

Honest, Open, Proud (HOP)

DATE & TIME:

September 17, 2026

9:00AM – 12:00PM

Sign-in begins 15 minutes prior to the training time. All participants must arrive during the sign-in period. Late arrivals will not be admitted. (The meeting link will be sent a week prior to the training date).

PLACE: Web Broadcast – Zoom

REGISTRATION: <https://eventshub.dmh.lacounty.gov>

DESCRIPTION: This training aims to help Peer Professionals recognize and address the effects of self-stigma and internalized shame associated with mental health conditions. It emphasizes the thoughtful and effective use of self-disclosure to promote self-empowerment and strengthen peer support services. Participants will learn strategies for sharing their lived experience safely, intentionally, and effectively in their roles as Peer Professionals.

TARGET AUDIENCE: LACDMH directly operated and contracted provider staff providing peer support services.

OBJECTIVES: As a result of attending this training, participants should be able to:

1. Identify barriers to self-disclosure such as stigma, stereotype, prejudice, and discrimination.
2. Analyze the costs and benefits of self-disclosure.
3. Develop and apply effective strategies for self-disclosure within the framework of peer support services.

CONDUCTED BY: Project Return Peer Support Network

COORDINATED BY: Jung Ahn, LCSW – Training Coordinator
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DEADLINE: When capacity is reached.

CONTINUING EDUCATION: None

COST: None