



Client and Family Leadership Committee (CFLC)
BRAINSTORMING SESSION: NEW WAYS TO OBTAIN INPUT TO INCREASE PARTICIPATION FROM
PEOPLE WITH LIVED EXPERIENCE OF MENTAL ILLNESS
February 27, 2014

At the CFLC meeting on 2/27/2014, the Committee will have a brainstorm session of ideas for new ways to obtain input to increase participation from people with lived experience of mental illness. Committee members are encouraged to bring any ideas that they have. Following is a list of **current** and **future** activities that was compiled from presentations at prior CFLC meetings that stakeholder contractors are performing. These are not in any specific order. It is intended as a resource to assist the CFLC in brainstorming new ways to obtain input to increase participation.

ACTIVITIES IDENTIFIED BY CURRENT STAKEHOLDER CONTRACTOR EFFORTS:

Strategies to engage stakeholders being done by the National Alliance on Mental Illness (NAMI)

- NAMI California will identify solicit and recruit a diverse group of consumers and family members to participate competently as delegates in the MHSOAC Stakeholder process.
 - This includes attending MHSOAC Stakeholder meetings, conferences and workshops scheduled throughout the state.
- NAMI uses the following recruitment methods:
 - Weekly & monthly newsletter outreach
 - NAMI CAN! Conference calls
 - Special calls to action
 - Personal phone calls to stakeholders
 - Survey stakeholders on specific topics
- NAMI California Advocacy Network (CAN!) does the following:
 - Recruits and maintains a pool of NAMI California advocates
 - Monthly call to keep advocates informed
 - Weekly and monthly email notifications and calls to action are sent to specific advocates from the state on MHSOAC and legislative issues.
 - Attend local, state and MHSOAC-specific meetings
- Regional meetings are conducted as follows:
 - NAMI California conducts at least 6 meetings per year throughout the state of California to do the following:

- Conduct trainings on advocacy
- Solicit NAMI stakeholder feedback on critical issues regarding the MHSOAC
- Provide an opportunity for open dialogue between local county mental health departments and NAMI stakeholders.
- Meetings serve as listening sessions to inform NAMI members about advocacy trainings, including various strategies and opportunities to engage in advocacy.
- NAMI California trains stakeholders on how to become more effective advocates through:
 - Message training
 - Materials and documentation examples
 - Letter writing tutorials & examples
 - Providing opportunities to share message
- NAMI disseminates information as follows:
 - MHSA Information, meeting results, status, outstanding issues, plans and schedules:
 - NAMI California's weekly and monthly *e-newsletters* (circ. Approx. 5,400)
 - *Social media* networks (circ. Approx. 500)
 - NAMI California's *e-mail list-serve* (circ. Approx. 5,400)
 - NAMI California's *web site* (648 Hits per day=236,520 hits per year)
 - *Personal phone calls* (6,900 members/67 NAMI Affiliates)
 - *Regional meetings*

MHSA Program Report developed by NAMI

- NAMI creates and distributes a report on the current MHSA funded programs in each county for the following purpose:
 - Intended to document the best use of resources throughout the state.
 - Serves as a way for counties to work together to disseminate and evaluate best practice models.
 - Provides a tool for Advocates to review and provide meaningful feedback to their county.
 - Is sent to all Counties, NAMI Affiliates, and is listed on NAMI CA website and the Prop 63 site.

NAMI is working on the following new ideas:

- NAMI California has begun a pilot program to work with consumers who have participated in the "In Our Own Voice" program in the Sacramento region, with additional NAMI Smarts training, to add their valuable voice to the MHSOAC meetings. Advocates are trained and ready in January 2014.

- NAMI plans to offer the same training to family, parents and caregivers after the pilot program has been established. These efforts will bring informed, capable, and independent advocates to the process.
- Leveraging these new networks, NAMI California plans to develop the “Capitol Coalition,” an advocacy team that will participate in legislative support and contribute to advocacy at state-level agencies.

Client Bank of Experts: a Client Expert Service is being done by the Client Stakeholder Project (CSP)

- This is a joint partnership of Peers Envisioning and Engaging in Recovery Services (PEERS) and the California Association of Mental Health Run Organizations (CAMHPRO) working together to provide client experts to serve MHS-related committees, work groups and provide both in-person and long distance learning trainings on a variety of topics.

The California Youth Empowerment Network (CAYEN) conducted a series of focus groups with Transition Age Youth (TAY) mental health consumers across the state.

- The purpose of the focus groups was to understand the underlying factors of why so many young people that are struggling with mental illness are not getting the help they need sooner, and the barriers and challenges that young people seeking or receiving services encounter.

Additional CAYEN activities

- Provides list of drop in centers for TAY to network
- Set up quarterly newsletter distributions to disseminate information relative to TAY
- Outreach calls to let TAY know about local happenings and get valuable feedback from those that participate on the calls
- Provide training sessions of how to get involved with advocacy
- Act as an information center to support advocacy for TAY

United Advocates for Children and Families Activities (UACF)

- Faith Share 360°, a spirituality-based mental health initiative designed by UACF, is a network of faith-based organizations that support the mental well-being of families, children and youth to do the following:
 - Outreach to religious organizations and faith community partners that focus on serving all populations within their regions, regardless of participants’ individual beliefs or lifestyle choices.
 - Inspires and gives hope to those seeking faith, especially if they are faced with mounting mental health concerns.
 - Provides expertise in addressing mental health issues and advocating on behalf of families facing these challenges, intended to marry this expertise with the greater faith community’s need for expanded mental health resources.

- The purpose of UACF's Faith Share 360° program is to:
 - Educate and train clergy and congregations on issues of mental wellness and mental illness.
 - Develop and promote successful and effective interventions and services resulting in recovery, resilience, and a better quality of life for those experiencing mental illness.
 - Encourage and support the advocacy of the faith community to bring about hope and help for families, children, and youth affected by mental illness