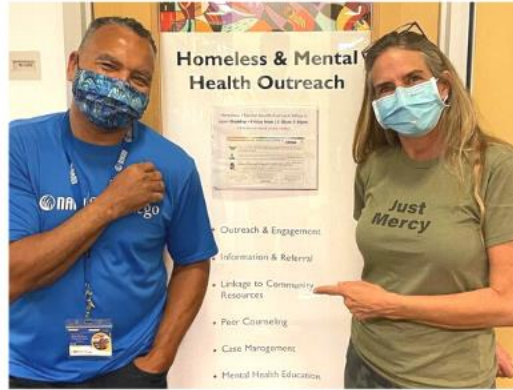


# San Diego County Behavioral Health System of Care Peer Council



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**

Last weekend was our annual May Mental Health & Well-Being Celebration, honoring Children's Mental Health Acceptance Week.

The theme for this year was "Accept. Advocate. Act." But Mental Health Acceptance Month is still happening!

In the chat, please answer this question:

**What three words are your theme for this year's May Mental Health Awareness/Acceptance Month?**



# May 2023 Mental Health & Well-Being Celebration!

14+ Organizations & Agencies Represented!

Drum Circle Run by Helen from San Diego's Women's Drum Circle  
and Father Joe's Village!

Live Musical Performance from Youth Adian Hallinan!

Speeches from Yael Koenig & Cathryn Nacario!

Youth Speaker Angelina Abdelrahman!

200+ Community Members Attended!



# History of May Mental Health Month!

- Started in 1949 by Mental Health America.
- *Awareness and Acceptance*
  - The goal of creating this month was to highlight the prevalence of mental health conditions, but also focus on how people with these mental health conditions are thriving.
  - Help reduce the stigma around something that affects 25% of the population but impacts all of us in our communities.
  - In recent years, there has been a movement to shift from just awareness, to also acceptance. With the intent to that accepting mental health, not just being aware of it, leads to action and movement for those living with mental health conditions and their loved ones.
  - "Accept. Advocate. Act."



# History of May Mental Health Month!

- **The Affordable Care Act** – Expanded health insurance coverage to approximately 30 million Americans. An estimated 11 million of these individuals will now have access to substance abuse and/or mental health service needs.
- **The Community Mental Health Services Block Grant** – Provides financial assistance to states and territories to carry out state plans to offer comprehensive community-based mental health services and evidence-based practices to adults with serious mental illnesses and children with serious emotional disturbances.



# History of May Mental Health Month!

- **Mental Health Parity and Addiction Equity Act of 2008** – Eliminated the practice of unequal health treatment and improved access to much needed mental health and substance use disorder treatment services through more equitable insurance coverage.
- **The Garrett Lee Smith State/Tribal Suicide Prevention Program** – Facilitates coordination across government agencies and the private sector in the development, implementation, and evaluation of youth suicide prevention and early intervention plans among youth-serving institutions, such as schools, educational institutions, juvenile justice systems, substance abuse programs, primary care, mental health programs, foster care systems, and other organizations.



# Council Updates

- Executive committee to be organized soon
- Note-taking software is potentially now on the table
- More voting seats have been recruited



# 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?





# 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!

*Learn how to transform passion  
and lived experience into skillful  
grassroots advocacy!*

**Friday, May 26**  
**2:00 PM - 4:00 PM**  
**Virtual on Zoom!**



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

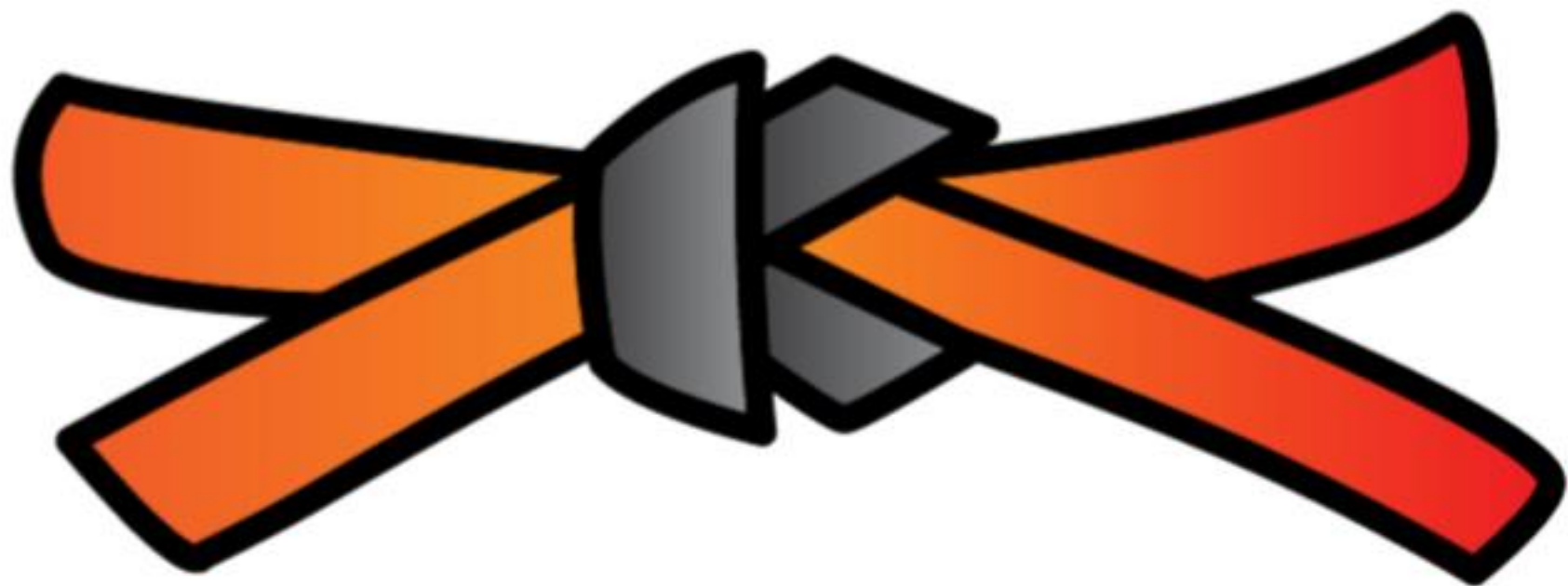


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***March Community Advocate:***  
**James Wright!**





***KIMONOS FOR KAI***

**Y O U   A R E   N O T   R E P L A C E A B L E**

# 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](http://app.oscer.org)

**OscER Jr.** - [app.oscerjr.org](http://app.oscerjr.org)

**AlfrEDU** - [app.alfredu.org](http://app.alfredu.org)



CAP Email: [CommunityAdvocacy@namisd.org](mailto: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!



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