



**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.*

## **Life Path**

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Schizophrenia is a mental illness that is found across all cultures. It is estimated that the cost to treat a person with schizophrenia over their lifetime is \$10,000,000 . This is a combination of outpatient treatment, medication services, frequent hospitalizations, legal issues, etc. Early psychosis intervention programs aim to reduce the school failure, unemployment, substance abuse, incarceration, homelessness and suicide that many young people with psychosis face. It is not only beneficial to the young person and their family; it is beneficial to the community at large.



**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 Room, 800 Scenic Drive**

In recent years, much advancement has been made in the early treatment of schizophrenia. Today we are able to identify symptoms of a prodromal phase (or early signs) prior to a psychotic break. Studies have verified that early intervention during the prodromal phase or within a year of a psychotic break, has a high probability of success, possibly even preventing a psychotic break from occurring or reoccurring. Worldwide, early psychosis intervention programs now exist. In California, less than half of the counties have an established early psychosis intervention program. Stanislaus County’s LIFE Path program began in 2011 through funding from the Mental Health Services Act (MHSA).

LIFE Path serves Stanislaus County residents ages 14-25 and their families who meet the early psychosis intervention requirements. Studies show that 3 in 100 young people (between 12 and 25) will experience psychosis. LIFE Path is a transitional age youth program. Our clients come from all cultures including Hispanic, Asian, African-American, Assyrian and Laotian. We provide services in the preferred language of the client, through interpreters if needed. Services are provided in a culturally and linguistically sensitive manner. We are also a community based program, able to provide many services throughout Stanislaus County. There is no fee to the clients or their families.



Clients in the treatment phase of LIFE Path are eligible to receive individual and family therapy, individual rehabilitation, collateral services, medication services, Multi-Family Groups, Teen social skills groups, Adult life skills groups and educational/vocational support. Family work is extremely important in early psychosis intervention and strongly encouraged for entering clients. Adult clients have the ability to choose who they consider family.



There are many causes for psychosis other than schizophrenia, such as medical issues, trauma or substance use. Due to this, LIFE Path has an extensive screening process to determine a primary cause for the referred client's symptoms. The different origins for psychosis determine the type of treatment which may or may not include the LIFE Path program. LIFE Path provides treatment for those symptoms leading to a diagnosis in the schizophrenia spectrum or psychosis due to a mood disorder. LIFE Path treatment is also specific to early intervention. If a person is screened to require other intervention programs, LIFE Path works with the current provider or assists the client in finding an appropriate provider.

In addition, LIFE Path staff make presentations throughout the county to both professional and community organizations to educate people in the identification of the early signs of the illness and decrease stigma around psychosis. The stigma of psychosis is often more extreme than other mental health conditions, even among mental health professionals. It is important that our community begin to recognize the early signs in order to provide intervention at the earliest time possible. Studies demonstrate that clients are generally identified approximately six months after onset of psychosis but many clients still are not receiving treatment for 1-2 years after onset of psychosis. Please contact us if you are interested in a presentation or more information.



From left to right: Diane Rose, Christina Arguelles, Keith Amador, Sharon Lizotte

Referrals to the LIFE Path program can be made at 209-312-9580. Family members, clients or other health professionals may make referrals.

The LIFE Path program is a collaboration between Stanislaus County Behavioral Health and Recovery Services, Sierra Vista Child & Family Services, and Center for Human Services.



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



#### Reviewed CLAS Standard #4

Governance, Leadership, and Workforce. Educate and train governance, leadership, and workforce in culturally and linguistically appropriate policies and practices on an ongoing basis.

Committee discussion/feedback:

- Training to cover all CLAS Standards
- Newsletter
- Team discussion/critical conversations
- Come together enough to act and educate ourselves about what's happening in our community.

#### Stanislaus Committed Program

Human Performance Project Concept Overview PowerPoint was presented by Anthony Page and Jason Larson, Co-Founders, Applied Performance Sciences. Helping students and communities live a life of excellence. These individuals share their unique knowledge and experience when presenting to young athletes and coaches. Their practical lessons on teamwork and SEAL training methods are extremely motivating. They have worked with different groups, schools for example: Hughson, Patterson and Waterford High School. Different areas are covered for example lifestyle choices: Proper nutrition, training properly, avoiding energy drinks and getting proper rest.

#### Diversity Awareness Week

Diversity Awareness Week for BHRS will be October 2-6, 2017. Senior Leader Team will visit the different programs to see the different displays and will open to contractors to participate.

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