Story of Recovery & Advocacy

Kelechi Ubozoh, Tech Suite State Peer and Community Engagement Manager, CALMHSA
I would tell the young Kelechi to stop trying to chase a happy ending, and chase health.
Welcome & Introductions

Kelechi Ubozoh is a:
・Mental Health Advocate
・Person with Lived Experience
・Published Writer
・New Yorker
・Daughter
・Karaoke Singer
“She Wasn’t Crazy”

Poem by Kelechi Ubozoh and Published in Argot Magazine
Losing a Loved one & Navigating the Mental Health System
“Lost & Found”

Poem by Kelechi Ubozoh from *Endangered Species, Enduring Values* Edited by Shizue Seigel
California & Mental Health Advocacy
“Part of recovery is learning what does it look like when things start breaking down?”
The Tech Suite is a collection of innovative apps from that support wellness and recovery.

24/7 Online Peer Chat and Support Apps
- Chat with trained peer mentor or peer groups

Personalized Wellness Coach
- Mindfulness exercises and behavioral therapy interventions with a friendly AI interface

Wellness Apps
- Analyzes cell phone data to detect early warning signs of crisis and recommends interventions
Tech Suite Benefits

- Large scale impact
- Expand access
- Support ongoing recovery
- Connect people to mental health services
- Alleviate fear and stigma around access
I kept waiting for things to get better, but the only thing that could get better is me.

Thank you!
Kelechi Ubozoh
Peer & Community Engagement Manager
Kelechi.Ubozoh@calmhsa.org
(916) 233-1944

Stay Connected!