



1340 Arnold Drive, Suite 200, Martinez, Ca 94553 | Phone: (925) 313-9525 | Fax: (925) 957-5156  
cchealth.org

## Empowering Resilience: Box Building Community Forum Event Agenda

Date of Event: Wednesday, September 13, 2023

Time: 2:00 pm – 5:00 pm

Location: **Vicente Martinez High School**, 925 Susana Street Martinez, CA 94553

### Purpose of Event:

To gather the community during Suicide Prevention Awareness Week, raise awareness about mental health and suicide prevention, and demonstrate that every gesture of care and kindness makes a difference in the lives of those who are facing challenging times.

Participants will also provide input as part of the Community Program Planning Process for the Contra Costa Health Mental Health Services Act (MHSA) to help inform the MHSA Three Year Plan and future use of MHSA funding.

### A G E N D A

TIME	ITEM	WHO	DESIRED OUTCOMES	MIN
2:00 PM	1. Sign in, Snacks, CPPP Survey, and Meet & Greet	All	<ul style="list-style-type: none"><li>• Sign in for event</li><li>• Enjoy provided snacks</li><li>• Complete CPPP survey</li><li>• Visit resource tables</li></ul>	15
2:15 PM	2. Welcome & Introduction	Contra Costa Health MHSA Team	<ul style="list-style-type: none"><li>• Welcome</li><li>• Learn about the MHSA</li></ul>	15
2:30 PM	3. Find Your Anchor: Share and Box Building Activity	Find Your Anchor	<ul style="list-style-type: none"><li>• Learn about Find Your Anchor</li><li>• Participate in Box-Building Activity</li></ul>	140
3:30 PM	4. Continue box building while hearing from BeingwellCA	Graham Wiseman	<ul style="list-style-type: none"><li>• Hear personal testimony from a survivor of suicide loss</li><li>• Learn about BeingwellCA and its initiatives</li></ul>	20
3:50 PM	5. Continue box building while hearing from Contra Costa Health A3	Contra Costa Health A3 Team	<ul style="list-style-type: none"><li>• Learn about the A3 Miles Hall Crisis Call Center &amp; Mobile Crisis Team</li></ul>	20
4:10 PM	6. Continue box building while hearing from Contra Costa Crisis Center	Contra Costa Crisis Center Team	<ul style="list-style-type: none"><li>• Learn about the Contra Costa Crisis Center</li></ul>	20

4:30 PM	7. Continue box building while hearing from the Wellness in Schools Program (WISP)	Wellness in Schools Program (WISP)	<ul style="list-style-type: none"> <li>Learn about the Wellness in Schools Program (WISP)</li> </ul>	20
4:50 PM	8. Wrap up box building while hearing closing remarks	Contra Costa Health MHSA Team	<ul style="list-style-type: none"> <li>Instructions for use of completed boxes</li> <li>Thank yous</li> <li>Reminder to complete CPPP Survey</li> <li>Visit resources tables</li> </ul>	10
5:00 PM	9. Conclude Forum	Contra Costa Health MHSA Team	<ul style="list-style-type: none"> <li>End Forum</li> </ul>	

### Guidelines for Participants

The input of all participants in the meeting is highly valued. 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 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. Please ensure that any background or anything that will be viewed on the video feed is respectful and appropriate.
4. Wait to be recognized, before unmuting yourself 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 meeting. Outside of the meeting, you may connect with MHSA staff 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. The Contra Costa Crisis Center: Call 988, 1-800-833-2900, or 211. Or **text 'HOPE' to 20121**
3. The Contra Costa Crisis Center web page: [www.crisis-center.org](http://www.crisis-center.org)
4. 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:



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- 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.