

SB 803 and Me:
Peer advocacy
through the lens of
TAYs



Who are we?

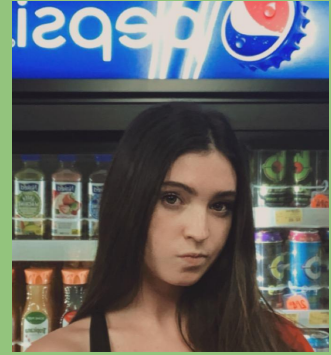


Rosha Feizi

This is important to me because...



Lilly



Sosie



Angela



Azul



Aliza



Tays Team Introduction and Purpose

- Transitional Aged Youth = 16-26 years old
- CAYEN and MHAC empower TAYs to influence mental health policy
- OC MECCA (Multi-Ethnic Collaborative of Community Agencies) sponsoring the OC team
- Our purpose is to create a youth perspective on MH policies
 - Ensure that policies are able to positively impact TAY
- We want TAY to be able to have a hand in the policies that affect them
 - Regardless of age, they are our future leaders and minds



What are Peer Support Specialists (PSSs)?

- Individuals who self-identify as having a lived experience with recovery from mental illness, substance use disorder, or both.
- At least 18
- A high school diploma or equivalent
- Willing to share experience
- Have a strong dedication to recovery
- A written agreement to the code of ethics
- Pass a certification exam
- Complete all training requirements



What is SB 803?

- Require the State Department of Health Care Services by July 1, 2022 to:
 - Develop a peer support specialist certification
 - Create a certification record and fee schedule
- Peer specialists must provide services under the consultation, supervision, or direct supervision of behavioral health professional within their scope of practice
- **“Core competencies”** means the foundational and essential knowledge, skills, and abilities required for peer specialists.
- **Curriculum that may be offered in areas of specialization**, including, but not limited to, transition-age youth, veterans, gender identity, sexual orientation, and any other areas of specialization identified by the department.



What is SB 803? Continued...

Core-competencies-based curriculum shall include, at a minimum, training related to all of the following elements:

1. The concepts of hope, recovery, and wellness.
2. The role of advocacy.
3. The role of consumers and family members.
4. Psychiatric rehabilitation skills and service delivery, and addiction recovery principles, including defined practices.
5. Cultural competence training.
6. Trauma-informed care.
7. Group facilitation skills.
8. Self-awareness and self-care.
9. Co Occurring disorders of mental health and substance use.
10. Conflict resolution.
11. Professional boundaries and ethics.
12. Preparation for employment opportunities, including study and test-taking skills, application and résumé preparation, interviewing, and other potential requirements for employment.
13. Safety and crisis planning.
14. Navigation of, and referral to, other services.
15. Documentation skills and standards.
16. Confidentiality.

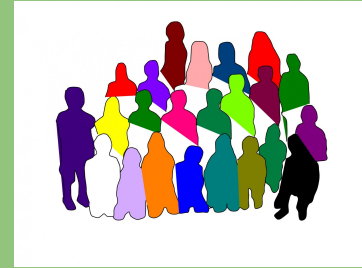


How should SB 803 be augmented to support youth mental health?

- Have the peer support specialists in this bill have more experience with youth minority communities
 - Proficiencies in languages other than English and Spanish
 - A higher quality, communication, and discretion given to High School students seeking help
- Ensure that PSS sessions can be done remotely
- Allow college students to receive credit hours for participating if their field of study is relevant
- Mandate local schools to inform students of services, including PSS assistance, available to them
- To increase income of peer specialist, as more are needed because research proves its effectiveness.

Impacts of Peer Specialists on the Community

- Support youth, communities, and families to reach their full potential and empower self growth.
- Improve coping skills, reduce emotional suffering, maintain positive relationships with self and others, and healthy behaviors.
- Decrease dropout rates from schools, rehab facilities, and/or therapy services in the Youth community.





Conclusion

To summarize, our main objectives are:

- To provide a youth perspective on MH policies
- To ensure that policies are able to positively impact TAY
- To increase, support and advocate the need for peer support specialists (PSS) and their wages
- To improve the bill in support of PSS to have more experience with youth minority communities
- To provide PSS assistance to youth at local schools, colleges, and allow interested college students to do work-study.
- To maintain the physical and mental well-being of Youth in our community

Thank You!

Any Questions?

