



**Client and Family Leadership Committee (CFLC) Teleconference Meeting Summary**

**Date: Friday, February 25, 2022 | Time: 2:00 p.m. – 4:00 p.m.**

**MHSOAC  
1325 J Street, Suite 1700  
Sacramento, CA 95814**

**\*\*DRAFT\*\***

**Committee Members:**

**Staff:**

**Other Attendees:**

Khatera Tamplen, Chair Darlene Prettyman, Commissioner Emeritus Donella Hyrkas Ceclre Claribette Del Rosario Richard Krzyzanowski BeaJae North Susan Wynd Novotny Larisa Owen Jason Robison Sharon R. Yates	Matthew Lieberman Tom Orrock	Angela Brand Matthew Gallagher Vanessa Ramos
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Committee members absent: Hufsa Ahmad, Rayshell Chambers, Emery Cowan, Kylene Hashimoto, Kellie Jack, Rose Lopez, Kontrena McPheter, Jules Plumadore

**Welcome and Roll Call**

Commissioner Khatera Tamplen, Committee Chair, called the meeting to order at approximately 2:00 p.m. and welcomed everyone. She reviewed the meeting protocols.

Tom Orrock, Chief of Stakeholder Engagement and Commission Grants, called the roll and confirmed the presence of a quorum.

**Honoring Commissioner and CFLC Vice Chair Tina Wooton**

Chair Tamplen stated, since the last CFLC meeting, the mental health community suffered a significant loss. This time is set aside to honor a good friend and colleague, Tina Wooton, a champion for peers and mental health wellness, resilience, and recovery. Tina passed away on December 21<sup>st</sup>, after a long hard-fought battle against cancer. Tina meant so much to many of us. She was kind, welcoming, led with optimism, and was a fierce advocate for uplifting the voice of peers and supporting our leadership for fighting for the lived

experience of Peer Support Specialists and Parent/Family Peer Support Specialists being honored in our system.

Chair Tamplen stated Tina represented the voice of consumers on the Commission for 12 years. During that time, she served as the first female Chair of the Commission from 2017 to 2018. She was the Vice Chair prior to that, in 2016. She served on the Criminal Justice Mental Health Subcommittee, was Chair of the Suicide Prevention Subcommittee, and was the Vice Chair of the Client and Family Leadership Committee (CFLC). She prioritized and really cared about making sure the CFLC was always a priority for the Commission because that was her true north – making sure that the voice of individuals with lived experience and their families had a seat at the table and were heard.

Chair Tamplen stated I met Tina before we joined the Commission. We were both part of the State Stigma-Reduction Strategic Planning meetings. She was working at the state at the then Department of Mental Health. Jay Mahler was both of our mentors. He introduced me to Tina at those meetings. I got to know her as a friend and as a colleague. She would share updates about Fay, her daughter, and me, about my son, Cyrus, and us being mothers. We always connected about that.

Chair Tamplen stated, when I joined the Commission, Tina welcomed me with a warm welcome and with open arms. I had the privilege of working with Tina on many projects. Similar to her advocacy for Proposition 63, the Mental Health Services Act (MHSA), she was just as passionate about advocating for Peer Support Certification and did so on the Commission. From the beginning, we wanted to make sure any bill that came out about peer certification was going to be supported by the Commission. And I think it was Senator Leno's Senate Bill (SB) 614 that did not pass, but it was the first bill I recall that the Commission actually took a stand on and so that was a huge accomplishment to know that the Commission was getting involved in these important causes that mattered to us.

Chair Tamplen stated we all know she would be frequently heard saying "there is no empowerment without employment." So, there is just so much more that I could continue to say about Tina and experiences that I had with her, but I also know that many of you are here and know her. I know her impact was wide, so we want to make sure everyone gets a chance to share some thoughts about Tina.

Chair Tamplen welcomed comments to honor Commissioner and CFLC Vice Chair Tina Wooton.

Committee Member Krzyzanowski stated, like Chair Tamplen, over many years, Tina was somebody who was sympathetic, welcoming, and encouraging, especially when I was new to state-level advocacy, and somebody who I could always turn to for advice, when things got tough.

Committee Member Krzyzanowski stated, with that in mind, I know Tina is somebody also who not only worked at and on her advocacy, but often had to fight for the space in which to do what she wanted to do. She was not always supported by the people around her; she had to joust with various systems to get the space and to get to the table and to exercise her voice. Beyond the support she gave me, I remember and honor that aspect to what she did. Her contributions were hard-won on many fronts and I will always remember and tremendously respect her for that. Thank you.

Matthew Gallagher stated I was fortunate to know Tina for most of my life. I'm 32 years old and I can't remember a time in my life where I didn't know Tina Wooton. She was a wonderful friend, advocate, and peer supporter. I remember, when I was 17 and I was going through my own mental health challenges, Tina was one of the first persons in my life to encourage me to go seek peer support, and it was through Tina Wooton that I became a peer advocate myself, and it is what allowed me to find recovery of my own mental health challenges and to go to law school and become an attorney. If it weren't for Tina Wooton, I would not be the man I am here today and I just miss her terribly.

Matthew Gallagher stated Tina Wooton's work with the Commission was truly her life's work. It was a pride of her life and she couldn't be happier than to be part of the Commission. And I know this Committee meant so much to her. While she's gone, I hope she is not forgotten. Yesterday, I asked the Commission to create a fellowship in her name and in her honor as a Commissioner and I encourage the Committee to support that endeavor. And I think, as Chair Tamplen said, there can be no empowerment without employment, and Tina was the one who championed that slogan. I think the best way to do that is to have a fellowship in her name and in her honor and, with that, I thank you for the time to speak here today.

Chair Tamplen stated thank you, Matt, and thank you for that wonderful advocacy at yesterday's meeting. I'm glad to know about that.

Vanessa Ramos stated Tina was my teacher and she loved you all so much. I remember when COVID hit, I would drive up to her house and we'd have to Zoom and she'd be, like, make sure I look good – it's the Commission. It's the Commission. She felt just so proud. And she was so respectful of everyone that she would be so respectful of the meetings that she would instruct me to leave immediately because she would say, we have to follow the rules. She just wanted to be on appropriately because Zoom was just so new.

Vanessa Ramos stated Tina means the world to me. Tina loved peer work. I often read through her messages, and she always reminded me to take care of the peers and to take care of us. I think it's a blessing and a curse, like I told her. You know, Tina, it's like you're my blessing and my curse because you taught me a right way to do peer support, and it's going to be very hard for me to sit back and watch the shit show and not have my head spin a few times – excuse my language.

Vanessa Ramos stated I honor Tina and I will continue to honor Tina with the work and the advocacy that I do. I've purposefully taken a step out of the public mental health system to just ground myself so that I'm able to present in a way that Tina would be most proud of. Khatera, thank you for inviting me and, Tom, thank you for being so kind. I remember we'd be there trying to just get things figured out, but I appreciate the care. And I think what Matt did is super awesome. I hope you guys do respect that or honor that – I don't know how things go – but Tina is super awesome; she's always with us. May she be at peace.

Chair Tamplen stated thank you, Vanessa. Yes, I know how proud Tina was of you, too, and your advocacy and fight for peer support. She always expressed that. I'm so thankful you're here with us. Thank you.

Commissioner Emeritus Darlene Prettyman stated I, too, have known Tina for a long time and have tremendous admiration for her. We sometimes represented different viewpoints

but always had curtesy for each other and always sat back and respected. I just have tremendous respect for her and was so pleased when she was appointed to the Commission because I knew that she would do a good job, she would represent the clients. And I just was very sorry to hear that we had lost her – but there's no way that we've lost her. Just listening to you people now, she's going to be here forever. She left her mark and it's just wonderful to hear people say such good things about her. She deserves everything you say. And I totally agree with the idea of a scholarship or fellowship to honor her.

Chair Tamplen stated thank you so much Darlene. I'm glad to hear that advocacy is happening so we can continue to uplift that in her memory. Thank you. Also, thank you for being here with us, Darlene.

Sharon R. Yates stated she loved Tina. Tina was so instrumental to me when I first came to state advocacy. Many of you don't know, but I'm a parent of a child that had her first break at age 13, and it's a very lonely road for parents of children with serious mental illness. We don't have anyone that we can turn to other than the doctors. And that's one of the things that I like so much about the Commission and this Committee. We are here together, we work together, and we come to solutions together.

Sharon R. Yates stated I came up through NAMI Family-to-Family and Family Basics and, every time I came to Sacramento for a Committee meeting, Tina was there, and she always asked me how was I doing, what am I doing, what are the steps that I'm doing to ensure that my daughter was doing well, but also ensured that I am taking care of myself because self-care is so important. We spend all of our energy taking care of our loved ones, but who takes care of us? Tina Wooton did and I will surely miss her.

Sharon R. Yates stated the last time I spoke with her was in November right before Thanksgiving and she wished me well for the holidays, and then you tell me she passed away. I was just devastated when you said that. I couldn't believe it. I will miss her. Thank you.

Chair Tamplen stated thank you, Sharon, for your words.

Tom Orrock stated he thought he would share as a member of the Commission staff because we get to work with Commissioners kind of behind the scenes somewhat and she was Chair. I guess the nicest thing I could say about anybody is that if you met Tina, everybody who met Tina met the same person. She wasn't this way in this situation and that way in that situation. She was consistently kind. She was consistently funny. She was consistently gracious and patient with us. And she was consistently strong in her advocacy, as well. She wasn't a pushover. You would know where she stood, but it was always expressed in the kindest way. I just thought I would share that from a staff perspective. She will definitely be missed.

Chair Tamplen stated that is beautiful. Thank you, Tom.

Chair Tamplen stated it has been heartwarming to hear the expressions of honor. So many of you shared about our Tina Wooton and about her dedication to the mental health consumer family movement. Thank you for all your words. Everything that was shared about her was obviously spot-on. She was filled with grace and kindness, a shining example of someone who overcame tremendous challenges and difficulties, whether working within

the system or her own personal challenges. Her sense of humor, her optimism, her bravery, her dedication to this movement continues to inspire us in this work and should be inspiring us as we move through lots of things that we need to help change in our system. Those of us who have had the privilege to work with her and know her were touched by her. She has made a big impact for all of us who are in this field. I miss her dearly, like many of you.

Tina's family is making arrangements for her celebration of life. It will be on March 24<sup>th</sup> at 2:00 p.m. in Fair Oaks at the Fair Oaks Presbyterian Church. I plan on being there, God willing, and look forward to seeing those who can make it. Thank you again for this time well spent honoring a woman who deserves all the honor and recognition.

## **General Public Comment**

No public comment.

## **Agenda Item 1: Action – Approval of Meeting Minutes**

Chair Tamplen asked for a motion to approve the meeting minutes for the December 9, 2021, CFLC meeting.

Committee Member Krzyzanowski made a motion to approve the minutes as presented. The motion was seconded by Committee Member Yates.

Vote recorded with participating members as follows:

- Approve: Committee Members Ceacle, Chambers, Krzyzanowski, North, Novotney, Owen, Robison, and Yates, Commissioner Emeritus Prettyman and Chair Tamplen.

## **Agenda Item 2: Information – Parent Workgroup on Implementation of SB 803 and Family Voice in Peer Certification Process**

**Presenters:**

- Tanya McCullom, Alameda County Behavioral Health Services and Parent Workgroup
- Paul Simmons, Depression and Bipolar Support Alliance California (DBSA California)

Chair Tamplen stated the Committee will hear presentations on issues the Parent Workgroup is working to address regarding the implementation of SB 803 Peer Support Specialist Certification, and on the importance of family voice in the Peer Support Certification process. She asked the speakers to give their presentations.

Tanya McCullom, Program Specialist, Alameda County Behavioral Health Services and Parent Workgroup, shared her experiences as a parent of a child with mental illness. She stated SB 803 is a blanket bill for both peers and family members, which is unique. In other parts of the country, the family member certification process is separate from the peer certification process. The challenge with a blanket bill is that peers and family members work differently. Family members are not peers in the same way that peers are peers and family members have challenges that are not addressed by SB 803, such as billing for support for family members of young children and shutting out parental advocacy and assistance once the child is an adult.

Ms. McCullom spoke about the work of the Parent Workgroup on the implementation of SB 803. She stated family partners across the state have put together a position paper to present to the Department of Health Care Services (DHCS) explaining the differences between family members and peers, specifically around the core competencies listed in SB 803. The foundation of the certification process is based on these core competencies. She stated one of the challenges of SB 803 is that family members are asked to be tested in areas that do not apply to the work of family members or do not apply in the same way as they might apply to a peer.

Paul Simmons, DBSA California, spoke about the family voice in the peer certification process. He stated previous iterations of the peer certification bill were vetoed prior to SB 803. As a result, it changed from what it should have been to something that was compromised and not as it was originally intended to be. Family peers were better addressed in earlier versions of the bill.

Ms. McCullom stated she has been working with the California Mental Health Services Authority (CalMHSA), the entity chosen by the DHCS to represent counties that opt in to peer certification. Although there are individuals who understand the differences between peers and family members, the process will not change in that family members will be required to take an examination on the core competencies that do not necessarily fit with their role as family members. Also, because family members have a specialty category, they will be required to take additional courses after the initial certification exam in order to work in their specialty, which was advocated against by stakeholders.

#### Public Comment

Vanessa Ramos asked if a peer is also a family member.

Ms. McCullom stated the official title in SB 803 is “Peer Support Specialist.” Peers and family members all fall under that umbrella and are considered peers. However, one of the things the Parent Workgroup is trying to do is to carve out a title that is not so cumbersome, but the term “family member” can be broad. Discussion about minor children and youth include parents as well as possibly a caregiver such as foster parent, aunt, or uncle. Most people look at “parent/caregiver” as the proper term so the title would be “Parent/Caregiver Peer Support Specialist.” But this is cumbersome.

Ms. McCullom stated the term “family member” is even broader. Family members of adults with serious mental illness include whoever that individual identifies as their family member, which could be anyone. It is up to the adult peer who chooses who they identify as their family member. This title may possibly be “Family Peer Support Specialist.”

Ms. McCullom stated, because the children system is so different from the adult system, the roles need to be defined because the work is different. She stated, unless a parent has conservatorship of their adult child, they have no legal right to make decisions on their behalf. She gave the example of her son having to be 5150ed, when he was 23 years old. She stated concern about the issue that an individual is a threat simply because of the color of their skin. As an African American male, her son was treated poorly. Even though Ms. McCullom is an experienced family member, knows what to say when she dials 9-1-1, and knows what they are looking for when they come through the door, none of that mattered. Once they saw her son, he was an immediate threat. She stated she had to fight to get people to listen to her as she was advocating for her son. Even her son was asking them to listen to his mom. Her son wanted his mom to advocate for him, but they would not give her son papers to sign to let her advocate for him.

Ms. McCullom stated those are things that need to be navigated in the adult system, but when her son was 12 years old, she was able to speak up on behalf of her son and they had to listen. Titles may not seem like a big deal, but they are. It defines the part of the system the family member is in.

Mr. Simmons stated, when it comes to the definition of peers, it has always been confusing. He stated he thinks of a peer as someone who is on the same level. For example, peer-reviewed journals are doctor to doctor. The peer support in the adult system is an adult to an adult. In the family system, it might be a parent of a child with a mental health challenge to another parent of a child with a mental health challenge. Everywhere else in the world, a peer has a very specific parallel relationship versus sometimes it is different in the family and children's support system. Current terminology can make peer support confusing.

### Discussion

Committee Member Krzyzanowski agreed that it is difficult to find words that describe patients, consumers, clients, peers, and persons with disabilities as communities that are not stigmatizing. The mental health world is too self-isolating and inward-looking, so there is a disconnect on how the mental health world uses words and society's understanding of that. Terminology is something that will always need to be wrestled with.

Committee Member Krzyzanowski stated, as a writer and editor, peer is a relational term that begs the question whose peer – who is your peer? The term “peer” comes from the Latin phrase *inter pares*, between equals. The term “peer” means I am someone's equal. He stated the need to take the step in adding those words that say the kind of peer you are – whose equal are you trying to work at – family members, persons with lived experience? It needs to be better defined to alleviate the confusion.

Committee Member Novotny stated having worked in the system and being a family member with lived experience and running a peer support program was complicated to introduce herself in a way that was authentic and genuine. She stated she found that, as her loved one became an adult, it was more respectful to her child to introduce herself as a peer family rather than a parent. The term “peer family” denotes less power over someone for the peers that felt like a parent was not the most supportive person in the room. That bias is a real problem. “Peer family” meant that she also had an experience but it was not the same – it was a family member's experience. The term “parent partner” is contained within the children's system of care; although, she loves the word “partner” because it is respectful language.

Committee Member Yates stated she thinks of peers as someone who is a friend or the same age as the patient. She shared the possibility of getting a Power of Attorney, when the child turns 18. There is a difference in a parent's approach and how they manage their children and how they manage their young adults. It is a grooming process so that, when the person becomes of age, they can survive in this world independently. The goal is to raise well-adjusted individuals.

Ms. McCullom stated each person seems to have different perspectives on what a peer is, which is what makes this a complicated topic. It would have been easier for SB 803 to have two separate certifications to dispel all confusion, but she stated she is looking forward to working with the law as it was written.

### SB 803 Core Competencies

Ms. McCullom stated she is working with CalMHSA specifically on family member core competencies with the goal for everyone to have the same language. She reviewed the Core Competency Perspective document, which was included in the meeting materials. She noted that the green highlighted areas work for both peers and family members and the orange highlighted areas could work for family members, with a few adjustments. The unlighted areas do not work for family members in terms of practice and competencies. She asked the Committee for input on the core competencies as defined by SB 803 and how they may look different for family members.

Ms. McCullom stated another concern is who the supervisors are and who they are supervising. Currently, individuals with a peer in the workforce do not have to be a peer in order to supervise them, which is problematic. It is important that peers supervise peers. Lived experience is critical when supervising someone who is out in the field as a peer and as an advocate.

Ms. McCullom stated family members generally do not have advanced degrees. Another challenge is that the Family Peer Support Specialist salary will not be the same as a clinician, which means that lived experience is not valued. Having peers on the workforce is being looked at as an opportunity to save a lot of money. Thinking that peers do not have to be paid the same rate as someone who has an advanced degree creates a class-type system. She emphasized that lived experience is huge.

Chair Tamplen agreed that family organizations represent the family voice and peer organizations represent the peer voice. It is about the family and peer fields, trainings, and experience that are trying to be elevated as a practice in this work. They are not the same experience and do not have the same role.

### Public Comment

Angela Brand, Project Manager, Center for Applied Research Solutions (CARS), stated she works with CalMHSA on their Peer Advisory Council. She stated the information presented in this agenda item is the kind of information that the Peer Advisory Council should be sharing and providing to their members, especially about the language piece. The Peer Advisory Council had a meeting earlier today and talked about defining the language for family member, peer, and parent caregiver and the importance of that, not necessarily for shared understanding but for the roles and responsibilities. A role should be filled by a family member for a family member and a peer for a peer. This should not be interchangeable. These conversations are needed in other entities that are technically taking the lead.

## **Agenda Item 3: Peer Certification Implementation Guide Resources Update**

### **Presenter:**

- Tom Orrock, Chief of Stakeholder Engagement and Grants

Chair Tamplen stated the Committee will receive an update on the CFLC Peer Certification Implementation Guide. She asked staff to present this agenda item.



Mr. Orrock stated staff is working on a list of helpful resources, which was included in the meeting materials and will be a part of the Implementation Guide. He asked for written feedback on the resources listed and suggestions for additional resources for the Implementation Guide. He suggested that Committee Members contact staff to further discuss this document. He asked Committee Members and members of the public to respond to the following questions in writing:

1. Are all of these resources relevant?
2. Do all the links work?
3. What is the best way to present these resources in terms of the look and feel of it?
4. What should the title be?
5. Are there gaps where there should be resources but there are not?
6. What are one-sentence descriptors of what each link is about and how it may be helpful?
7. Are these the right sections or section titles?

#### Discussion

Chair Tamplen and Committee Members Cecrle, Krzyzanowski, Owen, Robison, and Yates volunteered to be part of the planning meeting.

Chair Tamplen suggested holding public meetings once a month focusing on one to two of the questions each month. She suggested titling the guide Peer Support Specialist and Parent/Family Support Specialist Implementation Guide to be intentional about the uniqueness of the roles.

#### **Agenda Item 4: Discussion of Future Agenda Items**

No future agenda items were offered.

#### **Wrap-Up and Adjourn**

Chair Tamplen adjourned the meeting in honor of Tina Wooton. The meeting ended at approximately 4:00 p.m.