

NAMI San Diego and San Diego Public Library present
**The Literacy of Lived Experience:
A Mental Health Speakers Project**

VIDEO 1 Mental Health Myths, Facts & the Shape of Recovery
Presented by Joshua Roberts



Josh Roberts works for NAMI San Diego, IHOT North, Interfaith, and Agile Restoration in a collaborative venture to usher in new inspiration - new breath - into our models of mental health. With Africa being the place of his origin, along with humanity's, Josh Roberts aims to contribute towards reconnecting us to who we are, where we come from, and where we're going. Josh's thirst for expansion

led him to travel the world, landing him in the Land of the Free and the Home of the Brave. Embracing the American spirit, Josh encourages freedom by combining his education in psychology and theology with his lived experience of bipolar 1 in order to motivate and liberate those held captive by culture's ideology and stigma. Josh embraces the American spirit of braveness by equipping those with diagnoses with navigational tools that allow them to pioneer their ways into new terrains of the mind, turning daily reality into a rich adventure. His dream is that these cognitive maps and tools will allow those with diagnoses to contribute towards re-ordering society into an authentic home for all those who are neuro-diverse.



NAMI San Diego and San Diego Public Library present
**The Literacy of Lived Experience:
A Mental Health Speakers Project**

VIDEO 2 Positive & Personal, Family Education & Peer Support
Presented by Anita Fisher



Anita Fisher is a former director at NAMI San Diego where she was responsible for managing the coordination of Mental Health Family and Peer Recovery Education, Support and Training Programs. Anita enrolled in NAMI's Family-to-Family course in 2005, after her adult son was diagnosed with mental illness. She was so profoundly impacted, that by 2007 she began working for NAMI San Diego as an E and dedicated herself to NAMI's mission of education, support, and advocacy for those affected by mental illness. She took a special interest in the impact of the criminal justice system on those living with mental illness. Anita's impact has been recognized by NAMI National with the Program Leader Award, NAMI CA with the Outstanding Criminal Justice Advocate Award, and she received the Community Service Unsung Hero Award from NCNW. Upon her retirement in 2018, she launched Fisher Mental Health Consulting to continue her advocacy work to improve the lives of those impacted by mental health challenges with emphasis from the family member perspective.



NAMI San Diego and San Diego Public Library present
**The Literacy of Lived Experience:
A Mental Health Speakers Project**

VIDEO 3 Parenting Through Mental Health Challenges
Presented by Valerie Hebert



Valerie Hebert is the Program Manager for the Children, Youth and Family Liaison with NAMI San Diego. Valerie has a background in fine art, having spent eight years running her own handmade business specializing in multimedia art, crafting from repurposed wool fiber and needle felting. When the need to support a child with co-occurring health challenges arose, Valerie learned to navigate the world of mental health and addiction advocacy and support, alongside maintaining her handmade art business. Valerie has experience managing a faith-based Al Anon Support group, and teaching NAMI Family to Family, as well as successfully advocating for Mental Health Parity, children's Special Education challenges and more. Valerie hopes to effect change at the ground floor level so families can get the assistance they need and are entitled to receive by bringing her creative background to the table of mental health education and advocacy.



NAMI San Diego and San Diego Public Library present
**The Literacy of Lived Experience:
A Mental Health Speakers Project**

VIDEO 4 Caregiving & Compassion – Effective Tools for Self-care
Presented by Suzette Southfox



Suzette Southfox is currently the Director of Education with the San Diego affiliate of the National Alliance on Mental Illness (NAMI San Diego). Suzette oversees education and outreach based SD County HHS Behavioral Health contracts in both the *Adult/Older Adult* and *Children's Systems of Care* in addition to a statewide workforce development contract helping individuals with lived experience to work as Peer and Family Support Specialists through intensive online

training. She also oversees NAMI Signature support groups and classes for peers and family members throughout San Diego County in addition to supporting the Youth Opioid Response (YOR) planning grant to address this crisis from a grass roots perspective. Suzette has worked with San Diego's non-profit sector collectively for 27 years. She is a "Peer." She is "Family", having several family members living with one or more mental health concerns and most importantly, she is the parent of a neuro-diverse, young adult who lives with several mental health challenges.