



STANISLAUS COUNTY BEHAVIORAL HEALTH AND RECOVERY SERVICES

DIVERSITY, EQUITY, AND INCLUSION

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

August 2019

Volume 15, Issue 8

Turning Point Community Programs- A Path to Mental Health

Submitted by Jason Andaya- Program Director at Empowerment Center, Garden of Eat'n, and Warmline/Peer Navigation,

Virginia Linker- Activities Coordinator at Empowerment Center and Garden of Eat'n

Inside this issue:

Turning Point Community Programs	1
Turning Point, Meeting Highlights	2

Turning Point Community Programs began in 1976 with a unique vision about offering caring, hope, respect, and support on the path to recovery and mental health. Our mission is to provide integrated, cost-effective mental health services, employment and housing for adults, children and their families that promote recovery, independence and self-sufficiency.

“It is my steadfast belief that the ability to assist in your wellness & recovery is an honor and a privilege. I aspire to support you in the realization of your hopes, dreams, and aspirations. I define this dedication as being consistent with my own personal mission statement—that is, to acknowledge my fortuity in the giving of my undivided attention to those in need.” – CEO, Al Rowlett

TPCP has strong core values built on cultural strengths that responds to individual and community needs regarding culture; language, age, disability, gender, sexual orientation and spirituality. Each program is inclusive and recovery oriented.

We strive to provide innovative, research-based programs and constituent-driven focus on quality of life. Offering community programs that are welcoming of diversity and appreciative of the strengths that come from the many cultures, backgrounds, family types, and sexual orientations. TPCP prides itself in operating programs that are cost effective and provide normalized environments, offering opportunities of strength-based services that are respectful and empowering to the person(s) being served. Turning Point Community Programs operates over 37 programs throughout Northern California Counties including: Sacramento County, Yolo County, Butte County, Placer County, Stanislaus County, Merced County, Nevada County, and Solano County.

There are 9 total programs operated by TPCP within Stanislaus County.

- Community Activities and Rehabilitation Transportation (CART)
- Empowerment Center
- Garden Gate Respite (GGR)
- Garden of Eat'n
- Homeless Court Program (HCP)
- Housing Assessment Team (HAT)
- Integrated Services Agency (ISA-M)
- Modesto Outdoor Emergency Shelter (MOES)
- Warm Line and Peer Navigation

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 Redwood Conference Room, 800 Scenic Drive



Behavioral Health and Recovery Services



About the Empowerment Center:

The Empowerment Center opened its doors in 2006 and is funded by the Stanislaus County Department of Behavioral Health & Recovery Services, and through the voter approved Proposition 63, Mental Health Services Act (MHSA).

Empowerment Center is a culturally diverse, mental health drop in center where behavioral health consumers and their support persons and/or family members can gain peer support and recovery-oriented input from others to reduce isolation, increase the ability to develop independence, and create linkages to mental health and substance abuse programs.

This is a safe and friendly environment where individuals can flourish emotionally, while developing skills toward becoming more independent and empowered in their recovery. Daily access to computers, the internet, community presentations and informational brochures allow for consumers and their support persons and/or family members to become educated and informed about the resources and access points in their community.

Consumers participating with the Empowerment Center receive services of peer support, modeling of safe and ethical behaviors, promotion of self-determination, empowerment, and lifelong learning. Members of the center are also linked to community resources including housing, employment, and education.

The Empowerment Center strives to stay connected to the community by collaborating with other programs and providing space for community organizations to reserve for meetings/support groups. The center provides a variety of 18 support groups and activities on a weekly basis.

In the 2017-2018 Fiscal Year, 878 individuals received services through the Empowerment Center. 85.3% of members utilized the center and successfully learned something new and of use. 88% of individuals were completely satisfied with their experience. 645 events held at the Empowerment Center servicing 4,681 participants. These events are held in appreciation of our members; throughout each year we honor and recognize our members hard work and dedication to their mental health journeys and wellness.

Membership is offered to those who are referred by a Mental Health Service Provider or Community Partner. Individuals may also walk in and obtain membership. Those who are not connected to any services or partners, will be able to connect to and work closely with the Empowerment Center peer support specialist to set goals for mental health wellness. There are no fees for membership. For more information please call us at (209) 544-1913. Or visit us at 1001 Needham Street, Modesto, CA 95354. Our hours are Monday through Friday 7:30am-3:00pm.

Source: www.TPCP.org

Highlights of July Cultural Competence, Equity and Social Justice Committee (CCESJC) Meeting

The LGBTQ Collaborative

The Lesbian, Gay, Bisexual, Transgender, Queer, and + other identity (LGBTQ+) Collaborative for Well-Being Stanislaus is the collective efforts of agencies, organizations, and individuals dedicated to promoting well-being, support, and education to the LGBTQ+ community and Allies and advocates in Stanislaus County. We receive yearly support as part of the Stanislaus County Behavioral Health & Recovery Services (BHRS) Mental Health Services Act Prevention & Early Intervention (PEI), transformational commitments through the Community Capacity Building Initiative. BHRS PEI support provides our community collaborative with not only financial support to seed, strengthen, and realize our community identified goals but our partnership adds a layer of legitimacy to our efforts to reduce stigma and discrimination in mental health towards the LGBTQ+ community. This partnership also provides an introduction and low barrier gateway from the LGBTQ+ community to BHRS services and other community services that may be critical to their wellbeing: peer support, behavioral health services, community inclusion, suicide prevention/ intervention, education, and resource and referral to other medical and social services and safety net systems, and advocacy and representation at community planning arenas.



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

**Luis Molina, LMolina@stanbhhs.org
Jorge Fernandez, jfernandez@gvhc.org**