



# Interoffice Memo

**DATE:** April 21, 2015

**PHONE:** 388-0820

**FROM:** CaSONYA THOMAS  
Director  
Behavioral Health

A handwritten signature in blue ink, appearing to read "CaSONYA THOMAS".

**TO:** HONORABLE BOARD OF SUPERVISORS  
San Bernardino County

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<b>SUBJECT</b>	<b>2015 MAY MENTAL HEALTH MONTH</b>
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The Department of Behavioral Health (DBH) is proud to continue its tradition of celebrating "May Mental Health Month," which began in 1949. This year's national theme is "B4Stage4," addressing the importance of identifying symptoms of mental illness early, identifying potential underlying diseases, and planning an appropriate course of action on a path towards overall wellness. Mental health conditions should be treated long before they reach the most critical points in the disease process—before Stage 4.

In line with the Wellness element of the Countywide Vision, DBH has adopted this year's national theme, and will encourage County residents to fully embrace mental health awareness, prevention and treatment before mental health concerns become mental health crises.

Activities planned this year to promote wellness and recovery for residents of San Bernardino County include:

**MENTAL HEALTH MONTH ART SHOWCASE**

May 1-28, 2015, Fontana Art Center's Koehler Gallery, 8536 Sierra Avenue, Fontana, CA 92335  
May 1-31, 2015, San Bernardino County Museum, 2024 Orange Tree Lane, Redlands, CA 92374

Featuring the idea of promoting wellness, recovery and resilience through art, various modes of artistry will be collected from local talent living with mental illness and displayed at the Koehler Gallery during the month. One of the highlights of the exhibit will be on May 1, when many of the artists will participate in the Meet the Artist Art Showcase Grand Opening from 2:00-6:00 p.m. Artists will be available to greet the public and talk about the inspiration for their art, as well as how they use art in their recovery process. The Koehler Gallery will be open for viewing from 1:00 - 5:00 p.m. Wednesdays through Fridays and Saturdays, from 11:00 a.m. through 3:00 p.m. Additionally, select pieces will be showcased at the San Bernardino County Museum throughout the month of May.

**DIRECTING CHANGE SCREENING AND AWARD CEREMONY**

May 14, 2015, 5:00-8:30 p.m., Lewis Family Playhouse-Victoria Gardens, 12505 Cultural Center Drive, Rancho Cucamonga, CA 91739

San Bernardino County Behavioral Health and Riverside County Mental Health are partnering to honor local students who participated in the statewide Directing Change Student Film Contest. Honorees will include students from both

counties who creatively addressed the topics of suicide prevention and ending the silence of mental illness through the use of 60 second videos that they created.

Directing Change is part of statewide efforts to prevent suicide, reduce stigma and discrimination related to mental illness, and promote the mental health and wellness of students.

**"EVENING WITH THE STARS" TENTH ANNUAL RECOGNITION AND EDUCATION BANQUET**

May 27, 2015, 6:00 – 8:30p.m., DoubleTree by Hilton, 222 North Vineyard Avenue, Ontario, CA 91764

The National Alliance on Mental Illness, in collaboration with DBH and the Behavioral Health Commission, will host the Tenth Annual Recognition and Education Banquet, "Evening with the Stars." Special recognition will be given to honor those individuals and organizations who have made significant contributions in providing excellent mental health, alcohol and substance abuse services throughout San Bernardino County.

The keynote speaker for the banquet is Paolo del Vecchio, Director of the Substance Abuse and Mental Health Services Administration (SAMHSA)'s Center for Mental Health Services. Mr. del Vecchio provides executive leadership for federal efforts to improve the nation's mental health service systems. A self-identified mental health consumer, trauma survivor, and person in recovery from addictions, Mr. del Vecchio has been involved in behavioral health for over 40 years as a consumer, family member, provider and policy maker, advocating for consumers, recovery and the elimination of stigma and discrimination.

DBH would like to extend an invitation to the Board of Supervisors, Chief Executive Officer and Assistant Executive Officer to attend the events mentioned above. It would be our pleasure and honor to have you as our guests.

CT:KC:dp

cc: Gregory C. Devereaux, Chief Executive Officer  
Linda Haugan, Assistant Executive Officer, Human Services  
Dena Smith, Deputy Executive Officer  
Bill Foley, ARMC Hospital Director  
Jeff Hebb, Assistant Hospital Administrator, ARMC Behavioral Health Unit  
Members, Behavioral Health Commission  
Executive Management Team, Department of Behavioral Health



## 31 ways to Promote Mental Health Awareness and Overall Well-Being During National Mental Health Awareness Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Check out the Mental Health Month Art Showcase at the <b>San Bernardino County Museum</b> Tuesdays through Sundays 9:00a.m. - 5:00p.m.</p>	<p>Check out the Mental Health Month Art Showcase at the <b>Koehler Gallery in Fontana</b>, Tuesdays through Fridays 1:00 - 5:00 p.m. and Saturdays 11:00 a.m. - 3:00 p.m.</p>	<p>Check out the Mental Health Month Art Showcase at the <b>Koehler Gallery in Fontana</b>, Tuesdays through Fridays 1:00 - 5:00 p.m. and Saturdays 11:00 a.m. - 3:00 p.m.</p>				
<p><b>3</b> The "I" in illness is isolation, and the crucial letters in wellness are "WE". -Unknown Author</p>	<p><b>4</b> Build relationships and social networks that provide support. -Mentalhealth.gov</p>	<p><b>5</b> Having a good laugh can be relaxing. -Mental Health America</p>	<p><b>6</b> Visit a primary doctor. -SAMHSA <i>Mental Health Expo at CSUSB Santos Manuel Student Union Event Center in San Bernardino 10:00 a.m. - 2:00 p.m.</i></p>	<p><b>7</b> Value all individuals. -CIMH <i>Wear your LIME Green to the Behavioral Health Commission Meeting! CSB Health Services auditorium 12:00 - 2:00 p.m.</i></p>	<p><b>8</b> Eat healthier to improve your ability to learn. -Mental Health America</p>	<p><b>9</b> Strive to achieve your full potential. -Mentalhealth.gov</p>
<p><b>10</b> The mind is everything. What you think you become. -Buddha</p>	<p><b>11</b> The part can never be well unless the whole is well. -Plato</p>	<p><b>12</b> Believe you can and you're halfway there. -Theodore Roosevelt</p>	<p><b>13</b> Act like a kid; be more carefree. -Health.com <i>Diocese of San Bernardino Behavioral Health event at the Diocesan Pastoral Center in San Bernardino 8:30 a.m. - 4:30 p.m.</i></p>	<p><b>14</b> Stay positive. -Mental Health America <i>Directing Change Screening and Award Ceremony at the Lewis Family Play House at Victoria in Rancho Cucamonga 5:00 - 8:30 p.m.</i></p>	<p><b>15</b> Go for a hike: feel the awesome power and beauty of nature. -Health.com</p>	<p><b>16</b> Help to take care of your community. -Mental Health America</p>
<p><b>17</b> The only person you are destined to become is the person you decide to be. -Ralph Waldo Emerson</p>	<p><b>18</b> Strive not to be a success, but rather to be of value. -Albert Einstein</p>	<p><b>19</b> You become what you believe. -Oprah Winfrey</p>	<p><b>20</b> Life is 10% what happens to me and 90% how I react to it. -Charles Swindoll</p>	<p><b>21</b> Create joy and satisfaction -Mental Health America</p>	<p><b>22</b> Treat yourself to something special. -NAMI</p>	<p><b>23</b> Nothing is impossible. The word itself says, "I'm possible!" -Audrey Hepburn</p>
<p><b>24</b> Find your inner optimist. -Health.com</p>	<p><b>25</b> Do yoga before bed. -Health.com</p>	<p><b>26</b> Get better sleep: cut out late-night caffeine. -Health.com</p>	<p><b>27</b> Have fun and be silly. -NAMI <i>Come enjoy the 10th Annual Evening with the Stars at the Doubletree by Hilton Hotel in</i></p>	<p><b>28</b> The greatest wealth is health. -Virgil</p>	<p><b>29</b> Dream big and dare to fail. -Norman Vaughan</p>	<p><b>30</b> Make informed, healthy choices. -Mentalhealth.gov</p>
<p><b>31</b> You can determine your</p>						

