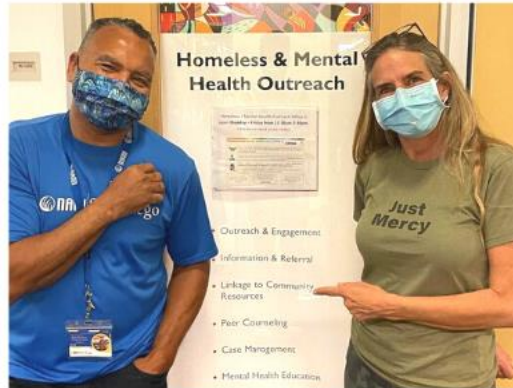


# San Diego County Behavioral Health System of Care Peer Council



LIVE WELL  
SAN DIEGO



COUNTY OF SAN DIEGO  
HEALTH AND HUMAN  
SERVICES AGENCY

Community  
Advocacy  
Program

NAMI SAN DIEGO & IMPERIAL COUNTIES

# WELCOME!

In the chat, please share:

Name

Role & Organization

Contact Email

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



# Remembering Gwen Miramontes ♡



# Peer Council Minutes and Updates

- Potential in-person Peer Council Meeting this March or April!
- We have two Community Partner Presentations this month!
- 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!



# Updates cont.

- Updates from COR/Seats Meet:
  - A recommended method for staying up to date with the county is attending the monthly Board of Supervisors meeting.
  - We aim to have something like the other council's director's updates.
  - The state of peer support services is still in flux, and we intend to stay up to date on any changes.
  - The Peer Council is the voice for peers in the county. The county needs us to know what is needed in the peer community. What needs to be done. The county will consider whatever feedback or cause we bring to them.



# Areas of Interest for 2024!



***Community***  
***Partner Presentation/Q&A:***  
**Bayview Behavioral Health**  
**Crisis Stabilization Unit**



# 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:  
Heather Wilson!***



# Community Advocacy Training: Telling Your Story!

## COMMUNITY ADVOCACY TRAININGS!

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



**FILL OUT OUR  
INTEREST  
FORM!**

*Scan with your  
phone camera!*



**SCAN ME**



Community  
Advocacy  
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# ***Community Advocacy Training: Reimagining Crisis Response!***

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:

Wednesday, 1/17 - 2:00 PM - 3:30 PM

Tuesday, 1/23 - 2:00 PM - 3:30 PM



1/17



1/23

Register using QR code or using link in chat!



# Community Updates, Questions, or News!

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

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

Thank you!



# Resources:

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

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

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 Calendar:* <https://namisandiego.org/calendar/>

*Instagram/Threads:* **@nami.san.diego**

*Facebook:* **NAMI San Diego**



# Thank You for Attending the SDCBHSOC Peer Council!



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