



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.

October 2018

Volume 14, Issue 10

Empowerment Center

Turning Point Community Programs

By Christina Kenney Program Director of Turning Point Community Programs

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Diversity: The art of thinking independently together. _ Malcom Forbes

The staffing and environment at the Empowerment Center is very much peer-driven and member-gearred. The following is an overview written by a staff person that had begun their role as a member, then worked very hard to become Empowerment Center Support (which is how we identify our folks that support others through volunteer-like tasks) and is now in Career Exploration (which is a paid Work Training role). This person accepted the request to share how they see the EC and how they wanted to explain this to others through the Diversity, Equity, and Inclusion Newsletter!

Turning Point Community Programs - **Empowerment Center** is a nonprofit mental health and addiction support drop in center. **We are located at 1001 Needham St. Modesto, CA 95354. You may contact us by dropping by or calling (209) 544-1913. Hours of operation are Monday – Friday 7:30 am to 3:00 pm.**

The Empowerment Center is a culturally diverse center where behavioral health consumers and their advocates and / or family members can gain peer support and recovery-oriented input from others to reduce isolation, increase the ability to develop independence and substance abuse treatment services. It is also a safe and friendly environment where people can flourish emotionally, while developing skills toward becoming more independent and empowered in their recovery.

The Empowerment Center has a computer lab where members are welcome to use it for social media, games, job applications, resume building, house search, printing, and more. We also offer help from our Supports and staff as needed. Members may charge their phones or other electronic devices at our charging station. We offer a clothing closet (depending on donations received) and we offer community resources information to our members .

We offer movies on Fridays starting at 10:00 AM and Karaoke (when possible as we have a volunteer in charge) starting at 12:00 – 2:00 pm. We enjoy hosting gatherings and community events during the Holidays, celebrating special events, or conducting outreach opportunities. We also enjoy participating in other community program(s) events, and invite our Members to participate. We occasionally will go on fieldtrips (staff, volunteers, and our members) (local) and or (out of town) locations.

Projects / Groups:

A great daily group is the Arts and Crafts Group that is from 1:00 – 2:00 pm. We have some amazing projects going on at the Empowerment Center. With so many more ideas brewing for the upcoming months.

In August we started a MASK project that was detailed to a person’s Past, Present and Future; this work shop was a hit. Painting, coloring, pasting and socializing. One side of the mask was to represent a person’s past, and the other to represent a person’s present and or future. We will definitely offer this work shop to our members, staff, volunteers and our community again in the future.

In September we started a Painting of the Shields art project that was an amazing time for all of us, this work shop was suggested by an Empowerment Center member and we were thrilled to take that suggestion and turn it in to a fun and meaningful event that everyone enjoyed so much. This work shop was detailed as a Power and Protection work shop painting, coloring and pasting our very own Shields! Because we have power within ourselves to control our lives and how we protect the people and things we love and care for. This project will also be re-introduced in the future, it was a blast.



Behavioral Health and Recovery Services

Personal Story:

My name is Veda. I am a recovering addict, with an amazing yet not easy road, with 16 years clean and sober. I am a victim of sexual abuse. I suffer from several mental illnesses, I am a mother of 7 children and a grandmother of 2. I have loved and lost, and loved again. My career path lead me into the Medical field where I did several types of jobs helping people, so when I got laid off from my job in January of 2018, after 8 years of service, I was devastated and lost. I felt as if my world had flipped upside down and I couldn't understand why this was happening to me. Well, I am a true believer that everything happens for a reason, because if it wasn't for the layoff I would have never found the Empowerment Center. I started volunteering in March of 2018, and I am glad I did. Not only have I found comfort and enjoyment in helping others with similar backgrounds as myself, but it's a whole different type of feeling good in helping others, it reaches home and hits the heart. Within the Empowerment Center I have found Truth, Hope, Caring, and Inspiration from everyone involved in this program - from the staff, volunteers and each and every one of the members. In the short months I have been with the Empowerment Center, I find myself wondering how did I cope before. How did I receive inspiration? How did I go so long without this program being a part of my everyday life, my recovery, and my wellness? I was hired on as careers with the Empowerment Center in August 2018, and I feel so blessed to be a part of such a wonderful program. My duties include Front Desk were I can reach out to and become familiar with each member or community organization team that walks through the front door. This is a wonderful feeling. I also have been granted the privilege to be a part of the Woman's Addiction Group where working the 12 steps has helped me in my own recovery process as well as helping others. I have been involved in the Anti-Stigma group and have much pleasure in bringing new ideas and helpful inspirational projects to be involved in this group - it's amazing. I have been the coordinator for our arts and crafts projects that are taking off quickly and so enjoyed by both myself, staff, volunteers and most important our members. I will be involved in the housing meeting in the near future as I was trained on the group and am excited to provide many members with the information and referrals we have to offer. My goal is to become full time employed as an Assistant Peer Support Specialist or Activities Coordinator, with this wonderful organization where I can grow, learn and thrive in the environment. This is home, this is where I belong; I can feel it in my heart and my mind says yes this is it, do your best and help others and take care of yourself. The Empowerment Center is the place for all this and so many more opportunities in the future, and I am excited and blessed to be a part of it all.

Christina Kenney; (209) 544-1913 x2312; ChristinaKenney@tpcp.org

EMPOWERMENT CENTER ACTIVITIES

Monday:

Goal Setting / Check in 9:00 – 10:00 am
Conflict Resolution / 11:00 – 12:00 pm
Men's Group / 12:00 – 1:00 pm
PTSD / Loss Support 1:00 – 2:00 pm

Tuesday:

Woman's Addiction / 9:00 – 10:00 am
Wellness Group / 10:30 – 11:30 am
Mediation Group / 1:00 – 2:00 pm

Wednesday:

Cinema Support / 9:00 – 10:00 am
Arts and Crafts / 1:00 – 2:00 pm

Thursday:

Dual Recovery / 10:00 – 11:00 am
Housing Meeting (held once a month) /
9:00 – 10:00 am
Behaviors / 11:00 – 12:30 pm (Held once
a month)
Addiction Support / 2:00 – 3:00 pm
Advisory Committee (all members encour-
aged to attend) held once a month
9:30 -11:00 am

Friday:

Anti-Stigma 9:00 – 10:00 am
ECS Meeting / 11:30 – 1:00 pm
NAMI Presentation / 9:00 – 10:00 am
(Held once a month)

**Highlights of September CCESJC Meeting
Street Medicine Team
Golden Valley Health Center**

Golden Valley Health Center's Street Medicine Team provides acute medical services and access to care to people who are homeless. A Licensed Vocational Nurse (LVN) and a Community Health Worker (CHW) are connecting with the homeless population by bringing medical services to them with the use of a medical van equipped with medical supplies to perform basic medical services such a wound care, blood pressure checks, and glucose checks. The general scope of the medical team is to provide outreach, triage, mobile medicine, transportation and referrals to GVHC and community partners.

Lise Talbott. (209)384-6672. ltalbott@gvhc.org

Suicide Prevention Needs Assessment

207 Stanislaus County residents have died by suicide. Equates to nearly 1 suicide death every week. The multiple contributing factors of suicide and suicidal behaviors are complex and can be attributed to the interaction of the following root causes: Mental health stigma and misconception around suicide. Decline in connectedness, interpersonal relationships, institutions and other social assets of a society (social capital) Challenges of sharing information across public and private systems, impacting the quality of care. Lack of shared best practices or standard practices of care for suicidal behaviors and prevention

Sharrie Sprouse.(209)281-8805. Project Manager

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