Consumer Culture
Advocating for Inclusion
Today’s Objectives

• Shed Light
• Share Lived Experience
• Discuss the Evolution of Cultural Norms
• Reduce Stigma
• Build on Knowledge
• Inspire Action
A little about us
Defining “Culture”
Exploring Cultural Consciousness
What about the stuff we don’t see?
A Way of Life
The Consumer Community
The Consumer Community
Common Ways of Life
Negative Beliefs
The Consumer’s Common Negative Beliefs
Traditions of Consumer Culture
Embracing Recovery Model Practices
Recovery Model Practices In Riverside

- Peer Policy & Planning Specialist
- Peer Support in every program
- KRSA in clinic staff meetings
- Consumer Affairs Division of Behavioral Health
- Consumer Forums
- Peer-led group facilitation
- Celebrate Recovery in Behavioral Health Board Meetings
- WRAP available to all staff
A System in Recovery
The Consumer in RECOVERY
Learned Positive Beliefs
Recovery Culture and Other Sub-Cultures
“We know how to embrace suffering. We see immediately that the other person suffers too. You understand him or her. We see the other person with the eye of compassion. The eye of compassion exists within us. We see that the other person is a victim of his own suffering. He or she makes others suffer. And when we see that, we have no more anger. Let us listen to each other. Let us be there for each other. This is applied Buddhism.”

~ Thich Nhat Hanh
Unspoken Rules
The Consumer Perspective
Unspoken Rules
The “Joe Public” Perspective
What do members of the Consumer Community have in common with other cultural communities?

Humanity
What gets in the way of inclusion for members of the Consumer Culture?

Stigma
How About THIS?

“You mean a woman can open it...?”
“The All-American Family”

1950’s    2018
Cultural Evolution
A Call to Action
The Shawshank Redemption
Look at How Far We’ve Come
Making That Cultural Shift
A little Humor...

Mom? What is...Normal?

It's just a setting on the dryer, honey.
Everyone Has Their Own “Normal”
Love is the key to acceptance

Getting to Know You
Being Mutual & Evolving a Culture
What Does a Person In the Recovery Culture Bring to a Community?
How do we “inject” behavioral health consumer culture into society at large?
When we embrace Consumer Culture,
We embrace the “Normal” in Everyone.
Namaste
the light within me
honors the light within you
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