



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'S GOING ON AT THE EMPOWERMENT CENTER?

By Christina Kenney, Program Director
Turning Point Community Programs

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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

*Thank you for spending some time learning about what we do and who we are!
The following passages are some excerpts of our current Newsletter.*

Events and Outings

During the past year the Empowerment Center has participated in a number of exciting events and outings. Since moving to our center we have been able to celebrate Halloween as well as a huge Christmas party at our new location. In February we celebrated with our Friendship party and in March we celebrated St. Patrick's Day with corn beef and cabbage and on Cinco de Mayo we had a fiesta at our center. We also celebrated our mothers with a mother's day tea that was fun and enjoyable.

Outings this year were a lot of fun. We took members to the Jelly Belly factory in last May and had a lot of fun learning how jelly beans are made. In July we took members to the state fair and got a chance to enjoy the carnival atmosphere. Then in August we took members to see the Modesto Nuts play some baseball.

We look forward to all the exciting things coming up in the future.



Outstanding Member Support: Jeffery

Jeffery came to the Empowerment Center and immediately set on goals on becoming a member support. Jeffery goes above and beyond to help out at all times. Jeffery says that he came to the Empowerment Center because he was searching for a better way of life and he wanted to volunteer because his goals and his passion are one and the same. He wanted to help himself and by doing so he can help others. Jeffery said that he needed more out of life and that everything is a process. "We don't have forever, it may seem like we do, but the path that you choose to take defines your time and goals and it serves us all." Jeffery told me, "That at this age I can say I have found my purpose. I don't regret the choices I have made, without them I wouldn't be as passionate as I am now about helping myself and others." In his spare time Jeffery enjoys fishing, having BBQ's with friends and just taking time to talk with people.

Outstanding Staff Member: Christina T.

Christina has been an outstanding employee of the Empowerment Center since 2006 working as the chef for our Garden of Eat'n cooking up tasty meals every week. Christina Grew up in the Modesto area and developed a love of cooking at a young age. She is the 4th generation in her family to be a cook and grew up working in her family's owned and operated restaurant. Christina says that she came to work for the Empowerment Center because she wanted to work with people and help them with their recovery. In her free time Christina enjoys spending time with her family.

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Addiction Support Groups

At our monthly advisory council it was brought to our attention that some of our members who have struggled with addiction wanted a place to have a little extra support from their peers. We listened, and our Addiction Support groups were formed. It is facilitated by peers who are actively in and working their recovery. The group gives people an opportunity to get the extra support that they need in between their regular scheduled meetings. It gives them a chance, in a confidential setting amongst their peers, to voice their thoughts and concerns regarding their recovery and ways to cope and work through things. There is a woman's only group held on Wednesdays from 10-11 and a co-ed group is held on Thursdays from 2pm to 3pm.



Data And Donations

The Empowerment Center has grown to have over 2,100 members and is growing each and every day. As our numbers grow, we would love your help. We are always looking for generous individuals who are willing to donate. We accept all forms of donations: monetary, food, clothing, household items or just a donation of your time. We work hard to make sure that our members are on the road to recovery and every little bit helps us to be able to empower them to do just that. So please keep us in mind the next time you are looking to donate. Thank you for taking the time to read our newsletter the *Empowering Times* and we hope that we have been able to have a positive impact on our community!

If you are interested in receiving our emails, please send an email to marlenaneely@tcp.org and she will get you great information about the Empowerment Center and the Garden of Eat'n every single week!!

If you are interested in learning more about the Empowerment Center, please contact Christina Kenney, Program Director, at (209) 544-1913. The Empowerment Center's new location is 1001 Needham Ave. Business hours are from 7:30am-3pm, Monday through Friday

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



- * The nomination submissions for the Cultural Champion Award have a two-week extension due to lack of submissions. Ruben appealed to the CCESJC to get submissions in before the extended deadline.
- * Janet Nunez-Pineda and John Black gave a presentation on the Statewide Anti-Stigma and Discrimination international conference. They discussed policy changes in states and around the world. The focus was on youth and older adult populations. Stanislaus County was highly recognized for the work done.
- * Ruben Imperial and Aaron Farnon at the CEO's office gave a presentation on the CEO's office "Focus on Prevention". Over 75% of county budget addresses social issues of "after the fact" help. The question is "How can we intervene early? This project overarches the entire county – public works, sheriff, BHRS, etc. Two points raised were: 1) We need to work differently, 2) are we doing preventive efforts. The initial foci: Reduce recidivism, invest/support youth & children; reduce homelessness; strengthen families. The overarching foci: Improve quality of life; foundation for ongoing transformation; strengthen relationships – holding ourselves accountable to each other for measurable progress and on-going learning. The Core Value: There are no others. The need is to eliminate the idea of the other. These are our community members and we must see them as part of us. Are we strengthening the dignity of the people we are working with. The support structure is a Stewardship council to provide oversight over four action councils: Homeless, Strengthening families, invest in children and youth, and reduce recidivism
- * Luis Molina, CCESJC community liaison, continues to work with the collaboratives in our county. LGBTQ Behavioral Health summit – date & location is to be decided. Communication about this committee is ongoing. Stigma Reduction & Suicide prevention – remember to be culturally competent about the cultures, languages and nuances. Continue to promote mental health and well-being through wearing the green bracelet at all times. Reminder: culture does not mean just ethnicity/race. Culture can be youth, elderly, work, etc. Let CCESJC know of activities so a listing can be made and distributed to support the activities.

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

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