



# NAMI Tri-Valley

## Monthly Meeting

Presents

### What is Mental Health Peer Support and What Does the Research On It Show?

**Khatera Tamplen**

*Consumer Empowerment Manager Alameda County  
Behavioral Health Care Services Office of Consumer Empowerment*

---

**Monday, June 1, 2020**

**MEETING TIME:**

**7:00 p.m. to 8:30 p.m.**

**PLEASE NOTE:** This presentation will be given on Zoom, a videoconferencing application. To participate, if you have not been sent a meeting reminder/Zoom invitation by email, please contact Marsha McInnis at [marsha@nami-trivalley.org](mailto:marsha@nami-trivalley.org) to receive a link.

---

Khatera Tamplen will share her personal experience with recovery, describe what peer support is, how peer support played a role in her life and many others, the research behind peer support and engage in a dialogue on the subject.

Khatera Tamplen is a peer and has lived experience with the public and private mental health system. She is the Office of Consumer Empowerment Manager for Alameda County Behavioral Health and a member of the Pool Of Consumer Champions. Khatera serves on the California Mental Health Services Oversight and Accountability Commission and is a Wellness Recovery Action Plan (WRAP) peer facilitator.