**PEER COUNCIL**

**MEETING AGENDA**

**March 21, 2023 | 2 to 3:30 p.m.**

36 participants

1. **Welcome** (Mina Arthman)

* Ice breaker
  + - Based around Persian New Year (Nowruz) and the concepts of Grass=Growth Olives=Love, Vinegar=Patience
* Women’s history month feature
  + - Nellie Bly
      * Journalist who advocated for mental health reform
      * Went undercover in the New York state asylum
      * Published an expose that sparked legal action
    - Dr. Margaret Morgan Lawrence
      * Honored pediatrician and & child psychologist
      * Was the only African American woman in her class at Columbia University
      * Served as Chief of Psychiatry for Infants & Children at Harlem Hospital for 21 years
    - Dr. Elisabeth Kubler-Ross
      * Honored hospice psychologist and pioneer of grief support
      * Author of On Death & Dying which outlined the five stages of grief
      * Part of the death positivity movement
    - Alyx Ang
      * Social media mental health advocate
      * Part of Nami National
      * Participant in MTV’s Youth Mental Health Action Forum at the White House
      * Mental health podcast: a if for anxious @aisforanxiouspod

1. **Review of Meeting Summary** (Sten Walker)
2. **Council Updates** (Sten Walker)
   * Applications for seats being reviewed
   * Our bylaws state “at least 5 of each” rather than “up to 5 of each”
   * Discussion subcommittee in the works
   * Constituency-specific subcommittees most likely to form after seats are filled

1. **Community Advocacy Training and Advocate Highlight** (Josh Roberts)
   * Advocacy training
   * Advocacy highlight
     + Josh Roberts
       - Peer Support Specialist
       - Community Advocate
       - In our own voice presenter
       - Spirituality/advocate for spirituality based mental health programs
2. **Peer Certification Options** (Melissa Penaflor)

* NAMI
  + - Medi Cal Peer Support Specialist Training
    - Cohort 3: April 24-May 10, 2023 12:30-4:30 PM
    - 13 sessions - live attendance required
    - *Cost:* Free
    - *Location:* Zoom
    - Process: Complete Interest Form: [Medi-Cal Peer Support Specialist Certification (PSSC) Training Interest Form (office.com)](https://forms.office.com/pages/responsepage.aspx?id=-XV1U877y0OD7xWGZxPbVutYcGREUc9Dt85PXpaoUeRUOFM0V0JNMlVTSE0yNlBGNU9PQ0kwM0pJRS4u)
    - *Requirements:* Be 18 y/o, reside in San Diego or Imperial County, have a high school diploma, Live with a mental health or substance use condition; or as a parent, caregiver, or family member - supporting a loved one living with either of those conditions.
    - No certification scholarship to qualify.
    - Those who have a scholarship may be able to go through NAMI CA’s peer support specialist training. It is the same as NAMI San Diego's; they also offer additional times. Contact Rebecca Kim if interested: [rebecca@namica.org](mailto:rebecca@namica.org)
* Crestwood
  + - Another program that you can get peer support specialist certification under HCAI (Department of Health Care Access and Information).
    - Free in person, Online, and Hybrid training options are available.
    - Need High school diploma or equivalent or high degree to register.
    - Open to peers individuals with lived recovery experience with mental illness and/or substance use/addiction and or parents/caregivers/family members.
    - To find information about registration, orientation workshop, and peer focused law and ethics training go on website: [Peer Support Specialist - Crestwood Behavioral Health](https://crestwoodbehavioralhealth.com/rrs/peer-support/)
    - Upcoming trainings: March 27th- April 17, April 3-April 24th, May 11 - June 2nd.
    - Training is 3 work weeks and a day 16 days total. Monday-Friday 9:00 am - 4:00 pm.
    - Contact Jim Ritchie [james.ritchie@chi.net](mailto:james.ritchie@chi.net) or call at (209) 313-4511.
* Peer Connection
  + - Open Forum for peers and people with lived experiences
    - An online gathering place to share ideas, provide support and connect people with resources and referrals to services
    - Only those who Join can have access to the website
    - Contact Robyn for further questions or information [robyn.gantsweg@disabilityrightsca.org](mailto:robyn.gantsweg@disabilityrightsca.org)
      * *Question: Do I need a ged or high school diploma to get peer specialist certified?*
        + *Answer: Yes, the state law requires a high school diploma or GED. The Department of Rehabilitation might be able to potentially help if you need assistance with obtaining a GED.*

1. **Care Court and Conservatorship** (Sten Walker)

* SB 1338 - Community Assistance, Recovery, and Empowerment (Care) Court
  + - Care Court allows family, close friends, and behavioral health workers to be able to submit a petition to the court on behalf of a person with untreated schizophrenia to show that they qualify for Care Court.
    - The court orders a clinical evaluation and they are given recommended treatment, medication, and housing. The participant will have to attend hearings to make sure that they are adhering to the plan.
      * + *Betsy: There’s a misconception about the Care Court specifically targeting the homeless population. Care Court is open to the entire community. It’s not planning on taking everyone off the street.*
      * *Question: Does the team of people helping to conduct a Care Court Case include a lawyer. My past experiences with this sort of system has had an advocate explain to the person needing treatment how to get out of LPS. How is this all going to work? How do I get a loved one on this list? (Dana)*
      * *Question: How do I get involved with advocacy in order to tell my story?*
        + *Answer: Learning the skills to get started in grassroots advocacy can be done at NAMI San Diego’s Smarts Training. Interest Form:* [*https://docs.google.com/forms/d/e/1FAIpQLSeXOwr6eI1FQ0f8xO1mwVaFVCmUA66BWlGA-ldmwmSegrpszg/viewform*](https://docs.google.com/forms/d/e/1FAIpQLSeXOwr6eI1FQ0f8xO1mwVaFVCmUA66BWlGA-ldmwmSegrpszg/viewform)
      * *Question: How will Care Court work? Will this care be forced? Where’s the accountability? Who is this geared toward? (Latoya)*
        + *Betsy: Care court would only impact 700 individuals throughout the state. It’s targeting a very narrow population. It is only for those with schizophrenia and psychotic disorders. Its goal is to protect people’s rights. Not only geared to the homeless population, but it could include the homeless population. Still in the developmental processes. San Diego is leading the process of how it would be implemented.*
* SB 43 - Conservatorship
  + - Expands the definition of who qualifies for conservatorship. The term “gravely disabled” is now covering more symptoms and criteria.
      * *Question: How is this any different from previous conservatorship laws?*
        + *Answer: It’s an expansion of who qualifies for conservatorship.*
      * *Question: Do you know any open forums where the community can troubleshoot and discuss this new law?*
        + *Answer: They can look into the California Association of Mental Health Peer Run Associations. They have listening groups and training.* [*https://camhpro.org/home-peer-support-organization.html*](https://camhpro.org/home-peer-support-organization.html)

1. **May Mental Health Celebration** (Mina Arthman)

* *Location:* Grossmont Center
* *Date and Time:* Saturday May 13, 2023 12:00-6:00 PM
* *Theme:* Accept. Advocate. Act.
* Looking for resource fair participants

1. **Community Updates Feedback Forms, Applications, Conclusion**

* Community Partner Updates
  + - No community updates
* Co-Chair Applications
* Feedback for what you would like to see
* Segment suggestions
* Constituency suggestions
* Any suggestions!
* Thank you, and we look forward to hearing more from you next month

Next Council Meeting:

April 18th, 2023

2:00pm – 3:30pm