

JULY - AUGUST 2022

Diversity, Equity, & Inclusion

Cultural Competence Newsletter

County of San Luis Obispo - Health Agency





Introduction

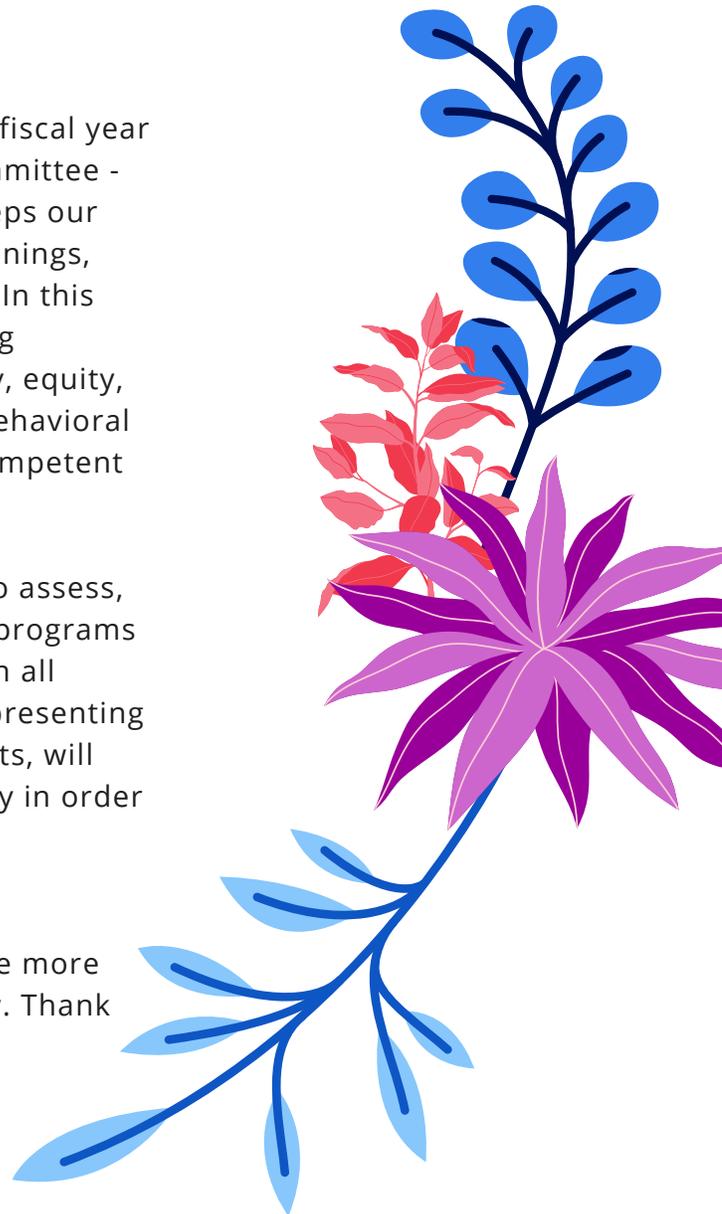
Nestor Veloz-Passalacqua, M.P.P., M.L.S.
Diversity, Equity, & Inclusion Program Manager

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



In this Issue:

July: National BIPOC Mental Health Awareness Month

Bebe Moore Campbell & Behavioral Intervention Technologies

Page
5

July 24th: International Self Care Day

Defining self-care, recommendations, & a current issue

Page
6

August 7th-13th: National Health Center Week

Overview, focus days, & a current issue

Page
7

August 30th: National Grief Awareness Day

About grief, current issues, & resources

Page
8

Community Spotlight

Transitions-Mental Health Association Inclusion Flyer

Page
9

Dates to Remember

Page
10

Resources

Page
11

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.



Mental Health Weekly Digest



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>

July 24th: International Self-Care Day

Self-care includes each individual's actions to care for their own physical, mental, emotional, social and spiritual health. Self-care can look different for everyone!



Self-Care Ideas:

1. See a friend
2. Go for a walk
3. Prioritize sleep
4. Work in your garden
5. Paint
6. Get a massage



Current Issue: "Coping With Stress as an LGBTQ+ Health Care Professional"

By Michele J Eliason, Carl Streed Jr, and Michael Henne (2017)

- 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.

<https://doi.org/10.1080/00918369.2017.1328224>



August 7th-13th: National Health Center Week

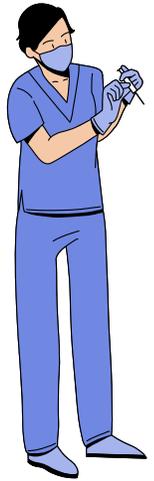


National Health Center Week has been celebrated for over 30 years with the goal of recognizing the accomplishments of community health organizations. The goals of this week include:

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



<https://healthcenterweek.org/>

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 disenfranchised 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 disenfranchised 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 disenfranchised 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	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](#)

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