


LET'S TALK ABOUT...

Connecting South Bay to Mental Health Resources

 **Thursday, May 15, 2025**

 **6:00PM - 7:30PM**

 **MAAC Community Center**
1387 Third Ave.
Chula Vista, CA 91911

SPANISH INTERPRETATION WILL BE AVAILABLE!

JOIN US TO:

- Connect with representatives from local crisis response services and other mental health partners.
- Share your thoughts and feedback on improving mental health access and awareness in San Diego's South Region.
- Explore local resources and services at the event's resource fair.
- ALL are welcome!

***REFRESHMENTS & CHILDREN'S
ACTIVITY STATION PROVIDED!***

***SCAN THE QR
CODE OR VISIT
[BIT.LY/4IMHJJQ](https://bit.ly/4IMHJJQ) TO
GET INVOLVED!***



**IF YOU HAVE QUESTIONS OR WOULD LIKE ADDITIONAL INFORMATION, EMAIL:
CRISTINAE.RIOSVEGA1@SDCOUNTY.CA.GOV**

To support meeting participation, disability-related accommodations, language interpretation (including American Sign Language), and written materials in alternative languages and formats are available upon request. Please submit your request at least 72 hours in advance of the event to Engage.BHS@sdcounty.ca.gov or by calling (619) 301-4710.

COUNTY OF SAN DIEGO HEALTH AND HUMAN SERVICES AGENCY, BEHAVIORAL HEALTH SERVICES (BHS)

Let's Talk About: Connecting South Bay to Mental Health Resources

Thursday, May 15, 2025

Daniel Romero, Agency Program & Operations Manager, Communication & Engagement (C&E) Unit
Behavioral Health Services – Strategy and Finance



House Keeping Items



- **Bathrooms are down the hallway**
- **Please feel free to grab food at the back counter**
- **Please silence your phones**
- **If you need a translation headset, they're at the check-in table and please check they're working**
- **Please no smoking or vaping**

AGENDA

6:00 PM	Welcome from BHS C&E
6:05 PM	Panel Discussion
6:25 PM	Q & A Session
6:45 PM	Break
6:55 PM	Interactive Input Activity
7:10 PM	Closing Remarks
7:15 PM	Resource Fair
7:30 PM	Closing



Welcome from BHS' C&E Unit



- Non-clinical, centralized team established in November 2022
- Staff provide subject matter expertise and planning and coordination support for departmental messaging and engagement efforts

C&E'S OVERARCHING FUNCTION

To facilitate connections and knowledge sharing with community and County stakeholders

Departmental Communications

Countywide Public Messaging Campaigns

Community Health Education and Promotion

Community Health Worker Coordination

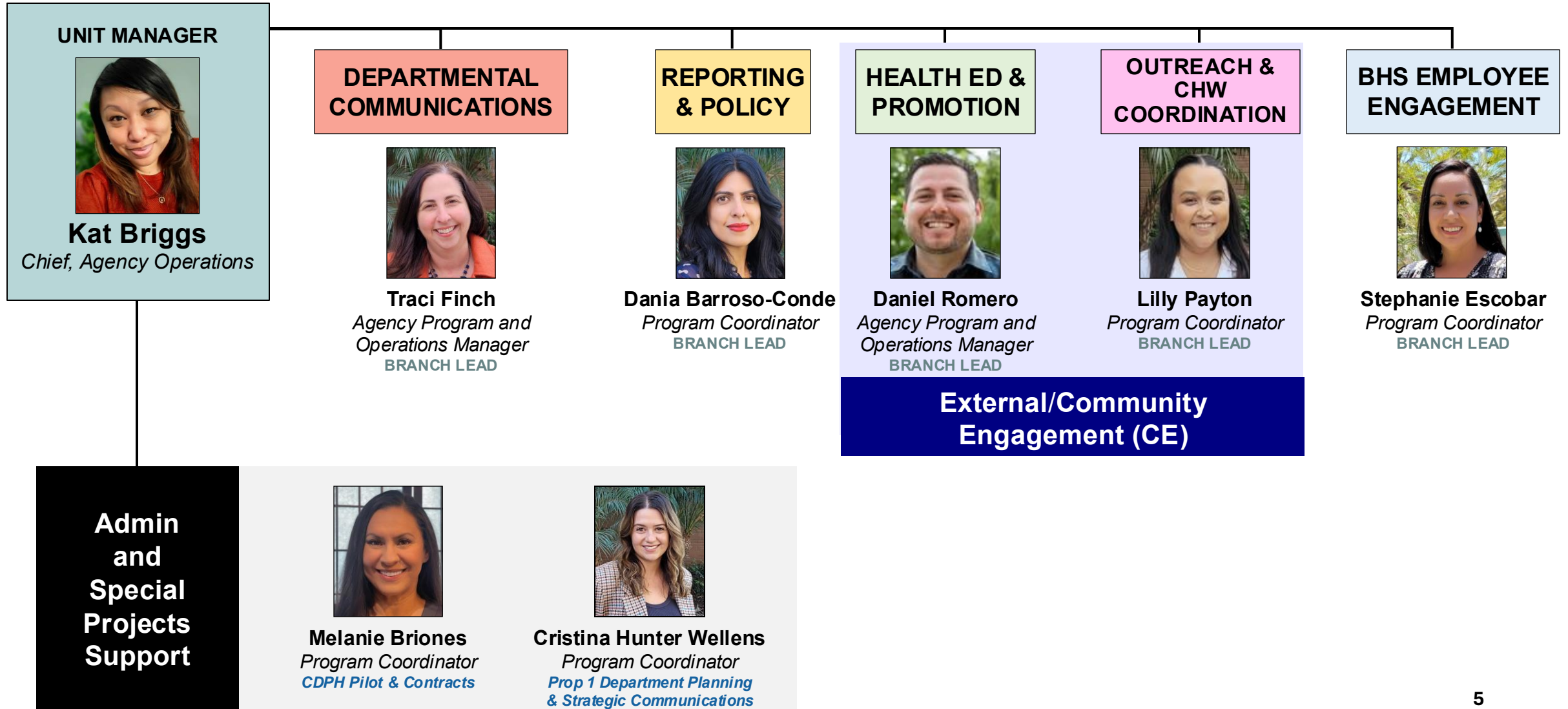
Local BH Board/Commission Coordination

Stakeholder Engagement for BH Legislation

Public BH Workforce Development Efforts

Special Projects (*ad-hoc*)

BHS' C&E Unit – Meet the Team!



Health Promotion – Current Efforts



LIVE WELL
SAN DIEGO



Health Promotion Team:

"Serves as a connection hub for community members to lift their voices while gaining access to information, resources, & services to improve their overall wellness."

Current Efforts:

- May is Mental Health Matters Month
- National Recovery Celebration Month
- "Let's Talk About..." Sessions
- Naloxone distribution, outreach, education
- Tabling and event support as appropriate



Panel Discussion – Moderator



Briana Leyva (*she/her*)
Mental Health Educator & Outreach Coordinator
Jewish Family Services
Breaking Down Barriers

Today's Panelists



Kristie Preston
Clinical Director
Optum San Diego
Access & Crisis Line (ACL)



Megan Patrick-Thompson
Program Director
Exodus Recovery
Mobile Crisis Response Team (MCRT)



Eric Frank
Clinical Director
Telecare Corp.
Mobile Crisis Response Team (MCRT)



Bobbi Smylie
Program Director of
Clinical Services
SBCS



Lauren Cook
Executive Director
Survivors of Suicide Loss (SOLS)



Panel Q&A Session



Break



Interactive Input Activity



Input Activity – Discussion Questions



1. Which of these specific mental health topics are most important in your community?

Select all that apply.

- ☐ Access to mental health services
- ☐ Help connecting to the right mental health care
- ☐ Mental health education and community programs
- ☐ Support during a mental health crisis
- ☐ Culturally appropriate and affirming care
- ☐ Support for people experiencing homelessness
- ☐ Services for youth and young adults
- ☐ Mental health workforce capacity and diversity
- ☐ Other _____

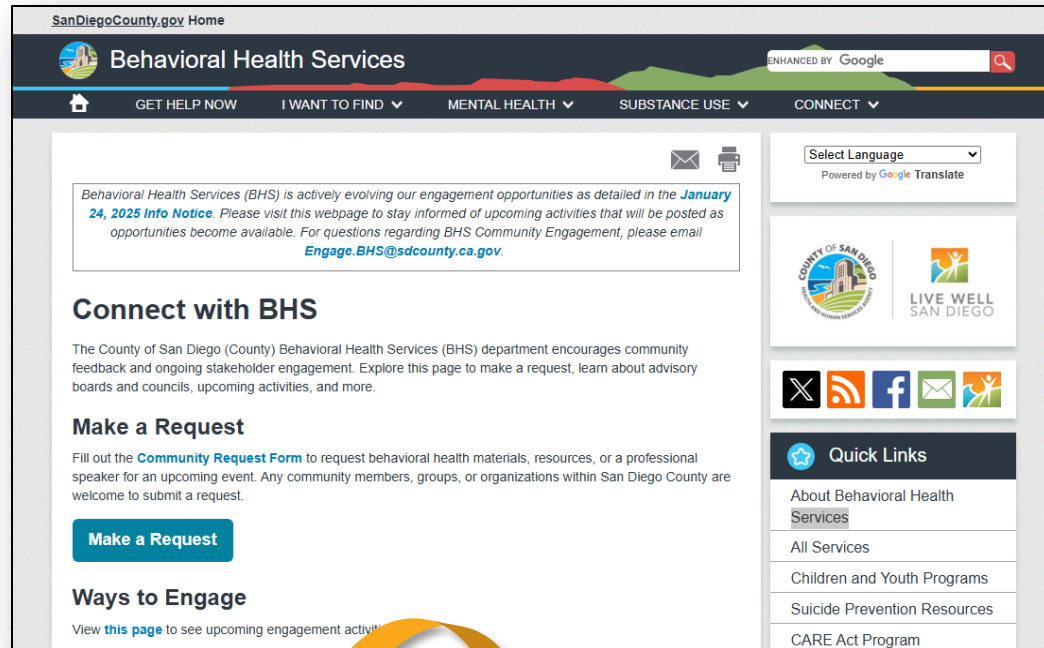
2. What are the biggest mental health or substance use challenges or needs in your community?

3. What programs or workshops would you recommend to effectively engage the South Region in discussions about mental health?

Closing Remarks

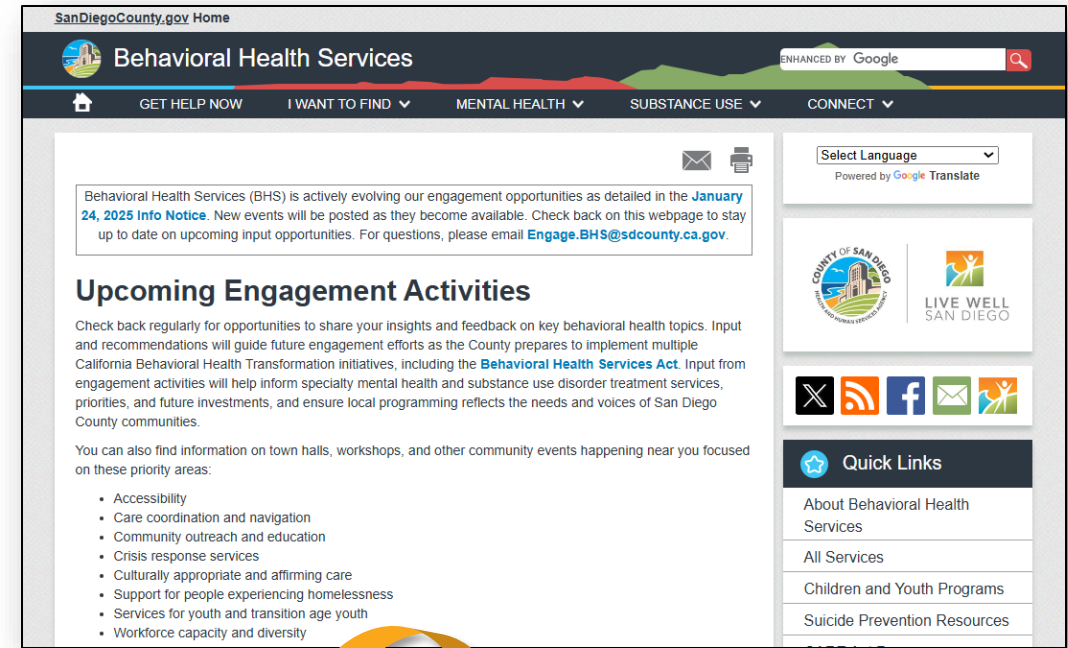


BHS' C&E Unit – *Connect with Us!*



SCAN ME

- Bookmark URL
 - Community Request Form
- URL | bit.ly/connectwithBHS**



SCAN ME

- Bookmark URL
 - Engagement summaries
- URL | bit.ly/BHSEngagement**

Resource Fair

