

California Network of Mental Health Clients

Office of Self-Help Technical Assistance Program

Job Announcement for Self-Help Specialists

Description of Technical Assistance Program

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) and the California Wellness Foundation, 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/consumer-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." An objective of the OSH/TASC is to support the development of self-help and mutual support groups and programs throughout California through technical assistance. The OSH/TASC will develop a pool of Self-Help Specialists and match requests for technical assistance with a Self-Help Specialist in the area for which the assistance is sought. Self-Help Specialists will contract with the OSH/TASC to provide services to the requesting group/program. The Self-Help Specialists will be reimbursed for their services by the Office of Self-Help/TASC.

Half Day training - \$250.00 plus travel expenses

Full day training - \$500.00 plus travel expenses

This Announcement is for mental Health clients/survivors/ex patients who want to be Self-Help Specialists under the Office of Self-Help/TASC.

Areas of Consulting/Self-Help Specialty

- History of the client movement and self-help/client-run programs, including a description of kinds of self-help/groups/programs
**Jay Mahler, Ron Schrieber, Sally Zinman, Ted Chabazinski
Nancy Thomas**
- Philosophy/principles of self-help/client-run programs/groups, including the relationship of self-help and the recovery vision
**Catherine Bond, Lynn Stewart, Carol Patterson, Michele Curran,
Sally Zinman, Nancy Thomas, Carole Ford**
- Starting client-run groups/programs
**John Travers, Suzie Frank, Doug Murphy, Carole Ford, Bill Compton,
Dave Hosseini**
- Peer support, including "trauma informed" and Peer counseling tools
Carole Ford, John Travers, Carol Patterson
- Advocacy support, including housing, jobs, income, and rights advocacy
Georgia DeGroat, Gitane Williams, Dave Hosseini, Megan Stanton
- Meeting facilitation
Roy Crew, Delphine Brody, Sharon Kuehn
- Leadership development, including Board, staff and members
Roy Crew, Catherine Bond, Carole Ford, Sharon Kuehn
- Financial management, planning and budgeting, including grant writing, fundraising, understanding, building and managing budgets
Roy Crew, Michele Curran, Nancy Thomas, Kevin Murphy
- Governance structures and decision-making processes, including relationship to fiscal agents, incorporation process and developing Bylaws, decision-making models
Nancy Thomas, Helen Lara, Lynn Stewart, Delphine Brody
- Program administration and organizational planning
Roy Crew, Nancy Thomas, Sharon Kuehn

- Management/personnel issues/conflict resolution/ grievance procedures
Dave Hosseini,
- Membership outreach and development, organizing strategies
Sylvia Caras, Andrew Phelps, Carole Ford
- Cultural competency strategies, including outreach to and inclusion of special populations: gay/lesbian/bisexual/transgender people, people of color, homeless and near homeless, veterans, people with physical disabilities, and others
Blanca Lopez, Roy Crew, Delphine Brody
- Community and public relations, neighborhood outreach, NIMBY-ism, and dealing with the media
Ron Schrieber, David Lynott, Kevin Murphy

Consultant/Self-Help Specialist Criteria

Consultants will be selected according to the following criteria:

- Have 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

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)

- Describe your successful experience in teaching, training, and consulting
- Provide references and other verification of your expertise and your teaching, training and consulting experience

Please submit your Application for Self-Help Specialist by: DATE

To: Carole Ford, Director: Office of Self-Help
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Sacramento, CA 95814

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