

California Network of Mental Health Clients Office of Self-Help/Technical Assistance and Support Center

Request for Self-Help Specialists

Description of Education and Technical Assistance Project

The California Network of Mental Health Clients (CNMHC) is a statewide non-profit organization for, and by mental health clients. CNMHC represents the voice of California's mental health clients and as such is a critical participant and stakeholder in all statewide mental health policy processes. One of its primary purposes is: "To empower clients of the mental health system through self-help groups and networking statewide." (from Bylaws.)

Through grants from the Substance Abuse and Mental Health Services Administration (SAMHSA) the CNMHC has 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 services delivery system and thus facilitate a recovery-based vision and individual recovery." An objective of the OSH/TASC is to support the development of self-help and mutual support groups and programs throughout California through education and technical assistance. The OSH/TASC has developed a consortium of Self-Help Specialists from throughout the state and is now in the process of renewing our contact information on those already registered with us and also, requesting information for those not presently registered and are interested in joining our team. Self-Help Specialists will contract with the OSH/TASC to provide services and education in a wide variety of topics and specialties. The Self-Help Specialists will be reimbursed for their services by the Office of Self-Help/TASC. Each contract is negotiated as a unique event and total payment is based on the request made for such trainings.

Areas of Consulting/Self-Help Specialty

The following is a list of topics and training programs that have been performed in the past. This list is not a closed document and new requests for presentations/trainings are allowing expansion of our menu. **That is why it is so important that we continue to update our pool of Self-Help Specialists and to recognize the unique diversity of the expertise that exists throughout the state:**

- History of the client movement and Self-Help and Client-run programs, including a description of types of Self-Help Groups/Programs
- Philosophy/principles of Self-Help and Client-run programs/groups, including the relationship of Self-Help and the Recovery approach

- Starting and maintaining Client-run groups and Peer Services/Programs
- Peer Support, including Trauma-Informed and Peer Counseling Tools
- Advocacy support, including housing, employment, income, Social Security and general benefits, dual diagnosis, and rights
- Leadership development
- Financial Management, financial planning and budgeting; grant writing; fundraising; understanding, building and managing budgets
- Governance structures and decision-making processes, relationship to fiscal agents, incorporation process and developing Bylaws, decision making models
- Program administration and organizational planning
- Management/personnel issues/conflict resolution and grievance procedures
- Membership outreach and development, organizing strategies
- Using information technology for communication, outreach networking, and support
- Cultural competency strategies, including outreach to and inclusion of special populations: G/L/B/T/Q &?, people of color, homeless and near homeless, veterans, people with multiple disabilities, and others
- State-mandated Client Culture training for all stakeholders
- Warm-lines: How to Design, Staff and Maintain
- Meeting facilitation
- Community and public relations, neighborhood outreach, NIMBY-ism, and dealing with the media
- Peers in the Workforce: Building staff infrastructure (in conjunction with Working Well Together)
- Peer Respite and Safe Havens

If you have a strong background in one of these above subjects, or would like to suggest topics not included, or are just curious to be informed about a self-help/peer-related topic, then **please contact us to update our pool of Self-Help Specialists and to recognize the unique diversity of the expertise that exists throughout the state:**

Self-Help Specialist Selection Criteria

Consultants will be selected according to the following criteria:

- ✓ Direct experience as a mental health client/survivor/ex-patient
- ✓ Experience working with mental health clients and mental health client-run groups/programs
- ✓ Relevant technical experience and expertise in the subject matter
- ✓ Willingness to be trained in both content and presentation skills

Application Guidelines

If you are interested in being selected as a Self-Help Specialist, please submit an application of your own formatting covering the following:

- Describe your experience working with mental health clients and mental health client-run groups/programs
- Describe your relevant technical experience and expertise, your self-help specialty, based on the list above (You may indicate other areas of expertise not listed, and we encourage you to do so)
- Describe your successful experience in teaching, training, and consulting and/or willingness to have trainings in this field
- Provide references and other verification of your expertise and your teaching, training and consulting experience

Since we first began this program, we have experienced a move of our office. Many of our materials are safely packed away in multiple boxes and files. So, even if you feel that your name and application have been presented to the OSH for selection, please send us another. Besides, I am sure you have increased your knowledge and interest range and would like us to know all the new and wonderful topics you wish to share. For those who have not yet registered with OSH/TASC, please do so as soon as convenient. We are always receiving requests for training and education from the entire mental health community.

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Please submit your Application for Self-Help Specialist to:

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