

Happy Holidays!

DIVERSITY, EQUITY, AND INCLUSION

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

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The National Alliance on Mental Illness

Stanislaus County Affiliate
by Darlene Thomas & Puja Mehta

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The National Alliance on Mental Illness (NAMI) is the nation's largest grassroots mental health organization. NAMI provides education, advocacy, and support to individuals living with mental health conditions and to their loved ones. NAMI Stanislaus is a local affiliate of NAMI California.

NAMI Stanislaus reaches community members from diverse backgrounds both because of the variety of programs we offer and because of the variety of venues at which we offer our programs. We have programs for both youth and adults. We also have programs for individuals living with mental health conditions and for the loved ones of those individuals. We offer our support groups and classes in both Modesto and Turlock. We offer our presentation programs at schools, colleges, shelters, and other community centers throughout the county.

NAMI Stanislaus has two programs for youth. Our first program is called *Ending the Silence*. This presentation program is designed for middle and high school students and covers the warning signs of mental health conditions, among other topics. Our second program is called *NAMI on Campus High School Clubs*, which are mental health awareness clubs.

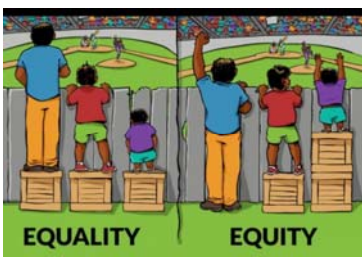
NAMI Stanislaus also has a presentation program for adults called *In Our Own Voice*. This presentation is given by a team of two presenters who share their personal stories of living with a mental health condition. We offer two support groups for adults, *NAMI Connection* (for individuals living with a mental health condition) and *NAMI Family Support* group (support for family members who have a loved one with a mental health condition).

We also offer two classes for adults. The *Family-to-Family* course is a twelve-week class for loved ones of individuals living with a mental health condition. The *Peer-to-Peer* course is a ten-week class for individuals living with a mental health condition.

Upon request, we also offer Provider Education training, a training designed specifically for mental health professionals. Except for the Provider Education training, all the programs mentioned in this article are available to the community free of charge. Currently, none of these programs or presentation are offered in other languages, but we are in the process of recruiting individuals to present in other languages, such as Spanish.

NAMI Stanislaus is located at 500 N. 9th Street, Modesto, CA 95350. Our office hours are Monday through Friday, 8:00 am to 11:00 am.

If you would like additional information, please call (209) 558-4555, or call Ms. Darlene Thomas, (209) 656-8855.



Equality is giving everyone a shoe.

Equity is giving everyone a shoe that fits.



Behavioral Health and Recovery Services

**Highlights of October CCESJC Meeting
Empowerment Center
Turning Point Community Programs**



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. Turning Point Community Programs - Empowerment Center is a nonprofit mental health and addiction support drop in center. Located at 1001 Needham St. Modesto, CA 95354. (209) 544-1913. Hours of operation are Monday – Friday 7:30 am to 3:00 pm.

Cultural Competence Program and Dionicio Cruz Award

- Cultural Competence Program (Policy) houses all the current policies that support Cultural Competence. BHRS is committed to being an organization that values the perspectives and cultures of its diverse staff, beneficiaries, community members, and its partners.
- Two new policies: were introduced as part of the program: Welcoming Framework: BHRS, including management, staff and providers, is committed to creating and sustaining a welcoming environment designed to support recovery and resiliency for individuals seeking services, and their families. Our intent is to let individuals seeking services and family members know that they are “in the right place” regardless of when and where they arrive for support services.

Translation of Written Materials: BHRS is committed to honoring diversity and to ensuring culturally and linguistically competent services. The California Department of Mental Health requires that beneficiaries whose primary language is a threshold language have services available to them in their primary language. Where a need is demonstrated that translation of written materials into other languages is critical to client care, every effort will be made to accommodate the need.

- The Equal Rights Commission for Stanislaus County presented BHRS with the 2018 Dionicio Cruz Award.

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:

- Duel 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 encouraged 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)



If you have questions or suggestions regarding Cultural Competence, please e-mail:
Erica Inacio, einacio@stanbhers.org OR Jorge Fernandez, jfernandez@gvhc.org