

San Mateo County  
Behavioral Health and Recovery Services

Lived Experience  
Leadership Bureau

---

Presentations by Clients  
and Family Members

Stories rich in behavioral health challenges and experience,  
and the Discovery of Recovery.

Topics include: Co-Occurring Treatment, AOD Recovery, Self-Advocacy, Compassionate Treatment, Recovery Empowerment, Suicidal Ideation Recovery, Parenting with Behavioral Health Challenges, Depression Recovery, Trauma Recovery, PTSD Recovery, Co-Occurring Client Homelessness ... and Hope!

# Lived Experience Presenter

□ Aireen  
De la Cruz

---

## Presentation Topics:

Co-Occurring Treatment

AOD Recovery

Hope

Aireen is a long-time *Stamp Out Stigma* panelist, SMCMHSARC Hall of Fame inductee, WRA Alumni and holds a Peer Counseling Certificate



---

**San Mateo County BHRS Lived Experience Academy Program**

# Lived Experience Presenter

□ Patrick  
Field

---

## Presentation Topics:

Trauma

Self-Advocacy

Compassionate Treatment

Recovery Empowerment

Patrick is a long-time *Stamp Out Stigma* panelist and has a strong message of Self-Advocacy and Self-Empowerment



# Lived Experience Presenter

□ Kim  
Fong

---

## Presentation Topics:

Trauma

Self-Advocacy

Compassionate Treatment

Recovery Empowerment

**Kim has a strong message  
of Self-Advocacy and Self-  
Empowerment**





## Lived Experience Presenter

□ Johanna  
Gouailhardou

---

### Presentation Topics:

Suicidal Ideation Recovery

Parenting with Behavioral  
Health Challenges

Depression Recovery

Trauma Recovery

PTSD

**Johanna has a strong  
message of trauma  
recovery and parenting  
with behavioral health  
challenges**



---

**San Mateo County BHRS Lived Experience Academy Program**

# Lived Experience Presenter

□ Kim  
Kubal

---

## Presentation Topics:

Compassionate Treatment

Trauma Recovery

PTSD

Recovery Empowerment

Kim founded *Your Strength to Heal*, and facilitates Trauma Education classes. Kim is also a presenter for Stamp Out Stigma (SOS), a non-profit, consumer run organization dedicated to fighting stigma by having individuals with mental illness share their personal experiences with the community at large.



# Lived Experience Presenter

□ Debra  
Primes

---

## Presentation Topics:

Co-Occurring Treatment

AOD Recovery

Co-Occurring Client  
Homelessness

Hope



**Debra is a Peer  
Resource Advocate**

---

**San Mateo County BHRS Lived Experience Academy Program**



# Lived Experience Presenter

□ Cecelia Jane  
Roberts

---

## Presentation Topics:

Trauma

OCD Recovery

Compassionate Treatment

PTSD

**Cecelia a WRAP  
Graduate and is  
enrolled in CSM the  
Peer Counseling  
Certificate Program at  
CSM**





# Lived Experience Presenter

□ Rodney  
Roddewig

---

## Presentation Topics:

Self-Advocacy

Trauma Recovery

Recovery Empowerment

Compassionate Treatment

**Rodney has a strong  
message of Self-Advocacy  
and Perseverance**



# Lived Experience Presenter

□ Nancy  
Wilson

---

## Presentation Topics:

Co-Occurring Treatment

AOD Recovery

Trauma

PTSD

**Nancy is a WRAP graduate and is enrolled in CSM the Peer Counseling Certificate Program at CSM**



# Congratulations!!!

---

Client participation in the Lived Experiences Leadership Bureau affirms the importance of the values that individuals, parents, and families bring to the vision of recovery/wellness and resiliency.

Current BHRS trainings and client-centered activities help to increase client, parent/caregiver, and family involvement in planning and policy development for the behavioral health system and ensure effective implementation, delivery, integration of programs developed and led by clients, parents/caregivers, and family members.

**BHRS clients and family members carry the torch of hope!**

---

San Mateo County  
Behavioral Health and Recovery Services

Lived Experience Leadership Bureau

---

Presenters for trainings, staff meetings and community events

Program Coordinator:  
Kristin Dempsey

San Mateo BHRS Workforce Development Director

***CCISC Change Agent***

2000 Alameda de las Pulgas - Suite 200

San Mateo, CA 94403

(650) 372-3214 - Phone

(650) 341-7389 - Fax

<http://www.smhealth.org/bhrs>