



CULTURAL COMPETENCY UPDATE

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

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Substance Use Disorder Intensive Outpatient Treatment Program

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Center for Human Services (CHS) offers drug and alcohol treatment groups.

The rate of successful completions for the Substance Use Disorder program at Center for Human Services is 6% above the national average. When asked what sets this program apart, Mike Greenlee, Program Coordinator, attributed it to results, respect and responsiveness, three of Center for Human Services' core agency values.

Outcomes:

Along with successful completions, the personal feedback from clients has been phenomenal. Again and again, feedback forms read, "I love my counselor," or "my counselor/this program helped change my life." Mike recently encountered a former client, who had completed the program, never had a positive drug test during the program, and not only continued to live a clean life, but is also volunteering at the Stanislaus Recovery Center. The outcomes are impressive.

What you need to know:

- * No fees for service
- * Mandatory, random drug tests
- * Groups days/times vary by location
- * Available to adolescents and adults
- * Offered in Modesto, Oakdale and Patterson
- * For more information call 209-526-1476 or visit our website www.centerforhumanservices.org
- * Watch a video about our program here: https://www.youtube.com/watch?v=PVvf_a0CROcw

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

Announcement:

MHSA Document

The MHSA Plan Update FY 15-16 is available for 30-day public review and comment July 22nd through August 20, 2015.

To access the document, please go to:
www.stanislausmhsa.com

Respect:

Other systems give these clients multiple chances to change. CHS does the same. Each client has the opportunity to come back as many times as he or she chooses.

Men and women of every socioeconomic status have participated, from the very wealthy to those living on the streets. They come into the group together, not separated by their backgrounds. Everyone has an equal chance for change.

After successfully completing the program, clients can become volunteers for the program. CHS will train these volunteers in drug testing, group counseling, skills, assessment, client admissions, and writing progress notes. Entrusting volunteers with greater levels of responsibility empowers them, making them part of CHS in a powerful way. This was how Mike Greenlee began on his path to becoming a counselor, through volunteering for CHS, an agency that made a difference in his life.

Responsiveness:



The counselors have the energy and the support they need to avoid burn out and continue giving to clients. The team meets nearly every Wednesday to discuss self-care, collaborate on important decisions regarding the program, performance goals and client outcomes, or to share stressful situations. Through shared leadership, decisions are not made alone but as a group. To provide personal support, Mike checks in nearly every day with the counselors on staff.

“Should you choose to participate, know that you will not be judged here,” shared Mike. “If you have needs that the

program does not meet, your counselor will work with you to find other resources that can help. Their goal is to be as helpful as possible to every single client they encounter.”

The Center for Human Services office is located at 2000 W. Briggsmore Ave, Ste. I, Modesto 95350 . The office phone number is 526.1476. They are open 8:00am to 5:00pm, Monday through Friday. If you are in need of mental health services, you can call the 24-Hour Crisis Line (209) 526-5544.

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



- * **Jorge Fernandez, LCSW, Interim Director of Behavioral Health Services, Golden Valley Health Centers**, gave a presentation on the different stages of mental illness. The goal of the presentation is to present ways to change the way we as a society understand mental illness. The committee members did an activity where they separated into four groups, with each group given one of the four stages. Members shared their work and personal experiences in stress and mental health. Jorge concluded the presentation with information on a new project, called Project Semicolon, a faith based organization designed to reduce the occurrence of suicide and the stigma around it.
- * **Madelyn Schlaepfer, BHRS Director**, shared that Stanislaus County contributes to the Each Mind Matters campaign, and encouraged members to go to the website and utilize creative ways to engage people in the community to be aware of the campaign, stigma and suicide prevention.
- * **Luis Molina, CCESJC Community Liaison**, shared that John Alvarado will oversee the collaboratives as Luis will transition to a position in administration at Prevention services. Carmen Morad was introduced to the CCESJC as a new member of the Prevention services department to work with the collaboratives with a focus on the Assyrian community.
- * The **LGBTQA Collaborative** John Alvarado from Prevention Services shared the Pride day on Wednesday, June 24th at the Mod Spot. 160 people attended the event. The focus of the event was to promote relationships across the community. The Collaborative will continue to meet at the Mod Spot twice a month.
- * The **Latino Behavioral Health Coalition** – There will be an update on the LBHC in August.
- * The **Assyrian Collaborative** – The Assyrian Collaborative continues to work with reducing stigma in the Assyrian Community.

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

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