



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.

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Reaching Out

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On May 13th, 2014 I was able to attend a special event in Sacramento with some of the youth from our center. The special event was the Mental Health Matters Day 2014. Upon our arrival at the State Capital, there were already crowds of people supporting this important movement.

There were different groups of people displaying their organizations involvement in support for Mental Health. There were speakers sharing their personal stories of their struggles with mental health challenges and being able to recover with the support they found. The speakers emphasized that with support they were able to use resiliency and find their inner strength.

All of the stories and demonstrations spoke of the importance of having and finding support. On this day I learned of California’s Mental Health Movement- “Each Mind Matters”. Their mission statement reads: “We are a community of individuals and organizations dedicated to a shared vision of mental wellness and equality. Wellness doesn’t mean we’ll never need help. It means we are proactive and resilient when faced with challenges. (www.eachmindmatters.org/get-informed/)

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

EACH MIND MATTERS

California’s Mental Health Movement



The activities also included a “Red Carpet Event” which displayed the media work of youth around California and their efforts in providing outreach to others in order to provide suicide prevention and education in young adults. All of the videos expressed the importance of knowing the signs of suicide and providing support to someone facing mental health challenges.

The videos created by these young people were creative, caring, sensitive, and provided a message of hope to others in order to let them know they are not alone. Some of the videos won according to their category and their creators were honored for their work. The youth were able to dress for the event and

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were interviewed and honored alongside with their family and friends. It truly felt like a “Red Carpet Event”. The room was filled with proud family members and supporters of this movement.

The movement of “Each Mind Matters” stresses the importance of reducing stigma, providing support, advocacy, and education. By providing these elements people can understand and realize everybody deserves support and respect.

I felt fortunate to attend this event and see the dedication and enthusiasm our youth have in order to reduce stigma, provide support, and believe in the message of hope for a better tomorrow.

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



Pam Esparza gave a presentation on Peer Support integration Project. She discussed how Mental Health Services Act (MHSA) funding helped to implement changes to include more peer support. She, along with John Black and Monica Silva, highlighted the efforts of the Wellness recovery center and their work with the peers. She also discussed the newest outreach and engagement and housing projects also funded through MHSA.

Ruben gave the group a draft of the CCESJC roster. All CCESJC members are encouraged to contact either Ruben Imperial or Tiffany Kern with their primary and secondary representatives from their area of expertise or interest.

Ruben highlighted the need for a new cultural competency plan. He presented a six month timeline, and gave the CCESJC members an opportunity to get involved in the plan. He is looking for volunteers to help with the plan, however he will ask some CCESJC members for their participation.

Cultural competency award nominations are due to Tiffany Kern by 11/14/14.

Ruben presented the Ethnic Services Manager’s report to the CCESJC in rough draft form.

Jennifer Baker of the training department highlighted some of the upcoming trainings, and encouraged CCESJC members to contact her with training ideas.

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

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