



STANISLAUS COUNTY BEHAVIORAL HEALTH AND RECOVERY SERVICES

CULTURAL COMPETENCY UPDATE

...a newsletter to address cultural issues that enable us to effectively work in cross cultural situations.

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Garden of Eat'n

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The Turning Point Community Programs' website describes The Garden of Eat'n, a dynamic, on-site kitchen food service, as an education and training program to learn food preparation, sanitation, cashiering and catering. The whimsically, mental health consumer-named *Garden of Eat'n* allows individuals to hone their skills in providing healthy food to staff, members and the community. The service has grown from a simple coffee and snacks catering service, to providing warm lunches and breakfast during the week. Trainees will then have a chance to graduate into independent employment.

Turning Point's Garden of Eat'n provides initial kitchen training while addressing barriers, fears and expectations about employment. The training program also provides individuals with the necessary life skills that make anyone successful as an employee. Staff takes the time to coach trainees about being prepared and on time, communicating with a supervisor and co-workers. We also provide anyone coming back into the workforce with the necessary guidance to enhance learned skills. The Garden of Eat'n received CARF (Commission on Accreditation of Rehabilitation Facilities) certification because our organization promotes the quality, value, and optimal outcomes of services through enhancing the lives of those served. Garden of Eat'n training is offered to Stanislaus County Behavioral Health and Recovery Services (BHRS) Employment Service consumers and Department of Rehabilitation members.



For those of you who have first-hand experience of the Garden of Eat'n, you know that the kitchen offers all that and much more! Garden of Eat'n is an amazing experience for the employees as well as the customer that is eagerly awaiting their tasty meal on Lunch Wednesdays or Breakfast Fridays.

Many employees come from a background of volunteerism and commitment to their recovery within Mental Health. Many of our employees and trainees are focused on goals that go beyond just employment. Folks have shared that they are part of their recovery in



BHRS Cultural Competence, Equity and Social Justice Committee meets on the 2nd Monday of each month from 9:00 a.m. to 10:30 a.m. in the Martin Conference Room, 830 Scenic Drive



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Mental Health, Substance Abuse and many other challenges they have faced in their own journeys along the way.

Several Garden of Eat'n staff began their journey as a member of the Empowerment Center and developed plans along the way to better their circumstances and take control of their lives. It has led to a form of advocacy for some as they continue their recovery with employment but also by participating in community venues to share their story. The stories that are shared publicly and individually provide hope and inspiration to others who are on the fence of their own recovery.

It is truly inspiring to learn that not only does the kitchen emphasize quality, dependability and commitment to astoundingly tasty food; but they have set the standard in adapting to a fast paced environment and supporting one another while doing it.

Remember; when you purchase from the Garden of Eat'n, you are contributing to the experiences our employees will gain to learn how to engage with their community and support one another. You also share in their joy to enjoy great food, great relationships and progress to a better place in life. Every single catering meal served and event supported can guarantee and smiles and happy tummies!
Thank you for supporting our members!

For more information you can contact the Consumer Empowerment Center at:
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Highlights of December Cultural Competency, Equity and Social Justice Committee (CCESJC) Meeting



- * The news article for December was Opiate Use Disorder in Pregnancy by John O'Brien, Behavioral Health Specialist at the Genesis Program. John was unable to attend the meeting to share his article. Veronica encouraged the group to read the article that shares personal stories of recovery from young women. Madelyn shared that consistent use of methadone for opiate addiction treatment reduces post birth problems for the infant.

Kristie N. from Aegis Treatment Centers shared that methadone treatment during pregnancy reduces the risk of miscarriage. She quoted a study that showed that pregnant mothers who medicate everyday regularly shows that the child has better health outcomes. She mentioned that it is not healthy for both the mother and the baby to stop drug use without methadone treatment. Among the many reasons, one of them is that it interrupts the bonding between mother and child while the mother suffers from withdrawal from the drug.

- * Members were asked to share any tradition. Some of the highlights were for the various holidays celebrated in the United States and other countries, and special life events. The story of the Piñata was also shared with the group.
- * Madelyn encouraged the members to go to the unconscious bias website and take a test, as there will be a discussion about unconscious bias at the January 2016 CCESJC meeting.
- * Madelyn asked members to share what they have done in effort toward stigma reduction. The group gave good feedback on what they have done within the last month toward stigma reduction.



If you have questions or suggestions regarding Cultural Competency, please e-mail:

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