Lorraine Zeller's Bio

Lorraine graduated from San Jose State with a B.A. in Behavioral Science and is certified as a Mental Health Rehabilitation Specialist. As a former consumer of the public mental health system, she joined the Behavioral Health Board in April 2021 to offer perspective from a lived experience lens. Years ago, she discovered the power of peer support at Grace Community Center as peers gave her hope for recovery. Committed to paying it forward, she engaged as a volunteer with NAMI Santa Clara County leading to employment and the opportunity to play a key role in launching their Peer PALS program. Eventually Lorraine was hired as a lead Mental Health Peer Support Worker for the County of Santa Clara where she provided individual and group support in the clinics and self-help centers and published the quarterly Consumer Affairs newsletter.

Lorraine recently completed three years of service as an ACCESS (Advancing Client and Community Empowerment through Sustainable Solutions) Ambassador with Cal Voices. This led to her speaking up at many Behavioral Health Board and Board of Supervisors meetings to promote peer support, quality board and care, and inclusion of consumers in decisions affecting their treatment. Having retired after ten years with the County Behavioral Health Department, she remains active as a local advocate on the MHSA Stakeholder Leadership Committee and as leader of Community Living Coalition dedicated to improving quality of board and care and independent living (room and board) serving people with mental health conditions.

Outside of her service as board member and advocate, Lorraine loves to dance, cook, hike, and spend quality time with friends, family, her frisky cat, Rachel, and Sadie, her African Grey Parrot.