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# 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.

## Kinship Program

*Submitted by Claudia Gallardo*

### Inside this issue:

Kinship Program	1/2
Meeting Highlights	2

Family Partnership Center uses a multi-disciplinary collaborative staffing approach to service provision for families. Our team is formed by Clinicians, Behavior Health Specialist, Behavioral Health Advocates, Clinical Services Techs, Parent Advocates, and Community Workers work together in various combinations in order to provide a more comprehensive approach to treatment and support. Our centers goal is to provide a “one stop shop” experience for FPC clients. The program provides encouragement and support to kinship families who are raising children with emotional or behavioral challenges, and /or may be involved with one or more child-serving agencies. The families in the Kinship Program experience unique circumstances. Our Kinship families go through various changes once they start taking care of the children. A majority of our caregivers are grandparents that assumed they were finished taking care of children, but might find themselves in a situation that they have to become the caregiver. Raising a child now is not like raising a child 15-20years ago; These caregivers experience loss, loss of the family member who was the parent of the children, loss of the freedom they once had and loss of relationships. People their own age are not caring for young children and might not understand the challenges they might be facing. The peers of these older adults cannot relate to them and the younger adults raising children can’t relate to our caregivers either. A lot of our caregivers begin to feel alone and isolated. Once our kin givers receive the children they are no longer playing the role of the grandparent. Families are encouraged and invited to participate in the center support groups and activities these include:

### Adult Respite Service

At the center we have Friday Morning Social. Every Friday we do a social activity, first Friday of the month is board games, second Friday is bingo, third Friday is craft and the 4<sup>th</sup> Friday is breakfast and if there is a 5<sup>th</sup> Friday in the month there is Bunco. Every Tuesday there is beading. This events / activities offer the care givers a chance to relax and socialize with other adults in a safe environment.

**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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## **Child Respite**

We offer a five hour respite for the children of our caregivers, so they can take a break, or take care of things. This respite is every first Friday of the month during the evening.

## **Recreational Events**

Family Partnership center holds events like potato night, family picnic, soup night, ice cream social and movie night. These events allow our families to socialize together as a family and with peers.

Through these activities our staff is able to help these caregivers take time out for themselves and learn how to interact with the children. These families can socialize with other families that are much like themselves in a place where no one is judging them because their family composition isn't like most others. Our families can take their family out for dinner on soup night or come to the center to watch a movie and have a nice relaxing movie and pop-corn with other families.

**Kinship Program**  
421 E. Morris Ave. Modesto, CA. 95354  
**Program Contact: Pam Esparza (209) 558-7494**  
**Membership Parameters: N/A**  
**Acceptable types of payment for services: MHSA**

## **Highlights of September Cultural Competency, Equity and Social Justice Committee (CCESJC) Meeting**



### **Latino Behavioral Health Coalition**

The Latino Behavioral Health Coalition consists of Latino serving community organizations, community leaders, advocates, consumers and families, and community members. The LBHC's purpose is to provide oversight and support a "warm hand off" to increase behavioral health services access for Latinos that are culturally competent and linguistically appropriate on a spectrum-wide, promotion, prevention as well as treatment and recovery support is offered. The Coalition meets monthly to discuss data, advise in strategies and act jointly to address behavioral health access issues within the Latino community. The different agencies that are members of the Coalition were referenced.

The first Latino Behavioral Health Conference was held on Sept. 10<sup>th</sup> and was provided entirely in Spanish with different speakers and presentations. The theme was "Well Being". The importance of breaking down the stigma and what mental health means towards self or loved ones so individuals have more encouragement to break out from that silence and being more prepared and knowledgeable. Overall the conference was a huge success.

### **Stigma Reduction**

- \* Stanislaus Youth in Mind celebrated their 3<sup>rd</sup> anniversary of inception and the 1- year anniversary of The Spot: Youth Leadership Center.
- \* Josie's Place/Drop In Center provides full service partnership; a place to come together, be safe and provides different resources for the young adult population.
- \* Announced the annual Out of the Darkness Walk 2, Saturday September 17<sup>th</sup> starts at 9 a.m. Mancini Bowl, Graceda Park in Modesto.

### **Diversity Week**

This year BHRS will have a special edition of the Cultural Competency Update Newsletter to highlight activities/events supported throughout the year to celebrate diversity. BHRS will celebrate Diversity Week October 3<sup>rd</sup> -7<sup>th</sup>. We are requesting that all programs participate in the celebration of Diversity Week by displaying a poster board or posters that represent the diversity in the program. Program display should be completed by September 30<sup>th</sup> ready for diversity week. The programs participating will be shared with the Senior Leadership Team and with the CEO's office to be part of site tours.

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

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