

**Lived Experience Education Workgroup Meeting**  
**April 5, 2016 3:30-5:00PM**  
**Room 201 at 2000 Alameda de las Pulgas, San Mateo**

**MINUTES**

- **Introductions**
  - Share your name and why you are part of the Lived Experience Academy
  
- **Announcements**
  - ***Wednesday, May 4 6:00-8:00PM***
  - ***Tuesday, May 24 Mental Health Day***
  - ***Tuesday, May 24 6:00-8:00PM Lived Experience Panel***
    - Belmont Library
  - ***Request for Speakers at Stamp Out Stigma Presentations***
    - 5 presentations to share your story with lived experiences
      - Wright Institute – first year of MFT trainees
      - Psychopharmacology Class – emphasis on drug side effects
    - Contact: Carmen Lee, Program Director
      - 500A 2<sup>nd</sup> Avenue, San Mateo, CA, 94401
      - 650-592-2345
      - [CarmenSOS@aol.com](mailto:CarmenSOS@aol.com)
      - [www.stampoutstigma.org](http://www.stampoutstigma.org)
  - ***Comedy Show at CSM***
    - Smiling is the best medicine
    - Professor at CSM
    - Free with suggested \$ donation
    - April 27 7:30-9:00pm CSM Amphitheater
    - Announced by Julio
  - ***Stipends***
    - Available by check (mailed in a couple weeks) or by \$25 gift card (immediately)
    - Form has been updated
  
- **Current LEA Speaker's Panel**
  - Sticky notes passed out for questions
  - ***How long have you been a speaker and what made you join LEA?***
    - Alan: 5 years. Good opportunity and open a lot of doors.
    - Carmen: 25 years. Source of wellness.
    - Rocio: 2 years. Completed LEA March 2015. Source of wellness. Advocate. Get more involved. Very healing. Very empowering.

- Kathy: 3-4 years. Cathartic. Get it out and share universe. See interest in others (sign of helping others – what it’s all about – help people go through what you’ve already gone through).
- ***How has working with the LEA Speakers Bureau impacted your wellness?***
  - Kathy: Almost as much as going to school did (big one). Safe place. Positive effect.
  - Rocio: Tremendously. Speaking publicly about illness has made me more accepting of it publicly. Being open = healing/normalizing (not taboo).
  - Carmen: Wonderful to be part of fighting stigma in media.
  - Alan: Most important is that it educated me about my issues. Connected me with people with similar issues (not alone). Feels like a team = empowering.
- ***Any tips to make the experience more comfortable/rewarding?***
  - Alan: Share at your comfort level. It will expand as you grow. Start where you are at.
  - Carmen: Agree with what Alan said. Work as a team with other panelists (support each other).
  - Rocio: Agree with what Alan and Carmen said. Also, know your audience. Kim, Katy and Sylvia are resources and are there to be make you comfortable. Be on time (reduce anxiety). Honoring and respecting yourself and your condition. Know what you are doing is about to be something incredible to others.
  - Kathy: Share challenges (show your human).
  - Don’t speak publicly about something you have not spoken to someone else abo
- ***What, if any, are some of the obstacles/discomforts you have encountered in speaking publicly?***
  - Kathy: Use piece of paper to make your audience more comfortable.
  - Rocio: Don’t take other’s actions personally and own your story.
  - Carmen: When I’m in a depressed state, I freeze but can turn to other panelists.
- ***How has speaking impacted your future job opportunities?***
  - Alan: Been offered volunteer and job opportunities. You never know who is listening.
  - Rocio: Still in school but interested in pursuing Marriage Family Therapist and Clinical Social Worker
  - Kathy: In school too. Wants to help children.
- ***Tell us about one or two of the more memorable events you have participated in.***
  - Kathy: An experience where what she said was very powerful to the audience
  - Rodney: Shared story using motivational interviewing skills
  - Alan: After speaking engagement, people asked me questions and I was even offered a job
- ***What types of speaking engagements would you like to see more of in the future?***
  - Carmen: Churches
  - Alan: Youth (early intervention)

- Rodney: More interactive trainings where Lived Experience Academy can serve as consumer/client voice (apply training with someone with lived experience)
    - Rocio: All the ideas above, particularly youth because of personal experience at a young age
    - Kathy: Involved me telling stories of what I've gone through.
    - Laura: People from youth's neighborhood
    - Rocio: Panel in Spanish would be great
    - Alan: We have a variety of initiatives that we can get involved with
  - ***How would you avoid stage-fright; how do you avoid burn-out (since the stories we tell are of such a personal nature)?*** (Skipped due to time constraints)
  - ***The work is sporadic by nature and we all have schedules that we all have schedules that we are already committed to, how do you balance the two?*** (Skipped due to time constraints)
- **About the Mentorship Program and the Speaker's Bureau**
  - ***Speaker's Bureau***
    - Handouts distributed by Kim
      - "So You've Decided to Join the Lived Experience Academy Speaker's Bureau...How to Get a Speaking Gig"
      - "Lived Experience Academy Speakers Bureau Selection Process for speaking engagements"
      - "Invoice for Training Series"
        - Fill out for every speaking engagement
        - Kim will provide it for speaking events that she will be at
        - If Kim is not at that event, you can arrange time to meet Kim to pick up invoice at her office
    - Kim's Contact
      - [kwestrick@smcgov.org](mailto:kwestrick@smcgov.org)
      - 650-573-2565
      - MLH322 (you can give it to a San Mateo County Behavioral Health and Recovery Services staff to PONY to Kim to MLH322)
  - ***Mentorship Program***
    - Meet monthly
    - We will stick to one mentor per person
    - People will have each other's e-mail so they can contact each other
      - People could have second mentor (on a voluntary basis)
- **Check-in about commission and committee meetings**
  - Lived Experience Advocacy Training report out of what meetings attended
    - Kathy

- Tried to reach out to Diane Dworkin and tried to attend Quality Improvement Committee
  - Rodney
    - MHASARC = Mental Health and Substance Abuse and Recovery Commission
  - Alan
    - Mental Health Services Act Steering Committee (only two a year)
    - Quality Improvement Committee
  - Rocio
    - MHASARC = Mental Health and Substance Abuse and Recovery Commission
    - Central County Mental Health Committee
    - Sub-Committee for Youth Mental Health
    - Spirituality Initiative
  - Carmen
  - Michael
    - MHASARC = Mental Health and Substance Abuse and Recovery Commission
    - Mental Health Services Act Steering Committee (only two a year)
    - Quality Improvement Committee
    - Chinese Health Initiative
    - Spirituality Initiative
    - Suicide Prevention School Protocol Workgroup (San Mateo County Office of Education)
- **Stipends**
  - Discussed in Announcements above
- **Other**
  - Candice shared interest in hearing people's story tailored to different audience
  - Agenda for next two months planned
    - May:
    - June: