

**PEER COUNCIL
MEETING AGENDA
February 21, 2023 | 2 to 3:30 p.m.
29 participants**

I. Welcome (Mina Arthman)

- Valentine's ice breaker (Rose, Bud, Thorn)
- Remembering Sam Roberts
- Black history month feature
 - Bebe Moore Campell
 - Accomplished author, journalist, and teacher
 - Worked with Nami
 - Founder of Nami Inglewood
 - Dr. James P. Comer
 - Professor of Child Psychiatry
 - Founded Comer School of Development Program
 - Dr. Minnie Joycelyn Elders
 - Professor, pediatrician, and public health administrator
 - First African American and second woman to serve as surgeon general in US
 - Advocate for mental health
 - Dr. Joseph L. White
 - "Godfather" of Black Psychology
 - Established the educational opportunity program
 - Co-founded the association of Black Psychologists
 - Current Black Mental Health Advocates to Follow
 - **☰ Black Mental Health Advocates To Follow**

II. Review of Previous Meeting Summary (Sten Walker)

III. Updated Bylaws and Structure (Sten Walker)

- The purpose of this council
- Who is represented
 - Discussion
 - Family Members: Should they be a part of the council?
 - *Pros:*
 - Family are a huge part of the recovery process
 - *Cons:*
 - Having a place specifically for peers to express the issues is important
 - In general-we will focus on peers

- Current structure, and what to expect in the future
 - Clarification of Chairs, Seats and Members
 - Searching for 5 seats from each Mental Health and Substance use category
 - Representation within voting members is important
 - Looking for more people to apply for a seat on the Substance Abuse voting
 - *Question:* If I have co-occurring disorder. Which side do I apply to?
 - *Answer:* Apply for a seat on both mental health and substance use groups.

IV. Peer Support Partner Grandfathering Process (Melissa Penaflor)

- Peer Support Senate Bill 803
 - California passed a peer support certification program
 - Deadline for Peers to seek certification through the grandparenting process is June 30, 2023
 - *Requirements:* 18+ years old, high school diploma, work experience, 3 letters of recommendation
- CAMPHRO Update
 - PEP Training
 - Group study meetings to help with peer certification tests
 - Free for all peers
 - PEP Exam Preparation Peer Support Groups
 - Support groups help peers deal with potential test anxiety and other worries surrounding certification tests
 - Building Peer Leadership
 - A peer professional networking event held on Zoom every first and third thursday of the month
 - CalMHSa provides in person testing sites
- NAMI's New Resource
 - Medi-Cal Peer Support Specialist Training Program
 - *Cost:* Free
 - *Location:* Online
 - *Date and time:* starting March 13 for 2.5 weeks 12:30-4:30 PM
 - *Requirements:* 18+ years old, reside in San Diego or Imperial County, have a high school diploma, possess personal experience or care for someone with a mental health/substance use disorder
- Peer Support Jobs at NAMI San Diego
 - NAMI is currently hiring!
 - <https://namisandiego.isolvedhire.com/jobs/>
- Peer Support Certification Discussion
 - What are the benefits of getting a Peer Certification Training?

- Liaison between those suffering and medical professionals
 - Important Service
- Other Input
 - Conveying your role and responsibilities as a peer support specialist to upper management can be tough
 - Issues with the certification process.
 - Intimidating to get started in the process
 - Need for more part time work
 - People have other responsibilities in their lives and have a hard time dedicating their
 - Lack of consistency in job descriptions for peer support specialist

V. **Community Advocacy Training Overview** (Mina Arthman)

- Details about the training
 - Learn how to transform your experiences with mental health into grassroots advocacy
 - Next training 12-4 PM Feb 23rd
 - Covering modules 1-3

VI. **Community Advocate Story** (Alexander Ball)

VII. **Apps and online resources** (Alexander Ball, Faeth Jackson)

- Presentation on NAMI San Diego Community Advocacy apps oscER, oscERjr, and alfrEDU
 - oscER - <https://app.oscer.org/>
 - oscERjr - <https://app.oscerjr.org/>
 - alfrEDU - <https://app.alfredu.org/>

VIII. **Community Updates, Conclusion** (Sten Walker)

- Thank you, and we look forward to hearing more from you next month!