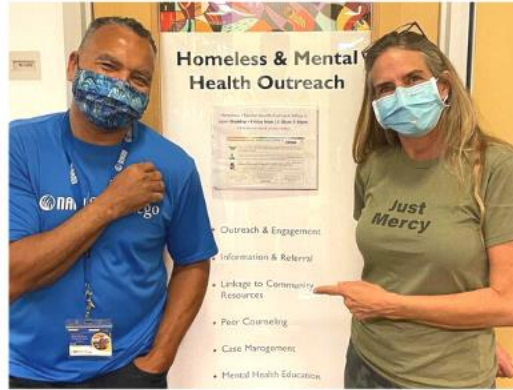


San Diego County Behavioral Health System of Care Peer Council



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**



Today is the first day of Spring! Which is the start of Persian New Year (Nowruz)! Part of celebrating Nowruz is arranging the Haft-Seen. These are 7 items that symbolize good things for the new year and cherish our connection to the natural world.

In the chat, please choose one of the following:

- Grass = Growth; What changes this year are helping you grow?
- Olives = Love; How are you practicing love this year?
- Vinegar = Patience; What lies ahead that you are practicing patience for?



Womens Representation in Mental Health!

Nellie Bly:

- Journalist who advocated for mental health reform. (1864 - 1922)
- She went undercover in the New York State Asylum, experiencing firsthand the neglect and abuse happening towards patients by staff.
- She published an expose that sparked outrage, legal action, and improvements to the mental health system in the US.



Womens Representation in Mental Health!

Dr. Margaret Morgan Lawrence:

- Honored pediatrician & child psychologist. (1914 - 2019)
- Was the only African-American woman in her class at Columbia University.
- She served as Chief of Psychiatry for Infants & Children at Harlem Hospital for over 21 years.
- Continued seeing clients until she was 90 years old and passed at the strong age of 105 years old.



Womens Representation in Mental Health!

Dr. Elisabeth Kubler-Ross:

- Honored hospice psychologist and pioneer of grief support and understanding. (1926 - 2004)
- Author of *On Death & Dying*, which outlined the "five stages of grief".
- Gave new language and understanding over how we process grief and how to best support those who are grieving.
- Established a new area of study and sparked new research.
- Part of the death positivity movement.



Womens Representation in Mental Health!

Alyx Ang:

- Current social media mental health advocate!
 - (b. 2000)
 - @alyxandriaang
- NAMI Next Gen Advisor!
 - Represents the voices of young adults across the country.
 - Advises and creates content for NAMI Communicate.
- Participant in MTV's Youth Mental Health Action Forum at the White House!
 - One of 30 advocates invited to speak with First Lady Dr. Jill Biden, U.S. Surgeon General Dr. Vivek Murthy, & Rare Impact Fund's Selena Gomez.
- Mental health podcast: *a if for anxious* @aisforanxiouspod
- Heart-Bound Book Club: @heartboundbookclub



Council Updates

- 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



Our Next Training!

COMMUNITY ADVOCACY TRAINING!

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

THURSDAY, March 23
10:00 AM - 2:00 PM
Virtual on Zoom!



Email your RSVP to
CommunityAdvocacy@namisd.org
or register through the link
below
Zoom Link



Community
Advocacy
Program
NAMI SAN DIEGO & IMPERIAL COUNTIES



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: Joshua Roberts!

Community Advocate
In Our Own Voice Presenter
Inspired Mind Mental Health



NAMI San Diego's Peer Training and Placement Program

Medi Cal Peer Support Specialist Training

- **Cohort 3:** April 24 – May 10, 2023
- **More Cohorts to come!**
- **13 sessions** – live attendance required.
- **Cost:** FREE
- **Location:** Online (through Zoom)
- **Days:** 2.5 weeks, Mondays-Fridays
- **Time:** 12:30-4:30 pm (including breaks) – participants are required to factor in an additional 28 hours outside of sessions for homework and training support.



What is the process to join the training?

- **Step 1:** Review training eligibility to determine if you qualify for this training
- **Step 2:** Complete the Medi-Cal Peer Support Specialist Certification Training Interest Form
- **Step 3:** Staff will review your form to determine eligibility
- **Step 4:** Staff will notify you if you are eligible to proceed with training registration or direct you to alternate training options
- **Step 5:** Complete your training registration and Individualized Career Plan (ICP) form
- **Step 6:** Complete mini career counseling session with staff/volunteers to review completed ICP form
- **Step 7:** Receive notification from staff to confirm your spot in the training



NAMI's Medi-Cal Peer Support Specialist Training Requirements:

- Be at least 18 years of age.
- Reside in San Diego or Imperial County.
- Possess a high school diploma/equivalent (or higher) degree.
- Live with a mental health and/or substance use condition; or as the parent, caregiver, or family member – support a loved one living with either of these conditions.
- No certification scholarship. If you do have a scholarship, you may be eligible to take the Medi-Cal Peer Support Specialist Certification (PSSC) Training through NAMI California and are encouraged to reach out to Rebecca Kim, rebecca@namica.org.
- To find more information go on their website [Medi-Cal Peer Support Specialist Certification \(PSSC\) Training – NAMI San Diego](#)



NAMI's Medi-Cal Peer Support Flyer



Medi-Cal Peer Support Specialist Certification (PSSC) Training

80 hour online state training offered through NAMI San Diego and Imperial Counties, meeting the training requirements for peer certification in California.

Presented by the Peer Training and Placement Program; Approved by CalMHSA and in partnership with



 Sessions begin
April 24, 2023; 12:30 pm



DETAILS

Cost: FREE

Location: Online (through Zoom)

Dates: Mondays-Fridays, April 24 - May 10, 2023

Time: 12:30-4:30 pm* (live attendance for the 52 hours of sessions required; breaks provided)

*Participants are required to factor in an additional 28 hours outside of sessions for homework and training support

- Training approved by CalMHSA meeting the training requirement for peer certification in California
- 13 days of sessions
- Office Hours to supplement training content and support
- Follow-up support, career counseling, & career placement assistance
- Certificate of Completion awarded after completing 80 hour training

ELIGIBILITY

You must meet the following qualifications:

- Intend to become state certified as a Peer Support Specialist (PSS), including sitting for the state certification exam
- No certification scholarship*
- Interested in seeking/maintaining placement as a PSS or related role
- Live with a mental health and/or substance use condition; or as the parent, caregiver, or family member - support a loved one living with either of these conditions
- Be at least 18 years of age
- Reside in San Diego or Imperial County
- Possess a high school diploma/equivalent (or higher) degree
- Have access and ability to utilize computer, laptop, and internet connection with which you can see, hear, and speak
- Willingness to commit to staying in communication with trainers for 6 months of follow-up support

*If you have a scholarship, reach out for more information

TO EXPRESS INTEREST

Go to: <https://forms.office.com/r/3V6qPGsrcP>

Questions? Visit our website: namisandiego.org/pssc



Crestwood BH: Recovery Resilience Solutions

[Peer Support Specialist - Crestwood Behavioral Health](#)



Crestwood BH: Recovery Resilience Solutions



Crestwood Behavioral Health, Inc.

An approved DHCS MC PSSC Training Provider

ONLINE
Medi-Cal Peer Support Specialist
Certification Training

Peer Personnel training and Placement Program...

an exciting opportunity for peer support training and more!

Crestwood Behavioral Health, Inc. is offering training, placement, and ongoing support for peer personnel (individuals with a lived recovery experience with mental illness and/or substance use/addiction, and or parents/caregivers/family members). Those who meet this definition are eligible and invited to participate in this dynamic, skills-based program. The Mental Health Services Act-funded HCAI Grant program develops knowledge and skills in recovery and resilience practices, peer placement and MC PSSC Exam preparation for program participants. See scheduled training dates below.



Crestwood BH: Recovery Resilience Solutions

2023 Training Schedule

- March 27 through April 17
- April 3 through April 24
- May 11 through June 2
- June 5 through June 26
- July 10 through July 31
- July 31 through August 21
- September 11 through October 2
- October 2 through October 23
- October 30 through November 21
- November 27 through December 18

The MC PSSC Training is three work weeks and a day (16 days total) and generally meets on scheduled Mondays through Fridays, 9:00am - 4:00pm, with one-hour lunch break at noon. Participants may not miss more than 8 hours of training.

Contact Us

For questions,
Jim Ritchie
james.ritchie@cbhi.net | 209.313.4511

Scan to register



RecoveryResilienceSolutions.com

This program is funded by the California Department of Health Care Access and Information.
For more information about Medi-Cal Peer Support Certification, please visit: www.calmhsa.org/peer-certification



Crestwood BH: Recovery Resilience Solutions



Complete the State of California Peer Support Specialist Certification Training requirement.



Join us as a learning partner by participating in our fun, highly interactive, participant-centered learning community.



Have fun practicing peer support skills in a safe, comfortable, and supportive environment.



Receive 6 months of ongoing, post training support.

*CalMHSA scholarship recipients do not participate in the ongoing support phase.

Peer Support Learning for the 21st Century

1. History of Recovery - Getting Perspective
2. Recovery Principles and Practices
3. Resilience
4. Sacred Discipline of Peer Support
5. Working on Wellness
6. Recovery Documentation
7. Sharing Stories of Resilience
8. Cultural Humility
9. Communicating to Build Relationships
10. Professional Ethics
11. Peer Support for Whole Health Needs
12. Redefining Labels and Diagnostic Criteria
13. Character Building to Overcome Trauma
14. Moving Beyond Addictions
15. Preparing for the Final Exam, Learning and Work Tools



Peer Connection

- Sponsored by the Peer Self-Advocacy Program at Disability Rights CA!
- An open forum for peers and *people with lived experience with mental health disabilities throughout the state to communicate with other peers via email.
- It is exclusively for peers and people with direct lived experience with mental health disabilities who have received or are receiving mental health services.



Peer Connection

- An online gathering place to share ideas, provide support and connect people with resources and referrals to services.
- Discuss hot topics, issues and current events related to peers
- Announce upcoming events (webinars, conferences, committee meetings, etc.)
- Propose and arrange peer trainings on topics of our choice
- Learn information and updates regarding Peer Support Specialist Certification Implementation
- Provide information and links to up-to-date research, articles and legislation related to peers and mental health



Peer Connection

- *The Peer Connection* is a powerful online tool to:
- Learn about our rights
- Exchange self-advocacy strategies and skills
- Elevate our voice as peers
- **Mobilize as a team to advocate** for causes that support and value us as peers in California and beyond
- Only those who join *The Peer Connection* will have access to everything we post on this site.
- Participation is entirely voluntary, and *you can opt out at any time.*
- If you have any questions or want more information, feel free to contact Robyn at robyn.gantsweg@disabilityrightsca.org.



CARE Court



SB 1338: CARE Court

- Family, close friends, first responders and behavioral health workers will be able to submit a petition to the court, signed under penalty of perjury, on behalf of a person with untreated schizophrenia spectrum or other psychotic disorders that shows why they qualify for CARE Court. In order to qualify, the person must be either unlikely to survive safely without supervision or be a threat to themselves or others without support. The petition must include either an affidavit from a licensed health care professional who examined them or tried to — or proof the person was recently detained under intensive treatment. (calmatters.org)



SB 1338: CARE Court

- The court would then order a clinical evaluation of the person — and review the evaluation to see if the person qualifies for CARE Court services. If they do, they'll get legal counsel and a “supporter” — an advocate to walk them through the process, as well as a “Care Plan” that can include recommended treatment, medication and housing. Medication can be court-ordered, but not forcibly administered. During 12 months, a participant will have to attend hearings to make sure they're adhering to the plan — and counties are providing the court-ordered services. (calmatters.org)



SB 1338: CARE Court

- Following that year, a person could receive another year of treatment or a graduation plan, which would not be enforceable by the court. If a person received the court-mandated services but failed to complete their treatment, they could be considered by the court for [conservatorship](#), though refusing medication alone wouldn't be grounds for failure. The idea is to make it easier for people who need help, but may not be seeking it, to get it before they lose legal autonomy or end up in jail. (calmatters.org)



SB 43: Conservatorship

- ...Senate Bill 43, would change California's LPS conservatorship law by updating the criteria for determining if a person is "gravely disabled," the standard for conservatorship eligibility.
- "A frustrated San Diego father came to me just days ago and told me about his severely mentally ill son, a college graduate who's oblivious to his own illness," Gloria, chair of the Big City Mayors, said Wednesday during a meeting in Sacramento. "He has bounced between psychiatric hospitals, become addicted to opiates and is now languishing in jail, not getting the help he needs.
- "This story is far too common in our state, with emergency response becoming the only way people struggling with mental health and addiction can access care," he said. "We must act on conservatorship reform for the thousands of families who struggle to get their loved ones life-saving health care." (kpbs.org)



SB 43: Conservatorship

- Proponents of the legislation say the current focus of the LPS Act on the ability to provide for one's food, clothing and shelter fails to address the "real needs" of desperately ill people and often leads to their criminalization and jail rather than treatment.
- Eggman's first bill would update the definition of "gravely disabled" to include the potential for serious physical and mental harm stemming from a person's inability to provide for their own nourishment, personal or medical care and appropriate shelter, as well as an incapacity to attend to their self-protection or personal safety due to a mental health or substance-use disorder. (kpbs.org)



May Event 2023 Update!

May Mental Health & Well-Being Celebration

Saturday May 13, 2023

12:00 to 6:00 PM

Grossmont Center Mall

(High Attendance Location!)

Theme: Accept. Advocate. Act.

This year the May Event will be in-person! It will consist of 20+ resource tables, with each table having a game or 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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