

## CLINICAL CONSULTATION AND SUPPORT GROUPS for Peer Providers and Peer Supervisors

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The Mental Health Association of San Francisco (MHASF) is excited to announce our monthly Consult and Support Groups for peer providers and peer supervisors who are working in the mental health workforce providing direct services to the community.

### **What is a Consultation and Support Group (a.k.a. Clinical Consult)?**

Clinical consultation is an integral part of any service provider's professional experience whether a therapist, counselor, or peer provider. It is a safe environment with a non-judgmental facilitator to discuss challenging work situations, receive feedback, and develop skills in a community of other peer providers.

### **Who is the facilitator?**



Kristin Dempsey, EdD, LMFT, LPCC is a counselor, educator, psychotherapist, trainer, and clinician who identifies being in recovery. Kristin is passionate about educating peer providers to do what they do best: use their lived experience to help promote the wellness of individuals and communities. She is founder of the Lived Experience Academy at San Mateo Behavioral Health and Recovery Services in addition to helping create and train the North Bay Regional Peer Leadership Institute.

### **How are the groups offered?**

There will be 2 types of groups offered: in person at MHASF offices (downtown SF near Powell BART/Muni) and online via ZOOM.

### **When?**

Check the next page for the schedule! You can also see the most recent schedule at: <https://www.mentalhealthsf.org/propel/>

### **Who qualifies for this no-cost opportunity?**

- you are a peer **provider** OR peer **supervisor**

- you are working in Marin, San Francisco, or San Mateo County
- you are a member of PROPEL **or will** become a member
- you have internet access if you wish to participate in virtual online groups

**What is PROPEL?**

PROPEL works to support, train and place individuals, both mental health consumers and family members who are working with peers /family members who are employed/volunteer in the Public Mental Health System (PMHS).

**Interested? Please contact Meaghan O’Brien: [meaghan@mentalhealthsf.org](mailto:meaghan@mentalhealthsf.org)**

| <b>Clinical Consultation and Support Group Schedule</b> |                   |                 |                  |
|---|-------------------|-----------------|------------------|
| <b>Date</b>   | <b>Time</b>       | <b>Location</b> | <b>Group For</b> |
| <b>April 2020</b>                                       |                   |                 |                  |
| 4/7/2020  | 11:00 – 12:30 PM  | Online Zoom     | Coordinators     |
| 4/7/2020  | 1:00 – 2:30 PM    | Online Zoom     | Peers            |
| 4/21/2020   | 5:00 – 6:30 PM    | Online Zoom     | Managers         |
| 4/28/2020   | 2:00 – 3:30 PM    | MHASF 783       | Peers            |
| <b>May 2020</b>   |                   |                 |                  |
| 5/7/2020  | 11:00 – 12:30 PM  | MHASF 783       | Coordinators     |
| 5/7/2020  | 1:00 – 2:30 PM    | MHASF 785       | Peers            |
| 5/12/2020   | 2:00 – 3:30 PM    | MHASF 783       | Coordinators     |
| 5/12/2020   | 5:00 – 6:30 PM    | Online Zoom     | Managers         |
| <b>June 2020</b>  |                   |                 |                  |
| 6/2/2020  | 11:00 – 12:30 PM  | MHASF 783       | Coordinators     |
| 6/2/2020  | 1:00 – 2:30 PM    | MHASF 783       | Peers            |
| 6/16/2020   | 5:00 PM – 6:30 PM | Online Zoom     | Managers         |
| 6/23/2020   | 2:00 – 3:30 PM    | MHASF 783       | Peers            |

**\*In person groups will be held at 870 Market St. San Francisco in room 783/785. Online groups will be held on your personal computer or cell phone. Further instructions will be provided if you are interested in participating.**

**Please note that there are now 3 different groups for people to attend:**

Peers - Any front line worker (WarmLine Counselors, Peer Programs Associate, Peer Coach, etc.)

Specialists/Coordinators - (WarmLine Coordinators, Peer Programs Coordinators, etc.)

Managers (\*Note all manager CC's will be via Zoom for this quarter)