

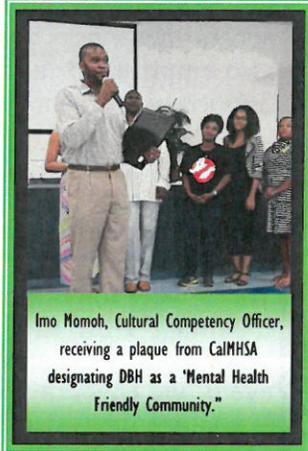


Inside this issue...	
Page 1	Churches in San Bernardino Recognized as Mental Health Friendly Congregations
Page 2	Erasing the Stigma of Mental Illness
Page 3	Four Directions of Wellness
Page 4	2014 DBH Wellness Triathlon
Page 5	Diversity and Inclusion Forum
	The Binational Health Week Fair
Page 6	Group Facilitator Diversity
	Film Series: Let's Watch and Talk About It!
Page 7	6th Annual Cultural Competency Advisory Committee (CCAC) Potluck
	Upcoming 2015 Events
Page 8	Cultural Competency Excellence Award
	Holiday Tea and Awards Ceremony
Page 9	Cultural Competency Excellence Award and Nomination Form
Page 10	Meeting Schedules

Churches in San Bernardino Recognized as Mental Health Friendly Congregations

Submitted by Jonathan Buffong

On September 20, at an event held at the Inghram Community Center in San Bernardino, California Mental Health Services Authority (CalMHSA) under the Each Mind Matters campaign, designated the following churches as "Mental Health Friendly Congregations": New Hope Missionary Baptist Church, Temple Missionary Baptist Church, St. Paul A.M.E Church and The Center At Highland. These churches have committed to creating an environment that supports continuous training to increase mental health awareness, stigma reduction and increased access to services for those in need.



Imo Momoh, Cultural Competency Officer, receiving a plaque from CalMHSA designating DBH as a 'Mental Health Friendly Community.'

The Office of Cultural Competence and Ethnic Services (OCCES) of the Department of Behavioral Health (DBH) hosted the CalMHSA statewide project called Mental Health Friendly Communities (MHFC). MHFC's objective is to bring together African-American faith leaders and community stakeholders to demonstrate the cultural connection between spirituality and mental wellness. Often times the open discussion of mental health continues to be stigmatizing in the African American community; MHFC looks at approaching the stigma and discrimination associated with mental illness in a refreshed and innovative way.

CalMHSA in collaboration with DBH-OCCES partnered with the Inland Empire Concerned African American Churches (IECAAC) and provided trainings to local faith leaders on culturally appropriate approaches that would support individuals they come across who are in crisis. The IECAAC had the opportunity to go through Spirituality and Mental Health 101 Trainings to better prepare their leaders in responding to mental health challenges and be aware of resources available in the County of San Bernardino. DBH-OCCES is currently working with various faith-based organizations to develop other training opportunities that would support them to work more effectively with individuals and families that have mental illness. DBH-OCCES strives to provide culturally responsive training and resources to produce positive outcomes for those working in faith-based communities.



Pastor Raymond Turner receiving a plaque from CalMHSA designating Temple Missionary Baptist Church as a "Mental Health Friendly Congregation"



Jonathan Buffong, DBH-OCCES, presenting Pastor Robert L. Fairley, a plaque from CalMHSA designating New Hope Missionary Baptist Church as a "Mental Health Friendly Congregation"

“Erasing the Stigma of Mental Illness”
 Hispanic Heritage Month Celebration
 Submitted by Patricia Verduzco

On Friday, October 10, 2014, the Latino Awareness Sub-Committee of the Cultural Competency Advisory Committee, in partnership with El Sol Neighborhood Education Center, National Alliance on Mental Illness (NAMI) and Chicas Peligrosas, hosted an event called “Erasing the Stigma of Mental Illness.” This event included keynote presentations on topics that included “Coping Skills for Mental Health Conditions,” “Overview of Depression in the Hispanic Population,” and “Stigma of Mental Health in the Hispanic Community.” Presentations not only focused on mental health, stigma reduction and access to services specific to the Latino populations but also emphasized nutrition, relaxation, and exercises and important elements of mental wellness. The event also included personal testimony on recovery, cultural sharing and a mini drama presented by El Sol Promotores. Many agencies and community organizations displayed their services and resources.

There were approximately 170 individuals in attendance including DBH staff, contract agencies, and staff from other County departments. With the success of this year’s event, we encourage the community to join us next year. If you are interested in joining the DBH Latino Awareness Sub-Committee please contact Patricia Verduzco at Patricia.Verduzco@dbh.sbcounty.gov.



Steve Thronson, Director of Valley Star and Michelle Valdez, Valley Star



Attendees of the Hispanic Heritage Month Celebration



Fernando Sanchez, IEHP



Mini Drama presented by El Sol Promotores



Irma Cortes, El Sol

“Four Directions of Wellness”
 Native American Heritage Month Celebration
 Submitted by Patricia Verduzco

On Friday November 18, 2014, the Native American Awareness Sub-Committee in partnership with Native American Resource Center (NARC) held an event at the University of Redlands in recognition of Native American Heritage Month. The theme of the event was “Four Directions of Wellness” and focused on the importance of emotional, physical, mental and spiritual health when working with Native American/Alaskan Native community members in addressing mental illness and/or substance use issues.

The morning began with an Opening Prayer from traditional Bird Singer and Ceremonial Leader, Kim Marcus, a Serrano and Cahuilla Indian from the Santa Rosa Indian Reservation. The prayer was followed by a welcoming message from Veronica Kelley, Assistant Director of the Department of Behavioral Health. A keynote presentation on Emotional Wellness was provided by Theresa Payne, RN, NP-C, MSN, a citizen of the Cherokee Nation. In addition to the keynote presentations, there were four workshops that participants could attend throughout the day. Lunch was provided by Native American Resource Center and entertainment was provided by Bear Spring Singers.

Over 150 individuals attended this event, including consumers, families, DBH staff and other County departments. Contract agencies and community organizations displayed their services and resources. The goal of this event was to teach and promote recovery and wellness through education, cultural sharing and resources from community partners so that those that attended this event could enjoy and share their experiences with others in order to promote recovery and wellness and share the rich culture of Native Americans/Alaskan Natives.



Vernon Motschman, NARC; Veronica Kelley, DBH Assistant Director; Imo Momoh, Cultural Competency Officer



Participants of the Emotional Direction of Wellness Workshop



Bear Spring Singers- Native American Performers

2014 DBH Wellness Triathlon

Submitted by Karen Cervante



NAMIWalks- CaSonya Thomas, DBH Director San Bernardino County and Jerry Wengard, DBH Director Riverside County

This year marks the Department of Behavioral Health's 8th Annual Wellness Triathlon. The purpose of the triathlon each year is to promote teamwork amongst consumers, family members and staff, all while reducing the stigma associated with mental illness. This is a fun and interactive series of events that promote the department's commitment to wellness, recovery and resilience! Teams are encouraged to invite family, community members and anyone that is interested in promoting health, wellness and mental health.

This year's events included bowling, the annual NAMIwalks and the Talent and Award Night. The first leg of the Triathlon took place on Saturday, September 27, at Del Rosa Lanes in San Bernardino with 183 participants! Thirteen teams participated in a fantastic afternoon of camaraderie and bowling. This year's first place bowling winners were the *Master Workforce Builders*, a staff team that had great family support! Runners up were *Pathways Spirit*, who always shows great spirit! Out of the 183 bowlers that participated, the bowler with the best score was Barbarita G. from *Team House!*



Bowling Event

NAMIWalks took place on a beautiful, sunny October day at Diamond Valley Lake in Hemet. Over 1,800 walkers were in attendance! Participants were able to visit over 30 vendors promoting mental health wellness and awareness. Participants with children enjoyed the "kid zone," which included a bouncer, bubble station, hula hoop, art and crafts. San Bernardino County was well represented with Behavioral Health Commissioner, Troy Mondragon as the emcee and DBH Director, CaSonya Thomas as special guest speaker. The first place winners for the NAMIWalks were the *Master Workforce Builders* with the *Serenity Stars* as runner up.



Colton Crew presenting at the Talent and Award Night

The Talent and Award Night proved to be a magnificent display of talent! The theme for the night was "Hollywood," with a marquee announcing the venue, dazzling stars and film reels throughout. The talent showcase included a digital film featuring Lego animation, amazing interactive songs performed by clubhouse members, spoken word and original songs. The winning team for the talent portion was the *Colton Crew*, who shared a heartfelt performance that embodied the purpose of the Wellness Triathlon. The runner up team was *Amazing Synergy* who utilized humor, talent and their amazing energy to provide an excellent performance.



Troy Mondragon, 3rd District BH Commissioner and CaSonya Thomas, DBH Director

The night was complete with a dramatic reveal of the overall winning and runner up teams. Drum roll please...the overall winner of the 2014 Wellness Triathlon is...*Master Workforce Builders!* The runner up team was the *Colton Crew!* Both teams were overjoyed and proud of their accomplishment!

The Community Outreach and Education Team is grateful for the support from everyone involved in this wonderful event. We hope that you make plans to join us next year!

4th Annual EOC Diversity and Inclusion Forum

Submitted by Justine Rangel

The County of San Bernardino Equal Opportunity Commission (EOC) hosted the 4th Annual Diversity and Inclusion Forum, "Growing a Culture of Success" on October 22, 2014. The purpose of the training was to provide information to all county departments on topics such as the Cultural Proficiency Model, the benefits of effective outreach, the importance of succession planning, the impact of Department Diversity Committees, and how to read and utilize the census data.



DBH Director, CaSonya Thomas participated and won in a panel exercise on cultural proficiency.

The forum included keynote presentations by EOC Commission Chair Jiles Smith; Director of Human Resources, Andrew Lamberto; EOC Commissioner, Dr. Reyes Quezada; Director of County Library Leonard Hernandez; Human Resources Division Chief, Victor Tordesillas; EOC Commissioner, Ron Stark; Supervisor James Ramos; EOC Commissioner, Carolyn Tillman; and former Human Resources Employment Division Chief, Tammy Ballesteros.

In addition to presentations, the forum included creative educational activities. Department of Behavioral Health (DBH) Director, CaSonya Thomas, participated and won in a panel exercise. She was able to identify the level on the Cultural Proficiency Continuum describing a scenario that was presented by the activity facilitator.

The Diversity and Inclusion Forum is an annual event that attracts executives from various departments across the County. The forum addresses topics around culture, succession planning and diversifying the workforce.

The Binational Health Week Fair

Submitted by Patricia Verduzco

On Saturday October 5th, 2014, many representatives from various programs of the Department of Behavioral Health collaborated with the General Consulate of Mexico in San Bernardino, and participated in the 14th Annual Binational Health Week Fair (BHW). The Binational Health Week Fair (BHW) is one of the largest mobilization efforts of federal and state government agencies, community-based organizations, and volunteers across the United States. With the goal of providing no-cost healthcare programs and educational materials to underserved Latino populations, the BHW is able to improve the health and well-being of low income and minority communities in the San Bernardino and Riverside Counties.

This event encompassed a day of health promotion, mental health and health education activities that included workshops, insurance referrals, vaccinations, flu shots, vision, dental and medical screenings free of charge. Through the extensive cooperation of various agencies, the event was coordinated with the purpose of reaching the underserved and unserved, especially those without medical coverage.



Left to Right: Alfredo Gonzalez; Volunteer; Dr. Sam Soret, Loma Linda University; Cheryl Brown, 47th District Assembly Member; Carolina Zaragoza Flores, Consul of Mexico; Leticia Ruiz

Cheryl Brown, Assembly Member; Patricia Verduzco, DBH; Dr. Sam Soret, Loma Linda University

Group Facilitator Training

Submitted by Laretta Ross

The 12-Week Group Facilitator Trainings are open to anyone who wishes to learn how to become a group leader or who would like to refresh their skills.

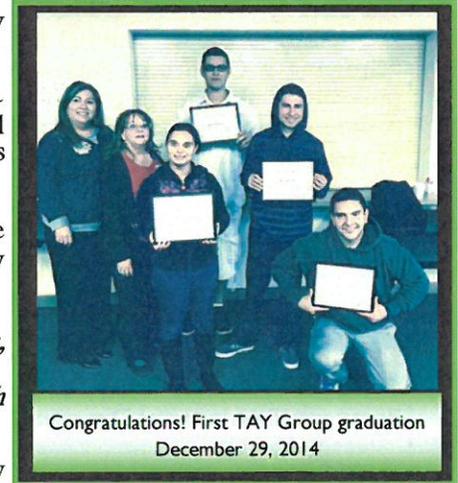
The curriculum includes, conflict resolution, communication and listening skills, self-esteem, combating distorted thinking, identifying co-dependency and cultural competence. These skills are coupled with how to develop a group with co-facilitators working as a team from beginning to end.

Former students include members from Clubhouses, contract agencies and the One Stop Transitional Age Youth (TAY) Center. Below are just a few comments written by students after completing the training:

- *“The most helpful was learning to get along with people. I liked the whole class, this is the first thing I have finished.”*
- *“Learning how to deal with a situation without violence and working well with others. I really loved and learned a lot from this class.”*

After completion of each 12-week class, students are encouraged to invite family members and their support team to attend their graduation. In previous ceremonies, there have been special guest speakers and attendees such as: DBH Volunteer Coordinator: Ms. Susan Abito, Cultural Competence Officer: Imo Momoh, Clubhouse Coordinator : Mrs. Kristen Mungal and Dr. Melanie Dayl, just to name a few. The students from the Transitional Age Youth (TAY) One Stop Center in San Bernardino, graduated on December 29, 2014. We have graduated 50 students through this program so far. Many have shown great interest in this class. We are looking forward to having more graduates in 2015!

For more information regarding the Group Facilitator Training, please contact Laretta Ross at (909)388-0818.



Congratulations! First TAY Group graduation
December 29, 2014

Diversity Film Series: Let's Watch and Talk About It!

Submitted by Jonathan Buffong

The Office of Cultural Competence and Ethnic Services (OCCES) is excited to announce the Diversity Film Series for 2015! The Diversity Film Series allows for conversation, shared cultural experiences and cultural exchange by viewing specific films that highlight culture and its connections to mental wellness. Community members, behavioral health professionals and anyone that may be interested will have an opportunity to look at unique elements of specific cultures, learn, and discuss how mental well-being is connected to our understanding of cultures.

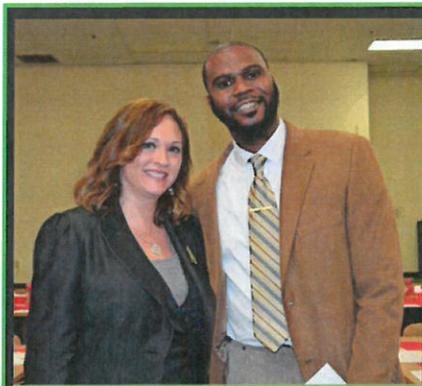
A pilot screening took place at the Department of Behavioral Health (DBH) Training Institute on December 9, 2014, to a diverse audience of DBH staff members, contract agency leaders, and community members to view the critically acclaimed film *Black in Latin America*. In this documentary, Professor Henry Louis Gates, Jr., explores the faces and voices of the African descendants in six (6) Latin-American countries. During the one hour viewing, the audience examined segments that highlighted how both Dominicans and Haitians came to learn some of their core cultural beliefs. The audience members had spirited conversations on the healthy and/or unhealthy cultural messages that impact Dominicans and Haitians overall mental wellness.

As the audience analyzed the segments of the film, many individuals made parallels and connections to their own beliefs, values and experiences. Audience member and DBH Training and Development Specialist, Gregg Rossler commented *“Black in Latin America offered a unique look at how African heritage has enriched the lives of the Dominican and Haitian people. While not every person on the Island may celebrate their heritage, the African culture has positively enhanced the way of everyday life for the people.”*

The primary objectives of the Diversity Film Series are to highlight the unique mental health issues of diverse cultures in order to focus on efforts to reduce mental health disparities and enhance overall cultural competence through supporting participants' values of their own culture as well as other peoples' cultures. We know that those who may attend these film series will be in for an exciting cultural ride!

6th Annual Cultural Competency Advisory Committee (CCAC) Potluck

Submitted by Justine Rangel



Veronica Kelley, DBH Assistant Director and Imo Momoh, DBH Cultural Competency Officer



Some of the cultural dishes that were shared at the Annual Potluck.

This year marked the 6th Annual Cultural Competency Advisory Committee (CCAC) Potluck. This event was a big success and gave all who attended the opportunity to network and gain insight about food dishes and various holiday cultural customs. Over twenty cultural dishes were presented; each dish was accompanied by item card, stating the origin of the dish.

The annual potluck provides networking opportunities for community members and county employees, enabling them to build strong relationships, which will contribute to long term professional growth. In addition to being educational and great way to build collaborations, attendees also participated in holiday festivities and had the opportunity to listen to live music. Reverend Denis Morgan Brown provided live entertainment for all who attended the event. Reverend Brown is the Program Administrator and CEO of IM Inc.



Chris Williams, Veteran's Sub-Committee; Curtis L. Hawkins, IM Inc.; Wandalyn Lane, Valley Star; Julia Harris, Co-Chair Spirituality Awareness Sub-Committee



Reverend Denis Morgan Brown, Program Administrator and CEO of IM Inc.

Upcoming 2015 Events- Save the Date

Black History Month Celebration: February 20, 2015
.....

Diversity Film Series: February 11 and March 31, 2015
.....

Understanding Cultural Diversity and How it Applies to Behavioral Health Service Delivery

Training: January 28, 2015
.....

Un Momento Por Favor Training: January 21, February 11 and February 18, 2015

For more information contact the Office of Cultural Competence and Ethnic Services at cultural_competency@dbh.sbcounty.gov

Cultural Competence Award Third Quarter 2014 Winner

What do you think it means to be culturally competent?

Overall, it means to have an understanding and appreciation of diverse cultures and to extend common courtesy to all.

~Sharon Williams

Please help us congratulate our winner!



From Left to Right: Imo Momoh, DBH Cultural Competency Officer; Sarah Eberhardt-Rios, DBH Deputy Director; Dr. Joshua Taylor, DBH PM II; Susan McGee-Stehsel, BHC Chair; Sharon Williams, Award Recipient; CaSonya Thomas, DBH Director; James Ramos, 3rd District Supervisor & BHC Commissioner



Dennis Terrones, DBH Staff Analyst upon winning the Gingerbread House was joined by DBH Workforce Education and Training Staff.

Holiday Tea and Awards Ceremony

Submitted by Aimara Freeman

On Thursday, December 4, 2014 the Behavioral Health Commission (BHC) celebrated its annual "Holiday Tea and Awards Ceremony," held at the County of San Bernardino Health Services Auditorium in Rialto. This fun and festive event was attended by over 200 individuals including local government dignitaries, DBH staff and volunteers, and members of the community.

In addition to displays of gingerbread houses, created by Department of Behavioral Health (DBH) Clubhouse's and Transitional Age Youth, and an opportunity drawing of art featured in the DBH 2014-15 Art Calendar, the celebration took time to acknowledge outstanding individuals and groups in the areas of behavioral health. This year, over 25 awards and recognitions were presented for exemplary service and continued commitment to DBH consumers and their families.

The event was emceed by Debi Pasco, Clerk of the BHC, with opening remarks provided by Third District County Supervisor, James Ramos. Those in attendance included DBH Assistant Director Veronica Kelley and Behavioral Health Commissioners: Monica Wilson, Veatrice Jews, Ed O' Brien, May Farr and David Miller.



Pathway Clubhouse Members with Sarah Eberhardt-Rios, DBH Deputy Director.



Debi Pasco, Clerk of BHC and Karen Cervantes, DBH PIO/ CORE



L to R: James Ramos, 3rd District Supervisor; Veatrice Jews, 5th District BHC Commissioner; Ed O'Brien, 1st District BHC Commissioner; David Miller, 2nd District BHC Commissioner; Coley Bowman, DBH SA II (Award Recipient); Veronica Kelley, DBH Assistant Director

Cultural Competency Excellence Award Nomination

Don't forget to nominate someone you feel is a great example of being culturally competent.

Cultural Competence Excellence Award Fourth Quarter 2014 Winner

What does it mean to be Culturally Competent?

“I think being aware that people are different and being sensitive to those differences. Also, being very respectful of every person’s culture and being aware of that.”

~ Victor Garrido



From Left to Right: Imo Momoh, DBH Cultural Competency Officer; Susan McGee-Stehsel, BHC Chair; Victor Garrido, Award Recipient; Sarah Eberhardt-Rios, DBH Deputy Director

*Please help us congratulate our
winner!*

Do you work with someone who exemplifies Cultural Competency? Someone who is both sensitive and respectful to persons of all cultures, whether colleague or consumer? If so, the Office of Cultural Competence and Ethnic Services would like to formally acknowledge these individuals.

Please fill out the necessary information below, send it back to us and we will make sure this employee or consumer gets acknowledged in our next newsletter. Awardees will also be honored at the Behavioral Health Commission meeting. Thank you.

Nominee's Name: _____

Work Location: _____

Phone #: _____

E-Mail: _____

Why you believe he/she is Culturally Competent:

Example of dedication to Cultural Competency:

Nominated By: _____



Inter-office: 0019

US Mail: 303 East Vanderbilt Way
San Bernardino, CA 92415

Email: cultural_competency@dbh.scbounty.gov

Meeting Schedules – Cultural Competency Advisory Committee



Cultural Competency Advisory Committee

3rd Thursday of the month

1:00 p.m.-2:30 p.m.

County of San Bernardino Health Services (CSBHS)- Auditorium

Contact email: aidery.hernandez@dbh.sbcounty.gov

Asian Pacific Islander Awareness Sub-Committee

2nd Tuesday of the month

10:00 a.m.-11:00 a.m.

DBH Administration– 303 E. Vanderbilt Way, San Bernardino

Contact email: jonathan.buffong@dbh.sbcounty.gov

Co-Occurring and Substance Abuse Awareness Sub-Committee (COSAC)

3rd Thursday of the month

2:30 p.m.-3:30 p.m.

County of San Bernardino Health Services (CSBHS)- Auditorium

Contact email: jrangel@dbh.sbcounty.gov

Disabilities Awareness Sub-Committee

3rd Wednesday of the month

8:30 a.m.-9:30 a.m.

DBH Administration– 303 E. Vanderbilt Way, San Bernardino

Contact email: jrangel@dbh.sbcounty.gov

African American Awareness Sub-Committee

2nd Monday of the month

2:00 p.m.-3:00 p.m.

For location details please send email.

Contact email: jonathan.buffong@dbh.sbcounty.gov

Latino Awareness Sub-Committee

4th Thursday of the month

10:00 a.m.-11:00 a.m.

Inspire Holistic Center

Contact email: Patricia.Verduzco@dbh.sbcounty.gov

LGBTQ Awareness Sub-Committee

4th Tuesday of the month

12:30 p.m.-1:30 p.m.

DBH Administration– 303 E. Vanderbilt Way, San Bernardino

Contact email: Patricia.Verduzco@dbh.sbcounty.gov

Native American Awareness Sub-Committee

3rd Tuesday of the month

2:00 p.m.-3:00 p.m.

Native American Resource Center

Contact email: Patricia.Verduzco@dbh.sbcounty.gov

Spirituality Awareness Sub-Committee

2nd Tuesday of the month

1:00 p.m.-2:00 p.m.

DBH Administration– 303 E. Vanderbilt Way, San Bernardino

Contact email: jrangel@dbh.sbcounty.gov

Transitional Age Youth (TAY) Awareness Sub-Committee

Rotating date, time and location: Please contact for details.

Contact email: Patricia.Verduzco@dbh.sbcounty.gov

Veteran's Awareness Sub-Committee

1st Monday of the month

3:00 p.m.-4:00 p.m.

DBH Administration– 303 E. Vanderbilt Way, San Bernardino

Contact email: jonathan.buffong@dbh.sbcounty.gov

Women's Awareness Sub-Committee

4th Wednesday of the month

1:00 p.m.-2:00 p.m.

DBH Administration– 303 E. Vanderbilt Way, San Bernardino

Contact email: jrangel@dbh.sbcounty.gov

Consumer and Family Members Awareness Subcommittee

4th Monday of the month

2:00 p.m.-3:00 p.m.

DBH Administration– 303 E. Vanderbilt Way, San Bernardino– Rm 105

Contact email: LRoss@dbh.sbcounty.gov

* For all numbers listed: Please dial 7-1-1 for TTY users

Revised 1/8/2015

Community Policy Advisory Committee

3rd Thursday of the month; 9:00 AM - 11:00 AM

County of San Bernardino Health Services - Auditorium

850 E. Foothill Blvd., Rialto, CA

Info: (909) 388-0820

Behavioral Health Commission

1st Thursday of the month; 12:00 PM - 2:00 PM

County of San Bernardino Health Services - Auditorium

850 E. Foothill Blvd., Rialto, CA

Info: (909) 388-0820

Location: 303 East Vanderbilt Way, San Bernardino, CA 92415

Phone: (909)386-8223

E-mail: cultural_competency@dbh.sbcounty.gov