

# 2020 MAY MENTAL HEALTH AWARENESS MONTH



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



**#EXPRESSYOURSELF  
#BETHEONESMC**

**Scott Gruendl, MPA, CPCO**  
Pronouns: He/Him/His  
BHRS Assistant Director

**Sylvia Tang, MPP**  
Pronouns: She/Her/她  
Office of Diversity & Equity



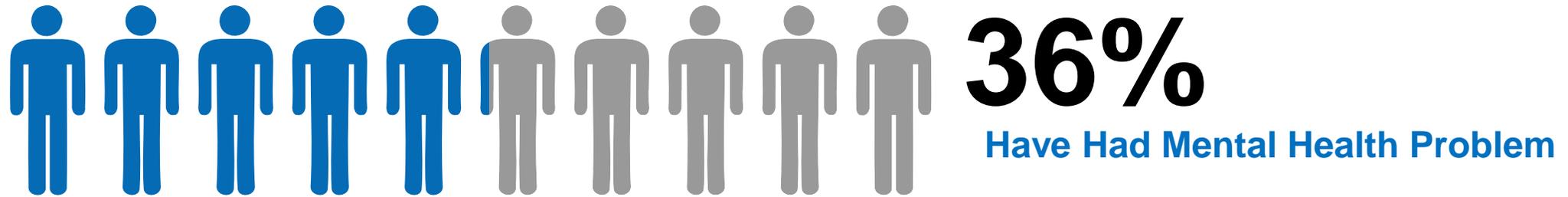
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# Why Recognize MHAM?

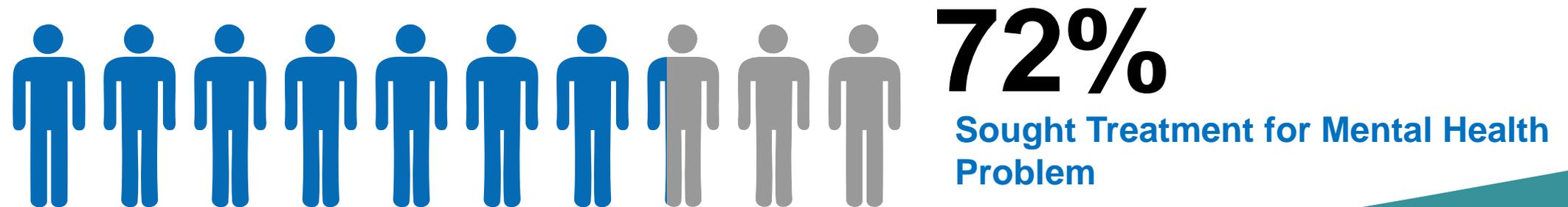


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# One-Third SMC Respondents Reported Having Had a Mental Health Problem



Among those who have had a mental health problem, almost three-quarters have sought treatment

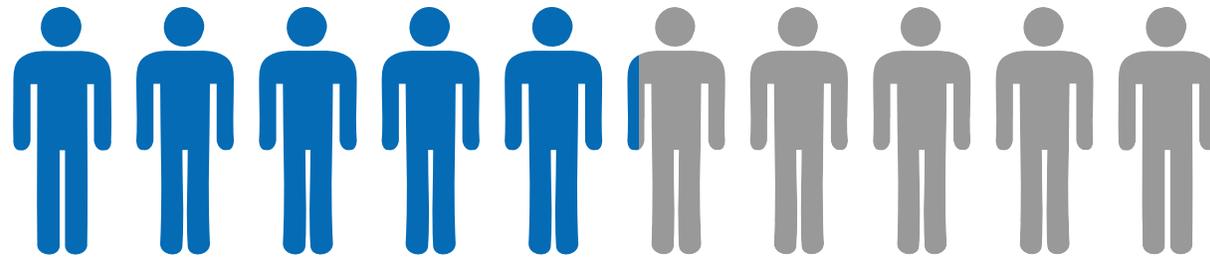


Source: 2020 San Mateo County Stigma Baseline Survey by Strata Research



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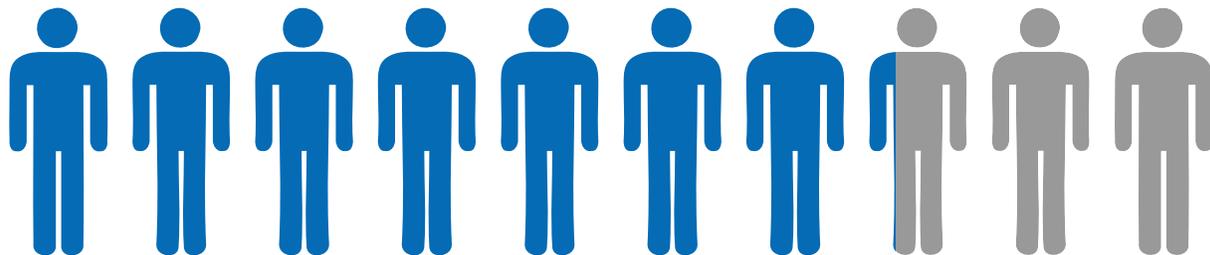
# One-Third SMC Respondents Reported Having Had a Substance Use Problem



**13%**

Have Had Substance Use Problem

Among those who have had a substance use problem, more than half have sought treatment



**55%**

Sought Treatment for Substance Use Problem



# COVID-19 Behavioral Health Services

|                                     |  |
|-------------------------------------|--|
| <b>TOTAL RESIDENTS IN TREATMENT</b> | FEB 2020 - 12,080    MARCH 2020 - 12,307<br>Difference of 227<br>16% AOD, 56% MH(M/M), 28% MH(SMI)                                 |
| <b>PSYCHIATRIC EMERGENCIES</b>      | MARCH 2019 – 233 (Youth-40 / Adult – 193)<br>FEB 2020 – 224 (Youth - 44 /Adult - 180)<br>MARCH 2020 -253 (Youth - 38 /Adult - 215) |
| <b>URGENT SERVICE REQUESTS</b>      | Pre-COVID-19: MONTHLY 1-2<br>COVID-19: WEEKLY 8  |
| <b>CALL VOLUME</b>                  | FEB 2020 – 1,317    March 2019 – 1,436<br>MARCH 2020 – 766 (134 more answered)   |

Source: San Mateo County Behavioral Health & Recovery Services



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# SMC Star Vista Crisis Hotline Calls Increase During COVID-19 Times

| Month                         | March 2019 | April 2019 | March 2020 | April 2020 |
|-------------------------------|------------|------------|------------|------------|
| <i>Total Number of Calls</i>  | 995        | 1244       | 1068       | 1370       |
| <i>Length of Call</i>         | 11 minutes | 12 minutes | 12 minutes | 16 minutes |
| <i>COVID-19 Related Calls</i> | 20%        |            | 25%        |            |

Source: Star Vista Crisis Intervention & Suicide Prevention Center



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# SMC Data – Marginalized Communities

- Depression is more common among **Latinos, low income residents**, and those with a **high school education or less**.<sup>2</sup>
- Those living **below the 200% poverty thresholds** express the highest average number of days of poor mental health per month (3.2 days, versus 1.8 days).<sup>2</sup>
- County behavioral health care services penetration rates are the lowest for the **Asian or Pacific Islander racial** group followed by **Latinos/Hispanic**.
- **70%** of adolescents reported reporting feelings of depression, nervousness or emotional stress.



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Data Source: 2017 California Health Interview Survey<sup>1</sup>, San Mateo County Health and Quality of Life Survey<sup>2</sup>, 2014-2015 San Mateo County Adolescent Report<sup>3</sup>

bit.ly/2020MHAM

## MARK YOUR CALENDARS FOR 2020 MAY MENTAL HEALTH AWARENESS MONTH EVENTS!

Posted on [April 21, 2020](#) | by [Kristie Lui](#) | [Leave a comment](#)



Each year, San Mateo County joins our state and country in celebrating Mental Health Awareness Month (MHAM) in May. MHAM is one of the best times of the year where we can promote wellness and reduce stigma against those with mental health and substance use issues.

This year, San Mateo County is joining *Each Mind Matters*, California's Statewide Mental Health Movement, in promoting the theme *Express Yourself*. As we celebrate 2020 MHAM, we are focusing on how expressing ourselves in different ways can raise awareness about mental health, break down barriers between people, build our own wellness and strengthen our communities.

Due to COVID-19, all of our events will be taking place virtually this year. Look forward to virtual open mics, paint and dance classes, mental health panels, and more! All events will be **FREE** and available to the public. Share this post or this flyer with your family, friends and community!

### Upcoming Events

\*\*\*Please keep visiting for updates or potential changes\*\*\*

Tue, 5/5 – Thu, 6/4 Tuesdays & Thursdays 6:00-7:30pm | Wellness Recovery Action Plan (WRAP) Around Trauma

Virtual Location: Zoom | [Register Here](#)

Details: If you feel you have lost your power, come and join us as we focus on Wellness Tools and Action Plans that will support you in the process of taking back your own power, taking some safe risks and seeking out people who validate you and your experiences. You can download event flyer [here](#)

Language: English

Contact: [info@vorsmc.org](mailto:info@vorsmc.org)



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# MHAM Communication Campaign



San Mateo County

## MAY MENTAL HEALTH AWARENESS MONTH

Free virtual events offered in Spanish & English throughout the month

Visit [bit.ly/2020mham](http://bit.ly/2020mham) for more info

#ExpressYourself #BetheOneSMC



2020




**EachMind MATTERS**  
California's Mental Health Movement

## Self-Care BINGO

MARK ALL THE SELF-CARE ACTIVITIES YOU HAVE DONE LATELY.

|                     |                       |   |                            |                 |
|---------------------|-----------------------|---|----------------------------|-----------------|
| WORE A MASK         | MEDITATED             | YOGA  | CREATIVE ACTIVITY          | READ A BOOK     |
| COLORING            | WENT OUTSIDE          | CALLED A FRIEND   | VIDEO CHAT                 | SET BOUNDARIES  |
| DRANK WATER         | TURNED OFF MY PHONE   |  | JOURNALED                  | CLEANED MY ROOM |
| WENT TO SLEEP EARLY | COOKED A HEALTHY MEAL | READ SOME POSITIVE NEWS   | VISIT EACHMIND MATTERS.ORG | FUNNY MOVIE     |
| PRACTICED GRATITUDE | DANCED                | LISTENED TO MUSIC   | MADE MY BED                | CUDDLED MY PET  |

#EACHMINDMATTERS



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# #BeTheOneSMC #ExpressYourself

# MHAM Planning Committee



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Learn more about our incredible planning committee at <https://smcbhrsblog.org/2020/05/07/thank-you-2020-mham-planning-committee/>.

# Behavioral Health Resources

*for mental health and substance use services*

## NON-EMERGENCY

### **Access Call Center**

*mental health and substance use  
services*

800-686-0101  
TDD: 800-943-2833

[www.smchealth.org/bhrsservices](http://www.smchealth.org/bhrsservices) –  
including COVID-19 resources

## EMERGENCY (24/7)

**Call 9-1-1** for medical or psychiatric  
emergencies (if you can't call, text 911)

### **Crisis Hotlines**

650-579-0350 or 800-273-8255 (TALK)

Text "BAY" to 741741



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[bit.ly/2020mham](https://bit.ly/2020mham)



stang@smcgov.org



650-578-7165