

**CONTRA COSTA
BEHAVIORAL HEALTH SERVICES**

Hope and Wellness

COMMUNITY FORUM

This event will explore and honor ways people support their mental health and wellness in their lives and communities; while acknowledging these challenging times and remaining hopeful for the future.

JANUARY 28, 2021, 1:00 PM TO 3:00 PM

EVENT TO BE HOSTED VIA ZOOM

PLEASE FOLLOW THE LINK BELOW TO REGISTER:

https://homebaseccc.zoom.us/meeting/register/tJlqcOqhaj0jE9f_Gblid-ubgvWmGnFLEylju

Registration required to participate.
You will receive a confirmation email
immediately after registering.

If you have any question in regards to the
forum, please call or email the MHSA Office at
(925) 313-9525 or MHSA@cchealth.org





Hope and Wellness Community Forum
Date and Time: Thursday, January 28th, 2021 from 1pm to 3pm
Virtual Meeting via Zoom

Purpose of Forum: This forum will include sharing of personal stories while highlighting some of the various ways people support their mental health, wellness, and recovery. Information and resources on mental health and wellness supports in the County shall be shared. There will also be opportunity to participate in small group discussions and provide input as it relates to the Mental Health Services Act (MHSA) and public mental health system in Contra Costa County.

AGENDA

TIME	ITEM	WHO	DESIRED OUTCOMES	MIN
1:00PM	1. Welcome, Introduction and Opening Blessing	Amanda Wehrman - Homebase, and Chaplain Bobby Creekmore	o Welcome and introduction to Hope & Wellness Community Forum	5
1:05PM	2. Music and Art for Wellness Created by Stephen	Stephen Boyd - Behavioral Health Services Office for Consumer Empowerment	o Share Stephen's video: Drums Tibetan Bowl and Xylophone	5
1:10PM	3. What is the Mental Health Services Act and Three Year Plan?	Jessica Hunt - Behavioral Health Services Mental Health Services Act (MHSA)	o Learn about the MHSA, Community Program Planning Process and Three Year Plan/ Plan Update	10
1:20PM	4. Spiritual Healing and Hope in the Midst of a Pandemic	Reverend Kamal Hassan – Sojourner Truth Presbyterian Church	o Provide healing practices that members of community can engage in to increase resilience and hopefulness	20
1:40PM	5. Self-Care	Amanda Dold, Kimberly Nasrul, Claire Battis - Behavioral Health Services Self Care Team	o Mindfulness activity	20
2:00PM	6. Talking Circles	All	o Breakout into small groups participate in discussion	20
2:20PM	7. Wellness and Cooking	Chef Cindy Gershen – Founder of Sunrise Bistro and Catering, and Wellness City Challenge	o Understanding food, cooking and its relation to health and wellness	15
2:35PM	8. Public Comments	All	o Public comments	5
2:40PM	9. Then Sings My Soul	Roberto Roman - Behavioral Health Services Office for Consumer Empowerment	o Singing as a cultural expression for wellness	10
2:50PM	10. Input & Evaluation Survey and Closing Remarks	Genoveva Zesati - Behavioral Health Services Mental Health Services Act	o Participate in Input & Evaluation Survey o Acknowledgements	10
3:00PM	11. Conclude	Amanda Wehrman - Homebase	o 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>

