Dear Reader,

Thank you for reading the first newsletter for the new fiscal year 2022-2023! The Diversity, Equity, & Inclusion (DEI) Committee - Cultural Competence publishes the newsletter and keeps our behavioral health partners informed about events, trainings, and relevant information pertinent to our community. In this and future newsletters, the committee will be reporting information regarding efforts made to ensure diversity, equity, inclusion, and justice practices are embedded in the behavioral health system as well as culturally and linguistically competent services and programs in our community.

The DEI Committee - Cultural Competence continues to assess, advise, implement, support, and monitor policies and programs that ensure effective service and program provisions in all cross-cultural situations. The committee members, representing diverse cultural backgrounds and other special interests, will continue to provide input and insight to the community in order to create a safe, inclusive, affirmative, and welcoming environment for all.

As we continue to move forward, we can’t wait to share more information and details to better serve our community. Thank you for taking the time to read this and the upcoming newsletters.
Diversity, Equity, & Inclusion Committee

Members:

Kimberli Andridge, Psy.D, Associate Director of Operations & Quality, Coor. of Gender & Sexual Inclusivity
Jay Bettergarcia, Ph.D, Professor & Director of QCARES
Ana Isabel Cabezas, Psy.D, Diversity & Multicultural Inclusion Coordinator
Michelle Call, former ED of The Gala Pride and Diversity Center
Gabriel Granados, Behavioral Health Specialist Veteran Outreach Program
Nancy Jambor, Behavioral Health Clinician
Barry Johnson, TMHA Division Director, Education and Advocacy
Claudia Lopez, Patient Rights Advocate
Annika Michetti, Behavioral Health Program Supervisor, Drug & Alcohol Services
Annika Morse, Diversity, Equity, & Inclusion - Cultural Competence Intern
Carlos Olson, Mental Health Program Supervisor
Maria Ordunez-Lara, L.M.F.T. FCNI Licensed Advanced Drug & Alcohol Counselor
Cailyn Ortega, Transitions-Mental Health Association
Lilia Rangel-Reyes, Multicultural Specialist, Tri-Counties Regional Center
Jill Rietjens, L.M.F.T. Behavioral Health Division Manager
Anne Robin, L.M.F.T. Behavioral Health Administrator
Nasseem Rouhani, Behavioral Health Specialist
Kendra Scott, Veterans Service Administrative Assistance
Katherine Soule, Ph.D, Director UC Cooperative Extension & Youth, Families, & Communities
Nestor Veloz-Passalacqua, M.P.P., M.L.S. Diversity, Equity & Inclusion Program Manager
Laura Zarate, Behavioral Health Secretary
Pam Zweifel, NAMI & Behavioral Health Board Member
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July: National BIPOC Mental Health Awareness Month

History
July was designated as Bebe Moore Campbell National Minority Mental Health Awareness Month in 2008 by the U.S. House of Representatives.

- Campbell (1950-2006) advocated for BIPOC families/communities affected by mental illness.
- She also authored several books, including *Your Blues Ain't Like Mine* (1992), *Brothers and Sisters* (1994), and *Singing in the Comeback Choir* (1998).
- Campbell was a co-founder of National Alliance on Mental Illness (NAMI) Urban Los Angeles.

Current Issue:
"Use of Technology to Provide Mental Health Care for Racial and Ethnic Minorities: Evidence, Promise, and Challenges"
By Giovanni Ramos and Denise A Chavira (2022)

- Behavioral Intervention Technologies (BITs) allow BIPOC communities to overcome obstacles including cost of services, location, and provider shortages to improve mental health care access.
- Examples of BITs include MoodGYM, a web-based intervention for depression and anxiety, apps for treatment of substance use disorder, mobile-based interventions for smoking cessation, and telehealth.
- In the future, BITs can better serve BIPOC populations by including culturally relevant modifications.

https://doi.org/10.1016/j.cbpra.2019.10.004
LGBTQ+ healthcare professionals face a unique set of challenges, including workplace discrimination and negative comments or attitudes from patients. In this study, 277 healthcare professionals were surveyed to identify sources of stress related to their LGBTQ+ identity and healthy/unhealthy coping mechanisms. Healthy coping mechanisms included advocacy work, socializing, connecting to other members of the LGBTQ+ community, meditation, yoga, creative artistic activities, going to the gym, and hiking. Unhealthy coping mechanisms included ignoring stress and alcohol use.
August 7th-13th: National Health Center Week

National Health Center Week has been celebrated for over 30 years with the goal of recognizing the accomplishments of community health organizations. The goals of this week include:

1. Celebrate Community Health Centers
2. Increase awareness & community buy-in
3. Advocate for Community Health Center funding & policies

This year’s days of focus include:

| Sunday (8/7) | Public Health in Housing Day |
| Monday (8/8) | Healthcare for the Homeless Day |
| Tuesday (8/9) | Agricultural Worker Health Day |
| Wednesday (8/10) | Patient Appreciation Day |
| Thursday (8/11) | Stakeholder Appreciation Day |
| Friday (8/12) | Health Center Staff Appreciation Day |
| Saturday (8/13) | Children’s Health Day |

Current Issue: "Will Community Health Centers Survive COVID-19?"
By Brad Wright, Erin Fraher, Marni Gwyther Holder, Jill Akiyama, Brian Toomey (2021)

- Community Health Centers (CHCs) provide comprehensive care to populations in which a majority of individuals are impoverished, have public insurance or are uninsured, and identify as BIPOC.
- Even before 2020, many CHCs operated on thin budget margins due to a lack of funding.
- The COVID-19 pandemic has increased costs related to telehealth infrastructure, PPE, and testing supplies, while decreasing the volume of patients seen (and therefore decreasing income). This has put many CHCs in a financially vulnerable place.
August 30th: National Grief Awareness Day

What is grief?
Grief is the natural reaction to loss. Grief is both a universal and a personal experience. Individual experiences of grief vary and are influenced by the nature of the loss. Some examples of loss include the death of a loved one, the ending of an important relationship, job loss, loss through theft or the loss of independence through disability.

https://www.mayoclinic.org/patient-visitor-guide/support-groups/what-is-grief

Current Issue:
"Living on the margins: A South Asian migrant's experience of disenfranchized grief as an ethnic and sexual minority"
By Vijeta Uppal & Leanne Kelly (2020)
- This article describes a case study of a culturally and linguistically diverse lesbian woman ("Alisha") who migrated from India to Australia.
- Alisha experienced disenfranchized grief, which refers to grief that is not publicly recognized, supported, or validated.
- Coming out, migrating away from parents, making decisions about marriage and parenthood, and partner death were all sources of disenfranchized grief for Alisha.

https://doi.org/10.1080/10538720.2020.1799284

Current Issue:
"Hidden grief is complicated: identity concealment as a minority stressor and relational-cultural barrier among bereaved sexual and gender minoritized elders"
By Benjamin F. Shepherd, Paula M. Brochu & Ashley M. Stripling (2021)
- This theoretical review centers on complicated grief, which is bereavement that is severe, prolonged, and pathological.
- Sexual and gender minoritized (SGM) elders often conceal parts of their identities, causing isolation and stress.
- The outcomes of identity concealment can increase complicated grief incidence.

https://doi.org/10.1080/19419899.2021.1970618

Resources:
SLO County Behavioral Health services: (800) 838-1381
American Counseling Association Grief & Loss Resources: Click here.
COVID Grief Network: Click here.
For Suicide Loss: Click here.
Community Spotlight: Transitions-Mental Health Association

TMHA does not tolerate racism, discrimination, harassment, or hate.

We believe everyone has the right to be well, to live free from all forms of harassment, and to be treated with respect and appreciation.

At Transitions-Mental Health Association, we ask that everyone within our community embodies and upholds our value of inclusion.

We stand for humanity, diversity and empathy – without exception.
Dates to Remember

July
- BIPOC Mental Health Awareness Month
- International Self Care Day (July 24)

August
- National Health Center Week (August 7-13)
- National Women’s Equality Day (August 26)
- National Grief Awareness Day (August 30)
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

ATASCADERO - THE LINK FAMILY RESOURCE CENTER
4507 Del Rio Ave. Building #1
Atascadero, CA 93422
805-794-0217
Website

CAL POLY COUNSELING SERVICES (STUDENTS ONLY)
1 Grand Ave, Building 27
San Luis Obispo, CA 93405
805-756-2511
Website

CENTER FOR FAMILY STRENGTHENING (CFS)
3480 Higuera St, Suite 100
San Luis Obispo, CA 93401
805-543-6216
Website

CENTRAL COAST AREA NARCOTICS ANONYMOUS
800-549-7730
Website

CENTRAL COAST INTERGROUP (ALCOHOLICS ANONYMOUS)
1333 Van Beurden Drive
Los Osos, CA 93402
805-541-3211
Website

COMMUNITY ACTION PARTNERSHIP OF SAN LUIS OBISPO (CAPSLO)
1030 Southwood Dr
San Luis Obispo, CA 93401
805-544-4355
Website

COPE INTENSIVE OUTPATIENT PROGRAM
628 California Blvd. Suite A
San Luis Obispo, CA 93401
805-541-9113
Website

CUESTA COLLEGE MENTAL HEALTH SERVICES (STUDENTS ONLY)
Building 3100, Room: 3150
Highway 1
San Luis Obispo, CA 93405
805-546-3171
Website

FAMILY CARE NETWORK
1255 Kendall Rd
San Luis Obispo, CA 93401
805-781-3535
Website

HOSPICE OF SLO COUNTY
1304 Pacific St
San Luis Obispo, CA 93401
805-544-2266
Website

LUMINA ALLIANCE
51 Zaca Lane, Suite 150
San Luis Obispo, CA 93401
805-545-8888
Website

PASO ROBLES - COMMUNITY COUNSELING CENTER
1035 Vine Street, Suite #A
Paso Robles, CA 93446
805-543-7969
Website

PASO ROBLES - THE LINK FAMILY RESOURCE CENTER
1802 Chestnut Street
Paso Robles, CA 93446
805-794-0217
Website

THE GALA PRIDE AND DIVERSITY CENTER
1060 Palm St
San Luis Obispo, CA 93401
805-541-4252
Website

THE FAMILY CARE NETWORK (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

CFRIENDSHIP 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
Diversity, Equity, & Inclusion

Cultural Competence Newsletter

County of San Luis Obispo Health Agency