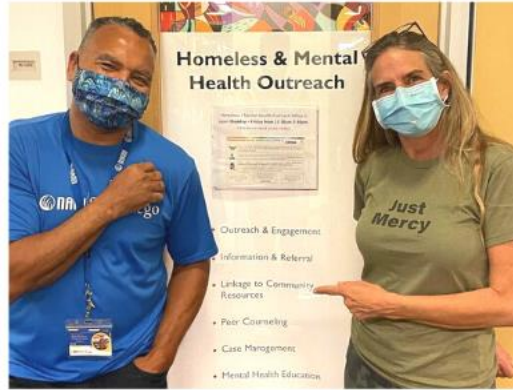


San Diego County Behavioral Health System of Care Peer Council



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



June has historically been known as Pride Month. Pride Month celebrates the accomplishments and acknowledges the struggles of the 2SLGBTQIA+ community.

In the chat, please answer this question:

What does pride mean to you and why is it important?



2SLGBTQIA+ Mental Health Advocates

Kay Lahusen

- Kay Lahusen was a photographer and gay rights activist whose career spanned from the 1960s to 2021.
- Through her photography and activism, she was able to help put out important publications including "The Ladder" (a magazine focused around the lesbian experience) and "The Gay Crusaders" (one of the earliest anthologies of gay activism.)
- She was one of the key members who helped de-classify homosexuality as a mental illness with the American Psychiatric Association.



2SLGBTQIA+ Mental Health Advocates

Audre Lorde

- Audre Lorde was a self-described "black, lesbian, mother, warrior, poet." Her poems and journals focus the experience of being a black, queer, feminist and the implications that holds on society.
- One of her most famous works is an essay from her book *A Burst of Light*. In this essay, she speaks about the topic of self-care and how taking care of yourself, as a person of color, within a society that already does not want to see you succeed, can be a radical act of self-preservation.
- "Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare."



2SLGBTQIA+ Mental Health Advocates

Juan Acosta

- Juan Acosta is a mental health advocate focusing on the issues that affect the queer community.
- At the age of 21, he drafted a proclamation that enacted Pride Month in Woodland, California.
- Acosta went to the White House's first Mental Health Youth Action Forum, speaking with Jill Biden on the intersectionality of queerness and mental health.



2SLGBTQIA+ Mental Health Advocates

Blair Imani

- Blair Imani is a queer, black, Muslim author, educator and advocate for intersectionality and mental health.
- Her web series, Smarter in Seconds teaches people about important concepts regarding mental health, the queer experience, and social justice in short form videos that have gone viral online.
- She has authored three books on these concepts and has used her platform to encourage activism for human rights issues.



Council Updates

- Our first co-chairs:
 - Mary Jo O'brien (MH)
 - Robert Forte (SUD)
- New seat: Isaac Lara (MH)
- Representatives to attend other councils to be assigned soon.



Welcome to our new voting member(s)!

- 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?



Logistical Discussion

- How would people feel about a biannual in-person/hybrid meeting?
- A half-hour social/discussion time before each meeting?
- What would you like to see from the webpage about this council?




SB43/Care Court Discussion

- Featuring:
 - Josh Roberts
 - Anita Fisher



Upcoming Town Hall Meetings

UPCOMING EVENTS



JUNE 22 CalHOPE Town Hall **1 PM - 2 PM**

JUNE 23 Elevate Youth CA **10am -11am**

@nami.san.diego



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.
- Completion certificates are achieved.
- After the completion of the first module, "Telling Your Story", advocates will be able to share their stories with the local community and policymakers.
- Community Advocates will be sharing their stories each council meeting every month!



Our Next Training!

COMMUNITY ADVOCACY TRAINING!

Telling your story!

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

Friday, June 30

2:00 PM - 4:00 PM

Virtual on Zoom!



Email your RSVP to
CommunityAdvocacy@namisd.org
or register through the
Zoom Link
provided in the chat!



Community
Advocacy
Program
NAMI SAN DIEGO & IMPERIAL COUNTIES





*June Community
Advocate:*
Faeth Jackson!

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](http://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!



LIVE WELL
SAN DIEGO



Community
Advocacy
Program



NAMI SAN DIEGO & IMPERIAL COUNTIES