

2. Apply for or share mini-grant (open to community members/agencies throughout SMC to promote MHM; collaboration is acceptable)
 - i. 2024 Mini-Grant Application:
 - surveymonkey.com/r/2024-MHM-Mini-Grant
 - (Reviewed Application including: target audience/demographics based on needs assessments; # and amount of mini-grants; criteria/requirements; deliverables and due dates; types of mini-grants and available event supports)
 - ii. **Deadline:** Rolling basis based on available grants OR through Sunday, March 24th
3. Invite others to upcoming meetings

5. COLLABORATION; ANNOUNCEMENTS & CLOSING

MHM EVENT IDEAS:

Collaboration with Caltrain (Sylvia mentioned upcoming SPM project-Rail Safety, but perhaps can also collaborate for MHM, ie Lived Experience First Responder Panel; tabling, etc)

NAMI Tabling

Community Support groups

One Life Counseling, Self-Care Sessions-at Moonridge Community (impacted by recent shootings) & North Fair Oaks Area

San Mateo Adult School Tabling Event; serves mostly immigrants

San Mateo County Libraries: Teen Care Packages to support them during testing time to manage stress; perhaps in person or virtual talks

An Event for Older Adults, specifically on the Coast/bilingual Sp/Eng- perhaps a collaboration with Puente

Creating Calm Group/Meditation/Qigong Activity

Spirituality Initiative Collaboration-contact Pam Ward

Open Mic Event
May 11th
 Spirituality and Mental Health

4:45-5:00pm

Other Announcements:

-Homicide-suicide case in San Mateo

<https://www.cbsnews.com/sanfrancisco/news/san-mateo-4-dead-family-identified-alameda-de-las-pulgas-murder-suicide/>

-Caltrain improved messaging when reporting suicide

<https://www.caltrain.com/rider-information/safety-security/suicide-prevention>

-“The Tracks”

San Mateo County

San Mateo County Health

Filmmakers: Isabella Gaddini, Robert Giani, Anna Devitis, Amelia Ghilzai and Ben Passion

Advisor: Sylvia Tang

<https://vimeo.com/397546881>

-NAMI Teen Group-for more info: outreach@namisanmateo.org

-Health Ambassador Youth Open Mic

9th Anniversary of HAPY

Friday, May 3

San Mateo Library (Brenda mentioned great venue)

Patricia Neme (NAMI) & John Butler (NAMI & Health Ambassador)-offered to table at any event.

Mental Health First Aid & Be Sensitive Be Brave Trainings



ZoomChat_MHM_2.1
5.2024.txt

Next Meeting: Thursday March 7 3:30-5:00pm | Events & Advocacy

Schedule and registration link at

<https://smcbhrsblog.org/2024/02/07/join-san-mateo-countys-2024-may-mental-health-month-planning-committee/>

Questions/suggestions? MHM Planning Committee Co-Chairs
Kristie Lui, She/Her (kflui@smcgov.org) or Sylvia Tang, She/Her
(stang@smcgov.org | 650-208-5799)

<http://www.smchealth.org/mental-health-month>
