



Office of Self-Help/Technical
Assistance and Support Center
A Project of the CA Network of Mental Health Clients

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To the Behavioral Health/Mental Health Community:

Background: Through a grant from the Substance Abuse and Mental Health Services Administration (SAMHSA), the California Network of Mental Health Clients (CNMHC) created an Office of Self-Help/Technical Assistance and Support Center (OSH/TASC). The goal of the OSH/TASC is to "instill self-help/peer-run services and self-help principles as a core component of California's mental health system and thus facilitate a recovery-based vision and individual recovery."

OSH will hold up to two teleconferences a month to train/educate and support the development of self-help and mutual support groups and programs throughout California. The calls are designed to respond to current issues and questions developed by the participants in prior calls.

Past Training and Discussion Topics:

- Being a Client Advocate on Boards and Committees
- Clients as Partners in the Workforce
- Working in Client-run Organizations as identified in the book *Reaching Across 2* and examples of current local practices.

Future Topics:

- Workplace Discrimination and Positive Supports
- Warm Lines/Friendship Lines/Resource and Referral Services
- Cultural Disparities (Could include Cultural Competency and/or Client Culture)

Selected Topics:

- January--Peer Respite (Lead Presenters: Mary Hodgen and Alameda Consumer Team)
- Late Jan/Early February--Workplace Conditions (in conjunction with Blanca DeLeon)

All individuals and groups are welcome to participate, add to the discussions, and join our growing peer support process. We encourage you to add to the knowledge in our client community.

How to register: You and your peer group may sign up for each event as the topics are announced or you may chose to participate on every call by notifying the Office of Self-Help of your interest. We have 20 portals (call-in lines) available to us, and we would like to include as many clients as possible. So if there is a meeting area open to you, and a speaker phone/connection, that would be ideal.

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