THREADS 2026

From THREADS to Fabric: Moving Systems from Concept to Practice



The THREADS That Connect Us: Voices of Lived Experience

November 17, 2026

Meet the Panel



Nichole Bankson

Moderator

COTS

Lived Experience Advisory & Planning Board



Jessica Wolfe

Lived Experience Advisory & Planning Board

Homeless Coalition Board, Sonoma County



Micah Sawyer

Co-founder & President, Micah's Hugs



Tim Heavin

Heavin Helps

Lived Experience Advisory Directive

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Panel Purpose

Through personal stories and reflections, we will share our experiences navigating barriers to housing, recovery, and well-being, offering valuable insights into the challenges, opportunities, and supports that can make a meaningful difference.



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How We Will Proceed

- This panel will follow a conversational, talk-show-style format.
- The moderator will guide the discussion by asking each panelist the same set of questions, giving everyone an opportunity to share their unique experiences and perspectives.
- We'll then open the conversation to the audience for a Q&A session, providing an opportunity for you to engage directly with our panelists and ask questions of your own.



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Panel Question

What life experiences inspired you to get involved in improving mental health and homelessness services?



Panel Question

How are you working to create meaningful change in mental health and homeless services?



Panel Question

What changes have you seen in mental health and homeless services since becoming involved; what progress or achievements stand out to you?



Panel Question

What gaps remain in mental health and homeless services?

What changes or solutions would help address these gaps and better meet community needs?




Q&A



Resources

LEAP Board

Micah's Hugs

Heavin Helps





- Closing remarks
- Resources
- Contact information