

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!

- 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 (HHSA). 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.**



WELCOME!

In the chat, please share:

Name

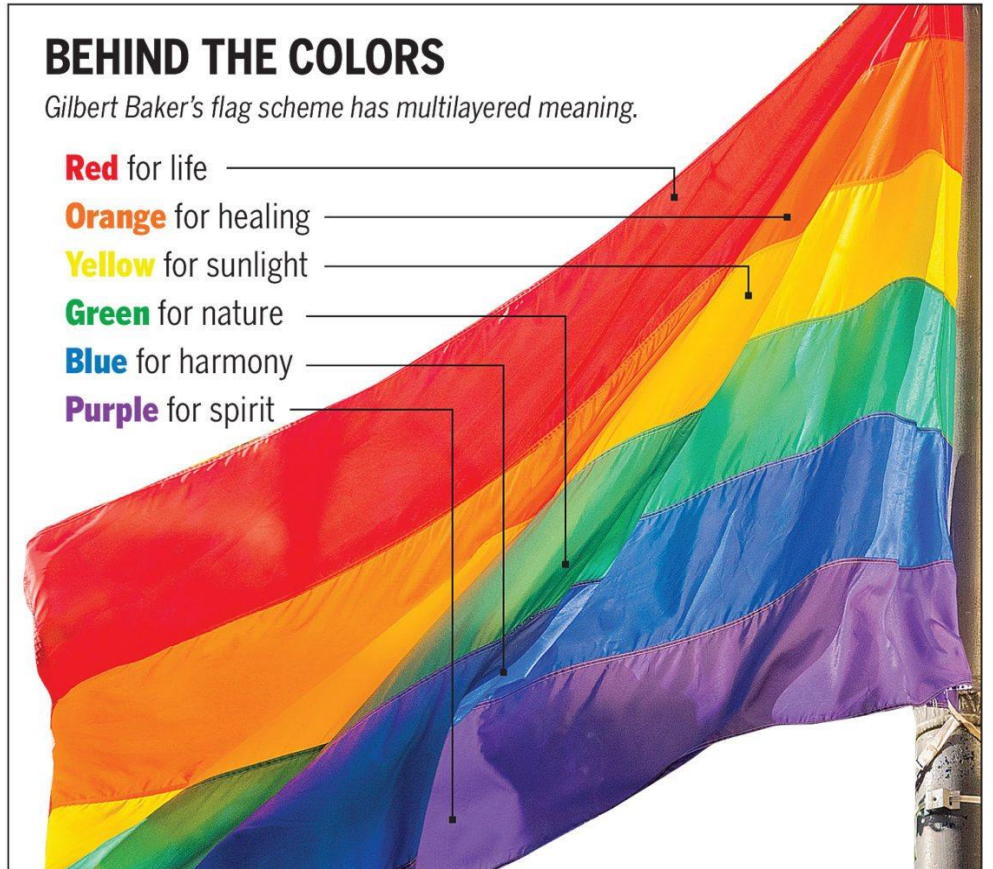
Role & Organization

Contact Email

COMMUNITY PEER QUESTION:

What color meaning are you channeling this PRIDE month?

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



Honoring PRIDE Pioneers of Mental Health Advocacy!

Dr. John Fryer: (1937-2023)

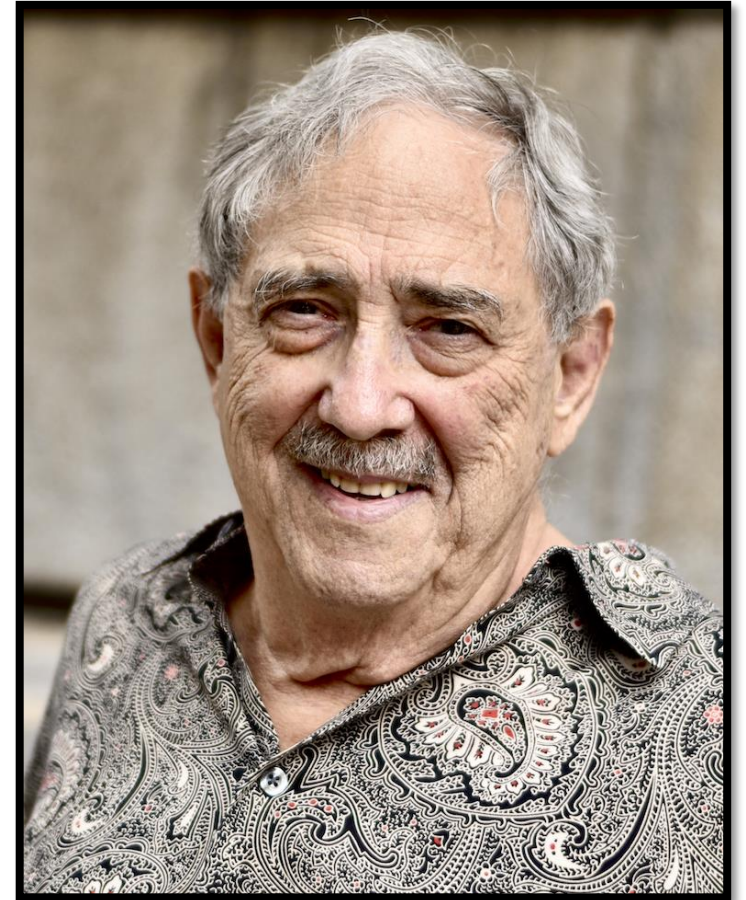
- Dr. John Fryer was an American Psychiatrist and Gay Rights Activist who was influential in the declassification of Homosexuality as a mental disorder.
- His anonymous speech at the 1972 American Psychiatric Association annual conference spoke from the perspective of "I am a homosexual. I am a psychiatrist."
- Thanks to the advocacy of Dr. John Fryer and others in the field of mental health, the APA voted to declassify homosexuality as a mental health disorder in 1973.



Honoring PRIDE Pioneers of Mental Health Advocacy!

Dr. Chales Silverstein: (1935-2023)

- Dr. Silverstein was a psychologist and LGBTQ rights advocate who was instrumental in the declassification of homosexuality as a mental disorder.
- As a graduate student, he gave his testimony as a gay man in mental health to the American Psychiatric Association right before their vote on homosexuality in 1973.
- He was the founding director of the Institute for Human Identity and founding editor of the Journal of Homosexuality.



Honoring PRIDE Pioneers of Mental Health Advocacy!

Dr. E. Kitch Childs: (1937-1993)

- Dr. Beverly Greene was a clinical psychologist, Navy veteran, and lesbian activist involved in the women's liberation movement.
- She was one of the founders of the Association for Women in Psychology.
- She was also a founder of Chicago's Gay Liberation Front.
- After serving in the Navy, Beverly opened her own practice and provided therapy to LGBTQ+ folks, people living with HIV/AIDS, and other marginalized members of her communities.



Honoring PRIDE Pioneers of Mental Health Advocacy!

Dr. Beverly Greene: (1950-)

- Dr. Beverly Greene is a clinical psychologist and professor at St. John's University.
- She is pioneer of intersectional psychology with her work focusing on heterosexism, sexism, racism, and LGBTQ psychology.
- Her article "When Therapist Is White and Patient is Black: Considerations for Psychotherapy in Feminist Heterosexual and Lesbian Communities" was incredibly influential for diversity and queer rights in mental health.
- Part of the Association for Women in Psychology.



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!



County Update:



Town Halls

UPCOMING VIRTUAL COMMUNITY ADVOCACY TOWN HALL MEETINGS

Wellness Wednesday

June 19, 1:00 PM – 2:00 PM
Zoom link in flyer

Fostering Resiliency in Children & Youth

June 21, 2:00 PM – 3:00 PM
Zoom Link in flyer

Role of Advocacy in Community Change

June 25, 2:00 PM – 3:00 PM
Zoom Link in flyer

Opportunity to ask questions and share thoughts with the various speakers.

@nami.san.diego



San Diego and
Imperial Counties



Hey! Café Clubhouse

Opening May 29th

Hours: Mon- Fri 11:00 AM – 7:00 PM

Address: 1950 South 4th St, Unit B El Centro,
CA 92443

Hey! Café Clubhouse is a space designed for, as well as shaped and driven by teens and young adults ages 14 – 25. It provides a relaxing a vital space for teens and young adults.

Their key offerings will include:

Life Skills Training

Mentoring

Tutoring

Employment Support

Wellness Resources

Recreation

[Hey! Café – NAMI San Diego](#)



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:
Dana
Pettaway!***



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!*



**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

Community
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Areas of Interest for 2024!



3 Step Process:

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



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!
- 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.



Further Developments and Refinements:

- 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.



Presentation Regarding Peers: Catherine Houghton



Join us at Family Sector Subcommittee!



Family Sector Subcommittee

June 20, 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.



RSVP by using QR Code
or by clicking [here](#)



Seeking New Seat Members for the Family Sector Subcommittee!

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](#)



Seeking New Seat Members for this Peer Council!



Calling Youth Ages (16-26) and Adults
**WHO ARE PART OF THE MENTAL HEALTH
AND SUBSTANCE USE COMMUNITY!**

**JOIN OUR PEER COUNCIL
AS A SEAT MEMBER!**

LET YOUR VOICE BE HEARD!

**INTERESTED?
APPLY TODAY USING
THE FLYER OR LINK
IN CHAT**



San Diego and
Imperial Counties



Upcoming Community Advocacy Town Halls!



San Diego and
Imperial Counties

UPCOMING VIRTUAL COMMUNITY ADVOCACY TOWN HALL MEETINGS

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@nami.san.diego



Family Voice Meetings!



Family Voice Meetings

Please join us to learn more about our wonderful app resources- oscER, oscER Jr and alfrEDU!



oscER- your guide to navigating a mental health or substance use crisis now featuring quick access to crisis lines and services. Find local San Diego resources, community support, FAQ about mental health, and more!



oscER Jr- similar to oscER but tailored for under-18 youth and families.



alfrEDU- an app to help families navigate the Special Education system throughout California, including 504 and IEP plans.

This Family Voice will be held on Tuesday, July 9th at 11:00 AM via Zoom.

Registration is required via Zoom below!

[REGISTER HERE](#)



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



Family to Family!



NAMI Family-to-Family



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).

| | | | | |
|-------------------|--------------------|---------------------|--|--|
| English (virtual) | Begins July 9th | Ends August 1st | Tuesday & Thursday 10:00 AM- 12:30 PM | Event Information – NAMI San Diego |
| English (virtual) | Begins August 12th | Ends October 7th | Monday 6:00 PM- 8:30 PM | Event Information – NAMI San Diego |
| English (virtual) | Begins August 20th | Ends September 12th | Tuesday & Thursday 10:00 AM- 12:30 PM | Event Information – NAMI San Diego |



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](#)



NAMI San Diego



NAMI
National Alliance on Mental Illness

For more information, please email
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.



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.



In partnership with
NAMI California
NAMI California is a CalMHSA-approved training provider

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

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.

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)

*Full eligibility, cohort schedule, and alternative training options for those ineligible are available through namisandiego.org/pssc

TO EXPRESS INTEREST

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



Introducing Counseling Within Reach!

COUNSELING WITHIN REACH!



VIRTUAL, LOW-COST THERAPY!

SCHEDULE AN APPOINTMENT!
START THE PROCESS AT
[HTTPS://NAMISANDIEGO.ORG/COUNSELING/](https://namisandiego.org/counseling/)



San Diego and
Imperial Counties



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

OscER Jr. - app.oscerjr.org

AlfrEDU - app.alfredu.org

Email: 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!



Thank You for Attending the SDCBHSOC Peer Council!



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