



County of San Diego

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July 31, 2020

TO: The Behavioral Health Advisory Board (BHAB)

FROM: Luke Bergmann, Ph.D., Director, Behavioral Health Services (BHS)

BEHAVIORAL HEALTH SERVICES DIRECTOR'S REPORT – August 2020

Mental Health Service Act Three Year Plan: 30-Day Public Review Begins

The Mental Health Services Act (MHSA) Three Year Program and Expenditure Plan for Fiscal Years 2020-23 (Plan) will be posted to the Behavioral Health Services website and the Clerk of the Board website for a 30-day public review and comment period. The review period is expected to begin on August 4, 2020 and end on September 3, 2020 when final comments will be heard at the September BHAB meeting. The MHSA Plan outlines all MHSA-funded programs and expenditures for the next three fiscal years. The MHSA Plan will then be presented at the September 29, 2020 Board of Supervisor's meeting for review and approval, as required by the Mental Health Services Oversight & Accountability Commission (MHSOAC).

LIVE WELL SAN DIEGO UPDATES/SPECIAL EVENTS

Live Well San Diego Virtual 5k

The County of San Diego is partnering with 211 San Diego to host a free virtual 5k race on Sunday, August 16. The race celebrates the 10th anniversary of the *Live Well San Diego* vision to improve wellness for San Diego residents by creating healthy, safe, and thriving communities. For additional information on the event and to register, please visit [Live Well San Diego Virtual 5k](#).

UPDATE FROM THE BHS PREVENTION AND COMMUNITY ENGAGEMENT TEAM

May Is Mental Health Month Recap

Since 1949, people throughout the United States have come together in the month of May to put special focus on mental health and talk openly about mental health conditions in an effort known as *May is Mental Health Month*. Each year, this effort seeks to increase awareness and

advocacy, encourage conversations on mental health and mental illness, normalize mental illness as a physical health condition, and take action to reduce the stigma and discrimination of those with mental health challenges. To raise awareness and promote conversations, a lime green ribbon is worn or displayed.

This year, amid the COVID-19 pandemic and the impacts of physical distancing orders, participation in May Is Mental Health Month looked very different. Events were virtual, displays were more personal, and activities were home and family based. Many activities took place through social media to ensure we stayed connected in these unusual times.

BHS created a webpage with a variety of mental health resources to promote May Is Mental Health Month including a [Green Ribbons Activities](#) page to promote conversations about mental health and a link to a calendar where the County of San Diego and many partners listed activities and virtual events planned throughout the month. BHS also received activation kits from the State's *Each Mind Matters* campaign that will be repurposed later in the year to continue mental health advocacy activities.

Additional materials were posted on social media, green ribbons were placed on mailboxes or front doors, and mental health resources were linked on BHS's website. Other mental health and COVID-19 resource links were included to offer support to individuals during these trying times.

Provider Engagement During COVID-19

Light Our Way Campaign

The regional Substance Use Disorder Prevention Provider, Social Advocates for Youth (SAY) San Diego Central Region Prevention Project, teamed up with its youth coalition, Advocates for Change Today (ACT), to organize a learning and advocacy campaign to promote the prevention of alcohol and substance use among their fellow teens while celebrating the senior graduation class of 2020. The ACT youth personally invited County of San Diego Supervisor Nathan Fletcher, who participated virtually. *Light Our Way* consisted of virtual, creative, and family-friendly activities designed to generate a spirit of motivation and perseverance among the Class of 2020 graduates, as they reflected on their academic achievements and prepared for the next chapter in their lives.

Social media played a major role in the campaign, with ACT youth posting positive impacts with friends, families, and community members of graduates through Instagram and Facebook to spread personal messages of hope and encouragement to the Class of 2020 graduates. Hashtag, #LightOurWay2020, was promoted to illuminate the work of the youth and that the COVID-19 pandemic would not stop their ambition and hard work.

Union of Pan Asian Communities (UPAC) COVID-19 Article

Dr. Syed Imam, the Positive Solutions Program manager from UPAC, wrote an [article](#) about coping with COVID-19 that highlighted simple practices to alleviate the adverse conditions of social isolation and loneliness amid this pandemic. The published article was designed to help program participants (and others) by providing some fresh tools to increase stress tolerance and resiliency. Tips included incorporating healthy physical and mental practices such as

exercise, breathing, nutrition, hydration, and mindfulness; creating positive relationships; and encouraging kindness. This information was especially useful to the vulnerable population that UPAC serves.

Positive Solutions is a program that provides outreach, prevention of mental health problems, and early intervention to home-bound seniors (60+) who are at risk of becoming depressed or have minor depression.

Respectfully submitted,



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