobby club e.g. book club, sports, etc</i>	11 Healing Connections: Open Mic Event	
12 <i>8: Move with a friend e.g. walk, dance</i>	13 <i>9: Let someone know if you're having a hard time</i>	14 Mindfulness Meditation	15 Tap Into Wellness ----- Supporting & Caring for Trans Youth	16 <i>10: Share a song with someone</i>	17 <i>11: Schedule hangout with a friend</i>	18 <i>12: Pass on act of kindness to someone new</i>	
19 <i>13: Treat someone to a beverage or snack</i>	20 May Mindfulness Day	21 <i>14: Give someone a hug</i>	22 <i>15: Volunteer for a local organization</i>	23 Finals Wellness Fair	24 <i>16: Thank someone for a time they helped you</i>	25 <i>17: Give a small gift to someone e.g. food, craft</i>	
26 <i>18: Spend quality time with a friend</i>	27 <i>19: Reconnect with an old friend</i>	28 <i>20: Offer to help someone with a task</i>	29 <i>21: Share a fond memory with someone</i>	30 <i>22: Compliment someone</i>	31 <i>23: Tell someone how much they mean to you</i>	1	



Shirt Incentives



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Calendar of events & 23-day Heal Through Connection Challenge

SMCHealth.org/MHM

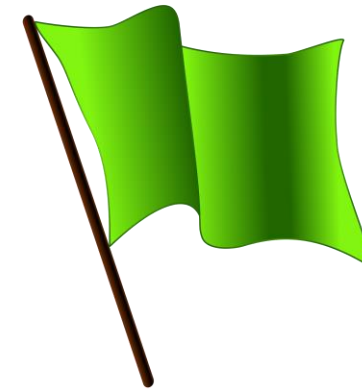


4. Communications

What Are Your Lime Green Flags Social Media Challenge
Follow SMC Health on Instagram, Facebook and X

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.



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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 KFlui@smcgov.org

MHM Website Attend Events Subpage

MAY MENTAL HEALTH MONTH '24

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12: Move with a friend e.g. walk, dance	13: Let someone know if you're having a hard time	14: Mindfulness Meditation	15: Tap into Wellness: Supporting & Caring for Trans Youth	16: Share a song with someone	17: Schedule hangout with a friend	18: Pass on act of kindness to someone new	
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Date/Time	Event	Event Description	Location	Contact
Sat, 4/20 9AM-2PM	Belmont & San Carlos Teen Wellness Retreat	[Sold out] The City of Belmont and San Carlos are excited to host the Teen Wellness Retreat! This is a one-day event for teens to destress and refresh their mental health and well-being through various workshops and self-care activities. Register here .	San Carlos Youth Center (1001 Chestnut St., San Carlos)	
Wed, 5/1 Training: 9AM-11AM Focus group: 11AM-12PM	Maging Sensitibo , Maging Matapang! Mental Health 101	This workshop prepares community members to help friends and loved ones during times of distress. Learn how to recognize mental health conditions, what to do when someone needs support, and tools for maintaining good mental health.	Virtual via Zoom Register here .	Gabriel Corpus ghcorpus@gmail.com
Wed, 5/1 6:30PM-7:30PM	Hawaiian Music with Faith Ako	Be whisked away to the islands, during a concert of Hawaiian classics & original compositions! Musician Faith Ako, who grew up in Hawaii and now lives in the Bay Area, will perform a mix of original songs and traditional Hawaiian music.	Menlo Park Library 800 Alma St, Menlo Park	John Weaver jnweaver@menlopark.gov 650-304-5624
Fri, 5/3 5:30PM-7:30PM	Lift Your Voices: An Open Mic Event	Share photovoice stories, poems, songs, or any creative piece of written work to share journey of mental health, wellness, and person growth	San Mateo Library 55 West 3rd Avenue San Mateo, CA 94402	Kassandra Chavez (she/her) Kassandra.chavez@starvista.org
Sat, 5/4 10AM-2PM	Heart, Minds, Hands	Be Sensitive Be Brave Training in English and in Spanish + service project for UCSF Benioff Children's Hospital. Lunch will be	The Church of Jesus Christ of Latter-Day Saints 975 Sneath Lane, San	Jean Perry (she/her) jeanpv78@gmail.com 650-219-7029



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HEALING CONNECTIONS OPEN MIC

Interested in creating community
connections or showcasing your artistic
expressions?

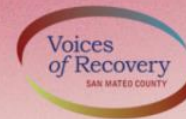
Scan below for more details!

<https://www.smchealth.org/healing-connections>



MAY 11 | 1PM-3PM

Central Park Recreation Center Assembly Room
50 E. 5th Ave, San Mateo, CA 94401



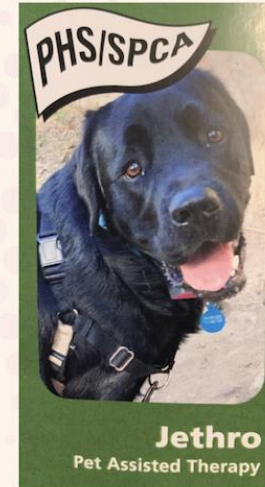
Therapeutic Tuesday

4/23 during first block and Flex Time

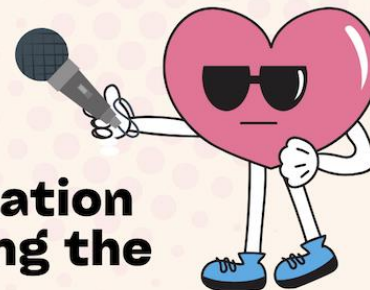
- Limited space (80 students) so turn in your permission slip early to secure a spot!
- Permission slips can be picked up and dropped off in the front office by 4/16



Play with
therapy
dogs



Self care activities
and crafts



NAMI
presentation
on Ending the
Silence

And
more...



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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)," isinasalaang-alang ang kultura at pagkakaiba-iba sa isang foundational workshop tungkol sa kalusugan ng pag-iisip. Inihahanda ng libreng workshop na ito ang mga miyembro ng komunidad na tulungan ang kanilang mga kaibigan at mahal sa buhay sa mga panahon ng distress. Alamin kung paano matukoy ang mga kundisyon ng kalusugan ng pag-iisip, ang dapat gawin kapag may nangangailangan ng suporta, at ang mga instrumento sa pagpapantili ng mabuting kalusugan ng pag-iisip.



Alamin kung nakaranas ng distress ang isang tao



Magsana na maging sensitibo at matapang sa pagtulong sa iba



Palawakin ang akbatrian sa mga resource para sa kalusugan ng pag-iisip



Maging mas matatag gamit ang recipe para sa kalusugan ng pag-iisip



Maging sensitibo sa kultura sa usapin ng kalusugan ng pag-iisip



Tugunan ang mga pangangailangan ng komunidad at bawasan ang stigma



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

Mag-register sa Eventbrite



Daluhan ang buong pagsasanay at manatili para sa isang opsyonal na focus group para magbigay ng feedback. Limitado lang sa 15 kalahok. Ang mga kalahok ay makakatanggap ng \$25 Amazon Giftcard sa pagdalo sa parehong pagsasanay at focus group



CommunityConnections
Psychological Associates, Inc.

CONTACT: Gabriel Corpus, Phd
ghcorpus@gmail.com

Kung may kakilala kang nalisip magpakamatay o nakakaranas ng distress, humingi ng 24/7 na libreng kumpidensyal na suporta sa panahon ng krisis: Tamawag sa 988 o 650-579-0350 (o 1-800-273-8255), o i-text ang 988 o "BAY" sa 741741. Para makibahagi o para sa higit pang impormasyon tungkol sa pagpigil sa pagpapakamatay, bumisita sa SMCHealth.org/SuicidePrevention



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:
<https://bit.ly/494F95d>
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

**Be Sensitive
Be Brave
Training- 10AM**

Spanish & English.
Recognize mental health
conditions, how to support
others & tools for good
mental health.

Register at

HeartMindsHand.eventbrite.com



**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



STAR VISTA



In partnership with



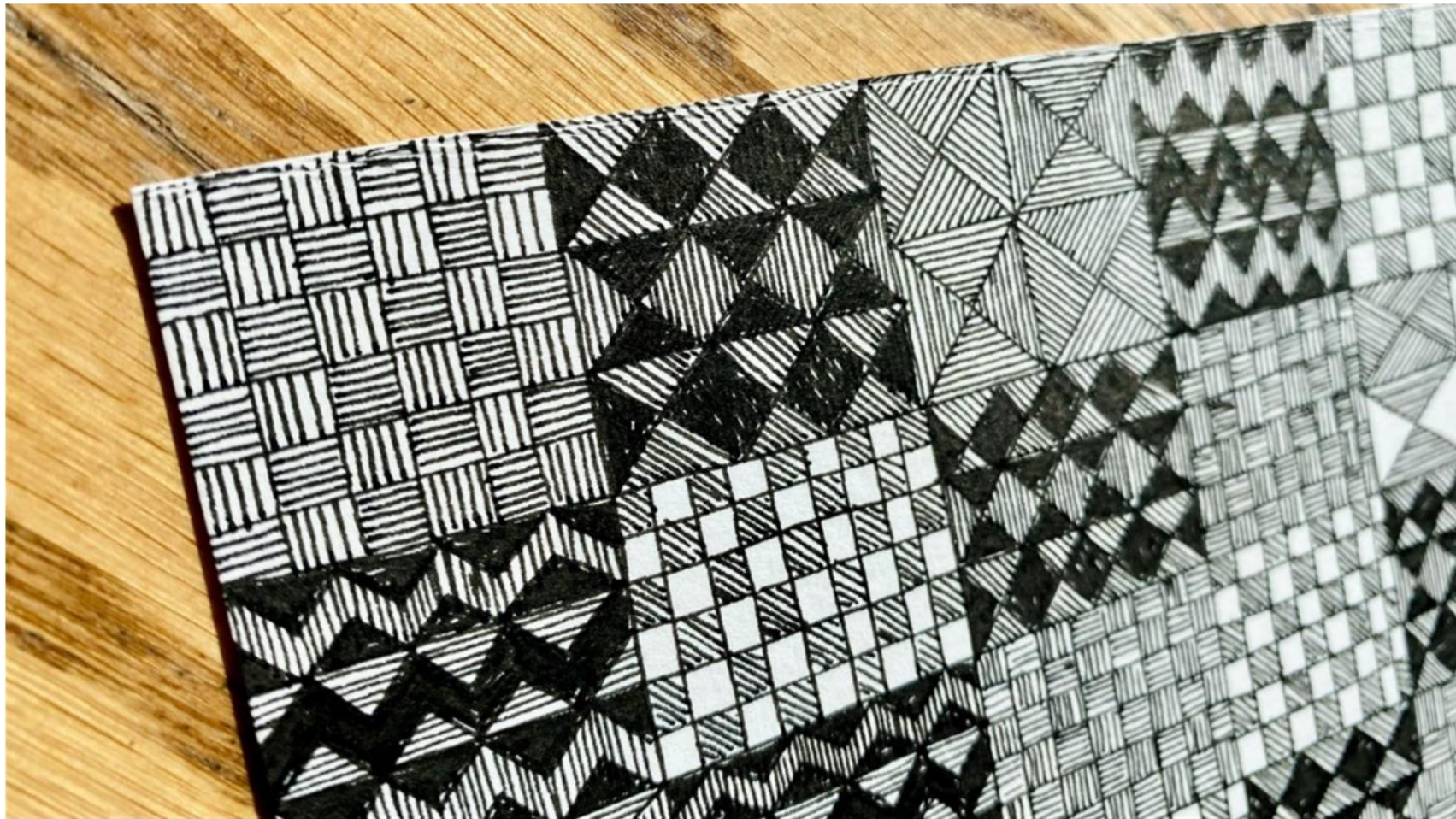
Stride For Awareness

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



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Thank You!



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