

## TENTATIVE AGENDA

Registration: [www.calbhbc.org](http://www.calbhbc.org)

Questions: [cal@calbhbc.org](mailto:cal@calbhbc.org)



### California Association of Local Behavioral Health Boards and Commissions

#### CALBHB/C Bay Area Regional Meeting & Training Saturday, April 18 by Zoom Teleconference

Saturday, April 18, 2020

10:00 am – CALBHB/C Bay Area Regional Meeting

- Statewide MH/BH Issues Presentation & Discussion
- Policy Update from Mental Health Services Oversight & Accountability Commission (MHSOAC)
- Vision Y Compromiso: Promotores in Community Mental Health (Vision Y Compromiso is an MHSOAC Stakeholder Advocacy Organization)

12:30 pm – Mental Health Board Training – Cultural Competency, Duties, Making Recommendations, Membership, MHSA Community Program Planning and More!

3:30 pm – Adjourn!

There is no fee to register for meetings/trainings. All members of CA's 59 local MH/BH boards and commissions are welcome to attend, and staff liaisons who support the local boards/commissions are welcome and encouraged to attend!

Due to COVID-19, CALBHB/C will provide regional meetings/trainings by teleconference until further notice.

*CALBHB/C supports the work of California's 59 local  
Mental/Behavioral Health Boards & Commissions  
[www.calbhbc.com](http://www.calbhbc.com)*

## Person-first Language

When talking about people with mental illness, it is important to be mindful and use "person-first language" because the Mental Health Board (MHB) has impressionable guest speakers from other agencies and the public, including individuals with mental illness, who attend MHB meetings. Thus, it is vital for MHB members to set an example and lead the way in using terminology when speaking or writing that is positive and reflective of the person first.

Generic phrases such as "the mentally ill" or "psychologically disturbed" are not appropriate since they convey a lack of appreciation for and depersonalize the individual. These terms communicate and reinforce the discriminatory notion of a special and separate group that is fundamentally unlike the rest of "us."

The use of person-first language such as "a person with schizophrenia," "an individual with bipolar disorder," or "people with mental illnesses," communicates first that they are people and secondarily that they have a disability. Use of person-first language, although sometimes awkward, is important and requires that we be mindful of what we present to the public.

### Examples of Language to Avoid

• Mentally defective or disturbed • Mentally ill • Mentally or emotionally handicapped • Mentally afflicted • Crazy, nuts, etc. • Emotionally challenged • Differently-abled • Victim or sufferer

### Examples of Person-First Language:

• Person with a psychiatric or psychological disability • Person with schizophrenia • Person with a mental illness • Person with bipolar disorder • Individual with mental illness

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## CALBHB/C On-Line Resources – [www.calbhbc.org](http://www.calbhbc.org)

Advocacy	Evidence-Based Practices
Brown Act	Legislation: MHB, MHSA, Laura's Law, 5150
Community Program Planning	MHSA Plans (Role of MHB & Fiscal)
Cultural Competence	Reports (Local Annual Reports & Statewide)
Data Notebooks	Templates/Sample Docs
Duties	Member Guide, Recruitment, Site Visits+
Frequently Asked Questions	Training (Online, Handbooks, In-person Dates) ... and more!