



STANISLAUS COUNTY BEHAVIORAL HEALTH AND RECOVERY SERVICES
DIVERSITY, EQUITY, AND INCLUSION

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

June 2019

Volume 15, Issue 6

**Stanislaus County Behavioral Health and Recovery Services
 Detention Services**

Submitted by Karl Meabrod, BHS II

Inside this issue:	
Detention Services	1
Meeting Highlights	2

Detention Services provides Substance Use Disorder's treatment and Mental Health treatment to inmates at the Stanislaus County Public Safety Center, 200 E. Hackett Road, and to probationers at the Stanislaus County Day Reporting Center, 190 E. Hackett Road, Modesto, CA. Services include education groups, process groups, individual counseling and case management. The number of individuals engaged each month averages from 50 to 100, depending on referrals and requests. Services are provided in English, and interpreters are available by request.

Detention Services engages adults from diverse backgrounds of not only ethnicity, religion, gender, and age, but also various levels criminal culture hierarchy, including gang affiliation, first-time offenders, career criminals, sentenced inmates, and those in the trial process. Services inside the jail are provided at inmate request in Minimum Housing Units 1 & 2, Safety Center East Wing, and in the REACT (Re-Entry and Enhanced Alternative to Custody Training) Center. Services at the Day Reporting Center are provided only through referral by Probation. One measure of successful programs in the criminal justice system is recidivism. Recidivism rates are measured by return to custody within three years. Stanislaus County recidivism averages about 67%. Stanislaus County inmates who participate in Sheriff's programs have average recidivism rates of only 36% to 38%! Detention Services sees an even smaller rate, although exact figures are not available at this time.

Comments of recipients of BHRS Detention Services Substance Use Disorder's counseling:

"Going through the skills program gave me such insight on my behavior. I used to think my criminal behavior was caused by my drug use, but what I really found out was that my criminal behavior started long before I started using drugs.

Through the program I was given hope like I never experienced before. I was treated like a real person who made bad choices, not just a criminal. The encouragement I received was the biggest factor in me believing I could change my life."- SUD's client B

"This (Jail) is the only place I can experience my full personality. Then I get out, stay clean a little while, relapse, and come back. I meet my true self here again. I don't get to experience myself long-term in the community, and neither do my children or the rest of my family." – WOW client

While in custody in Stanislaus County Jail serving a 44 month 1170 AB109 sentence behind a bunch of burglaries stemming from a meth addiction, I decided I wanted to change my life after 4 prison terms and numerous county jail stays. I wanted to change!

While in Unit 2, I signed up for Substance Use Disorders (SUD's) Class Under BHRS counselor Karl Meabrod, which changed my life!!

The class was 90 days. It helped me so much I stayed in the class 9 months! The class actually taught me how to change my thinking through Cognitive Behavioral Therapy (CBT), and even taught me what the disease did to the chemical balance in my brain.

I learned so much in this class that I even began to co-facilitate the class and teach my peers. It was so life-changing for me because I found my life calling in that class. I am now in the beginning steps of being a full-time SUD counselor. I currently work for The Center for Human Services as a counselor in training! I've also maintained full-time employment as a Journeyman out of the local 1130 hall! I currently have an annual income of \$65,000 a year but will be changing careers soon to be a full-time SUD counselor.

This is who I am today.- SUD's client C

Continued on Page 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 Redwood Conference Room, 800 Scenic Drive



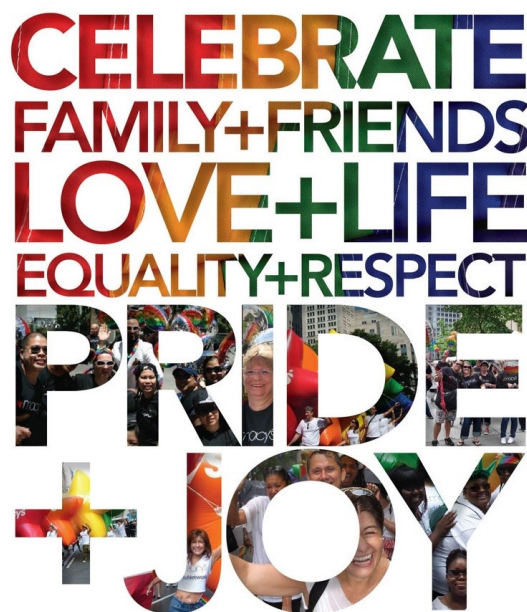
**Highlights of May Cultural Competency, Equity and
Social Justice Committee (CCESJC) Meeting**

Mental Health Awareness Month

Mental Health Awareness Month (also referred to as "Mental Health Month") has been observed in May in the United States since 1949, reaching millions of people in the United States through the media, local events, and screenings.[1] Mental Health Awareness Month was started in the United States in 1949 by the Mental Health America organization (then known as the National Association for Mental Health). Each year in mid-March Mental Health America releases a toolkit of materials to guide preparation for outreach activities during Mental Health Awareness Month. During the month of May, Mental Health America, its affiliates, and other organizations interested in mental health conduct a number of activities which are based on a different theme each year.

Celebrate LGBTQ+ Pride Month - Help us fight stigma and discrimination

Dear Community - Celebrate PRIDE month, support your local LGBTQ+ organizations... In the last few years we have seen our national leaders attempt to undermine the rights and welfare of LGBTQ+ people and their families: transgender ban in the military/ non inclusion of sexual orientation and gender identity-expression data in the 2020 census/ rule denying care to patients, including transgender patients, based on religious or moral beliefs/ plan to remove regulations prohibiting discrimination against transgender people in HUD-funded homeless shelters/ arguing for a constitutional right for businesses to discriminate on the basis of sexual orientation and, implicitly, gender identity...just a few examples, there are a lot more attacks against our community. Locally, MoPRIDE, the Central Valley Pride Center in partnership with the LGBTQ+ Collaborative for Well-Being Stanislaus and our community are working hard to educate stakeholders, policy makers, and leaders that our community will be counted, why our community matters and that we need to be part of the conversation when plans are being made. NOTHING ABOUT US WITHOUT US!!! Help us raise \$10,000 to support the good work MoPRIDE and its partners are doing.



**If you have questions or suggestions regarding Cultural Competency, please e-mail:
Jorge Fernandez, jfernandez@gvhc.org**