

Peer Advisory and Advocacy Team

INFORMATION SHEET



PAAT is a committee of peers that work to advocate for those served by the mental health system, educate our community about mental illness, promote wellness and recovery, reduce stigma, and provide support for those living with mental illness.

ZOOM ACCESS

What is Zoom?

An audio and video conferencing program that lets us stay connected!

How do I Join a Meeting?

1. Download the application from any app store.
2. Access the meeting via "Join Meeting" link or phone number in email Renée will send.

you can join a meeting via computer, tablet, or phone!

Interested? Contact:

Renée Draga | 805.748.4145
rdraga@t-mha.org

GOALS OF PAAT

- Inspire hope and wellness in the community by utilizing valued peer experiences
- Encourage connection with the community
- Actively strive to reduce stigma through educational and experiential opportunities
- Empower individuals to find their own paths to mental wellness and recovery

PAAT MEETINGS

all meetings conducted via zoom!

POUR OVER POLITICAL ADVOCACY

Join us every
first (1st) Monday
of the month
from 9:30a-11:00a

GENERAL MEETING

Join us every
second (2nd) Monday
of the month
from 11:00a-12:30p

PLANNING AND INPUT MEETING

Join us every
fourth (4th) Monday
of the month
from 11:00a-12:30p

