

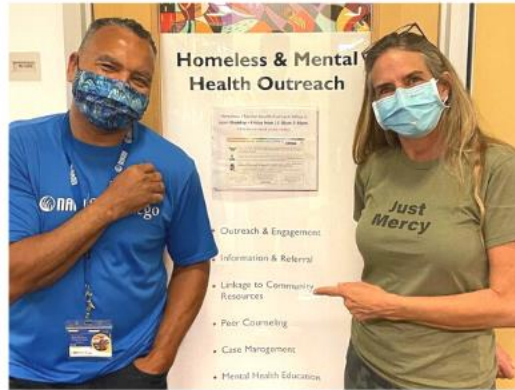
# San Diego County Behavioral Health System of Care Peer Council



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**

**COMMUNITY PEER QUESTION:**

**How can someone be a source for better health within your communities?**

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



# WELCOME!

- Please mute your audio when you are not speaking.
- Please use the "hand raise" button when you wish to speak during this meeting.
- Feel free to use the Zoom chat function at any point during this meeting.
- Feel free to private message our team on the Zoom chat to let us know if you are having any issues.
- Summary notes and agenda were emailed out to the distribution list and shared in chat.



# San Diego County Behavioral Health System of Care Peer Council Mission Statement

*The duties of the Council are set forth by the Behavioral Health Services (BHS) Administration, a department of the Health and Human Services Agency (HHS). The Council is to perform the following functions:*

- **Provide community oversight for the integrity of all services and advancement of all aspects of the system of care.**
- **Provide advice and feedback related to the progress and future expansion of the System of Care; and**
- **Provide information and recommendations to the BHS Director.**



# July is National Minority Mental Health Awareness Month!

- Raises awareness and advocates for the unique mental health needs of those in racial and ethnic populations.
- NHS 2024 Theme: Be the Source for Better Health: Improving Health Outcomes Through Our Cultures, Communities, and Connections!
- This theme calls on each of us to better understand how the unique environments, cultures, histories, and circumstances (known as social determinants of health, or SDOH) of racial and ethnic minority and AI/AN populations impact their mental health.





# July is National Minority Mental Health Awareness Month!

- Also known as Bebe Moore Campbell National Minority Mental Health Month!
- Bebe Moore Campbell was an accomplished author, journalist, and teacher.
- Lived experience as a parent of a child with mental illness in a broken system and learning how to get help and support.
- Founded NAMI Inglewood, thus creating a safe space for Black families in a predominantly Black neighborhood to talk about mental health concerns, find resources, and connect with others going through similar lived experiences.



# Peer Council Updates

- Seats are open! Both MH and SUD.
- Seat application has been updated.
- New slides.
- 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!
  - Or email Mina at: [MinaArthman@namisd.org](mailto:MinaArthman@namisd.org)!



# Peer Council Orientation

- The Peer Council was founded January 2023
- Its goals are to:
  - Provide community oversight for the integrity of all services and advancement of all aspects of the system of care.
  - Provide advice and feedback related to the progress and future expansion of the System of Care; and
  - Provide information and recommendations to the BHS Director.





# Peer Council Orientation

- The Peer Council is one among many county councils, including: *the CYF Council, the Adult Council, the Older Adult Council, the TAY Council, and the Housing Council.*
- What is different about the Peer Council?
  - The Peer Council explicitly addresses the needs of people both affected by mental health issues and/or SUD issues, aiming to have equal representation.
  - The Peer Council serves people of all ages.
  - The Peer Council is the only council tied to a county contract.
    - This means there is a team at NAMI San Diego available to assist the facilitation of the Peer Council.
    - This also means there is a COR team ensuring everything functions as well.

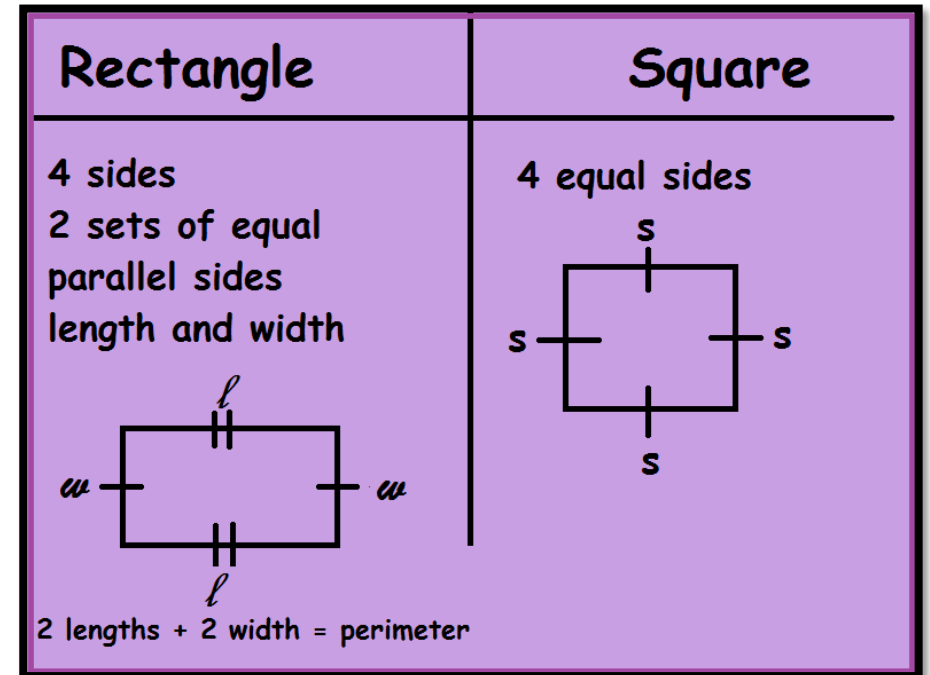


# Areas of Interest for 2024/2025!



# Why A Peer Council?

- You will hear the word "Peer" often at this council, and it has more than one meaning.
- You may have heard "every square is a rectangle, but not every rectangle is a square." Similarly, every Peer Support Specialist is a Peer, but not every Peer is a Peer Support Specialist.
- A Peer is someone who has been affected by mental health or SUD issues.
- A Peer Support Specialist is an accredited individual who uses their experience as a Peer to help other Peers.
- **Both are equally important and welcome to this council.**
- People will often say Peer when they mean Peer Support Specialist, but you will pick up on the context clues to determine whether all Peers or Peer Support Specialists are being discussed.



# Peer Support Specialists

- The modern concept of a community member helping others receive the care they need dates back to the 1940's with the Chinese "Barefoot Doctors".
- The Promotoras provided similar services in Latin America starting in the 1960's.
- It was not until recently that an official behavioral health Peer Support Partner certification system was implemented, so there is a lot of talk about the process and the job itself.
- A PSS fills a gap between peers and providers by utilizing their own lived experience.



# Titles of Peer Roles:

TAY (Transitional Age Youth) Specialist

Peer Support Specialist

Family Youth Support Partner

Youth Support Partner

Admin (Peer Spec)

Family Partner

Parent Partner

Promotora

Admin Peer Specialist

Case Management Peer Specialist

Support Partner Intern

AOD (Alcohol & Other Drugs) Peer

Older Adult Peer

Peer Dual Recovery Specialist

Parent Partner Administrator

Family Support Specialist

Peer Support Specialist-Admin

Therapeutic Behavioral Services (TBS) Parent Partner

Peer Support Advocate

Community Developer

Family/Youth Partner

Support Partner

Administrator Parent Partner

Parent Engagement Specialist

Peer Trainer

Peer Technological Specialist

Community Advocate Speaker

Employment Specialist

Residential Facilities Manager

Specialized Care Services Manager

Homeless Outreach Worker

Medi-Cal Peer Support Specialist

Health Care Specialist

In Your Own Voice Presenter

***Share your job title in the chat!***





# Letter Writing Process

1. Gather community concerns and potential proposals.
2. The seats narrow it down to one concern/thesis.
3. A letter is written and submitted.



# Current 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!
- We would like to be specific about which meetings are most important to attend, but not all are known.
- Peers should be given their own time at meetings to have a say, rather than it be relegated to public comments.
- The importance of peers should be formally recognized.



# Peer Council Committees

- **The Executive Committee** consists of the co-chairs, voting seats, and NAMI San Diego Community Advocacy Program staff. It is a monthly meeting about planning the direction of the council and addressing community concerns. It meets the first Tuesday of each month.
- **Introducing the Policy Committee!** The Policy Committee will be a place open to any peers or any Peer Council attendees. It will be a place for open conversation about local policy updates as well as focusing on the letter writing process. Anybody may attend, but the voting seats have the final vote of what happens with any letters. Tentatively scheduled the second Tuesday of each month.



# A Community

- This council is a space meant to amplify the voice of the community. **Without the community voice, this council does not function.**
- Take advantage of the virtual space! Use the chat function to ask questions, to talk to each other, to send links.
- Anyone affected by mental health or SUD issues is invited to this council and encouraged to share what is on their mind.



# County Update:





# 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:  
Kacie  
Rodvill!***



# Introduction to Community Advocacy!



**Mental  
health  
conditions  
are very  
common.**

- 1 in 5 people live with a mental health condition.
- 1 in 20 adults live with severe mental illness.
- 50% of symptoms arise by the age of 14.
- 75% of symptoms occur by the age of 24.

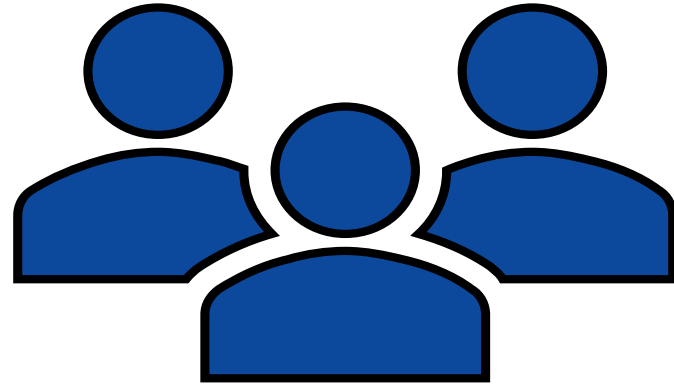
**Mental health  
conditions  
can affect  
everyone,  
regardless of:**

- Race
- Ethnicity
- Religion
- Sexual orientation
- Gender identity
- Economic status
- Age
- & More....



**Without the  
right mental  
health care,  
we all pay a  
price.**

- More unemployment.
- More housing insecurity.
- More justice system involvement.
- More lives lost to suicide.



All people deserve to live healthy,  
fulfilling lives surrounded by a  
community that cares.



# Types of Advocacy

- **Personal/Individual Advocacy:**
  - Advocating for oneself, one person, or a small number of people.
- **Systems/Policy Advocacy:**
  - Advocating to change systems, policies, and issue resolutions.
- **Health/Patient Advocacy:**
  - Advocating for healthcare reform and/or patients facing difficulties in a broken healthcare system.
- **Legal Advocacy:**
  - Advocating for or representing those navigating the justice system.
- **Victim Advocacy:**
  - Advocating for victims of crime and injustice; legal advocacy with emotional support.



# Principles of Advocacy

- **Clarity:**
  - Clear messaging with relevant asks.
  - Excellent communication and explanation on complex issues.
- **Flexibility:**
  - Adapt to updated information, pivot messaging, adjust methods, and find new solutions.
- **Transparency:**
  - Open, honest, consistent messaging and communication.
  - Campaigns and organizations sharing about finances, leadership structures, employee pay, etc.



# What Does Advocacy Look Like?

- **Research:**
  - Successful advocacy efforts must start from a base of facts, experts, data analysis, and extensive research reports.
- **Social Media:**
  - Allows anyone to become an advocate, reach an audience, and raise awareness for causes.
- **Contacting Policymakers:**
  - Letter writing, signing petitions, and speaking with policymakers is crucial with influencing community change at a governmental level.
- **In-Person/Virtual Action:**
  - Includes attending and/or sharing at council meetings, town halls, workshops, protests, and more; creates person-to-person change.





# Your Sphere of Influence

## • Home:

- Holding hard conversations, diversifying your circles, expanding your media choices, promoting equity, growth mindset, and ongoing learning.

## • Work:

- Prioritize diversity, equity, and inclusion; create safe and affirming work culture; and combat micro-expressions.

## • Commerce:

- Support and hold businesses accountable, choose shops that support your advocacy efforts when possible, and donate to community organizations.



# Your Sphere of Influence

- **Education:**

- Request safe learning environments for all, assess school board policies, and support teachers and education staff.

- **Government:**

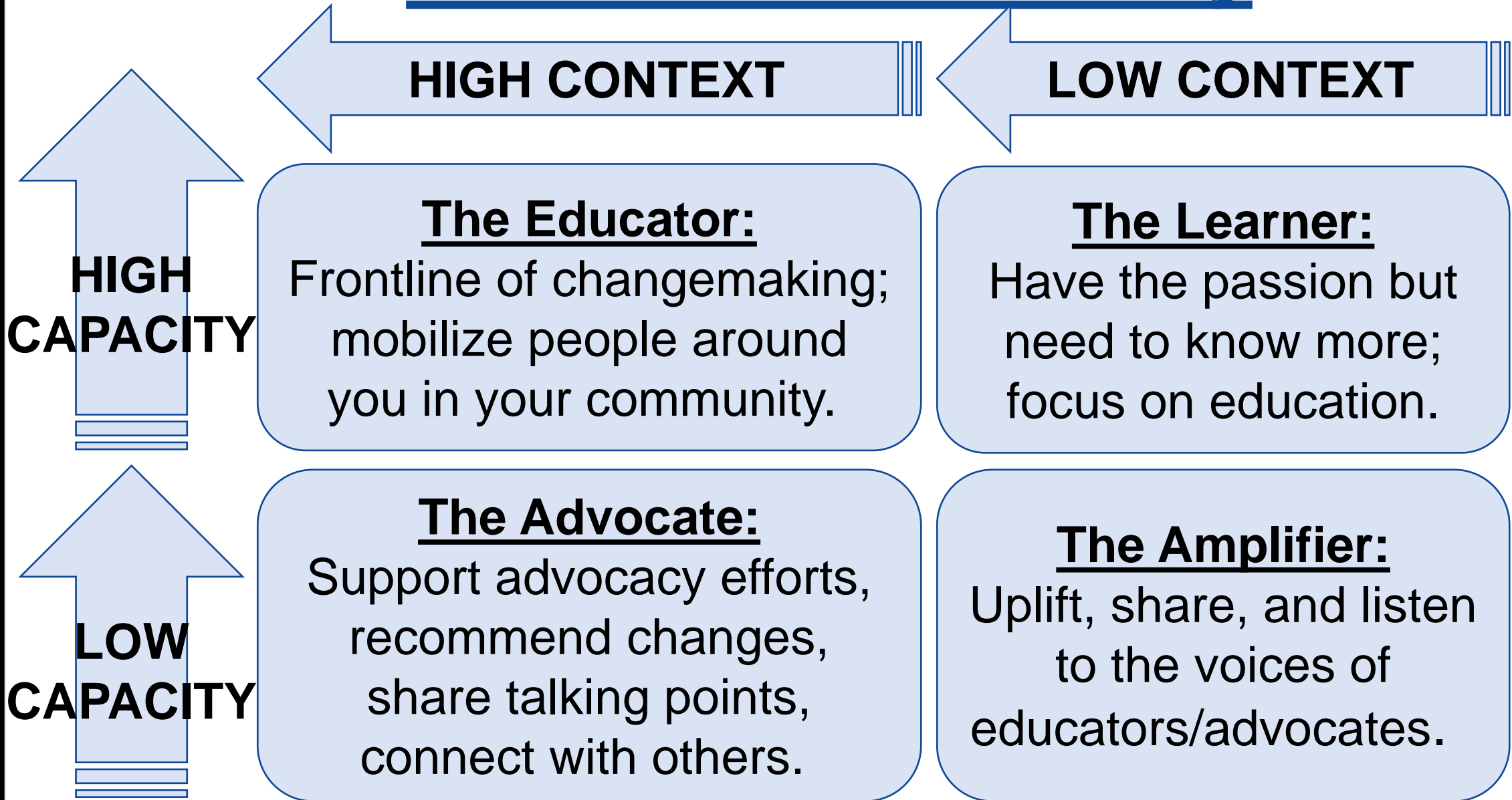
- Dismantle systemic issues, elect local officials that match your advocacy efforts, and stay active and aware of what is going on in your government.

- **Religious Institutions:**

- Reconstruction that supports all, request diverse speakers and leaders, and maintain inclusive outreach.



# Your Role in Advocacy



# ***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  
Program**  
NAMI SAN DIEGO & IMPERIAL COUNTIES



# ***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!



SCAN ME

Sign up by  
scanning the QR  
code

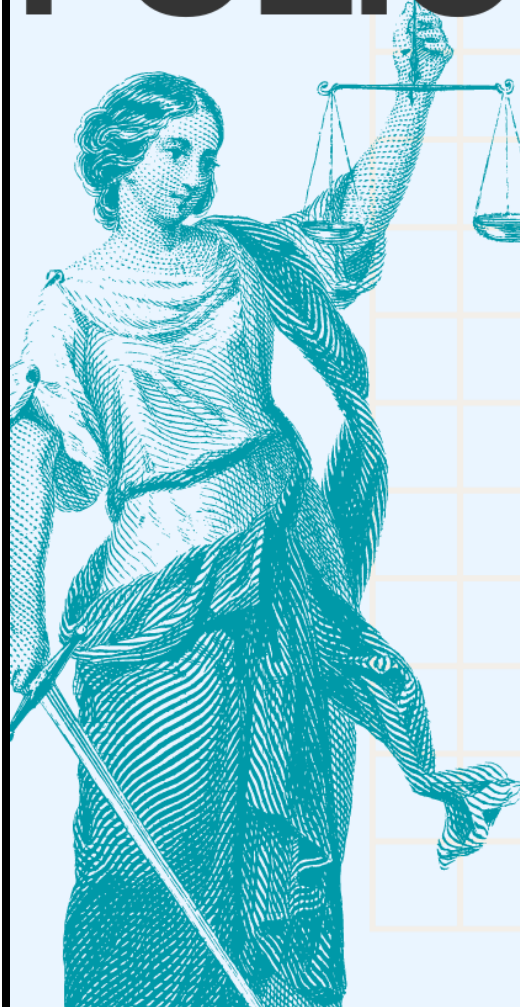
or email: [CommunityAdvocacy@namisd.org](mailto:CommunityAdvocacy@namisd.org)

Community  
Advocacy  
Program  
NAMI SAN DIEGO & IMPERIAL COUNTIES





# ALL ABOUT POLICYMAKING!



Join us for our **All About Policymaking** Training! This training covers the basics of policymaking, how to reach your policymakers, and more! It is part of the **NAMI SMARTS for Advocacy** certification program that transforms passion and lived experience into skillful grassroots advocacy!

**INTEREST FORM  
LINK IN CHAT OR  
SCAN QR CODE!**



Community  
Advocacy  
Program  
NAMI SAN DIEGO & IMPERIAL COUNTIES



**Community  
Advocacy  
Training:  
All  
About  
Policymaking!**



# FREE Youth Medi-Cal Peer Support Specialist Training!



San Diego and  
Imperial Counties

HCAI Youth/TAY

## Medi-Cal Peer Support Specialist Training

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



Training Cohorts offered regularly  
Express your interest today to start the process!



In partnership with  
**NAMI California**

NAMI California is a  
CalMHSA-approved  
training provider

### Training Summary

- Training approved by CalMHSA meeting the training requirement for peer certification in California
- 13 days of sessions, 6 months of support
- Certificate of Completion awarded after completing 80 hour training
- Live, online training

### Our Instructors

- Bibiana Fernandez, Trainer
- Brianna Castro, Support Trainer & Certified Medi-Cal Peer Support Specialist (CMPSS)
- Jim Hurtado, Support Trainer & CMPSS
- Shannon Switzer, Lead Trainer & CMPSS
- Ingrid Alvarez-Ron, Training Coordinator & CMPSS

### Course Description & Learning Objectives

- Our training is designed to provide individuals with lived experience (individuals living with a behavioral health condition or who have navigated this process as a family member, partner, or caregiver) with the core competencies and skills needed to provide exceptional Peer Support!
- Class participants will learn about the seventeen core competencies of peer specialists identified by the Department of Health Care Services, as well as additional competencies identified by SAMHSA.

### Who is eligible for this training?\*

- Peers 18-25 years of age with lived experience in recovery from mental health and/or substance use.
- Family members or caregivers of an individual who is 0-25 years old and is living with a behavioral health condition (mental health and/or substance use).
- Individuals that currently provide *primarily* peer support to individuals or their families 0-25 years of age.
- Individuals that wish to pursue a position that *primarily* provides peer support to Youth/TAY population 0-25 years of age.

\*Full eligibility, cohort schedule, and alternative training options for those ineligible are available through [namisandiego.org/pssc](https://namisandiego.org/pssc)

### Training Details

Dates: Phase 1 - 13 sessions for 2.5 weeks (typically Mondays-Fridays)\*, Phase 2 - 6 months of career counseling

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

\*\*Participants are required to factor in an additional 28 hours outside of class for homework, weekly virtual office hours 10-11 am, and training support.

Training Cost: FREE

Location: Online (through Zoom)

## TO EXPRESS INTEREST

Go to: <https://forms.office.com/r/bmMrGD22Pn>  
Questions? Visit our website: [namisandiego.org/pssc](https://namisandiego.org/pssc)



# Family Sector Subcommittee

July 18, 2024

Time: 2:30 PM - 3:30 PM

*The Family Sector Subcommittee Meeting is for those who are interested in how mental health services affect the families and youth of San Diego County.*

*Participants will have the opportunity to share resources, input, and stay up to date with what is happening in San Diego County. This meeting is open to youth ages 16- 26 and family members/caregivers and service workers of youth and families.*



*RSVP by using QR Code  
or by using link in flyer*



## Family Sector Meeting



# BECOME A SEAT MEMBER

Inviting all youth ages (16-26) and caregivers of youth who are part of the mental health and substance use community to join our Family Sector as a seat member.

[Sign Up](#)

# Join us at Family Sector Subcommittee!





# Family to Family Classes: *Virtual* *Cohorts!*

NAMI Family-to-Family is a free, 8-session education program for family, friends and significant others of adults with mental health conditions. NAMI Family-to-Family provides information about anxiety, depressive disorders, schizophrenia, bipolar disorder and other mental health conditions. Other topics covered include communication, problem solving, treatment and recovery.

The course is designed to increase understanding and advocacy skills while helping participants maintain their own well-being. The program is taught by trained family members who have a loved one with a mental health condition. NAMI Family-to-Family is an evidence-based program (EB).

Upcoming Virtual Cohorts:				
English (virtual)	Begins August 12th	Ends October 7th	Monday 6:00 PM-8:30 PM	<a href="#">Event Information – NAMI San Diego</a>
English (virtual)	Begins August 20th	Ends September 12th	Tuesday & Thursday 10:00 AM- 12:30 PM	<a href="#">Event Information – NAMI San Diego</a>



#### Participant Perspectives

*“This course overall was the single most, without a doubt, helpful and informative thing ever offered in all my years searching for answers...it has helped me to understand better and communicate more effectively with my brother.”*

*“The course has helped me to realize that my son is still inside the body that is often times hidden by the mental illness and that I am not alone in this.”*

[Click to the Event Information above to register for a NAMI Family-to-Family](#)

For more information, please email [F2f@namisd.org](mailto:F2f@namisd.org)

Funded through San Diego County Behavioral Health Services Act, Mental Health Services Act (MHSA)

#### About NAMI

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI San Diego is an affiliate of NAMI California. NAMI San Diego and dedicated volunteer members and leaders work tirelessly to raise awareness and provide essential education, advocacy and support group programs for people in our community with mental health conditions and their loved ones.



# Family to Family Classes: *In Person* *Cohort!*



## Family to Family in Person Course from August 24 to October 12

Every Saturday from 10:00 AM to 12:30 PM at the lively SOUTHEAST LIVE WELL CENTER, situated at 5101 Market St. San Diego, CA 92114.

NAMI Family-to-Family is a free, 8-session education program for family, friends, and significant others of adults with mental health conditions. NAMI Family-to-Family provides information about anxiety, depressive disorders, schizophrenia, bipolar disorder, and other mental health conditions. Other topics covered include communication, problem-solving, treatment, and recovery.

The course is designed to increase understanding and advocacy skills while helping participants maintain their own well-being. The program is taught by trained family members who have a loved one with a mental health condition. NAMI Family-to-Family is an evidence-based program (EB).



#### PARTICIPANT PERSPECTIVES:

"The course gave me hope that it will be okay, that I am not alone, and reduced a lot of shame, guilt, and hopelessness."

"Before I took the course, I felt alone and overwhelmed dealing with my daughter's mental illness. By taking this course, I have met others who are going through the same things I am and have learned about many resources that I never knew existed."



REGISTER HERE



<https://namisandiego.org>

For more information contact us at [F2F@NAMI.SD.ORG](mailto:F2F@NAMI.SD.ORG)

#### About NAMI

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI San Diego is an affiliate of NAMI California. NAMI San Diego and dedicated volunteer members and leaders work tirelessly to raise awareness and provide essential education, advocacy, and support group programs for people in our community with mental health conditions and their loved ones.



San Diego and  
Imperial Counties



LIVE WELL  
SAN DIEGO  
[LIVEWELLSD.ORG](http://LIVEWELLSD.ORG)

Funded through San Diego County Behavioral Health Services Act, Mental Health Services Act (MHSA)



# ***Family Voice Meetings: Neurodiversity Gifts!***

**Sept. 19  
11:00 AM  
On Zoom**



San Diego and  
Imperial Counties

*FAMILY VOICE MEETINGS PROUDLY BRINGS YOU THE MAGIC  
OF NEURODIVERSITY GIFTS!*

***COME ALONG FOR A MIND-BENDING JOURNEY INTO THE  
WORLD OF NEURODIVERSITY! WHAT IF MENTAL HEALTH  
QUIRKS WERE SEEN AS SUPERPOWERS? DISCOVER A NEW  
PERSPECTIVE GUIDED BY THE AMAZING JOSH, FROM SOUTH  
AFRICA WITH A BIPOLAR 1 SUPERPOWER!***

***GET READY TO HAVE YOUR MIND BLOWN ON SEPTEMBER  
19TH AT 11:00 AM VIA ZOOM. DON'T MISS OUT - REGISTER  
NOW AND LET'S DIVE INTO THIS MIND-BOGGLING  
ADVENTURE TOGETHER!***

***THIS MEETING WILL BE HELD VIA ZOOM ON SEPTEMBER 19TH AT 11:00 AM. REGISTRATION IS  
REQUIRED VIA ZOOM. CAN'T WAIT TO SEE YOU THERE!***

**REGISTER NOW**



Funded through  
San Diego County  
Behavioral Health  
Services Act,  
Mental Health  
Services Act  
(MHSA)



**LIVE WELL  
SAN DIEGO**  
LIVEWELLSD.ORG





**Wellness  
Wednesday:  
NAMI  
San Diego  
Resource  
Apps!**

**The Mind   
Collective**

A PARTNERSHIP BETWEEN ALLIANT  
INTERNATIONAL UNIVERSITY'S CALIFORNIA  
SCHOOL OF PROFESSIONAL PSYCHOLOGY &  
NAMI SAN DIEGO & IMPERIAL COUNTIES

CORDIALLY INVITES YOU TO ATTEND THIS MONTH'S

# WELLNESS WEDNESDAY

GOT APPS? NAVIGATING MENTAL HEALTH ONLINE RESOURCES IN SAN DIEGO  
AND BEYOND

WEDNESDAY, JULY 17TH  
1:00 - 2:00PM  
ON ZOOM

FEATURING:  
**ALEXANDER BALL**  
&  
**FAETH JACKSON**

NAMI SAN DIEGO & IMPERIAL COUNTIES  
COMMUNITY ADVOCACY PROGRAM

THIS PROGRAM MAY QUALIFY YOU FOR  
PROFESSIONAL DEVELOPMENT HOURS BASED ON  
YOUR PROGRAM'S APPROVAL. A CERTIFICATE OF  
ATTENDANCE WILL BE PROVIDED TO THOSE WHO  
ATTEND & SUBMIT A REQUEST TO RILEY DAVIS AT  
RILEY.DAVIS@ALLIANT.EDU

REGISTER AT: [WWW.THEMINDCOLLECTIVE.ORG/#EVENTS](http://WWW.THEMINDCOLLECTIVE.ORG/#EVENTS)



Free  
Community  
Resource Fair!  
**Sat. July 20**  
**10:00AM -**  
**2:00PM**  
**Teralta Park**

The San Diego Collaborative Presents a



# FREE COMMUNITY RESOURCE FAIR

Title Sponsor



Come Join Us!  
Open to all

Saturday, July 20th  
10:00AM - 2:00PM

Fun, Food, Resources & Family Activities

Teralta Park  
4100 Central Avenue, Teralta Park

Thank You For Your Support



innovation high





# 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**



# 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!**



***NEXT MONTH:***  
**DISABILITY RIGHTS CA!**



# Thank You for Attending the SDCBHSOC Peer Council!



LIVE WELL  
SAN DIEGO



COUNTY OF SAN DIEGO  
HEALTH AND HUMAN  
SERVICES AGENCY

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