



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.

February 2016
Volume 12, Issue 2

LGBT crew Reaching OUT

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Inside this issue:

LGBT Crew Reaching OUT	1/2
Meeting Highlights	2



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

During the last few years, with Marriage Equality becoming a reality and LGBT Americans such as Laverne Cox and Caitlyn Jenner being in the public eye, many people have begun to explore their own gender identity. These new revelations have prompted staff at Josie's Place Drop in Center to create a new group exclusively for individuals that are exploring their gender identity. Gender Fluidity group was created in March of 2015 at Josie's Place for individuals that have alternate needs in expressing gender. The group is offered by Josie's Place because members of the center requested a safe place where it would be advantageous for them to discuss gender issues. This group is exclusive to members that have alternative gender status and/or transitioning to another gender. This group discusses any issues important to the group members on that day. The topics could vary from relationships, transitioning your body, legal issues, media coverage of gender issues as well as societal issues like employment and education. There is a growing need for individuals to have their own place where they can feel safe about gender alternatives without prejudice and discrimination. There is a clinical staff and a volunteer (who is also transgender) that lead the group every week and provide support to members individually when needed.



Previously in October 2011, Josie's Place staff began to see the need for members of drop in center that identified as Lesbian, Gay, Bisexual, Transgender, Queer, Questioning, Gender Fluid to have a meeting time and place to support each other with discussion topics that are unique to them. It was a success! The group has become a staple on the monthly Josie's Place Drop in Center Calendar. The group has hosted a booth Modesto Pride

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Continued on Page 2



events in the past several years and diversity fairs all over Stanislaus County to help promote that Josie’s Place as a safe place for LGBT young adults to get support and friendship.

Currently, the LGBT and Gender Fluidity groups are going strong with a loyal following that come to meet weekly. Staff has begun to work with group members to reach out to other organizations in the community that are offering LGBT support to other young adults in the community. The group members along with staff are currently reaching out to local high school GSA (Gay Straight Alliance) clubs in Stanislaus County and other organizations such as The Place (an organization that provides support to LGBT young adults ages 14-20) to have an LGBT young adult summit event on December 12, 2015 at Josie’s Place Drop In Center. This summit will provide young adults (ages 14-25) in the community the chance to meet, network and work toward common goals to help young adults in need of LGBT support in Stanislaus County. The members of Josie’s Place groups will host the event and are currently working on topics for discussion, flyers, and decorations for the event. The summit will be the first of many meetings that young LGBT adults in Stanislaus County can attend to gain support and friendship as they move into their adult years.

The LGBT group meets on Mondays from p.m. 1- 2:30 p.m. and Gender Fluidity group meets at 1-p.m. on Thursdays at Josie’s Place Drop in Center at 1208 9th Street Modesto. Feel free to call Elena Carrillo, Jason Vaughan or Katalina Zambrano at Josie’s Place, 558-4464



Highlights of January Cultural Competency, Equity and Social Justice Committee (CCESJC) Meeting



- * What is the difference of Equity & Equality?: Veronica shared that she would like to start the New Year by revisiting the name of our committee and to have discussion on what it means. This month will be reviewing the word “Equity” and discuss the difference between Equity and Equality. She presented a YouTube video on the difference between Equity and Equality.
- * Unconscious Bias: Madelyn opened the conversation by discussing bias and how unconscious bias can cause service providers to behave in certain manners based on their unconscious bias. Members that took the unconscious bias tests shared their experience. Some members were surprised by the results of their tests, while others were very aware of their biases. Others experienced enlightenment in exploring the origins of their biases.
- * Stigma Reduction:
 - * The Each Mind Matters thirty (30) second spot is currently happening in valley theatres before the Star Wars Episode VII movie.
 - * Students participating in the Directing Change video competition will have the opportunity to provide a video in a language other than English. All video submissions are due to the Directing Change organizers by March 1, 2016.
 - * The Public Guardian’s Office works to stomp out the stigma of LPS Conservatorship and/or Guardianship by educating families and the community about conservatorship and/or guardianship.



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

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