



Mental Health Association

OF SAN MATEO COUNTY

Empowering People to Create Their Best Life

REMEMBERING HELEN STEWART

Helen Stewart's first day at the Friendship Center was in 1975. She came to volunteer and stayed for 45 years because the people attending the Centers "...became my friends. I really love coming here. Actually, I start off the week thinking about coming. I do... I think I get a lot from it." Helen Stewart passed away in her sleep on Wednesday,

August 7. At the Friendship Center Helen was everyone's mother or grandmother. She was deeply loved by all. Members, volunteers, staff and the Thursday Center, will always be better for the generosity and friendship she showed to everyone who walked through the door. A memorial for Helen will be planned. ☺



MHA PRESENTS THE SECOND NAVIGATING THE MENTAL HEALTH SYSTEM

Close to 200 providers, practitioners and consumers, and family members attended MHA's second Navigating the Mental Health System conference on May 24, 2019. This educational program was an opportunity to meet and hear from an array of experts on mental illness and homelessness including Ian Adamson of Mateo Lodge, Cindy Chan of the Housing Authority and Dr. Katy Shadish from The San Mateo County Health Center's Integrated Behavioral Health Unit.

Comprehensive panel discussions helped to demystify the complex path to treatment and housing along with tips to help clients in accessing services. Providers showed how the pieces that various agencies handle fit together to work toward comprehensive care.

Lunchtime speakers Anna Lempke and Beth Rogozinski discussed advances in drug treatment and digital health, including a demonstration in how Virtual Reality can be used in occupational therapy.

Attendees reported back to MHA that the conference gave them a better understanding of the scope of services available in San Mateo County as well as an opportunity to make valuable connections with service providers.

We are deeply grateful to our Conference Sponsors including Dignity Health, Sequoia Healthcare District, Greystone, Heritage

Bank, Wells Fargo, San Mateo County Health Foundation, Kodama Diseno and Peninsula Healthcare District for helping us to provide this important event. More information about the day, including the power point presentations, can be found on our website, www.mhasmc.org. ☺



Cindy Chan



Dr. Katy Shadish



Ian Adamson

SEQUOIA HEALTHCARE DISTRICT FUNDS WELLNESS PROGRAM



MHA is extremely grateful to the Sequoia Healthcare District (SHD) for continuing the funding for MHA's Wellness Program through fiscal year 2021. The program provides medical case management, health education, chronic disease management, daily living skills training and disease prevention programs for MHA's clients in the Sequoia Healthcare District. Thanks to their support, MHA has been able to

add health and wellness activities to serve many of the formerly chronically homeless individuals in our Safe At Home Program. Due to their exposure to the elements, untreated medical conditions and poverty, these are individuals who are most at need of and benefit from this program and the home visits from nursing staff and our occupational therapist.

MHA BOARD OF DIRECTORS

OFFICERS:

Kristin Sandifer
President

Leslie Moroni
Vice President

Paul Kunkel
Treasurer

Ginny Stewart, LCSW
Secretary

DIRECTORS:

Jessica Akers
Emily K. Andrews
Marilyn David-Krasner
Max Hartman
Leslie Moroni
Patricia Urbina, MD
Ruth West
Laura Woodworth



Mental Health Association
of San Mateo County
2686 Spring Street
Redwood City, California 94063
www.mhasmc.org

Non-Profit Org.
U.S. Postage
PAID
Permit No. 75
San Mateo, Calif.

WE HAVE A NEW WEBSITE!

Visit www.mhasmc.org and let us know what you appreciate about being a part of the MHA community.

