



# CULTURAL COMPETENCY UPDATE

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

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## What's New at Josie's Place

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**BHRS Cultural Competence Oversight Committee meets on the 2nd Monday of each month from 9:00 a.m. to 10:30 a.m. in the Redwood Room, 800 Scenic Drive**

Josie's Place Drop in Center and Service team is a busy place with activities and groups everyday. Josie's Place is striving to expose consumers to many different opportunities to culturally expand their experience of their community. Groups are a way for members to gain useful skills that they can utilize and practice for the rest of their lives. Among the long standing LGBTQ, Men's/Women's groups, game tournaments, outings in the community, sporting events, picnics, there are some new and exciting groups happening at Josie's Place.

One group that has been active for the last two years is Pro Social Skills. It is a group that utilizes the Aggression Replacement Training curriculum using an interactive approach. The main components of the group focus on anger management, moral reasoning and skill building. This group is offered in eight week increments twice a week throughout the year. It has been successful since its inception in 2012 with over 100 members benefitting from this information. Many members who successfully complete the curriculum return as veteran group members to maintain the skills they've learned.



Seeking Safety is a group that is offered weekly for individuals that are experiencing Post Traumatic Stress Disorder symptoms and struggle with unsafe behaviors such as substance use and self harm. It is based a curriculum by Lisa M. Najavits. Staff attended training in March 2014 and quickly launched group in April 2014 which continues to grow every week. Group members learn to establish safety and work toward discontinuing unsafe behaviors and relationships as well as gaining control of their lives by learning coping skills and self-soothing techniques, such as grounding.

Wellness is a group that began in April of 2014 and aims to increase mental health wellness through teaching the impact of physical, social and spiritual wellness on mental health. Wellness Group provides psycho-education, skills training, supportive counseling. Topics include to coping skills, importance of proper nutrition, exercise, sleep, stress reduction, and mindfulness. One of

the most creative groups thus far has been the Mandala group in which member created their own unique Mandala drawing.

In addition to meeting the individualized needs of the consumers as suggested by the young adults advisory committee (YAAC), additional groups have been added to the schedule that include an anime style game group and Music for the Soul guitar lessons. Tea time is peer-driven as a process and support group weekly. Josie's Place's ongoing attention and support for consumers learning independent living skills is at the top of the list. Staff also encourage and support peer leadership including collaboration with Youth in Mind (YIM) on a weekly basis.



Josie's place staff continues to "think outside the box" and provide members new and fresh ideas to promote overall health and well being. The hope is that the information that is learned will be able to expose members to new ways of experiencing the world and make lasting changes throughout their lives. If interested in more information or would like to receive a monthly calendar via email, please feel free to call 558-4464.

## Highlights of June Cultural Equity and Social Justice Committee (CESJC) Meeting



**Champion Award**—Madelyn Schlaepfer presented certificates to the winner and nominee of the Cultural, Equity and Social Justice Champion Award, June 2014. The Champion Award winner was Tommy Panyanouvong and the Champion Award nominee was Ogiram Chukwuka.

**Recovery Modesto Project** — Jorge Fernandez introduced Scott Miller, leader of the Recovery Modesto Project. Mr. Miller presented a PowerPoint about the Stanislaus County Faith Based Recovery Community Capacity Building Effort. Mr. Miller shared a few highlights of the Collaborative Effort Between Stanislaus County BHRS and the Faith-based Community:

- \* Mapping faith-based Recovery Resources
- \* Increase the capacity of faith-based community to meet the needs of our community
- \* Provide training on dealing with recovery/behavioral health issues (access to BHRS and other mental health trainings for pastors/faith leaders)
- \* Reduce stigma related to mental illness and AOD recovery
- \* Training about recovery was provided at the county jails to both men and women weekly for the past seven months
- \* Wellspring Ministry: 25 licensed therapists are collaborating with Recovery Modesto

**State Update: Each Mind Matters**—Jorge Fernandez reported California Mental Health Services Authority (CalMHSA) initiated a movement entitled Each Mind Matters which is an anti stigma campaign that helps end stigma associated with seeking services. For more information go to <http://www.eachmindmatters.org/>.

If you have questions or suggestions regarding Cultural Competency, please forward them by e-mail to:

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