



MINUTES

TOPIC: 2024 May Mental Health Month (MHM) Planning Committee
DATE: Thursday, March 28, 2024
TIME: 3:30-5:00pm
LOCATION For Zoom information, please register at [https://us02web.zoom.us/meeting/register/tZcsfuqhqDggGtRlg10zsFa3Aasvi2sayaqp#/
Meeting recording and slides will be shared with those on the registration and/or mailing list.](https://us02web.zoom.us/meeting/register/tZcsfuqhqDggGtRlg10zsFa3Aasvi2sayaqp#/)


Item	Time
<p>1. WELCOME & INTRODUCTION</p> <ol style="list-style-type: none"> 1. <u>Agenda</u> 2. <u>In the Chat</u>: Name, <u>Pronouns</u>, Affiliation(s) 3. <u>Housekeeping</u>: Agreements, Zoom Participation, Stipend, Demographic Survey <p>If you haven't done so, please complete this demographic survey (quick 6 questions): https://www.surveymonkey.com/r/2024-MHM-PC-Demog</p> <p>Individuals representing</p> <ul style="list-style-type: none"> • Behavioral Health and Recovery Services (BHRS) • BHRS Office of Diversity and Equity (BHRS ODE) • BHRS ODE Diversity and Equity Council • Mental Health Services Act Steering Committee • Behavioral Health Commission • Friends of San Bruno • San Mateo County Libraries • Star Vista • San Mateo Adult and Career Education • North East Medical Services • Mouton Center, Consumer Family Committee 	<p>3:30 – 3:45pm (15 minutes)</p>
<p>2. UPDATES</p> <ol style="list-style-type: none"> 1. Mini-Grants <ol style="list-style-type: none"> i. Email by Monday 2. Proclamation Volunteering <ol style="list-style-type: none"> i. Volunteer Sheri Boles helping us coordinate 3. State Campaign <ol style="list-style-type: none"> i. Theme - Reimagined ii. Digital Kits iii. Physical Materials 	<p>3:45-4:00pm (10 minutes)</p>

Next Meeting: **Thursday April 27 3:30-5:00pm | Communication & Outreach**
*****Location Change | In-Person | 310 Harbor Blvd, Building E, Belmont, CA, 94002**
[2023 Meeting Schedule](#) | smchealth.org/MHM

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)

<ul style="list-style-type: none"> 1. Fidget key chain: 1000 2. Lanyard: 1000 3. Grocery Tote: 1000 4. Stickers: 1000 <p>4. In-Person Meetings</p> <ul style="list-style-type: none"> i. Calendar invitation ii. Email about group 	
<p>3. COMMUNICATIONS</p> <ul style="list-style-type: none"> 1. Theme and Hashtag <ul style="list-style-type: none"> i. SMC Against Loneliness ii. Healing Through Connection iii. Positive response for theme and tagline 2. Promotional Flyer <ul style="list-style-type: none"> i. 12 flyer options ii. Many liked option 1, 8 and 12 iii. General suggestions <ul style="list-style-type: none"> 1. Better contrast 2. More readable font such as font for someone with dyslexia 3. Not too busy 4. Many like heart puzzle iv. Will include logos, hashtags and QR codes in chosen version 3. Social Media Calendar <ul style="list-style-type: none"> i. Channels <ul style="list-style-type: none"> 1. Main posts will be on San Mateo County Health Health Facebook, Instagram ii. Lime Green Flag Campaign <ul style="list-style-type: none"> 1. Positive traits that indicate mental healthy mind 2. Self-care practices 3. Seeing a therapist 4. Will look into post-its as green flags 5. Ideas (not sure if all will be implemented but sharing for inspiration for partners as well) <ul style="list-style-type: none"> a. Lime green flag giveaways if time b. How about a participatory event where people put post its of their green flags in a public place, like the library? c. Could we ask therapists/healers to share free info to decrease stress if 	<p>4:00-4:25pm (25 minutes)</p>

<ul style="list-style-type: none"> people can't afford a massage d. A visual of all the flags connected to each other would be cool and plays e. I am thinking about having the lime green flag day in our school... will ask students to write on the green sticky notes their ideas iii. Other Post Ideas <ul style="list-style-type: none"> 1. Reconnect with a friend <ul style="list-style-type: none"> a. Make a new friend b. Make someone a friendship bracelet 2. Connect to self 3. Connection to resources 4. Connection to community 4. Future Work <ul style="list-style-type: none"> i. Communication Plan ii. Communication Map iii. Website iv. Virtual Background v. Email Blasts 5. Physical Materials <ul style="list-style-type: none"> i. T-Shirt <ul style="list-style-type: none"> 1. 4XL or XS possible? ii. Stickers 	
<p>4. OUTREACH</p> <ul style="list-style-type: none"> 1. Event Sign Up - please add your events! 2. Outreach Map - map of different partners to outreach to. Will start to make a list of current partners in MHM Planning Committee 3. Event Collaboration <ul style="list-style-type: none"> i. Youth Action Board <ul style="list-style-type: none"> 1. Looking for Spanish interpretation/translation ii. Former Baseball Player Drew Robinson is a suicide attempt survivor and speaker – potential speaker for events– manager is Toni Nocita https://www.impactsportsmarketing.com/our-story 	<p>4:25-4:45pm (20 minutes)</p>
<p>5. NEXT STEPS</p> <ul style="list-style-type: none"> 1. Identify next step(s) to accomplish by next meeting 2. Complete or share with others to complete Event Sign Up spreadsheet 3. Invite others to attend next in-person meeting on April 18 3:30pm at 310 Harbor Blvd, Belmont – group photos and 	<p>4:45-4:50pm (5 minutes)</p>

<p>outreach material pickup i. Original agenda had incorrect time</p>	
<p>6. ANNOUNCEMENTS & CLOSING</p> <p>https://www.smchealth.org/behavioral-health-commission</p> <p>Welness tabling fair at San Mateo Adult School Marina Kravtsova (she/her) mkravtsova@smuhdsd.org</p> <p> meeting_saved_chat.t xt</p>	<p>4:50-5:00pm (10 minutes)</p>