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.