



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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Cultural Competence Summit XX: Supporting Community Defined Practices Bernadet Betyaghoub, BHRS Training Department

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The California Institute for Behavioral Health Solutions (CIBHS) is a non-profit agency that helps health professionals and agencies improve the lives of people with mental health and substance use challenges. This year CIBHS hosted a **Cultural Competence Summit XX: Supporting Community Defined Practices** with the goal to inform attendees about effective strategies for reaching out to diverse populations and to highlight successful activities that currently exist throughout the State.

Stanislaus County BHRS was in attendance with attendees from various departments including Adult System of Care, Center for Human Services, BHRS Training Dept., and Prevention and Early Intervention (PEI) with a number of Community Members that they brought. The first half of each day was dedicated to keynote speakers sharing their experiences and contributions to the mental healthcare system at various levels ranging from County, State and Federal sectors. The second half of the day was devoted to workshop presentations that promoted learning and growth through culturally appropriate and culturally relevant mental health care to communities and consumers.

One of the highlights from the Summit was hearing Patrick J. Kennedy (“A Kennedy!”) Former United States Representative discuss his work in mental health advocacy and legislation. Mr. Kennedy shared stories of his own personal struggles with mental health and addiction, he talked about the consequences of stigma for both himself and his family. He discussed that stigma significantly delayed him from getting the treatment he needed and it was many years, and multiple hospitalizations, before he was able to get the right help. He shared that during his early years in politics was when he struggled the most with not only substance use but also trauma.



Bernadet Betyaghoub & Patrick J. Kennedy
BHRS Training Dept.

Because his family was under so much security protection for most of his life, he said he was surprised to hear from others “that not everybody has bullet-proof vests in their closets in the event of an attack.”

Mr. Kennedy shared that his struggles led him to be on the forefront of creating change in the way that our society views and treats behavioral health. He pushed the Mental Health Parity and Addiction Equity Act of 2008 through to Congress. This bill makes insurance companies treat behavioral health just as a physical health—accessible and affordable—supporting the consumer in getting treatment and stopping insurance companies from denying claims illegally. Mr. Kennedy shared that he went beyond just advocating for the Parity bill to pass in Congress, and created

The Kennedy Forum (www.thekennedyforum.org/) that helps people everyday through providing online resources supporting the Parity Bill. Mr. Kennedy is also a Co-Founder of One Mind Institute, (www.onemindinstitute.org) an international mental health research organization focused on researching the brain and developing supportive technology to assist bipolar, depression and schizophrenia. One Mind hosts a free training every year on the latest of their brain science research in Napa Valley, and even hosts a music festival!



Luis Molina & Patrick J. Kennedy
BHRS PEI Dept.



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,

Announcement: MHSA Document

The MHSA Three-Year Program and Expenditure Plan & Annual Update FY 17-18 is available for 30-day public review and comment from March 27—April 25, 2017.

To access the document, please go to :
www.stanislausmhsa.com



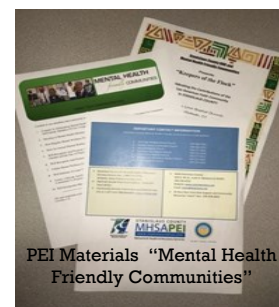
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Another speaker that had a very powerful message was Kevin Berthia, A Grateful Survivor of the American Foundation for Suicide Prevention. Mr. Berthia shared that in 2005 at the age of 22, he attempted to take his own life by jumping from the Golden Gate Bridge. After jumping the railing, he stood on a 4-inch narrow cord about 220 feet in the air. For 92 minutes, he had nothing to stop him from falling except the listening ear of first responder Officer Kevin Briggs who eventually talked him back over the railing. Mr. Berthia did more than just discuss the importance of increasing suicide awareness in communities and schools. He took us back to “that day on the bridge” and the circumstances that led him there. Mr. Berthia said that “For 92 minutes I was on that bridge, and for 89 of those minutes I just talked and got *everything out*. And that the person I was talking to *really listened, and heard me*—he heard what was important in my life— that got me back over that railing.” Mr. Berthia emphasized that “We can all be like Officer Briggs...What it takes is “One heart and two listening ears to really *hear* and help someone in crisis”. And awareness of this devastating epidemic impacting all sectors of our community is the first step in helping.



In the workshop presentations I was able to see passion, creativity, and commitment many organizations had in developing and providing culturally appropriate services to their community. Many of the presenters shared their personal stories of the importance of increasing cultural awareness and its impact from their own lives. It was an honor to have Stanislaus County recognized at a workshop presentation (Go PEI!) as being a leader on the forefront of increasing cultural awareness and providing culturally appropriate services in the work of “Mental Health Friendly Communities” a program designed to reduce mental health stigma and disparities and promote mental wellness using a faith based culturally responsive approach.



A message that I continuously heard throughout the Summit that stayed with me was the importance of providers connecting with consumers on a *personal level*, keeping in mind *cultural humility*, and the significance of *relationship building* when working with individuals and community groups.



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



Cultural Competency Champion Award

The Cultural Competency Champion Award was awarded to Paul Hazelton for his outstanding leadership. Mr. Hazelton was nominated by Carmen Morad from Assyrian Wellness Collaborative. Paul Hazelton a 4th grade teacher at Julien Elementary School in Turlock submitted an article to the Modesto Bee regarding a refugee student that he currently had in his classroom. Mr. Hazelton shared a letter to the Modesto Bee on Dec. 20th, 2016. As Mr. Hazelton has shared in his letter to the Modesto Bee, “I have worked tirelessly to welcome my refugee students into my classroom and prepare them with the best resources for success. I look forward to their bright future ahead. It is my hope the larger community reciprocates the same level of love and acceptance”. Mr. Hazelton thanked the committee and reminded us to use our words, there is power behind words.

Stanislaus PHF Presentation

Stanislaus County Psychiatric Health Facility (PHF) is an acute inpatient program licensed by the State of California for individuals experiencing an acute emergency related to a mental health disorder, where they can receive intensive mental health and psychiatric treatment services to assist in the stabilization of the episode. The structure of the program: 16 beds, locked, 24/7/365, 5 to 7 day’s average length of stay and are voluntary and involuntary admissions. The PHF works closely with outpatient programs to provide the best support while in the hospital and when they discharge. If you are interested in taking a tour of the facility please contact Jamie Peterson. PHF is located at 1904 Richland Ave. Ceres, CA. 95307 (209) 300-8800.

CCESJC Goals & Objectives Recap

Items from previous meeting were reviewed and the committee was asked for any feedback. No feedback from the committee. Will move forward with recommendations for 2017 and will start looking at CLAS Standard #1. Any further goal and objectives please contact Abraham Andres at AAndres@stanbhrs.org or Jorge Fernandez at jfernandez@gvhc.org.

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