

To: San Mateo County Commission on the Status of Women

From: S. Data and C. Fama, Co-chairs, Mental Health Work Group

Date: May 25, 2021

Subject: Mental Health Work Group Update

Public Comments at City Councils re: May is Mental Health Month

- **Opportunity:** Through the BHRS efforts and coordination, every city council in the County recognized mental health month through proclamations, lime green lighting of city buildings, and special events. This provided an opportunity to thank them for participating in raising awareness of this important issue, especially in the impact it has on women and girls, and to make the Commission's voice on this issue heard. We are proud to report, between the Mental Health Work Group and six of our wonderful Commissioners and Director, every city council, except Woodside as of this writing, received in person or written public comments from a Commissioner on this issue.

- **Results/Opportunities:**
 - A joint meeting/ "roundtable" will be scheduled in June with BHRS's Lived Experience Education Workgroup (LEEW) in follow up to LEEW's expressed interest to share their experiences and help inform the CSW Subgroup as it carries out its work plan.
Date and time will be distributed to CSW Commissioners who want to attend. [Being mindful not to exceed quorum of CSW attendees.]

 - A debrief is scheduled with Sylvia Tang, County coordinator of the month's event, to help inform and focus the Work Group's activities.

CALL TO ACTION: PROMOTE THESE FREE EVENT, Spanish interpretation provided:

How to They/Them: A Guide to Nonbinary Pronouns and the World of Gender Fluidity
Stuart Getty, Genderqueer Writer and Filmmaker, Author of *How to They/Them*

Tuesday, May 25, 2021, 5:30pm – 6:30pm PDT, Online Event (Webinar)

Register: <https://stuartgetty2021sequoia.eventbrite.com>

Sometimes funny, sometimes serious, always human, this gender-friendly guide will get you up to speed. It's about more than just bathrooms and pronouns--this is about gender expression and the freedom to choose how to identify. This event will feature remarks from the author, followed by a panel discussion with students from the [Sequoia High School GSA](#) (Gender and Sexuality Alliance).

Parents, students, educators, mental health professionals, and community members welcome!

The Rejection That Changed My Life: Helping Kids Turn it Around
Jessica Bacal, Author, *The Rejection That Changed My Life* & Ana Homayoun, Author/Educator

Wednesday, May 26, 2021, 12:00pm – 1:00pm PDT, Online Event (Webinar)

Register: <https://jessicabacal2021tpv.eventbrite.com>

Many of our kids will apply to schools that they don't get into or have ambitions that aren't fulfilled. But how can we normalize rejection for our kids and help them turn it around?

[Jessica Bacal's](#) new book, [The Rejection That Changed My Life](#), is perfect for anyone who needs inspiration after dealing with rejection, failure, or is searching for new beginnings. It provides an exciting new way to think about college and career challenges, changes, and triumphs. Parents, students, educators, mental health professionals, and community members welcome!

Community Resiliency Model (CRM) Parent/Caregiver Training: Part 1
Mary McGrath, SMCOE; Molly Henricks, SMCOE; Shana Karashima, SUHSD

Wednesday, June 2, 2021, 5:00pm – 6:30pm PDT, Online Event (Webinar)

Register: <https://crmtrainingpart1smcoe2021.eventbrite.com>

[The Community Resiliency Model \(CRM\)®](#) is a mental health training for parents, caregivers, and community members to support families and their wider social network. The primary focus of this skills-based program is to re-set the natural balance of the nervous system in order to bring the body, mind, and spirit back into greater balance. The FREE, two-part training will focus on the six CRM wellness skills, as well as the neuroscience behind the model. *Attendees are encouraged to attend both trainings, as Part 1 and Part 2 will each focus on three of the CRM wellness skills.*

Community Resiliency Model (CRM) Parent/Caregiver Training: Part 2
Mary McGrath, SMCOE; Molly Henricks, SMCOE; Shana Karashima, SUHSD

Wednesday, June 9, 2021, 2:00pm – 3:30pm PDT, Online Event (Webinar)

Register: <https://crmtrainingpart2smcoe2021.eventbrite.com>

[The Community Resiliency Model \(CRM\)®](#) is a mental health training for parents, caregivers, and community members to support families and their wider social network. The primary focus of this skills-based program is to re-set the natural balance of the nervous system to bring the body, mind, and spirit back into greater balance.

The FREE, two-part training will focus on the six CRM wellness skills, as well as the neuroscience behind the model. Attendees are encouraged to attend both trainings, as Part 1 and Part 2 will each focus on three of the CRM wellness skills.