



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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What Is Movember? 'No Shave November' Facial Hair Growing Contest Raises Awareness for Men's Health Issues.

*By Tim White
Family Advocate*

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What is "Movember" or "No Shave November"? Can any men or women participate? Why should I stop shaving during November? Is there a cause that it supports?

No Shave November or Movember is the month when Men's health issues are brought into the spotlight as men and women alike kiss their razors goodbye, proudly donning hairy chins, lips, legs, and underarms.

No Shave November has been around for over 10 years, starting in 2003. At the time it wasn't attached to men's health, it was just a bit of fun with the mates, but now it has become one of the biggest yearly campaigns for awareness about men's health issues.

Movember or No Shave November got its start one evening when a couple of Australian mates named Travis Garone and Luke Slattery observed that it seemed the mustache or "mo" had gone out of style and just wasn't getting the respect it once had. Wondering where the "mo" had gone, the fellows decided to hold a fun November event called Movember in which guys would allow their upper lip facial hair to grow. No shaving the Mo was the only rule.

The first year Movember started, it had 30 male participants. However, the fun of freeing oneself from shaving for the entire month of November seemed to catch on and soon the event found a partner in the Prostate Cancer Foundation of Australia (PCFA).

Fast forward a few more years and mental health issues, including depression, were added to the list of supporting causes. Movember soon became a big hit annually, bringing attention to Men's health issues that often go unaddressed by our strong silent types (like yours truly).

The No Shave November cause has been ranked in the top 100 best NGOs charities in the world by the Global Journal. The event won the award for its impact, innovation and sustainability. According to the official vision of No Shave November or Movember, the hope is "to have an everlasting



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

Announcements:

MHSA Supportive Services Plan Document

The MHSA Supportive Services Plan is available for 30-day public review and comment October 26 through November 24, 2015.

MHSA Plan Document

The MHSA Plan FY 15-16 is available for 30-day public review and comment November 12 through December 11, 2015.

To access these documents, please go to:

www.stanislausmhsa.com



impact on men's health."

So everyone out who can grow a "Mostache" or a "Mobeard" should do so to bring awareness to men's health issues such as cancer, depression, testicular cancer, prostate issues, and etc.

The object is to save the money you would have spent for shaving supplies and donate that to a favorite charity that helps men that are experiencing these types of issues.

I will take an oath right now not to shave my "Mo" until Dec 1st 2015. Will you do the same?

Thanks Everyone,

Tim White

Family Advocate/Friends Are Good Medicine

For more information about the Movember movement, please visit the United States site at <https://us.movember.com/?home>

For more information about the Family Advocates of Stanislaus County—BHRS, their office is located at 800 Scenic Drive, Suite E. The office number to contact the advocates is 209-525-4982. Tim White's email address is twhite@stanbhhs.org



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



- * Jennifer Marsh and Luis Molina from Prevention, Early Intervention (PEI) presented on the youth culture. Jennifer presented a PowerPoint called "Stanislaus County: Changing the Culture" that focused on drug and alcohol abuse in youth and young adults. The discussion focused on the Committed Program, a partnership with John Underwood, an Olympic trainer, who helped create the program which focuses on nutrition, sleep, athletics and academic performance in high school youth. The program currently operates in high schools in Hughson and Waterford, and is on track to start in Patterson.
- * Stanislaus County Diversity Week, October 5-9, 2015, held joint events between BHRS and Health Services Agency (HSA). Veronica Ortiz Valle reported that BHRS had booths at the "Sound of Diversity" event on October 8th and encouraged the CCESJC to attend next year's event.
- * Stigma Reduction: Madelyn reminded the committee that going forward she would randomly ask members what they/their organizations are doing about stigma reduction. The different programs and community based organizations gave information about their actions toward more culturally competent services.



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

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