



August 2022

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Please visit us at
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MAKING WAVES

Welcome Stephanie Montgomery!

Health Equity Division

Office of Peer Support Services
 Office of Family Empowerment
 Ethnic Services
 Patients' Rights



In October 2021, Dr. Karyn Tribble, PsyD, LCSW, Director of ACBHCS, announced the new addition to the ACBH Executive Team, Ms. Stephanie Montgomery, departmental Health Equity Officer and Division Director for Health Equity Services. Ms. Montgomery was formerly the City of Oakland's Project Director for the *Resilience in Communities after Stress & Trauma* program, and in that leadership role she worked to identify communities for expanded and nontraditional mental health services. "She values and observably demonstrates, high ideals and a desire to bring systems and diverse communities together despite a variety of socio-political issues." (Please see our website for more about Stephanie Montgomery.)

With restructuring at ACBHCS, our Office of Peer Support Services is now part of the Health Equity Division, together with the Office of Family Empowerment, the Office of Ethnic Services, and Patients' Rights. We are excited to be under this new umbrella, led by Ms. Montgomery!

Farewell from Adrienne



In the fall of 2007, I joined Jay Mahler and Rosa Warder as a Consumer/Family Relations Program Assistant at ACBHCS. I brought with me a grieving heart from the loss of my son, Richard DeSantis, and my mother, who died on the same day, that Spring. In the company of peers, including many who understood all too well police misconduct and the de-valuing of the lives of people experiencing crises, and brown and black people, I began over time to smile again. My family prevailed in our civil rights lawsuit, which was rarer then, than it is now.

Alameda County had begun to implement the components of the Mental Health Services Act. One of the first was Prevention & Early Intervention, and I was given the opportunity to speak about what was needed. It was uncomfortable for some providers, to work alongside raw grief. But this is what we in the Consumer Survivor movement do. We put one foot in front of the other, doing our best to go forward, supported by others with histories and challenges of their own. We give voice to those who can no longer speak for themselves, like my son, Richard. We pour our hearts into stopping the harm that is done to people who hear voices and have temporary disabling conditions from which they can recover.

We know that what is needed is compassion and understanding, not force and brutality. I will always be grateful to Alameda County BHCS for allowing me to serve and make a living doing what I was called to do, all these years. I have learned so much from all the POCC members, and I will treasure this family as I retire and reflect on the journey I have had with you all. I know you will keep up the good work, building what is needed and extending your hands to reach across to others. We are all one. And I will see you around.

With love, *Adrienne*

June 24, 2022 POCC 11th Annual Conference

Our first in-person conference since the pandemic, was a joyous reunion! Although we had less attendees than in the past, and the event was one day rather than two, it was a celebration and a hopeful, cautious return to being together. Volunteers were meticulous in handing out disposable gloves at the buffet, and masks were provided.

Our Community Experts were recognized for all they do, Steering Committee members were elected (Gloria Woodson, Joymara Coleman, and Gordon Reed) and we had the always popular raffle.

Dr. BJ Davis, LAADAC, was a powerful and inspirational keynote speaker, who resonated strongly with the audience. (Please see our website for information about his ex-offender redemption story and amazing work and honors.)

We were also blessed to once again have Dean Chambers' band lift our spirits and get our bodies grooving on the dance floor!



**Tanya Lear, Gordon Reed, Paulette Franklin,
Mary Hogden, Ken Davis**



**Zakiya Johnson, Shuja Johnson,
Kimberly Marquez-Cortes, Angel Cortes**

2022 Forensic Peer Support Specialist Training



The POCC and Black Men Speak hosted a three-day Forensic Peer Support Specialist training June 1-3, 2022. Shuja Johnson, Paulette Franklin, Gordon Reed and Mary Hogden facilitated the training that teaches peer specialists how to work within the justice system. The training was held at “All of Us or None of Us” in Oakland, and was well attended.

Peers Organizing Community Change (POCC) Manager, [Mary Hogden](#)

Peer Support Specialist Certification

We all know SB 803 can be a difficult topic to follow as we are watching a law be enacted in real time. It's equal parts exciting and confusing, so here are some updates:

There was an announcement that entities outside of CalMHSA will be offering scholarships, so there will be more opportunities for additional support.

The deadline to apply for the CalMHSA scholarship has been extended to Sep. 30, which is great news for many peers who found the initial deadline of July 31st to be too short.

The CalMHSA meetings have been reduced to only the 3rd Friday of every month, instead of twice a month. For the schedule, visit the website here:

<https://www.calmhsa.org/peer-certification/>

CalMHSA has begun working on a study guide for the exam. The exam is still in development, however we are hopeful that we as peers have provided voice about our concerns so that as things continue to develop, we are able to adapt and receive the support we need, whether it be in grandparenting or initial certification.

For more information, check out the peer certification website here: <https://www.capeercertification.org/>

Corinita Reyes



The ACBH Office of Peer Support Services and
Office of Family Empowerment
Invites you to the ACBH monthly Peer & Family Support Specialist
Certification Stakeholder Meetings on the
1st Thursday of every month from 2-3:30pm

Join Zoom Meeting

Meeting ID: 913 5735 3388

Passcode: 411477

Call: +1 669 900 6833 (San Jose)

Contact Khatera.Aslami@acgov.org and Tanya.McCullom@acgov.org for more information.

Berkeley Drop-In Center

Alameda County Network of Mental Health Clients' Berkeley Drop-In Center held a barbecue on July 29th. The Center had a clothing boutique from which members could select, free-of-charge, clothing and accessories. It was Barber Day and Spa Day, and members were receiving complimentary haircuts and manicures from volunteers skilled in their art.

A newly tended backyard is a restful spot with redwood trees and benches, with a garden named for Sally Zinman. Do stop in and visit the Center.



Katrina Killian, Executive Director, ACNMHC

Helena Liber

Markeeta Parker, Program Coordinator & Peer Support Specialist, Crisis Intervention

Pamela Louise Miles

May 26, 1955-January 23, 2022



As the days go by, I find that it gets harder and harder to not think about my friend, Pamela Miles. I would always treat her to lunch, and both of us enjoyed eating foods that we found to be delicious. I never thought that it would be too expensive to pay for the meals. I justified the expense of paying for the food, by thinking about the times when I took my three daughters out. I would never feel like the cost of breakfast, lunch, or dinner was too expensive for me to pay. I always felt like having lunch or dinner with Pamela helped me to relive the times when I took my three daughters out to a restaurant. My daughters didn't care about the importance of the need that a child should want to have, when it came to spending time with their parent. It was a hurting feeling for me to have to accept, that sometimes made me unhappy to the degree of feeling lonely.

Eating out together was better than therapy, and fulfilled a need. Pamela helped me in so many ways. I can look back and really appreciate life more and more. Before the Covid started, myself, Pamela, and Jaleah Winn were planning to start going out to different restaurants together. I am planning to continue with this tradition by creating a kind of "Lunch with Mary" Program! **Mary Montgomery**

Pam Miles is dearly missed by all of us who knew her. I had the pleasure and honor to work with her on the PPEC, and she was a dedicated advocate who always spoke up for the inclusion of peers. She treated everyone with compassion and kindness, and came to all POCC events and activities with her bright spirit. No matter what she was going through, Pam always had time for her friends in the POCC. Her leadership and advocacy is deeply missed and on behalf of the PPEC, our love goes out to all who have been impacted by her passing. We miss and love you, Pam! **Khatereh Aslami Tamplen**



Pamela Miles left a legacy of hope and empowerment to the POCC and to the Clinton Commons Residential Community where she lived. Kerrie Kinsey, POCC peer and close friend who resided near Pamela said, "Pamela faithfully attended POCC and ACBHCS meeting and events. She was not stifled by personal challenges or barriers when participating. She was my spiritual prayer partner, academic mentor, friend and neighbor. Pamela put 'neighbor' in neighborhood."

As an exemplary neighbor and peer, she shared her grace with peer-run programs in Alameda County, especially POCC. She contributed to various projects, collaborations and committees. She assisted with the work of LEAD with Sally Zinman, and the POCC History Project with Jay Mahler. Her steadfast service as committees' Recorder was an example of diligence for the officers and members. She actively listened to the thoughts and ideas shared in meetings, seldom disagreeing with decisions made. Her persistence advanced the peer movement, and her values of inclusion helped with system transformation. Pamela went the extra mile to advocate for her peers. Her example of peer support is impeccable and her life was an assurance that her legacy is worth her journey.

Jaleah Winn and Kerrie Kinsey

Remembering Byron “Charles” Goodwillie

Charles was a founding member of the Berkeley Chapter of the POCC, and enthusiastically outreached to new members. He was an early member of the Wellness Recovery Task Force, which directed the initial development of the Wellness Recovery program at Berkeley Mental Health. He had a passion for art, once describing it as a form of spirituality. He inspired creative art projects in the Wellness Recovery program and helped lead unique field trips to free (or cheap) destinations. Charles attended the Berkeley POCC field trip to the Peer Run Respite in Santa Cruz. He became an advocate for the type of service that evolved into Sally’s Place in Alameda County, and courageously testified at planning meetings and the Mental Health Commission. Charles was a creative Wellness Warrior and will be missed by his many friends. **Carol Patterson**



I knew Charles Goodwillie through the POCC, especially in the Berkeley Chapter. Charles was always a calm, kind, respectful member of that committee. One of his most appreciated and valuable contributions was his work with the Berkeley Art Walks for the SAMHSA 10 X 10 Campaign. He organized and lead many of the Art Walks, giving us all an interesting and exciting tour of public art in Berkeley. He was knowledgeable and enthusiastic about it. I will never forget the Walks or his beautiful loving presence. He is missed. **Helena Liber**

Charles made me feel welcome when I started at Berkeley Mental Health. He was really interested in the history and nature of Berkeley. He lead outings at the Berkeley Marina, museums (SFMOMA & BAMPFA), and Art Walk, where we looked at murals in South Berkley. He manned the booths at POCC events, representing the Berkeley Committee. He was a very uplifting individual, and will be greatly missed. **Jamie Works-Wright**

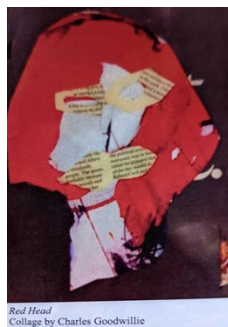


I met Charles in “Telling Your Story Group.” I was immediately struck by his kindness, and the way he welcomed me into the group. Throughout the time I knew him, I had the privilege of witnessing the way he accepted people and went out of his way to make sure they knew they mattered. He saw people’s strengths and vulnerabilities, and included everyone.

Charles saw beyond what was available in mental health services, to what could be possible. He stepped into leadership roles in the Berkeley POCC, and for many years was the backbone of that committee. He facilitated the annual art walk that brought physical exercise, creativity, and socialization. He organized meetings with city officials, bringing the voice of lived experience and advocating for greater opportunities for healing, autonomy, and resources for those struggling. He served on several committees with Berkeley Mental Health, and his wisdom, compassion, and passion for equity was essential in creating positive change and a new vision.

Charles was a gentle soul who felt his way into situations and saw beyond what people communicated through words, into their hearts. He was self-sacrificing, offering to let others go first, whether it be in line to get food, or to sit in the front seat of the car. He found ways to give to others, whether it be making a card or obtaining something he knew they could use. He walked in humility and kindness and acted out of love in a way that was so natural. There are people in this world who are placed in positions that are recognized, and the changes they bring to the world are bold and obvious. Others like Charles, may be seen as little people or overlooked all together, yet these are the people who truly recreate our society and lay the foundations of change. We will never know the ripple effect of the good that they bring to the world.

Charles touched me deeply and inspires me to be a better person and to carry on the legacy that he left behind. He is greatly missed, and his legacy lives on in the way he influenced social programs and in the love that he brought to those he came in contact with. **Crystal Lachman**



Red Head
Collage by Charles Goodwillie

Charles with Nancy Thomas



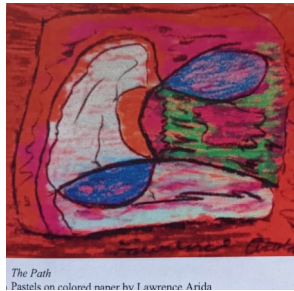
Lawrence G. Arida

December 12, 1950 - November 12, 2021



I met Lawrence Arida in 2007 in Berkeley, CA at a program we both visited. Lawrence was always friendly and kind and a joy to be around. I met up with Lawrence again when he joined the POCC in 2008. He joined one of the POCC groups called SAGA and for over 10 years he stayed connected to this group. I was very saddened to find out that he had passed in 2022. Lawrence will be missed by many of his peers.

Mary Hogden



Lawrence was a very dedicated participant in the groups and he always wished everyone well. He was considerate, supported most activities we hosted, and made daily calls to let people know that they were doing a good job.

Jamie Works-Wright

Rest In Peace Lawrence. You will be missed. My condolences go out to his family. **Patrice Williams**

Lawrence was a dear friend of mine. He attended our groups at PEERS. I have a picture he painted for me. I will remember him always. **Portia Lee**

Lawrence was a very dedicated individual. He was dedicated to various POCC committees, including SAGA. He was dedicated to and passionate about being an artist, an art he often shared with others. He was an educator, advocate, and activist for causes about social justice and inclusion. Often attending events and functions in and around the community, Lawrence was in the business of making a difference and making a stand.

Making weekly and sometimes daily phone calls to many people, including me, Lawrence expressed his gratitude to and for all of the people who touched and impacted his life. When I answered his phone calls, I could count on his first words being, "Thank you for your service." At first, I thought it odd, but eventually I knew what to expect and I was grateful to him for acknowledging me. That was a kind way of his. It was because I hadn't received a call from him in a week, that I began to wonder and think that something was wrong.

I'll never forget how I found out about his passing. We, the SAGA Committee, were in one of our bi-monthly meetings and I asked those present if they had heard from Lawrence. No one had heard from him. So, I went online and typed in his name, and lo and behold, much to my surprise and dismay, his death announcement came up. I was shocked!

Rejoining the meeting in progress, I had the unfortunate and sad task of delivering the sad news to everyone. Some of us were speechless at first, and others became tearful. That was one heck of a meeting, but it demonstrated just how close we were as a committee and how we missed one another when someone was absent.

Here's to Lawrence G. Arida. If there is a heaven, I certainly hope that he is there watching over us all. Peace and Blessings, Lawrence. Thank you for your service! **Kozi Arrington**



**2022 POCC Events and
Office of Peer Support Services Collaborations**

Asian American Committee Year of the Tiger
Public Policy & Education Committee's Psychiatric Advance Directives Training
Elders Committee Collaboration with ACBHCS Older Adult Division on May is Mental Health and Older Americans Month
CAMHPRO LEAD Conference
SAGA Committee's 8th Annual Celebration & Open House —"Let Your Light Shine"
Forensic Peer Support Specialist Training
Lifetime Achievement Celebration for Sally Zinman
Peer Support Specialist Law & Ethics Training with Berkeley City College
POCC Annual Conference

**Stay tuned for more to come!
POCC Annual Barbecue at San Leandro Marina
POCC Annual Holiday Cultural Event**



Lifetime Achievement Celebration

On May 19th, peers from across the nation paid their personal respects to Sally Zinman for her outstanding contribution to the Consumer-Survivor movement. One by one, we shared directly with her via Zoom what she has meant to us, sometimes tearfully, and always with deeply felt gratitude.

Honors were given to Sally through representatives, Commendations, Certificates, and Resolutions from SAMHSA, Congresswoman Barbara Lee, Toby Ewing of the MHSA Oversight & Accountability Commission, the New York Association of Psychiatric Services, and Board of Supervisor Keith Carson, among others.

Sally listened closely to each person, and expressed that she was glad to be having the celebration while still here to experience it.

