



Happy 4th of July



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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NAMI

NATIONAL ALLIANCE OF MENTAL ILLNESS STANISLAUS

Lynn Padlo, Director

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Graduation is a time of great celebrations. This month, I had the privilege of attending two graduations in the valley; one at **California State University Turlock** and one at **Modesto Junior College**. Four of our NAMI leaders, teachers and volunteers, graduated this spring!! So many of them reached their goals after years of ups and down, struggles, challenges, but had determination to graduate so they can move on to become productive members of our community. Many of those individuals led classes for individuals who have a mental illness; many of those individuals told their stories of recovery to colleges, churches, community groups and became empowered by doing so. So many people come to our grassroots organization to seek help for their mental illness, but in turn become empowered to help others in our peer classes: Peer to Peer class, Connection support group and also become speakers in the **In Our Own Voice** program. This is a shining light in our organization and now we have over 25 volunteers.

In the eight years NAMI has been a part of the mental health community in Stanislaus County, we have increased our volunteers, teachers and leaders. Programs that we offer, from our lived experience, are:

Family to Family—12 week education class for family members /caregivers (Spanish and English).

Peer to Peer class—10 week peer led education class for consumers (Spanish and English).

In Our Own Voice— A 60 minute presentation of recovery led by two trained speakers (Spanish and English).

Ending the Silence—A 50 minutes presentation in high schools led by a team leader who presents a PowerPoint of the signs of mental illness and then a speaker who was ill during school years tells of his/her recovery now.

BASICS— A 6 week education class for family members who have loved ones ill who are 17 and younger (Spanish and English).

Provider— A 5 week class presenting collaboration techniques for providers so that they include consumers and family members in the treatment plan.

Parents and Teachers as Allies: It is an education, Power Point presentation led by teachers and it gives resources for teachers and parents as well. Typically, it is given at a staff in-service meeting for 60 minutes. A student who was ill during school years, also gives his/her journey to recovery and how teachers helped them.

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



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Four of those programs are offered in Spanish, also; **Family to Family, Peer to Peer, BASICS and In Our Own Voice.**

We welcome new members and we meet once a month for 9 months on the 3rd Wednesday of each month at 6:30 p.m. We do not meet in June–August. During our meetings we have guest speakers, movies, presentations by consumers. It is open to the public and is located at the Jana Lynn Room, 500 N. 9th St. We also have a board meeting which meets monthly, the 2nd Wednesday at 3 p.m. in the Possibilities Room (8) at the Jana Lynn Plaza. We publish a monthly newsletter which is available online as well as on our newly revised website.

One of our speakers quoted:

“I am 56 and have been in recovery for three years. I found the **Peer to Peer** class that NAMI offered then and since then have been trained for **Ending the Silence, Connections, Peer to Peer** mentor and **In Our Own Voice.** I have never felt better and I now work part–time as a substitute aide in schools. I also work at my church food pantry, check in with my doctor monthly and am on my way to a brighter future”. (Nancy, NAMI member)



If you would like more information about NAMI, please contact them at 500 N. 9th Street, Suite D, Modesto, CA 95350 or call them at (209) 558-4555 (P.O. Box 4120 Modesto, CA. 95352) namistanislaus.org

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



* Telecare Corporation

Nora Martinez discussed Latino Access Program that assists individuals in connecting with community agencies or other resources that promote wellbeing. Flyer distributed along with her business card. It was asked what it's like to engage in the community. The focus is to provide information and connect individuals with services. A lot of referrals come from the Promotoras. A story was shared of a family with an adult ill daughter who sought services late due to the stigma. Abraham stressed the importance of early intervention not just for the individual but the family.

* Mental Health Awareness Month recap

May was Mental Health Awareness month and asked what agencies did to celebrate/promote:

GVHC– 2 Fridays in a row wore Each Mind Matters T-shirts, ribbons and pens.

Josie's—10 year anniversary for Josie's used lime green in their decorations to represent.

Day of Hope– Stories of mental health were shared.

WMKKNC–At Modspot—Cultural dancing, many diverse communities attended the event. Juvenile Justice shared their stories.

City of Patterson and school district put an event regarding mental health and provided a lot of different resources. Madelyn S. spoke at the event.

SRC– Facilitated conversation regarding awareness throughout the month and worked it into the curriculum.

Family Advocate—QPR—Question Persuade Refer trainings in the community.

TRS— Graduation celebration was held for consumers

MRS—Employee recognition month.

* CCESJC Committee Feedback

Abraham has encouraged coordinators to have the staff that represents this meeting share what is being discussed in this meeting with their teams. Please provide the CCESJC committee with any feedback or concerns. CCESJC is changing the mindset of cultural competence to include social justice and equality.

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

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