







# **MENTAL HEALTH WORKSHOP : THERAPEUTIC ALLIANCES, SUICIDE PREVENTION AND RESOURCES**

**WITH NIKI KHANNA, PACIFIC CENTER  
& CRISTINA RITA, CRISIS SUPPORT SERVICES**

**THURSDAY, MARCH 30, 2023  
10 AM - 12 NOON ON ZOOM**



## **WELCOME AND ORIENTATION**



### **MENTAL HEALTH WORKSHOP ON THERAPEUTIC ALLIANCES, SUICIDE PREVENTION AND RESOURCES**

- Please introduce yourself in the chat (name, pronouns, organization, role). Let us know if your audio & video are separated.
- We will record the presentations and not the breakout groups.
- Please take breaks whenever you want to!
- Please ask questions and share in the chat. We will take questions as we go along.



# MENTAL HEALTH RESOURCES

[EBGTZ.ORG](http://EBGTZ.ORG)

**Download workshop handouts:**  
[www.ebgtz.org/resource/mental-health](http://www.ebgtz.org/resource/mental-health)



**Directory including mental health services:**  
[www.ebgtz.org/services](http://www.ebgtz.org/services)



**Collaborating organizations:**

- [Crisis Support Services of Alameda County](#)
- [EBCRP at LifeLong](#)
- [Pacfic Center](#)
- [Casa del Sol at La Clínica](#)
- [Contra Costa Health Services](#)



# QUICK UPDATES

[EBGTZ.ORG](http://EBGTZ.ORG)

## EAST BAY HIV STRATEGIC PRIORITIES FOR 2023



**COMMUNITY MESSAGING**

EAST BAY AIDS MEMORIAL GARDEN  
 DIGITAL STORYTELLING SERIES



**IMPROVING COLLABORATIONS**

MENTAL HEALTH SKILLS AND REFERRALS  
 HIV SERVICES IN STREET, SHELTER AND ED SETTINGS



**INNOVATIVE MODELS**

INJECTABLE PREP & HIV TREATMENT  
 MOBILE HIV SERVICES  
 HOME HIV & STI TESTING



**YOUTH ENGAGEMENT**

YOUTH-ADULT PARTNERSHIPS IN GENDER & SEXUAL HEALTH EDUCATION



**HOUSING INITIATIVES**

HOUSING "NUTS AND BOLTS" CASE CONFERENCES



## SIMPLE GUIDES TO FINDING AFFORDABLE HOUSING IN ALAMEDA & CONTRA COSTA COUNTIES



JUDY ELIACHAR AND ANGELA MOORE  
 EAST BAY GETTING TO ZERO HOUSING GROUP CO-FACILITATORS



## East Bay HIV Mental Health Resource Guide

Updated March 2023

This guide includes mental health services available to residents in Alameda and Contra Costa Counties and serve people living with HIV, on PrEP, and/or impacted by HIV.

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<b>Alameda County mental health ACCESS line</b>	
• 1-800-461-9099, M-F, 9:30-5:00	
• Confidential telephone intake service operated by Alameda County Behavioral Health Care (ACBHC) ACCESS! licensed clinicians have system-wide responsibility for providing telephone screening, information and referral. Staff can also help direct individuals to appropriate crisis and emergency response services as well as ongoing service resources.	
• Asian Language (510) 569-7200	
• Spanish Language - Oakland (510) 529-6200; Hayward (510) 881-7022	
• Dual (510) 957-6465; Hard of Hearing (510) 884-3854 (Relay Phone)	

## SERVICES

Map Satellite

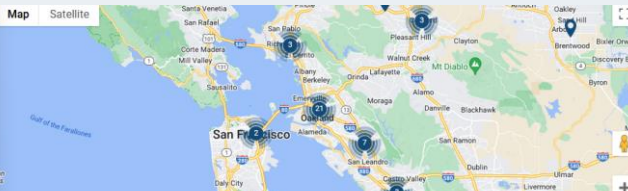
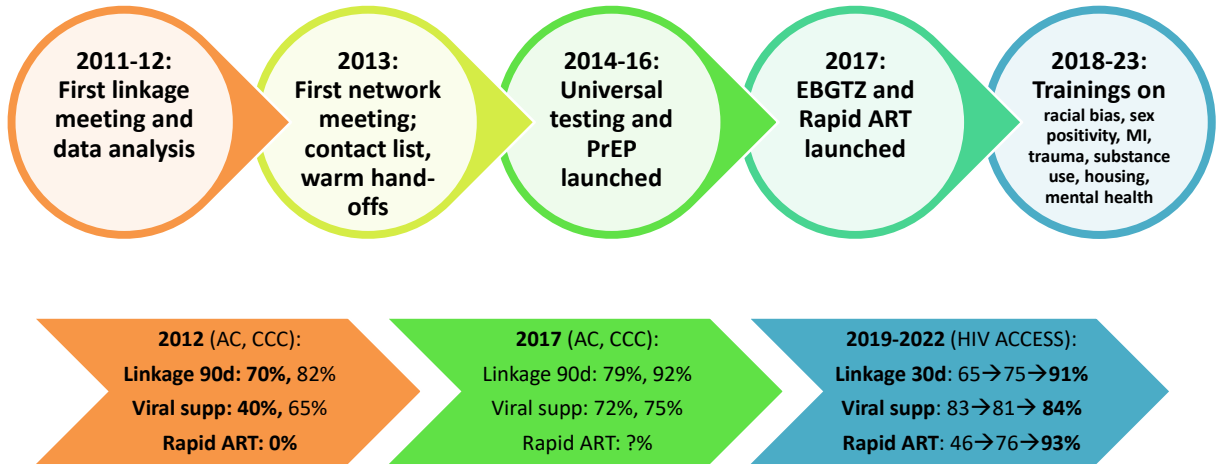


PHOTO	AGENCY & LOCATION	HIGHLIGHTED SERVICES	CONTACT	MORE INFO
	PACIFIC CENTER 2712 Telegraph Avenue, Berkeley, CA 94705	Mental health counseling for individuals, families, couples, and groups.	Please call 1-501-992-8317	→
	CRISIS SUPPORT SERVICES OF ALAMEDA COUNTY (24/7)	Confidential 24-hour crisis line for suicide prevention and crisis intervention.	<ul style="list-style-type: none"> <li>• 24-Hour Crisis Line: Call 888 or 1-800-302-2131</li> <li>• Youth Text Line: Text SAFE to 2021 (8am-12a Daily)</li> <li>• For Spanish: Text SEGURO to 2021 (5pm-9pm Tues-Fri)</li> <li>• Para Español: Textear SEGURO al 2021 (5pm-9pm martes-viernes)</li> </ul>	→



# LINKAGE GROUP HISTORY AND FUTURE [EBGTZ.ORG](http://EBGTZ.ORG)



# EAST BAY HIV STRATEGIC PRIORITIES FOR 2023



## COMMUNITY MESSAGING

- EAST BAY AIDS MEMORIAL GARDEN
- DIGITAL STORYTELLING SERIES



## IMPROVING COLLABORATIONS

- MENTAL HEALTH SKILLS AND REFERRALS
- HIV SERVICES IN STREET, SHELTER AND ED SETTINGS



## INNOVATIVE MODELS

- INJECTABLE PREP & HIV TREATMENT
- MOBILE HIV SERVICES
- HOME HIV & STI TESTING



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- YOUTH-ADULT PARTNERSHIPS IN GENDER & SEXUAL HEALTH EDUCATION



## HOUSING INITIATIVES

- HOUSING "NUTS AND BOLTS" CASE CONFERENCES

## PLAN FOR THIS WORKSHOP

Healing practice,  
networking

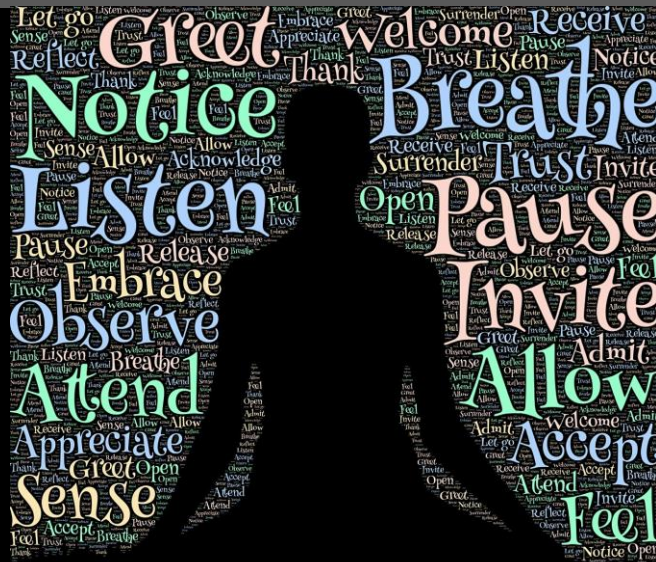
Building  
therapeutic  
alliances

Crisis de-escalation  
& suicide  
prevention

### Learning objectives:

1. Discuss at least two skills to build a therapeutic alliance with clients with mental health conditions.
2. Practice at least two ways to prevent suicide and de-escalate crisis situations.
3. Review mental health resources in the East Bay.

## HEALING PRACTICE WITH RAMON JACKSON





# LET'S NETWORK! BREAKOUT SESSION

Intros/org updates/resource sharing; identify group lead

Include the following information in your introduction:

1. Name
2. Organization
3. Role

What shows up for you around mental health issues?

What do you hope to learn today?

# BUILDING THERAPEUTIC ALLIANCES NIKI KHANNA, LMFT



# CRISIS DE-ESCALATION AND SUICIDE PREVENTION CRISTINA RITA, MA



CRISIS SUPPORT SERVICES  
of Alameda County



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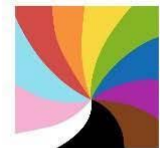


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- [Casa del Sol at La Clínica](#)
- [Contra Costa Health Services](#)



**La Clínica**<sup>SM</sup>  
a california *health* center



**PACIFIC CENTER**  
FOR HUMAN GROWTH

## DO NOW: HELP US WITH YOUR EVALUATION!

We depend on your feedback for funding and improvements!

Please help us complete the workshop evaluation \*now\*:

[tinyurl.com/eval330](https://tinyurl.com/eval330)



## UPCOMING EVENTS & GROUPS

[EBGTZ.ORG](https://EBGTZ.ORG)

### Upcoming Events:

- Click for Spanish language overdose prevention and Pacific Center trainings.
- Prevention network meeting: June 15, 2023 at 10 am on Zoom.
- The next HIV linkage meeting will be in the Fall of 2023.

### Join our East Bay HIV network lists/groups: email ZJ Eskman: [zj@ebgtz.org](mailto:zj@ebgtz.org)

- Lists and groups: Community Messaging, Grupo de Charla y Activismo, Linkage and Retention network, Testing and Prevention network, PrEP Navigator network, Youth and youth provider network, Poz Plus: People Living with HIV advisory group.

