

Crisis Support Services of Alameda County's Monthly Newsletter

WELCOME TO OUR NEWSLETTER



CRISIS SUPPORT SERVICES
of Alameda County

FROM THE DIRECTOR

Dear CSS community,
As I enter my third month here, I reflect on how welcomed I have felt by the community at CSS and am honored to be a part of an agency filled with staff and volunteers who are incredibly passionate about, and dedicated to, our life-saving mission.

I feel immense gratitude for my predecessor Nancy Salamy, who retired at the end of summer after many years of service with CSS, and am committed to continuing to build on the great work the agency has been doing in Alameda County for over 50 years.

Our hope is that through creating this newsletter, we can have ongoing communication with you and also work to expand our network of allies in suicide prevention.

Thank you for your support
Narges Zohoury Dillon, LMFT
Executive Director



Latest Event

We had a great time at the first annual Fairway to Wellness Miniature Golf Tournament on 10/25 and raised over \$8,000! Our winners were local firefighters (picture of their team above) who had also been sponsors of the event. Thank you to all those who participated.

Next Up

On **12/12** we are hosting **Art For Life**, an art exhibit and auction to support CSS at Humanist Hall. Hope to see you there!

Program Updates

New Hospital Follow Up Supervisor - This program is back with Kenneth Zhou on board. Please offer this service to clients and callers who have had a recent hospitalization.

Survivors of Suicide Attempt group - This new group needs your help to get started. Know anyone who has had a past suicide attempt in their life, let them know about this opportunity to connect with others with similar experiences.

First Annual Staff/Intern Survey - We want to hear from you! Please tell us your thoughts by November 15th. We will be presenting the results in December. Also, a volunteer survey will be distributed in early 2020.

Devah's Retirement - Our Clinical Director extraordinaire will be stepping down from the role at the end of the year. She has had an immense impact in her time at CSS. THANKS!



CSS Partnership Shoutout

"Hope Is Real" - the East Bay Singers and Chamber Choir perform an eclectic program of folk songs, choral classics and modern works. Buddy James, conductor. Jeffrey Sykes, piano. Attendees are encouraged to donate \$15 to CSS to receive 2 admission tickets.

Meet our team

Christina



I came to CSS because ...

I wanted to help others who struggle with issues similar to what I have struggled with in my life. I have dealt with being suicidal since I was 12 years old and I have called crisis hotlines as a caller and I wanted to give back to others.

What I find hopeful about this work is ...

I find it hopeful that there are people out there who care enough to give their time to help others in need. I also find it very rewarding to be able to relate to a caller and have them feel understood when they often don't feel understood by the mental health system.

What keeps me coming back is ...

I love the community at CSS! I feel supported by the other staff members and volunteers and am able to support them in turn. When I am feeling down it helps me feel better when I'm able to help other people and give back to others. I find it very rewarding to see how appreciative some of our callers are and how much of a difference we can make in the lives of others.

I have been involved with the agency since ...

I started volunteering here in 2015 and became a staff member (shift supervisor) in the Summer of 2019.