

Lived Experience Education Workgroup

Meeting Minutes

11/3/2015

3:30-5PM

2000 Alameda de las Pulgas, San Mateo

Room 201

Present: Cindy Robbins-Roth, Rodney Roddewig, Sylvia Leung, Katy Davis, Kim Westrick

1. Announcements:

- a. **#MillionsLikeMe Music for Mental Health:** This is a compilation of original music created by young adults in music programs run by non-profit organizations all across California who help young people use music as a tool for better mental health. You can download the whole album for free at <http://www.cdbaby.com/cd/millionslikeme>.
- b. **3rd Annual Tools for Change Conference, Mental Health 3.Now: Innovative Paths to Achieving Wellness: (Friday Nov 6th 7p-9p and Saturday Nov 7th 9a-5p in San Francisco):** The Center for Dignity, Recovery, and Empowerment, a project of the Mental Health Association of San Francisco, is proud to present its 3rd Annual Tools for Change Conference, Mental Health 3.Now: Innovative Paths to Achieving Wellness. Tools for Change is the world's first conference focused on lived experience and culture change around mental health and mental illness. This two-day unique event will unite mental health experts, health technology leaders, providers, consumers, and community advocates in a collaborative and actionable learning environment to advance innovation in mental health and highlight the work and values of diverse leaders across sectors. You can learn more or register at: <http://www.mentalhealth3pointnow.com/>. If you are interested in the above conference, let us know. We are looking into whether we can fund some LEA individuals to attend.
- c. **Directing Change Program and Student Film Contest (Submissions due March 1, 2016):** Each Mind Matters is hosting a film contest where high school students (grade 9-12) or youth/young adults (age 16-25) create a 60 second film to prevent suicide and stand up for young people experiencing mental illness. The winning youth advocates will win cash prizes, get to participate in a meeting with policy makers on these topics and attend the red carpet award ceremony. All schools and organizations that participate receive prevention and educational resources. More information on contest rules and educational resources at <http://www.directingchange.org/>.

- d. **New Family Coaching Class at Edgewood for transitional age youth (18-25 years):**
This training builds mindfulness, trust and tolerance skills including a wellness toolbox, yoga, guided imagery, healthy eating skills. Edgewood family partners can participate.
- e. We discussed advocacy around [Murphy Bill H.R. 2646](#).
- f. National Council for Behavioral Health has new posters. Check them out here:
<http://echo4.bluehornet.com/ct/73472378:7mflf9ymN:m:1:2970390594:2A3854059294108671C1BE002FA2600A:r>

More Infographics can be found here: <http://www.thenationalcouncil.org/consulting-best-practices/national-council-shareables/>

2. Lived Experience Advocacy Academy Updates

- a. The Academy is going well. It ends on 11/17/201.

3. Lived Experience Academy Winter, 2016

- a. Possible location: Edgewood family room. This would be a good facility because it would be close for Edgewood families to access; it is close to a bus stop; has enough room capacity
- b. Possible times are 4-6PM, 5-7PM, 6-8PM with dinner starting a half hour before the official start time.
- c. We discussed who would like to facilitate the academy