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

San Mateo County BHRS Lived Experience Academy Program
Kim Fong

Presentation Topics:
- Trauma
- Self-Advocacy
- Compassionate Treatment
- Recovery Empowerment

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

San Mateo County BHRS Lived Experience Academy Program
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.

San Mateo County BHRS Lived Experience Academy Program
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

San Mateo County BHRS Lived Experience Academy Program
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

San Mateo County BHRS Lived Experience Academy Program
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

San Mateo County BHRS Lived Experience Academy Program
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

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