

# 2023 May Mental Health Month (MHM)



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

**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

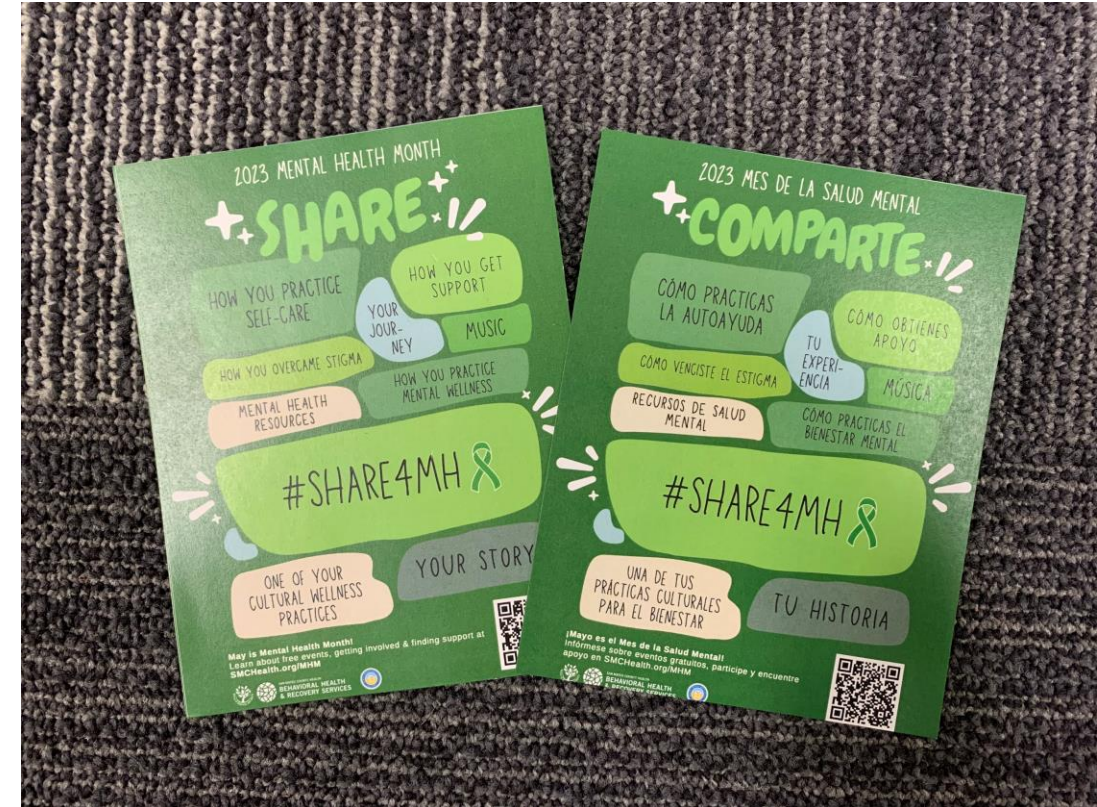


SAN MATEO COUNTY HEALTH  
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& RECOVERY SERVICES**

# 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.



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[SMCHealth.org/MHM](https://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

HOW YOU PRACTICE MENTAL WELLNESS

## #SHARE4MH

ONE OF YOUR CULTURAL WELLNESS PRACTICES

YOUR STORY

May is Mental Health Month!  
Learn about free events, getting involved & finding support at [SMCHealth.org/MHM](https://SMCHealth.org/MHM)



2023 MES DE LA SALUD MENTAL

# COMPARTE

CÓMO PRACTICAS LA AUTOAYUDA

CÓMO OBTIENES APOYO

TU EXPERIENCIA

MÚSICA

CÓMO VENCISTE EL ESTIGMA

RECURSOS DE SALUD MENTAL

CÓMO PRACTICAS EL BIENESTAR MENTAL

## #SHARE4MH

UNA DE TUS PRÁCTICAS CULTURALES PARA EL BIENESTAR

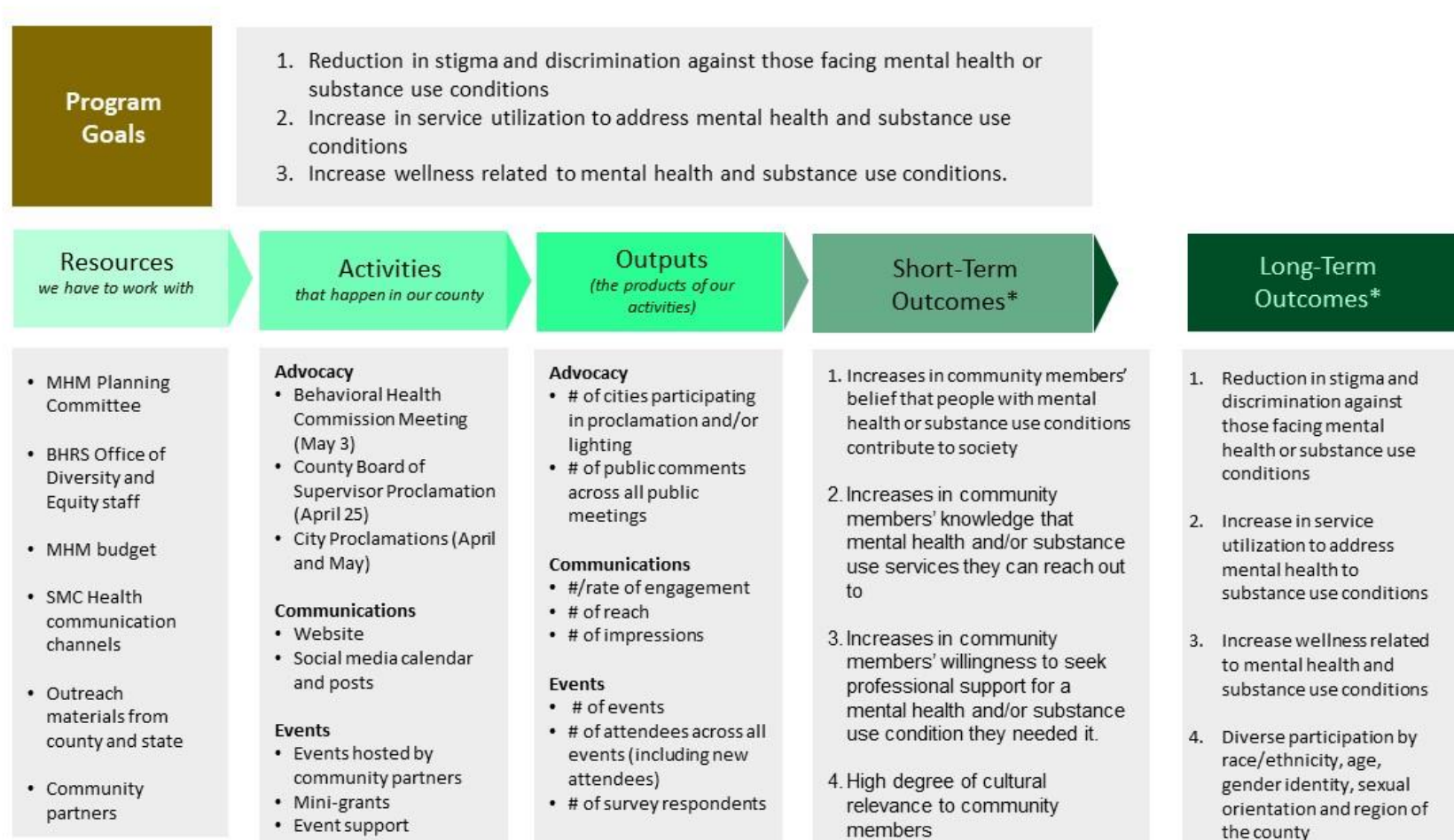
TU HISTORIA

¡Mayo es el Mes de la Salud Mental!  
Infórmese sobre eventos gratuitos, participe y encuentre apoyo en [SMCHealth.org/MHM](https://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

2023  
**MAY MENTAL HEALTH  
PLANNING COMMITTEE**

OPEN TO PUBLIC  
THURSDAYS 3:30-5:00 PM  
VIA ZOOM  
(unless otherwise noted below)\*



SCAN TO REGISTER  
AND JOIN MEETINGS

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


Language interpretation can be provided. Please contact us at least one week before each meeting.

<b>March 2</b>	Introduction & Measures of Success
<b>March 16</b>	Events & Advocacy
<b>March 30</b>	Events & Advocacy
<b>April 13</b>	Communication & Outreach
<b>April 27*</b> <small>310 Harbor Blvd, Building E, Belmont</small>	Group Photo & Outreach Materials
<b>June 8</b>	Debrief & Appreciation

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

**SYLVIA TANG | SHE/HER/她**  
stang@smcgov.org | 650-578-7165

\*April 27 meeting is in-person at 310 Harbor Blvd, Building E, Belmont



Planning Committee Flyer

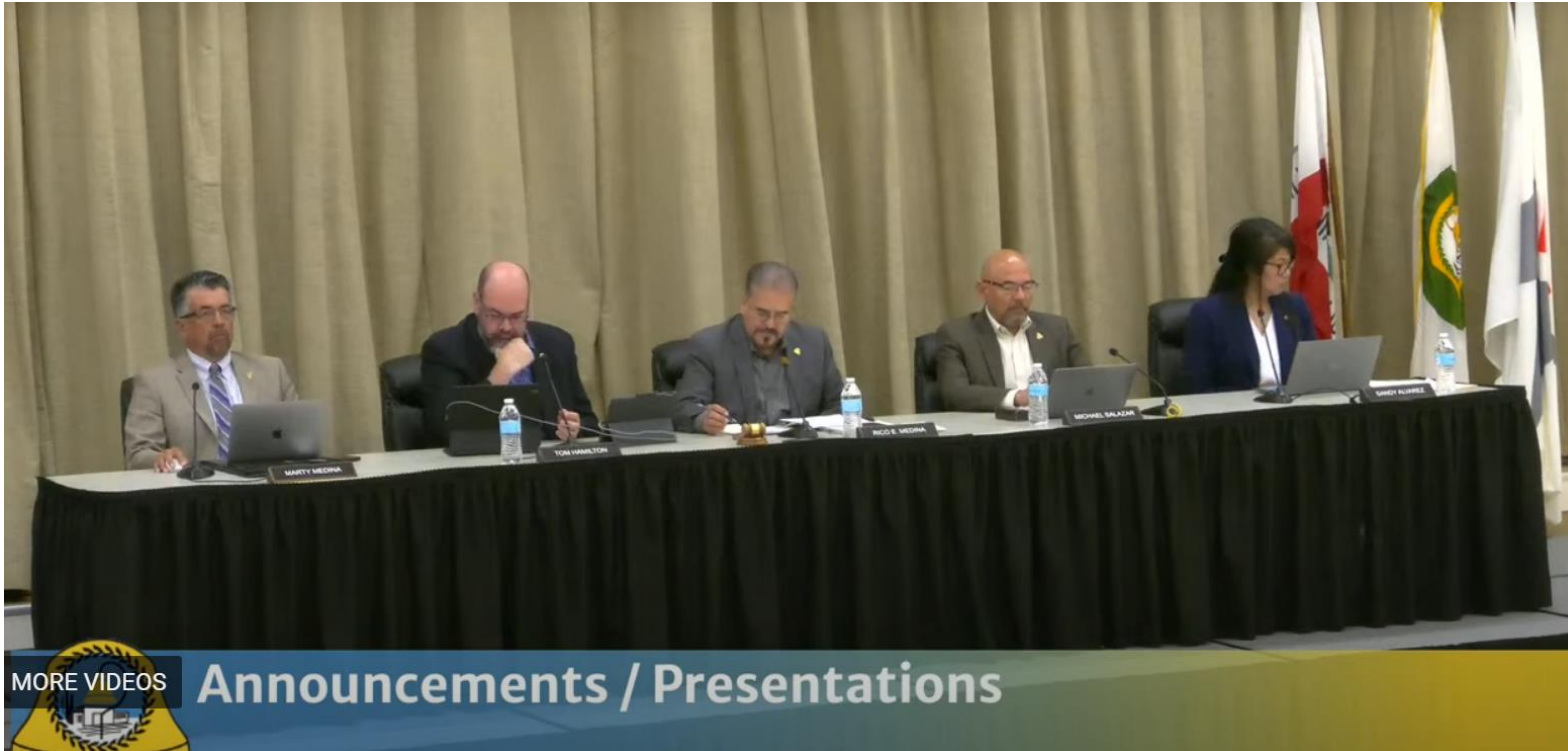


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# 3. Advocacy Days



San Bruno Proclamation April 25, 2023



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[SMCHealth.org/MHM](https://SMCHealth.org/MHM)



# 3. Advocacy Days



South San Francisco City Hall



San Carlos City Hall



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[SMCHealth.org/MHM](https://SMCHealth.org/MHM)





# 3. Advocacy Days

## 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>)



2019 Board of Supervisor Proclamation for Mental Health Month



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[SMCHealth.org/MHM](https://SMCHealth.org/MHM)



# 4. Communications

## HEALTH CARE SERVICES

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

## 2023 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.

This year's statewide theme for Mental Health Month is **"Share4MH"**. To promote engagement across audiences in California, we are asking Californians to:

- **Share** how you practice self-care.
- **Share** how you practice mental wellness.
- **Share** how you get support for your mental health.
- **Share** how you overcome stigma.
- **Share** your journey towards wellness and people others to seek action.
- **Share** how you live the Take Action pillars: Check-in, Learn More, and Get Support.

Please promote **our flyer** with your network and community!

Stay tuned for more details on 2023 MHM happenings! If you have questions or comments in the meantime, please reach out to the MHM Planning Committee Co-Chairs: Krista Liu | [kliu@smcog.org](mailto:kliu@smcog.org) | 650-578-7803  
Sylvia Teng | [steng@smcog.org](mailto:steng@smcog.org) | 650-578-7803

### Fast Facts

#### Did you know?

**1 in 3 county adults live with a mental health matter.**

Source: [San Mateo County Community Stigma Baseline](#)



Attend Events



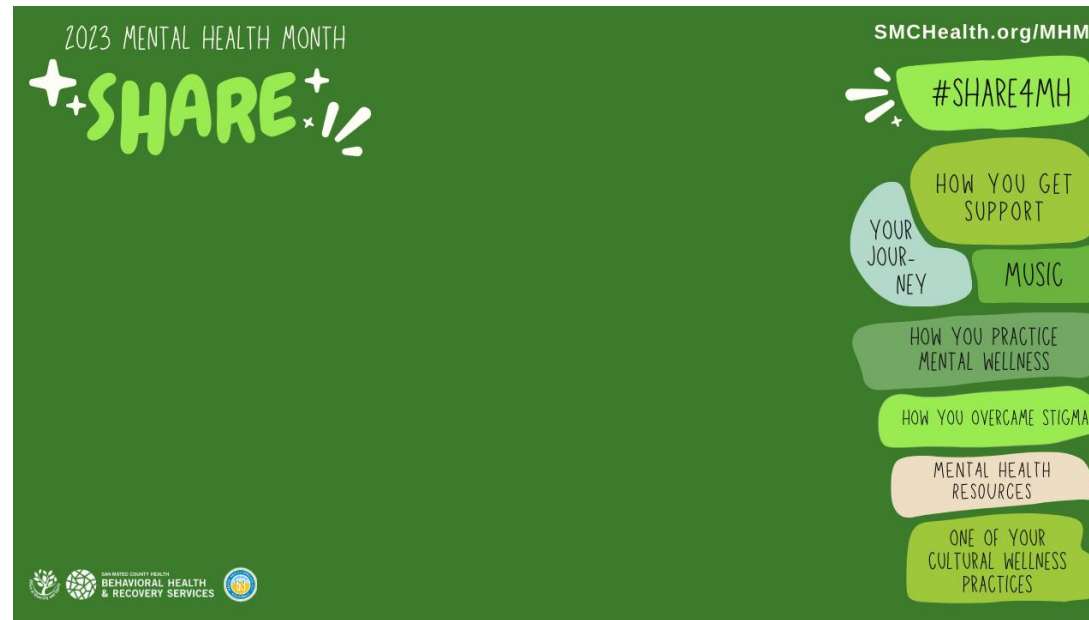
Get Involved



Find Support



Main Website



Virtual Background



Virtual Ribbon

[SMCHealth.org/MHM](https://SMCHealth.org/MHM)



# 4. Communications

**smchealth**  
San Mateo County

**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.

Liked by angryjazzhands and 11 others

**smchealth** We all have the power to destigmatize the way we talk about mental health. This May, share how you... more

Instagram Post

**Inclusive Language About Mental Health & Substance Use**

**Say This**

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# 5. Events

About Us

Language

Contact Careers

Search 



[COVID-19](#) [HEALTH CARE SERVICES](#) [LIVE HEALTHY](#) [FORMS & PERMITS](#) [FOR PROVIDERS](#)

## HEALTH CARE SERVICES

[General Health >](#)

[SMC Connected Care >](#)

[Emergency Medical Services >](#)

[Pregnancy, Children, & Families >](#)

[Teens >](#)

[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](#)


## 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, Kristie Lui at [KFlui@smcgov.org](mailto: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 honorings  [here](#)



MHM Website Event Subpage

[SMCHealth.org/MHM](https://SMCHealth.org/MHM)



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## DIVERSITY & EQUITY COUNCIL

# OPIOID USE & MENTAL HEALTH IN SAN MATEO COUNTY

A PRESENTATION BY BHRS  
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](http://WWW.SMCHEALTH.ORG/ATTEND-EVENTS)

FOR MORE INFORMATION ABOUT THIS EVENT PLEASE EMAIL:  
FRANCES LOBOS  
[FLOBOS@SMCGOV.ORG](mailto:FLOBOS@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



YCS is funded by SCC and the City Of Palo Alto

# 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

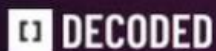
**WHERE:**

Woodside High School  
199 Churchill Ave,  
Woodside, CA 94062

**Free Lunch Included!**

Parents welcome!

**CLICK HERE  
TO REGISTER:**



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# MENTAL HEALTH AND WELLNESS WALK



RSVP QR CODE

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-602961352637>

**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



[or click here](#)



*Spots limited,  
register today!*

Presented by:



Youth mental  
wellness

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.*



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BEHAVIORAL HEALTH  
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Contact info

Cristina Ugaitafa  
[CUgaitafa@smcgov.org](mailto:CUgaitafa@smcgov.org)  
Call For Lunch: (650) 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*



 **Veterans  
Crisis Line**  
DIAL 988 then **PRESS 1**



# 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*



Saturday  
May 20, 2023  
11 AM - 2 PM



Sneath Lane  
Cultural Center  
977 Sneath Lane  
San Bruno, CA

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!

**FREE ACTIVITIES:-**

Health Screenings  
COVID Vaccines & Booster  
Resources & Information  
Food  
Raffles



PACIFIC ISLANDER



PCRC  
PENINSULA  
CONFLICT  
RESOLUTION  
CENTER

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BEHAVIORAL HEALTH  
& RECOVERY SERVICES

FOR MORE INFORMATION,  
CONTACT BRITTANY AFU  
BAFU@PCRCWEB.ORG



STAR VISTA



# 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



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[SMCHealth.org/MHM](https://SMCHealth.org/MHM)



# Thank You!



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[SMCHealth.org/MHM](https://SMCHealth.org/MHM)







SAN MATEO COUNTY HEALTH

# BEHAVIORAL HEALTH & RECOVERY SERVICES



[stang@smcgov.org](mailto:stang@smcgov.org) or [kflui@smcgov.org](mailto:kflui@smcgov.org)



650-578-7165



[SMCHealth.org/MHM](https://SMCHealth.org/MHM)

