



SUICIDE PREVENTION COMMUNITY FORUM

Date of Forum: Thursday, September 12, 2019

Time: 9:30AM to 2:30PM

Location: San Ramon Community Center, 12501 Alcosta Boulevard, San Ramon, Ca 94583

Purpose of Forum:

To gain input from the community in preparation for the Mental Health Services Act (MHSA) Three Year Program and Expenditure Plan for fiscal years 2020-2023.

A G E N D A

TIME	ITEM	WHO	DESIRED OUTCOMES	MIN
9:30AM	1. Registration, Light Breakfast, and Meet & Greet	All	<ul style="list-style-type: none"> ○ Register for event ○ Enjoy light breakfast ○ Visit Resource Tables 	30
10:00AM	2. Welcome & Introduction	Contra Costa Behavioral Health Services & Supervisor Anderson	<ul style="list-style-type: none"> ○ Welcome ○ Acknowledgement from Supervisor Anderson ○ Learn about the MHSA 	25
10:25AM	3. Data sharing on Suicidality rates in Contra Costa County	Contra Costa Behavioral Health Services - Ila Casselberry	<ul style="list-style-type: none"> ○ Learn about suicidality data within Contra Costa County 	25
10:50AM	4. Sharing of Personal Experience	Graham Wiseman	<ul style="list-style-type: none"> ○ Hear personal testimony from a survivor of suicide loss 	35
11:25AM	5. Introduction to Contra Costa Crisis Center & How to Help	Contra Costa Crisis Center – Tom Tamura & Scott Chavez	<ul style="list-style-type: none"> ○ Learn about the Contra Costa Crisis Center ○ Learn myths and stigma regarding suicide and learn how to develop skills to help 	40
12:05PM	6. Small Group Discussions as part of Community Program Planning Process	All	<ul style="list-style-type: none"> ○ Preview small group discussion points ○ Breakout into small groups and discuss service needs 	60
1:05PM	7. Reconvene & Introduction of Service Providers	Contra Costa Behavioral Health Services	<ul style="list-style-type: none"> ○ Reconvene ○ Introduce service providers 	10
1:15PM	8. Lunch and Conversations with Service Providers	All	<ul style="list-style-type: none"> ○ Eat Lunch and Network with Resource Tables and Other Service Providers 	40
1:55PM	9. Group Sharing, How to Stay Involved, Prioritization of Service Needs, Public Comments, and Input & Evaluation Forms	Contra Costa Behavioral Health Services	<ul style="list-style-type: none"> ○ Brief group sharing ○ Learn about staying involved ○ Complete Input & Evaluation Forms ○ Service Needs Prioritization & Voting ○ Public Comments from Community ○ Appreciation of Presenters and Recognition of Freedom High School's <i>The Power of Friendship</i> Video for Directing Change Program 	35
2:30PM	10. Conclude Forum	Contra Costa Behavioral Health Services	<ul style="list-style-type: none"> ○ End Forum 	

Guidelines for Forum Participants

The counsel and advice of all participants in the forum process is highly valued in planning and preparation of Mental Health Services Act funded programs and services. In order for all voices to be expressed in a productive, safe and respectful environment, the following set of self-governance guides are asked of all forum participants:

1. We are committed to honoring people's time. Please help us by arriving on time, asking questions, speaking to the topic at hand, and allowing for others to speak.
2. Turn your cell phone ringers off or set them on vibrate. If you need to take a call, please exit quietly into the hallway and take calls away from the doors.
3. Avoid providing any distractions, such as side bar conversations.
4. Wait to be recognized before speaking, and keep your comments direct and brief.
5. 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.
6. Please refrain from criticizing a specific person or viewpoint in a negative manner during the forum and in group discussions. Outside of the forum, please speak to MHSA staff support for assistance in having your concerns heard and addressed through the appropriate channels.
7. 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/>
2. **Service Directory:** Packet in folder with mental health services by region in county. Can also be found on the MHSA website under Links & Resources.
3. **The Contra Costa Crisis Center Phone Number:** 211
4. **The Contra Costa Crisis Center web page:** www.crisis-center.org
5. **Contra Costa County Access Line:** 1-888-678-7277

MHSA Issue Resolution Process

Consumers (clients) 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 (a staff person identified 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.