**PEER COUNCIL**

**MEETING AGENDA**

**April 18, 2023 | 2 to 3:30 p.m.**

**44 members**

1. **Welcome** (Mina Arthman)
   * Welcome!
   * Autism awareness month/IceBreaker
     + What does “acceptance” look and feel like to you?
     + Autism Acceptance Month
       - Why acceptance?
         * Rather than simply acknowledging the existence of autism, the focus is on accepting and celebrating the unique strengths and perspectives of individuals
       - Alfredu App Highlight
         * For help with IEP programs
2. **Review of Meeting Summary** (Sten Walker)
3. **Council Updates** (Sten Walker)
   * Recording/Documentation
     + Meetings will now be recorded for note-taking purposes
   * Seat Updates
     + 6 voting seats have been decided
   * Age Group Considerations
     + Age is now a consideration for representation with voting seats
4. **New Seat Introductions!**
   * Linda Puebla
     + Seat representation: Mental Health
     + Suicide Prevention Program Manager at Community Health Improvement Partners
     + Wants to improve San Diego’s Behavioral Health System of Care
     + Focus on helping under-represented communities
   * Regina Misch
     + Seat representation: Mental Health
     + UC San Diego, Research in social sciences including behavioral health
     + Enrolled Member of the New River Catawba in North Carolina
     + Has experience navigating the behavioral health system
   * Joshua Roberts
     + Has experience with mental health and SUD
     + Seat representation SUD
     + Peer Support Specialist with NAMI, Interfaith
     + Runs Inspired Mind Mental Health in San Diego
   * Robert Forte
     + Representing SUD
     + Works with CalVoices
     + Peer Ambadoser for the state of California
     + Vice Chair for California Association of Peer Professionals
     + Runs Lifeline services
   * Mary O’Brien
     + Representing Mental Health.
     + Representing the Older Adult Community
     + Mental Health Advocate for over 30 years.
     + Wants the council to become true decision makers
     + Works for the NAMI Warmline
   * Haley Jurbala
     + Representing Mental Health Seat
     + Wants to reconnect and use personal experience due to time working in the mental health field
5. **MCRT Presentation**
   * Presentation (Bre Lane, Megan Patrick-Thompson)
     + Mobile Crisis Response Team brings rapid crisis support to people experiencing mental health or substance use crises
     + Helps divert people away from emergency services
     + Serves the 6 regions of San Diego
     + Team includes
       - A licensed clinician
       - Masters level case manager
       - Peer support specialist
     + MCRT Deployment & Response
       - In order to get in touch with MCRT, contact the Access and Crisis Line. They will assess if your situation qualifies for MCRT.
     + Services
       - Crisis triage, screening, assessment, crisis intervention and stabilization, safety planning & Care Coordination
       - Services are 24/7
       - Mobile Crisis Teams provide on-site support in vehicles equipped with a host of resources & safety features for 5150s.
     + MCRT Referral Criteria
       - No weapons
       - No injuries/medical emergency
       - No threat of immediate violence to self or others
       - Person isn’t involved in criminal activity
       - Law enforcement was not specifically requested
     + When to Call MCRT
       - Call if a person is having a behavioral health crisis and they are not immediately trying to harm themself or others during the incident (For example)
         * Threatening suicide but no immediate risk to harm self
         * Severely depressed
         * Verbally threatening but not violent
         * Threatening to run away
         * Could become a danger to themself or others
     + MCRT Services are Inclusive and Trauma Informed
       - MCRT is a voluntary service and will respect someone’s wishes if they don’t want to receive care.
     + Benefits of Mobile Crisis Service
       - Changing the entry point into the system of care. Increasing access to treatment that might otherwise be unknown to some
       - Avoiding unnecessary incarcerations
       - Everyone is eligible
     + Partners & Care Coordination
       - San Diego Behavioral Services
       - Access and Crisis Line
     + San Diego MCRT Website
       - <https://www.sandiegocounty.gov/mcrt/>
       - Access and Crisis Line
   * Q&A
     + *Question: In North County, our experience is that MCRT response has not been rapid, and often we cannot get them to come. We end up calling 9-1-1 which is not ideal. Is this on the radar for areas in unincorporated rural areas of SD county? (Elisha Wright)*
       - *Answer: In order to get to MCRT, it has to go through the Access and Crisis Line. Sometimes ACL doesn’t even refer the case to MCRT because ACL judges that it doesn’t qualify for MCRT. Please call back to the access and crisis line if you are not sure if MCRT has been deployed.*
     + *Question: I frequently have callers, usually family members, having issues with peers who don't want treatment. Any suggestions on how I should handle these calls. (Mary O’Brien)*
       - *Answer: MCRT is always willing to go out and try to talk with individuals who are hesitant to receive care. Calling some high level services might be a daunting experience for someone who is just starting to get help. MCRT is a people focused service so we are willing to take time to ease someone into starting a system of care.*
     + *Question: Were Nurses previously on the team or has it always been a case manager, Peer, and LCSW. Also are you planning to have an nurse practitioner or doctor on your Team? (Latoya Patterson)*
       - *Answer: We are able to have nurses on the team. We don’t normally have a licensed doctor on our team. MCRT is there to connect people to long term services in the community. This helps move people from the crisis circuit to stable healthcare services.*
     + *Question: How do you determine if a person is involved in an investigation. How do you find that information (Mary O’Brien)*
       - *Answer: MCRT doesn’t actively seek that information*
     + *Question: How long are the assessments kept when you have done a referral? Some of the assessment(s) are 10-20 minutes long (Tanissha Harrell)*
       - *Answer: Access and Crisis Line is the one doing those initial assessments.*
     + *Question: When people in San Diego County call 988, do they reach the MCRT? (Mina Arthman)*
       - *Answer: 988 links to the Access and Crisis Line. Not to MCRT directly.*
6. **Advocate Highlight**
   * Advocacy Training
     + NAMI National’s Smarts for Advocacy is an interactive training certification program that transforms passion and lived experience into skillful grassroots advocacy
     + Open to those new and experienced in advocacy
     + Currently holding trainings for 3 modules
       - Module 1 - Telling Your Story
       - Modules 2 & 3 - Contact your Policymakers
   * Advocate Highlight
     + Mary Jo O’Brien
       - Retired nurse
       - Has dealt with bipolar disorder and manic episodes
       - Previous president of the board for The Meeting Place
       - Lifelong advocate of mental health
       - Works on the NAMI warmline
7. **Community Updates Feedback Forms, Applications, Conclusion** (Sten Walker)
   * Community Partner Updates
     + Review SB43 because it is currently going through legislature
       - <https://trackbill.com/bill/california-senate-bill-43-behavioral-health/2282383/>
     + NAMI Walk
       - Date: April 29th
       - Location: At the Liberty Station.
   * Co-Chair Applications
   * Feedback for what you would like to see
   * Thank you, and we look forward to hearing more from you next month

Next Council Meeting

May 16, 2023

2:00pm - 3:30pm