

FACILITATOR TRAINING

PHOTOVOICE



Black Lives Matter

CITY OF EAST PALO ALTO POLICE DEPARTMENT
NOTICE TO APPEAR Traffic Misdemeanor Nontraffic **70-069933**
 Date of Violation: 7/24/17 Time: 2:51 AM Day of Week: F Case No.: 70-0412
 Name (First, Middle, Last): VICTORIA REU Owner's Responsibility (Veh. Code, § 40001)
 Address: 1854 BAY RD State: CA ZIP Code: 94303
 City: E PALO ALTO Age: 65 Birth Date: 07/11/14
 Driver Lic. No.: 18078740 Class: C Commercial: Yes No
 Sex: F Hair: BLK Eyes: BRN Height: 59 Weight: 180 Race: B/L Other Description:
 Veh. Lic. No. or VIN: State: Reg. MO/YR: COMMERCIAL VEHICLE (Veh. Code, § 15210(b))
 Yr. of Veh.: Make: Model: Body Style: Color: HAZARDOUS MATERIAL (Veh. Code, § 353)
 Evidence of Financial Responsibility: CHP/DOI/PUC/ICC Same as Driver
 Registered Owner or Lessee: Same as Driver
 Address: State: ZIP Code:
 City: State: ZIP Code:
 12. Correctable Violation (Veh. Code, § 40610) Booking Required (see reverse) Misdemeanor or Infraction (Circle)
 Yes No Code and Section Description
 13. 13526 UNLAWFUL PARAPHRASIA M I
 14. 13526 UNLAWFUL PARAPHRASIA M I
 15. 13526 UNLAWFUL PARAPHRASIA M I
 16. Speed Approx. P.F./Max. Spd. Veh. Lmt. Safe Radar Continuation Form Issued N
 17. Location of Violation(s) at: BAY RD 18078740 City/County of Occurrence: W E
 Comments (Weather, Road & Traffic Conditions): Cloudy wet road
 19. Violations not committed in my presence, declared on information and belief.
 I declare under penalty of perjury under the laws of the State of California the foregoing is true and correct.
 Executed at (place): Violation Location: 2231
 21. D. CANCELLA Arresting or Citing Officer Serial No. Dates Off: To
 22. Name of Arresting Officer, if different from Citing Officer Serial No. Dates Off: To
 23. WITHOUT ADMITTING GUILT, I PROMISE TO APPEAR AT THE TIME AND PLACE INDICATED BELOW.
 X Signature: Victoria Reu
 24. WHEN: ON OR BEFORE THIS DATE: 7/24/17 Time: AM PM
 Time: AM PM
 WHAT TO DO: FOLLOW THE INSTRUCTIONS ON THE REVERSE.
 WHERE: Superior Court of California, County of San Mateo (650) 363-4300
 25. SOUTHERN BRANCH - TRAFFIC 500 County Center, Redwood City, CA 94063 (650) 363-4300
 SOUTHERN BRANCH - CRIMINAL - 4th FLOOR HALL OF JUSTICE (650) 363-4300
 400 County Center, Redwood City, CA 94063
 JUVENILE TRAFFIC COURT (650) 312-5383
 222 Paul Scannell Drive, San Mateo, CA 94402
 26. To be notified You may arrange with clerk to appear at a night session of the court.
 DEFENDANT COPY SEE REVERSE
 Judicial Council of California Form Rev. 9-20-05 (Veh. Code, §§ 40001, 40002, 40003, 40004, 40005, 40006, 40007, 40008, 40009, 40010, 40011, 40012, 40013, 40014, 40015, 40016, 40017, 40018, 40019, 40020, 40021, 40022, 40023, 40024, 40025, 40026, 40027, 40028, 40029, 40030, 40031, 40032, 40033, 40034, 40035, 40036, 40037, 40038, 40039, 40040, 40041, 40042, 40043, 40044, 40045, 40046, 40047, 40048, 40049, 40050, 40051, 40052, 40053, 40054, 40055, 40056, 40057, 40058, 40059, 40060, 40061, 40062, 40063, 40064, 40065, 40066, 40067, 40068, 40069, 40070, 40071, 40072, 40073, 40074, 40075, 40076, 40077, 40078, 40079, 40080, 40081, 40082, 40083, 40084, 40085, 40086, 40087, 40088, 40089, 40090, 40091, 40092, 40093, 40094, 40095, 40096, 40097, 40098, 40099, 40100)



Black Lives Matter

We cant go nowhere without being harassed. There’s nowhere to go. There’s racial things going on. They bother everyone who’s black. They know we have nowhere to go. We sit there at the bus stop waiting for the shelter to open. They run your name and if you’re on probation they want to search you. They have nothing else better to do than to bother African American people right now.

That guy on the street was just riding his bicycle, not bothering no-one. I wanted to take a picture of them to show racial profiling because of black history month—that man was bothering no-one.

They hugged me and took me across the street, and gave me a ticket. They wanted to take my camera away, but I told them I’m showing racial profiling for black history month.

I have anxiety all the time. I’m scared that they might come back and put something on me for taking this picture—maybe even give me a bunk charge.

- **Vickie**

This project was supported by San Mateo County Behavioral Health and Recovery Services and Office of Diversity and Equity. Funded by the Mental Health Services Act (Prop 63).



They gave me a ticket for paraphernalia saying I was “interfering with justice”. Me being on search and seizure, they could search me, without a woman cop in my presence. I requested a woman cop. They did it anyways.

This reminds me of a couple of weeks ago. Two men cop came, they ran my name, and said they want to search me. I told them, “no, get a woman cop”, and I walked away.

That was it.

- **Vickie**

This project was supported by San Mateo County Behavioral Health and Recovery Services and Office of Diversity and Equity. Funded by the Mental Health Services Act (Prop 63).



TODAY WE WILL...

- ▶ Understand the storytelling program and its context
- ▶ Learn how to facilitate Photovoice
- ▶ Start planning for your first program!
- ▶ Explore what brings us to this work so that facilitating this program will feel rewarding and fulfilling

MISSION.

The ODE Storytelling program is a space in which people share their stories of recovery and wellness to make a meaningful impact on themselves and others.

THE 3 TENETS OF STORYTELLING

- ▶ **Truth:** Based on their comfort level, storytellers will share their experiences of hardship and triumph within their community. Truth will be expressed through **vulnerability**—emotion will not only be heard by the audience, rather, it will be felt.
- ▶ **Taboo:** Storytellers will have an active role in **reframing** their experience from one that is stigmatized (sexual assault, depression, etc.) to one that fosters growth.
- ▶ **Transfer:** With the mission to improve their communities, storytellers will conclude their stories with a compassionate **call to action** that will empower others in their community to speak up in support of their experiences and broaden the definition of recovery.

STORYTELLING STAGES

- ▶ Define the problem
- ▶ Define goals and objectives
- ▶ Capture images/video
- ▶ Critical reflection and dialogue on issues, themes, and theories
- ▶ Document the stories
- ▶ Premiere the stories to affect the community

- ▶ LMS hours
- ▶ Certification requirements:
 - ▶ Complete this training in full
 - ▶ Pre-program consultation prior to publicizing the program
 - ▶ Siavash at first program
 - ▶ Post-program reflection with Siavash

SETTING THE STAGE: TAKING CARE OF OURSELVES & COMMUNITY AGREEMENTS

**I WILL SUPPORT
MYSELF TODAY BY . . .**

VALUES

- ▶ Wellness & recovery
- ▶ Hope
- ▶ Personal responsibility and accountability
- ▶ Empowerment
- ▶ Compassion
- ▶ Mutual respect

**PHOTOVOICE AFFECTS OUR PARTICIPANTS,
OUR COMMUNITIES, AND THE HEALTH SYSTEM.**

THE 3 TENETS APPLIED TO PHOTOVOICE


- ▶ **Truth:** Personal healing
- ▶ **Taboo:** Community stigma reduction
- ▶ **Transfer:** Advocacy

THE EFFECTS OF PHOTOVOICE


- ▶ Challenge mental health stigma
- ▶ Process trauma
- ▶ Validate and reframe lived experience
- ▶ Empower diverse (especially marginalized) voices to spark change towards change in a community
- ▶ Provide insight to policy makers to challenge inequity and inappropriate services
- ▶ Broaden definition of wellness and recovery

PARTICIPANT EVALUATIONS

- ▶ Facilitation helpful and culturally responsive
- ▶ Satisfaction with participation in program
- ▶ Photovoice as a tool to reduce stigma by sharing stories
- ▶ Program increases motivation to share stories for social change



**Photovoice Program
Evaluation**
Office of Diversity and Equity



All of this information is completely **confidential** and is used to understand the success of the storytelling program.

CID: _____ PID: _____ Date: _____

Thank you for filling out this evaluation. Please take your time when responding to the questions. Your feedback will help us understand better ways to serve the community.

1. How much do you agree or disagree with these statements (circle one number for each):

| | ☺ | | | | | | | | ☹ |
|--|----------------|-------|---------|----------|-------------------|---|---|---|---|
| | Strongly Agree | Agree | Neutral | Disagree | Strongly Disagree | | | | |
| <i>I am glad I participated in the program.</i> | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |
| <i>I participated in the program to the best of my ability.</i> | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |
| <i>My attitudes about behavioral health (mental health and/or substance abuse) were positively affected as a result of this program.</i> | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |
| <i>The leader effectively supported me throughout the program.</i> | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |
| <i>This program was sensitive to my cultural background.</i> | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |
| <i>The goals of this program were clear.</i> | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |
| <i>The goals of this program were met.</i> | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |

2. How much do you agree or disagree with these statements (circle one number for each):

| | ☺ | | | | | | | | ☹ |
|---|----------------|-------|---------|----------|-------------------|---|---|---|---|
| | Strongly Agree | Agree | Neutral | Disagree | Strongly Disagree | | | | |
| <i>I feel that my Photovoice helps me express something I cannot express in other ways.</i> | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |
| <i>I think more positively about challenges in my life as a result of this program.</i> | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |
| <i>I will share my Photovoice with people in my community (friends, family, and/or colleagues).</i> | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |
| <i>I am more likely to share my lived experience with people in my community as a result of this program.</i> | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |
| <i>I learned something new about photography as a result of this program.</i> | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |
| <i>I learned something new about storytelling and scripting as a result of this program.</i> | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |
| <i>I learned how to create change in my community with my story as a result of this program.</i> | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |


↩ **Please TURN OVER and complete BOTH SIDES of this survey** ↪

PARTICIPANT RESPONSE


- ▶ “I like the way my story can help other succeed through the anxiety and depression we go through. Storytelling helps.”
- ▶ “There are more people out there who can relate and so many who would feel comfortable now because someone else [shared their story].”

PRE- AND POST-PROGRAM QUESTIONNAIRES

- ▶ Application of internalized stigma of mental illness
- ▶ Empowerment in terms of label avoidance
- ▶ Corrigan, P. W., & Shapiro, J. R. (2010). Measuring the Impact of Programs that Challenge the Public Stigma of Mental Illness. *Clinical Psychology Review*, 30(8), 907-922. <http://doi.org/10.1016/j.cpr.2010.06.004>



Storytelling Program
Pre-Program Questionnaire
Office of Diversity and Equity



All of this information is completely **confidential** and is used to understand the success of the storytelling program.

CID: _____ PID: _____ Date: _____

Stigma has shaped public perception of people with mental health issues, leading to various harmful myths and stereotypes. Over time, we also internalize the lessons that society teaches us. This program seeks to challenge the way that we have been affected by behavioral health (mental health and/or substance abuse) stigma. This information is used to understand the success of the storytelling program. Please circle one number for each question below.

1. How much do you agree or disagree with these statements (circle one number for each):

| | ☺ | | | | | | | | ☹ |
|--|----------------|-------|---------|----------|-------------------|---|---|---|---|
| | Strongly Agree | Agree | Neutral | Disagree | Strongly Disagree | | | | |
| <i>I feel people with mental illness are persons of worth, at least on an equal basis with others.</i> | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |
| <i>I see people with mental illness as capable people.</i> | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |
| <i>People with mental illness are able to do things as well as other people.</i> | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |

2. Answer the questions below if you identify as someone who has a mental illness. How much do you agree or disagree with these statements (circle one number for each):

| | ☺ | | | | | | | | ☹ |
|---|----------------|-------|---------|----------|-------------------|---|---|---|---|
| | Strongly Agree | Agree | Neutral | Disagree | Strongly Disagree | | | | |
| <i>Because I have a mental illness, I am unable to take care of myself.</i> | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |
| <i>Because I have a mental illness, I will not recover or get any better.</i> | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |
| <i>Because I have a mental illness, I am to blame for my problems.</i> | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |
| <i>Because I have a mental illness, I am unpredictable.</i> | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |
| <i>Because I have a mental illness, I am dangerous.</i> | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |

3. How do you feel about sharing your story? (Please describe challenges and benefits you have experienced as a result of sharing your story and/or lived experience. If you have not shared your story, please describe the challenges and benefits you expect to experience.)

TRAUMA

- ▶ Traumatic experiences cause scattered stories in our minds
- ▶ Humans have a basic need to understand
 - ▶ Telling a story may help clean up the scattered nature of trauma

VIEWER EVALUATIONS

- ▶ Role(s) in the community
- ▶ Psychoeducation
- ▶ Motivation to support people with behavioral health issues
- ▶ Community relevance
- ▶ Action



Photovoice Viewer Evaluation
Office of Diversity and Equity
Behavioral Health and Recovery Services



Thank you for viewing the Photovoice exhibit. As you walk through the exhibit, we invite you to explore each project and to think about the role you play in the story that each artist is sharing. After viewing the photovoice exhibit, please take a few moments to fill out this evaluation form. Your feedback will help us understand better ways to serve the community.

| | | |
|--|-----|----|
| Are you a mental health or substance abuse service provider? | Yes | No |
| Are you a mental health or substance abuse client/consumer or family member? | Yes | No |
| Are you San Mateo County BHRS staff? | Yes | No |
| Do you live, work, or attend school in San Mateo County? | Yes | No |

1. How much do you agree or disagree with these statements (circle one number for each):

| | 😊 | | | | | | | | | ☹️ |
|--|----------------|-------|---------|----------|-------------------|---|---|---|---|----|
| | Strongly Agree | Agree | Neutral | Disagree | Strongly Disagree | | | | | |
| <i>I learned something new as a result of viewing these Photovoices.</i> | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | |
| <i>I learned something that I did not previously know about behavioral health (mental health and/or substance abuse) as a result of viewing these Photovoices.</i> | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | |
| <i>I learned how I could be supportive of someone with behavioral health challenges after viewing these Photovoices.</i> | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | |
| <i>I plan to act in ways that are more supportive of people with behavioral health challenges after viewing these Photovoices.</i> | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | |
| <i>I learned ways to stop or prevent discrimination or stigma against people with behavioral health challenges after viewing these Photovoices.</i> | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | |

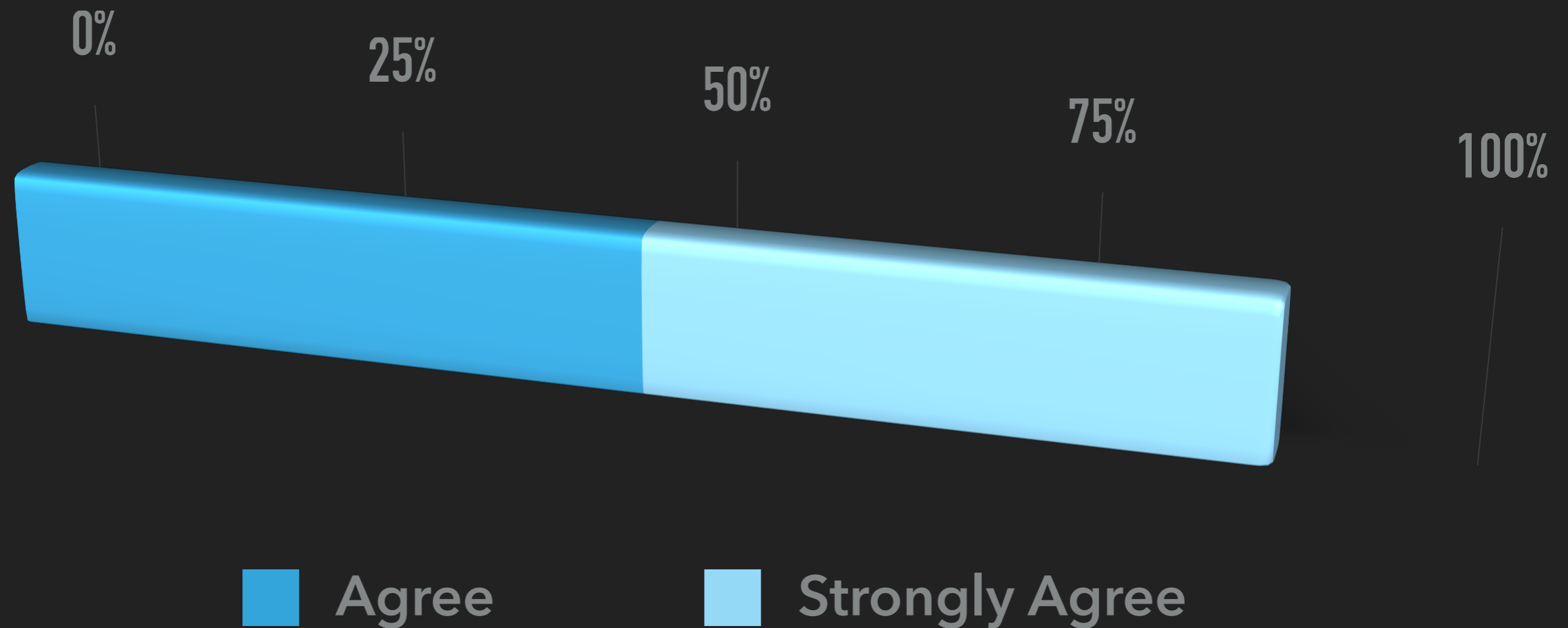
2. How do these Photovoices relate to your community or the people you serve?

3. After viewing these Photovoices, I will _____

Please TURN OVER and complete BOTH SIDES of this survey

I WILL CONTINUE TO FIND WAYS TO WORK EFFECTIVELY W/ YOUTH SO THEY FEEL SUPPORTED & THAT THEY'RE TREATED W/ RESPECT & DIGNITY. I WILL BE MINDFUL OF THE EXPERIENCES OF MY CLIENTS AND IT'S IMPACT, NO MATTER HOW SMALL. I WILL HELP THE YOUTH I SERVE DEVELOP A PLAN THAT HELPS THEM FIND SOMETHING POSITIVE IN THEIR LIFE THEY CARE ABOUT TO ASPIRE TO. I WILL CONTINUE TO SEE THE YOUTH AND THEIR POTENTIAL. I WILL USE MORE STRENGTHS-BASED APPROACHES W/ MY CLIENTS. I WILL PROVIDE PSYCHO EDUCATION TO PO'S, GS STAFF, TEACH THEM ON STIGMA AND THE IMPACT OF TRAUMA. I WILL IDENTIFY TECHNIQUES STAFF CAN USE TO BEGIN A CONVERSATION ABOUT BEING TRAUMA INFORMED W/ STAFF SO THAT IT TRICKLES DOWN TO THE WAY STAFF WORK WITH AND INTERACT W/ YOUTH. I WILL SEE THE PROMISE IN EVERY YOUTH I SPEAK WITH. I WILL ACTIVELY WORK TO UNDERSTAND AND SUPPORT MY CLIENTS NEEDS IN A TRAUMA INFORMED MANNER. I WILL SHIFT MY PERSPECTIVE OF VIEWING THESE YOUTH FROM AT RISK TO AT PROMISE.

“I PLAN TO ACT IN WAYS THAT ARE MORE SUPPORTIVE OF PEOPLE WITH BEHAVIORAL HEALTH CHALLENGES AFTER VIEWING THESE PHOTOVOICES.”



WHAT BRINGS YOU TO THIS PROGRAM?

WHAT BRINGS YOU TO THIS PROGRAM?

GROUP MISSION

PROGRAM PLANNING

STEPS TO TAKE

- ▶ Understand your intentions, the needs of the community, and develop framing question
- ▶ Contact ODE for approval and support:
storytelling@smcgov.org
- ▶ Coordinate program logistics
- ▶ Apply for plus support (if necessary)
- ▶ Publish flyer and applications

ADVOCACY

- ▶ Community empowerment: "Who should hear your story?"
- ▶ What needs to change? How can this story help create change?
- ▶ Understand community needs
- ▶ Support relevant programs or advocacy efforts
- ▶ Communicate community realities and hopes to people in positions of power

FRAMING QUESTION

- ▶ Sets the mission/goals of the program
- ▶ “What do people *need* to know about housing and homelessness?”
- ▶ Vash’s tips: use the word “need” to elicit stronger responses, be clear about the audience



“BEING ON THE STREET ME”

MY NAME IS DANNY, A LITTLE BIT HOW I BECAME HOMELESS. I'VE ALWAYS HAD A PLACE THEN AFTER HIGH SCHOOL I GOT MIXED UP IN THE “THE WRONG CROWD” STARTED EXPERIMENTING WITH STREET DRUGS I LIKED SMOKING POT. THEN I FOUND METH. I'VE BEEN USING FOR ABOUT 10+ YRS. BUT HAVE BEEN AN EVERYDAY USER FOR THE LAST 5 YRS. I HAD A CLOSE FRIEND WHO PASSED AWAY AT 33 YRS FROM SCAMMING. I CONTRACTED HIV IN 2008 I NOW LIVE WITH HIV. I HAVE NO FAMILY ITS JUST ME AND NO KIDS. SO I'M MY SOLE PROVIDER I COLLECT DISABLY 895.47 ONCE A MONTH. I CAN'T EVEN GET FOOD STAMPS. WHICH IS VERY DIFFICULT AND CHALLENGING I STRUGGLE ALOT AND WITH HOUSING I WOULD BE ABLE TO SHOWER AND GET A GOOD NIGHT SLEEP. INSTEAD I'M LIVING OUT IN THE STREETS. I WISH THE WAITING TIME FOR HOUSING WASN'T SO LONG.

Support Option

Features

Requirements

| Support Option | Features | Requirements |
|----------------|---|---|
| General | ▶ 8.5x11 Laminated prints | ▶ Sign-in sheets |
| | ▶ Flyer design | ▶ Pre- & post-program questionnaires |
| | ▶ Cameras | ▶ Demographic questionnaires |
| | ▶ Projector + mac adaptor | ▶ Evaluations |
| | ▶ MacBook Pro | ▶ Media release |
| | ▶ Consultation | ▶ Active facilitator certification |
| | ▶ Co-facilitation | ▶ <u>Recommended</u> |
| | ▶ Programmatic materials (English, Spanish coming soon) | ▶ 1:2-3 Facilitator-to-student |
| | | ▶ Intentionality about reaching new audiences |
| | ▶ Clinician present | |

| | | |
|-----------------|---------------------------------|----------------------------------|
| Plus (+) | ▶ General support features | ▶ General support requirements |
| | ▶ 12x18 Laminated prints | |
| | ▶ Stipends (\$25/person/program | ▶ Application for 'Plus' support |
| | ▶ Lunch | |

FRAMING QUESTION

WORKSHOP

WORKSHOP

- ▶ In your packets: “Develop your framing question”
 - ▶ Intended audience
 - ▶ Needs of community
 - ▶ Goals for change
 - ▶ Framing question

MAKE YOUR OWN PHOTOVOICE

- ▶ Picture
- ▶ Title
- ▶ About 150 words

RUNNING THE PROGRAM

DAILY STRUCTURE

- ▶ Daily agendas
- ▶ Opening and closing
 - ▶ Check-ins
 - ▶ Debriefs
 - ▶ Self-care
- ▶ Parts 1 & 2... 3 & 4

ROLES

- ▶ Facilitators
- ▶ Therapist/Clinician
- ▶ Peer support

RUNNING THE PROGRAM

PART 1

PART 1

- ▶ Sign-in and food
- ▶ Introductions & Agreements
- ▶ Community issue
- ▶ Group exercise: contemplate outcomes and audience of program
- ▶ Debrief and self-care
- ▶ **Homework:** contemplate the framing question

RUNNING THE PROGRAM

PART 2

PART 2

- ▶ Framing question check in
- ▶ Presentation: How to Make a Photovoice
- ▶ Script writing
- ▶ Storycircle
- ▶ Camera tutorial
- ▶ Debrief and self-care
- ▶ Homework: take photos

STORYCIRCLE GUIDELINES – ADAPTED FROM STORYCENTER, BERKELEY, CA

- ▶ Allow participants to complete their presentation before opening it up for the group to provide feedback
- ▶ Begin feedback with an affirmation first, then share your comment or ask a question
- ▶ Guide the participants who choose to give feedback to use the phrase, “If it were my story...” at the beginning of their suggestions or concerns
- ▶ Please refrain from repeating comments unless you feel like you have significantly new insight

STORYCIRCLE PRACTICE

How to Make a Photovoice Project

Office of Diversity and Equity

Cultural Humility Group Agreements

- LISTEN AS IF THE SPEAKER IS WISE; LISTEN TO UNDERSTAND
- PRACTICE “I” STATEMENTS WHEN SPEAKING
- OKAY TO RESPECTFULLY DISAGREE
- TAKE RISKS
- NO PRESSURE TO SPEAK
- BE DISCIPLINED ABOUT NOT MAKING ASSUMPTIONS
- NO BLAMING, NO SHAMING
- CONFIDENTIALITY IF STORIES ARE SHARED
- COURAGE TO INTERRUPT IF SOMETHING IS GOING AMISS OR BEING LEFT UNSAID: MAKE THE INVISIBLE VISIBLE
- VOICES, THOUGHTS, IDEAS, EXPERIENCES WELCOME
- PAY ATTENTION TO WHAT MOVES YOU: USE OOPS AND OUCH



The Story Behind the Photograph

I took this picture thinking that this is how many people think that Latinos get to the U.S. It might be true for some, but not for everybody. I have respect for those who did come this way; they must have gone through a lot. Doesn't matter how we got here, we are still humans beings. Humans that need rights, humans that need health care, humans that need to have our voices heard in the community. In the end, we are all humans.

-Alejandro, 17





"Do you want to wait for the rain to stop or do you want to wait at Central County for mental health services? I got services because I came to believe that I could get better, that I could do better.

And I am better!"

~Jon



This project was supported by San Mateo County Behavioral Health and Recovery Services,
Office of Diversity and Equity, and funded by the Mental Health Services Act.



On October 8, 2011, I became a Mom. During my pregnancy, many people told me their horrific labor stories and that being a new parent is going to be difficult. What people failed to tell me was the rewards of having an infant and the happy days to come.

When I decided to have my baby I told myself there would be good days and bad days. The bad days for me are not being eligible for subsidized programs because my income exceeds the programs qualifications, or not having my son on my health insurance because it's too expensive for the both of us. This worries me because I am always thinking; can I meet all my son's needs?

In this photo it shows a pile of bottles that need to be washed. Some may look at this photo as chaotic and stressful, but it's my daily routine of washing bottles and preparing for my sons breakfast, lunch and dinner. What this photo fails to show is that I enjoy making bottles every morning because it gives me a sense of preparing my son for his future.



This project was sponsored by San Mateo County Behavioral Health and Recovery Services, Office of Diversity and Equity.



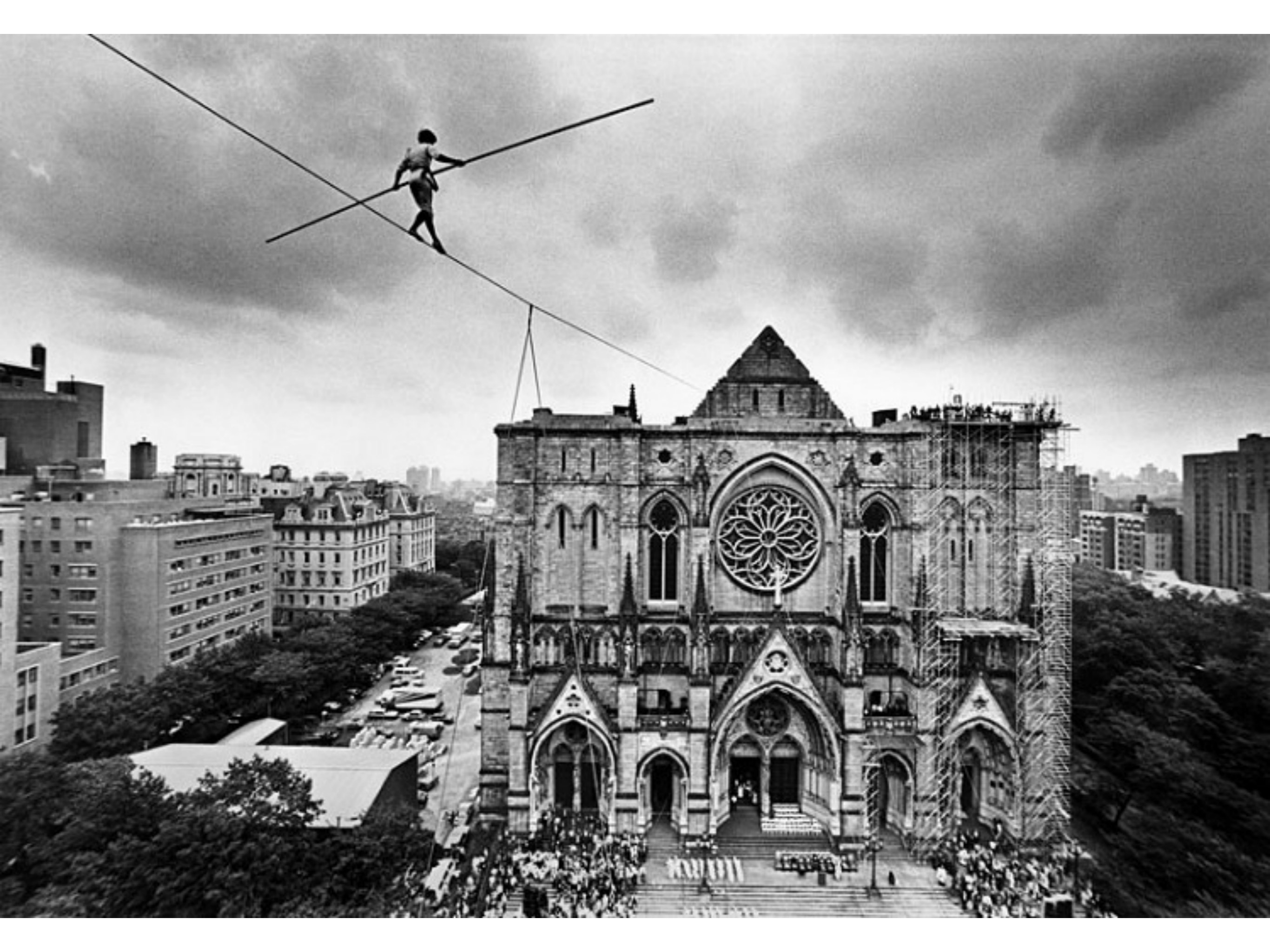
Why Photovoice?

- Participatory action research method
- Uses photography to capture lived experiences
- Simple, and engaging
- Leaves viewers to reflect
- NOT just an art project
- NOT photojournalism
- NOT staged photos
- NOT random photos
- NOT just images

Photography

- Subject
- Lighting
- Depth of Field
- Composition
- Color vs. Black & White









Some Helpful Tips

- Take pictures during the day
- Plan out a couple of photos, take those. Take a walk another day and just take pictures of things/people you see every day.
- Take photos of your own life
 - Ask for consent if you want to capture images of someone's face
- Practice safety: stay in public places and ask for permission if you want to go on private property
- Start today! Don't wait until the last minute

Getting Ready: Brainstorm

Framing Question: What does 'Black Lives Matter' mean to you?

Next Steps

Day 3

- Selection Process
- Telling your story
- Begin writing narratives

Day 4

- Group sharing
- Public exhibits
- Call-to-action
- Vash will arrange and design the Photovoice layout

This week's homework: Take 10-15 pictures for your Photovoice project

Equipment Check-Out and Camera Tutorial

- Everyone who needs a camera must sign out for one
- Make sure all components are signed out and returned

CAMERA TUTORIAL

HOW TO USE THE CAMERAS

- ▶ Turn camera on/off
- ▶ Photo/view mode
- ▶ Shutter button
- ▶ Zoom
- ▶ Charge battery

RUNNING THE PROGRAM

PART 3

PART 3

- ▶ Photocircle and selection
- ▶ Script writing
- ▶ Debrief and Self-care
- ▶ **Homework: complete scripts**

PHOTOCIRCLE GUIDELINES

- ▶ Have each participant select their 3 favorite pictures
- ▶ Show all these photos first, then ask the participant to introduce each image and explain why they chose it, as well as how they think it relates to or answers the framing question
- ▶ Take notes on what each participant says: it will help with their scripts
- ▶ Ask the participant if they would like feedback from the rest of the group

RUNNING THE PROGRAM

PART 4

PART 4

- ▶ Finalize scripts
- ▶ Showcase
- ▶ Create call-to-action
- ▶ Reflection and closing
- ▶ Paperwork

TIPS

COACHING AND FACILITATING

COACHING PARTICIPANTS 1:1

- ▶ Participant centered approach
 - ▶ Participants own their stories
 - ▶ Ask if they'd like feedback
 - ▶ Be affirming and supportive of their decisions
 - ▶ Unconditional positive regard
 - ▶ Have them do as much as they are willing and able to do

FACILITATING GROUPS

- ▶ Hold the space with the intention of supporting participants' growth and our mission
- ▶ Challenge tangents
- ▶ Emotionally intense stories and conversations
- ▶ Playfulness and jokes
- ▶ If the facilitator makes a mistake...
- ▶ What is your nightmare scenario?

FACILITATING GROUPS WITH CULTURAL HUMILITY

- ▶ Lifelong learning & critical self reflection
- ▶ Person-centered care
- ▶ Recognizing and challenging power imbalances for respectful partnerships
- ▶ Institutional accountability & consistency

IT'S TIME TO...

**CREATE OUR OWN
PHOTOVOICES**

PICK A PARTNER AND...

**PROVIDE FEEDBACK/
COACHING**

AND HOW TO FILL THEM OUT

REQUIRED MATERIALS



REQUIRED MATERIALS FOR FACILITATORS TO SUBMIT

- ▶ Sign-In Sheets
- ▶ Pre- and Post-program questionnaires
- ▶ Demographic questionnaires
- ▶ Evaluations
- ▶ To offer County Media Release forms to all participants and indication of which stories are released
- ▶ Document including participants photos and scripts

REQUIRED MATERIALS

SIGN-IN SHEETS

▶ These are important!



Photovoice
Date:
Location:
Start/End time:

| | First Name | Last Name | CID # | PID # | Signature | App | Pre | Post | Eval | Media |
|-----|------------|-----------|-------|-------|-----------|-----|-----|------|------|-------|
| 1. | | | | 1 | | | | | | |
| 2. | | | | 2 | | | | | | |
| 3. | | | | 3 | | | | | | |
| 4. | | | | 4 | | | | | | |
| 5. | | | | 5 | | | | | | |
| 6. | | | | 6 | | | | | | |
| 7. | | | | 7 | | | | | | |
| 8. | | | | 8 | | | | | | |
| 9. | | | | 9 | | | | | | |
| 10. | | | | 10 | | | | | | |
| 11. | | | | 11 | | | | | | |
| 12. | | | | 12 | | | | | | |
| 13. | | | | 13 | | | | | | |
| 14. | | | | 14 | | | | | | |
| 15. | | | | 15 | | | | | | |
| 16. | | | | 16 | | | | | | |

REQUIRED MATERIALS

PRE- AND POST-PROGRAM QUESTIONNAIRES

▶ These are really important!



Storytelling Program
Pre-Program Questionnaire
Office of Diversity and Equity



All of this information is completely **confidential** and is used to understand the success of the storytelling program.

CID: _____ PID: _____ Date: _____

Stigma has shaped public perception of people with mental health issues, leading to various harmful myths and stereotypes. Over time, we also internalize the lessons that society teaches us. This program seeks to challenge the way that we have been affected by behavioral health (mental health and/or substance abuse) stigma. This information is used to understand the success of the storytelling program. Please circle one number for each question below.

1. How much do you agree or disagree with these statements (circle one number for each):

| | ☺ | | | | | | | | ☹ |
|--|----------------|-------|---------|----------|-------------------|---|---|---|---|
| | Strongly Agree | Agree | Neutral | Disagree | Strongly Disagree | | | | |
| <i>I feel people with mental illness are persons of worth, at least on an equal basis with others.</i> | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |
| <i>I see people with mental illness as capable people.</i> | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |
| <i>People with mental illness are able to do things as well as other people.</i> | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |

2. Answer the questions below if you identify as someone who has a mental illness. How much do you agree or disagree with these statements (circle one number for each):

| | ☺ | | | | | | | | ☹ |
|---|----------------|-------|---------|----------|-------------------|---|---|---|---|
| | Strongly Agree | Agree | Neutral | Disagree | Strongly Disagree | | | | |
| <i>Because I have a mental illness, I am unable to take care of myself.</i> | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |
| <i>Because I have a mental illness, I will not recover or get any better.</i> | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |
| <i>Because I have a mental illness, I am to blame for my problems.</i> | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |
| <i>Because I have a mental illness, I am unpredictable.</i> | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |
| <i>Because I have a mental illness, I am dangerous.</i> | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |

3. How do you feel about sharing your story? (Please describe challenges and benefits you have experienced as a result of sharing your story and/or lived experience. If you have not shared your story, please describe the challenges and benefits you expect to experience.)

REQUIRED MATERIALS

PARTICIPANT EVALUATIONS

▶ You get the point...



Photovoice Program
Evaluation
Office of Diversity and Equity



All of this information is completely **confidential** and is used to understand the success of the storytelling program.

CID: _____ PID: _____ Date: _____

Thank you for filling out this evaluation. Please take your time when responding to the questions. Your feedback will help us understand better ways to serve the community.

1. How much do you agree or disagree with these statements (circle one number for each):

| | ☺ | | | | | | | | ☹ |
|--|----------------|-------|---------|----------|-------------------|---|---|---|---|
| | Strongly Agree | Agree | Neutral | Disagree | Strongly Disagree | | | | |
| <i>I am glad I participated in the program.</i> | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |
| <i>I participated in the program to the best of my ability.</i> | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |
| <i>My attitudes about behavioral health (mental health and/or substance abuse) were positively affected as a result of this program.</i> | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |
| <i>The leader effectively supported me throughout the program.</i> | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |
| <i>This program was sensitive to my cultural background.</i> | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |
| <i>The goals of this program were clear.</i> | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |
| <i>The goals of this program were met.</i> | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |

2. How much do you agree or disagree with these statements (circle one number for each):

| | ☺ | | | | | | | | ☹ |
|---|----------------|-------|---------|----------|-------------------|---|---|---|---|
| | Strongly Agree | Agree | Neutral | Disagree | Strongly Disagree | | | | |
| <i>I feel that my Photovoice helps me express something I cannot express in other ways.</i> | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |
| <i>I think more positively about challenges in my life as a result of this program.</i> | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |
| <i>I will share my Photovoice with people in my community (friends, family, and/or colleagues).</i> | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |
| <i>I am more likely to share my lived experience with people in my community as a result of this program.</i> | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |
| <i>I learned something new about photography as a result of this program.</i> | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |
| <i>I learned something new about storytelling and scripting as a result of this program.</i> | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |
| <i>I learned how to create change in my community with my story as a result of this program.</i> | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |

↩ **Please TURN OVER and complete BOTH SIDES of this survey** ↪

REQUIRED MATERIALS

MEDIA RELEASE

- ▶ Participants to have the option of completing



County of San Mateo Photo/Video/Audio and Personal Narrative Consent and Release Form

By signing this consent and release form I grant to the County of San Mateo ("County") and its representatives the right to use my name, likeness, image, voice, appearance, and/or personal narrative embodied in any recordings taken by or made on behalf of the County or otherwise provided by me. I agree that the County owns and may use such material without restriction and without my prior inspection or approval. Such uses include but are not limited to social media postings, announcements, news releases, websites, and promotional or informational materials in any medium. I acknowledge that I will not receive any compensation for the use of such images, recordings, likenesses, or narratives.

I represent that I am at least 18 years of age and that I have read this consent and release form fully and understand its contents. If I am a parent or guardian of minor children, by listing them below I agree to them being covered by this consent and release form. I also release and discharge the County and its agents or representatives from all claims, demands, and liabilities, including bodily injury claims, arising out of or in connection with the use of any name, likeness, recording, or personal narrative covered by this form, and this release shall be binding upon me and my heirs, legal representatives, and assigns.

This consent and release is entered into under the laws of the State of California and shall be governed and interpreted by those laws.

.....

Name of event (meeting, seminar, etc.): _____

Date of event: _____ or date range covered: _____
(Example: 4/12/16) (Example: 7/1/16 to 9/30/16)

Name (Printed): _____

Signature: _____ Date: _____

Your street address: _____
(Including City, State, and ZIP)

Phone: _____ E-mail address: _____

Names of minor children (under 18 years old) covered by this release:

REQUIRED MATERIALS

VIEWER EVALUATIONS

- ▶ For audiences to fill out after viewing Photovoices



Photovoice Viewer Evaluation
Office of Diversity and Equity
Behavioral Health and Recovery Services



Thank you for viewing the Photovoice exhibit. As you walk through the exhibit, we invite you to explore each project and to think about the role you play in the story that each artist is sharing. After viewing the photovoice exhibit, please take a few moments to fill out this evaluation form. Your feedback will help us understand better ways to serve the community.

| | | |
|--|-----|----|
| Are you a mental health or substance abuse service provider? | Yes | No |
| Are you a mental health or substance abuse client/consumer or family member? | Yes | No |
| Are you San Mateo County BHRS staff? | Yes | No |
| Do you live, work, or attend school in San Mateo County? | Yes | No |

1. How much do you agree or disagree with these statements (circle one number for each):

| | 😊 | | | | | | | | | ☹️ |
|--|----------------|-------|---------|----------|-------------------|---|---|---|---|----|
| | Strongly Agree | Agree | Neutral | Disagree | Strongly Disagree | | | | | |
| <i>I learned something new as a result of viewing these Photovoices.</i> | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | |
| <i>I learned something that I did not previously know about behavioral health (mental health and/or substance abuse) as a result of viewing these Photovoices.</i> | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | |
| <i>I learned how I could be supportive of someone with behavioral health challenges after viewing these Photovoices.</i> | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | |
| <i>I plan to act in ways that are more supportive of people with behavioral health challenges after viewing these Photovoices.</i> | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | |
| <i>I learned ways to stop or prevent discrimination or stigma against people with behavioral health challenges after viewing these Photovoices.</i> | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | |

2. How do these Photovoices relate to your community or the people you serve?

3. After viewing these Photovoices, I will _____

Please TURN OVER and complete BOTH SIDES of this survey

HOW WAS TODAY?

CLOSING

AFTER THIS TRAINING

- ▶ I will follow up with all electronic materials
- ▶ You will...