



Peers Linking Peers

Your Bridge to Self Advocacy

Volume 3, Issue 6 — June 2011

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This and previous issues can be found on the Network of Care WEB site at: <http://sandiego.networkofcare.org/mh/countycontent/san-diego/peer-liaison.cfm>

County Peer Liaison Program



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MediCal Plans to Choose Beginning June 2011

By Jeffery Najarian CMT

The Peer Liaison County-Wide Meeting for April was about the upcoming changes for people who receive MediCal benefits. We had two amazing speakers: George Scolari with the Seniors and Persons with Disabilities Work Team and Carol Neidenberg from The Consumer Center for Health Education and Advocacy.

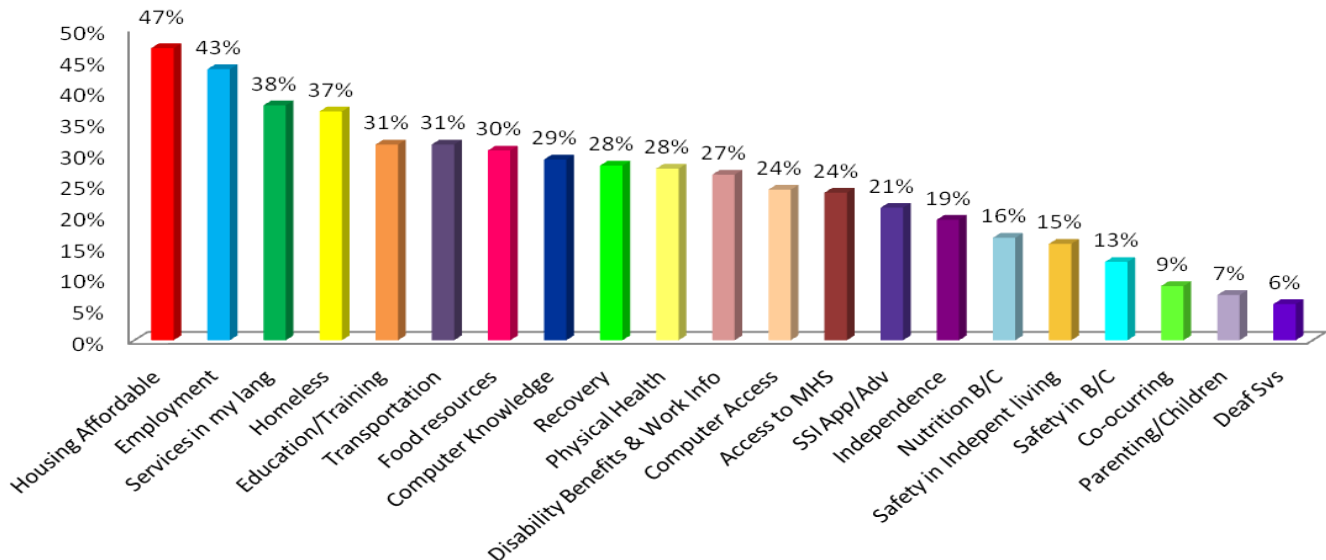
Beginning in June, all people who are designated seniors or persons with disabilities who receives *only* MediCal in San Diego will need to choose one of five different Managed Care Plans. This is a mandate that is coming from the state level and affects every county. Most counties only have one or two companies to choose from, but in San Diego we have five great companies to choose from: Care 1st, Community Health Group, Health Net, Kaiser and

Molina. The reason the county is moving into managed Care plans is that they work more closely with clients and are great at coordinating care and helping clients get the services that they need. The plans have a responsibility to make sure their members receive necessary health care.

People who receive Specialty Mental Health Services though the County will continue to do so and these changes will not affect those services. One possible area that it will be affected is that each of the plans has its own formulary list for prescriptions. So when you are making a decision about which plan to choose, you can check the plans' formularies on their web sites to see what medications they cover. But as a general rule, if you are already taking a certain

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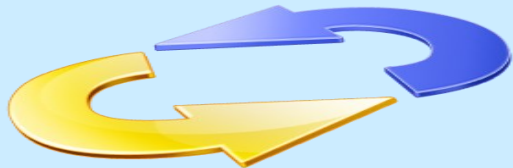
Peer Liaisons Feedback Concerns by % of 234 Forms Recieved





June

Peer Liaisons assist people to advocate for their needs and rights. We act as a two way conduit to gather and disseminate information between the San Diego County Mental Health System of Care and people receiving services and their families. We provide hope, encouragement, and connection to the community through county-wide forums, focus groups, county meeting attendance, resources and our monthly newsletter.



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Drumming Out Stigma in San Diego

By Mary Benson

Hundreds of people attended the San Diego County Health and Human Services Agency's Drumming Out Stigma event. It was a unique experience that was filled with an energy that was all about recovery. Jamin Peck, one of our own at RICA was the MC for the day and he did a fabulous job. Jamin reminded us all that recovery is possible by sharing some of his own story. Tatianna Ernecoff from the Oasis Clubhouse, who did the artwork for this year's publication, received a plaque and then spoke on how she came up with all the different cultural elements within the illustration.

Attendees also had the pleasure of watching the IDK dance performers do a spectacular job dancing. Dr. Jennifer Schaffer, the County of San Diego Behavioral Health Director, spoke about how teens do not get help because of stigma. She noted that 250,000 people are affected by mental illness but also made it clear that recovery is possible. Next on the agenda was Alfredo Aguirre, San Diego Mental Health Director. He was very dynamic and brought a lot of spirit to the event. He spoke about how he realizes that being a young adult these days is harder than ever. One in ten young adults suffer from mental illness, and as a community we need to support them in their recovery journeys. Holly McGinley joined us and shared her experience with stigma and how she encourages everyone to drum out stigma just by being themselves. Jon Nachison, Chief of Psychology at Bayview Paradise Valley Hospital and founder of the annual Stand Down event in SD for veterans, spoke next. He encouraged everyone to meet the doctors halfway, and meet recovery halfway. He reminded everyone of the veterans who receive services and how we have helped them to war and how we should help them come home. He is also an avid drummer who let us know that research has demonstrated that drumming is a valuable treatment for stress, fatigue, anxiety, hypertension, mental illness, and several other physical disabilities. In an exciting turn of events a flash mob appeared, and many joined in for a wonderfully choreographed dance to the song "Men in Black". To close out the event the drumming group Resounding Joy led everyone in a drum circle, where people used all kinds of instruments, including home made drums that the clubhouses had made and decorated themselves. It was a great day for everyone doing the good work to drum out Stigma..



Tatianna Ernecoff's art for the 2011 Mental Health Month event was given special recognition.

(Continued from page 1)

medication as you come onto the plan, you should be able to continue those medicines.

People who receive both Medi-Cal and Medi-Cal are not affected by this change. It is only if you receive Medi-Cal alone.

Whenever possible, people can keep their current medical physician. The health plan website lists participating Primary Care Doctors and Community Clinics. This information can help you find the best plan for you.

The change begins June 1, 2011 and will occur in the month of your birthday. So if your birthday is in October you can expect to receive paperwork in the mail in early August to allow you to make a choice. If you do not respond to the paperwork, the State will choose a plan for you. Once you are enrolled in a plan you have the ability to change to a new plan each month, if the plan you are enrolled in does not fully meet your needs.

Individuals can choose or change a health plan in many ways. They can make the choice by going to the Health Care Options website: <http://www.healthcareoptions.dhcs.ca.gov/HCOOSP/Home/default.aspx> or by calling Health Care Options at 1-800-430-4263. They can also complete the health plan choice form that will be sent to them in the mail.

If you need help in making the choice of which plan is best for you, the Consumer Center for Health Education and Advocacy is a great place to get help and more information. Their phone number is (877) 734-3258. Another good source for information is: <http://www.dhcs.ca.gov/individuals/Pages/MMCDSPDEnrollment.aspx>. Or you can call the Healthy San Diego Information Line at (619) 515-6584.

The MHSa Issue Resolution Process

By David Jurgensen

One of the provisions of the Mental Health Services Act, sometimes called Prop 63, is the requirement that any program or service funded through MHSa be accountable to those that it serves, namely mental health consumers in its area. In order to facilitate this, the county has developed a standardized procedure for reporting any issue having to do with a program which receives MHSa funds (other than allegations of fraud, waste or abuse of funds which are referred to the County Compliance Office for investigation). Some examples of issues that would pertain might be the concern that a program was being operated in a manner which was at odds with federal, state or local laws or if patient's rights under U.S. Psychiatric Rehabilitation Association were being violated. An issue, grievance or complaint can be filed with any County Mental Health Director or Assistant Deputy Director, Mental Health Council, County Compliance Officer, Consumer and Family Liaison, Patient Advocacy Program or Mental Health Provider, among others. To have an issue investigated, simply draft a letter or note

containing a brief description of the problem along with your name and contact information, the program name and the date and location of any specific incident. The matter is then referred to the Consumer and Family Liaisons (CFL): Lisa St. George of Recovery Innovations of California at lisa@recoveryinnovations.org and Donna Ewing Marto of the Family and Youth Roundtable (FYRT), donna@fyrt.org who notify the MHSa Internal Coordinator while maintaining the anonymity of the filer. They then initiate the formation of an impartial committee comprised of non-employee community members to investigate the issue. During the investigative process, the issue filer will receive communications from the CFL every seven days. Upon reaching a decision, the committee will notify the filer in writing of their conclusions and provide information regarding the state level opportunities for additional resolution, if desired. The complete procedure is outlined in a document available on the Network of Care website at: [### Join us for the County-Wide Peer Liaison Meeting](http://sandiego.networkofcare.org/mh/countycontent/san-diego/mhsa-</p>
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June Topic:
**Transportation and
Free Summer Recreation Events in San
Diego**

Tuesday, June 28, 2011

From 1:00 to 3:00 pm


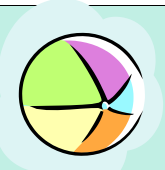

Health Services Complex-Rosecrans

Coronado Room

3851 Rosecrans St., San Diego, 92110

(at Kurtz Street near the Old Town trolley station)

Peer Liaison's Community Events Calendar for June 2011
 Funding provided through the County of San Diego Health & Human Services Agency Adult and Older Adult Mental Health Services

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|--|--|--|--|
|  | | <p>May 31 RICA: WRAP Class: 9-11am</p> | <p>June 1 RICA: WRAP Class: 9-11am</p> | <p>June 2 Social Connection War Memorial Bldg 3325 Zoo Dr Dinner and Activities Mental Health Board Mtg Rm 302 4-6pm 1600 Pacific Hwy SD 92101</p> | <p>June 3 RICA: WRAP Class: 9-11am Social Games & Craft Dinner \$5.00 War Memorial Bldg. 619-525-8247</p> | <p>June 4</p>  |
| <p>June 5 Free Organ Concerts Organ Pavilion 1-3 Every Sunday</p> | <p>June 6 RICA: WRAP Class: 9-11am WELL Class: 1:30-3:30pm</p> | <p>June 7 RICA: WRAP Class: 9-11am</p> | <p>June 8 RICA: WRAP Class: 9-11am Fun in The Sun Morley Field Games and Swimming 619-525 9247</p> | <p>June 9</p> | <p>June 10 RICA: WRAP Class: 9-11am Self Expression Through Art* 3-4:30pm War Memorial Bldg. 619-525-8247</p> | <p>June 11</p> |
| <p>June 12 Free Concerts La Jolla Cove Every Sunday 2-4</p> | <p>June 13 RICA: WRAP Class: 9-11am WELL Class: 1:30-3:30pm PL Area Mtg:North Inland 9:45-11:45am 474 W Vermont Escondido 92025</p> | <p>June 14 RICA: WRAP Class: 9-11am PL Area Mtg: North Coastal 10-12pm 560 Greenbrier C-E</p> | <p>June 15 RICA: WRAP Class: 9-11am</p> | <p>June 16 PL Area Meetings: Correr Clubhouse 2:30 Downtown Library 1-3 pm</p> | <p>June 17 RICA: WRAP Class: 9-11am Self Expression Through Art* 3-4:30pm War Memorial Bldg. 619-525-8247</p> | <p>June 18</p> |
| <p>June 19</p> | <p>June 20 RICA: WRAP Class: 9-11am WELL Class: 1:30-3:30pm</p> | <p>June 21 RICA: WRAP Class: 9-11am PL Area Mtg: East County 2:30-4pm 215 W. Madison Ave</p> | <p>June 22 RICA: WRAP Class: 9-11am</p> | <p>June 23 NAMI Education N. Coastal 7pm 2775 Carlshad Ave 760-722-3754</p> | <p>June 24 RICA: WRAP Class: 9-11am Self Expression Through Art* 3-4:30pm War Memorial Bldg. 619-525-8247</p> | <p>June 25</p> |
| <p>June 26 Mission Trails Park Hike (\$5.00) 619—668- 3281</p> | <p>June 27 RICA: WRAP Class: 9-11am WELL Class: 1:30-3:30pm</p> | <p>June 28 RICA: WRAP Class: 9-11am PL County-Wide Mtg. Free Summer Events Health Svc. Complex 3851 Rosecrans SD 92110</p> | <p>June 29 RICA: WRAP Class: 9-11am</p> | <p>June 30 Peak Seniors Club War Memorial Bldg 10-3 \$2.00 **Every Thursday**</p> | <p>July 1</p>  | <p>July 2</p> |

*Free activity sponsored by the San Diego Park & Recreation Board, Therapeutic Recreation Services