



Dear Community Member and Supporter,

Thank you to the many of you who provided us with generous support during our holiday campaign to support our programs here at CSS. We are so lucky to have you in our corner.

We hope this quarterly newsletter serves to keep us connected by updating you on our programs. Below you will find information about a new training geared toward health care providers, a glimpse into our group support services, as well as our new partnership with Chabot College.

Thinking about the many members of our team who have been impacted by COVID-19 during recent months, it's important to acknowledge the physical, emotional, and psychological toll of the pandemic. We hope you are able to take breaks and connect meaningfully with your own community as we all navigate this challenging time. Please know that CSS here if you need us.

Thank you for being a part of our community,

Narges Zohoury Dillon, LMFT
Executive Director



Narges

24-HOUR CRISIS LINE (800) 309-2131

English Text service: 7 days a week 4-11 pm, text SAFE to 20121

Spanish: Tuesday-Friday 5-9 pm, text SEGURO to 20121

Follow CSS on
social media



Facebook



Twitter



Instagram

The programs of CSS are only possible through the work of our dedicated volunteers. By giving a few hours each week, you can make a difference for someone in need. Our volunteers enjoy working on a team and are part of an engaged, diverse, and caring community.



**Interesting in volunteering
with CSS?**

Next Training starts in April so apply
NOW. Call 510-420-2460 or
visit www.crisissupport.org

New Workshop for Healthcare Professionals

The CSS Community Education team has been developing targeted workshops for healthcare professionals and this newest offering aims to provide health care professionals with an introduction and overview to suicide safety planning and increasing confidence in supporting patients in developing one. Safety plans are evidence based, short term interventions that can help mitigate suicide risk.

Free Training for Health Care Workers!

**Suicide Prevention in
Health Care Settings**

**Tuesday, Feb 15
9:30-11am**

**NEW! Safety Planning:
An Introduction**

**Thursday, Feb 24
3-4pm**

Developed in collaboration with a patient, a safety plan can prevent crises from escalating by providing a person with tangible self-help coping strategies, including determining who can be most helpful during a crisis. Knowing that people who are experiencing suicidal thoughts are more likely to reach out to their primary care provider for support first, rather than a mental health professional, it highlights the key role health care settings play in suicide prevention.

This training will be provided for the first time on February 24th at 3-4pm and is intended for health care providers and those working in health care settings in Alameda County. You can sign up at <https://bit.ly/CSSFebruaryWorkshops> or email communityeducation@crisissupport.org for additional information. These sessions will not be recorded to maintain confidentiality.



Making the Connection

In-person Group Support Services



As the pandemic has highlighted the degree of isolation that many individuals are experiencing, CSS Clinical Program has focused its efforts on group services that aim to connect individuals experiencing similar challenges.

In the last few months, one of our clinical groups, the Survivor of Suicide Loss group, was offered in person with the consent of both facilitators and all attendees. This marked our first in-person group since March of 2020. Our General Bereavement Group and Building Connections group (geared toward older adults), were offered virtually through telemedicine per request of attendees.

We are also increasing the frequency of groups by offering all groups on a pre-scheduled, eight week basis. Previously groups would begin only when there had been a sizeable number of referrals. A predetermined schedule allows us to advertise consistently ahead of time, better manage our waitlist, and offer three iterations of each group throughout the year. We are also working on reformatting groups based on a more relational, collaborative approach. This approach is proven to be more effective in engaging a more diverse group of participants. Follow us on social media where we regularly post about our group offerings.



*basha * star, CSS's Clinical Program Coordinator, recently posted a video about the waiting list for our group programming.*

CSS Community Education Partnership with Chabot College

Our agency is excited to host a student from Chabot College in Hayward in a first of its kind partnership geared to give early career individuals the opportunity to be part of the behavioral health system.

The students participating are also part of a peer guide support program within Chabot College. The motivation behind the internship is to provide these students with real world opportunities in the mental health field since that is what many of them want to pursue after graduation.

The partnership will positively impact both CSS and Chabot College as the student will have an opportunity to explore a career in Behavioral Health and gain hands-on experience working at a community-based non-profit suicide prevention organization. This internship will focus mainly on community education and social media, developing presentations for community members & Chabot College students, creating content to be used for social media networks, and participate in trainings related to suicide prevention.

We look forward to sharing the impact of this partnership with you in the future.



THINGS YOU CAN DO TO GET INVOLVED:



Contact us about becoming a phone or text volunteer, click [HERE](#)



Let us know if you want come to our community events, click [HERE](#)



Make a tax-deductible donation today, click [HERE](#)

www.crisissupport.org gets you started!