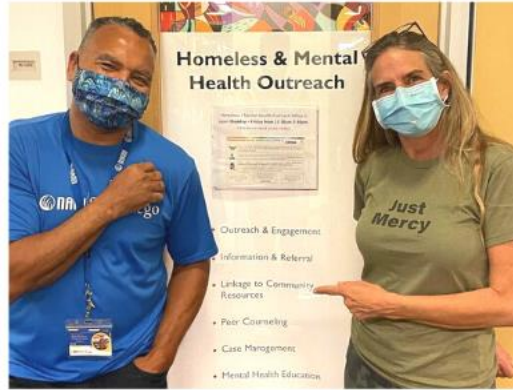


San Diego County Behavioral Health System of Care Peer Council



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:

What three words describe Peer Support to you?



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.**



Peer Support Celebration Week!

- An annual celebration of peer support professionals and the peer-to-peer community!
- This week is for recognizing peers who help their peers with mental health, substance use, and trauma-related challenges.
- Honors how peers help fellow peers move along the continuum of recovery and find belonging within mental health communities.
- Peer Support Celebration Day takes place annually on the third Thursday in October.
 - **Thursday, October 17, 2024.**



Benefits of Peer Support!

- Reduces mental health symptoms, as well as improves whole health, physical health, and overall quality of life!
- Improves self-efficacy, self-reported mental and physical health status, self-care skills, and use of medications!
- Improves engagement and satisfaction with services and supports!
- Reduces the overall cost of mental health and addiction services!
- Decreases the number of emergency room visits, number of hospitalizations, and the number of inpatient hospital days!
- Increases knowledge of mental illness, addiction, trauma-related challenges, and chronic illness and diseases!
- In general, peer supporters who provide peer support to others report less depression, heightened self-esteem, self-efficacy, and improved quality of life!



**Peer
Support
Celebration
Week!**



**Peer Support
Celebration Week!**

10/16

**WELLNESS AND NURTURING
A POSITIVE SELF-VIEW!**

Wednesday, Oct 16, 1:00 - 2:00PM

10/16

PEER SUPPORT CELEBRATION!

Wednesday, Oct 16, 2:00 - 3:30PM

10/17

FAMILY SECTOR MEETING!

Thursday, Oct 17, 2:30 - 3:30PM

10/18

**THE POWER OF POSITIVE
MENTORSHIP ON YOUTH!**

Friday, Oct 18, 2:00 - 3:00PM



ZOOM LINKS IN CHAT!



Peer
Support
Virtual
Celebration!

**PEER
SUPPORT
VIRTUAL
CELEBRATION!**

Honoring Peer Support Professionals!

**WEDNESDAY
OCTOBER 16, 2024
2:00 - 3:30 PM**



SCAN ME

Scan
QR code
to sign up
today!



COUNTY OF SAN DIEGO
HEALTH AND HUMAN
SERVICES AGENCY



LIVE WELL
SAN DIEGO



Community
Advocacy
Program

NAMI SAN DIEGO & IMPERIAL COUNTIES



***Community
Advocacy
Town Hall:
The Power
of Positive
Mentorship
on Youth!***

**THE POWER OF
POSITIVE MENTORSHIP
ON YOUTH!**

COMMUNITY ADVOCACY TOWN HALL

FRIDAY OCTOBER 18, 2024 2:00 TO 3:00 PM



VIRTUAL EVENT
ON ZOOM!
SCAN QR CODE TO
SIGN UP TODAY!



COUNTY OF SAN DIEGO
HEALTH AND HUMAN
SERVICES AGENCY



LIVE WELL
SAN DIEGO



Co-Chair Updates:

Mary Jo O'Brien, MH

&

Robert Forte, SUD



Peer Council Updates

- Letter is complete.
- Seats are expanding.
- Small victories!
- 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!



Medi Cal Peer Support Update

We are thrilled to announce another milestone in our ongoing commitment to an increasingly diverse community of certified professionals at county Behavioral Health Plans: the availability of the Medi-Cal Peer Support Specialist Exam in six additional languages: Chinese, Hindi, Japanese, Korean, Russian and Vietnamese.

In addition, the exam will soon be offered in Arabic and Farsi. Earlier this year, the exam was made available in Spanish.

To facilitate a seamless experience for eligible candidates opting for the exam in any of the available languages, candidates will simply select that language on the screen at the time of scheduling the exam.

This development marks a pivotal moment in our efforts to reach a broader audience and diverse community of certified professionals in the behavioral health workforce. We look forward to further expanding program offerings in 2024.



County Update:

Kendra Mackey



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:***

Devin Eshelman!



***Community Partner
Presentation:***

**Harmonium
San Diego!**



Harmonium Medi-Cal Free Services



MEDI-CAL OFFERS FREE SERVICES WE CAN CONNECT YOU

Neighborhood Networks will pair you with your own care manager, who can help you set health goals, connect with needed services, and improve your overall health. Adults, children, or families may qualify for services.



What services do we offer?



Organize transportation for doctor's appointments



Help to move you safely from one care setting to another



Find and apply for food and housing benefits



Provide follow-up services after you leave the hospital



Get connected with a doctor and find appointments



Connect you to community programs and social services



Help you better understand your prescription drugs



Help you make a plan for your healthcare needs

More details on these services

In addition to working with you, your care manager will also work with your doctors, specialists, pharmacists, and others. Their goal is to ensure everyone is aware of your health and social services needs. These extra services are offered as part of your current Medi-Cal plan. The Medi-Cal services you get now will not be taken away. You can still see your same doctors, but now you can get extra help. If you qualify, you can choose to get these services and can stop the services at any time by calling your health plan.

FOR MORE INFORMATION, CONTACT US

619-273-3295 | referrals@sdwellnesscollaborative.org | <https://neighborhood-networks.org>



2024 Live Well Advance Conference & School Summit

[2024 Live Well Advance Conference and School Summit \(swoogo.com\)](https://swoogo.com)



Research and Data Group

INTERESTED IN FINDING FACTS
AND RESEARCH TO
REVOLUTIONIZE PEER SUPPORT?
IF SO, YOU CAN MAKE A CHANGE WITH OUR

RESEARCH AND DATA GROUP

**A SPACE FOR LIKE-MINDED PEERS TO DISCUSS
EVIDENCE-BASED STUDIES, PRACTICES, AND OTHER
FINDINGS TO SUPPORT THE PEER COUNCIL AND THE PEER
MOVEMENT AS A WHOLE!**

CONTACT BRAD AT BASTONE@TELECARECORP.COM TO LEARN MORE!



Peer
Support
Virtual
Celebration!

**PEER
SUPPORT
VIRTUAL
CELEBRATION!**

Honoring Peer Support Professionals!

**WEDNESDAY
OCTOBER 16, 2024
2:00 - 3:30 PM**



SCAN ME

Scan
QR code
to sign up
today!



COUNTY OF SAN DIEGO
HEALTH AND HUMAN
SERVICES AGENCY



LIVE WELL
SAN DIEGO



Community
Advocacy
Program

NAMI SAN DIEGO & IMPERIAL COUNTIES



***Community
Advocacy
Town Hall:
The Power
of Positive
Mentorship
on Youth!***

**THE POWER OF
POSITIVE MENTORSHIP
ON YOUTH!**

COMMUNITY ADVOCACY TOWN HALL

FRIDAY OCTOBER 18, 2024 2:00 TO 3:00 PM



VIRTUAL EVENT
ON ZOOM!
SCAN QR CODE TO
SIGN UP TODAY!



SCAN ME



COUNTY OF SAN DIEGO
HEALTH AND HUMAN
SERVICES AGENCY



LIVE WELL
SAN DIEGO



Community
Advocacy
Program
NAMI SAN DIEGO & IMPERIAL COUNTIES





RecoveryInternational.org

Newcomer Meetings



Want to learn more about our meetings? Visit our website to see the schedule of Zoom meetings for Newcomers. Free!

Since 1937

619.383.2084



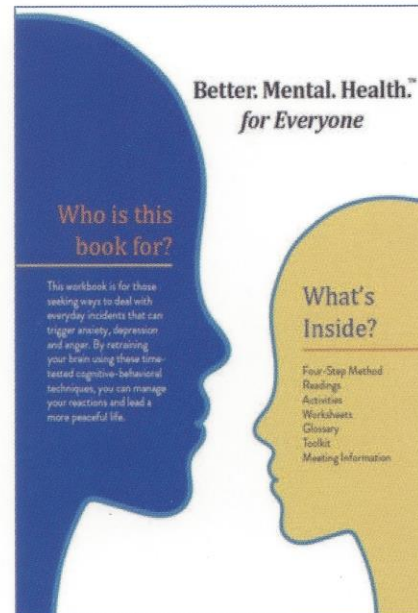
Better. Mental. Health.™ for Everyone

- Introduces the Recovery Method
- Teaches the key concepts and “lingo”
- Short readings to illustrate the concepts
- Activities, reflection, and hundreds of tools (“spots”) to get you started
- Available on Amazon



Check out
Welcome Meetings
for Newcomers

RecoveryInternational.org



Recovery International Meetings



Si usted o alguien que conoce está experimentando dificultades con:

- | | |
|-----------|--------------|
| Estrés | Ansiedad |
| Tensión | Pánico |
| Cansancio | Preocupación |

!NO ESTAS SOLO!

¡Recovery International enseña herramientas cognitiva-conductual de autoayuda, para enfrentar y manejar síntomas nerviosos relacionado con la vida cotidiana; con el propósito de vivir una vida de paz, en orden y bien balanceada!

Buscar una reunión
RecoveryInternational.org



Free QPR Suicide Prevention Trainings!



SAN DIEGO COUNTY SUICIDE PREVENTION
COUNCIL

QUESTION, PERSUADE, REFER (QPR)

Suicide Prevention Training

WHAT IS QPR?

QPR (Question, Persuade, Refer) Gatekeeper Training for Suicide Prevention is a 1.5 hour training designed to teach lay and professional "gatekeepers" the warning signs of a suicide crisis and how to respond. Gatekeepers can include anyone who is strategically positioned to recognize and refer someone at the risk of suicide.

SCAN THE QR
CODE FOR
UPCOMING
TRAINING DATES



QPR

2ND AND 4TH THURSDAY
OF THE MONTH AT
10:30AM - 12:00PM



For any questions, please contact the SPC team at
spcsandiegto@sdchip.org



Workplace Mental Health Summit

Workplace Mental Health Summit 2024

hosted by the Hire Minds Coalition

"Empower yourself with knowledge and resources to advocate for mental health in your work and career. Attend, engage, and leave ready to make a difference in your professional and personal life."

MH Friendly
Job & Info
Fair

Keynote
Speakers &
Panel

Workshops
on Workplace
MH Topics

Interactive
Giveaways

Networking &
Community
Connecting

Free
Refreshments
& Snacks

When: Friday, Oct. 18th, 2024, 10am-2pm

Where: Logan Heights Library,
567 S. 28th St. San Diego, 92113

[Click for Info Form](#)



We await you with open arms & minds!

www.hiremindscoalition.org



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



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 October 16th	Ends December 11th	Wednesday 6:00 PM- 8:30 PM	Event Information – NAMI San Diego
English (virtual)	Begins November 12 th	Ends December 10th	Tuesday & Thursday 6:00 PM- 8:30 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](#)



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.



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



NAMI Family-to-Family 2025

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).

Date	Sign in Link	QRcode
January 4- February 22, Saturdays 10:00 AM- 12:30 PM	https://namisandiego.org/event-registration/?ee=22372	
January 7- January 30, Tuesdays and Thursdays, 6:00 PM- 8:30 PM	https://namisandiego.org/event-registration/?ee=22380	
January 28- February 20, Tuesdays and Thursdays, 10:00 AM- 12:30 PM	https://namisandiego.org/event-registration/?ee=22388	
February 24- April 14, Monday, 6:00 PM- 8:30 PM	https://namisandiego.org/event-registration/?ee=22396	

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."



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.

<https://namisandiego.org>

For more information contact us at F2F@NAMI.SD.ORG



San Diego and
Imperial Counties



LIVE WELL
SAN DIEGO
LIVEWELLSD.ORG

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



Family Sector Subcommittee

September 19, 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 clicking [here](#)



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!



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



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

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!**

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!



***COMMUNITY PARTNER
PRESENTATION FOR
NEXT MONTH:***

SAN DIEGO BIGS!



Thank You for Attending the SDCBHSOC Peer Council!



LIVE WELL
SAN DIEGO



COUNTY OF SAN DIEGO
HEALTH AND HUMAN
SERVICES AGENCY

Community
Advocacy
Program
NAMI SAN DIEGO & IMPERIAL COUNTIES