

Lived Experience Workgroup

April 7, 2015

Note taker: Marisol

Present: Katy, Pam, Maggie, Johnny, Debra, Marisol, Cindy, Randall, Jairo

- 1. Welcome/Introductions**
- 2. Debrief about our recent LEA (What worked well? What changes would we like to make for future academies?)**

Suggestions:

- Having the PCRC Q&A Communication presentation for a longer time and before the sharing story
- More time to work on storyboard
- More support and encouragement in developing stories
- Getting 1:1 help for the storyboard
 - This could be outside of class or in class
 - Having a support person to talk to between sessions would be useful or a session could be dedicated to 1:1 time
 - Buddy system
 - Having a LEA graduates come in and support new LEA participants
- Time keeping consistently throughout every session
- More room/space
- Adding 10 minute breaks to each session
- Follow-up meetings to share stories
- Confidence scale questionnaire
- Opening the academy by demonstrating a presentation and let people ask questions
 - LEA graduates can come and do this (this would also give them a chance to practice)
- More time to give a longer presentation
- Ice-breakers could be connected to each day's lesson
- Room with projector and screen (if possible)
- Sessions held on Wednesday to accommodate Voices of Recovery groups
- Longer last day
- Get PCRC PowerPoint handouts
- Add a sixth session

3. Discussion of an Advocacy Academy and a Spanish-Speaking Academy

Advocacy Academy

- Using client vs. consumer (client/consumer)
- Will include the MHSA definition of advocacy
- MHSA Steering Committee is made up of 51% clients and family members (could be an opportunity for advocacy graduates to participate in steering committee)
- Placement in Steering Committee and other commissions as part of advocacy academy
- Support group for advocates
- Including a list of commissions that advocates can join in the County of San Mateo
- For the last week (week 5), giving advocates the opportunity to put everything that they learned to practice and attend a real live advocacy meeting

Did not get time to talk about the Spanish-Speaking Academy

4. Discussion of Family Member Academy at Edgewood

- Looking at dates in June
- Expecting 12-14 people to participate
- Maybe there won't be any stipends (depending on budget)
- Food, childcare, and transportation can be provided

5. Reassessment of Interest in Helping Set Up of Trainings

Did not have time to talk about number 5 on the agenda (Reassessment of Interest in Helping Set Up of Trainings)

Cindy proposed a field trip on May 11th to Sacramento where there will be an event on Mental Health Advocacy Day. She will look into this.