

OCTOBER-DECEMBER 2023

Diversity, Equity, & Inclusion

Cultural Competence Newsletter

County of San Luis Obispo - Health Agency

COUNTY
of SAN LUIS
OBISPO



Diversity, Equity, & Inclusion Committee



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NATIONAL Latinx/e 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>





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:
Domestic Violence Awareness
Month**

October is an opportunity for survivors to feel seen and heard.

This month is dedicated to acknowledging those who have been effected and are still effected my domestic violence.

Learn More:

: Domestic Violence Hotline: 800-799-7233

Intimate Partner Violence Services

Extra Info.

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>

October 9th: Indigenous People's Day



Due to the unity in Indigenous People's across the globe attending the United Nations Conference in 1977, we as people are honored to celebrate Indigenous People's.

In 2022, the Biden Administration marked this day in October as Indigenous People's day.

[Proclamation of Indigenous People's Day.](#)



Día de Los Muertos

November 1st



Día de Los Muertos is an important Mexican holiday, celebrated throughout Latin America and the United States. This is an opportunity for Latinx/e folks to celebrate the lives of their deceased family members.

This holiday dates back to ancient Aztec customs celebrating the day of the dead.

Today, people often celebrate by decorating sugar skulls, making and eating pan de muerto, designing a papel picado, and honoring loved one's by visiting them or creating an altar.

Native American and Indigenous People's Heritage Month:



Click to learn more
about:

- [Retiring "Indian" school mascots](#)
- [Substance abuse and suicide in Native communities](#)
- [Missing and murdered Indigenous People crisis](#)



November is a month to celebrate the culture, traditions, and histories of Native people, as well as their numerous contributions to our country.

Furthermore, this month is an important time to raise awareness for the unique challenges faced by Native people living in the United States today and in the past.



TRANSGENDER DAY OF REMEMBERANCE

NOVEMBER
20

On Transgender Day of Remembrance, we honor those who have lost their lives due to hate, violence, suicide, and other hardships stemming from the systemic oppression of people who are transgender.

History: Rita Hester, a transgender woman, was killed in 1998. In response, Transgender Day of Remembrance was created by advocate Gwendolyn Ann Smith in 1999.

Learn More:

[GLAAD](#)
[Human Rights Campaign](#)
[Genders & Sexualities](#)
[Alliances Network](#)





December 1st:

WORLD

AIDS DAY

learn more about aids.
help fight the stigma

World AIDS Day is a time for our global community to join in the fight against AIDS, support people living with HIV/AIDS, and remember those who have passed away due to AIDS.

[Learn more about World AIDS Day.](#)

DECEMBER

10

HUMAN RIGHTS DAY

On December 10th, 1948, the Universal Declaration of Human Rights was adopted by the United Nations General Assembly. This Declaration describes fundamental human rights that must be protected, such as the right to life, liberty, and security of person. Read the Declaration [here](#).

HAPPY 75th Birthday Human Rights Day!



Dates to Remember



2023

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)

November

- National Native American, American Indian, and Alaskan Native Heritage Month
- National Stress Awareness Day (November 2)
- World Freedom Day (November 9)
- World Adoption Day (November 9)
- Veteran's Day (November 11)
- International Day for Tolerance (November 16)
- Transgender Day of Remembrance (November 20)
- Universal Children's Day (November 20)
- Thanksgiving (November 24)

December

- HIV/AIDS Awareness Month
- Universal Human Rights Month
- World AIDS Day (December 1)
- International Day for People with Disabilities (December 3)
- International Volunteer Day (December 5)
- Genocide Prevention Day (December 9)
- International Human Rights Day (December 10)
- New Year's Eve (December 31)

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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