



Virtual Suicide Prevention Community Forum
**YOUTH AND SUICIDE: HOW TO SUPPORT
YOURSELF, A FRIEND, OR A LOVED ONE**
THURSDAY

Sept. 9, 2021 | 4:00–7:00 p.m.

There is
Hope & Help

Learn what to do before, during or after a crisis and warning signs of suicide.

For more information or translation services, call (925) 313-9525 or email MHSA@cchealth.org.

If you, or someone you know, is experiencing a mental or emotional crisis or having suicidal thoughts, call 211, 1-800-833-2900 or text HOPE to 20121 any time, day or night.

[Register Here](#)





Foro Comunitario para la Prevención del Suicidio

JUVENTUD Y SUICIDIO: CÓMO APOYARSE A USTED MISMO, A UN AMIGO O A UN SER QUERIDO

JUEVES

9 de Septiembre de 2021

4:00 – 7:00 p.m.

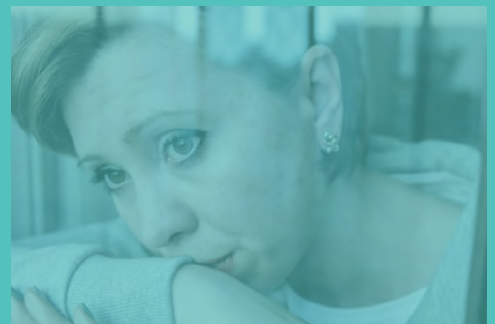
Hay Ayuda y Esperanza

Aprenda qué hacer antes, durante o después de una crisis y señales de advertencia de suicidio.

Para obtener más información o servicios de traducción, llame al (925) 313-9525 o envíe un correo electrónico a MHSA@cchealth.org.

Si usted, o alguien que usted conoce, está experimentando una crisis mental o emocional o tiene pensamientos suicidas, llame al 211, 1-800-833-2900 o envíe un mensaje con el texto HOPE al 20121 en cualquier momento, de día o de noche.

Regístrese





Suicide Prevention Community Forum
Date and Time: Thursday, September 9, 2021 from 4pm to 7pm
Virtual Meeting via Zoom

Purpose of Forum: **At this event, which is part of the county's Mental Health Services Act (MHSA) planning process, participants will learn how to support themselves, a friend, or a loved one and what to do before, during, and after a crisis. The event will also include self-care sessions, sharing of personal stories, and opportunities to discuss how to best support youth in our community. Information and resources on the MHSA and crisis supports in Contra Costa County will be shared as well.**

AGENDA

TIME	ITEM	WHO	DESIRED OUTCOMES	MIN
4:00PM	1. Welcome, Introduction and Housekeeping	Amanda Wehrman - Homebase	○ Welcome and introduction to Suicide Prevention Community Forum	5
4:05PM	2. Acknowledgement and What is the Mental Health Services Act and Three Year Plan?	Supervisor Andersen & Contra Costa Behavioral Health Services Mental Health Services Act	○ Acknowledgement from Supervisor Andersen ○ Learn about the MHSA	15
4:20PM	3. Self-Care	Amanda Dold and Kimberly Nasrul - Behavioral Health Services Self Care Team	○ Mindfulness activity	10
4:30PM	4. Suicide Prevention 101	Scott Chavez - Contra Costa Crisis Center	○ Learn about the warning signs and how to help	45
5:15PM	5. BREAK and Waterfall Activity	Amanda Wehrman - Homebase	○ Brief break ○ Learn about the self-care strategies of others	5
5:20PM	6. Sharing of Personal Experience	Graham Wiseman	○ Hear personal testimony from a survivor of suicide loss	20
5:40PM	7. Sharing of Personal Experience	Avani Gireesha - Not the End	○ Hear personal testimony from a survivor of suicide loss ○ Learn about Not the End	20
6:00PM	8. Small Group Discussions as part of Community Program Planning Process	All	○ Preview small group discussion topics ○ Breakout into small groups and discuss how to best support Youth in our Community	30
6:30PM	9. Reconvene & Large Group Discussions	All	○ Reconvene ○ Share some of the highlights from the small group discussions	10
6:40PM	10. Public Comments	All	○ Public Comments	10
6:50PM	11. Suicide Prevention Report Card & Closing Remarks	Jessica Hunt - Behavioral Health Services Mental Health Services Act	○ Learn about the Suicide Prevention Report Card ○ Acknowledgements and request for Survey feedback	10
7:00PM	12. Conclude	Amanda Wehrman - Homebase	○ End of forum	



Guidelines for Forum Participants

The input of all participants in the forum process is highly valued in planning and preparation of Mental Health Services Act (MHSA) funded programs and services. For all voices to be expressed in a productive, safe and respectful environment, the following set of self-governance guidelines are asked of all forum participants:

1. **We are committed to honoring people's time. Please help us by being on time, asking questions, speaking** to the topic at hand and allowing for others to speak.
2. Please keep yourself on mute unless you are speaking.
3. Wait to be recognized, before unmuting yourself, and keep your comments direct and brief.
4. It is okay to disagree, as different perspectives are welcomed and encouraged. Please be polite and respectful and allow for others to voice their views as well.
5. Please refrain from criticizing a specific person or viewpoint in a negative manner during the forum. Outside of the forum, you may connect with MHSA staff for assistance in having your concerns heard and addressed through the appropriate channels.
6. An individual may be asked to leave should they behave in a manner that threatens the safety of any participant or does not honor the terms of these guidelines.

Additional Resources

1. Contra Costa County MHSa website: <https://cchealth.org/mentalhealth/mhsa/>
For mental health and wellness supports look in the grey box under *Links & Resources* on the site.
3. 211 Contra Costa Database: Call 211 or visit <https://cccc.myresourcedirectory.com/>
4. Contra Costa County Access Line: 1-888-678-7277

MHSA Issue Resolution Process

Consumers/clients/peers are encouraged to discuss issues.

1. Please refer to the MHSA website should an individual wish to request a review of any issue related to:
 - The MHSA Community Program Planning Process
 - Consistency between approved MHSA plans and program implementation
 - The provision of MHSA funded mental health services
2. Consumers/ clients may also discuss issues regarding their mental health services directly with their provider and may request a Change of Provider for any reason. Consumers dissatisfied with their mental health services in this county may file a grievance at any time without discussing the issue with their provider. Consumers may contact the following people who will assist in resolving complaints:
 - Consumer Assistant (an identified staff person at each program to help with the grievance process)
 - Quality Improvement Coordinator: 925-957-5160
 - Grievance Advocate (not a direct county employee): 925-521-1231. Collect calls are accepted.
 - Consumers may also go to the Problem Resolution Process page: <https://cchealth.org/mentalhealth/problem-resolution.php>

