



**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.*

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*Submitted by: Karl Meabrod, Behavioral Health Specialist II, IFT  
Stanislaus County Behavioral Health and Recovery Services*

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The Integrated Forensics Team (IFT) is part of Stanislaus County Behavioral Health and Recovery Services (BHRS), and is located at 500 North Ninth Street, Suite C in Modesto in the Jana Lynn Plaza. It is a Mental Health Services Act (MHSA) funded Full-Service Partnership (FSP) for Justice-Involved individuals who have severe mental health issues and may experience cooccurring symptoms. Participation is voluntary, and the program accepts referrals from Probation, other behavioral health programs, and also accepts walk-ins. Some people may participate for a short term, while others may continue over multiple years.

The program is staffed by 5 Case Managers, 2 Clinicians, 1 Registered Nurse, and 1 Psychiatrist. Over half of clientele served are homeless, some chronically. Many have been diagnosed with Schizophrenia, Schizoaffective Disorder, Bi-polar Disorder, Trauma, and may have cooccurring disorders.

IFT provides several types of group and individual services. IFT takes an Assertive Community Treatment (ACT) approach to engaging and serving their clients. Some groups include Co-Occurring Group, Community Skills Groups, Moral Recognition Therapy (MRT), Dialectical Behavioral Therapy (DBT), Solutions for Wellness, and in the future Wellness Recovery Action Plan® (WRAP®).

IFT also uses the Housing First model as frequently as possible as a means to engage clients. IFT provides assistance to people seeking medical, education, and employment services. It isn't required that a person have Medi-Cal or other insurance to start treatment, as this program is MHSA funded. Evidence suggests that removing stressors like lack of stable housing, lack of medical care, and lack of other basic needs increases a client's ability to benefit from programs designed to assist the individual in improving their quality-of-life.

Quality-of-Life is a concept the clients define for themselves and it may evolve over time. If living in an unconventional manner is what appeals to an individual, the program seeks to help them do so in a safe manner. If they later decide they want more conventional housing, the program will shift with them. Another may wish to simply develop a better support system, and the program will focus on that.

An example of a success story is when IFT happily assisted a gentleman in managing his symptoms and then supported him in acquiring training, employment, and housing. Another success is a lady who learned to participate in her own recovery and achieved housing, employment, and family reunification. These, and other individuals who have spent many years dealing with mental health and/or substance use issues have acquired the abilities to improve their quality-of-life in ways that are meaningful and fulfilling to them.

If you know someone who may benefit from the services at IFT, please have them come by 500 North Ninth Street, Suite C, Modesto, CA 95350, or call us at 209-552-2720.

**Announcement:**  
**MHSA Document**  
A draft of the MHSA Plan Update INN FY 2019-20 is available for 30-day public review and comment August 28-September 26, 2019. To access the document, go to: [www.stanislausmhsa.com](http://www.stanislausmhsa.com)



**Behavioral Health and Recovery Services**

# Highlights of August CCESJC Meeting

## Turning Point: Community Programs

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. Their 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. 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

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 (209) 544-1913. Or visit 1001 Needham Street, Modesto, CA 95354. The hours are Monday through Friday 7:30am-3:00pm

## International Refugee Committee

The Afghan Path Towards Wellness is designed for resettlement and community-based organizations that are interested in hosting community-based support groups for refugees around emotional wellness and successful integration into their community. They believe that if refugee communities are actively engaged in these issues, natural supports will increase, and if needed, referrals can come from those closest to the individual. This curriculum focuses on issues related to Emotional Distress and Well-Being, including:

- Common emotional experiences for refugees (i.e., culture shock, homesickness),
- An introduction to mental health as it is discussed in the United States,
- Ways people can use their community, traditional healing methods and the resources that exist in their community to sustain wellness or seek treatment.

For more information, contact Reihanna Peets at (209) 667-2378 or visit [Rescue.org](http://Rescue.org)

## South Modesto Family Fun Nights



If you have questions or suggestions regarding Cultural Competence, please e-mail:  
Abraham Andres, [Aandres@stanbhrs.org](mailto:Aandres@stanbhrs.org) OR Jorge Fernandez, [jfernandez@gvhc.org](mailto:jfernandez@gvhc.org)