



# CULTURAL COMPETENCY UPDATE

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

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## Community Capacity Building: An Ongoing Commitment to Prevention & Early Intervention

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**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**

As part of the Mental Health Services Act and Behavioral Health & Recovery Services Transformational commitments, Prevention & Early Intervention (PEI) continues to support the Community Capacity Building Initiative (CCBI).

What is Community Capacity Building? *It's a group of people who know each other well enough, who rely on each other for support and act together in strengthening the ability of their communities and promote the well-being of their members while independent of services.*

### How it works

Prevention & Early Intervention is rooted in working within the county's most underserved/unserved communities to help reduce risk factors for developing a potentially serious mental illness.

Additionally, PEI is meant to help create timely access and linkages to treatment services when necessary in culturally appropriate ways. Increasing a community's capacity to act on its own behalf can involve strengthening networks of relationships and can also involve activities that increase a community's skills and resources.

Through Community Capacity Building, PEI continues to partner with existing community efforts that have said "Yes" to the following:

### Who's involved?

There are many partners involved in this process. Below is a list of community partners and *neighborhood based collaboratives that* are specifically working from a cultural based perspective to better achieve wellness in their communities:

#### Assyrian Wellness Collaborative:

Meets 3<sup>rd</sup> Tuesday of every month at 6:00 p.m.  
Location: Assyrian American Civic Club of Turlock at 6pm  
Contact: Carmen Morad, Prevention & Early Intervention 209-541-2555

#### Latino Behavioral Health Coalition:

Meets 4<sup>th</sup> Thursday of every month at 4:00 p.m.  
Location: Rotates  
Contact: Luis Molina, Prevention & Early Intervention 209-541-2555

#### LGBTQA

Meets monthly on the 4<sup>th</sup> Thursday of every month at 12:00 p.m. (lunch provided)  
Location: Peer Recovery Art Project, 1 222 J Street Modesto, Ca  
Contact: Monica Silva, (co-chair) 303-1038  
Christina Teixeira (co-chair) 577-3811

#### Manos Unidas:

Meets monthly on the 4<sup>th</sup> Thursday of every month at 5:30 p.m.  
Location: South Modesto neighborhood  
Contact: John Alvarado, Prevention & Early Intervention 541-2555

#### "RAIZ" Behavioral Health Promotora Program:

Meets 4<sup>th</sup> Monday of every month at 2:00 p.m.  
Location: Prevention Services Office  
Contact: Vanessa Lopez-Assah, Prevention & Early Intervention 209-541-2555

#### South Modesto Youth Leadership (SMYL):

Meets every other Thursday at 5:00 p.m.  
Location: Hanshaw Middle School  
Contact: Nancy Zamora, Prevention & Early Intervention 209-541-2555

#### Stanislaus Asian American Community Resource (SAACR)

Meets monthly  
Location: Rotates  
Contact: Keo Onesavanh, President 209-996-9638

- \* A partnership focused on increasing the engagement of communities in promoting behavioral health and well-being;
- \* Helping reduce stigma in their communities in a culturally appropriate way and
- \* Help increase public support for the work BHRS does throughout the county.

### Resources and Links:

Join the statewide mental health movement and campaign to reduce stigma of mental health and suicide prevention:

- \* [www.eachmindmatters.org](http://www.eachmindmatters.org)
- \* [www.sanamente.org](http://www.sanamente.org)
- \* [www.suicideispreventable.org](http://www.suicideispreventable.org)
- \* [www.elsuicidiodoesprevenible.org](http://www.elsuicidiodoesprevenible.org)

*For more information about the Prevention and Early Intervention Community Capacity Building Initiative, please contact: Janet Nunez-Pineda, PEI Manager at [jnunez-pineda@stanbhhs.org](mailto:jnunez-pineda@stanbhhs.org) or John Alvarado, PEI-CCB lead at [jalvarado@stanbhhs.org](mailto:jalvarado@stanbhhs.org) or Main office at 209-541-2555. You can also visit: <http://stanupforwellness.org/en/>*

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



- \* LIFE (Lasting Independence & Family Empowerment) Path is a collaborative program between Sierra Vista Child & Family Services and Center for Human Services. Funding is through Stanislaus County – BHRS Mental Health Services Act (MHSA). LIFE Path is an Early Intervention program. The aim is to treat young people with early psychosis and assist their family get on the right path. They serve ages 14 to 25 and must reside in Stanislaus County or be a student attending school in Stanislaus County. They work with individuals who are at risk of developing schizophrenia. Individuals must be in the first year of a psychotic break. It is a cognitively based program and they utilizing CBT (Cognitive Behavioral Therapy). Individuals must have at least borderline cognitive functioning (IQ of 70+). The program supports the client with low dose/no dose medication support. A mobile team that meets individuals at their home, or in different locations throughout the county. Referrals to the program are done through phone call.
- \* Luis Molina, CCESJC Community Liaison, encouraged everyone to do a self check-in. He reminded the committee that we need to continue to advocate through wearing the Each Mind Matters bracelet or the green Mental Health Awareness ribbon. Luis would like us to encourage people of different cultures to join the mental health field.
- \* LGBTQ Collaborative – some members will go to Millie D. Frank Center in San Jose to gain insight on relationship building in the community to get an idea of where to go next. Their foci are: 1) promoting connectivity, 2) mapping supports, 3) cultivating leadership, 4) reducing stigma, and 5) increase peer support.
- \* The Peer Committee will meet in September at Turlock Recovery Services. The committee meets at different locations within the community. They are looking at West Modesto King Kennedy as a possible location for October. This is to help agencies who aren't able to attend at the Jana Lynn center at 500 N. 9th Street.
- \* Training: Psycho-Pharmacology with Dr. Mora in September; Self-Harm training in Mid-September; NAMI Provider education course from 10/8/15—11/9/15 at 800 Scenic Campus. For more information on these trainings, contact the Training Office .

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

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