**PEER COUNCIL**

**MEETING AGENDA**

**May 16, 2023 | 2 to 3:30 p.m.**

**31 members**

1. **Welcome**

* Welcome!
* Mental Health awareness month/Ice breaker
  + History of May Mental Health Month
    - Started in 1949 by Mental Health America
    - Timeline of Mental Health Money
    - The Affordable Care Act
    - The Community Mental Health Services Block Grant
    - Mental Health Parity and Addiction Equity Act of 2008
    - The Garrett Lee Smith State/Tribal Suicide Prevention Program
* May Event Debrief
  + 14+ Organizations & Agencies Represented
  + Drum Circle by Helen from San Diego’s Women’s Drum Circle
  + Live Music Performance from Youth Adian Hallinan
  + Youth Speaker Angelina Abdelrahman
  + 200+ Community Members Attended

1. **Review of Meeting Summary**
2. **Council Updates**
   * Executive committee to be organized soon
     + Planned monthly meeting with the voting seats
     + Nominations of our first co-chairs soon
   * Note-taking software is potentially now on the table
   * More voting seats have been recruited
3. **New Seat Introductions!**

* Devin Eshelman
  + Works for CRF as a Certified Medi-Cal Peer support specialist
* Leticia Zuno *(Not present)*
* Jo Barrett *(Not present)*
* Elisha Wright *(Not present)*

1. **Town Hall Topics**

* Potential Topics for upcoming town hall:
  + Care court and conservatorship
  + MCRT from a youth perspective
  + SB43
* Q & A
  + *Comment: If we are handling the Care Court/SB43, we need to have someone who truly is knowledgeable about this topic. The topic should be presented in a way where it’s just facts because people may have preconceived feelings on a subject beforehand. (Mary O’Brien)*

1. **Advocate Highlight** 
   * NAMI San Diego’s Community Advocacy Training
     + Next Training
       - Module 1: Telling Your Story
       - Date and Time: May 26th, 2023 2:00 PM - 4:00 PM
       - <https://us02web.zoom.us/meeting/register/tZIvce2srD4oHdAjjzTY0xODalrjCat8tVWf>
   * Advocate Highlight
     + James Wright
       - Retired marine corps aviator and now airline pilot
       - Due to the loss of his son Kai to suicide, James Wright started the nonprofit organization Kimonos for Kai
       - Passionate advocate about suicide prevention in youth
2. **Kimonos for Kai Presentation**

* Presentation
  + Public 501(c)(3) nonprofit organization
  + Suicide prevention in minors
  + If a youth is in crisis, and the family has economic hardship or a lack of insurance, Kimonos for Kai will pay for immediate therapy to get a child out of crisis. They also help with a warm handoff for follow-on care for a child.
  + They also provide grants for families who have lost a child to suicide
  + Working to create content to bridge the gap between adults and young people conveying the message that “You are not replaceable”
* Q & A
  + *Question: How do we refer someone to your organization? (Mary O’Brien)*
    - Answer: Here are some links for getting in touch with the organization
      * <https://www.kimonosforkai.org/>
      * <https://www.kimonosforkai.org/talking-points/>
      * <https://www.kimonosforkai.org/resources-education/>
  + *Question: How do you handle when other parents state that their children are too young to learn about subjects such as this? (Sten Walker)*
    - Answer: There is an argument from some parents that says that when you talk about suicide, you put that idea in a child’s mind. If a child is thinking about suicide, they’re thinking about suicide. Every parent has a right to decide whether they want to introduce their child to this sort of conversation. That is the reason why we go through the PTAs at schools. This way, we bring the conversation up with the parents and they can pass it onto their kids.
  + *Comment: Children are a lot more mentally developed than they might appear. They can understand the concept of death and suicide in the language that they know. (Mina Arthman)*

1. **Community Updates Feedback Forms, Applications, Conclusion** (Sten Walker)

* Community Partner Updates
  + CAMHPRO conference June 12th and 13th in Sacramento
    - <https://camhpro.org/calendar-details-peer-support-organization.html?calendarid=218>
* Thank you, and we look forward to hearing more from you next month

Next Council Meeting:

June 20, 2023

2:00pm – 3:30pm