**Michael Guzik is running for US Congress District 29 as a Democrat.**

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**Subject:** Re: What are your views on mental health recovery?

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1. What is more important for improving mental health currently, more locked facilities or more peer services? Please explain. - Peer services.  I believe that peer services allow for those in need of services to have a level of trust that is needed to increase the chances for recovery.
2. What is your opinion on making it easier to conserve homeless people? I do not have trust in our government (local, state, federal) to make it easier to conserve the homeless.  My distrust in our government has compelled me to run and change things.
3. Should people be forced to take psych medications against their will? Never.
4. Do you think that the number of people incarcerated with mental health issues is an issue? If so, how would you address it? I feel that too many people are incarcerated as it is.  Ban private prisons and move toward a prison system that rehabilitates people not uses them for profit.  Have each incarcerated individual assessed so that they can get the proper services they need.
5. Currently it is possible to conserve someone in California on a limited conservatorship for life with the signature of one doctor. Should limited conservatorships be changed to require a doctor of the person’s choice or more than one doctor?  Both.  I believe it should be by a doctor of the person's choice. Should limited conservatorships be reviewed on a regular basis, as LPS conservatorships are? They need to be reviewed so that the system starts working toward recovery.
6. Adult Protective Services is not allowed to take a complaint from a conserved person as technically that person has to be represented by their conservator in all affairs. Should the law be changed to allow people on conservatorships or others to report abuse perpetrated by conservators? Definitely.
7. What is your opinion on Peer Certification in California that would set standards for mental health and substance abuse peer workers allowing the workers to bill Medi-Cal? I see this as a good thing.
8. Self-help support groups are an essential tool to recovery in mental health and substance abuse as they reduce hospitalizations, medication needed, relapses, incarcerations and increase personal responsibility, healthy behaviors and employment. Would you require that each peer worker have knowledge of the dozens of free self-help support group programs in your district in order to be certified? Yes.
9. Do you agree that hospitals and other facilities should be required to video tape with sound all incidents of use of seclusion and restraint for psychiatric reasons, and provide the person who was secluded or restrained with a copy of the tape, upon request, in order to reduce the over use and abuse of these techniques? Definitely.
10. How will you improve the employment services for people with mental health issues so that they are based on people’s skills and strengths rather than assuming the only jobs they can do are in food, janitorial, back office and landscaping? Focus on place and train with long term support for these individuals.
11. There is an epidemic of depression at the moment. Loneliness is a major cause of depression and early death. Self-help support groups reduce loneliness. What steps will you take to reduce the number of people depressed? This starts with our youth and putting at least one counselor and one social worker in each school.  Early intervention is key.
12. Are you open to sober living and shared recovery housing as a way of increasing affordable housing in your district? Yes.
13. What are you doing to end homelessness? Studying how other communities and countries are combating homelessness so that when I am a Congressman I can take action that will end homelessness.
14. How do you plan to reduce the stigma and discrimination against mental health consumers in your district? Start in the schools with education, early intervention, counselor and social worker in each school and peer services.
15. Do you have any other positions that will make life better for mental health consumers, clients, survivors and others in recovery? I believe we need to take a look again at the housing first model again but that would require that we have enough housing, first.
16. Do you or anyone you know suffer from depression, anxiety, mood disorders, schizophrenia, addiction or other mental health diagnoses? Yes I do.  I have dealt with depression myself and was lucky to get myself out of it.  I do know people suffer from these conditions.  My middle child was also diagnosis with Autism so I am a advocate of services and those that suffer from mental health diseases.
17. What is your party affiliation? Democrat
18. Who have your received endorsements from? My children, if that counts.

Thank you again for allowing me to respond to these questions.  I realize that more can be done for this community and truly see the need of starting with awareness at an early age.  If you have any further questions please reach back out.

Thank you again Michael R Guzik for Congress

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