

# 2/2/2016 Lived Experience Education Workgroup (LEEW) Meeting

Room 201 at 2000 Alameda de las Pulgas, San Mateo, CA, 94403

## MINUTES

### 1. Introductions

- a. Question: What is one word that describes how you feel?

### 2. Announcements

- a. Lived Experience Academy starts 2/9/16
- b. May Mental Health Awareness Month Planning Committee (people with lived experience can receive stipends for participating in the meeting)
- c. Others?
  - i. WISE Training
  - ii. Mental Health Substance Abuse Recovery Commission Special Session on Housing Stories
  - iii. PFLAG
    1. Support group for trans youth
    2. Transgender hotline

### 3. Discussion about what happened last month (Katy) (15 mins)

- a. Katy's update
  - i. One of the clubhouse presenters was made uncomfortable and unwelcomed
  - ii. 2007: Policy was established so that building 200 would have no direct services/clients and direct services/clients would be in the 1950 building
    1. Split created
  - iii. Katy talked to Linda Simonsen and Erica Horn (Executive Director of California Clubhouse)
  - iv. Goal of LEEW is the integration of peers and reduction of stigma
  - v. Katy brought this up to the group to let LEEW group know what happened and to open up space for ideas to address this issue
  - vi. Linda Simonsen will talk to affected person and their family
  - vii. Katy will send memo to the Behavioral Health and Recovery Services (BHRS) division
  - viii. Linda will talk to Steve Kaplan and Scott Gruendehl about policy
- b. Feedback from group
  - i. Should policy be revisited?
  - ii. Schedule a "meet and greet" with BHRS staff and whole building
  - iii. In meetings, people feel like involved individuals (not clients/consumers)
  - iv. Multiple forms of stigma: lived experience and race
  - v. Sensitivity training for building
    1. Stigma

2. Landlord, tenant, security guards, therapist/clinicians, BHRS staff and everyone
- vi. Engage 2000 building with May Mental Health Awareness Month
  1. Education
  2. Be the One Photo Booth

**4. LEEW Mini-Survey Results (Kim) (15 mins)**

- a. Other barriers to attending: transportation, weather, gets dark early, Seasonal Affective Disorder, Cultural Insensitivity (e.g. quotes of White men on Black History Month display at 1950 building)
- b. Kim welcomes any follow up comments to this discussion

**5. Alan and Rocio - NAMI Program, "In Our Own Voices" (15 mins) - Skipped**

- a. Shared experience
- b. Video/short presentation
- c. Getting connected

**6. Check-in about commission and committee meetings (10 mins)**

- a. Rocio
  - i. Spirituality Initiative
    1. Second Tuesday of the month
    2. Meditation/gratitude video
- b. Kathy
  - i. Invited to be on panel for Heart & Soul (invited by Bevin Love)
- c. Franz
  - i. Pacific Islander Initiative plans to do Digital Storytelling screening
  - ii. Mental Health Awareness Month Planning Committee Communication Subcommittee
  - iii. NAMI Helping Children
  - iv. Journey to Empowerment (Safe Space)
    1. For all age groups
    2. Share any issues

**7. Stipends**

**8. 4:30-5PM Planning meeting for LEA Guest Facilitators**