

Making a Difference as an Advocate

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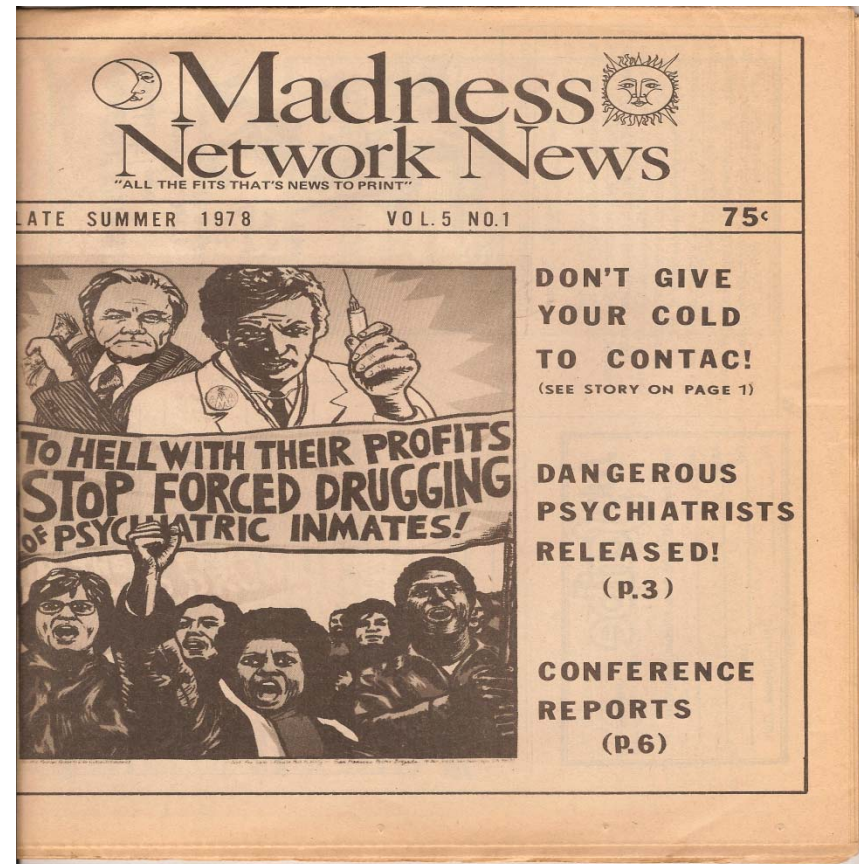
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Advocacy Makes a Difference

From Campgrounds to Hotels

From the early days of standing outside the halls of power with placards, to sitting at the decision-making table today, the consumer advocacy movement has been responsible for major changes in its 40 years of organizing. Advocacy makes a difference and effects change.



Client Values

- **Recovery:**

Recovery is real and possible for everyone. To recover, we need services and supports that treat us with dignity, respect our rights, allow us to make choices, and provide assistance with our real-life, self-defined needs. This range of services must include consumer-run and -operated programs.

An attitude of **respect**...



Client Values



- **Self-Determination:**
Self-determination is essential for recovery to occur. We need to be in control of our own lives.

Client Values

•Holistic Choices:

- We need choices that meet our self-defined needs. We need a wide range of recovery-oriented services and supports to assist us in achieving our goals. These include assistance with housing, education, and career development, all of which can be consumer-run. We need these opportunities to achieve full integration into the community.



Client Values

- **Voice:** We must have a voice in our recovery and in the policies facilitating our recovery. We are most authentic voice in the mental health system, since mental health decisions affect every aspect of our lives.
- We bring our *lived experience*, therefore, we must be central in any dialogues and decisions about mental health issues at all levels. This is empowerment.



Client Values

- **Personhood:**

We are whole human beings and will campaign to remove and discrimination.

same dreams as all members of the community and the ability to make our own decisions.

- A barrier-free community is one free from discrimination and stigma.



stigma

We have the

The Evidence for Advocacy

40 years of Consumer Organizing and Advocacy has Created Change

Consumer values embedded in Mental Health Services Act, ballot initiative passed by California voters:

- Voluntary
- Promotion of self-help/peer support programs
- Involvement of consumers at all levels of mental health system
- Involvement of consumers as part of and in training of mental health work force
- Promotion of recovery as a goal

It's the Law: California's MHSA Regulations require counties to partner with stakeholders

“Counties shall demonstrate a partnership with constituents and stakeholders throughout the process that includes meaningful stakeholder involvement in mental health policy, program planning, and implementation, monitoring, quality improvement, evaluation, and budget allocations.”
WIC Section 5848. (a)

National Evidence for Advocacy

Recovery replaces maintenance as the goal for people diagnosed with mental health challenges:

“We envision a future when everyone with a mental illness will recover.”

--Achieving the Promise: Transforming Mental Health Care in America, The President's New Freedom Commission on Mental Health, July 2003.

New genres of services (evidence-based):

- Consumer run programs
- Peer support specialists

Contact Information

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