

JULY-SEPTEMBER 2019

Cultural Competence Newsletter

County of San Luis Obispo Behavioral Health Department



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County of San Luis Obispo Behavioral Health Department



*"Culture, the inextricably sense of being
alive beyond time, fills the learning and
inquisitive social experience of all
human beings"*

.NRVP

Introduction

Nestor Veloz-Passalacqua, M.P.P.

*Cultural Competence Coordinator &
Ethnic Services Manager*

Dear Reader,

Thank you for reading the first newsletter for the new fiscal year 2019-2020. The Cultural Competence Committee (CCC) publishes the newsletter on a quarterly basis and keeps our mental health partners informed about events, trainings, and relevant information pertinent to our community. In this and future editions, we will be reporting information regarding mental health and the efforts made to ensure culturally and linguistically competent services and programs in our community. The newsletter also introduces the cultural competence committee members, and specific topics related to mental health as it applies to cultural competence.

The CCC continues to assess, advise, implement, support, and monitor policies and programs which ensures 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 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.

Cultural Competence Committee

County of San Luis Obispo Behavioral Health Department

Members:

Jay Bettergarcia, Ph.D., Professor & Director of QCARES

Maria Mickens, L.M.F.T. Social Worker

Joe Madsen, TMHA Division Director, Housing and Supportive Services Program

Kim Mott, Behavioral Health Program Supervisor

Nestor Veloz-Passalacqua, M.P.P. Cultural Competence Coordinator & Ethnic Services Manager

Marne Anna Trevisano, Ed.D, Ph.D., Psychologist

Amber Trigueros, Behavioral Health Clinician

Desiree Troxell, Patients Rights Advocate

Maria Troy, R.N., B.S., M.P.A. Promotores

Jill Rietjens, L.M.F.T. Behavioral Health Program Supervisor

Anne Robin, L.M.F.T. Behavioral Health Administrator

Kiana Shelton, A.C.S.W. Behavioral Health Clinician

Bonita Thomas, PAAT Member, Peer Advisory and Advocacy Team

Marcy Paric, Ph.D., Behavioral Health Board Vice Chair

Maegan Cain, HR Personnel Technician

John Aparicio, Veterans Outreach Coordinator

Barry Johnson, TMHA Division Director, Education and Advocacy

Lilia Rangel-Reyes, Tri-Counties Regional

Laura Zarate, Secretary II Behavioral Health

Leola Dublin Macmillan, Ph.D., Race Matters

Michelle Call, Executive Director Gay & Lesbian Alliance of the Central Coast

Yesenia Mora, Behavioral Health Clinician

Katherine Soule, Ph.D., Director UC Cooperative Extension & Youth, Families, & Communities

Learn About Minority Mental Health Month

"Once my loved ones accepted the diagnosis, healing began for the entire family, but it took too long. It took years. Can't we, as a nation, begin to speed up that process? We need a national campaign to de-stigmatize mental illness, especially one targeted toward African Americans...It's not shameful to have a mental illness. Get treatment. Recovery is possible."

Bebe Moore Campbell, 2005

About Bebe Moore Campbell

Bebe Moore Campbell was an author, advocate, co-founder of NAMI Urban Los Angeles and national spokesperson, who passed away in November 2006.

She received NAMI's 2003 Outstanding Media Award for Literature. Campbell advocated for mental health education and support among individuals of diverse communities.

In 2005, inspired by Campbell's charge to end stigma and provide mental health information, longtime friend Linda Wharton-Boyd suggested dedicating a month to the effort.

The duo got to work, outlining the concept of National Minority Mental Health Awareness Month and what it would entail. With the support of the D.C. Department of Mental Health and then-mayor Anthony Williams, they held a news conference in Southeast D.C., where they encouraged residents to get mental health checkups.

Support continued to build as Campbell and Wharton-Boyd held book signings, spoke in churches and created a National Minority Mental Health Taskforce of friends and allies. However, the effort came to a halt when Campbell became too ill to continue.

When Campbell lost her battle to cancer, Wharton-Boyd, friends, family and allied advocates reignited their cause, inspired by the passion of the life of an extraordinary woman.

The group researched and obtained the support of Representatives Albert Wynn [D-MD] and Diane Watson [D-CA], who co-signed legislation to create an official minority mental health awareness month

Article from NAMI



**MES NACIONAL
DE CONCIENTIZACIÓN
SOBRE LA SALUD MENTAL
DE LAS MINORÍAS**

The Power of Spoken Word

By: Marcel "Fable the Poet" Price

I am a poet, teaching artist, and a full-time creative who inspires the, individuals of tomorrow, today. But what does that even mean?

In a nutshell I use my stories, along with poetry, as a catalyst to get students to unpack stressors that they have been harboring or have bottled up.

I speak at assemblies (Grades 5-12) and perform at universities and colleges all across the country. I workshop with people by helping them, through the use of creative writing, to bring their experiences to light by enabling them to develop something tangible and concrete.

Something they can feel, see, and hold.

I grew up in a home where substance abuse and domestic violence were common, while struggling with my diagnoses of bipolar, anxiety, and depression.

Juggling all of these issues caused feelings of displacement and when you add being a person of color on top of this trauma, the best way to describe how I felt was...full.

I always carried a feeling of being under attack, while simultaneously pretending that none of it was affecting me, ultimately refusing to bring it all to light.

Until spoken word became my outlet, a life preserver, and a catalyst for more than I could ever imagine. When you are growing up black and lower class, you are made to feel as if you don't matter. But maybe that is the issue.

Maybe that is why mental health is such an issue in our community and with individuals of color in general? Because we are constantly facing issues (both systematic and concrete) and are taught that we have more important battles to fight.

But how can we fight the larger issues if we aren't taking care of our strongest weapons - our minds? I published my first book, "Adrift in a Sea of M&Ms," to help individuals battling with mental wellness, and the stressors that come along with being a person of color in America.

I did this because I wanted to help young people who grew up feeling the same way that I did, show them that they are not alone, and encourage them to vocalize their experiences.

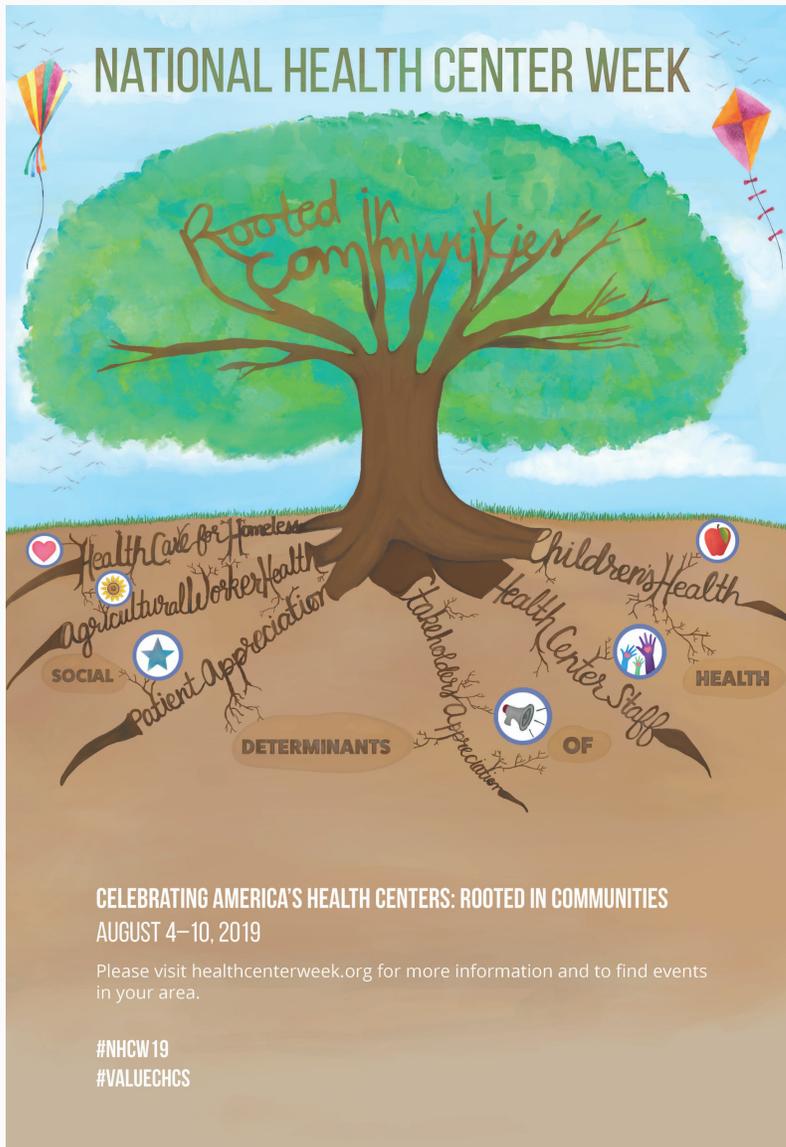
To celebrate who they are, inside and out, not only during the month of July during Minority Mental Health Month, but to cherish themselves year-round, ignoring the "Standards" and "Norms" society tries to use as a foundation, which are often constructed without them in mind.



Marcel "Fable the Poet" Price is a bi-racial North American writer, teacher, community activist, performer, motivational speaker, and is the second-place winner of: "The 2016 Missouri Review Audio Poetry Contest.

Fable the Poet is a nationally touring artist highly noted for his work with youth; spreading mental health awareness using his own stories to consume the audience, and spread a much needed message: "At times, we all feel fragile. We are all paper boats entertaining the waves of life."

He is an official partner of Mental Health America, and has sat on panels across the country discussing the importance of mental health awareness with our youth. He is known across the nation for crowd-interactive features that leave those attending enlightened and empowered.



National Health Center Week

National Health Center Week (August 4th-10th) is an annual celebration with the goal of raising awareness about the mission and accomplishments of America's health centers over the past five decades.

Health centers serve 28 million patients – a number that continues to grow along with the demand for affordable primary care. In addition to their long history as health care homes to millions, health centers produce innovative solutions to the most pressing health care issues in their communities and reach beyond the walls of conventional medicine to address the social determinants of health affecting special patient populations. Each year we celebrate the work and services health centers provide to special populations within their community on designated days during the week.

This year, the National Association of Community Health Centers and the Health Center Advocacy Network invites you to celebrate the ways that health centers are "Rooted in Communities."

A host of NHCW events are scheduled across the country, including health fairs, visits by Members of Congress and state officials to local health centers, press conferences, back-to-school drives, community breakfasts, patient appreciation events, free health screenings and much more. Each day of NHCW 2019 is dedicated to a particular focus area:

- Sunday, 8/4: Social Determinants Day
- Monday, 8/5: Healthcare for the Homeless Day
- Tuesday, 8/6: Agricultural Worker Health Day
- Wednesday, 8/7: Patient Appreciation Day
- Thursday, 8/8: Stakeholder Appreciation Day
- Friday, 8/9: Health Center Staff Appreciation Day
- Saturday, 8/10: Children's Health Day

We encourage you to consider coordinating your celebrations around the corresponding dates and focus days to showcase the innovative ways that health centers are providing high-quality health care, improving health outcomes, and narrowing health disparities. Your events do not have to coincide exactly with the focus of respective days – much like the NHCW theme, focus days are available to enhance your events and help provide structure at your discretion. Coordinating local efforts around the themes of the focus days helps maximize the national impact of our message.

Mark your calendars for National Health Center Week 2019, August 4th-10th.

National Suicide Prevention Week - Sept. 8-14

County of San Luis Obispo - Suicide Prevention Efforts

Suicide death is a growing issue in the United States that affects all demographics and regions of the country, and even with decades of research and awareness campaigns, it remains the 10th leading cause of death for Americans. With no single cause that is linked to suicide death, communities in different states and regions face unique challenges in prevention and intervention efforts, requiring specialized teams to research, collaborate, and address culturally appropriate intervention strategies.

San Luis Obispo County has too seen a rise in suicide deaths over the past decade. School and Veteran communities, professional workplaces, and individuals and families have had to learn to respond to unexpected death while facing the challenge of battling stigma during their grief. In response to this growing tragedy within our community, the County of San Luis Obispo's Behavioral Health Department, alongside a group of community stakeholders, has allocated funds from the Mental Health Services Act to support a Suicide Prevention Program by hiring a Suicide Prevention Coordinator, Alysia Hendry, in July of 2018.



Alysia Hendry, M.S.
Suicide Prevention Coordinator

The Suicide Prevention Coordination position is responsible for countywide prevention efforts and focuses on planning and policy decisions to support suicide prevention. Hendry also chairs the Suicide Prevention Council which works with local health systems, schools, community-based organizations, and their leadership to develop and implement a local strategic plan. Through her position at County Behavioral Health and the chair of the Suicide Prevention Council, Hendry gathers and shares suicide prevention knowledge, research, practice, and supports broader changes in society and health care delivery that create opportunities for suicide prevention.

In 2018, Suicide Prevention Awareness Month was recognized as a proclamation from the County Board of Supervisors as an established awareness month for the county. Weekly emails were sent out to the Council to share with diverse networks to increase knowledge about suicide, promote help-seeking, and decrease stigma associated with the leading cause of death. Coffee shops and restaurants across the county displayed awareness posters, handed out coffee sleeves, and provided the SLO Hotline number to their employees and patrons. The awareness continued into early October when the County partnered with Transitions-Mental Health Association for the annual Suicide Prevention Forum, which welcomed nearly 100 community members to a resource fair and presentation that shed light on the intersectionality between mental health, gender identity, and surviving a suicide attempt.

This year, the County is happy to declare September as Suicide Prevention Awareness month once again, sharing the message of "Strength in Community." Hendry is working with the County and the Suicide Prevention Council to plan a month of prevention trainings and presentations to help increase knowledge of risk and protective factors, signs and symptoms, and what to do if someone is in a suicidal crisis.

National Suicide Prevention Week - Sept. 8-14

County of San Luis Obispo - Suicide Prevention Efforts

By educating the public about early warning signs and risk factors, Hendry hopes to increase mental health literacy and help-seeking in community members across all corners of the county. Another goal of the information campaign and community trainings is to bring awareness to the resources provided by the County and its partnering organizations.

If you would like to learn more or follow the campaign as it spreads across the county, visit slocounty.ca.gov/suicideprevention, or follow the Suicide Prevention Council's Facebook page, @SPC.SLO.

The Suicide Prevention Council is a group of professionals, organizations, and community stakeholders committed to prevention suicide and respond to its consequences in a culturally sensitive way through community collaboration. We are always seeking new members who have a vested interest in preventing suicide and are currently seeking bilingual individuals and community members who have been underrepresented in previous years to help bring awareness to cultural needs of diverse communities.

Organizations represented on the Council:

*Transitions-Mental Health Association
County of San Luis Obispo Behavioral Health Department
Cal Poly
Cuesta College
Gay and Lesbian Alliance of the Central Coast
Tranz Central Coast
National Alliance on Mental Illness (NAMI)
American Foundation for Suicide Prevention (AFSP)
County Sherriff Coroner
County District Attorney, Victim Witness
Wilshire Community Services
Hospice of San Luis Obispo County
#Out4MentalHealth Task Force
Veteran's Affairs
Mindful SLO
Department of Social Services
Sierra Mental Wellness Group
Wilshire Bereavement
Area Agency on Aging
Health Commission
PAAT
Vet Center
Dancing with ED*





**COUNTY OF SAN LUIS OBISPO
BEHAVIORAL HEALTH DEPARTMENT
CULTURAL COMPETENCE COMMITTEE**

**ENHANCING CULTURAL HUMILITY IN WORKING WITH
DIVERSE FAMILIES IN COMMUNITY-BASED MENTAL
HEALTH SETTINGS**

WHEN: THURSDAY, AUGUST 20TH 2019

TIME: 9:00am - 11:00am

(Sign-In 8:30am-9:00am)

WHERE: FAMILY CARE NETWORK INC., 1255
Kendall Rd., San Luis Obispo, CA

REGISTRATION ONLINE ONLY:

<https://sloco.wufoo.com/forms/z13amkyb07k0i1a/>



**PRESENTED BY:
JONATHAN I. MARTINEZ, PH.D.**

COURSE DESCRIPTION:

Cultural diversity and the rising emphasis on evidence-based practice within community based mental health settings have sparked dialogues regarding cultural competence among mental health professionals. Given the complexity of multiculturalism, we have a responsibility to recognize the value and diversity of our clients. Moreover, it is beneficial to understand cultural competency as a process rather than an end product. From this perspective, competency involves more than gaining or practicing scientific knowledge; it also includes our ongoing attitudes and unconscious thought process toward both our clients and ourselves. We must enter work with diverse families with cultural humility, acknowledging that we are always in the process of learning and growing. This talk has a central aim to enhance the implementation of cultural humility values and skills into daily work with diverse families in community-based settings.

OBJECTIVES:

1. Understand and have the ability to identify 4 terms: culture, cultural humility, race/ethnicity, and diversity.
2. Partake in 2 interactive scenarios to recognize unconscious influences and stereotypes and describe 3 ways to decrease effects of unconscious influences.
3. Learn how to implement 5 culturally responsive, evidence-based strategies to enhance cultural humility values in daily practice.

WHO SHOULD ATTEND:

Staff, providers, and community members of the mental health system of San Luis Obispo County.

CONTINUING EDUCATION UNIT INFORMATION:

2 BBS/BRN CONTINUING EDUCATION HOURS OFFERED AT NO COST
ATTENDEES MUST SIGN-IN AND OUT IN ORDER TO RECEIVE CEUS.

**REGISTRATION, ACCOMMODATIONS, CEU QUESTIONS, GRIEVANCE, REFUNDS, OR
CANCELLATIONS? CONTACT COUNTY OF SAN LUIS OBISPO BEHAVIORAL HEALTH CAROLINE
JOHNSON AT CMJOHNSON@CO.SLO.CA.US**

County of San Luis Obispo Behavioral Health Department is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for behavioral health professionals. County of San Luis Obispo Behavioral Health maintains responsibility for this program/course and its content. Please allow 2 weeks for completion of training and evaluation to receive certificate. San Luis Obispo Co. Mental Health Provider approved by the California Board of Registered Nursing. Provider #1857, for 2 contact hours. County of San Luis Obispo Behavioral Health meets the qualifications for 2 hours of continuing education credit for MFTs, LPCCs, and/or LCWS as required by the California Board Behavioral Sciences, Approval #55442.

Dates to Remember

July

- *National Minority Mental Health Month*
- *Healthy Relationships for LGBTQ+ Communities (July 24th 6-8pm at 995 Higuera St., San Luis Obispo, 93401)*
- *Intimate Partner Violence in LGBTQ+ Communities (July 25th 1-5pm at 995 Higuera St., San Luis Obispo, 93401)*

August

- *National Health Center Week (Aug.11-17)*

September

- *National Recovery Month*
- *National Alcohol & Drug Addiction Recovery Month*
- *National Suicide Prevention Week (Sept. 8-14)*
- *World Suicide Prevention Day (Sept. 10)*

October

- *National Depression and Mental Health Screening Month*
- *Health Literacy Month*
- *ADHD Awareness Month*
- *Bullying Prevention Month*
- *Mental Illness Awareness Week (Oct. 6-12)*
- *National Coming Out Day (Oct. 11)*
- *OCD Awareness Week (Oct. 6-12)*
- *National Health Education Week (Oct. 21-25)*
- *World Mental Health Day (Oct. 10)*
- *National Depression Screening Day (Oct. 10)*

November

- *International Stress Awareness Day (Nov. 6)*
- *International Survivors of Suicide Day (Nov. 16)*
- *National Family Health History Day (Nov. 22)*

December

- *National Stress-Free Family Holiday's Month*
- *International Day of Person with Disabilities (Dec. 3)*

Resources

DRUG & ALCOHOL SERVICES

SAN LUIS OBISPO ADULT
2180 Johnson Ave.,
San Luis Obispo, CA 93401
805-781-4275

SAN LUIS OBISPO YOUTH
277 South St., Suite T,
San Luis Obispo, 93401
805-781-4754

PASO ROBLES YOUTH AND ADULT
1763 Ramada Drive
Paso Robles, CA 93446
805-226-3200

ATASCADERO YOUTH AND ADULT
5575 Hospital Drive
Atascadero, CA 93422
805-461-6080

PREVENTION & OUTREACH
277 South St.,
San Luis Obispo, CA 93401
805-781-4754

MENTAL HEALTH SERVICES

SAN LUIS OBISPO YOUTH 0-5
MARTHA'S PLACE CHILDREN'S
ASSESSMENT CENTER
2925 McMillan Avenue
San Luis Obispo, CA 93401
805-781-4948

SAN LUIS OBISPO YOUTH
1989 Vicente Avenue
San Luis Obispo, 93401
805-781-4179

SAN LUIS OBISPO ADULT
2178 Johnson Avenue
Paso Robles, CA 93446
805-781-4700

SAN LUIS OBISPO PSYCHIATRIC
HEALTH FACILITY
2178 Johnson Avenue
San Luis Obispo, CA 93401
805-781-4711

ARROYO GRANDE YOUTH
345 S. Halcyon,
Arroyo Grande, CA 93420
805-473-7060

ARROYO GRANDE ADULT
1650 Grand Avenue
Arroyo Grande, CA 93420
805-474-2154

ATASCADERO YOUTH AND ADULT
5575 Hospital Drive
Atascadero, CA 93422
805-461-6060

SERVICES AFFIRMING FAMILY
EMPOWERMENT (SAFE)
1086 Grand Avenue
Arroyo Grande, CA 93420
805-474-2105

RESOURCES IN THE COMMUNITY

TRANSITIONS-MENTAL HEALTH
ASSOCIATION
784 High St.,
San Luis Obispo, CA 93401
805-540-6500

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

THE LINK FAMILY RESOURCE CENTER
6500 Morro Rd. #A
Atascadero, CA 93422
805-466-5404

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

STAND STRONG NOW
51 Zaca Lane, Suite 150
San Luis Obispo, CA 93401
805-781-6400

WILSHIRE COMMUNITY SERVICES
285 South St., Suite J
San Luis Obispo, CA 93401
805-547-7025

COMMUNITY COUNSELING CENTER
1129 Marsh St.,
San Luis Obispo, CA 93401
805-543-7969

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

RESPECT, INSPIRE, SUPPORT,
EMPOWER (RISE)
LGBTQ Healthy Relationship Support
Group
805-226-6791

ACCESS SUPPORT NETWORK (ASN)
1320 Nipomo St.,
San Luis Obispo, CA 93401
805-781-3660

GAY AND LESBIAN ALLIANCE (GALA)
OF THE CENTRAL COAST
805-541-4252

TRANZ-CENTRAL COAST
SLO & North County Support Groups
805-242-3821

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Cultural Competence Committee



County of San Luis Obispo Behavioral Health Department