



*City of Arts & Innovation*

# Commission on Disabilities

## Memorandum

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**TO: HONORABLE COMMISSIONERS**  
**FROM: GENERAL SERVICES DEPARTMENT**

**DATE: JANUARY 7, 2019**

**SUBJECT: PRESENTATION FROM THE RIVERSIDE UNIVERSITY HEALTH SYSTEM – BEHAVIORAL HEALTH'S FAMILY ADVOCATE PROGRAM SENIOR MENTAL HEALTH PEER SPECIALIST ABOUT NAVIGATING THE MENTAL HEALTH SYSTEM AND THE PROCESS TO INCREASE ACCESS TO MENTAL HEALTH SERVICES**

**ISSUE:**

Receive a presentation from the Riverside University Health System – Behavioral Health's Family Advocate Program Senior Mental Health Peer Specialist about navigating the mental health system and the process to increase access to mental health services.

**RECOMMENDATION:**

That the Commission on Disabilities receive a presentation from the Riverside University Health System – Behavioral Health's Family Advocate Program Senior Mental Health Peer Specialist about navigating the mental health system and the process to increase access to mental health services.

**DISCUSSION:**

Navigating the Riverside University Health System (County Mental Health) and process is daunting, especially in crisis situations. Knowing the resources available and having a plan in place is key to reducing stress during a crisis. This presentation will provide information about Medi-Cal, a program offering free or low-cost health coverage for children and adults with limited income, resources and services. The Family Advocate Program provides support for family members, significant others, or caregivers of adults with a serious mental illness. Mental Health First Aid is a course that provides people with skills to help someone who is developing a mental health problem or experiencing a mental health crisis. Western Regional Family Support Groups are available free to individuals with mental health concerns and their families.

**FISCAL IMPACT:**

There is no fiscal impact associated with this report.

Prepared by: Monique Gordon, ADA Coordinator  
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Approved by: Moises Lopez, Deputy City Manager

Attachment: Presentation