

Empowering Resilience: Box Building Community Forum

Join us for a rewarding experience during
Suicide Prevention Awareness Week,
hosted by the Contra Costa County
Mental Health Services Act with support
from the Suicide Prevention Coalition
and Find Your Anchor.

Date: Wednesday, September 13, 2023

Time: 2:00pm - 5:00pm

Location: Vicente Martinez High School,
925 Susana St, Martinez, CA 94553

Register: <https://forms.office.com/g/YTURF3xkGt>

For more information email: jhunt@cchealth.org

During this box building event, you'll help create personalized boxes filled with "anchors" - tools and reminders that provide support during challenging times. These boxes include items that bring comfort, positivity, and hope to someone in need, reminding the recipient they are not alone.



**FIND
YOUR
ANCHOR**

findyouranchor.us

[@findyouranchorbox](https://twitter.com/findyouranchorbox)

- Engage in self-care
- Participate in a guided box building activity
- Hear from guest speakers
- Receive resources and support
- Food provided at no cost

CONTRA COSTA
HEALTH



MHSA CPPP Survey



DIRECTIONS TO VICENTE MARTINEZ HIGH SCHOOL
925 Susana St, Martinez, CA 94553

FROM WEST COUNTY

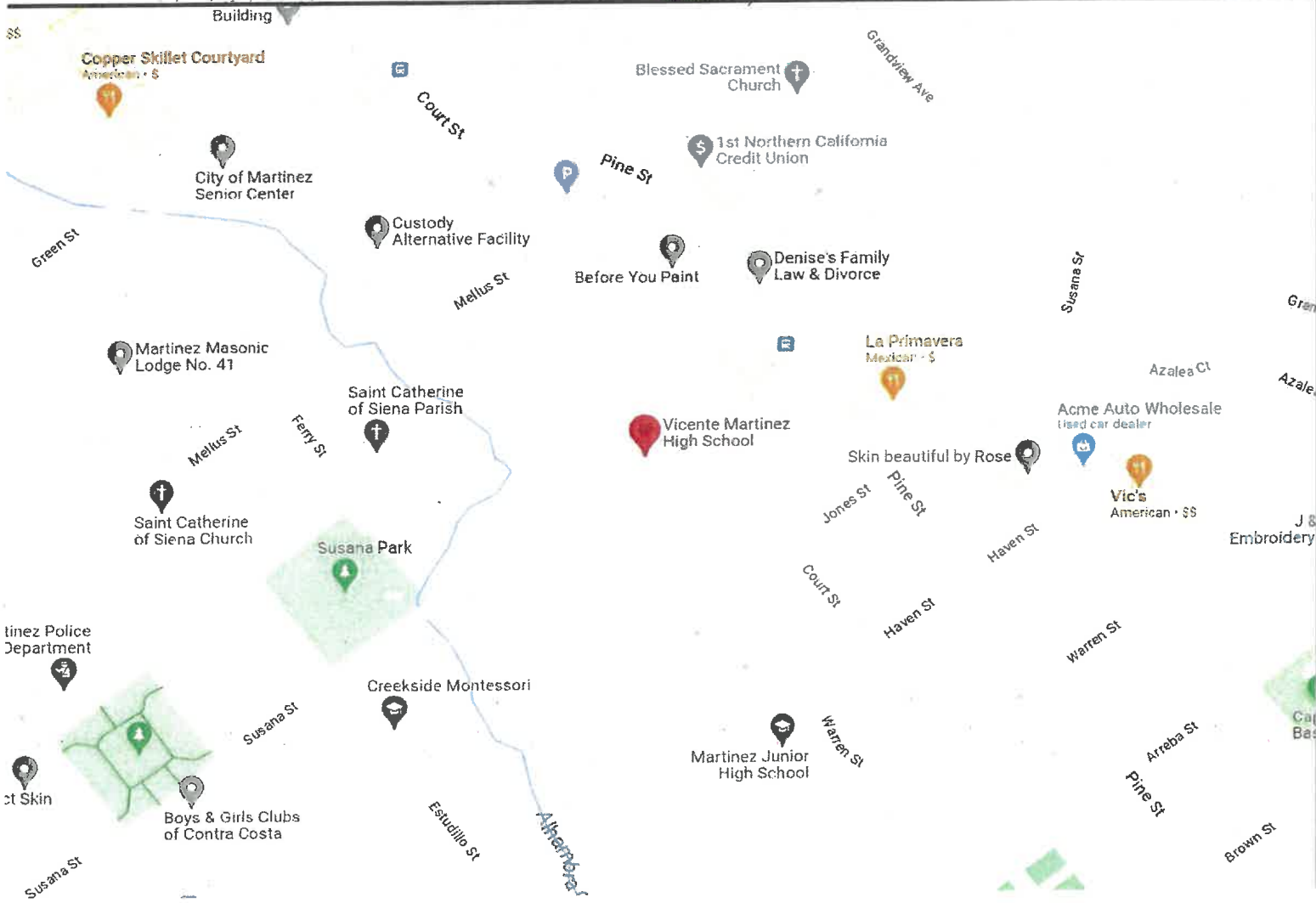
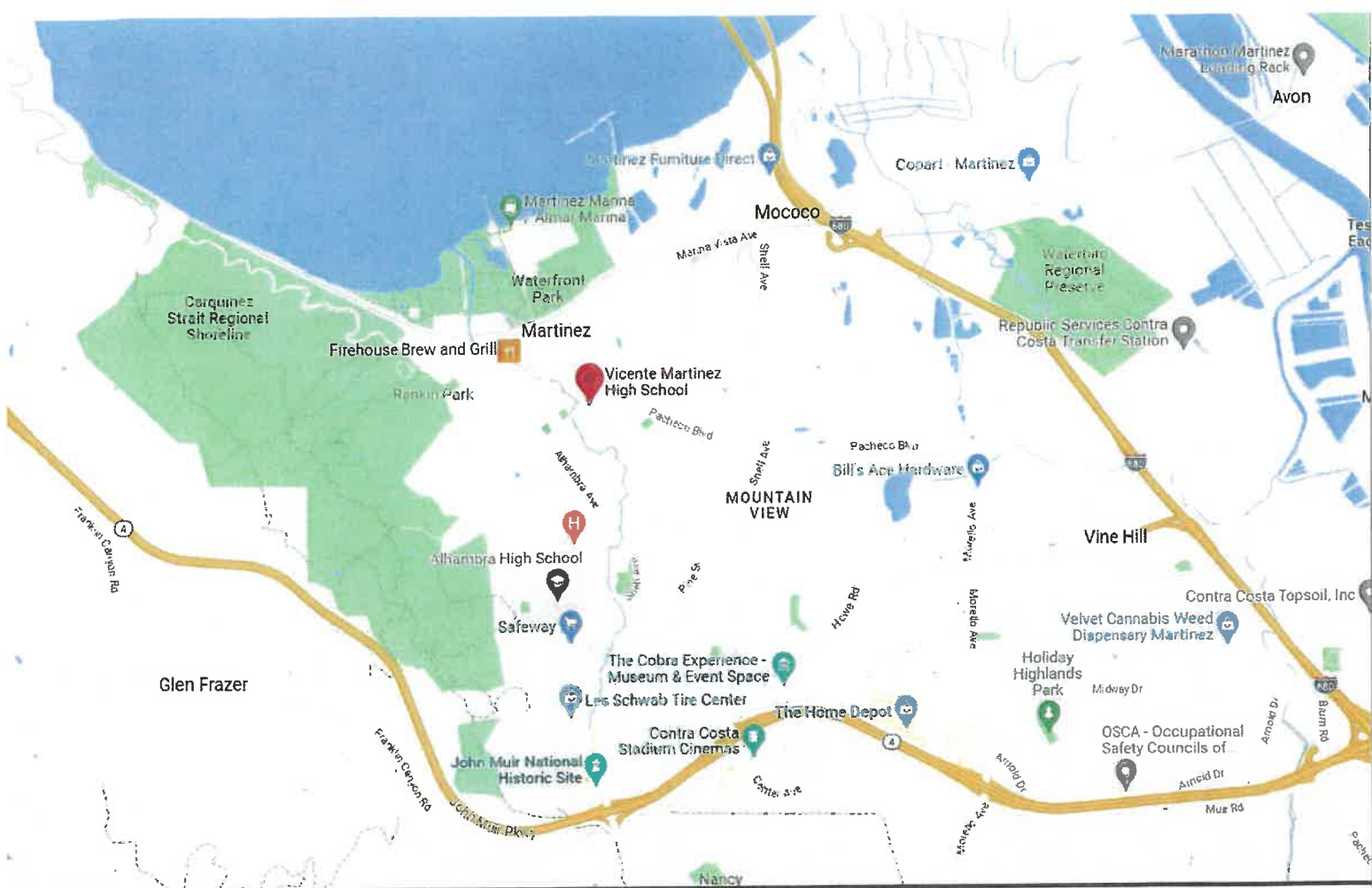
Get on I-80 E
Use the right 2 lanes to take exit 23 to merge onto CA-4 E toward Stockton
Take exit 9 from CA-4 E toward Martinez
Use any lane to turn sharply left onto Alhambra Ave
Turn right onto Jones St
Turn left at the 1st cross street onto Castro St
Turn right onto Susana St
Destination will be on the left

FROM EAST COUNTY

Get on CA-4 W
Take exit 12C to merge onto I-680 toward Sacramento/Benicia
Take exit 54 toward Pacheco Blvd
Continue onto Pacheco Blvd
Continue onto Jones St
Continue onto Pine St
Turn left onto Susana St
Destination will be on the right

FROM SOUTH/CENTRAL COUNTY

Get on I-680 N
Take exit 54 toward Pacheco Blvd
Continue onto Pacheco Blvd
Continue onto Jones St
Continue onto Pine St
Turn left onto Susana St
Destination will be on the right



Contra Costa Behavioral Health Stakeholder Calendar September 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
3	4 Reducing Health Disparities (RHD): (No Meeting) LABOR DAY	5	6 Mental Health Commission (MHC): 4:30 — 6:30 pm (In-Person/Online/Telephone)	7 Council on Homelessness: 1:00—3:00 pm (Online/Telephone) MHSA Advisory Council 3:00 pm —4:30 pm (In-Person/Online/Telephone)	8	9
10	11	12	13 Elder Wellness and Advocacy Coalition (No Meeting) MHSA Suicide Prevention Community Forum: Vicente Martinez High School 2:00 pm — 5:00 pm (In-Person)	14 Social Inclusion: 1:30—3:00 pm (In-Person Only, Richmond)	15	16
17	18	19 Behavioral Health Care Partnership: 1:30—3:00 pm (Online/Telephone)	20	21 MHSA AC Steering 9:00 — 10:30 am (Online/Telephone) MHC Quality of Care: 3:30 — 5:00 pm (In-Person/Online/Telephone)	22 Suicide Prevention Committee (SP) 9:00 — 10:30 am (Online/Telephone) SP Youth Sub-committee (No Meeting)	23
24	25 Innovation/System of Care: (No Meeting)	26	27 AOD Advisory Board: 4:00 — 6:15 pm (In-Person/Online/Telephone)	28	29	30

Contra Costa Behavioral Health 2023

Committee Email Contacts**

Alcohol & Other Drugs (AOD) Advisory Board	fatima.matalzol@cchealth.org
Behavioral Health Care Partnership (BHCP)	jennifer.tuipulotu@cchealth.org
Elder Wellness and Advocacy Coalition (EWAC)	ellen.shirgul@cchealth.org
Health, Housing & Homeless Services (H3)	jaime.jenett@cchealth.org
Innovation / System of Care (INN/SOC)	jennifer.bruggeman@cchealth.org jessica.hunt@cchealth.org
Membership (MHSA - MAC)	audrey.montana@cchealth.org
Mental Health Commission (MHC)	angela.beck@cchealth.org
Mental Health Services Act (MHSA) MHSA Advisory Council (MAC)	audrey.montana@cchealth.org
Reducing Health Disparities (RHD)	genoveva.zesati@cchealth.org
Social Inclusion (SI)	cynthia.ayala@cchealth.org
Steering (CPAW)	audrey.montana@cchealth.org
Suicide Prevention (SP)	jessica.hunt@cchealth.org

** If you have any questions, please contact the Mental Health Services Act (MHSA) office by phone at **(925) 313-9525** or email at MHSA@cchealth.org.

(August 2023)