



PEER COUNCIL

**MINUTES (40 participants)
September 17, 2024 | 2 to 3:30 p.m.**

Voting Council Seats:	
MH	SUD
Mary Jo O'brien (Co-chair)	Robert Forte (Co-chair)
Brad Stone	Devin Eshelman
Faye Saunders	Josh Roberts
Jeff Simpson	Light Moran
Zoe Kornweibel	

Activity	Presenter(s)	Items
Welcome	Faeth Jackson	<ul style="list-style-type: none"> • <i>Faeth touched on National Recovery Month as well as Mexican American Heritage Month by having iceberg questions on those topics and she did a short presentation on suicide prevention and mentioned some tips on ways to talk to a loved one who may be suicidal, she mentioned suicidal warning signs, what you can do to prevent suicide, hotline numbers, and trainings.</i> • <i>Hotline Numbers:</i> <ul style="list-style-type: none"> - <i>Call, text or chat 988</i> - <i>San Diego Access and Crisis Line: 888-724-7240</i> - <i>National Crisis Text Line: 741-741</i> - <i>NAMI Crisis Text Line: text NAMI to 741-741</i> • <i>Suicide Prevention Trainings</i> <ul style="list-style-type: none"> - <i>ASIST Applied Suicide Intervention Skill Training</i> - <i>QPR Question, Persuade, Respond</i> - <i>First Responder Suicide Prevention Training</i> - <i>LGBTQIA+</i>



		<ul style="list-style-type: none"> - <i>Safer Space</i> • <i>Suicide Prevention Organization Websites</i> <ul style="list-style-type: none"> - <u><i>Suicide Prevention Council - Community Health Improvement Partners (CHIP) (sdchip.org)</i></u> - <u><i>About Us - Never a Bother</i></u> - <u><i>San Diego Health and Human Services It's Up to Us (up2sd.org)</i></u>
Co-Chair Update	Mary Jo O'Brien,	<ul style="list-style-type: none"> • <i>Mary talked about the Behavioral Health Continuum Infrastructure Program and highlighted some sections. The website is provided below.</i> <u><i>Behavioral Health Continuum Infrastructure Program (BHCIP) Round 1 (2024): Launch Ready Request for Applications (buildingcalhhs.com)</i></u>
Staff Update	Sten Walker	<ul style="list-style-type: none"> • <i>The Policy Committee is up and running, all Peer Council Attendees are welcome. It takes place the second Tuesday of each month 12:30-1:30 PM.</i> • <i>A letter draft is written</i> • <i>No more recordings</i> • <i>October may be dark because of the Combined Council Meeting more information on that would be sent out.</i> • <i>If you are interested in sharing your organization with the Peer Council or in a Town Hall, feel free to use the link below</i> • <u><i>Peer Council Guest Speaker Interest Form</i></u>
County Update	Kendra Mackey	<ul style="list-style-type: none"> • <i>Kendra mentioned that August BHAB meeting minutes are still in draft form. September's BHAB was cancelled.</i> • <i>Kendra provided information that can be found in the BHS director's report.</i> <u><i>2022 and 2023 Community Feedback Community Experience Partnership September 2022 Director's Report.pdf (sandiegocounty.gov)</i></u> <p><i>Kendra mentioned National Recovery Month Activities</i></p> <p style="text-align: center;"><u><i>National Recovery Month (sandiegocounty.gov)</i></u></p> <p><i>Next month October is Global Peer Support Month. Kendra mentioned if your organization is hosting any events or</i></p>



		<i>activities contact her, and she can share it with the county and others.</i>
Discussion on the Letter Draft	Open Peer Council attendees	<p><i>Suggestions that were brought up:</i></p> <ul style="list-style-type: none">- <i>Direct connection with community engagement, lived experience, add how we have to be intimately involved. Peers should be at the table when they are designing the statement of work. Peers need to be able to influence what goes into the statement of work. Peers are the customers and they deserve customer service from the county. Peers want to be part of the development of the contracts not only be part of it after the contracts are created.</i>- <i>County representative recommends those who are interested in contracts to track RFI Requests for Information Process can be found on BuyNet. However, if folks are participating in work that excludes them from being able to bid on a contract since there is a conflict of interest. She also brought up how people can be a part of the mental health contractors association.</i>- <i>A participant brought up how they are part of the mental health contractors association and she can talk to them.</i>- <i>Sten mentioned maybe another means for oversight is how the incorrect job descriptions are getting out there if peers eyeball can look over it that can help.</i>- <i>Best course of action is to be straight to the point and direct especially with decision makers.</i>- <i>Maybe mentioning you are trauma informed or trauma resilient.</i>- <i>Maybe have a basic framework for all peer job descriptions where all organizations can download, reference and customize per their agency guidelines? A simple streamlined process is ideal.</i>



		<ul style="list-style-type: none"> - Asking for an increase in part-time positions and needs to protect part-time jobs. - BHS should know the stuff that concerns peers.
Advocacy Feature and Presentation	Light Moran	<ul style="list-style-type: none"> • Light Moran shared their story as well as why she wanted to become a SUD seat member on the council.
Mental Wellness for Artist	Blanca Bergman	<ul style="list-style-type: none"> • Blanca Bergman did a presentation on • Blanca Lucia Bergman, MBA Founder, Mental Wellness for Artist (MWA). • Contact Email: mentalwellnessforartist@gmail.com • Phone: (619)540-0310 • For more information on Mental Wellness for Artist check out the link below. <u>Mental Wellness for Artists (MWA)</u> <u>(@mentalwellnessforartists)</u> • Instagram photos and videos
Community Updates, Feedback, Thank you!	Open, NAMI	<ul style="list-style-type: none"> - NAMI Community Advocacy Trainings: NAMI San Diego provides free advocacy ad crisis response trainings on zoom. Completion certificates will be provided for both training! Telling Your Story: In this training, you will learn how to take your mental health story and condense it into a two-minute story to be used for policy advocacy. This interactive training certification program transforms passion and lived experience into skillful grassroot advocacy. It is open to those new to advocacy and those who have been amplifying voices for years. Reimaging Crisis Response: Do you know how to get help in a mental health crisis? Are you passionate about crisis response reform? This training covers 988, mobile crisis response teams, and local resources. To sign up for either training use the link below. Interest form: https://forms.gle/NiwRmDb5SByCDjpQ7 - Community updates Health Warriors Youth Olympics – San Diego American Indian Health Center for youth ages 10-17. At the Golden Hills Rec Center. To lean more click the link: <u>Health Warriors Youth Olympics QR Code Flyer (1).pdf - Google Drive</u> Steps for Healing A Community Event for Suicide Prevention. Click the links to learn more:



		<p><i>English link: Steps for Healing Event Flyer (Edited).pdf - Google Drive</i></p> <p><i>Spanish Link: Steps for Healing Event Flyer (Spanish).pdf - Google Drive</i></p> <p><i>Question, Persuade, Refer free (QPR) trainings with the SPC every 2nd and 4th Thursday of the month from 10:30 AM – 12:00 PM. Trainings - Community Health Improvement Partners (CHIP) (sdchip.org)</i></p> <p><i>Recovery Internation Meetings click the link to learn more Pre-Meeting Page - Recovery International</i></p> <p><i>BrightLife Kids: Get free support for CA families for kids 0-12 for expert coaching for sleep issues, worry, social skills, and more. Click the link to learn more: BrightLife Kids - A CalHope Program by Brightline (hellowrightline.com)</i></p> <p>- Opportunity sharing</p> <p><i>Mental Wellness For Artist free Resource Fair Expressive Arts Event open to the public – October 12th from 4:00 PM – 7:00 PM. It will be at 3201 Thorn St San Diego, CA 92104</i></p> <p><i>Workplace Mental Health Summit 2024 – Friday, October 18, 2024, 10 AM – 2PM, Logan Heights Library, 567 S. 28th St. San Diego, 92113, Keynote Speaker: David Alvarez CA State Assembly Member</i></p> <p><i>The Peer Support Training Project application with the San Diego Workforce will open at the end of the month. Their next cohort begins January 2025, please visit workforce.org/peersupport to apply. For any questions, please reach out to shanemorey@workforce.org</i></p>
Closing Remarks	NAMI	<p>- Thank you!</p>

Next Council Meeting: October 15, 2024, 2:00pm – 3:30pm