

Yolo County Health and Human Services Agency

May is Mental Health Month 2017

Updated: 04/25/2017

MAY 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

MAY IS MENTAL HEALTH MONTH HISTORY

Since 1949, Mental Health Month has been observed in May. The purpose is to raise awareness about mental illnesses and draw attention to suicide, ultimately educating our community and to reduce stigma surrounding mental health.

STIGMA REDUCTION ACTIVITIES

- **Mental Health Services Act Stop Stigma Awareness Ribbon Wall:** Mental Health family members, clients, peers, and providers are encouraged to stop by the West entrance of the Bauer Building to sign a stigma reduction ribbon throughout May to show your support of stigma reduction.
- **Lime Green Ribbon Campaign:** Pick up a lime green ribbon from the Mental Health Reception Desks at all HHS Mental Health Clinics, the Bauer Building Welcome Desk, or an MHSA Wellness Center and wear it daily to show you actively support reducing mental health stigma.
- **SNAP a Stigma Busting Selfie:** Stop by the Stigma Reduction Selfie station in the Bauer Bldg. or snap a selfie anywhere wearing your lime green ribbon and post to your personal social media accounts with one or all of the hashtags: #EachMindMatters #MillionsLikeMe #MH2017.
- **Maternal Mental Health Blue Dot Campaign:** Show your agency/groups support for Maternal Mental Health by arranging a photo with the Yolo County Blue Dot. Sign up for your photo at: <https://tinyurl.com/ltxwxbz>

CALENDAR OF EVENTS

- **05/01**, 10:00 AM- 4:00 PM: Children's Mental Health Spring Advocacy Day, 1312 10th Street Sacramento, CA 95814. Register at: <http://tinyurl.com/lkzx8hr>
- **05/02**, 1:00 PM – 2:00 PM: Each Mind Matters Conference Call, Mental Health Resources for Diverse Communities. Register at: <https://goo.gl/wR1h11>
- **05/03**, 11:30 AM – 1:30 PM: Stop Stigma Salsa Bar. Participate in stigma reduction activities and enjoy fresh salsa hosted by MHSA and the HHS Cultural Competency Committee. West Entrance – Bauer Building
- **05/04**, SAMHSA Children's Mental Health Awareness Day
- **05/04**, 8:30 AM – 10:00 AM: MSHA Mental Health Staff Training, "Client Culture: Resiliency, Recovery and Wellness" Walker/Thomson Rooms – Bauer Bldg.
- **05/04**, 6:00 PM – 8:00 PM: Film Screening Resilience: The Biology of Stress & Science of Hope 2300 E. Gibson Road – Woodland. RSVP at: <http://www.brownpapertickets.com/event/2931274>
- **05/05**, 10:30 AM – 2:30 PM: 9th Annual Yuba Sutter Mental Health Wellness and Recovery Rally, 1965 Live Oak Blvd., Yuba City. Contact: Linda Hernandez-Fogle (530) 666-8347 for details
- **05/06**, 9:30 AM Registration/10:00 AM Walk: NAMIWalks 2017, William Land Park, Sacramento, Register at: www.namiwalks.org/NorthernCalifornia
- **05/10**, 2:00 PM – 4:00 PM: MHSA Woodland Wellness Center Grand Re-Opening – **Moved to 05/31/2017**
- **05/11**, 11:00 AM – 12:00 PM: BHCOE Promoting Mental Health of LGBTQ Youth: Evidence-based Practices and Promising Strategies Conference Call. Register at: <https://tinyurl.com/kktjs9z>
- **05/12**, 10:30 AM – 12:00 PM: Yolo County Cultural Competence Committee Welcome Event. Stop by for refreshments, information, and a video presentation. Walker/Thomson Rooms – Bauer Building.
- **05/15 – 05/19**, Consumer Perception Survey, Yolo County Mental Health Clinics & Wellness Centers.
- **05/24**, 9:30 AM – 12:00 PM: Mental Health Matters Day: Building Momentum and Strength TOGETHER, Mental Health America of California, East Steps - State Capitol. <http://www.mentalhealthmattersday.org/>
- **05/31**, 8:30 AM – 2:00 PM: 6th Annual MHSA Wellness Center Consumer Art Show, "Express Yourself", Walker/Thomson Rooms - Bauer Building. *Come cast your vote for your favorite art pieces!*
- **05/31**, 10:00 AM – 12:00 PM: Meet & greet, with family fun activities in the NEW HHS Children Youth & Families Children's Wellness Center – Bauer Bldg. Contact: Kim Narvaez (530) 666-8513
- **05/31**, 2:00 PM – 4:30 PM: MHSA Woodland Wellness Center Grand Re-Opening Open House
- **05/31**, 3:30 PM – 4:00 PM: 6th Annual MHSA Wellness Center Consumer Art Show, "Express Yourself" People's Choice Award Presentation, Walker/Thomson Rooms - Bauer Building.

TRAININGS : To Register, Email: MHSA-MHTrainings@yolocounty.org

- **05/11 and 05/12**, 8:00 AM – 12:00 PM: Mental Health First Aid (Adult) *must attend both days, Community Room - Gonzales Building.
- **05/24 and 05/25**, 8:00 AM – 12:00 PM: Mental Health First Aid (Adult) *must attend both days, Clarksburg Room - Gonzales Building
- **05/24**, 1:00 PM – 3:00 PM: Safe and Social: A Media Management Guide for Parents, Caregivers, and Mindful Mentors of Tech Savvy Youth, Walker Room - Bauer Building.
- **05/24**, 1:00 PM – 3:00 PM: Seguro y Sociable: Una Guía de Administración de Medios para Padres, cuidadores y Mentores Atentos de Juventud Técnica, Thomson Room - Bauer Building
- **06/07 and 06/08**, 8:30 AM – 12:30 PM: Mental Health First Aid (Youth) *must attend both days!, Yolo County Office of Education 1280 Santa Anita Ct.

Questions? Contact Kellymarie Chen, MHSA Office Support Specialist at (530) 666-8537