

## **Medi-Cal Peer Certification Stakeholder Advisory Council Member**

### **Martha Contreras | Sycamores**

Ms. Martha Contreras is the proud and dedicated mother of three. As a parent, she encountered the need to navigate the Developmental Disability Department, Department of Children and Family Services, Special Education, and Mental Health systems. 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.” She made the decision to go public with her parenting life experiences and soon after began providing volunteer peer support for the Down Syndrome Association. Since 2006, Ms. Contreras has worked as a Parent Partner with The Sycamores, a mental health agency providing intensive mental health care coordinated services. During this time, she has witnessed the healing of thousands of families from multiple ethnic backgrounds across Los Angeles County. In addition, Ms. Contreras actively collaborates with the Los Angeles County Department of Mental Health Parent Partner Training Academy.