**SAN DIEGO COUNTY BEHAVIORAL HEALTH SYSTEM OF CARE**

**PEER COUNCIL MINUTES**

**MAY 2024**

**45 PARTICIPANTS**

* **Welcome**
  + Mental Health Awareness Month
    - Started in 1949.
    - Dedicated to eradicating stigma and advocating for policies that prioritize mental health.
    - Statistics:
      * 1 in 5 US adults experience mental illness each year and only half of them receive treatment.
      * 1 in 6 US youth experience a mental health condition each year and only half of them receive treatment.
      * The average delay between onset of mental illness and symptoms and treatment is 11 years.
* **Review of Meeting Summary**
* **County Update** presented by Kendra Mackey.
  + A representative from BHS population health might be presenting at our June meeting.
  + The April Director’s report has a lot of updates from our communication and engagement team. More people are out in the community giving resources and education regarding naloxone. If there is an event that you would like the communication and engagement team to attend, they would be happy to join. They can be reached through the community request form.
  + There will be more collaboration with the office of homeless solutions and equitable community.
  + MHSA Fiscal Year 2024-2025 annual report will be provided to the board of supervisors at the June 4th County Board of Supervisors meeting.
  + Mary mentioned wanting someone from the communication and engagement team to become a more permanent addition to our peer council. She also mentioned wanting a little more from the director’s report.
  + Peer question: I have a desire to be able to sit down with the county instead of just hearing the director’s report, is there any way that this can become a thing?
* **Peer Council Updates**
  + Seats are open! Both MH and SUD.
  + Seat application will request more information.
  + Prop 1 has passed.
  + Interested in sharing your organization with the Peer Council or in a Town Hall?
    - [Peer Council Guest Speaker Interest Form](https://forms.office.com/Pages/ResponsePage.aspx?id=-XV1U877y0OD7xWGZxPbVvidqZzhERtOvLqU009lfZFUN0MxMU0wTzNFWVpaNkk4RlRLSkk1VkxYRi4u)
* **Town Halls**
  + Upcoming Virtual Community Community Advocacy Town Hall Meetings
    - Youth Mental Health Online Resources Town Hall
      * May 31, 2024 1:00 PM - 2:00 PM
        + [Sign up in advance by clicking here.](https://us02web.zoom.us/meeting/register/tZYtcumhqTItG9TqoLweXFnBOqVuGd1AZ11J#/registration)
    - Peer Career Pathways Town Hall
      * June 5th 2024 1:00 PM - 2:00 PM
        + [Sign up in advance by clicking here.](https://us02web.zoom.us/meeting/83274172882)
    - Wellness Wednesday Town Hall
      * June 19th 2024 1:00 PM - 2:00 PM
        + [Sign up in advance by clicking here.](https://alliant.zoom.us/meeting/register/tJMscuyvqTkiEtc5f2utyh_hmPEjX8i2y5Rp#/registration)
  + Opportunity to ask questions and share thoughts with various speakers.
* **Hey! Cafe Clubhouse**
  + Opening May 29th 2024
  + Hours: Mon - Fri 11:00 AM - 7:00 PM
  + Address: 1950 South 4th Street, Unit B El Centro, CA 92443
    - This clubhouse is a space designed for, as well as shaped and driven by teens and young adults ages 14-25.
      * Key offerings include
        + Life skills training
        + Mentoring
        + Employment Support
        + Wellness Resources
        + Recreation
* **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 the Peer Council
  + January Training Dates:
    - Telling Your Story
      * May 23, 2024 2:00 PM - 4:00 PM
      * June 13, 2024 2:00 PM - 4:00 PM
    - Reimagining Crisis Response Trainings:
      * Thursday May 30th 2024, 2023 1:00 PM - 2:30 PM
      * Thursday June 6th 2024, 1:00 PM – 2:30 PM
* [Community Advocacy Training Interest Form](https://docs.google.com/forms/d/e/1FAIpQLSeXOwr6eI1FQ0f8xO1mwVaFVCmUA66BWlGA-ldmwmSegrpszg/viewform)
* Community Advocate of the Month:
  + Carmelita Trujillo
* **Letter Writing Process and Discussion**
  + Revisiting our new process
    - Three Step Process:
      * Gather community concerns and potential proposals.
      * The seats narrow it down to one concern.
      * A letter is written and submitted.
    - Breakout Rooms
      * At our last meeting we had four break-out rooms in order to talk about what concerns they might have or what changes they would like to see.
      * Peer Breakout Room
      * Priority Populations
      * TAY/CYF Breakout Room
      * Adult/Older Adult Breakout Room
    - This Quarter’s Direction
      * Make sure the voice of peers is at the table during the development of Prop 1 and SB43 etc.
      * The scope of Prop 1 potentially touches upon nearly every other concern raised by council members.
      * It is not necessarily a grandiose policy proposal, but a formal request that peer voices are not set aside during any restructuring.
      * It puts us in a better position moving forward and works as a good introduction.
    - Feedback Please!
      * How do people feel about this process?
      * Do you think it could be more inclusive?
      * Do you think it could be more efficient?
      * Is the process rushed? Is it too slow?
      * Is this a good way to formally voice peer concerns?
      * Do you have suggestions for another way?
        + Feedback:

Robert’s Feedback: It’s unclear what our focus is because on one side of things, we are trying to have our voice heard, figure out our seats, our position and the understanding that we aren’t making public comment. We need to be recognized as the peer council and should be treated as such. Once we get that figured out, then we can start solving some of these problems with peer development, peer workforce and wellness. We can’t focus on both of these goals at the same time. One has to come before the other.

Devin’s Feedback: In my experience with big organizations, there can be a tendency to have our voice be a checkbox for the contracts. Is that what is happening now?

Peer Feedback: Our voice does count, whether we identify as a peer or not. I normally identify as a mental health advocate

Peer Question in chat: Hi. first time here. I have some questions about this group and what the goals and purpose of this group is for. I was under the impression this group is here to support those of us working/ involved in county mental health and share ideas? is that right? basically, I showed up today to say I'm tired and how are you? lol. Does anyone have time to talk w me at some point this week- either a quick phone call or by email? thanks so much.”

Robert Response: This council is a multi-faceted group. We are advocating, presenting issues and then addressing them with solutions, providing guidance on how to communicate with our county leaders, and translating our lived experience into policy and procedure.

Josh Response: We are the meeting of peers that come together to advocate for policy change.

Mary Feedback: I think we need to firm up the application for our seats in order to get a wider representation.

Sten Response: There have been some that have applied and I will reach out to them soon.

* **App Updates**
  + The National Alliance on Mental Illness (NAMI San Diego) developed oscER as an app that helps family and friends navigate a psychiatric emergency for a loved one, with regional resources, guidance and information.
    - Recent updates:
      * The Mental Health section has been restructured to look more like the Substance Use Disorder Section.
        + <https://app.oscer.org/home/section/crisis>
      * There is a new Crisis Hotline section that gives you direct access to emergency services from the homepage.
        + <https://app.oscer.org/home/subsection/crisis-hotlines-en>
      * The resources section is being reorganized
* **Community Updates, Questions, or News!**
  + Family Youth Partner Subcommittee hosted by NAMI San Diego
    - [Family Youth Partner Subcommittee Zoom Link](https://us02web.zoom.us/meeting/register/tZwtd-CtrzMoEtCXOpoZrV2nM7TpLxEqRb7g)
  + Counseling Within Reach
    - Virtual, low-cost therapy, put on by NAMI San Diego.
      * <https://namisandiego.org/counseling/>
* **Thank you for Attending!**

**Next Council Meeting: June 18th, 2023, 2:00pm – 3:30pm**