

# San Diego County Behavioral Health System of Care Peer Council



LIVE WELL  
SAN DIEGO



COUNTY OF SAN DIEGO  
HEALTH AND HUMAN  
SERVICES AGENCY

Community  
Advocacy  
Program

NAMI SAN DIEGO & IMPERIAL COUNTIES

# Introductions & Icebergs!

In the chat, please share:

Name

Role & Organization

Contact Email

September is National Suicide Prevention Month.

Please follow along on MentiMeter for today's iceberg activity.

Reminder: This meeting is being recorded for note taking purposes only.



# September is National Suicide Prevention Month

## Unseen Allies: Debrief

- ✓ This activity highlights that we are not alone in our struggles and hardships; there is someone who relates to us.
- ✓ This includes the impact of suicide and suicidal thoughts.
- ✓ We share similarities amongst all our own lived experience, hold collective trauma, thus we can support one another.

## Suicide Prevention Month:

A time to raise awareness and discuss this highly stigmatized topic. In addition to shifting public perception, we use this month to spread hope and vital information to people affected by suicide. Our goal is ensuring that individuals, peers, friends, families, and communities have access to the resources they need to discuss suicide prevention and to seek the right help.



#Together4MH

**TOGETHER**  
for Mental Health

**Suicide Prevention  
Awareness Month**

Raise awareness for suicide prevention and treatment, know the risks and warning signs for suicide and what to do in a crisis.

[Learn More](#)

[nami.org/suicidepreventionmonth](https://nami.org/suicidepreventionmonth)



# Peer Council Minutes and Updates

- Potential in-person Peer Council Meeting this February!
- Interested in sharing your organization with the Peer Council or in a Town Hall?
  - Please scan the QR code with your phone camera or follow the link posted in chat!



***Spotlight Presentation:***  
**Linda Puebla from the**  
**Suicide Prevention Council**  
**(CHIP)**



# NAMI San Diego's Community Advocacy Trainings!

- NAMI National's SMARTS for 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 base module, "Telling Your Story", advocates will be able to share their stories with the local community and policymakers.
- Every month, a Community Advocate will share their story with Peer Council!
- Interested? Scan QR code with phone camera or follow link in chat!







***Community  
Advocate  
of the Month:  
Renee Reynolds!***



# Our Next Training!

## COMMUNITY ADVOCACY TRAINING!

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



**Next Training Date:**  
Wednesday, Sept 20, 1 - 3 PM  
[Zoom Registration Link in Chat!](#)



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# October "Telling Your Story" Trainings!

## COMMUNITY ADVOCACY TRAINING!

### *Telling Your Story!*

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



### **Multiple Training Dates:**

Thursday, October 5, 12 - 2 PM

Tuesday, October 24, 2 - 4 PM

*Zoom Registration Links in chat!*

*Or Email [CommunityAdvocacy@namisd.org](mailto:CommunityAdvocacy@namisd.org)!*



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# Reimagining Crisis Response Trainings!

Every 11 minutes,  
someone loses their life to suicide.  
A mental health crisis  
deserves a mental health response.



Local Crisis Hotlines  
& Call Centers



Mobile Crisis  
Response Teams



Crisis Stabilization  
Units & Options

## COMMUNITY ADVOCACY TRAINING: REIMAGINING CRISIS RESPONSE

This training covers 988, mobile crisis response teams, PERT, local resources, and more! Virtual on Zoom!

Upcoming Trainings:  
Thursday 10/19 10AM-12PM  
Thursday 10/26 2-4PM

Registration  
Links in  
Chat!

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# Community Updates, Questions, or News!

Please share any events, updates or news you think the Peer Council should know about!

Please ask any questions you think members of Peer Council may help with!

Thank you!



## Resources:

NAMI San Diego Helpline: **1-619-543-1434**

NAMI San Diego Warmline: **1-619-295-1055**

NAMI CalHOPE Crisis Number: **1-858-339-4239**

Crisis Text Line: **Text “NAMI” to 741741**

Mental Health Emergency Number: **988**

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)

Email: [CommunityAdvocacy@namisd.org](mailto:CommunityAdvocacy@namisd.org)

Website: <https://namisandiego.org/services/advocacy/>

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

Instagram/Threads: @nami.san.diego

Facebook: NAMI San Diego





# Thank You for Attending the SDCBHSOC Peer Council!



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