



Every May, Sonoma County comes together to raise awareness about mental health. In Sonoma County, approximately seven percent of the population lives with a serious mental illness. Each year, 20 percent of Sonoma County residents will experience a mental health issue that impacts their ability to function effectively in some area of their life.

Through increased outreach efforts and other opportunities during **Mental Health Matters Month**, the County of Sonoma Department of Health Services Behavioral Health Division, in collaboration with community partners, emphasizes the importance and effectiveness of increasing awareness of mental health services and decreasing stigma by hosting a variety of activities and events. This year's **Activity & Event Calendar** can be downloaded at the following link:

Date	Time	Activities & Events	Location	Sponsoring Agencies	For more information
May 1	10:00 AM - 12:00 PM	Mental Health Awareness Talking Event	Goodall Elementary School, 2007 Redwood Rd., Santa Rosa	Goodwill - Redwood Empire	Sean Behr sean@goodwill.org (707) 535-7800
May 1	1:00 PM - 2:00 PM	Getting Our Barriers Down: About Mental Health, Opioid Use, Suicide and the Food	Santa Rosa Junior College, Berkeley Blvd on St. Campus, 2000 Mendocino Ave., Santa Rosa	Student Health Services - PHHS/Coalition	Stephanie Sanchez stephanie@phhs.org (707) 534-5700
May 2	1:00 PM - 4:30 PM	Mental Health Month Kick-off Event with community partners featuring a special guest speaker, Dean Stigma, Richard W. Henry, Whittier High School, and Mental Health Services with Megan Corbett, Team Leader for Goodwill's Crisis Counseling Program	Wellness and Advocacy Center, 2245 Challenger Hwy, Suite 100, Santa Rosa	Goodwill - Redwood Empire, County of Sonoma Department of Health Services Behavioral Health Division	Sean Behr sean@goodwill.org (707) 535-7800
May 2	1:00 PM - 4:30 PM	Unleash the Power of Your Blue Genes: On the Run for Mental Health	Santa Rosa Junior College, Newman Auditorium, 2000 Mendocino Ave., Santa Rosa	SSC Student Government Assembly	Erinjan Garcia, VP of Student Health erincgarcia@sonoma.edu
May 3	5:00 PM - 7:00 PM	Stomp the Stigma	Sonoma State University, Casper Hall, 1801 E. Cotati Ave., Rohnert Park	Lambda Theta Nu Society, Latino Service Providers, Humanidad, LGBTQ Connection	Sarah-Jade Vigen sarah@ltsnu.org (707) 534-2222

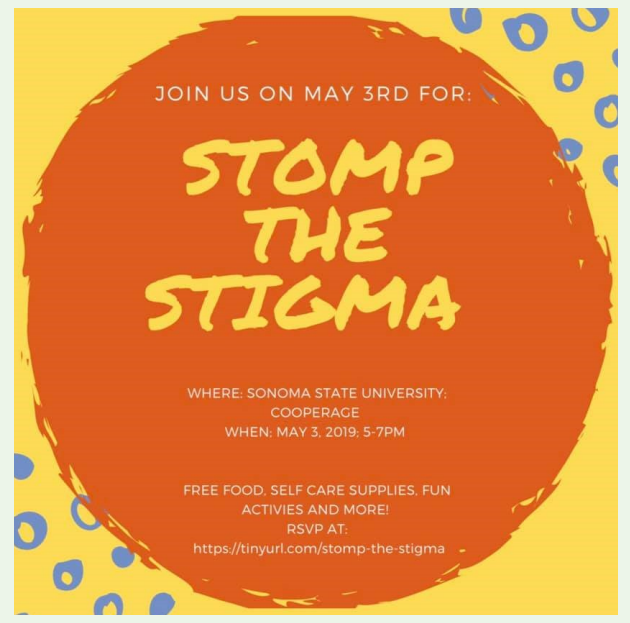
<http://sonomacounty.ca.gov/Health/News/May-is-Mental-Health-Matters-Month-2019/>



The theme for this year's Mental Health Matters Month is "Strength in Community". The **Each Mind Matters** campaign encourages everyone to start conversations, listen openly to one another and support a loved one with mental health challenges. For Mental Health Matters Month tools and resources go to:

[www.eachmindmatters.org/may2019/](http://www.eachmindmatters.org/may2019/)

**Stomp the Stigma**



**May 3, 2019, 5:00 p.m. - 7:00 p.m.**  
**Sonoma State University - Cooperage**  
**1801 East Cotati Ave, Rohnert Park**

The goal of this event is to promote mental health awareness and resources available to students in Sonoma County. Students will be provided a free meal, an opportunity to practice self-care and to create self-care kits right before finals week! All students and allies are welcome!

The schedule includes:

- Opening performance
- Keynote speaker (Barbie Robinson, MPP, JD, CHC, Director of County of Sonoma Department of Health Services)
- Workshops, Panel, Resource Fair & Activities

Presented by Latino Service Providers, Lambda Theta Nu, Humanidad Therapy and Education Services and LGBTQ Connection. RSVP for the event here:

<https://tinyurl.com/stomp-the-stigma>



## Mi Futuro - My Future is in Healthcare Careers 2019



On January 11, 2019, over 400 students from 22 high schools attended the fourth annual **Mi Futuro Symposium**, a highly-anticipated event that complements workforce development



programs in the county by highlighting healthcare careers and educational pathways for promising young professionals.

In addition, Mi Futuro promotes mental health wellness among participants and has an underlying message of social justice, addressing healthcare dis-

parities, and the lack of workforce diversity. The theme of this year's conference was "Compassion and Profession". Speakers included:

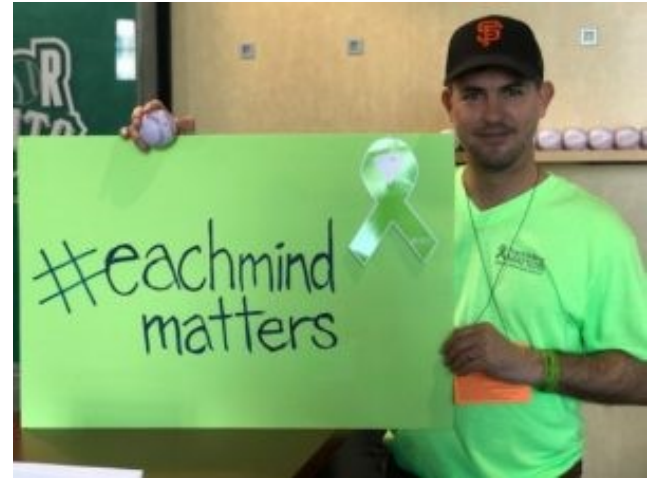
- Elizabeth Camacho, a Sonoma State pre-nursing student
- Rebecca Taylor-Ford, Kaiser RN, DNP
- Dr. Ellen Barnett of the Integrative Medical Clinic
- Keynote Speaker, Belinda Hernandez-Arriaga, LCSW and Assistant Professor at USF, who passionately encouraged students to be bold, embrace their culture, and follow their dreams

Afternoon workshops offered practical information on financial aid for college, finding mentors and internships, career pathways, suicide prevention, and holistic approaches to health and wellness. For more details on the curriculum, visit:

[www.MiFuturoNorCal.org](http://www.MiFuturoNorCal.org)



## Step Up to the Plate with Each Mind Matters!



**Each Mind Matters (EMM)** will be hitting the road this May and stopping at baseball stadiums across California to host mental health awareness events during games for Mental Health Matters Month.

Join EMM and their partners for a fun-filled day to watch your favorite baseball team in action, view EMM's new public service announcement on the Jumbotron, sit in a dedicated lime green section, and visit the EMM outreach table.



Step up to the plate for mental health awareness by wearing lime green gear as well as your favorite team colors to show your support! Games include:

- San Francisco Giants: Wednesday, May 15th at 12:45pm vs. Toronto Blue Jays
- Sacramento River Cats: Friday, May 24th at 7:05pm vs. Salt Lake Bees
- Oakland A's: Saturday, May 25th at 1:07pm vs. Seattle Mariners

For more information, visit:

[www.eachmindmatters.org/action-items/baseballtickets2019/](http://www.eachmindmatters.org/action-items/baseballtickets2019/)

For more information about MHSA programs and services, or to submit updates, events, success stories, or other content for this newsletter, please email [MHSA@sonoma-county.org](mailto:MHSA@sonoma-county.org). To sign up for this newsletter, go to: [www.sonoma-county.org/mhsa](http://www.sonoma-county.org/mhsa).