



EVENT DESCRIPTIONS

<p>May 3 9:00am</p>	<p>Suicide Prevention Community Forum <i>Solano BH MHSA</i></p>
<p>May 10 5:00pm</p> <p>May 13 3:00pm</p>	<p>Solano County Behavioral Health, in partnership with the Solano County Suicide Prevention Committee, has launched a community program planning process to update the Solano County Suicide Prevention Strategic Plan which was developed and approved by the Solano County Board of Supervisors in 2017. Solano County is one of only seven California counties to have a countywide plan to address the issue of suicide. This plan is a guide for the entire county -- both public and private sectors -- to reduce suicide deaths in Solano County.</p> <p>In addition to targeted focus groups being held for populations considered at higher risk for suicide, three virtual community forums will be held for the purpose of raising awareness regarding how suicide deaths impact the local Solano County community and to engage community members in identifying strategies to reduce suicide deaths locally.</p> <p>The community forums are open to consumers, family members, behavioral health, and health care providers, local education agencies, elected officials, first responders, and concerned citizens.</p>
<p>May 4</p>	<p>CASRA 2021 Statewide Virtual Conference <i>California Association of Social Rehabilitation Agencies</i></p> <p>Topics include:</p> <ul style="list-style-type: none"> • The CASRA Story: 50 Years in the Making, Betty Dahlquist, MSW, CPRP, Executive Director, CASRA • The Recovery Journey through Medical Necessity, Amanda Vierra, LAADC and Maria Gregg, LCSW • Understanding Loneliness and Social Isolation: Impacts on People and Society at Large in a Connected World, Robert Statham, BA, Training & Technical Assistance Facilitator, New York Association of Psychiatric Rehabilitation Services (NYAPRS) • Trauma and PTSD in People Diagnosed with Serious Mental Health Issues, Kim Meuser, Ph.D., Boston University • Thinking Skills for Work: Cognitive Enhancement for Successful Employment, Susan McGurk, Ph.D., Boston University • I Was There, So Are You, Harvey Rosenthal, Executive Director, New York Association of Psychiatric Rehabilitation Services (NYAPRS) • A Rebellious Guide to Psychosis, Mark Ragins, M.D., Psychiatrist, Cal State University Long Beach, Trainer, Consultant and Author

	<ul style="list-style-type: none"> From Hardship to Hope: Strategies to Foster Financial Wellness in Times of Uncertainty, Oscar Jimenez-Solomon, MPH, Instructor, Rutgers University Department of Psychiatric Rehabilitation <p>Fee: \$49.99</p> <p>Register on the website: https://casra.org/calendar-details-social-rehabilitation-agency.html?calendarid=18</p>
<p>May 5 6:00pm</p>	<p>"My Ascension" for Suicide Prevention <i>NAMI Solano</i></p> <p>A suicide attempt left 16-year-old cheerleader Emma Benoit paralyzed but propelled her on a mission to help others find hope & stay alive.</p> <p>A series of miracles saved Emma Benoit's life, but the self-inflicted gunshot shot wound resulted in a spinal cord injury that left her paralyzed. Although extremely tragic, the incident propelled her on a mission to use her painful experience and miraculous recovery to help others find hope and live.</p> <p>My Ascension is a film that was created to inspire and educate audiences, while providing a spark to help individuals and communities save lives by enhancing suicide prevention efforts.</p> <p>More information: https://namisolano.org/events/my-ascension-documentary-virtual-screening/var/event_access/TBD/</p> <p>To Register - https://www.eventbrite.com/e/149936358685</p>
<p>May 8 10:00am</p>	<p>Virtual Speaker Meeting with Mental Health Advocate - Tarrin Morgan II, M.A., M.A.S. <i>NAMI Solano</i></p> <p>Tarrin Morgan uses a unique approach that allows the audience to be present during his darkest hour when he was considering suicide but found the sign that his life not meant to end. Morgan utilizes his impactful and inspiring story of how he went from feeling hopeless to hopeful in efforts to educate others and fights stigma! Tarrin has areal talk session series free and easy to digest "edutainment" that addresses and brings awareness to the experiences, hardships, etc. that people living in underserved areas, face daily.</p> <p>Join us through Zoom Meeting ID: 849 8360 4095 Passcode: 839861</p>
<p>May 10 6:00pm</p>	<p>Kickoff to MH Awareness Week: LGBTQ+ <i>Solano PRIDE</i></p> <p>Kick off "Mental Health Awareness Week" by posting your 1st uplifting message on your favorite Social Media Platform - how about doing this each day of the week? Don't forget to tag: #SolanoPrideCenter and #JourneytoWellness</p>
<p>May 11 10:00am</p>	<p>Setting the Stage For Supporting Peers In The Workplace <i>Crestwood BH</i></p> <p>Presenters: Lori Ashcroft and Rita Cronise will discuss best practices and the organizational spirit of developing a Peer Workforce.</p> <p>Email for more information: Ruthgonzales@cbhi.net</p>
<p>May 11 12:15pm</p>	<p>Yoga and My Recovery <i>NAMI Solano</i></p>

	<p>Virtual Speaker meeting, Amritari Martinez M.A. E-RYT will present about yoga and their recovery.</p> <p>Join us through Zoom</p> <p>Meeting ID: 894 2008 1425</p> <p>Passcode: 422438</p>
<p>May 11 1:00pm</p>	<p>Ser El Apoyo: Taller Virtual de prevención del suicidio para padres/tutores y personal escolar Solano County Office of Education- SCOE <i>(This is a 1 hour youth suicide prevention training offered in Spanish)</i></p> <p>Este taller ofrecerá una descripción general de los problemas de salud mental de los jóvenes y equipará a los participantes con herramientas de prevención del suicidio. Regístrese hoy mismo si es un adulto que está interesado en aprender cómo responder de manera proactiva a las preocupaciones y crisis de salud mental entre los jóvenes.</p> <p>https://solanocoe.zoom.us/j/93845211211?pwd=R3lGQTc3SHhUbElJV0tWQXNtdm8xZz09</p>
<p>May 11 6:00pm</p>	<p>Dr. Cerrene Cervantes, “in her own voice- A Journey to Resiliency”</p> <p>Join Dr. Cerrene Cervantes, executive director of NAMI Solano, as she discusses “In her own voice: A journey to Resiliency</p> <p>Join via Zoom: https://zoom.us/j/97368558631</p>
<p>May 12 9- 4pm</p> <p>May 19 9:00am</p> <p>May 20 9:00am</p>	<p>Be The Help: Youth Suicide Prevention and Mental Health Awareness, a 6-hour workshop Solano County Office of Education- SCOE</p> <p>Suicide Prevention and Mental Health Awareness is a 6-hour workshop for school staff, parents/guardians, and anyone who wishes to gain tools that address mental health stigmas, provide support for youth mental health needs, and acquire tools to provide support in a crisis. This workshop will offer an overview of youth mental health concerns, equip participants with suicide prevention tools, and know-how to connect youth with ongoing mental health support. Register today if you are an adult who is interested in learning how to proactively respond to mental health concerns and crises among youth.</p> <p>9 a.m.- 4 p.m. Meeting Registration - Zoom (may 12)</p> <p>9 a.m.- 12 p.m. Meeting Registration - Zoom (may 19 & 20)</p>
<p>May 12 10:00am</p>	<p>Vacaville Car Parade Solano BH</p> <p>Join us to raise awareness for Mental Health Month as we ride through Solano County in our 2 DAY car parade - there will be giveaways for the first 50 people at the end of each parade!</p>
<p>May 12 2:00pm</p>	<p>Rio Vista Car Parade Solano BH</p> <p>Join us to raise awareness for Mental Health Month as we ride through Solano County in our 2 DAY car parade - there will be giveaways for the first 50 people at the end of each parade!</p>

<p>May 12 6-8 PM</p>	<p>Mental Health within the LGBT+ Community <i>Solano PRIDE</i></p> <p>Tune in to our LIVE STREAM as Engage(d) LGBT+ Youth discuss MH within the LGBT+ community</p> <p>Join via Solano Pride Center's Website: HOME solanopride</p>
<p>May 13 1:00PM</p>	<p>Disruption, Discovery, and Balance <i>Crestwood BH</i></p> <p>Come take a visual journey of Greg Parnell's recovery and see how disruption from wellness lead to discovery and the need for balance. In this colorful workshop you will have an opportunity for self-reflection and maybe identify areas in your life you may want to address, shift or enhance to create intentional balance for living your best life.</p> <p>Email for more information: gparnell@cbhi.net</p>
<p>May 13 6:00pm</p>	<p>"A sound bath" by Brigid Reilly <i>Solano PRIDE</i></p> <p>Brigid Reilly, certified life coach and sound healing practitioner, takes us on a full body listening experience that intentionally uses sound to invite gentle yet powerful therapeutic and restorative processes to nurture your mind and body.</p> <p>Join via Zoom: https://zoom.us/j/97368558631</p>
<p>May 15 11:00am</p>	<p>Fairfield Car Parade <i>Solano BH</i></p> <p>Join us to raise awareness for Mental Health Month as we ride through Solano County in our 2 DAY car parade - there will be giveaways for the first 50 people at the end of each parade!</p>
<p>May 15 12:15pm</p>	<p>Virtual Book Discussion - "Turtles all the way down" <i>NAMI Solano</i></p> <p>This is a virtual book discussion that Anita Catlin, Vice President of NAMI Solano, will be facilitating. This is a story that so accurately depicts the life of a teen who has mental health needs.</p> <p>Join Us By Zoom Meeting ID: 88255305868 Password : 505157</p>
<p>May 15 2:00pm</p>	<p>Vallejo Car Parade <i>Solano BH</i></p> <p>Join us to raise awareness for Mental Health Month as we ride through Solano County in our 2 DAY car parade - there will be giveaways for the first 50 people at the end of each parade!</p>
<p>May 17 1:00pm</p>	<p>"Rebuilding relationships after the isolation of COVID-19" <i>Solano County Office of Education- SCOE</i></p>

	<p>Gain new skills on how cultivate and maintain healthy relationships as you return to work and school. Learn positive way to communicate, listen, and affirm others.</p> <p>1-2 p.m. https://solanocoe.zoom.us/j/98406552382?pwd=V1MvNmdUZ3RTQVZCVzZDQngxcU5OQT09</p>
<p>May 17 11:30am</p>	<p>Meet and Greet with Book Author Cynaka Harper</p> <p>Join us as we meet Author Cynaka Harper, as she speaks about her Three published books.</p> <p>Published books: Life’s Journey, Love Loss Life, and Dreamer’s Fantasy</p> <p>Join Zoom Meeting https://zoom.us/j/95624396932?pwd=SmFHdVRBVFB2ekM1b0JOc3FxWFJmUT09 Meeting ID: 956 2439 6932 Passcode: 665732</p>
<p>May 19 1-3 pm</p>	<p>Journey to Wellness with Kevin Berthia <i>Solano BH</i></p> <p>Please Join us to listen to an amazing inspirational speaker talk about his story with attempting suicide. Kevin believes that having attempted suicide plays a Major role in the prevention of additional suicides. No one knows more about the darkness that Surrounds suicide than those who have walked in its Shadow.</p> <p>Zoom link www.zoom.us/j/96942288730 Zoom Meeting ID: 969 4228 8730 Zoom Call In Phone Number: 669–900–9128</p>
<p>May 20 5:00pm</p>	<p>Be the Support 1-hour Teen suicide Prevention <i>Solano County Office of Education- SCOE</i></p> <p>This brief workshop will provide an overview to suicide prevention for every hard work-working parent, guardian, and caregiver who has been supporting youth during these trying times. Participants will learn how to talk with youth about suicide and be informed of suicide-related statistics. Participants will also gain knowledge on how to recognize warning signs and help those who may be at risk.</p> <p>5-6 p.m.</p> <p>https://solanocoe.zoom.us/j/94790345893?pwd=RG1IQlpMQmNnM3ZWU3IyaXRxWXFBZz09</p>
<p>May 21 6:00pm</p>	<p>Poetry- My Journey to wellness <i>Solano BH</i></p> <p>In celebration of May is Mental Health Month and AAPI Heritage Month, our Kaagapay Asian/Pacific Islander Outreach program invites all Asian/Pacific Islander individuals to participate in our “Poetry – My Journey to Wellness” virtual event on May 21, 2021 from 6-7:30 PM. This event aims to showcase our community members’ talents in Spoken Word Poetry and its benefits when used as a coping tool for mental health wellness.</p> <p>To participate, please email your name, contact number, the poem/spoken word, and title you would like to share to: CLAS@solanocounty.com by May 5, 2021.</p> <p>For more information, contact Jackie Torrecampo, Kaagapay API Outreach Coordinator, at (707) 718-4078</p>

<p>May 22 10:00am</p>	<p>“Ending the Silence” NAMI Solano</p> <p>NAMI ending the Silence is a free presentation designed to give audience members an opportunity to learn about mental illness through an informative Power Point short videos. There are three types of Ending the Silence Presentations: one for youth, one for school staff and one for families. Each presentation outlines symptoms of mental health conditions and gives attendees ideas about how to help themselves friends or family members who may need support.</p> <p>Join us through Zoom Meeting ID: 845 0060 3330 Passcode: 566587</p>
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