

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

Meeting Agenda

January 14, 2026, 9:00 AM – 10:30 AM

Microsoft Teams [Need help?](#)

[Join the meeting now](#)

Meeting ID: 251 865 299 019 7

Passcode: 5ok6hB6W

Topic	Presenter	Time
I. Welcome and Introductions	Serena Kuharski, <i>Behavioral Health Peer Program Manager</i>	9:00
II. Connection B4 Content: • <i>Self-Care Show & Tell</i>	Donald Scherschligt, <i>CMPSS</i> <i>Turning Point Community Programs ISA</i>	9:30
III. Topic Discussion • <i>Balancing Boundaries, Self-Care, and Healthy Routines</i>	Serena Kuharski, <i>Behavioral Health Peer Program Manager</i>	9:45
IV. Breakout Room Discussion	Donald Scherschligt, <i>CMPSS</i> <i>Turning Point Community Programs ISA</i>	9:55
V. General Share-out and Resources	Group Participation	10:10
VI. Adjournment Next meeting: February 11, 2026	Serena Kuharski, <i>Behavioral Health Peer Program Manager</i>	10:30