

# Lived Experience Academy (LEA) Summer of 2024

For BHRS clients and/or their family members



*Learn how to share the story of your life to empower yourself and others, reduce stigma, improve the County's services and develop your leadership skills!*

**Your experience living with behavioral health challenges is extremely valuable and must be heard**

Empower yourself, inspire others, dispel stigma and help improve the behavioral health services in San Mateo County by sharing the story of your life.

If you have experienced mental health and/or substance abuse challenges, or have been a close supporter of someone who has, you have unique and valuable experiences that others need to know.

No public speaking experience is needed, we will gently support you every step of the way and after graduation **you will receive a stipend of up to \$240.**

**There are only 15 spots available so apply now!**

For more information contact Jairo at [jwilches@smcgov.org](mailto:jwilches@smcgov.org) or (650) 573 2890

*The LEA is conducted by the Office of Consumer & Family Affairs (OCFA) and funded with MHSA WET funds*

The LEA is supportive,  
inclusive & welcomes diversity

**Apply today!**

The LEA will have both virtual AND  
in-person sessions in San Mateo

LEA will meet these six consecutive Thursdays:

**Virtually on July 11, 18, 25 and August 1**

**In-person on August 8 and 15 in San Mateo**

**All sessions from 4 to 6 PM on Zoom.**

Participants must be available to attend all sessions and to complete about one hour of homework and writing in between classes.

**Apply online [here](#) or scan this code:**



Deadline to apply: Sunday June 30, 2024



SAN MATEO COUNTY HEALTH

**BEHAVIORAL HEALTH  
& RECOVERY SERVICES**