

SEPTEMBER - OCTOBER 2022

Diversity, Equity, & Inclusion

Cultural Competence Newsletter

County of San Luis Obispo - Health Agency



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SEPTEMBER: NATIONAL SUICIDE PREVENTION MONTH

September 4-10: National Suicide Prevention Week

September 10: World Suicide Prevention Day

Current Issue: " Preventing Suicide Among Homeless Veterans: A Consensus Statement by the Veterans Affairs Suicide Prevention Among Veterans Experiencing Homelessness Workgroup" (2021)

By Ryan Holliday et al.

- Veterans experiencing homelessness have especially high rates of suicidal ideation and suicidal self-directed violence.
- This is thought to be due to factors such as social isolation, poverty, lack of housing, comorbidities, interpersonal violence, trauma, and psychological stressors such as unemployment.
- The Department of Veterans Affairs, therefore, has integrated suicide prevention into its services, including suicide screening.

<https://doi.org/10.1097/mlr.0000000000001399>



Current Issue: "Association Between Disability and Suicide-Related Outcomes Among U.S. Adults" (2021)

By Nicole Marlow, Zhigang Xie, Rebecca Tanner, Ara Jo, & Anne Kirby

- A 2021 study found that those with one or more disabilities were more likely to report suicidal ideation, suicide planning, and suicide attempt.
- Furthermore, individuals with disabilities who had higher numbers of limitations reported more suicidal ideation, suicide planning, and suicide attempt than those with less or no limitations.
- This study also highlights the need for suicide prevention programs specific to the needs of individuals with disabilities.

<https://doi.org/10.1016/j.amepre.2021.05.035>

SEPTEMBER: NATIONAL SUICIDE PREVENTION MONTH

COMMUNITY EVENTS

Monday, 9/12, 5:30-7:30pm: Suicide Prevention Forum

1515 Fredericks St, San Luis Obispo, CA 93405 - [Submit questions for the panel here](#)

Learn about SLO County's response to suicide crisis by hearing from a panel of local frontline and emergency response personnel. This free, in-person event is open to community members and professionals looking to support suicide prevention efforts in our community. Community members are encouraged to submit questions to the panel online here.

Saturday, 9/24, 5-8pm: Knowing You Matter

100 Rodeo Dr, Arroyo Grande, CA 93420 - [More information here](#)

Free community event featuring local mental wellness and suicide prevention resource fair and keynote speaker Sam Anthony Lucania.

Friday, 9/30, 8:30am-4:30pm: Suicide Prevention Summit

Virtual Event - [Register here](#)

Fresno, San Luis Obispo, Kern, Tulare, Kings, and Marin Counties are coming together to offer a free Suicide Prevention learning day. Hear from three keynote speakers: Sally Spencer Thomas, Kevin Briggs, and Kevin Berthia. Event workshops include:

- Veterans & First Responder Mental Health panel
- Lived Experience panel
- Update from California Department of Public Health on their Zero Suicide initiative

Continuing Education units are available for those who attend the entire event. For questions, please email Lisa Crossley at lcrossley@fresnocountyca.gov.

RESOURCES

National Suicide Prevention Week Activity Guide

This can be used as a guide for designing, implementing, and planning events and activities centered on suicide prevention. Access the guide in [English](#) or in [Spanish](#).

SEPTEMBER: NATIONAL RECOVERY MONTH

National Recovery month recognizes the strength of the recovery community, promotes the development of evidence-based treatment, and highlights the work of mental health and substance use service providers.

<https://rm.facesandvoicesofrecovery.org/>



Current Issue: "Comparative Outcomes for Black Children Served by the Sobriety Treatment and Recovery Teams Program for Families with Parental Substance Abuse and Child Maltreatment" (2021)

By Ruth Huebner, Tina Willauer, Martin Hall, Erin Smead, Velva Poole, Lynn Posze, & Paul Hibbeler

- The Sobriety Treatment and Recovery Teams (START) program has demonstrated effectiveness for families with parental substance use and child maltreatment.
- This study provided evidence that Black children served by START had significantly lower rates of placement in state custody and lower rates of repeated abuse or neglect compared to Black children in families served by treatment as usual.
- The authors predict that scaling up START programs can have a large-scale impact on keeping Black families intact and reducing racial disparities.

<https://doi.org/10.1016/j.jsat.2021.108563>

NATIONAL HISPANIC HERITAGE MONTH

September 15 - October 15, 2022



About:

During National Hispanic Heritage Month, we celebrate Hispanic and Latino/Latina/Latine/Latinx Americans, as well as their ancestors, heritage, and accomplishments.



Hispanic and Latino/Latina/Latine/Latinx individuals may have ancestral history in Latin America and/or Spain.

Current Issue: "Characterizing Health Inequities for the U.S. Transgender Hispanic Population Using the Behavioral Risk Factor Surveillance System" (2021)

By Elle Lett, Emmanuella Ngozi Asabor, Sourik Beltrán, and Nadia Dowshen

- A case-control study was conducted using Behavioral Risk Factor Surveillance System (BRFSS) data to compare health outcomes for transgender Hispanic individuals to relevant control groups.
- The authors found that transgender Hispanic individuals had poorer access to healthcare and poorer health-related quality of life when compared to cisgender Hispanic individuals and white transgender individuals.
- Recommendations are made supporting further research and intervention for this intersectional group.

<https://doi.org/10.1089/trgh.2020.0095>



JYNNEOS CLINIC

MPX Vaccine Event

When: **Thursday, September 15**
4:30 - 7:30 pm

Where: **Paso Robles Public Health Clinic**
805 4th St. | Second Floor
Paso Robles, CA

***No appointment or insurance
necessary.***



CLÍNICA DE JYNNEOS

Evento de vacuna MPX

No necesita seguro o cita.

Cuando:

Jueves, Septiembre 15

4:30 - 7:30 pm

Dónde:

Paso Robles Public Health Clinic

805 4th St. | Segundo Piso

Paso Robles, CA

Los criterios de elegibilidad actuales incluyen personas mayores de 18 años que:

- Identificarse como gay, bisexual y otros hombres o personas trans que tienen sexo con hombres, o
- Identificarse como trabajadores sexuales de cualquier orientación sexual o identidad de género, incluidos aquellos que se involucran en sexo transaccional o de supervivencia.

Información de la Vacuna:

No necesita seguro o cita. Las vacunas se administrarán en el brazo mediante inyección intradérmica, que es similar a una prueba de tuberculosis. Son comunes reacciones como enrojecimiento e hinchazón en el lugar de la inyección. Aproximadamente 100 dosis estarán disponibles en este evento.

¡Se habla español y mixteco!

Para obtener más información sobre MPX en el condado de SLO, visite slocounty.ca.gov/MPX

GALA
PRIDE
& DIVERSITY CENTER

COUNTY
OF SAN LUIS
OBISPO

Si necesita recibir la vacuna en privado con cita previa, comuníquese con Salud Pública al 805-781-5500



OCTOBER: NATIONAL DEPRESSION AND MENTAL HEALTH SCREENING MONTH

October 2-8: Mental Illness
Awareness Week

October 6: National
Depression Screening Day

October 10: World Mental
Health Day



Current Issue: "Screening Accuracy of a 14-Day Smartphone Ambulatory Assessment of Depression Symptoms and Mood Dynamics in a General Population Sample: Comparison with the PHQ-9 Depression Screening" (2021)

By Sebastian Burchert, Andre Kerber, Johannes Zimmermann, & Christine Knaevelsrud

- In this study, participants participated in a 14-day ambulatory assessment (AA) of depression symptoms using the app Moodpath.
- When AA scores were compared to PHQ-9 depression screening scores, there was a strong linear association between the two assessments. Also, AA scores had high sensitivity and acceptable specificity.
- This study reveals that, with further development, app-based AA screenings have promise for improving depression detection.

<https://doi.org/10.1371/journal.pone.0244955>



OCTOBER: NATIONAL BULLYING PREVENTION MONTH

About

National Bullying Prevention Month is a time to raise awareness for the issue of bullying. Bullying involves aggressive, demeaning behavior and a real or perceived power imbalance between two individuals (often youth).



<https://www.pacer.org/bullying/>

October 19: Unity Day

On Unity Day, individuals may choose to wear orange to show their support for those who have been bullied and to show their commitment to ending bullying.



<https://www.pacer.org/bullying/nbp/m/unity-day.asp>

Current Issue

"Racial and Ethnic Differences in Bullying: Review and Implications for Intervention" (2020)

By Mariah Xu, Natalia Macrynika, Muhammad Waseem, & Regina Miranda

- Due to cultural and social norms, BIPOC may report bullying at rates that do not accurately convey the amount of bullying they experience.
- Socio-ecological factors associated with bullying behaviors may disproportionately affect BIPOC.



<https://doi.org/10.1016/j.avb.2019.101340>

OCTOBER 11: NATIONAL COMING OUT DAY

On National Coming Out Day, we celebrate those who choose to share their sexual orientation and/or gender identity with the people in their lives. On this day, we also celebrate and affirm LGBTQIA+ individuals who have not come out. We recognize the myriad of factors that impact an individual's decision to keep their identity private, including safety concerns, community and workplace hostility, and other personal reasons. National Coming Out Day is for all LGBTQIA+ individuals, regardless of how public their identity is.



Resources

Several organizations have resources and information for individuals beginning the process of coming out. Use the links below to access guidebooks from the following organizations:

[The Trevor Project](#) • [Human Rights Campaign](#) • [University of Arizona](#)

LOVE WHO
YOU ARE

Current Issue: "Coming Out as LGBTQ +: The Role Strength-Based Parenting on Posttraumatic Stress and Posttraumatic Growth" (2021)

By Claudia Zavala & Lea Waters

- Research has shown that coming out can cause Post-Traumatic Stress Symptoms (PTSS) and/or Post-Traumatic Growth (PTG).
- Strength-based parenting, a parenting style in which parents reinforce and cultivate their child's strengths, has been shown to reduce PTSS and increase PTG following a child's decision to come out.

<https://link.springer.com/article/10.1007/s10902-020-00276-y>

Dates to Remember

September

- National Recovery Month
- National Suicide Prevention Month
- National Suicide Prevention Week (September 4-10)
- Labor Day (September 5)
- World Suicide Prevention Day (September 10)
- National Hispanic Heritage Month Begins (September 15)
- California Native American Day (September 23)

October

- ADHD Awareness Month
- National Bullying Prevention Month
- Health Literacy Month
- National Depression and Mental Health Screening Month
- Global Diversity Awareness Month
- LGBTQ+ History Month
- National Polish American, Filipino American, German American, and Italian American Heritage Month
- National Disability Employment Awareness Month
- Mental Illness Awareness Week (October 2-8)
- National Health Education Week (October 17-21)
- International Day of Non-Violence (October 2)
- National Depression Screening Day (October 6)
- World Mental Health Day (October 10)
- National Coming Out Day (October 11)
- Unity Day (October 19)



Resources

DRUG & ALCOHOL SERVICES

SAN LUIS OBISPO ADULT
2180 Johnson Ave
San Luis Obispo, CA 93401
805-781-4275
[Website](#)

SAN LUIS OBISPO YOUTH
277 South St., Suite T,
San Luis Obispo, 93401
805-781-4754
[Website](#)

PASO ROBLES ADULT
805 4th St
Paso Robles, CA 93446
805-226-3200
[Website](#)

ATASCADERO ADULT
3556 El Camino Real
Atascadero, CA 93422
805-461-6080
[Website](#)

GROVER BEACH ADULT
1523 Longbranch Ave
Grover Beach, CA 93433
(805) 473-7080
[Website](#)

PREVENTION & OUTREACH
277 South St
San Luis Obispo, CA 93401
805-781-4754
[Website](#)

MENTAL HEALTH SERVICES

SAN LUIS OBISPO YOUTH 0-5
MARTHA'S PLACE
CHILDREN'S ASSESSMENT
CENTER
2925 McMillan Avenue Suite
108
San Luis Obispo, CA 93401
805-781-4948
[Website](#)

SAN LUIS OBISPO YOUTH
1989 Vicente Avenue
San Luis Obispo, 93401
805-781-4179
[Website](#)

SAN LUIS OBISPO ADULT
2178 Johnson Avenue
Paso Robles, CA 93446
805-781-4700
[Website](#)

SAN LUIS OBISPO
PSYCHIATRIC HEALTH
FACILITY
2178 Johnson Avenue
San Luis Obispo, CA 93401
805-781-4711
[Website](#)

CRISIS STABILIZATION UNIT
2180 Johnson Avenue
San Luis Obispo, CA 93401
805-781-4275
[Website](#)

ARROYO GRANDE YOUTH
345 S. Halcyon Road
Arroyo Grande, CA 93420
805-473-7060
[Website](#)

ARROYO GRANDE ADULT
1350 East Grand Avenue
Arroyo Grande, CA 93420
805-474-2154
[Website](#)

ATASCADERO YOUTH AND
ADULT
5575 Hospital Drive
Atascadero, CA 93422
805-461-6060
[Website](#)

SERVICES AFFIRMING
FAMILY EMPOWERMENT
(SAFE)
[Website](#)

RESOURCES IN THE COMMUNITY

ACCESS SUPPORT NETWORK
(ASN)
1320 Nipomo St
San Luis Obispo, CA 93401
805-781-3660
[Website](#)

Resources (continued)

RESOURCES IN THE COMMUNITY (CONTINUED)

ASPIRE COUNSELING SERVICES 865 Aerovista Suite 130 San Luis Obispo, CA 93401 888-585-7373 Website	CENTRAL COAST INTERGROUP (ALCOHOLICS ANONYMOUS) 1333 Van Beurden Drive Los Osos, CA 93402 805-541-3211 Website	THE GALA PRIDE AND DIVERSITY CENTER 1060 Palm St San Luis Obispo, CA 93401 805-541-4252 Website
ATASCADERO - THE LINK FAMILY RESOURCE CENTER 4507 Del Rio Ave. Building #1 Atascadero, CA 93422 805-794-0217 Website	COMMUNITY ACTION PARTNERSHIP OF SAN LUIS OBISPO (CAPSLO) 1030 Southwood Dr San Luis Obispo, 93401 805-544-4355 Website	HOSPICE OF SLO COUNTY 1304 Pacific St San Luis Obispo, CA 93401 805-544-2266 Website
CAL POLY COUNSELING SERVICES (STUDENTS ONLY) 1 Grand Ave, Building 27 San Luis Obispo, CA 93405 805-756-2511 Website	COPE INTENSIVE OUTPATIENT PROGRAM 628 California Blvd. Suite A San Luis Obispo, CA 93401 805-541-9113 Website	LUMINA ALLIANCE 51 Zaca Lane, Suite 150 San Luis Obispo, CA 93401 805-545-8888 Website
CENTER FOR FAMILY STRENGTHENING (CFS) 3480 Higuera St, Suite 100 San Luis Obispo, CA 93401 805-543-6216 Website	CUESTA COLLEGE MENTAL HEALTH SERVICES (STUDENTS ONLY) Building 3100, Room: 3150 Highway 1 San Luis Obispo, CA 93405 805-546-3171 Website	PASO ROBLES - COMMUNITY COUNSELING CENTER 1035 Vine Street, Suite #A Paso Robles, CA 93446 805-543-7969 Website
CENTRAL COAST AREA NARCOTICS ANONYMOUS 800-549-7730 Website	FAMILY CARE NETWORK 1255 Kendall Rd San Luis Obispo, CA 93401 805-781-3535 Website	PASO ROBLES - THE LINK FAMILY RESOURCE CENTER 1802 Chestnut Street Paso Robles, CA 93446 805-794-0217 Website

Resources (continued)

RESOURCES IN THE COMMUNITY (CONTINUED)

SAN LUIS OBISPO -
COMMUNITY COUNSELING
CENTER
676 Pismo St
San Luis Obispo, CA 93401
805-543-0859
[Website](#)

TRANSITIONS-MENTAL
HEALTH ASSOCIATION
784 High St
San Luis Obispo, CA 93401
805-540-6500
[Website](#)

WILSHIRE COMMUNITY
SERVICES
285 South St, Suite J
San Luis Obispo, CA 93401
805-547-7025
[Website](#)

CRISIS RESOURCES VIA PHONE

CENTRAL COAST HOTLINE
800-783-0607
[Website](#)

CRISIS TEXT LINE
Text 'HOME' to 741-741
[Website](#)

FRIENDSHIP LINE (PEOPLE
AGED 60+)
800-971-0016
[Website](#)

LUMINA ALLIANCE 24 HOUR
CRISIS LINE (FOR SURVIVORS
OF SEXUAL/INTIMATE
PARTNER VIOLENCE)
805-545-8888
[Website](#)

NATIONAL SUICIDE
PREVENTION LINE
988
[Website](#)

NATIONAL ALLIANCE ON
MENTAL ILLNESS (NAMI)
HELPLINE
1-800-950-6264
Text 'NAMI' to 741-741
[Website](#)

SLO COUNTY MENTAL
HEALTH EVALUATION TEAM
(MHET)
800-838-1381
[Website](#)

SUBSTANCE ABUSE AND
MENTAL HEALTH SERVICES
ADMINISTRATION (SAMHSA)
NATIONAL HELPLINE
1-800-622-4357
[Website](#)

TREVOR LIFELINE (LGBTQ+
YOUTH)
1-866-488-7386
Text 'START' to 678-678
[Website](#)

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