



MENTAL HEALTH ASSOCIATION OF SAN MATEO COUNTY

Empowering People to Live Their Best Life

MARCH 2022

COMING OUT OF COVID

The last two years have presented significant challenges for everyone, but we are seeing light on the horizon. We want to share some of the ways our community has supported us. Friends brought us food and essential supplies so our case managers could distribute meals, PPE, games, activities, and books to clients. More than 1,000 bags of groceries and household items were distributed.

A group of local women prepared meals for our Shelter and Transitional Housing residents on a regular basis allowing us to stretch our housekeeping budget and provide residents with delicious, homecooked meals. One community member brought new clothing for our Shelter residents, giving many a chance, for the first time, to choose clothing they like and be the first to wear each item.

The holiday parties could not happen, however we held events at each of our sites, and hand delivered a hot, holiday meal and gift to each of our clients in the community, a daunting task, but successfully accomplished.

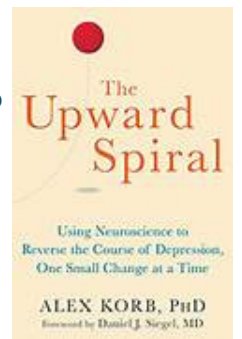
Throughout, MHA kept our doors open and remained a steadfast support system for our clients. We are proud of our staff, who showed flexibility with the everchanging rules brought on by COVID. We count ourselves lucky to be part of this community.



STORYTELLERS PART-4 MARCH 31 12-1:30PM

Sign up for part-4 of our Storytellers Series on addiction, depression and bipolar disorder. In *The Upward Spiral*, neuroscientist Alex Korb demystifies the intricate brain processes that cause depression and offers a practical and effective approach to getting better.

[REGISTER NOW](#)



RECENT HIGHLIGHTS



Friendship Center visits Filoli Historic House and Garden

Christmas at Spring Street



Storytellers Part-3 with Shonda Buchanan



CLICK PHOTOS ABOVE TO SEE MORE

CLICK EACH PHOTO ABOVE TO SEE VIDEOS MADE DURING COVID-19 PANDEMIC

Let's stay connected    

WWW.MHASMC.ORG

Introducing

PROJECT

HOMEKEY



MHA is proud to announce our new partnership with Alta Housing on the Comfort Inn Homekey Project which will transform a hotel into permanent supportive housing for 51 homeless individuals in Redwood City. Alta Housing is working with the County Department of Housing to rehabilitate the site and the units to make them more functional, with a goal of beginning lease-up in mid-to-late 2022. MHA staff will provide assistance during the lease-up and will provide on-site supportive services for residents. We are proud to be a part of this exciting expansion of opportunities for individuals who have struggled with homelessness. We will keep you updated as the project moves forward.

ON THE CALENDAR

- 3/31 Storytellers with Alex Korb
- Sol Mateo Kitchen Tour Tickets go on sale in April

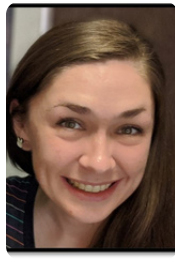
Click here to join our mailing list.



Brian U.



Ricky G.



Constance W.

NEW FACES AT MHA



Adrien L.



David RP.



Sara S.

FROM HOMELESS TO HOUSED: A SUCCESS STORY



When Fred was referred to MHA, he was living outdoors at the end of Seaport Blvd in Redwood City, with a racoon and fox as his companions. His alcohol use resulted in regular visits to ER and hospital stays over many years. Upon referral, he was extremely frail and disinterested in any sort of mental health treatment. His life was a revolving door of Spring Street Shelter stays, ER visits, hospitalizations and back to Seaport. A first attempt at permanent housing was unsuccessful because, like many people who are moving from chronic homelessness to permanent housing, he no longer had the skill set or functionality to maintain independent housing, as well as being isolated and lonely. When he was rehoused, our Case Management team went to work ensuring he had all of the services needed for success: in-home Occupational Therapy and Nursing services through MHA, to help him re-learn the vital skills needed to take care of himself. In-Home-Support-Services was brought in 3 days per week, supporting him with cooking, cleaning and even providing friendship. All services combined, he was able to stabilize and hasn't returned to the ER or hospital for two years. We are so proud of the work that Fred and our MHA team have done.

STORYTELLERS SERIES RECOMMENDED BOOKS

Losing Control
by Dr. Cassandra Joubert

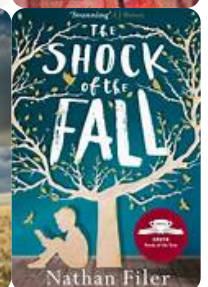
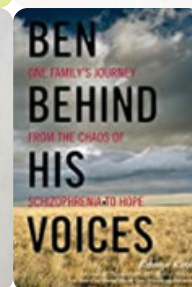
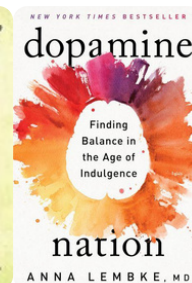
Dopamine Nation
by Anna Lembke, MD

He Came In With It
by Miriam Feldman

Fix What You Can
by Mindy Greiling

Ben Behind His Voices
by Randy Kaye

The Shock of the Fall
by Nathan Filer



CLICK PHOTOS TO SEE RECORDED INTERVIEWS OR VISIT WWW.MHASMCMC.ORG

MHA
BOARD OF DIRECTORS
IS LOOKING FOR NEW MEMBERS
WHO REFLECT OUR MISSION AND
VALUES AND HAVE A PASSION
FOR THE WORK WE DO.

IF THAT SOUNDS LIKE YOU, SEND
AN EMAIL TO
INFO@MHASMCMC.ORG