



Customs, Heritage, Ancestry, Nationality, Gender, Equality

# CHANGE

Newsletter

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*Pictured: CEO of the American Round Table to Abolish Homelessness, Philip Mangano; Nancy Olsen, DBH, Troy Mondragon, BHC Commissioner; Kent Paxton, Homeless Policy Advisor for 5th District Supervisor; Michael Sweitzer, DBH; Jennifer Pacheco, DBH; Andre Boussieux, DBH; Josie Gonzales, 5th District Supervisor; Tom Hernandez, Homeless Services Manager DBH, Georgina Yoshioka, Program Manager, DBH; CaSonya Thomas, DBH Director; William Snow, US Department of Housing & Urban Development.*

## Proven Practices

# ADDRESSING HOMELESSNESS Taking it to the Next Level

By Tom Hernandez

On March 23, 2015, the Sheriff’s Homeless Outreach Proactive Enforcement (HOPE) Team in partnership with the San Bernardino County Homeless Partnership hosted their first homeless conference, “Proven Practices: Taking it to the Next Level” at the Centennial Complex at Loma Linda University. The conference centered on collaboration between law enforcement and public/private providers. The objective was to bring together experts in the field of homelessness in the Inland Empire to discuss best practice approaches that are effective in ending homelessness. The event focused on research, policy, practice, and resources that would benefit local homeless assistance programs, highlighting the need to end homelessness in San Bernardino County.

Sheriff John McMahan opened the conference highlighting the commitment of the department in breaking the cycle of homelessness through a solutions-based approach. Third District Supervisor and Chairman of the Board of Supervisors, James Ramos emphasized the continued development of a collaborative system where no child, youth, or adult goes unsheltered. Fifth District Supervisor and Chair of the Interagency Council on Homelessness, Josie Gonzales focused on working smarter with the homeless resources we have and promoted the establishment of a regionalized coordinated entry system for homeless individuals and families to be able to make their way into permanent supportive housing.

(Continued on page 3)

# A Message from the Cultural Competency Officer



The Office of Cultural Competency and Ethnic Services (OCCES) of the Department of Behavioral Health (DBH) is pleased to present the winter/spring edition of the CHANGE Newsletter. This newsletter contains various activities by OCCES and its partners in care.

The primary function of OCCES is to ensure that the tenets and philosophy of cultural competency is embedded and integrated across every program and at every level of DBH. OCCES operates a nationally recognized community-driven Cultural Competency Advisory Committee (CCAC) with 12 Culture-specific Subcommittees. These advisory groups engage in policy advocacy, develop trainings and conduct outreach activities by recruiting members of the community and engaging them in program planning. This community outreach and engagement approach assists DBH in designing programs and services that are community-driven and culturally informed.

OCCES along with our community partners support the Quality of Life element of the Countywide Vision and will continue to promote and provide culturally competent services that are community centered, culturally informed, recovery-oriented, and wellness driven.

Sincerely,

Imo Momoh, MPA  
Cultural Competency Officer

*The Department of Behavioral Health is supporting the Countywide Vision by providing behavioral health and alcohol and drug services that promote wellness, recovery and resiliency in the community.*

*More information on the Countywide Vision and the Department of Behavioral Health can be found at [www.sbcounty.gov](http://www.sbcounty.gov).*

# Meet the Office of Cultural Competency and Ethnic Services Program Staff



*Aidery Hernandez - Secretary*



*Jonathan Buffong, MPA - Mental Health Education Consultant*



*Justine Rangel, MPA, MSW - Mental Health Education Consultant*



*Patricia Verduzco - Social Worker II*



*Jennifer Rivera, MBA - Staff Analyst*

*To contact any of the OCCES staff, call (909) 386-8223 or e-mail [Cultural\\_Competency@dbh.sbcounty.gov](mailto:Cultural_Competency@dbh.sbcounty.gov).*

*(Continued from page 1)*

Loma Linda University President, Dr. Richard Hart focused on the University's dedication in working with the community and its partners to help end homelessness.

Keynote Speaker, former Executive Director of the United States Interagency Council on Homelessness and Chief Executive Officer (CEO) of the American Round Table to Abolish Homelessness, Philip Mangano, emphasized the importance of a housing first approach and noted, "A Proven Practice is what

brings you the result you're looking for, over and over again, not the one-time miracle." Founder and CEO of the Institute for Urban Initiatives, Dr. Joe Colletti, presented the initial results of San Bernardino County's most recent Point-in-Time Count (PITC), noting an 8% reduction in homelessness countywide compared to the last PITC.

*For information on homeless services, contact the Office of Homeless Services at (909) 386-8297.*

## Footsteps Through History

# Moving Towards Change Through Mental Wellness

By Jonathan Buffong

On Friday, February 20, 2015, the Black History Month Celebration, *Footsteps through history: Moving Towards Change Through Mental Wellness* was held at San Bernardino Valley College. The event was a partnership between the Black Voice Foundation, San Bernardino Valley College Black Faculty and Staff, the Department of Behavioral Health's (DBH) African American Awareness Sub-Committee of the Cultural Competency Advisory Committee, Wells Fargo and Successfully Motivating African American through Resiliency Training (S.M.A.A.R.T.) Program.

Hari Jones, the Assistant Director and curator of the Washington, D.C. based American Civil War Freedom Foundation and Museum was the featured speaker and presented on "Footsteps Through History: Civil War and Reconstruction." Hari is one of the foremost authorities on the role of African Americans in the Civil War. His refreshingly new perspective on this subject revealed just how extensive and well organized Americans of African descent were in their efforts to end slavery and gain their rights as citizens in league with the Constitution.

The event also included a presentation from André Bossieux, Program Manager, DBH San Bernardino One Stop TAY Center who spoke about "Using History to Sustain Our Black Youth." San Bernardino Valley

College President Gloria M. Fisher, J.D., gave a rousing welcome to the audience and encouraged present and potential students to look at community colleges as viable options to their career pathway. Veronica Kelley, LCSW, DBH Assistant Director, gave the audience valuable statistics concerning mental health and the African American community in San Bernardino County. Assistant Director Kelley went on to promote and highlight DBH programs, resources, and opportunities that may benefit community members. Jonathan Buffong, DBH Mental Health Education Consultant for the Office of Cultural Competence and Ethnic Services, made the connection that the same resiliency that African Americans used during their history are the same resiliency traits that are needed for individuals that are going through the recovery process who have mental illness. The event also included a historical display, resource fair and food.

The overall purpose of the celebration was to further our understanding of the African American culture, promote behavioral health awareness, and provide an opportunity to remember and recognize the many accomplishments and contributions of African Americans to our nation.

*For more information or to be part of the African American Awareness Sub-committee, contact Jonathan Buffong at (909) 386-8234 or [jbuffong@dbh.sbcounty.gov](mailto:jbuffong@dbh.sbcounty.gov).*



*Hari Jones, Assistant Director/ curator of the Washington, D.C. based African American Civil War Freedom and Museum.*



*André Bossieux, Program Manager, DBH- TAY Program.*



*San Bernardino Valley College President Gloria M. Fisher, J.D.*



*Hardy Brown addressing Martin Luther King Jr. Middle School SMAART program students.*



*Historical Display by the Black Voice Foundation.*



*Hardy Brown, Black Voice Foundation; Wells Fargo Representative; Veronica Kelley, DBH Assistant Director.*

## Many Rivers to Cross

# Diversity Film Series a Success

By Jonathan Buffong



IECAAC members at the February 16<sup>th</sup> screening.

On February 11, 2015, San Bernardino County Department of Behavioral Health (DBH) staff, contract agencies personnel, and community partners held their monthly Diversity Film Series by viewing the documentary, *The African Americans "Many Rivers to Cross,"* by Professor Henry Louis Gates, Jr., in recognition of Black History Month. Over 60 individuals were in attendance to not only listen but to share and learn from each other's individual perspectives and experience.

A talk show host format was used to engage the large number of participants to ensure that as many thoughts and opinions of the interesting subject matter was expressed. Youth participants actively joined in the conversations and provided their feedback, with honest comments from everyone on how far African Americans have come in regards to legal slavery, but acknowledged how present life is still affected by that system.

Through stimulating small group discussion, honest one-to-one sharing, and open constructive dialog, participants were able to explore the dynamics of what it means to be Black in America. Discussion topics included recognizing cultural messages that support mental wellness, the relationship between cultural messages and depression/anxiety and comparing characteristics of resiliency in African Americans and individuals that are in recovery from a mental illness.

The Diversity Film Series invitation was then extended to the Inland Empire Concerned African American Churches (IECAAC) and their various memberships. The event was held on February 16, 2015 at 10:00 a.m. at the DBH TAY Center Hollywood Room. DBH Cultural Competency Officer, Imo Momoh, and Mental Health Education Consultant, Jonathan Buffong, facilitated a very powerful diversity film viewing that was able to garner the partnerships of both youth and TAY with the adult and senior population as well as clinicians and ministers to speak about resiliency, mental wellness and recovery for African American people. During this film viewing, students and youth were encouraged to be the "Reporter" of the group who would summarize the discussion and give highlights of key potential solutions to various posed group questions.

The IECAAC was gracious in their participation with over 20 individuals that showed interest in learning more about their history and discussing the importance of history in mental wellness. The selection of this film also connected with not only Black History Month but also with the Assembly Concurrent Resolution No.150 CHAPTER 74, which designates the second week of February as African American Mental Health Awareness Week.

As the Diversity Film Series continues to spotlight other cultures and communities we hope that everyone has an opportunity to attend these dynamic events!

For more information, contact Jonathan Buffong at (909) 386-8234 or [jbuffong@dbh.sbcounty.gov](mailto:jbuffong@dbh.sbcounty.gov).



Imo Momoh, DBH Cultural Competency Officer, addressing attendees at the event.



# Black History Month Celebration

By Justine Rangel



*Black History Month Presentation at Jones Elementary School.*

Community Services, hosted a month long celebration at three different San Bernardino Elementary Schools: Hunt, Del Rosa, and Jones. During the month of February, Black History trivia questions were announced over the intercoms at all three schools, answers were entered into a weekly raffle and the winners were announced on Fridays.

All students were also able to participate in an essay and drawing contest. Each school chose first, second, and third place winners who were announced at

In honor of Black History Month, the Promoting Resiliency in African American Children Program (PRAAC), which is provided by Valley

the Black History Assembly. At each school the PRAAC students dressed in traditional clothing and performed an African dance, choreographed by Cal Poly Pomona Professor "Sista" Jewel Jackson. Students listened to a rendition of Martin Luther King Jr.'s "I Have a Dream" speech, which was performed by Reverend Dennis Brown.



*Wandalynn Lane, Valley Star and Imo Momoh, DBH Cultural Competency Officer.*

The celebrations were a huge success and they mark the beginning of a new tradition.

*For more information on the PRACC Program, contact Wandalynn Lane at [wlane@starsinc.com](mailto:wlane@starsinc.com).*

## 35th Dr. Martin Luther King Jr. Prayer Breakfast:

# Remembering the Past to Strengthen the Future



*May Farr, BHC Commissioner; Imo Momoh DBH Cultural Competency Officer, André Bossieux, Program Manager II DBH - TAY, Mrs. Bossieux.*

Committee in 1980, but has since passed to the Inland Empire Concerned African American Churches (IECAAC) as the promoters of the event.

"Remembering the past to strengthen the future," was this year's theme. The IECAAC continues to celebrate the value of tradition, bringing together legislators, administrators, churches, law enforcement, educators, community based organizations and families. This year, Third District County Supervisor and Chairman of the Board of Supervisors, James Ramos, and Fifth District

On January 19, 2015, the 35<sup>th</sup> Annual Dr. Martin Luther King Jr. Prayer Breakfast was celebrated at the Orange Show in San Bernardino. The celebration was first hosted by the Martin Luther King Jr. Prayer Breakfast

County Supervisor, Josie Gonzales, attended the event in support of the men and women who are making a social change in our community. The keynote address was presented by Assembly Member 41st District, Chris Holden.

The event continues to honor Dr. Martin Luther King Jr. and members of the community who inspire and honor the call for social justice. Department of Behavioral Health's very own, Andre Bossieux, Transitional Aged Youth (TAY) Program Manager II, was a recipient for the 2015 "Public Service" Award. Andre's program has served over 3,579 youth in the last five (5) years. He is motivated by witnessing the success of the youth served in the community. It is an honor to collaborate with Mr. Bossieux on many of the Department's cultural activities.

The Annual Dr. Martin Luther King Jr. Prayer Breakfast continues to be a successful event throughout the years. We look forward to being part of this inspiring celebration in the years to come and honor those who follow in the steps of Dr. Martin Luther King Jr.

# Mental Health First Aiders Growing in San Bernardino County

By Jonathan Buffong



Jonathan Buffong, MHFA Trainer, with Ed O'Brien, Behavioral Health Commissioner, First District, and other attendees from the San Bernardino County Public Defenders Office.

The Office of Cultural Competence and Ethnic Services (OCCES) has recently begun training the San Bernardino County community on how to become Mental Health First Aiders. Mental Health First Aid (MHFA) is an 8-hour training course designed to give members of the public key skills to help someone who may be developing a mental health problem or experiencing a mental health crisis. Most people know how to recognize and appropriately react to medical emergencies, but there is little knowledge in the general public about what to do in a mental health crisis. MHFA was designed to increase knowledge, reduce stigma, and offer appropriate supports to individuals experiencing a mental health crisis. Key skills are taught such as: warning signs and risk factors for depression, anxiety, trauma, psychosis, suicide, substance abuse, etc. The training is based upon a 5-step action plan that helps an individual in crisis connect to resources and professional care.

Another key aspect of the training is its focus on engaging in experiential activities that build understanding of the impact of illness on individuals and families. Participants learn information about evidence-based treatment and self-help strategies and receive a course manual and a certificate at the completion of the course. To begin the year of 2015, Foster Care Providers, parents, veterans, faith based

leaders, contract agencies and affiliates have all completed the training and are excited to become Mental Health First Aiders. On March 15, 2015, at the national kick-off event for the *Change Direction* campaign, First Lady Michelle Obama remarked, "I went through some of this training a few weeks ago...and I saw just how useful it is. It really gives you the skills you need to identify - and ultimately help - someone in need. Because you never know when these kinds of skills might be useful."

OCCES is committed to offering individuals in the community this awesome training opportunity. If you have friends or family members with mental illness or addiction, this would be a great training to connect with. Community leaders such as police officers, school personnel, college faculty, human resource personnel, clergy, parent groups, healthcare workers, professional associations are all groups that would gain valuable resources and information from this training, along with anyone working with the public or wanting to make a positive difference in our community.

***As a service to the community, DBH OCCES is offering this training at low or no cost.***

For more information, contact Jamesia Brown at (909) 388-0884 or [Jamesia.Brown@dbh.sbcounty.gov](mailto:Jamesia.Brown@dbh.sbcounty.gov).

# Un Momento Por Favor Training

By Justine Rangel



The Office of Cultural Competence and Ethnic Services (OCCES) continues to provide “Un Momento Por Favor/One Moment Please” trainings. Trainings are available to all DBH staff and contract providers with the purpose to prepare staff to receive calls from monolingual, Spanish speaking community members or potential clients. These trainings help to ensure the department is providing adequate customer service and in compliance with state and federal mandates that require DBH to provide appropriate services to customers in their preferred language. A “threshold language” is defined as a language identified by the Medi-Cal Eligibility Data System (MEDS) as the primary language of 3,000 beneficiaries or five (5) percent of the beneficiary population, whichever is lower, in an identified geographic area, per Title 9, CCR, Section 1810.410(f)(3). Spanish is currently the only threshold language for San Bernardino County.

Since January 2015, OCCES has conducted fifteen (15) trainings to DBH staff and contract providers resulting in 200 participants trained. Participants received and practiced the two (2) approved department phrases when answering phone calls from Spanish speakers. Participants were shown where to go if they need to locate Translation/ Interpretation Policies and received a list of approved current DBH Translation/Interpretation vendors and how to contact them. Trainings will continue throughout the year and a short version of the training is conducted to all new DBH employees through the New Employee Orientation process.

For more information, contact Justine Rangel at (909) 386-8244 or [Justine.Rangel@dbh.sbcounty.gov](mailto:Justine.Rangel@dbh.sbcounty.gov).

# Mental Health Awareness Month

By Karen Cervantes

Once again, May Mental Health Awareness month (MHM) in San Bernardino County, was a tremendous success!. This year’s theme was ‘B4Stage4,’ addressing the importance of identifying mental health symptoms early.

To support the campaign, the Department of Behavioral health (DBH) encouraged staff, contract providers and county residents to wear lime green, the national color of mental health awareness, and to attend various events and activities throughout the county that promoted wellness, recovery and resiliency. Even though MHM is a special time dedicated to promoting mental health awareness, we hope you will join us throughout the year in promoting recovery, creating awareness and reducing stigma related to mental health and substance abuse disorders.

For more information, contact Karen Cervantes at (909) 388-0930 or [Karen.Cervantes@dbh.sbcounty.gov](mailto:Karen.Cervantes@dbh.sbcounty.gov).

## 10th Annual Evening with the Stars



OCCES team, L to R: Jennifer Rivera, Aidery Hernandez, Imo Momoh, Patricia Verduzco, Justine Rangel (not pictured, Jonathan Buffong.)

## Meet the Artist



Michael Schertell, DBH Deputy Director; Veronica Kelley, DBH Assistant Director; Karen Cervantes, DBH Program Specialist II; Becky Peck Koehler Art Gallery; Jesse Sandoval, Council Member City of Fontana.

## Directing Change Screening and Award Ceremony



CaSonya Thomas, DBH Director and Jerry Wengerd, Riverside County Department of Mental Health Director.

## Behavioral Health Commission Meeting



Jessica Headley, DBH R & E; Sarah Eberhardt-Rios, DBH Deputy Director; Ed O'Brien, Behavioral Health Commissioner; Michelle Dusick, MHSA Administrative Manager; Jane Ann Godager, Behavioral Health Commissioner.

# MHSA 2015 Annual Update Forums

By Justine Rangel

This year, during the months of February and March, the Mental Health Services Act (MHSA) Stakeholder Engagement Forums for the MHSA Annual Update took place. The Department of Behavioral Health conducted 22 MHSA Stakeholder Engagement Forums in all the districts, including all 12 OCCES sub-committees, at the Mexican Consulate, Cultural Competency Advisory Committee and during the Community Policy Advisory Committee meeting. The MHSA updates served as an opportunity to discuss any updates made to the plan, reflect on what has transpired over the past year, discuss current services offered by the department, and most importantly gave stakeholders and community members the chance to offer feedback to the department. The MHSA is made up of six (6) components which include (1) Prevention and Early Intervention (PEI), (2) Community Services and Supports (CSS), (3) Innovation, (4) Workforce Education and Training (WET), (5) Capital Facilities and Technological Needs, and (6) Community Program Planning.

## *Some of the updates to the plan include:*

- **CSS:** Expand comprehensive Children's and Family Support Program to include targeted intensive case management and mental health services directed towards foster children
- **PEI:** Maintain the programs currently administered under the PEI component
- **Innovation:** Conclusion of two innovation projects: The Holistic Campus Project and the Interagency Youth Resiliency Team
- **WET:** Expansion of Psychiatry Residency Program and deployment of Child and Adolescent Needs and Strengths (CANS) and Adult Needs and Strengths Assessment (ANSA) assessment tool training
- **Capital Facilities:** New facility to be built on existing County owned property that will house a new Crisis Residential Program
- **Technological Needs:** Develop a long term integrated infrastructure for mental health to facilitate the highest quality, cost effective services and supports for consumer and family wellness, recovery and resiliency

*The MHSA Stakeholder Engagement Forums were a great success with over 100 people participating in the process.*



*Sonia Rubio, DBH Program Specialist II and Karen Cervantes, DBH Program Specialist II, at the Consulate of Mexico in San Bernardino.*



*Jonathan Buffong, DBH Mental Health Education Consultant, speaking at the Cultural Competency Advisory Committee.*

## Farewell...

# Honorable Consul Carolina Zaragoza

By Patricia Verduzco



Assembly Member Jose Medina, Consul Zaragoza Flores, Supervisor Ramos, Jose Velez, Supervisor Gonzales.

On Thursday April 9, 2015, a “Despedida” or “Farewell” celebration event was hosted for Honorable Diplomat Carolina Zaragoza Flores, Chief Consul of the Consulate of Mexico in San

Bernardino. Consul Zaragoza Flores will be leaving for a similar post in Laredo, Texas.

Carolina Zaragoza Flores, consul for Riverside and San Bernardino Counties, has served at the Mexican Consulate in San Bernardino since 2008. On this day, she was honored with the recognition by many officials and dignitaries. Consul Zaragoza Flores was celebrated for her many achievements and was presented with proclamations, resolutions and many other recognitions, including the key to the City of San Bernardino. The Consul was also awarded tributes from both San Bernardino and Riverside Counties for all her support while in service. According to many

that attended the event, she will be greatly missed and forever remain in their hearts. She touched many people’s lives with her sincere, heart-warming and hard-working ethics.



Imo Momoh, Cultural Competency Officer, and Consul Zaragoza Flores.

The event was a celebration of the many accomplishments and her new advancement of office as she departs to Laredo, Texas. Consul Carolina Zaragoza Flores thanked everyone for this wonderful event. She stated that she felt honored to have served with such wonderful people while in office. She said she now considers many as part of her family and she will forever keep them close to her heart. She also stated that this was not a “goodbye” but an “I’ll see you later,” as she gave her farewell to everyone whom attended the event.

## Digital Marketing Update: A New Era

By Aimara Freeman

The Department of Behavioral Health (DBH) is not lacking in digital media marketing. Digital media marketing is comprised of any media that is promoted virtually through social media, email, the Internet, a mobile app, etc.

DBH currently utilizes several digital outlets to provide real time information to the community about DBH services and provider services. These include the DBH website, email marketing, Facebook, Twitter, Pinterest, Instagram and YouTube. A DBH mobile app is also in the works.

To date, DBH has over 1,500 likes, followers, and subscribers to our social media pages and email marketing combined. Help grow that number by

visiting the DBH website to subscribe to all DBH social media outlets and DBH E-News email, then “liking” and sharing our posts to your personal social media accounts.

Through these and our other marketing efforts, we can educate the community on DBH and provider services and events, while simultaneously promoting wellness, recovery and resiliency.



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# Cultural Competence Award Nomination

## Cultural Competence Excellence Award First Quarter 2015 Winner

### What does it mean to be Culturally Competent?

*“To know where someone is coming from,  
respecting and appreciating their background,  
beliefs, and values, and using this unique  
perspective and world view to empower the  
individual in tailored ways.”*

~ Dr. Joshua Morgan



Imo Momoh, DBH Cultural Competency Officer; Susan McGee-Stehsel, Behavioral Health Commission Chair; Dr. Joshua Morgan, DBH Research and Evaluation Psychologist; CaSonya Thomas, DBH Director.

**Please help us  
congratulate our winner!**

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

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:

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Example of dedication to Cultural Competency:

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Nominated By: \_\_\_\_\_

Inter-office: 0026

U.S. Mail: 303 East Vanderbilt Way  
San Bernardino, CA 92415

Email: [cultural\\_competency@dbh.scbounty.gov](mailto:cultural_competency@dbh.scbounty.gov)

# A Gathering of Tribes Pow Wow 2015

By Vernon Motschman

The Native American Resource Center in collaboration with the University of Redlands and its Native Student Program hosted its Second Annual Pow Wow at the University of Redlands on Saturday and Sunday, March 28-29, 2015.

The tradition and history of Native American culture was celebrated as the event started off with local California tribes singing their tribal bird songs. After the songs, many other tribal singers and dancers from throughout the United States and Canada, marched their way into the Pow Wow circle inside the Alumni Greek Theater. They then gathered with the local California tribes to share their song and dance which they call, Grand Entry.

A Grand Entry gives all spectators a chance to view the flags, eagle staffs and visiting tribes. The eagle staffs and flags represent nations, families, and communities. Spectators were also able to see other tribal elected royalty such as princesses, warriors and young people who have been chosen and honored by their specific home community to represent that community at Pow Wows around the country. Many spectators had the opportunity to see tribes come together throughout the United States and Canada and share their culture with one another through song and dance. The event gave participants an opportunity to try some native foods and do a little bit of shopping from local vendors.

Why do Native Americans have a Pow Wow? Because it is their culture. Without knowing their songs, culture and dances, they wouldn't exist. It is their identity. It is a time to come together to sing and dance and celebrate life, to remember those who lost their lives so that they could sing and dance today. A Pow Wow is a way to celebrate life and what can be passed onto future generations.

***The "Grand Entry" gives all spectators a chance to view the flags, eagle staffs and visiting tribes.***



*The Native American Resource Center is a provider of Prevention and Early Intervention Services under the Mental Health Services Act (Prop 63.)*

*For more information, contact Vernon Motschman at (909) 864-1097 or [vmotshman@rsbcihi.org](mailto:vmotshman@rsbcihi.org).*

# 2015 Cambodian New Year Celebration

By Rasmey Sam



Rasmey Sam, AARC Executive Director; Laura Mancha, Fifth District Rep.; Ted Alejandro, San Bernardino County Superintendent; Cary Davis, Mayor of the City of San Bernardino; John Valdivia, San Bernardino Councilman Ward 3; Assemblyman Marc Steinorth, 40th District; 5th District Supervisor Josie Gonzales; Hardy Brown, Black Voice Foundation.

The Cambodian New Year is celebrated in April. The Asian-American Resource Center (AARC) is proud to have hosted their annual Cambodian New Year celebration in collaboration with the Temple of the Khmer Buddhist Society on April 11th and 12th, at the Temple of the Khmer Buddhist Society located at 1595 Hardt Street in San Bernardino, California.

For many years, AARC has sought to continue enlightening others about different Asian cultures and traditions. Many people, Cambodians and non-Cambodians, and honorable guests attended the celebration. Honorable guests included Cary Davis - Mayor of City of San Bernardino, Josie Gonzales - San Bernardino County Supervisor (5th District), Ted Alejandro - San Bernardino County Superintendent, John Valdivia - San Bernardino City Councilman, Cheryl Brown - 47th District Assembly Member, Marc Steinorth - 40th District



Monks of the Temple of the Khmer Buddhist Society with special guests.

Assembly Member, May Farr - San Bernardino County Department of Behavioral Health, Commissioner, Imo Momoh - DBH Cultural Competency Officer and his staff member Jonathan Buffong.

The celebration featured traditional Khmer Dances, demonstrations of traditional Khmer New Year games and folk dancing with a live band featuring famous entertainers and authentic Khmer food. Over 2,000 community members attended the celebration for the weekend.

Asian-American Resource Center is committed to supporting our community and we are excited to have the Khmer Buddhist Society of San Bernardino to join our New Year celebration to provide the most cultural celebration for our community. "Our vision is to bring the traditional Khmer culture back to our community, to recognize the Khmer pride, culture and tradition," said Rasmey Sam, AARC Executive Director. Asian-American Resource Center has been serving the community for over 19 years and has assisted many in the community with free programs and services, including mental health services.

For more information on services provided by AARC, call (909) 383-0164.



Above: Josie Gonzales, 5th District Supervisor addressing the audience.



Left: Jonathan Buffong, DBH-OCES with wife Keynasia; May Farr, BHC Commissioner; Ted Alejandro, San Bernardino County Superintendent; Rasmey Sam, AARC Executive Director.

## Young Visionaries "Iron Sharpens Iron" Awards Gala



The Department of Behavioral Health (DBH) was honored to receive a Community Excellence Award from Young Visionaries at their "Iron Sharpens Iron" Awards Gala on May 1, 2015. In addition, DBH received a "Certificate of Recognition" from:

- California State Senator, 20th District, Connie M. Levya
- California State Senator, 23rd District, Mike Morrell
- California Assembly Member, 47th District, Cheryl Brown
- California Assembly Member, 40th District, Marc Steinorth
- United States Representative, Pete Aguilar
- Fontana City Council
- City of San Bernardino Mayor and Common Council
- San Bernardino County, 5th District Supervisor, Josie Gonzales



*Terrance Stone, Young Visionaries; Imo Momoh, DBH Cultural Competency Officer; Lesford Duncan, Children's Network.*



*Attendees at the event.*

## African American Community Health Workers Program Graduation



*African American Community Health Workers (CHW) program graduates, New Hope Family Life Center, San Bernardino, February 26, 2015.*

On February 26, 2015, at the New Hope Family Life Center in San Bernardino, a graduation ceremony was held for individuals that completed the African

American Community Health Workers (CHW) program. In addition to their graduation certificates, graduates also received certificates from the office of Assembly Member Cheryl Brown, and the Inland Empire Minority Led Coalition. DBH Cultural Competency Officer, Imo Momoh, was the guest speaker for the ceremony. CHWs provide education on behavioral health topics in an effort to increase awareness, reduce stigma, promote access to care and improve health outcomes for communities across the county. The CHW program includes other providers that target other groups that include Latino, LGBTQ, Native American, Asian and Pacific Islander communities.



*Featured Speaker - Gloria, Morrow, Ph.D.*

## **Behavioral Health In Partnership with the Inland Empire Concerned African American Churches**

presented

# **Widening the Welcome and Deepening the Support**

During the month of May, several San Bernardino area churches welcomed Dr. Gloria Morrow, Ph.D., for an educational presentation on mental health. Immanuel Praise Fellowship, New Hope Missionary Baptist Church, The Centre at Highland, and Greater New Jerusalem COGIC Church provided a platform for Dr. Morrow's teachings on "Widening the Welcome & Deepening the Support."

The presentations focused on the state of mental health in all communities, but more specifically, the African American community. Parishioners were introduced to some of the common signs and symptoms of mental illness and its impact on families. In addition, some of the major reasons people within communities of faith may be suffering in silence was also discussed. Other topics of discussion included stigma and help-seeking behaviors.

The presentations provided strategies for helping the faith community create programs that focus on prevention of mental, emotional and psychological distress. The information was well received by parishioners.

*For questions, contact Jonathan Buffong at [jbuffong@dbh.sbcounty.gov](mailto:jbuffong@dbh.sbcounty.gov) or (909) 386-8234.*



*Pastor Kelvin Simmons and Wife.*

*Thank you Pastor Kelvin Simmons of Immanuel Praise Fellowship Church in Rancho Cucamonga, for hosting this important event on May 3, 2015.*



*Darla Mondragon, Troy Mondragon, BHC Third District, and Laurreta Ross, DBH Peer and Family Advocate III.*

## **Diversity Film Series Presented**

# **Mental Wellness...A Family Affair**

In honor of May being Mental Health Awareness Month, the Diversity Film Series presented two powerful short films focusing on understanding the family's perspective, impact and importance in recovery of mental illness. The films featured were: "The Shaken Tree: Families Living with Mental Illness," and "Hope Shouldn't Have a Waiting List."

"The Shaken Tree: Families Living with Mental Illness." This award-winning documentary illuminates, through a collection of stories, the journey families experience when one of its members has chronic, persistent mental illness. The film provides hope to families and describes ways to survive and live life fully while sharing it with someone who has a mental illness.

"Hope Shouldn't Have a Waiting List" is the personal story on how the determined family of San Bernardino County Behavioral Health Commissioner (BHC), Troy Mondragon, supported him during his challenging and uncertain journey of dealing with severe Bipolar disorder. Then, in his own words, Mondragon discussed his story of recovery and triumph. Overall, the participants were intrigued and participated in a great discussion about the films.

*For questions about the next Diversity Film Series, contact Jonathan Buffong at [jbuffong@dbh.sbcounty.gov](mailto:jbuffong@dbh.sbcounty.gov) or (909) 386-8234.*

# Meeting Schedules - Cultural Competency Advisory



Culture Specific Subcommittees, 2015 NACO Award Winner

## Cultural Competency Advisory Committee

3rd Thursday of the month

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

San Bernardino County Health Services (CSBHS)- Auditorium

Contact email: [aidery.hernandez@dbh.sbcounty.gov](mailto: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

Contact: [jbuffong@dbh.sbcounty.gov](mailto:jbuffong@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: [jrangel@dbh.sbcounty.gov](mailto: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

Contact: [jrangel@dbh.sbcounty.gov](mailto: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: [jbuffong@dbh.sbcounty.gov](mailto:jbuffong@dbh.sbcounty.gov)

### Latino Awareness Sub-Committee

4th Thursday of the month

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

Inspire Holistic Center

Contact: [Patricia.Verduzco@dbh.sbcounty.gov](mailto: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

Contact: [Patricia.Verduzco@dbh.sbcounty.gov](mailto: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: [Patricia.Verduzco@dbh.sbcounty.gov](mailto: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

Contact: [jrangel@dbh.sbcounty.gov](mailto:jrangel@dbh.sbcounty.gov)

### Transitional Age Youth (TAY) Awareness Sub-Committee

Rotating date, time and location. Please contact for details: [Patricia.Verduzco@dbh.sbcounty.gov](mailto: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

Contact: [jbuffong@dbh.sbcounty.gov](mailto:jbuffong@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

Contact: [jrangel@dbh.sbcounty.gov](mailto: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

Contact: [lross@dbh.sbcounty.gov](mailto:lross@dbh.sbcounty.gov)

\* For all numbers listed, please dial 7-1-1 for TTY users

## Community Policy Advisory Committee

3rd Thursday of the month; 9:00 a.m. - 11:00 a.m.

San Bernardino County Health Services Auditorium

850 E. Foothill Blvd., Rialto, CA

Info: (909) 388-0820

## Behavioral Health Commission

1st Thursday of the month; 12:00 p.m. - 2:00 p.m.

San Bernardino County Health Services Auditorium

850 E. Foothill Blvd., Rialto, CA

Info: (909) 388-0820

Location: 303 E. Vanderbilt Way, San Bernardino, CA 92415

(909) 386-8223

[cultural\\_competency@dbh.sbcounty.gov](mailto:cultural_competency@dbh.sbcounty.gov)