

**Sacramento County**  
**Department of Health Services, Behavioral Health Services**  
**Adult Peer Support Committee**

**Meeting Agenda**

June 26, 2024, 1:00 PM – 2:30 PM

Meeting ID: 161 120 3300

Password: 217009

**Meeting Location**

- Join Zoom Meeting  
[weblink](#)
- Conference Phone  
 (669) 254-5252 or (669) 216-1590

Topic	Presenter	Time
I. Welcome and Introductions <ul style="list-style-type: none"> <li>• Land and Labor Acknowledgement</li> </ul>	Chris Marzan, Chair Tahirah Hudson, Behavioral Health Peer Specialist Program Manager	1:00
II. Group Agreements	Chris Marzan, Chair	1:10
III. Connection B4 Content <ul style="list-style-type: none"> <li>• Mindful Meditation: 5-Minute-Deep Breathing Mindful Relaxation</li> </ul>	Chris Marzan, Chair	1:15
IV. Agenda Review	Tahirah Hudson, Behavioral Health Peer Specialist Program Manager	1:20
V. General Knowledge Trivia Quiz (YouTube)	Tahirah Hudson, Behavioral Health Peer Specialist Program Manager	1:25
VI. Having Difficult Conversations and How to Have Them Discussion (rescheduled to next meeting)	Chris Marzan, Chair	1:40
VII. Psychiatric Advance Directive Presentation (PAD's)	Tahirah Hudson, Behavioral Health Peer Specialist Program Manager	2:00
VIII. General share-out and updates <ul style="list-style-type: none"> <li>• Resources</li> </ul>	Open discussion	2:15
IX. Adjournment / Upcoming Meeting <ul style="list-style-type: none"> <li>• August 21, 2024                1:00pm – 2:30pm</li> </ul>	Tahirah Hudson, Behavioral Health Peer Specialist Program Manager	2:30

Interested members of the public are invited to attend Adult Peer Support Committee meetings. If you wish to attend and need to arrange for an interpreter or a reasonable accommodation, please contact Anne-Marie Rucker one week prior to the event at (916) 875-3861 or [ruckera@saccounty.gov](mailto:ruckera@saccounty.gov).