

# Peer Support in San Mateo County Behavioral Health

October 2024



SAN MATEO COUNTY HEALTH

**BEHAVIORAL HEALTH  
& RECOVERY SERVICES**

# Presenters



Jana Spalding – Office of Consumer and Family Affairs Director



William Elting – Volunteer and Peer Leader in the Behavioral Health Community



Iliana Solis - Family Peer Support Specialist with the BHRS Youth Team in Redwood City



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# Peers and Family Support Specialists

In behavioral health, peers are individuals who have lived experience with mental health conditions or substance use disorders or their family members.

Peer Support is an **evidence-based practice**. Peers have long provided support in prevention, early intervention, treatment, recovery and crisis services.

In September 2020, Governor Gavin Newsom recognized the true power of Peer Support Specialists by signing the SB 803



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# Office of Consumer and Family Affairs celebrates 20 years!

Linford Gayle was hired in 2004 as the first OCFA Director in Behavioral Health and Recovery Services

## **OCFA Key roles:**

- Supporting Peer and Family Peer Support specialists in BHRS, managing the grievance process, and providing resources to clients/family members.
- Ensures the voice of lived experience is included in all levels of BHRS: "Nothing about us without us."
- Empowers individuals with lived experience through training and leadership in committees and workgroups.



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# Thank you for your support.

For more information:

<https://www.smchealth.org/support-clients-family>



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