

WISE CALIFORNIA 2019 ANNUAL CONFERENCE

TUESDAY, JULY 2, 2019
8:30 AM – 5:00 PM

The California Endowment, Los Angeles
1000 N. Alameda Street, Los Angeles, CA 90012



ABOUT WISE

WISE is a statewide peer retention program of Mental Health America of Northern California ("NorCal MHA") funded by the Mental Health Services Act ("MHSA") and the Office of Statewide Health Planning and Development (OSHPD).

WISE stands for Workforce Integration Support and Education. Our goal is simple: to help employers in California's public mental health system recruit and retain consumer and family member staff through genuine workforce integration.

We understand the constraints and issues you're facing because we've been there. In fact, we are there. Over 90% of our staff identify as consumers and/or family members, including our entire Executive Leadership team and all of our program managers. Just like you, we strive to put the MHSA's vision and values into practice by promoting and advancing peer employment. We've learned that successful incorporation of consumers and family members into existing workplaces requires the convergence of many factors, which include:

- A recovery-oriented work culture
- Dedicated and influential workplace leaders
- Supportive managers and supervisors
- Ongoing training, coaching, and peer mentoring
- Adequate oversight, evaluation, and feedback for peers
- Clearly-defined core competencies and peer roles
- Genuine opportunities for career advancement
- Collaborative working relationships
- Continuity and growth of peer programs
- Opportunities for peers to interact and learn together
- Flexible workplace policies and procedures

Employers have achieved varying levels of progress in each of these areas. We can all use assistance with reinforcing our strengths and mitigating our weaknesses. Just as peers need support from one another to encourage growth and continual improvement, our employer partners also benefit from sharing their successes and challenges with one another in a non-judgmental environment. We are passionate about providing these services and helping our partner agencies realize their specific organizational objectives.

CONFERENCE AGENDA

**8:00 AM –
8:45 AM** **CHECK IN AND COMPLIMENTARY BREAKFAST**

**8:45 AM –
9:00 AM** **PERFORMANCE BY BEATS RHYMES AND LIFE, INC.**

BRL is a community-based organization in Oakland, CA dedicated to promoting mental health outcomes among marginalized youth through hip hop.

**9:00 AM –
9:40 AM** **WELCOME AND OPENING REMARKS**

C. Rocco Cheng, PhD | Rocco Cheng & Associates
Stephanie Ramos | NorCal MHA/WISE
Keris Myrick | Los Angeles County Department of Mental Health
Shannon McCleerey-Hooper | Riverside University Health System-Behavioral Health

**9:40 AM –
10:00 AM** **WISE ACCOMPLISHMENTS**

Stephanie Ramos | NorCal MHA/WISE

**10:00 AM –
10:15 AM** **BREAK**

**10:15 AM –
11:15 AM** **PEER SUPPORTERS: AT THE INTERSECTION OF LOVE AND OUTRAGE**

Patricia E. Deegan, PhD | Pat Deegan PhD & Associates, LLC

In this keynote address Pat Deegan will propose the greatest danger to the role of peer supporters is assimilation into clinical culture. Peer supporters are not junior clinicians. Instead it is essential to understand that peer-centric work occurs at the intersection of love and outrage. Drawing on her lived experience, Pat will distinguish between peer work and clinical work. She will offer strategies for insuring that drift into clinical culture does not happen. And she will share a unique, unduplicated role for peer supporters in clinical organizations, which results in impressive recovery outcomes.

**11:15 AM –
11:25 AM** **WELLNESS STRETCHING**

Rocco Cheng & Associates

**11:25 AM –
12:00 PM** **AUDIENCE DISCUSSION AND Q&A**

Patricia E. Deegan, PhD | Pat Deegan PhD & Associates, LLC

**12:00 AM –
1:00 AM** **COMPLIMENTARY LUNCH**

**1:00 PM –
2:30 PM**

TAY WORKSHOP #1: TAY MENTORS AND HIP HOP THERAPY

Rob Jackson | Executive Director/Founder | Beats Rhymes And Life, Inc.
Academy Members | Beats Rhymes And Life, Inc.

Room: Yosemite A

Beats Rhymes and Life (BRL) works to cultivate dynamic, culturally responsive services, through community engagement and the therapeutic power of hip hop, that inspire youth to recognize their own capacity for healing and self-expression. In this workshop, participants will learn about BRL's history and current service model, as well as their approach to working with TAY/Peer Mentors. BRL Academy members will provide a panel discussion to expand on the information presented in the workshop.

PEER WORKSHOP #1: FROM SURVIVING TO THRIVING – MY RECOVERY JOURNEY

Shannon McCleerey-Hooper | RUHS-Behavioral Health
Stephanie Ramos | NorCal MHA/WISE

Room: Mojave

This workshop invites one peer leader and one family member to share their personal journey in recovery / supporting family member recover.

These issues will be discussed:

- key elements in helping individuals recover from mental health condition
- how can individuals use their personal experience to help others recover

EMPLOYER WORKSHOP #1: CONSIDERING CULTURE AND DIVERSITY FACTORS IN SUPPORTING PEERS

Chia-Wen Hsieh, PsyD | Rocco Cheng & Associates
Silvia Liu, MA | Rocco Cheng & Associates

Room: Catalina

Diversity is an important factor to consider when working with individuals on their mental health issues. When it is utilized effectively in the service planning and management, it will make the service/program more effective. However, when it is not considered in the service delivery or program management, people often feel disconnected and have the feeling of discontent that may lead to early drop out. This workshop will review some fundamental considerations in cultural competence and providing culturally/linguistically responsive services as well as program management. Suggestions for employers to consider when supporting their diverse peers will be discussed.

**2:30 PM –
2:45 PM**

AFTERNOON BREAK

With complimentary snacks and refreshments.

**2:45 PM –
4:15 PM**

TAY WORKSHOP #2: USING MEDIA TO FIGHT STIGMA

Glenalyn Ann Mabilangan | TAY Youth
Leo Lishi Huang | Asian Pacific Counseling and Treatment Center
Silvia Liu, MA | Rocco Cheng & Associates

Room: Yosemite A

This workshop will review the use of different media in dealing with stigma and discrimination associated with mental health condition. A young filmmaker will share her experience involved in a video contest while the other speaker will address the usage of social media in combating stigma.

PEER WORKSHOP #2: FROM SURVIVING TO THRIVING – MY RECOVERY JOURNEY (II)

Room: Mojave

Helena Ditko, LCSW | Los Angeles County DMH
John Black | Peer Recovery Art Project
Tina Wooton | Santa Barbara County Behavioral Health

This workshop invites three peer leaders to share their personal journey in recovery.

The following issues will be discussed:

- key elements in helping individuals recover from mental health condition
- how can individuals use their personal experience to help others recover

EMPLOYER WORKSHOP #2: BUILDING INFRASTRUCTURE TO INTEGRATE PEER PROFESSIONAL INTO WORKFORCE

Room: Catalina

Gayle Wiler | Hathaway-Sycamore Child and Family Services
Samuel Woolf | San Fernando Valley Community Mental Health Clinic
Shannon McCleerey-Hooper | RUHS-Behavioral Health

Individuals in peer support roles are expected to be recovery oriented, yet there is often little infrastructural support for them to excel at their work. This workshop will discuss how employers in public and private sectors can set up infrastructure to encourage genuine integration of peers into workforce.

**4:15 PM –
4:40 PM**

CLOSING REMARKS AND RAFFLE

C. Rocco Cheng PhD | Rocco Cheng & Associates
Stephanie Ramos | NorCal MHA/WISE

CONFERENCE MATERIALS WILL BE POSTED AND AVAILABLE FOR DOWNLOAD AT WWW.WISEUP.WORK/EVENTS BY FRIDAY, JULY 12, 2019

Recovery

A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential. (SAMHSA)

PRESENTER BIOGRAPHIES (in order of appearance)

C. ROCCO CHENG PH.D. | Rocco Cheng & Associates

Rocco Cheng is a licensed psychologist in CA since 1996. He is also a peer and continues to strive in his recovery. He has worked in the mental health field for over 25 years as a crisis counselor, team leader, program director, to corporate director in a large, private, non-profit mental health agency for 22 years. Dr. Cheng has been involved in local and statewide advocacy for the diverse communities and the important role of spirituality in mental health.



He is the co-chair of CA Mental Health and Spirituality Initiative and previous co-chair for California Department of Public Health Office of Health Equity's Advisory Committee. For the past 7 years, Dr. Cheng has worked in the area of workforce integration for individuals with mental health condition through three statewide project, including WISE. Dr. Cheng founded a culturally and linguistically responsive consulting firm, Rocco Cheng & Associates, and has team members in southern and northern California.

STEPHANIE RAMOS | NorCal Mental Health Association

Stephanie Ramos has worked for NorCal MHA since 2005 as an advocate, expert trainer, and program manager. She regularly delivers workshops and courses on a variety of mental health topics, including: Mental Health First Aid; Group Facilitation; Hiring, Supporting, and Retaining Youth Peer Mentors; Requirements of the Mental Health Services Act; and the Wellness and Recovery Action Plan (WRAP). She also acts as the Program Manager for WISE, helping to develop educational content to reduce mental health stigma and promote mental wellness in the workplace. Stephanie is a recognized speaker on mental health topics delivering training to agencies.



ROB JACKSON | Executed Director/Founder, BRL Inc.

Rob is a passionate community leader, educator, and multi-faceted artist. As a Founder and Executive Director of Beats Rhymes and Life, Rob is intent on creating a community-based organization that identifies strategies to address socioeconomic injustices. Beats Rhymes and Life pioneered one of the first hip hop therapy programs as an innovative and pragmatic approach to transform and uplift the lives of at-promise youth. With over twenty years of experience working in the social services field and coming from a family lineage of therapists, Rob combines innate abilities with extensive clinical insights to facilitate transformation on an individual, community, and systemic level. As a talented hip hop artist, he brings a unique perspective in integrating the worlds of mental health and urban culture to effectively serve marginalized youth throughout the Bay Area. Rob speaks regularly at conferences, trainings, and workshops about best practices developed by Beats Rhymes and Life. Rob is an Oakland native and actively involved in the multicultural community. Rob is a Leader Spring Fellow Class of 2018 and he received a Bachelors Degree in Liberal Studies with an emphasis on Ethnic Studies from San Francisco State University.



KERIS JÄN MYRICK, MBA, MS I LACDMH

Keris Jän Myrick was the Director of the Office of Consumer Affairs for the Center for Mental Health Services (CMHS) of the United States Health and Human Services' Substance Abuse and Mental Health Services Administration (SAMHSA). Ms. Myrick currently serves as the Chief of Peer Services in Los Angeles County Department of Mental Health. Ms. Myrick is a leading mental health advocate and executive, known for her innovative and inclusive approach to mental health reform and the public disclosure of her personal story. Ms. Myrick has over 15 years of experience in mental health services innovations, transformation, and peer workforce development. Ms. Myrick was previously President and CEO of Project Return Peer Support



Network, a Los Angeles-based, peer-run nonprofit, the President of NAMI, and served as a consultant to the American Psychiatric Association Office of Minority and National Affairs (OMNA). Ms. Myrick is featured in the CalMHSA documentary A New State of Mind: Ending the Stigma of Mental Illness and her personal story was featured in the New York Times series: Lives Restored, which told the personal narratives of several professionals living with mental health issues. Ms. Myrick is known for her collaborative style and innovative "whole person" approach to mental health care. Ms. Myrick has a Master of Science degree in Organizational Psychology from the California School of Professional Psychology of Alliant International University. Her Master of Business Administration degree, with an emphasis on marketing, is from Case Western Reserve University.

SHANNON McCLEEREY-HOOPER, RUHS

Shannon is the Consumer Peer Program Manager in Riverside University Health System. She came to RUHS-Behavioral Health after working as a school teacher. She began her career with the County as a Peer Support Specialist and began developing, writing and presenting training materials for Peer Support Specialists shortly thereafter. As a consumer of mental health services, a family member and a parent of two children with behavioral health challenges, she works to reduce stigma for those who live with a diagnosis. Her passion is centered on training and support for those who work professionally as peer providers in public behavioral health and substance use treatment service systems. Her Consumer Affairs division of Behavioral Health



educates clinical staff, who work with peer providers on treatment teams. She has mentored many Senior Peer Support Specialists. She has provided recovery model training to MFT students at Loma Linda University, Cal Baptist University and University of California, Riverside. She received awards in Riverside County "The Modeling Recovery" Senior Peer Support Specialist of the year for 2013 and was awarded Mentor of the Year in 2010, 2012 & 2013. In 2012, She published an article in Paradigm Magazine, titled "Building A Legacy" on Peer Support Programs in Riverside County. Most recently, she was recognized by the California State Council on Mentally Ill Offenders (COMIO) as a "Promising Program" with regard to her Peer Navigation Program that includes a toll free number that is manned by Peer Support Specialists full time to provide real time warm hand-offs to resource agency partners for individuals leaving incarceration or psychiatric hospitals.

PATRICIA E. DEEGAN PH.D | Pat Deegan & Associates, LLC

Patricia E. Deegan Ph.D. is a principal with Pat Deegan & Associates. For over 30 years she has been a thought leader and disruptive innovator in the field of behavioral health recovery. Pat founded a health technology company run by and for people in recovery. The mission: To safeguard human dignity by bringing individual voice and choice to the center of the clinical care team. Toward this end she developed the CommonGround



Program that includes the award winning CommonGround software, the online Recovery Library, the CommonGround Academy for peers and practitioners, and the Hearing Distressing Voices Simulation. Pat also works as a consultant helping to develop and evolve the OnTrackNY model for coordinated specialty care teams for young folks experiencing early psychosis. Pat is an activist in the disability rights movement and has lived her own journey of recovery after being diagnosed with schizophrenia as a teenager. She is an Adjunct Professor at The Dartmouth Institute, Geisel School of Medicine at Dartmouth College. She received her doctorate in clinical psychology from Duquesne University.

SILVIA LIU, MA | Rocco Cheng & Associates

Silvia has been a WISE OWL for the past 4 years, and is currently working to complete her doctorate at Pepperdine University in Clinical Psychology. She is also a mother of two young children under 7 and someone who has struggled with depression since her teens. Aside from facilitating WISE trainings, Silvia also conducts psychotherapy and assessments with the geriatric population as a psychology assistant. Silvia completed her Master of Arts in Clinical Psychology from Columbia University, Teachers College in 2008. Silvia is a firm believer of resilience and recovery.

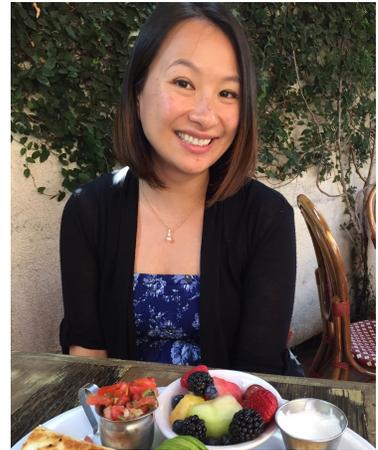


Silvia is a certified Parent-Child Interaction Therapy within-agency trainer and therapist, helping parents improve their relationship with their child and reducing disruptive behaviors.

CHIA-WEN HSIEH, PsyD | Rocco Cheng & Associates

Dr. Hsieh is the Adult Program Director at Asian Pacific Family Center, a division of Pacific Clinics. She works closely with peer staff. Besides program management and overseeing a multidisciplinary, multilingual bicultural team, Dr. Hsieh also supervises pre-doctoral interns. She is actively involved in community advocacy for years. Dr. Hsieh is an active member at Asian Pacific Islander Domestic Violence Task Force; in addition, she was the co-chair for Asian American Psychological Association Task Force on Practice from 2014-2016, which eventually founded the Division on Practice in 2016 with Dr. Hsieh as the Inaugural division chair from 2016-2017. Dr. Hsieh has an active private practice. In addition, Dr. Hsieh provides training, consultation

with Rocco Cheng & Associates on WISE. In the past decade, she has taught many courses as different graduate programs. She is a mother of two young boys.



GLENALYN ANN MABILANGAN | Filmmaker

Glenalyn Ann Mabilangan is a 17-year-old filmmaker from Cerritos, California. Glenalyn Ann is currently a junior at High School, where she is heavily involved and an influential student to most. She has over 1,000 subscribers on her YouTube channel, Diamond Titan, where she talks about many topics such as mental health challenges and LGBTQ+ rights. As someone who has mental health challenges as well as being a part of the

LGBTQ+ community, she is always finding ways to make people more involved and knowledgeable. She also believes that no human should be denied access to any resources that may help/assists questions one might have towards a serious but forgotten topic, and she enjoys doing that through film. She constantly ensures that everyone is in the right mindset to be themselves and not let struggles overpower them. Glenalyn Ann hopes through her films and voice that she can help make society more aware and progressive.



LEO LISHI HUANG | Asian Pacific Counseling Treatment Center

Leo Lishi Huang is a consumer leader in the mental health awareness movement, holding a Bachelor's degree in Political Science from UC Berkeley. He is a Wellness Support Specialist at Asian Pacific Counseling & Treatment Centers (APCTC). He is also one of the API Underserved Cultural Communities (UsCC) subcommittee Co-chairs in the County of Los Angeles. He gave a Ted Talk on "Successful Plan C" (https://youtu.be/F_Zr8WJ2qlQ) and has been invited to deliver keynote speech in several conferences.



HELENA DITKO, LCSW | LACDMH

Helena (Hah-lee-nah) Ditko holds a CA License in Clinical Social Work with a background in family systems from both geriatric and developmental disability practice in the private sector. She has worked for Los Angeles County Department of Mental Health for 10 years as a Psychiatric Social Worker and her current position is a Program Director working in Clinical Standards and Policy. Helena attributes her passion for her life vocation as a social worker to her foundation as a Catholic nun for 7 years where she worked in teaching, retreat work, and geriatrics as well as briefly working with people in poverty in the Appalachian region. During her stay in religious life, in 1985 Helena received her first mental health treatment and began her journey in recovery through professional support. Helena has shared her story



of lived experience with a serious mental illness at New Employee Orientation at DMH for the past 7 years with the intention and hope that people working in mental health will be attuned to the productivity and potential that people with chronic mental health conditions bring to society.

JOHN BLACK | Peer Recovery Art Project

John is a well known consumer leader in California. He experienced his first psychotic break over 30 years ago. The experience introduced him to a world riddled with mental illness that destroyed his life. Even so he began to access care at a Stanislaus County Regional outpatient facility. He began helping out as a volunteer at a local drop-in center benefiting others and himself. His career expanded into a position with Stanislaus County as the Behavioral Health and Recovery Service Peer Advocate with assignment as coordinator of Wellness Recovery Center. In 2007 he founded the Peer Recovery Art Project, a community service organization utilizing arts as an emotional health and wellness tool.



TINA WOOTON | Santa Barbara County; Hope365

Tina Wooton has worked in the mental health system for 25 years, advocating for the employment of consumers and family members at the local, state and federal level. She started her career in the mental health field in 1994 as a service coordinator for Human Resources Consultants. Between 1997 and 2005 she served as Consumer Liaison for the Mental Health Association / County Mental Health of Sacramento. Tina then gained the role as the Consumer and Family Member Liaison for the California State Department of Mental Health and was staff to the state Mental Health Services Act Implementation Team. Since 2009 she has served as the Consumer Empowerment Manager for the Santa Barbara County Department of Alcohol, Drug, and Mental Health Services. Tina has served as a Commissioner on the Mental Health Services Oversight and



Accountability Commission. She was appointed in 2010 and was the Chair in 2017. More recently, as founder and CEO of Hope365, she has focused her work on consumer and family member employment in the mental health system. In her spare time, Tina volunteers at the Santa Barbara Rape Crisis Center, and is a standing member of the Santa Barbara Elks Lodge.

GAYLE WILER | Hathaway-Sycamore

Gayle is the Assistant Vice President of Peer Support at Hathaway-Sycamores Child and Family Services. Gayle is a nationally recognized Peer Support Specialist with a broad range of personal experiences in public mental health, including as a parent navigating multiple community and residential treatment programs for her child until successfully transitioning out with Wraparound and Peer Support services. These personal experiences led to her professional pursuits as a Certified Peer Parent Specialist dedicated to advancing the full continuum of peer delivered services that will transform system policies and practices with authentic family driven - youth guided care.



SAMUEL WOOLF | SFV Community Mental Health Center

Seven years ago Sam was hospitalized after struggling with his mental illness. Five years ago Sam graduated from the Peer Counselor Class at the San Fernando Valley Community Mental Health Center's Client Run Center. Now he is now the Program Coordinator managing a Center that provides quality mental health services to over 300 clients with support groups and specialization programs to help them move their lives into recovery. He does this leading a team of 14 peers. He is also responsible



for a food bank that feeds over 800 people monthly and leads a recovery panel that educates future clinicians about mental illness through stories of lived experience. He is passionate about Homeless Outreach and visits camps where he shares his experiences with the homeless. He most recently was elected as the Neighborhood Council President in the Van Nuys.

CORE COMPETENCIES FOR PEER WORKERS

Core Competencies are intended to apply to all forms of peer support provided to people living with or in recovery from mental health and/or substance use conditions and delivered by or to adults, young adults, family members and youth.

- (1) Engages peers in collaborative and caring relationships
- (2) Provides support
- (3) Shares lived experiences of recovery
- (4) Personalizes peer support
- (5) Recovery planning
- (6) Links to resources, services, and supports
- (7) Teaches information and skills related to health, wellness, and recovery
- (8) Helps peers to manage crises
- (9) Communication
- (10) Collaboration and teamwork
- (11) Leadership and advocacy
- (12) Growth and development

INTERESTED IN FREE WISE TRAINING AND SUPPORT?



NorCal MHA/WISE

Email: wise@norcalmha.org

Phone: 916.376.7736

Counties Served:

Alameda, Alpine, Amador, Calaveras, Contra Costa, El Dorado, Marin, Napa, Placer, Sacramento, San Francisco, San Joaquin, San Mateo, Solano, Sonoma, Sutter, Tuolumne, Yolo, Yuba

Services Provided:

- Peer Trainings
- Employer Trainings
- Employer Technical Assistance



Peer Recovery Art Project

Email: peerrecoveryart@yahoo.com

Phone: 209.985.2467

Counties Served:

Butte, Colusa, Del Norte, Fresno, Glenn, Humboldt, Inyo, Kings, Lake, Lassen, Madera, Mariposa, Mendocino, Merced, Modoc, Mono, Monterey, Nevada, Plumas, San Benito, Santa Clara, Santa Cruz, Shasta, Sierra, Siskiyou, Stanislaus, Tehama, Trinity, Tulare

Services Provided:

- Peer Trainings
- Peer Coaching



ROCCO CHENG & ASSOCIATES

Rocco Cheng & Associates

Email: roccoassociates@gmail.com

Phone: 626.790-8168

Counties Served:

Imperial, Kern, Los Angeles, Orange, Riverside, San Bernardino, San Diego, San Luis Obispo, Santa Barbara, Tri-City, Ventura

Services Provided:

- Peer Trainings
- Peer Coaching
- Employer Trainings
- Employer Technical Assistance



W·I·S·E

Workforce Integration Support and Education

WISE IS A PROGRAM OF NORCAL MHA FUNDED BY THE CALIFORNIA MENTAL HEALTH SERVICES ACT (MHSA/PROP 63) AND ADMINISTERED BY THE OFFICE OF STATEWIDE HEALTH PLANNING AND DEVELOPMENT (OSHPD)



WELLNESS • RECOVERY • RESILIENCE

