

## Mental Health Services Act (MHSA) Related Mental Health and Wellness Resources

<p>Contra Costa Behavioral Health Services Office for Consumer Empowerment (OCE)</p>	<p>Committee for Social Inclusion, a behavioral health services community engagement committee dedicated to overcoming stigma and discrimination around behavioral health challenges and promoting wellness, recovery, and resiliency for behavioral health clients and family members. Social Inclusion means every voice should be heard, every point of view to be honored, and every person to have a place at the table, or in this instance meetings. Meetings are taking place virtually via Zoom during the shelter-in-place on the second Thursday of the month from 1:30pm to 3:30pm.</p> <p>For more information <b>or to join the committee's mailing list, email</b> <a href="mailto:Roberto.Roman@cchealth.org">Roberto.Roman@cchealth.org</a> or call (925) 957-5105.</p>
<p>Mobile Crisis Response Team (MCRT) for Adults <a href="https://cchealth.org/mentalhealth/mcrt.php">https://cchealth.org/mentalhealth/mcrt.php</a></p>	<p>When to Call MCRT: Call 1-833-443-2672 if the behavior is escalating, but the person has not physically harmed or tried to harm anyone during this incident.</p> <p>For example:</p> <ul style="list-style-type: none"> <li>• Threatening suicide</li> <li>• Severely depressed</li> <li>• Verbally threatening someone</li> <li>• Throwing objects or hitting furniture or walls</li> <li>• Threatening to run away</li> <li>• Could become a danger to themselves or others</li> </ul>
<p>National Alliance on Mental Illness Contra Costa (NAMI CC) <a href="https://www.namicontracosta.org/">https://www.namicontracosta.org/</a></p>	<p>Offering several virtual support groups. Some groups are being offered in Mandarin and Spanish. Support groups offered are for families, peers, individuals in recovery, or anyone interested in learning more about mental health. The following groups below are hosted on Zoom by trained facilitators from NAMI CC. Anyone interested in participating must contact the facilitator in order to get Zoom meeting information and details.</p> <p>NAMI Connection Support Group: Time: Every Wednesday and Friday, 7:00pm – 8:30pm Contact: Nancy Bolcerek, Phone: 925-826-8433 Email: <a href="mailto:nancybolcerek@namicontracosta.org">nancybolcerek@namicontracosta.org</a></p> <p>Asian Pacific Islander - Mandarin Support Group Time: Every 2nd Sunday, 1:30pm - 3:00pm Contact: Shelly Ji, Phone: 925-765-8232 Email: <a href="mailto:shelly@namicontracosta.org">shelly@namicontracosta.org</a></p> <p>Peer Dual Diagnosis Support Group Time: Every Monday, 5:30pm - 7:00pm Contact: Ashley Ciullo, Phone: 925-765-9406 Email: <a href="mailto:ashley@namicontracosta.org">ashley@namicontracosta.org</a></p> <p>Family Support Group Time: 1st &amp; 3rd Monday, 7:00pm - 8:30pm Contact: Michele OKeefe, Phone: 925-689-4447 Email: <a href="mailto:michele@namicontracosta.org">michele@namicontracosta.org</a></p>

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### NAMI CC – Continued

#### Spanish Support Group

Time: Every Monday, 2:00pm

Contact: Mariela at (925) 765-8206 or Alejandra Escobedo 510-837-4077

Email: mariela@namicontracosta.org or  
alejandraescobedo2@gmail.com

#### Men's Support Group

Time: 2nd & 4th Saturday, 1:00pm - 2:00pm

Contact: Eddie, Phone: 925-765-8045

Email: eddie.m@namicontracosta.org

#### African American Family Support Group

Time: 4th Wednesday, 6:30pm - 8:00pm

Contact: Gigi R. Crowder, L.E., Phone: 510-990-2670

Email: gigi@namicontracosta.org

#### Transitional Age Youth Support Group

Time: Every Tuesday, 6:00pm - 7:30pm

Contact: Jesse, Phone: 925-708-8018

Email: jesse.robbins@namicontracosta.org

#### Writer's Group

Time: 2nd Saturday of the month, 10:30am - 12pm

Contact: Margaret Netherby, Phone: 925-370-7282

Email: mlnetherby@yahoo.com

#### Mental Health Crash Course

Time: Every Wednesday, 6:30pm to 8:30pm upstairs from the NAMI Contra Costa Concord office located at 2151 Salvio Street, Suite V Concord, CA 94520

Visit the Mental Health Crash Course website at

<http://www.mhcrashcourse.org/>

Contact: David Kahler, 925-676 5771 or

Email: crashcoursehelp@aol.com

Mental Health Warm Line: A non-emergency hotline for anyone seeking emotional support, information, and/or linkage to community resources. 925-942-0767

Family to Family Education Course: A free, 8-week course that assists family members through education of the symptoms and treatment of major mental illnesses, as well as skills to help family members and friends communicate with, and advocate for, their loved one more effectively. In process of confirming classroom facilities and available program leaders for Fall 2020. Please register for the location you are interested in and we will get back to confirm day and time. The Family to Family course content will broaden the perspective of family members as well as strengthen **a person's view of themselves**. The NAMI CC community understands that current COVID-19 restrictions and consequences of social isolation have caused stresses and difficulties in

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<p>NAMI CC - Continued</p>	<p>many homes. More signature programs to be offered virtually soon to be announced.</p> <p>For Information and to Register:            Gloria (925) 244-0873            Namif2course@gmail.com            Starting in Sept. 2020            East County, Saturday a.m.            Lafayette, Monday p.m.            Pleasant Hill, Tues p.m.            Richmond, Thurs p.m.</p> <p>Upcoming Virtual Module Training for Prospective Volunteers: Plan to host next Volunteer Module Training in August and will look at opportunities for Volunteers to support efforts remotely. Be a part of the growing NAMI CC Family Network and learn how to become a part of an organization who provides support, education and advocacy to loved ones affected by mental illness. Your effort is valued helping families, in the office and as a member of any of our direct committees. Make your voice count! Training topics include organization history, your role as a volunteer, Mental Health 101 including common diagnoses, supporting families, the Contra Costa Behavioral Health Care System, LPS conservatorships, criminal justice, ethics, cultural responsiveness and self-care.            Contact <a href="mailto:shelly@namicontracosta.org">shelly@namicontracosta.org</a> to sign up.</p> <p>Volunteer Opportunities from Home:</p> <ul style="list-style-type: none"> <li>-Attending Module Training</li> <li>-Participating in support groups</li> <li>-Attending the Crash Course</li> <li>-Helping with the volunteer campaign</li> <li>-Submitting mental health related articles</li> <li>-Sharing your lived experience</li> <li>-Helping input data into the database</li> <li>-Helping fold the newsletter</li> <li>-Homeless mask and food outreach</li> <li>-Social Media</li> <li>-Volunteer mental health wellness check-in</li> </ul>
<p>Native American Health Center (NAHC)  <a href="http://www.nativehealth.org/">http://www.nativehealth.org/</a></p>	<p>Services are open to all community members irrespective of background. The Richmond location is currently offering virtual groups via Zoom and resource referral by phone, email, or Zoom. For more information email Catherine (<a href="mailto:CatherineN@nativehealth.org">CatherineN@nativehealth.org</a>) or Veronica (<a href="mailto:VeronicaSh@nativehealth.org">VeronicaSh@nativehealth.org</a>) or call (510) 232-7020.</p>
<p>Putnam Clubhouse  <a href="https://www.putnamclubhouse.org/">https://www.putnamclubhouse.org/</a></p>	<p>Putnam Clubhouse provides a safe and welcoming place where participants (called members, not patients or clients or consumers) build on personal strengths instead of focusing on illness. Currently, most of programming is virtual and open to Contra Costa County residents. To access virtual programming and get connected, visit the Putnam Clubhouse website.</p>

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<p>Recovery Innovations International (RI International)  <a href="https://riinternational.com/our-services/california/contra-costa/">https://riinternational.com/our-services/california/contra-costa/</a></p>	<p>Recovery Innovations (RI) International is holding various virtual wellness and interactive supports and workshops online including:</p> <ul style="list-style-type: none"> <li>• Arts &amp; Crafts/Bingo</li> <li>• Employment Placement Program (E3P)</li> <li>• Healthy Lifestyles</li> <li>• <b>Let's Connect</b></li> <li>• Voting Information &amp; How to Vote</li> <li>• Wellness Recovery Action Plan (WRAP)</li> <li>• Outside Wellness</li> </ul> <p>Please reach out the team leads at each site for more information and to connect to virtual programming.  <u>RI International, Inc. Wellness Center Contacts:</u>                  Antioch Team Lead: Carla Liggins (925) 464-8828                  Concord Team Lead: Marina Ramos (510) 695-5833                  San Pablo Team Lead: Anthony Fefita (925) 503-3713                  E3P Coordinator: Kody Jones (925) 783-0199</p>
<p>RYSE Center  <a href="https://rysecenter.org/our-programs">https://rysecenter.org/our-programs</a></p>	<p>RYSE Programs are designed to provide youth with the tools to build a better city.                  RYSE envisions a movement led by young people that ensures dignity for youth, their families, and their communities. Programming at RYSE is anchored in the belief that young people have the lived knowledge and expertise to identify, prioritize, and direct the activities and services necessary to thrive.</p> <p>While the Center is physically closed due to the Bay Area shelter-in-place, RYSE is providing free programs virtually for young people and community members.                  Email <a href="mailto:info@rysecenter.org">info@rysecenter.org</a> to find out more and learn how to sign up.</p> <p>Virtual Youth Programs: <a href="https://rysecenter.org/our-programs">https://rysecenter.org/our-programs</a></p>
<p>The Contra Costa Crisis Center  <a href="https://www.crisis-center.org/">https://www.crisis-center.org/</a>  <a href="https://cccc.myresourcedirectory.com/">https://cccc.myresourcedirectory.com/</a></p>	<p>Provides telephone crisis counseling, grief counseling, suicide prevention services, including response to 800-273-TALK and 800-SUICIDE. Provides information and referrals to community programs. Answers all after hours calls Contra Costa County Child Protective Services and Contra Costa County Adult Protective Services. Provides individual and group grief support and counseling to adults and children mourning the death of a loved one. Grief support groups are being offered via Zoom in English and Spanish. <b>Clients can call or text "HOPE" to 20121 to reach a crisis counselor 24 hours daily.</b> Phone, text or website available 24 hours a day. Support offered in English and Spanish, with a language line available for other languages.</p>

### 2020 Voting Resources

- California Online Voter Registration: <https://registertovote.ca.gov/>
- California Ballot Tracking/ Where's my ballot? <https://california.ballottrax.net/voter/>