



BREAK
THE
Stigma

Mental Health Awareness Month

KERN
COUNTY



BEHAVIORAL
HEALTH & RECOVERY
SERVICES



2023

There were two types of events:

Calendar of Events: May 2023

INSPIRATION AWARDS

May 3, 2023
1:00 P.M. - 3:30 P.M.
Westchester Courtyard
2001 28th St., Bakersfield, CA

COFFEE WITH MET

May 9, 2023
11:00 A.M. - 2:00 P.M.
Adventure Awaits Coffee Shop
819 19th St., Bakersfield, CA

COLLEGE COMMUNITY SERVICES

Open House

May 15, 2023
11:00 A.M. - 1:00 P.M.
2821 H St., Bakersfield, CA

MENTAL HEALTH MOVIE SHOWING: LUCA & BIKE DRAWING SOUTHWEST BRANCH LIBRARY

May 18, 2023
2:30 P.M. - 5:30 P.M.
8301 Ming Ave., Bakersfield, CA

**Wear GREEN for Mental Health
Every Friday
#BREAKTHESTIGMA**

NAMI MEET & GREET

May 8, 2023
6:30 P.M. - 7:00 P.M.
Brundage Navigation Center
1900 E Brundage Ln Suite 1, Bakersfield, CA

CRISIS INTERVENTION TEAM STAKEHOLDER MEETING

May 10, 2023
3:00 P.M. - 5:00 P.M.
1300 17th St., Conference Room 1, Bakersfield, CA

STUFF THE MET MOBILE

Donate Teddy Bears for our MET Team
May 16, 2023
ALL DAY
Westchester Courtyard
2001 28th St., Bakersfield, CA

CHILD GUIDANCE CLINIC: Block Party COPING & RESOURCE EVENT

May 18, 2023
4:30 P.M. - 6:30 P.M.
375 Dover St., Delano, CA

Bonus

SHINE GREEN for MENTAL HEALTH ALL MONTH

County Administrative Building
Drive by, snap a picture and tag @KernBHRS on social!

GROUNDING IN HEALTH: PET ADOPTION EVENT

May 8, 2023
11:00 A.M. - 2:00 P.M.
Westchester Courtyard
2001 28th St., Bakersfield, CA

KEEP CALM & BE WELL

CALM Zoo: FREE Admission
May 13, 2023
9:00 A.M. - 4:00 P.M.
10500 Alfred Harrel Hwy., Bakersfield, CA

TOGETHER FOR MENTAL HEALTH BY NAMI

May 16, 2023
9:00 A.M. - 2:30 P.M.
CFLC
2001 28th St., Bakersfield, CA

APPLECORE PROJECT GIVEAWAY

May 24, 2023
4:00 P.M. - 6:00 P.M.
531 Knotts St., Bakersfield, CA

15% off for Behavioral Health Staff ADVENTURE AWAITS COFFEE SHOP

May 8- May 16,
819 19th Street Bakersfield, CA

- Events coordinated by KernBHRS Teams
 - Inspiration Awards
 - Grounded in Health: Pet Adoption
 - Coffee with MET
 - Crisis Intervention Team – Stakeholder Meeting
 - “Keep CALM & Be-Well” Family Event
 - Stuff the MET Mobile
 - Movie Showing at SW Library – Luca Movie and Bike Giveaway
- Events coordinated by our partner agencies
 - NAMI Meet & Greet
 - College Community Open House
 - Together for Mental Health by NAMI
 - Child Guidance Clinic – Block Party
 - Applecore Project Giveaway

Board of Supervisors Proclamation

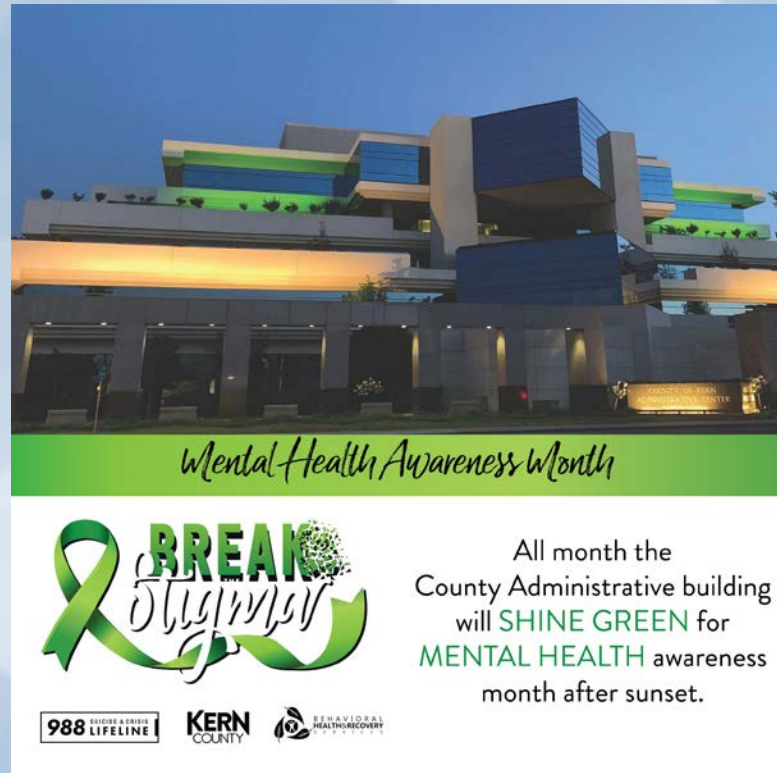
April 25, 2023



All Month Long

Going Green

Throughout May, the Kern County Administrative Building is going green for mental health. Be sure to drive by after dusk!



Wear GREEN every Friday in May!

Grab your favorite piece of green clothing or accessory and join us in wearing green every Friday during May to raise awareness for mental health.



Inspiration Awards



Mental Health Awareness Month



Mental Health Awareness Month

988 SUICIDE & CRISIS
LIFELINE

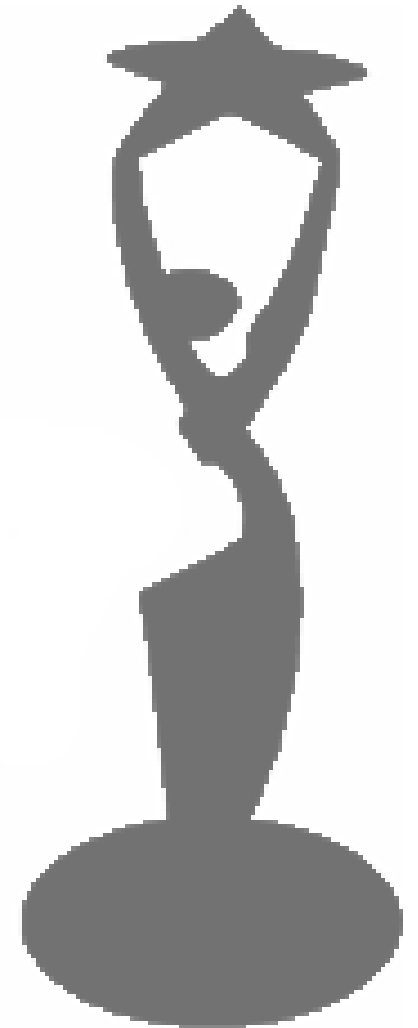
KERN
COUNTY



May 3, 2023
Inspiration Awards
1:00 P.M. - 3:30 P.M.
2001 28th St. Bakersfield, CA

2023 Inspiration Awards

- Event took place at our courtyard located at Westchester Building (2001 28th Street)
- Our theme was “Under the Sea”
- There were 31 nominees over 6 categories (Incredible Youth, Trailblazing Achiever, No Place Like Home, Inspiring Advocate, Behavioral Health Innovator, and Director’s Choice)
- All nominees under the Incredible Youth and Trailblazing Achiever categories received a *Special Recognition Award*.



Incredible Youth Award

Winner:

Damion Vega

Special Recognition Awards:

- Abigail Gonzalez
 - Dylan Klink
 - London Rodriguez
-



Winner:

Star Carrigan

Special Recognition Awards:

- Ana Lopez
- Carol Rivas
- Christina Johnson
- Maricela Martinez
- Michael Mossman
- Veronica Gomez
- Victor Campos

Trailblazing Achiever Award



Inspiring Advocate Award

Winners:

Ebone King &
Heather Menzel



No Place Like Home Award

Winner:

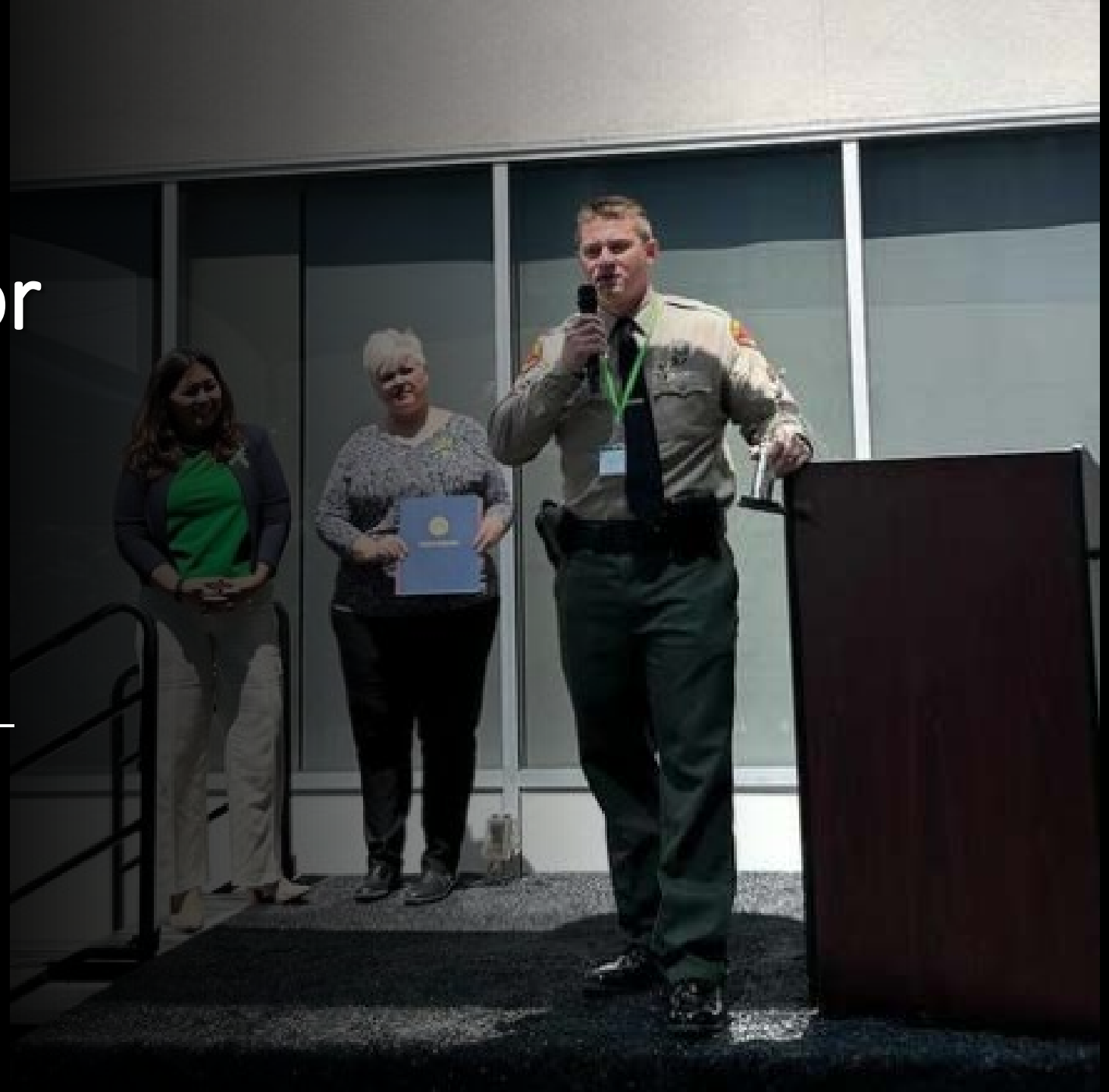
Jamie Sanders



Behavioral Health Innovator

Winners:

Deputy Dylan
Fisher





Director's Choice Award

Winner:

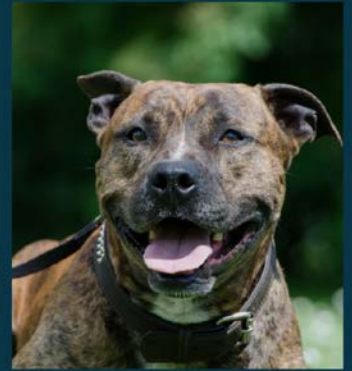
Stephen Gordon

Grounded in Health Pet Adoption



Mental Health Awareness Month





May 8th, 2023

Location: Westchester Courtyard, 2001 28th Street

11:00 a.m. - 2:00 p.m.

GROUNDED IN HEALTH PET ADOPTION

All adoption fees will be sponsored by our Director Stacy Kuwahara



Mental Health Awareness Month

KERN COUNTY

Keep CALM & Be-well



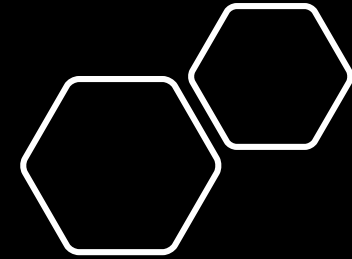
Mental Health Awareness Month





Saturday, May 13, 2023

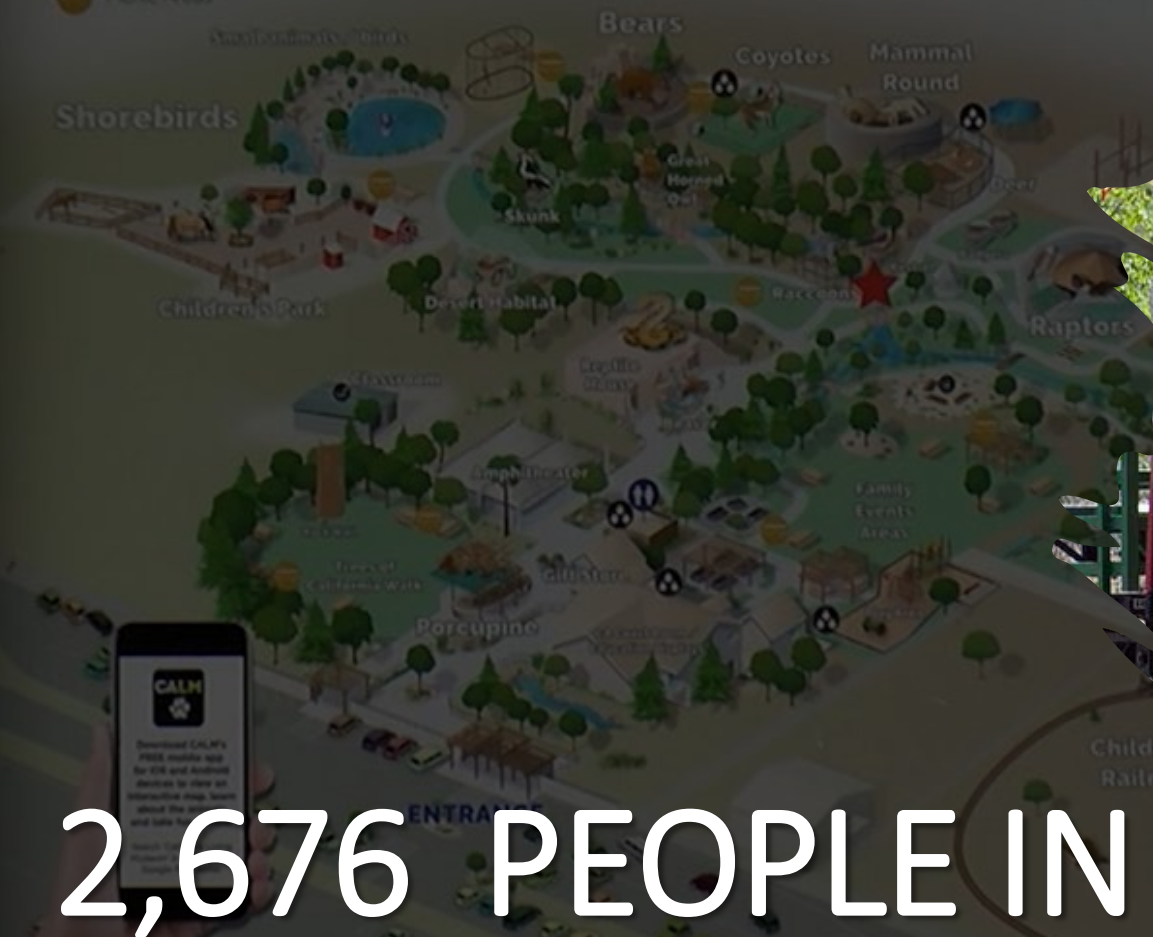
9:00 AM - 4:00 PM
10500 Alfred Harrel Hwy
Bakersfield, CA



- ★ YOU ARE HERE
- 🚰 Drinking Fountain
- 🚻 Restrooms
- 🌳 Picnic Areas



CALM's exhibit sign
made possible by con
Bakersfield California
Lazerini Family Fo
ern County Board of
Chev

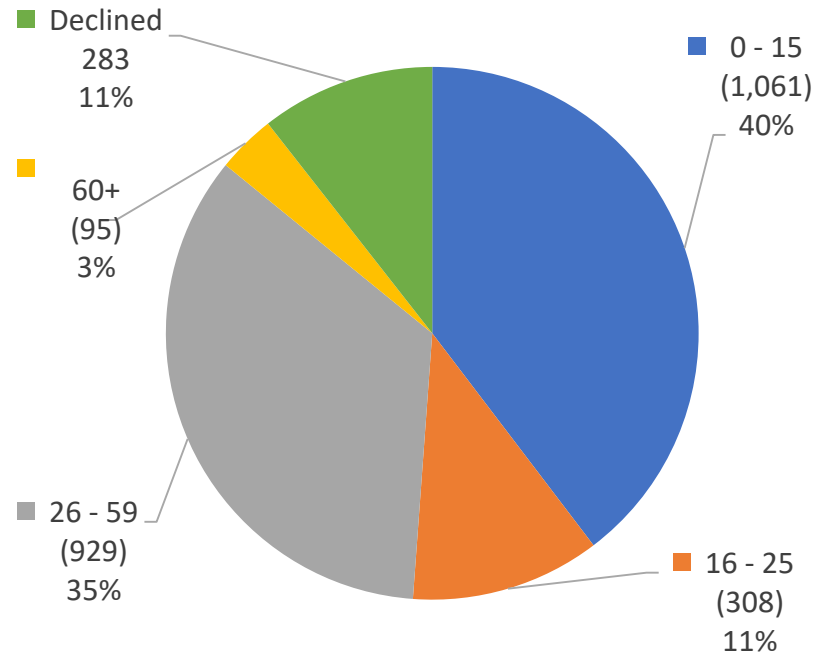


2,676 PEOPLE IN ATTENDANCE

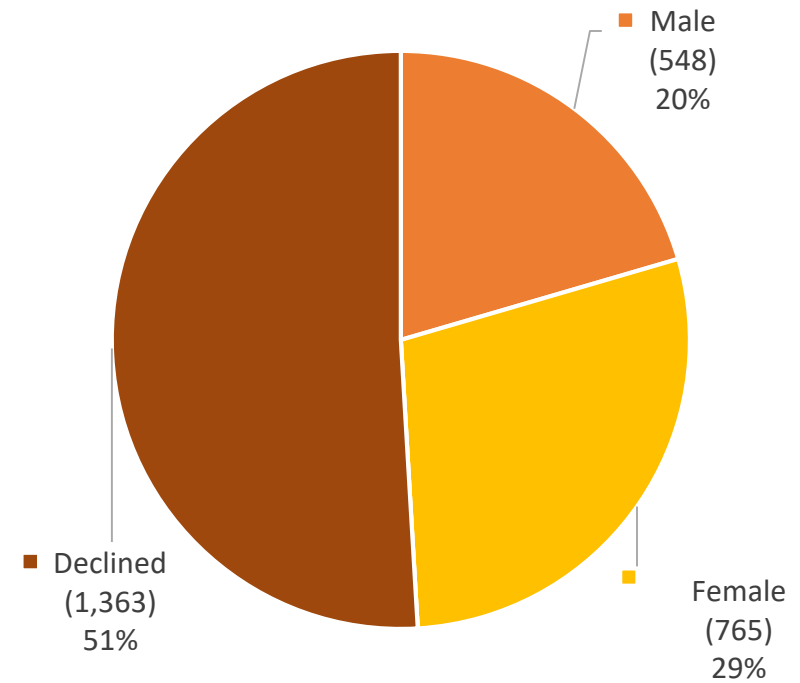
Keep CALM and Be-Well

DEMOGRAPHICS

AGE GROUPS		
AGE GROUPS	N	%
0 – 15	1,061	40%
16 – 25	308	11%
26 - 59	929	35%
60 or Older	95	3%
Declined	283	11%
TOTALS	2,676	100%



GENDER		
GENDER	N	%
Male	548	20%
Female	765	29%
Intersex	0	0%
Declined	1,363	51%
TOTALS	2,676	100%





NARCAN
DISTRIBUTION:
Distributed 180 kits
& trained 125
individuals



We welcomed a total
of 2,676 adults &
children



FREE ACTIVITIES:
Rock Painting,
Mother's Day Card
project, and much
more!



Luca Movie & Bike Drawing



Mental Health Awareness Month





Disney · PIXAR
LUCA

& FREE Bike Drawing
THURSDAY, MAY 18TH

Southwest Branch Library
8301 Ming Ave | Bakersfield, CA 93311
Event starts at 2:30 PM

Luca is a computer-animated coming-of-age fantasy film. It is a fun-filled adventure of friendship for the entire family.

Free admission, goody bags, and free drawing tickets for the opportunity to win 1 of 2 bikes.

May is #MentalHealthAwarenessMonth

KERN COUNTY LIBRARY

BEHAVIORAL HEALTH & RECOVERY SERVICES

BREAK THE STIGMA
Mental Health Awareness Month



Applecore Project Giveaway



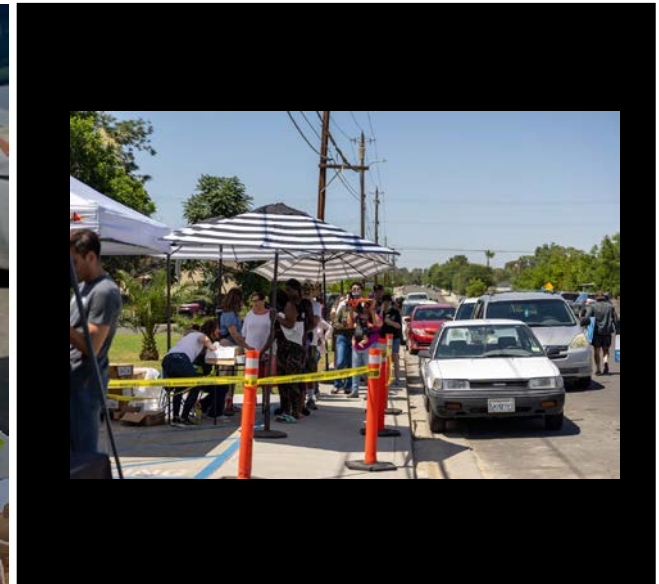
Mental Health Awareness Month





Applecore Project Giveaway

May 24, 2023



Summary of Events

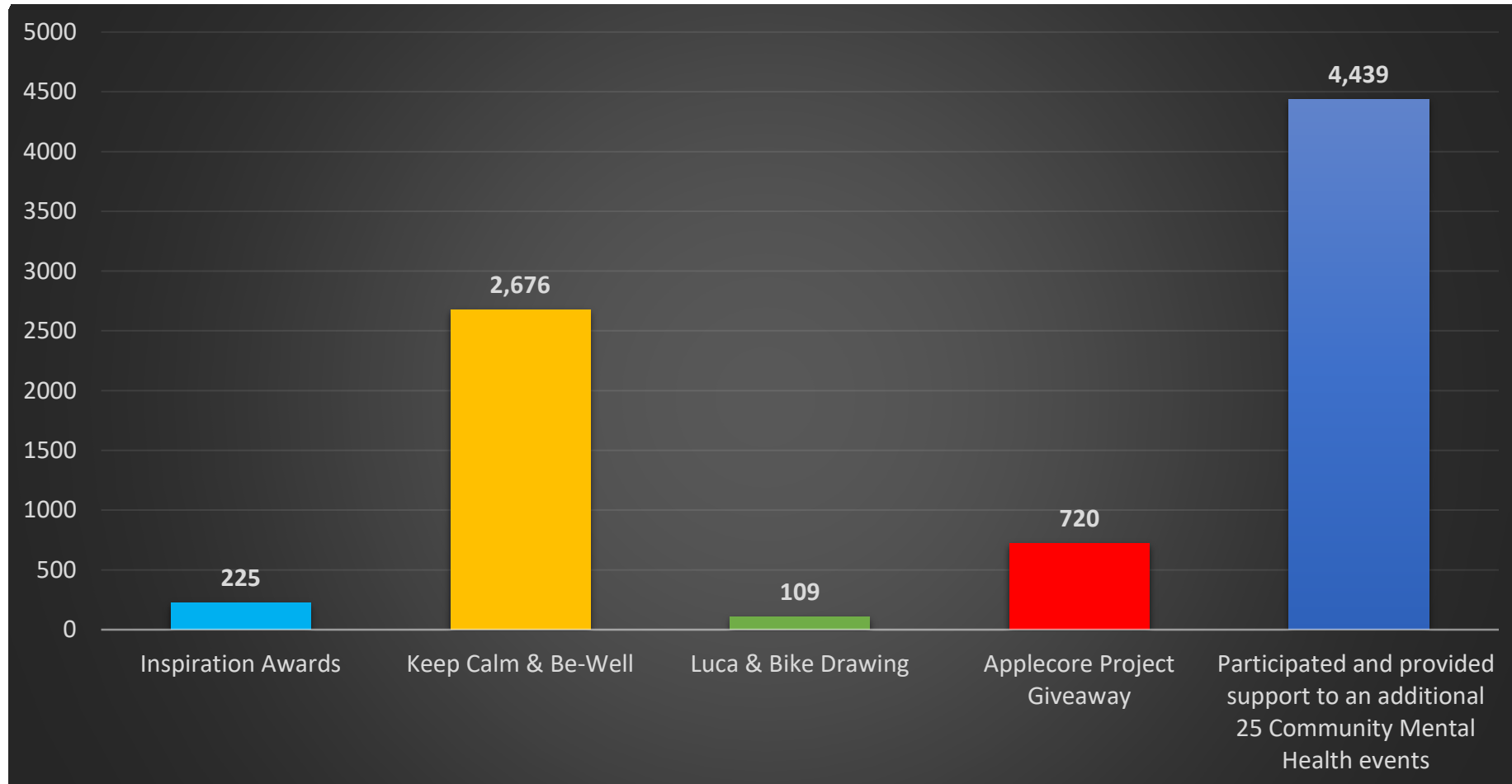


Mental Health Awareness Month






Total Population Reached during May 2023 = 8,169



BEARDSLEY SCHOOL DISTRICT

MENTAL HEALTH MONTH

Resource Fair Healthy Minds



SATURDAY, May 6, 2023
10AM - 1PM

San Lauren Elementary School
5210 Victor St.
Bakersfield, CA 93308

FREE TO BEARDSLEY SCHOOL DISTRICT STUDENTS/FAMILIES

AN EFFORT TO RAISE MENTAL HEALTH AWARENESS

- ✓ RESOURCES/AGENCIES
- ✓ FOOD
- ✓ MUSIC
- ✓ RAFFLES
- ✓ VENDORS
- ✓ GAMES
- ✓ FREE HEALTH SCREENINGS

WORKSHOPS:

- NUTRITION
- DEEP-BREATHING
- YOGA/MEDITATION
- SUBSTANCE ABUSE
- MENTAL HEALTH 101
- ZUMBA

FEATURING:

SPONSORED BY: SHONSOR NAME

More Information
Call : +(00) 000 000 0000

2023 EAST BAKERSFIELD Festival

SATURDAY
May 20, 2023
at
Jefferson Park
801 BERNARD STREET
BAKERSFIELD, CA 93305

FESTIVAL: 11AM - 4PM



NO SISTER LEFT BEHIND

2nd Annual 5K WALK HEALTH FAIR

MAY 20, 2023
CHECK-IN 7 AM - 7:45 AM
WALK STARTS - 8:00 AM

THE PARK AT RIVER WALK

SCAN TO REGISTER

COST:
PRE-REGISTRATION FEE - \$40
SAME DAY REGISTRATION - \$45
YOU MUST REGISTER BY MAY 5TH TO RECEIVE A T-SHIRT
VENDOR BOOTHS ARE AVAILABLE - \$30
THE HEALTH FAIR IS OPEN TO THE PUBLIC

PLEASE CONTACT RACHEL HUBBERT @ RHEHIND@GMAIL.COM

Kern Behavioral Health and Recovery Services

Sesión De Escucha/ Listening Sessions

Únase a nuestra discusión sobre el bienestar mental, uso de sustancias y la prevención del suicidio en nuestra comunidad. Luego, comparta sus preocupaciones, haga preguntas y dé sugerencias sobre como mejorar los servicios.

Join us in discussing mental wellness, substance use, and suicide prevention in our community.

Share your concerns, ask questions, and give suggestions on how services can be improved.

Mayo/May **DELANO**
17 4:00 PM-5:00 PM
Biblioteca de Delano/Delano Library
925 10th Avenue, Delano CA 93215

Mayo/May **BAKERSFIELD**
23 4:00 PM-5:00 PM
Biblioteca Rathbun/Rathbun Library
200 W. China Grade Loop, Bakersfield, CA 93308

Mayo/May **ARVIN**
24 4:00 PM-5:00 PM
Biblioteca Arvin/Arvin Library
201 Campus Drive, Arvin CA 93203

Preguntas/Questions: CulturalCompetence@KernBHRS.org
(661) 404-3169

LCHC BEHAVIORAL HEALTH RECOVERY

Visión y Compromiso

Participated and provided support to an additional 25 Community Mental Health events

NORTH HIGH SCHOOL PRESENTS

MENTAL HEALTH AWARENESS WEEK COMMUNITY RESOURCE FAIR 2023

Come check out the resources in our community!

May 4, 2023 | 4th and 5th Lunch (12:07-1:45 PM)
North High Quad

The event is free and open to all students and staff.

Presented by: Flood Ministries and Kern Behavioral Health & Recovery Services

MENTAL HEALTH AWARENESS

A COMMUNITY EVENT
ARVIN NAVIGATION CENTER

204 S. Hill St Arvin, CA 93203

10:00 AM - 1:00 PM

Eliminating Stigma and Celebrating Resiliency among Native Americans—May 12th @ 11:00AM
Morning Welcome and Keynote Speakers, BAIHP Land Acknowledgement & Smudging:

Bakersfield American
B·A·I·H·P
Indian Health Project

- Mr. Frank Torres, Jr.
- Ms. Donna Cubit

What: MAY is Mental Health Awareness
Who: Persons with lived experience and interested community.
Where: 501 40th Street, Bakersfield (in the Wellness Center).
When: Friday, May 12th from 11:00AM – 2:00PM
Registration: call or e-mail Rosalyn Hammond at 661-327-4030 | Rhammond@bakersfieldaihp.org
Food: RSVP participation only, Wellness Center max capacity: 50 persons.

May marks National Mental Health Awareness Month. BAIHP believes it is important to understand the resources available to American Indian, Alaska Natives, and Indigenous people in the County of Kern. At the one-day event, you will hear about access to care, stories of hope, healing, and resiliency, and the sacredness defined practices of those who achieved wellness and recovery and sober living.

o (“Fast Frankie”)

Crisis Intervention Team Stakeholder Meeting

Wednesday, May 10th, 2023 Starts: 3:00 P.M.

Hear from Kern Behavioral Health & Recovery Services, NAMI, Kern County Sheriff's Office, and Bakersfield police Department on their collaborative efforts, and give feedback on what can be improved

Kern County Superintendent of School-City Centre 1300 17th Street Conference Room 1B

Latina Maternal Health Fair

May 6, 2023
11:00 am - 3:00 pm

The Runner Cafe at California State University Bakersfield
9001 Stockdale Highway, Bakersfield CA 93311

Featuring

- Food
- Face Painting
- Resources & Information for Mothers & Families
- Lactation Specialists
- Bakersfield Pregnancy Center
- In the Waiting Doula Services
- Tasha Cox and the PPCM Fund
- Kern County Nurse-Family Partnership Program
- Kern County Department of Public Health
- Placenta Encapsulator/Childbirth Instructor
- Kern Breastfeeding Coalition
- Marivette Torres, Midwife LM CPM
- Noel Alexandria Foundation
- Capk Community Action Partnership of Kern Home Visiting Program
- Kern Behavioral Health & Recovery Services
- CapK Energy Services Utility Assistance
- Capk Head Start Early Childhood Education Program

Image Clear Ultrasound Mobile Clinic
Ultrasounds, Blood pressure and Glucose testing

Hosted by: Save A Mom, Save A Family Foundation

Thank you to our sponsor: Consumer Watchdog

Henrietta Weill Memorial Child Guidance Clinic Presents

May Is Mental Health Awareness Month

Activity Fair

Located at 661 ROBERTS LANE

May 4, 2023 | 3-5:30pm
Free to the Public

Homeless Outreach Resource Fair

A one stop shop delivering information on local services to our community!

Thursday, May 18, 2023
9:00 a.m. – 12:00 p.m.

The Blanco
2700 White Lane
Bakersfield, CA 93304

For more information please contact:

Committee Chair – Daisy Torres
Email: daisy.torres@kchs-net.com
Phone number: (661) 664-5168

Committee Co-Chair- Kassie Mulligan
Email: kmulligan@kchs-net.com
Phone number: (661) 326-4792

May
6
2023

Resource Fair

Healthy Minds



Location: SAN LAURÉN ELEMENTARY SCHOOL

Time: 10:00am - 1:00pm

Join us for a resource fair showcasing local community agencies, workshops, vendors, games, raffles, and more! This is a free event for Beardsley School District students/families.

Save the Date

BUILDING HOPE CONFERENCE

DATE: THURSDAY, MAY 25, 2023
TIME: 3:00P.M. - 7:00P.M.

LOCATION: DOUBLE TREE HOTEL
3100 CAMINO DEL RIO CT
BAKERSFIELD, CA 93308

MORE DETAILS CONTACT SERVICE COORDINATOR
WENDY AYALA
(661) 631-8500 - EXT. 1408

NAMI Kern County

BEHAVIORAL HEALTH RECOVERY

TOGETHER FOR MENTAL HEALTH

KernBHRS
2001-28th Street, Bakersfield, 93301
May 16th
9am-2:30pm
Limited seating
RSVP Deadline: 5/8/23
Email: namikern@yahoo.com
REFRESHMENTS PROVIDED

Guest Speaker **TownHall Speakers**


 Dr. Garth Olango, MD
Kern Medical


 Stacy Kuwahara
Director Kern BHRS


 Rachel Lanier
Exec Director Aspire


 Mesha Muwanga
Rhema Therapy Inc

Flood Ministries & Free Will Baptist Church Present:

WASCO COMMUNITY OUTREACH EVENT

- Mental Health Resources
- Homeless Services
- Food
- Vendor Booths
- Fun & Activities for the kids

Date: Saturday, May 27th - 2023
Time: 10:00 am - 1:00 pm

Location: Free Will Baptist Church
938 7th Street, Wasco, Ca.



MENTAL HEALTH AWARENESS MONTH

END THE STIGMA

Flood Ministries



Contact: Charlie 661-323-5663 or Paul 661-758-5906

NAMI Kern County

Produced in partnership by The Empty Space and Platform Theatre Company in conjunction with The Elephant In The Room Series

Sponsored by NAMI Kern County

Stay WITH ME Awhile

a compilation of vigil stories rooted in our universal human experience

Written By Mary E. Johnson and Barbara Means Fraser
Directed by Emily Thompson

MAY 5 & 6 AT 8:00PM
7 AT 2:00PM

Produced by special arrangement with THE DRAMATIC PUBLISHING COMPANY of Woodstock, Illinois.

THE EMPTY SPACE setting theatre free | ESONLINE.ORG tickets + info | 5417 WOODMERE DR. BAKERSFIELD, CA

AGENDA

11:00AM: Welcome | Land Acknowledgment | Blessing by Spiritual Leaders.
11:30AM: Keynote Frankie Torres, Jr. –Tejon Indian Tribal Member.
12:15PM: Lunch.
12:45PM: Hope and Healing | Cultural Activity –Donna Cubit.
1:30PM: Closing Remarks (Board of Directors and CEO).

“WE SHALL REMAIN WHOLE AS ONE PEOPLE. BEAUTIFUL AS THE CALIFORNIA WILDFLOWER”. -Anonymous

Registration: call or e-mail Rosalyn Hammond at 661-327-4030 | Rhammond@bakersfieldaihp.org

¡Porque Juntos Si Podemos!

ÚNETE A ESTE EVENTO GRATUITO

- Obtén tu vacuna actualizada contra COVID
- Aprende sobre recursos disponibles para:
 - Cuidadores y personas con cáncer en la sangre
 - Recuperar, cuidar y fortalecer tu salud mental

Además...

Gánate una tableta Samsung
Visítanos para obtener tu boleto para entrar a la rifa. Tendremos dos tabletas de regalo.

Llévate una tarjeta de regalo de \$25dls
Solo para las primeras 30 personas que se vacunen ¡llega temprano!

Realiza actividades con toda tu familia
Pinta tu maceta, planta la suculenta de tu preferencia y llévala a tu casa.

TODAS LAS ACTIVIDADES Y SERVICIOS SON GRATUITOS

VIERNES, 26 DE MAYO
de 5:00PM a 9:00PM
Kern County Swap Meet
en el remate, esquina de Union y Ming

Encuétranos cerca de la entrada al remate por la calle Unión

PROMOTORAS con Alma | LEUKEMIA & LYMPHOMA SOCIETY | CLINICA SIERRA LUISA | JUNTOS SI PODEMOS

Síguenos en nuestras redes sociales @PromotorasConAlma





MEDIA COVERAGE was essential to the success of Mental Health Awareness Month events

LOCAL NEWS
**'Keep Calm, Be Well' event is
free this weekend at CALM
Zoo**
by: [Jacqueline Gutierrez](#)
Posted: May 9, 2023 / 06:55 PM PDT

Special Thanks to our Partner Agencies and Community-Based Organizations

