

## Live Well San Diego

### South Region Community Leadership team

### Behavioral & Mental Health Work Group Meeting Summary

Meets every 1st Wednesday of the month from 9:30am - 10:30am

**Next Meeting:** August 2nd, 9:30am - 10:30 am | 690 Oxford St., Chula Vista, CA 91911, Conference Room 1

## MEETING SUMMARY

### Who are our Community Partners:

- Please take a few minutes to share your contact and organizational information with us. This information will be used to identify strengths of our partners to move the South Region Behavioral & Mental Health Work Group's vision and mission forward.
  - *Share your contact and organizational information [here!](#)*

### Work Plan Progress Update:

- The Work Group has made progress on Goal #2 with attendance at one community event and learning about a second community event. Our future meetings will touch on planning a Community Resilience Fair to make progress on Goal #1.
  - *View the Work Group's goals [here!](#)*

### Work Group Schedule Update:

- The workgroup will begin quarterly in-person meetings starting with the August 2nd meeting.
  - *If you don't have the calendar invite, please email [Marisa.Serrano@sdcounty.ca.gov](mailto:Marisa.Serrano@sdcounty.ca.gov).*

### Partner Highlight Opportunities:

- Partner Highlights is a newer piece incorporated into our meetings. These partner highlights give the opportunity to learn more about those around the table.
  - *Email [Marisa.Serrano@sdcounty.ca.gov](mailto:Marisa.Serrano@sdcounty.ca.gov) if you would like to share about yourself and your organization during a 5-minute Partner Highlight.*

## PARTNER HIGHLIGHTS AND PRESENTATION MATERIALS

### Charlie Health



### Presented by:

**Lex Rollings, Clinical  
Outreach Manager**  
[lexie.rollings@charliehealth.com](mailto:lexie.rollings@charliehealth.com)

**[Charlie Health Digital  
Info Packet](#)**

**[Charlie Health Referral  
Process CA](#)**

**[Charlie Health Contact  
Card](#)**

### Partnerships 4 Success (P4S)



The **South Bay Summer Festival** is an opportunity for the work group to support those around the table and join the team in sharing your organizational resources and services in the effort to increase behavioral and mental health awareness. The festival will occur on Saturday, August 5th from 10am - 2am at Montgomery Waller Park.

P4S Save The Date Flyer ([ENG](#), [SPN](#))

Sign-up to volunteer at the event [here](#). ([ENG/SPN](#))

Register to table at the event [here](#).

Support local students with school supplies for the 2023-2024 school year! ([ENG/SPN](#))

## PARTNER ANNOUNCEMENTS

### Survivors of Torture, International (SURVIVORS)



**SURVIVORS** has their Mental Health Initiative Project (MHIP) which provides free, specialized mental health care to Afghans and other individuals newly arriving to San Diego. Services offered include mental health literacy workshops, wellness clubs, and direct mental health services.

View the MHIP flyer in [English](#), [Farsi](#), [Pashto](#), and [Amharic](#).

View the SURVIVORS brochure in [English](#) and [Spanish](#).

**Contact:**  
(619) 278-2400  
[survivors@notorture.org](mailto:survivors@notorture.org)

### San Diego Rescue Mission



San Diego Rescue Mission now offers their Mobile Shower Ministry in National City! These services take place every Thursday, from 10am - 12pm at 2400 Euclid Avenue, National City, CA 91950.

Visit [San Diego Rescue Mission](#) for more information and locations.

**Contact:**  
[showers@sdrescue.org](mailto:showers@sdrescue.org)

### Pandemic-EBT Reissuance



Pandemic-EBT (P-EBT) 2.0 benefits are being reissued to qualifying families up to \$1,200 per child/student.

Call (800) 887-8230 before Tuesday, August 1st to check eligibility. For more information, click [here](#) and [view the toolkit](#).

### National Recovery Month Celebration



The purpose of National Recovery Month is to bring San Diego County's recovery community together and raise awareness for treatment, support programs, and local resources. This national observance is held every September in partnership with public and private entities throughout the region to celebrate and support individuals in recovery, those thinking about recovery, and the families and friends of those on recovery journeys. The celebration will be Saturday, August 26th from 10am - 1pm at Waterfront Park.

### National Recovery Month Celebration Flyer

### National Recovery Month Promotion Slides

Request to be an exhibitor [here](#) by Monday, July 31st.

**Contact:**  
[Engage.BHS@sdcounty.ca.gov](mailto:Engage.BHS@sdcounty.ca.gov)

## COUNTY ANNOUNCEMENTS

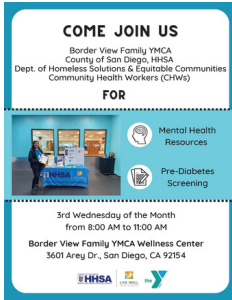
### COVID-19 and Flu Immunization Clinics



COVID-19 and Flu Immunization Clinics are hosted at the South Region Live Well Center most Sundays from 9am to 2pm. See the [English](#) and [Spanish](#) flyer for additional information.

## Mental Health Resources and Pre-Diabetes Screenings

Visit the Department of Homeless Solutions and Equitable Communities Community Health Workers at the Border View YMCA on the 3rd Wednesday of every month from 8am to 11am. See [flyer](#) for details.



## Live Well Advance Conference & School Summit

**SAVE THE DATE: Wednesday, November 1st, 2023!** Spend a meaningful day connecting with thousands of community partners and learning from others who are working towards our shared vision of a healthy, safe, and thriving region. For more information, click [here](#).



## Scoop from You(th) Challenge: Opioid Crisis

Youth and young adults are encouraged to join the challenge to raise awareness about the risks of illicit fentanyl and the importance of naloxone to help prevent opioid-related overdoses through the medium of video and visual art. Learn more about the challenge [here](#). The deadline to submit is **Tuesday, August 8th**.



**NEXT BEHAVIORAL & MENTAL HEALTH WORK GROUP MEETING:**  
**AUGUST 2, 9:30AM - 10:30AM**  
**SOUTH REGION LIVE WELL CENTER AT CHULA VISTA**  
**690 OXFORD ST., CHULA VISTA, CA 91911**  
**CONFERENCE ROOM 1**