

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

## **Meeting Agenda**

March 11, 2026, 9:00 AM – 10:30 AM

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Meeting ID: 251 865 299 019 7

Passcode: 5ok6hB6W

- 1. Welcome and Introductions** **9:00 – 9:20 am**  
*Presenter: Serena Kuharski, Behavioral Health Peer Program Manager*
  
- 2. Connection B4 Content** **9:20 – 9:30 am**  
*Presenter: Donald Scherschligt, CMPSS, Turning Point Community Programs ISA*
  - Mindful Breathing
  
- 3. Topic Discussion** **9:30 – 10:00 am**  
*Presenter: Serena Kuharski, Behavioral Health Peer Program Manager*
  - Cultivating Self-Compassion as We Support Others
  
- 4. Discussion / Reflection** **10:00 – 10:15 am**  
*Presenter: Serena Kuharski, Behavioral Health Peer Program Manager*
  
- 5. General Share-out and Resources** **10:15 – 10:30 am**  
*Group Participation*
  
- 6. Adjournment** **10:30 am**  
*Presenter: Serena Kuharski, Behavioral Health Peer Program Manager*
  - Next meeting: April 8, 2026