

Martha Contreras

Martha Contreras is the proud and dedicated mother of three. As a parent, she encountered the need to navigate the various agencies such as Developmental Disability Department, Department of Children and Family Services, Special Education, and Mental Health systems due to her kids being challenged with either, down syndrome, autism, intellectual disability, attention deficit hyperactivity disorder and sexual abuse trauma.

Martha began providing volunteer peer support for the Down Syndrome Association in 1987.

Martha was nominated by her daughter for Mother of the Year and received first place as the “Univision Outstanding Latina Mother of the Year Award.”

Ms. Contreras worked for 12 years at South Central Los Angeles Regional Center as a Family Resource Center Coordinator utilizing her personal parenting life experience providing support to parents of newly diagnosed baby.

Since 2006, Ms. Contreras has worked as a Parent Partner with The Sycamores, a mental health agency providing intensive mental health care coordinated services, where Ms. Contreras utilizes her personal parenting life experience to help others with encouragement and support to navigate their treatment process.

Ms. Contreras has been an active Medi-Cal Certified Peer Support Specialist since October 2022 and has served as a Medi-Cal Stakeholder Advisory Council member since 2021.