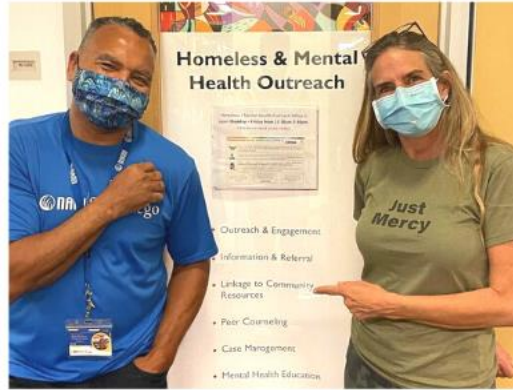


San Diego County Behavioral Health System of Care Peer Council



LIVE WELL
SAN DIEGO



Community
Advocacy
Program
NAMI SAN DIEGO & IMPERIAL COUNTIES

Introductions and Icebergs!

In the chat, please share:

- **Name**
- **Role & Organization**
- **Contact Email**

Our May Mental Health & Well-Being Celebration is this upcoming May 13th, honoring Children's Mental Health Acceptance Week. The theme for this year is "Accept. Advocate. Act."

In the chat, please answer this question:

- **What does "acceptance" look and feel like to you?**



Celebrating Autism Acceptance Month!

Why Acceptance?

- From awareness to acceptance!
- Rather than simply acknowledging the existence of Autism, the focus is on accepting and celebrating the unique strengths and perspectives of individuals on the Autism spectrum.

Autism Society of America:

- Acceptance is creating a world where everyone in the Autism community is connected to the support needed, when needed. And by everyone, they mean every unique individual: *the implacable, inimitable, and irreplaceable you!*



alfrEDU

Accessing & Leveraging Families Rights to Education



- Free mobile app!
- English, Spanish, Arabic, Farsi, Vietnamese, Tagalog
- Find assistance navigating IEP or 504 plans!



[Web Version](#)

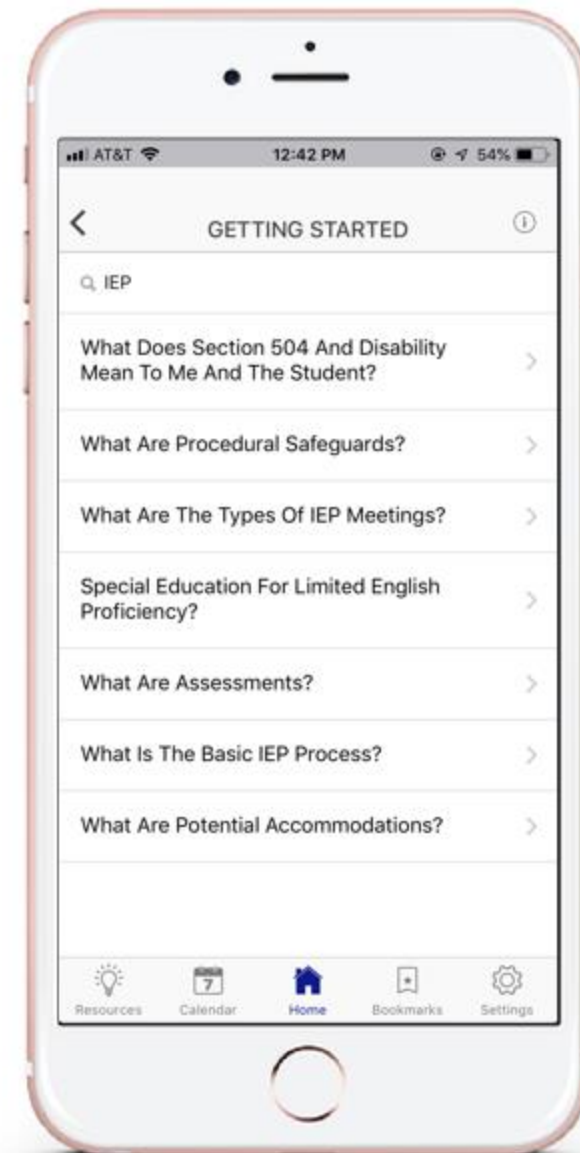
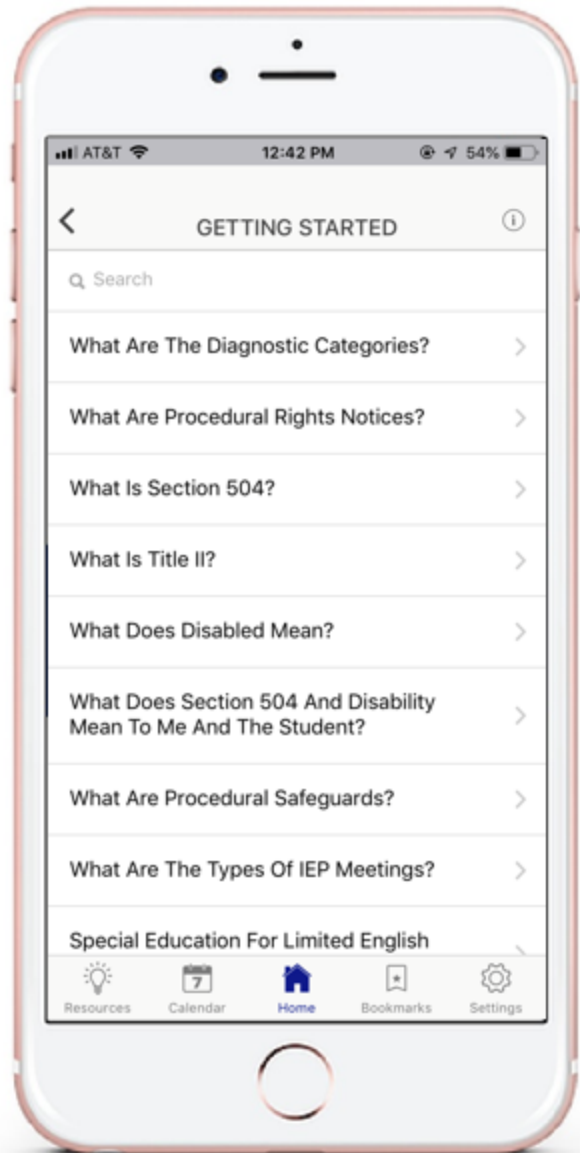




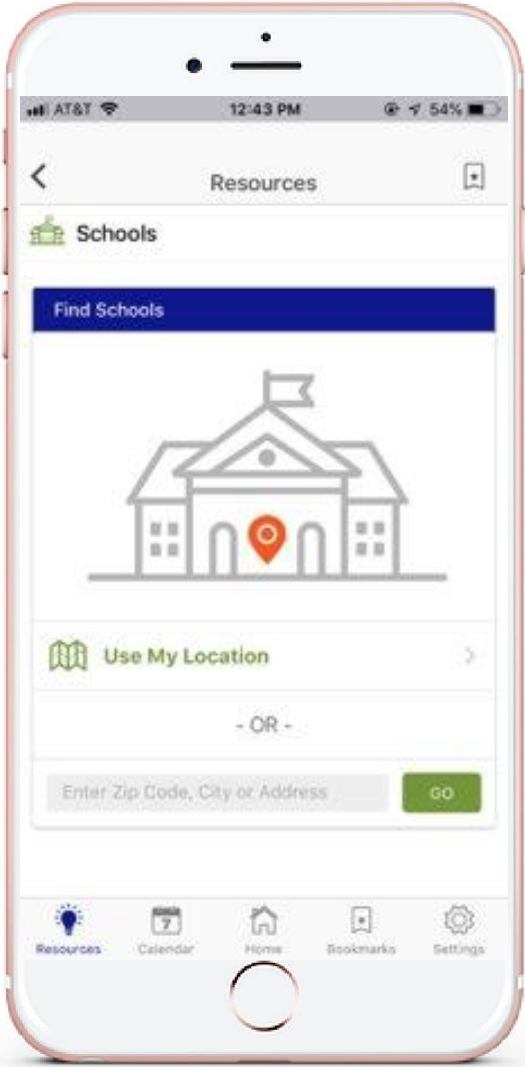
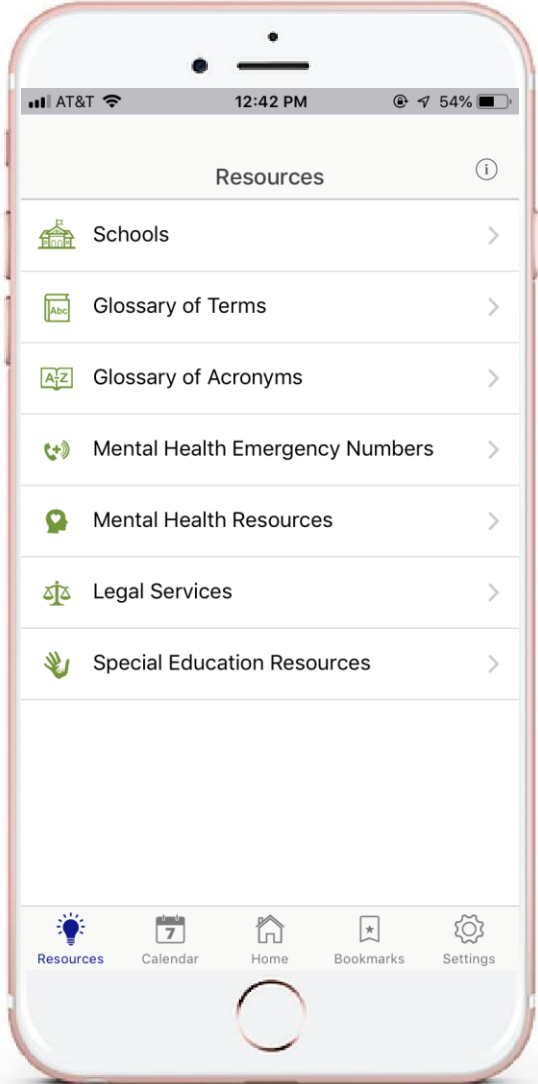
Welcome to the
alfrEDU homepage!



Getting Started and Search Option

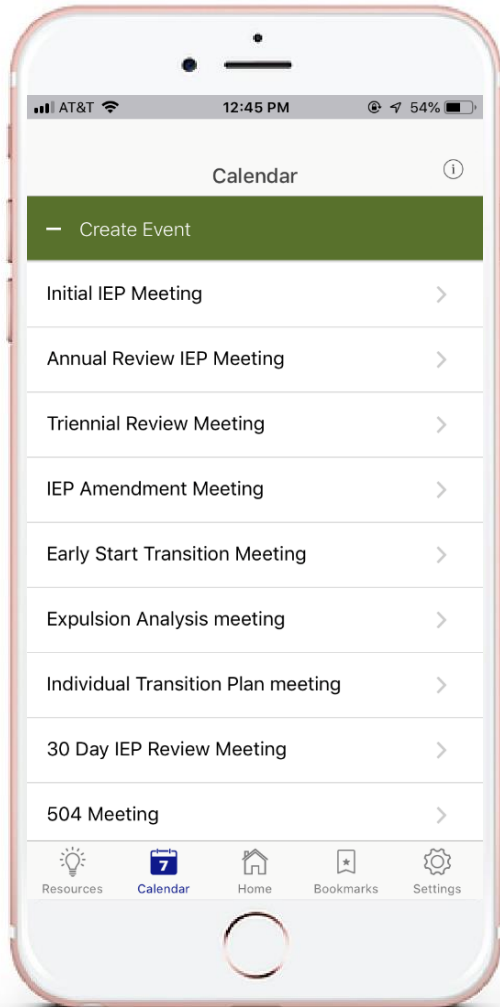


alfrEDU Resources

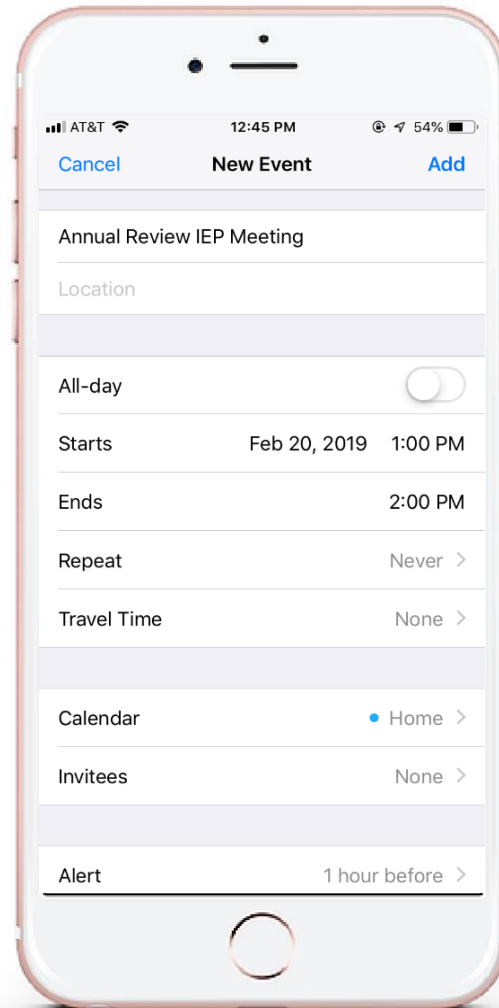


How To Create an Event on **alfr**EDU

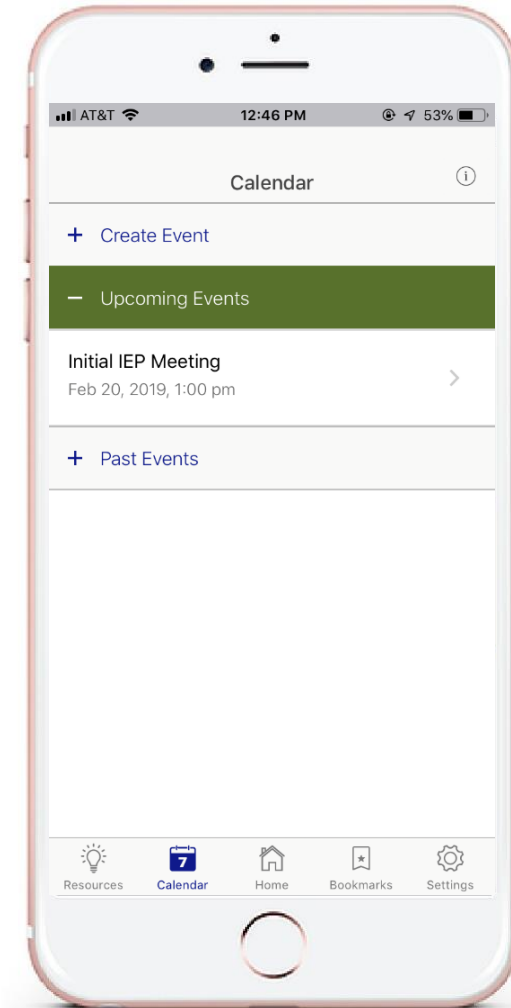
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Step Two

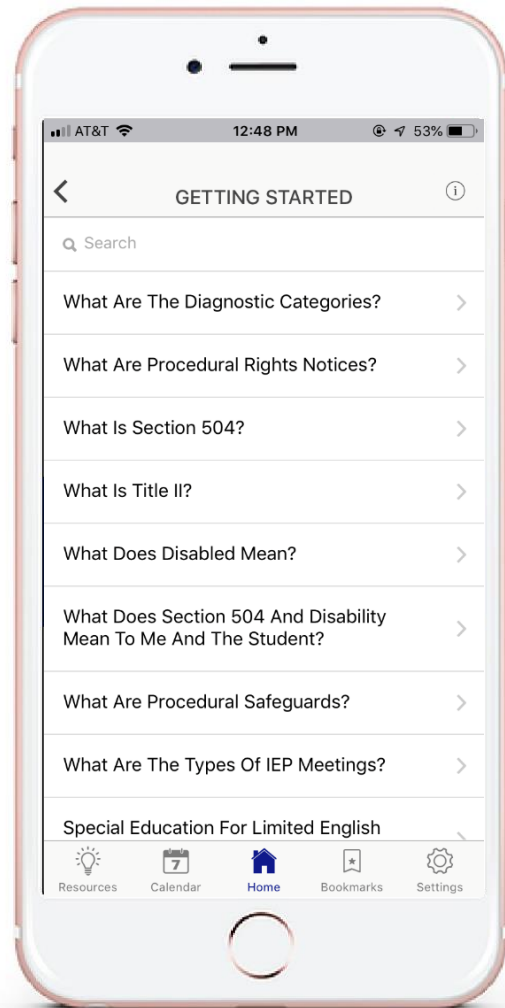


Step Three

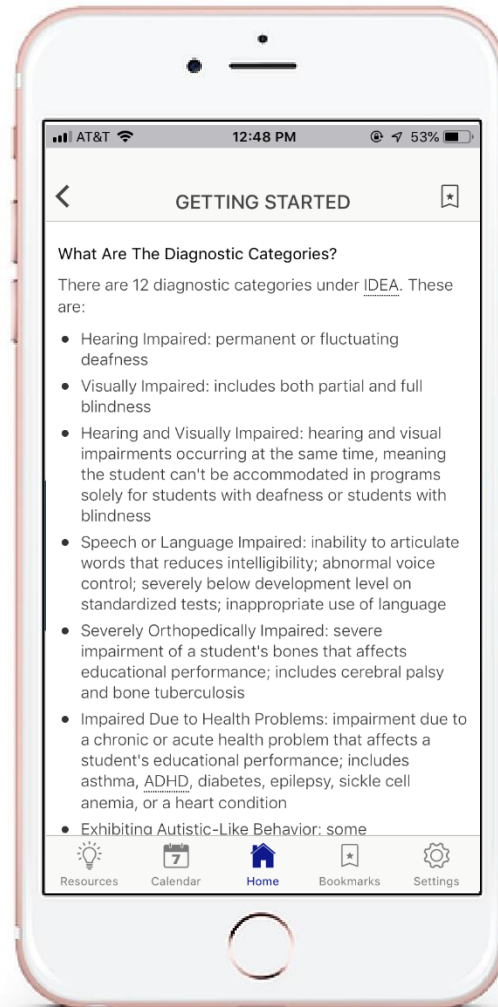


How To Create a Bookmark on **alfr**EDU

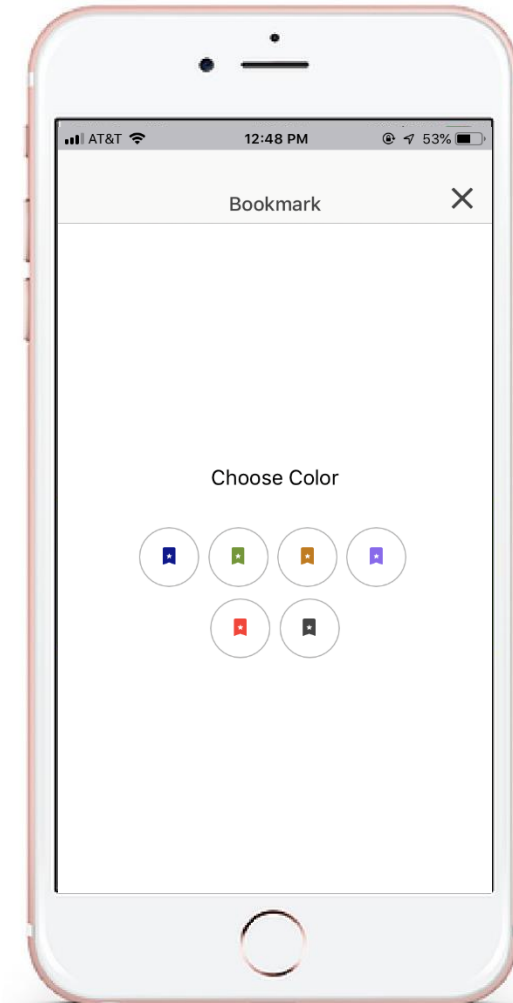
Step One



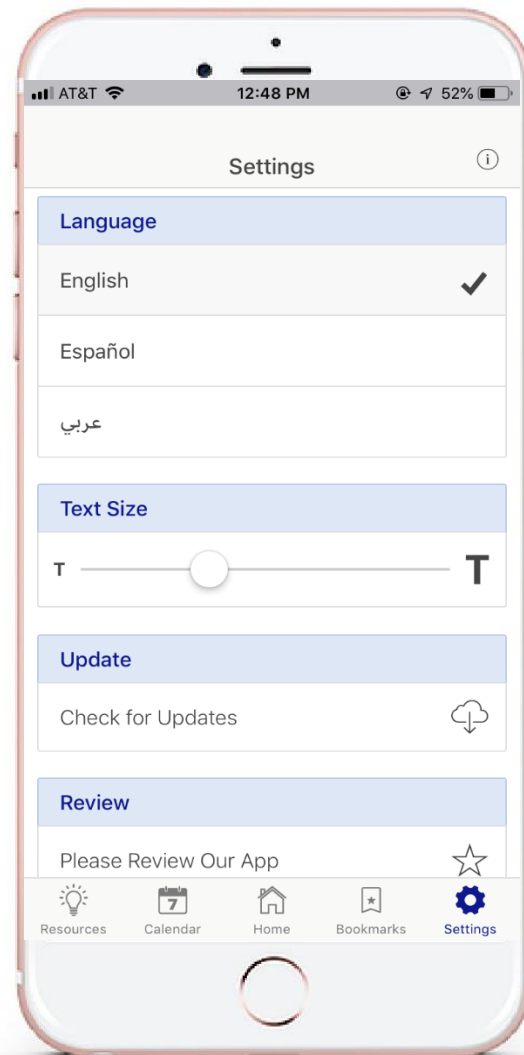
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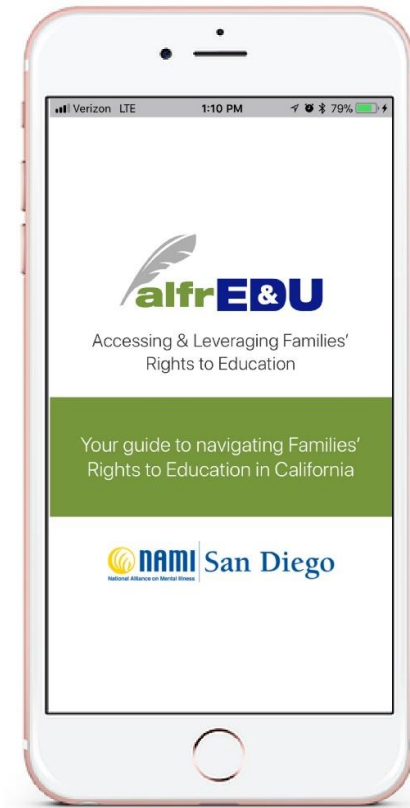
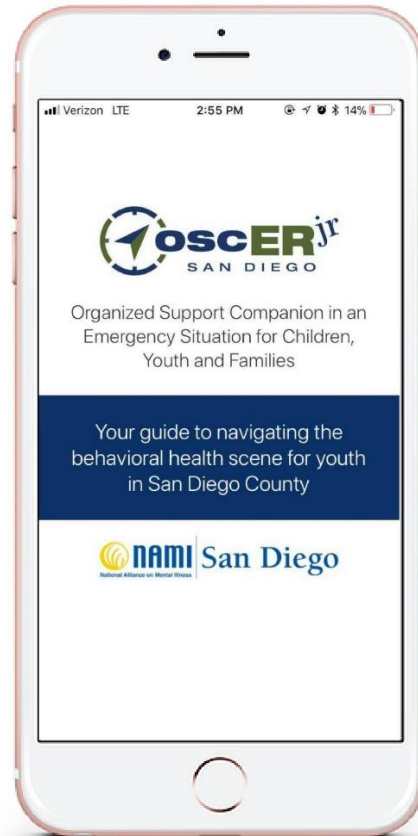
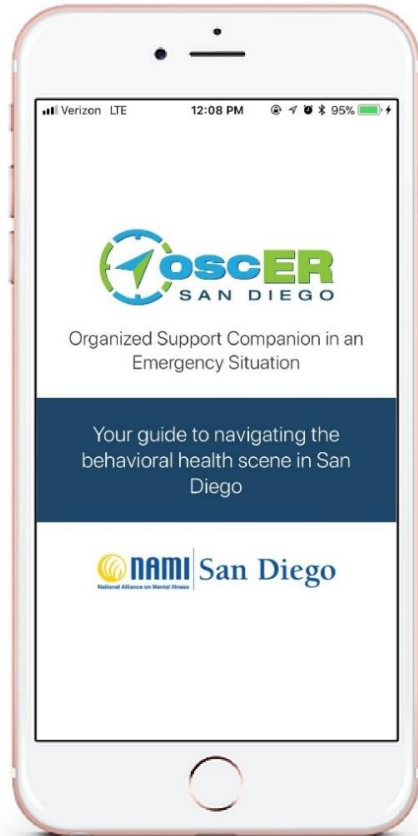


Step Three



alfrEDU Settings





Council Updates

- Meetings will now be recorded – this will be kept internal for note taking purposes only
- A few voting seats are now occupied!
- Age is now a consideration for representation with voting seats
- The Peer Council now has a recurring outlook calendar event



*You're
Invited!*

Zoom Peer Support



MOVIE CLUB



Movies influence perceptions and attitudes about mental health
Film offers participants a shared experience and connection.
Group provides a safe space for discussion and processing to
explore societal norms and their impact on our lives.

Starts April 17th, 2023
Mondays for six weeks
6 to 9 pm

Hope to see you there



Welcome to our new voting members!

- Who are you and what seat do you represent (MH or SUD)?
- What got you interested in joining the Peer Council?
- What direction would you like to see the Council take?



Welcome, Mobile Crisis Response Team!



NAMI San Diego's Community Advocacy Training is Here!

- NAMI National's Smarts of Advocacy is an interactive training certification program that transforms passion and lived experience into skillful grassroots advocacy.
- It is open to those new to advocacy and those who have been amplifying voices for years.
- After the completion of Modules 1 – 3, advocates will be able to share their stories with the local community and policymakers.
- Completion certificates are achieved.
- Module 1 - Telling Your Story
- Module 2 & 3 – Contacting Your Policymakers
- Community Advocates will be sharing their stories each council meeting every month!



March Community Advocate:
Mary Jo O'Brien!



Our Next Training!

COMMUNITY ADVOCACY TRAINING!

Module 1: Telling Your Story!

Learn how to best structure your mental health journey to be the most impactful in two minutes or less!

Friday, April 21
1:00 PM - 3:00 PM
Virtual on Zoom!



Email your RSVP to
CommunityAdvocacy@namisd.org
or register through the link
below
[Zoom Link](#)

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May Event 2023 Update!

Youth Mental Health & Well-Being Celebration

Saturday May 13, 2023

1:00 to 5:00 PM

Grossmont Center Mall

(High Attendance Location!)

Theme: Accept. Advocate. Act.

This year the May Event will be in-person! It will consist of resource tables, with each table having an activity. For each table, attendees who visit and participate will be given a raffle ticket to go towards our opportunity drawing! We will also have a DJ (Faeth!), Bubble Dance Party, and Take-Home Photos! If you would like to have a resource table, fill out the form in the chat or email MinaArthman@namisd.org.

** Tables & Chairs are generously being provided by Stanley Steamer Carpet, Floor, & Upholstery Cleaning Company!



Resources:

NAMI San Diego Helpline: **1-800-523-5933**

NAMI San Diego Warmline: **1-800-930-9276**

Crisis Text Line: **Text "NAMI" to 741741**

OscER - app.oscer.org

OscER Jr. - app.oscerjr.org

AlfrEDU - app.alfredu.org



CAP Email: CommunityAdvocacy@namisd.org

CAP Website: [Advocacy – NAMI San Diego](#)

NAMI San Diego Website: <https://namisandiego.org/>

SOCIAL MEDIA: *IG/Twitter* @nami.san.diego

Facebook: NAMI San Diego



Thank You for Attending the SDCBHSOC Peer Council!



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