SAN BERNARDINO COUNTY
Behavioral Health

Customs, Heritage, Ancestry, Nationality, Gender, Equality

CHANGE

Newsletter

Summer/Fall 2015
Winter 2016
Highlights

Inside this Issue:

Black History Month Celebration

Message from Cultural Competence Officer

Black History Month Celebrations Continued

Recent Events

Recent Graduations and Training Opportunities

Mental Health First Aid

Upcoming Events

Meet Our Partners

Did You Know?

Cultural Competency Excellence Award Nomination

Meeting Schedules

Black History Month Celebration

"From Trauma to Triumph" becomes a day of healing, unity and victory

By Jonathan Buffong, MPA, Mental Health Education Consultant

On Tuesday, Feb. 9, 2016, at San Bernardino Valley College, Liberal Arts Building, participants at the annual Department of Behavioral (DBH) Health Black History event were able to come together and enjoy many forms of artistic expression, spoken word, musical performances and presentations, in an effort to increase mental health awareness.

Young Visionaries CEO Terrance Stone facilitated the event, that featured resonating words of encouragement and support from Valley College President, Dr. Fisher, DBH Director, CaSonya Thomas and DBH Cultural Competency Officer, Imo Momoh. Reverend Bronica performed an amazing dance interpretation of African American struggle, titled "America the Beautiful." DBH staff member, Melinda Ancrum, performed a poem and DBH Peer and Family Advocate, Richard Lindsey, sang opera. Dee Cole, from DBH contract agency Valley Star, led participants in a gospel style tribute that encouraged audience members to sing to each other those powerful words.

The featured presenter, San Bernardino County Behavioral Health Commissioner Dr. Akin Moreno, was remarkable as she touched clinical staff, consumers, and students with her personal story of identity and acceptance. Dr. Moreno gave practical insight and steps to address recovery for those who may be struggling with depression and anxiety that may result from identity issues and environment factors.

DBH's African American Awareness Sub-Committee along with San Bernardino Valley College, and the Office of Cultural Competence and Ethnic Services staff once again worked together to celebrate diversity and learn more about the important connection between culture and behavioral health to honor African American Mental Health Awareness Week.

More events on page 3...

A Message from the Cultural Competency Officer

May 2016

Welcome to another edition of the Customs, Heritage, Ancestry, Nationality, Gender, Equality (CHANGE) Newsletter. This edition covers the activities and events of the Department of Behavioral Health (DBH) Office of Cultural Competence and Ethnic Services (OCCES) and its partners for Summer/Fall 2015 and Winter 2016.

This CHANGE newsletter is different than others because it covers three seasons; the original deadline of December 2015 made trivial by the tragic events that occurred in December. Therefore, this edition is humbly dedicated to those who lost their lives because of the December 2nd Terrorist Attack. We also acknowledge their family, friends and county family/co-workers. Our prayers and consolations are with you all.

OCCES would also like to thank our countywide first responders, including DBH clinical staff, who provided 24/7 crisis behavioral health support to members of the community on location, with uninterrupted services at DBH clinics for scheduled appointments and walk-ins. A big thank you to DBH non-clinical staff as well, for keeping DBH operational through their administrative and supportive services.

Although we have been deeply shaken, we are not broken. Together, we will rise again, more resilient than ever, viewing the diversity of the County as one of our many strengths and never a weakness—we are San Bernardino Strong.

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.

Club House Members *Reflecting on the Past to Build a Successful Future*

By Jonathan Buffong, MPA, Mental Health Education Consultant

In 2016, the Department of Behavioral Health's (DBH) Clubhouse Expansion Program and the Office of Cultural Competence and Ethnic Services partnered for "Reflecting on the Past to Build a Successful Future." Amazing Place, Team House, and Serenity and Desert Stars Clubhouses hosted three Black History Month Events throughout San Bernardino County in effort to engage our consumers in the breadth of African American contributions to history.

On February 8th at Amazing Place, with the emphasis on trailblazers and activist, clubhouse participants identified key African American individuals that dared to lead the way in progress and change. The spectrum of historical figures included LGTBQ individuals as well as musicians, writers and poets. On February 10th at Team House, participants were treated to a African American Bingo and a historical account of how Black History Month was originated. It was a fun, entertaining and educational experience. Finally, at the Serenity Club House, participants had a chance to play African American History Pictionary and enjoy soul food as they honored and learned more about the African American experience and their influences to American history. It was truly a month where DBH Clubhouses and staff could reflect on the past in order to build a more successful future!

Black History Celebrations *Through the Eyes of Clubhouse Staff*

Serenity Clubhouse

By Hector Lopez, Peer and Family Advocate (PFA) I

"Sankofa" at the Serenity Clubhouse was both education and festive, two adjectives a lot of people feel just do not go together. We had a blast playing a themed Pictionary game that centered around African Americans inventions. It was so interesting to learn who invented the Super Soaker and to be read a poem by Maya Angelou.

Influential African Americans were highlighted by both the eye-catching Wall of Fame and the handy-dandy bookmarks provided for anybody that attended the celebration. Members had fun talking about their bookmarks with each other. Our scrumptious lunch reflected cultural roots, with such choices as peach cobbler and cornbread.

TEAM House

By Angela Coggs, Mental Health Specialist

On February 10, 2016, TEAM House hosted an extraordinary black history event titled, "Sankofa- Reflecting on our Past to Build a Successful Future." The program was emceed by Edward Deyon, Peer and Family Advocate II at TEAM House.

The program began with the "Origins of Black History Month" presented by community member and clubhouse volunteer, Tech Diva Cynthia Frazier. Clubhouse members Mike D., Faith I., Chris M., Ebony M., Brian C. and Stacy M. read short biographies on modern day African American figures. The audience was serenaded with a beautiful rendition of "Amazing Grace" and other musical selections performed by TEAM House member, Windell Howard Bridgewater III. Department of Public Health's Health Education Assistant, Bronica Martindale-Taylor, performed a modern ballet routine and recited a Langston Hugh poem. The attendees were treated with a meal made by the kitchen staff from TEAM House and Pathways. Ernie, a clubhouse member from Amazing Place, was the DJ who provided the music for the event.

Amazing Place Clubhouse

By Richard Lindsey, Peer and Family Advocate (PFA) II

On February 8, 2016, members and staff at Amazing Place, participated in a Celebration of Black History Month. "Trailblazers and Activists in the African-American Community," brought an exciting and insightful theme for the occasion.

The day began with Vivien Limon, PFA II foretelling the audience and participants about the life and history of Rafer Johnson. That discussion was followed by a member-led game of Pictionary, which was informative and centered to increase the understanding of trailblazers and activists, within the African American history. The audience was captivated by the piano playing of Justin S., a clubhouse member. Richard Lindsey, DBH PFA, also presented a Negro spiritual, in song.

The event concluded with an engaging and interactive discussion and informative speech, regarding LGBTQQI African American trailblazers and activists who are yet still doing things for American society.

Recovery Happens *2015*

By Rachel Cierpich, Peer and Family Advocate, Recovery Happens Co-Coordinator

In celebration of National Recovery Month, the San Bernardino County Department of Behavioral Health (DBH) Alcohol and Drug Services Administration, in collaboration with contract substance use disorder (SUD) service providers, hosted the annual Recovery Happens event on Saturday, September 19, 2015 at Cucamonga-Guasti Regional Park in Ontario. Recovery Happens promotes the societal benefits of prevention, treatment, and recovery substance use disorders. Over 2,000 participants gathered to celebrate people in recovery and promote the message that recovery, in all its forms, is possible.

Over fifty service providers were in attendance that ranged from social service agencies, alcohol and drug service providers and community and faith-based organizations. Information and resources regarding available recovery based services in the community were made available at event. The event kicked off with a quarter mile *Walk for Recovery* where participants were met with motivational messages along the path. The Opening Ceremony featured encouraging words from DBH's Assistant Director, Veronica Kelley, followed by an inspirational message from guest speaker, Alex Dodd, Chief Executive Officer of Aegis Treatment Centers.

Participants celebrated and enjoyed a day in recovery with family and friends by taking part in various activities such as volleyball and horseshoe tournaments, line dancing, train rides, photo booth, petting zoo, and face painting. A total of seventeen banners were submitted and judged, with the theme of "Visible, Vocal, Valuable," on display.

This event supports the recovery that happens in San Bernardino County and promotes the Countywide Vision of wellness, showing that behavioral health is essential to overall health. We know that prevention works, treatment is effective and people can and do recover!

6th Annual *National Innovative Communities Conference*

By Justine Rangel, LCSW, Mental Health Education Consultant

The Department of Behavioral Health Office of Cultural Competence and Ethnic Services, along with the Native American Resource Center, partnered with Reach-Out to host the 6th Annual National Innovative Communities Conference. This two day conference was held at the Ontario Convention Center on June 23-24, 2015 and had over 1,600 participants in attendance.

The theme of this year's conference was "It's All Connected. " Participants were able to connect with community members across the county including nonprofits, faith-based organizations, educators, researchers, health specialist, law enforcement, parents, community health workers and policy makers. This one of a kind conference gave participants the opportunity to choose from various workshops that were themed around community, youth, law enforcement and professional perspectives. The youth track had fifteen breakout sessions to choose from including topics on human trafficking, bullying, leadership, mental health careers, gang culture and LGBTQ awareness. The community, law enforcement and professional track had over twenty-five breakout sessions to choose from including topics on spiritualty and behavioral health, LGBTQ awareness, relationship violence, child sexual abuse and veteran awareness. In addition to breakout sessions, each track had keynote presentations. The keynote presenters included DBH Assistant Director, Veronica Kelley and DBH Program Manger II, Andre Bossieux. Opening remarks were provided by DBH Deputy Director, Sarah Eberhardt-Rios, and Diana Fox from Reach Out.

Conference participants were able to visit vendor booths and watch several different cultural performances.

La Gran Fiesta, *A Hispanic Heritage Celebration*

By George Hogan, Mental Health Education Consultant

Each year from September 15 to October 15, our nation celebrates Hispanic Heritage Month. San Bernardino County Department of Behavioral Health's (DBH) Hispanic Heritage Month celebration took place on September 15, 2015 at the Fontana Lewis Library and Technology Center. This event was a collaborative effort between the County Library—Lewis Library and Technology Center, the City of Fontana and DBH. The event drew an estimated number of 750 attendees and 14 organizational vendors that provided a wide range of valuable community resources.

Esmeralda Cervantes, DBH Community Crises Response Team/Triage Engagement Support Team staff, and Todd Holder, DBH Recovery Base Engagement Support Team staff, provided presentations on DBH's field-based services and programs that improve access to care, provide timely and effective engagement and link individuals to behavioral health treatment and resources. Ana Arevalo, Inland Behavioral & Health Services staff, Lupita Mendez, El Sol staff, and Robert Terrones, California Health Collaborative Tobacco Coalition staff, also shared their respective programs.

Another successful and impacting piece of the event were the mini drama performances by both DBH staff and volunteers from El Sol. One reenactment was the true life story of a performer, as her family dealt with a father struggling with alcohol abuse and how it affected the entire family. The story ended with the family in high hopes as they agreed to seek support and receive behavioral health services together. The other performance was an emotional portrayal of an unemployed single mother experiencing symptoms of depression. She found hope with the help of a close friend that invited her to attend a support group for mothers suffering with depression.

The library displayed many Hispanic articles such as books and portraits portraying famous Hispanic artist, writers, civil rights activists, and inventors. During the event there were a number of interactive cultural activities and performances by the Mariachi Youth group and the Sinfonia Mexicana Mariachi Youth Academy. The attendees were also treated to various sweet cookies in the outdoor café area.

National Day of Prayer *for Behavioral Health Recovery and Understanding*

By Dr. Joshua Morgan, Psy. D

Tuesday, October 6, 2015 was celebrated around the nation as the National Day of Prayer for Behavioral Health Recovery and Understanding. This is a part of Mental Illness Awareness Week, which has now officially been recognized by our Board of Supervisors, as adopted at the October 6 Board meeting. The Spirituality Awareness Subcommittee held a special session to observe the Day of Prayer and to raise awareness of this cultural practice important to so many of our consumers and family members.

Azusa Pacific University's Inland Empire Regional Center, located next to DBH's Training Institute, hosted our event and provided lunch for approximately 30 attendees. During our meeting, participants shared the importance of spirituality to overall wellness. As many of our prior events have been more educational, we sought a more experiential, cultural event for the Day of Prayer. As such, we wrote individual prayers and blessings on lime green and purple sticky notes that were combined into two ribbons, a symbol of collective support and unity for behavioral health recovery and understanding. Images of our prayer ribbon were even posted on the State's Each Mind Matters Facebook post celebrating the Day of Prayer! We ended with a participatory, inclusive prayer led by our Subcommittee's co-chair, Julia Harris. The text of the prayer for on-going contemplation is below:

Loving Creator, we come to you on this Day of Prayer for Behavioral Health Recovery and Understanding because we know that you are a God of love and compassion.

We come as people of all creeds and all nations seeking your presence, comfort and guidance. We come as individuals living with behavioral health concerns, family members, friends, co-workers and mental health professionals.

We come this day because we believe that you, Divine One, love each one of us just as we are. You walk with us on our individual journeys through life. You see the ignorance and injustice that divide and separate persons living with behavioral health concerns and you weep with us.

Give us courage to face our challenges and open us today to the many ways you are already working in our midst.

Help us to identify behavioral health problems as the diseases they are, that we might have courage and wisdom in the face of ignorance and stigma. Inspire us as we seek to overcome fear, acquire knowledge, and advocate for compassionate and enlightened treatment and services.

Lead us as we open our hearts and homes, our communities and job opportunities, our houses of worship and communities of faith. Enable us to find ways to include persons living with behavioral health concerns in our everyday lives.

Be with physicians, therapists, researchers, social workers, drug and alcohol counselors, and all those in the helping professions as they seek to overcome ignorance and injustice with care and compassion.

Sometimes, Divine Spirit, we feel discouraged and hopeless in the face of so many challenges.

Help us to see ourselves as you see us—people of value and worth, people of creativity and potential.

May we come to understand the interconnectedness of mind, body, and spirit in bringing about health and wholeness.

And may we go forward into our communities with a renewed sense of vision, hope, and possibility for the future.

Amen.

The Four Directions of Wellness *Native American Heritage Month Event*

By Patricia Verduzco, Mental Health Education Consultant

On Thursday November 12, 2015, the Department of Behavioral Health's Native American Awareness Subcommittee of the Cultural Competency Advisory Committee, in collaboration with Riverside-San Bernardino County Indian Health, Inc., Native American Resource Center, and the University of Redlands' Native Student Programs, held their annual Native American Heritage Month Celebration event at the University of Redlands. The purpose of this event was to share, give insight, to promote wellness and recovery, through Native American cultural practices and traditions. There were 150 people in attendance.

This year's theme "The Four Directions of Wellness," focused on the importance of emotional, physical, mental and spiritual health when working with Native American community members in recovery from mental illness and/or substance use disorders.

Kim Marcus gave the opening prayer over the event. The Keynote speaker was Dr. Daniel Dickerson who gave an educational presentation on the Utilization of traditional practices with the beating of drums for American Indians/Alaska Natives with substance use disorders.

The four arts and crafts wellness workshops were based on emotional, mental, physical and spiritual teachings. Various vendors provided resource information and cultural entertainment, which was provided and conducted by Bear Springs Singers and Dancers.

Overall, it was a successful and very informational event.

Community Diversity Film Series, *"Cultural Matters"*

By Jonathan Buffong, MPA, Mental Health Education Consultant

The Department of Behavioral Health's (DBH) Office of Cultural Competence and Ethnic Services (OCCES) held it's fourth installment of the viewing of the Diversity Film Series in the cities San Bernardino and Victorville on October 26 and October 29, 2015., respectively. The film, *Culture Matters*, focuses on Native American, Alaska Native, and Pacific Islander behavioral health care and how culture influences treatment decisions.

"Our first teacher is our own heart." – Cheyenne.

The film depicts some of the clear disparities that have emerged for Native American, Alaska Native, and Pacific Islander in substance abuse, posttraumatic stress, violence, and suicide.

After viewing the film, the audience was able to hear from a group panel comprised of DBH clinicians, DBH Peer Support staff, OCCES staff and members of the Native American community. The panel addressed vital information on how spirituality is used as a support resource for recovery, best practices on pairing western practices with cultural foundations, and the perspective of using the broader nation-building context of practice in behavioral health treatment.

Finally, a spirited and open discussion took place within the entire audience on various themes of cultural identity, historical traumas, cultural messages, generational connectedness and understanding on how all these factors contribute to effective and appropriate behavioral health treatment. The presentation and discussion left everyone in attendance with the acknowledgement that we must continue to learn more, because "culture really does matter."

Recent Graduates and Training Opportunities

Promotores de Salud *Graduation Ceremony*

By Patricia Verduzco, Mental Health Education Consultant

On September 25, 2015, El Sol Neighborhood Educational Center held its last training for the Promotores de Salud program at Christian Life Center in Ontario, CA. A total of sixty Promotores were honored for completing the five day training. The Office of Cultural Competence and Ethnic Services of the Department of Behavioral Health (DBH) provided the curriculum that informs the Promotores on mental illness and available services in San Bernardino County. The training consisted of information on how to contact DBH and how to provide information and support to people who need services. The Promotores play an important role as a bridge between the community and the behavioral health system of care. The graduation was a time to honor those who had completed the training and to ensure the newest Promotores de Salud have the support of DBH and their community.

Pathways to Recovery Clubhouse & Our Place Clubhouse *Facilitator Training Graduation*

By Lauretta Ross, Peer and Family Advocate

Facilitator Training empowers individuals with acquired skills to become leaders, better listeners and to combat distorted thinking. The training also teaches conflict resolution, learning how to be assertive and how to how to become team players. Classes were held and attended by three students from DBH Pathways to Recovery Clubhouse and nine from South Coast Our Place Clubhouse. Congratulations to these New Facilitators! For more information on Facilitator Training and/or the Office of Consumer and Family Affairs, contact Lauretta Ross at lross@dbh.sbcounty.gov or (909) 388-0818.

Focused on the needs of the High Desert *Community Training Committee*

By Jonathan Buffong, MPA, Mental Health Education Consultant

San Bernardino County is the largest County by area in the United States. Often times, the Department of Behavioral Health (DBH) works with local area contract providers, community coalitions, and any interested stakeholders, to develop solutions to address regional and local needs. Victor Valley Wraparound facilitators, Teri Johnson, and Arianne Ellison, from Victor Community Supports Services, have taken the lead to address the unique training needs of the High Desert region of San Bernardino County with the creation of the High Desert Community Training Committee (HDCTC).

Victor Community Support Services has been hosting a newly formed collaborative with DBH's Office of Cultural Competence and Community Outreach, as well as key partners Dana Faulkner, from the local Family Resource Center and Christine Rouse and Monica Toliver from the Juvenile Probation Office. The collaborative meets on a quarterly basis to focus on how to better serve our DBH staff and contract partners with their training needs. The LGBTQ Bullycide training and Diversity Films trainings have been direct outcomes from this collaboration. The group also assists in identifying local area training locations to negate the need to have local folks come down the hill to participate in trainings. The group hopes to double their efforts for 2016 with additional trainings scheduled such as Motivational Interviewing, Mental Health First Aid, and Co- Occurring focused type trainings. This HDCTC has proven when a small group of interested people get together, big things can come about!

Un Momento Por Favor *Training Continues*

By George Hogan, Mental Health Education Consultant

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 Department of Behavioral Health (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. As of January 2016, OCCES has conducted fifteen trainings to DBH staff and contract providers resulting in 200 participants trained. For more information, contact George Hogan at ghogan@dbh.sbcounty.gov or (909) 388-0883.

Mental Health First Aid *with Mt. Zion Baptist Church*

By Jonathan Buffong, MPA, Mental Health Education Consultant

On October 3, 2015, Mt. Zion Baptist Church members gathered together to go through Mental Health First Aid (MHFA) training. Mt. Zion joins New Hope Missionary Baptist Church in San Bernardino and First Baptist in Redlands as part of a concentrated effort the Office of Cultural Competence and Ethnic Services (OCCES) to provide MHFA to the faith-based community. Mt. Zion Baptist Church, led by Pastor Kennedy, is historically known as the first "colored church" in the City of Ontario, was used for various events outside of Sunday worship in the civil rights era and was incorporated on April 25, 1925.

The MHFA facilitators Greg Rossler, from DBH's Workforce Employment and Training Program, and Jonathan Buffong, from the OCCES, were impressed with the energy, passion, and intensity the participants had for mental health wellness and mental health first aid. The diverse experiences of the group provided rich feedback when it came to identifying and resourcing individuals and their mental health needs. Rossler summed it up best, "The discussions and personal stories shared by the participants made the training that much more impactful!"

Physical and mental health professionals, law enforcement, substance abuse counselors, and even consumers were all represented at the training. Newly implemented DBH programs such as RBEST (Recovery Based Engagement Support Team) and HOST (Homeless Outreach Support Team) as well as other resources such as the Office of Family and Consumers Affairs were referenced and provided as resources to participants. A special thanks goes to Mr. and Mrs. Mildred with Mt. Zion, and to Jamesia Brown, DBH Program Specialist, who set up the training and ensured everything went smoothly.

The OCCES looks forward to a strong and fruitful partnership with Mt. Zion Church in its effort to engage our local communities and their mental health needs.

Mental Health First Aid *with Youth Action Project*

By Jamesia Brown, Program Specialist I

The Department of Behavioral Health (DBH) has developed a community education program focused on delivering behavioral health trainings to the community, created in response to feedback from stakeholders that the community needed more education and opportunities to learn about behavioral health and department services. The primary goals of the community education program are to address stigma, decrease discrimination against persons with behavioral health disorders, and increase mental health awareness for county residents. Mental Health First Aid (MHFA) is the first of several community training courses offered by OCCES in partnership with Public Information Office/Community Outreach and Education (PIO/CORE). MHFA is an 8-hour training designed to teach how to identify, understand, and respond to signs of mental illness and substance use disorders.

OCCES and PIO/CORE recently conducted training with the Youth Action Project (YAP), a non-profit organization that works with San Bernardino youth providing educational support, mentoring and vocational training at two local high schools and an adult school. Since 2007, YAP has hired and trained 300 local college students to work with 2,000 local high school students, creating a cycle of positive change, community growth and student development in San Bernardino. YAP workers frequently encounter students in their programs who are dealing with personal or family behavioral health issues. MHFA training along with the community mental health resources provided during training has allowed YAP workers to develop a better approach to dealing with behavioral health issues in the community.

Upcoming Events

May Mental Health Events

Behavioral Health Commission (BHC)

May 5, 2016 12:00 - 2:00 p.m.

San Bernardino County Health Services (CSBHS) Auditorium

850 E Foothill Boulevard, Rialto, CA 92376

Directing Change Screening and Award Ceremony
May 5, 2016 5:00 - 8:30 p.m.

Fox Performing Arts Center, 3801 Mission Inn Avenue, Riverside, CA 92501

Meet the Artist - Recovery Driven Art Exhibit

May 11, 2016 2:00 - 6:00 p.m.

Koehler Art Gallery, 8536 Sierra Ave., Fontana, CA 92335

Evening with the Stars Education and Recognition Banquet

May 25, 2016 6:00 - 8:30 p.m.

DoubleTree by Hilton Hotel

285 E. Hospitality Ln., San Bernardino, CA 92408

Patton State Hospital Historical Tour

Every Tuesday in May 10:00 - 11:00 a.m.

* Registration is required. Must provide your own transportation.

Asian Pacific American Mental Health Awareness Day
"Celebrating Our Cultures"

May 13, 2016 4:00 - 8:00pm

San Bernardino County Health Services (CSBHS) Auditorium

850 E Foothill Boulevard, Rialto, CA 92376

Diversity Film Series

"Misunderstood Cultures"

April 21, 2016 10:00 a.m. - 12:00 p.m.

April 26, 2016 1:00 - 3:00 p.m.

DBH Training Institute

1950 S. Sunwest Ln., 2nd floor

San Bernardino, CA 92408

Cultural Competency Training for Support Staff

April 28, 2016

June 15, 2016

One Stop TAY Center

780 E. Gilbert St., Hollywood Room

San Bernardino, CA 92415

LGBTQ Training

"Gender Diversity"

May 24, 2016 8:00 a.m. - 12:00 p.m.

One Stop TAY Center

780 E. Gilbert St., Hollywood Room

San Bernardino, CA 92415

Cyber Bullying and Shaming

April 19, 2016 10:00 a.m. - 12:00 p.m.

One Stop TAY Center, 780 E. Gilbert St., Hollywood Room, San Bernardino, CA 92415

April 27, 2016 10:00 a.m. - 12:00 p.m.

Rancho Family Resource Center

For more information or to register, please contact OCCES at (909) 386-8223 or e-mail Cultural_Competency@dbh.sbcounty.gov.

Meet Our Partners

Asian American Resource Center (AARC)

By Christina Tran

Asian-American Resource Center (AARC) is a non-profit organization located in the city of San Bernardino on 1115 South "E" Street. Our mission is to improve overall health and educational well-being by providing informational and developmental programs to Asian-Americans and other ethnic groups who are low-income, isolated, vulnerable, and underserved throughout the Inland Empire. AARC has many programs to address various unmet needs such as: Interpreting & Translation Services, ESL/Citizenship Prep Classes, Healthy Senior Wellness Program, Telephone Bill Assistance (TEAM), Electricity & Gas Bill Discount Assistance (CHANGES), Homework After-School Program, Community Service Program, and Community Health Worker Program.

AARC was invited by the Department of Behavioral Health (DBH) Office of Cultural Competence & Ethnic Services to give a presentation at the Cultural Competency Advisory Committee Meeting on Oct. 15, 2015. The meeting consisted of over thirty attendees from various organizations. An overview of the presentation is as follows: understanding of the Asian Pacific Islander (API) tradition and customs, culture and health of the API, cultural considerations when working with the API community, the strong stigma against behavioral health in the API community, and the limited resources for behavioral health services available for the API community. AARC is looking forward to partnering with DBH to reduce stigma against mental health and provide mental health services to the API community. We would also like to send our sincerest thanks to Imo Momoh and George Hogan for providing us the opportunity to share about the Asian Pacific Islander culture and their mental health issues to the attendees.

Lastly, we would like to invite everyone to join us at the API Awareness Subcommittee, held every second Friday of each month from 10 am to 11 am at the Asian-American Resource Center, 1115 South "E" Street, San Bernardino, CA 92408. We welcome you to attend to be part of our effort to bring awareness to the API population to enhance mutual understanding and encouragement through sharing API culture and heritage upon behavioral health related issues. For any questions, please call (909) 383-0164.

Did You Know?

DBH Values Diversity

- Department Diversity Committees (DDC's) were formed at the recommendation of the Equal Opportunity Commission (EOC), to address retention strategies, succession planning and the building a multicultural and multilingual workforce.
- A total of fifteen DDC's are active throughout SB County departments.
- The Department of Behavioral Health (DBH) established their own DDC in November of 2015. DBH's DDC also celebrates diversity, inclusion and awareness by coordinating and implementing department wide events focused on different cultures.
- DBH's DDC members currently include staff from the Office of Cultural Competency and Ethnic Services, Administrative Services, Outpatient Clinics, Alcohol and Drug Services, Medical Services, the Office of Compliance and Program Support Services.
- DBH's DDC meetings take place bi-monthly.

Cultural Competency Excellence Award Nomination

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 encourage you to nominate this individual for the Cultural Competency Award.

Please fill out the necessary information below explaining why you think this person goes above and beyond and displays Cultural Competency. The Cultural Competency Advisory Committee (CCAC) will review and vote on all nominations received and the winner will be honored at the Behavioral Health Commission meeting.

Nominee's Name: _____ Work Location: _____

Phone #: _____ E-Mail: _____

Why you believe he/she is Culturally Competent:

_____

_____

_____

_____

_____

_____

Example of dedication to Cultural Competency:

_____

_____

_____

_____

_____

What does it mean to be Culturally Competent?

2015 Second Quarter Recipient

"To be culturally competent is to first understand your own culture, learn and know it. Then get to learn other cultures, be open to all cultures, be a student of culture in general. Make effort to know the culture of the people around you, be willing to ask questions why people do what they do when they do it. It makes life very interesting, the more culturally competent you are, the more interesting and easy life is."

~ David Okonkwo, Director of Catholics of African Descent Ministry at the Diocese of San Bernardino.

2015 Third Quarter Recipient

"Being culturally competent is to recognize that we are culturally incompetent but sensitive to the fact that people have varied constellations of the cultures they are connected to. It means that we, as behavioral health professionals and humans along the journey of life, should hunger for an increased understanding of the whole person and what the cultures they identify with mean to them. Being culturally competent means you never assume that because you took a training on one type of culture that you can generalize to others of that culture."

~ Lorraine Armenta, SWII, DBH- Juvenile Justice Community Reintegration Program

2015 Fourth Quarter Recipients

"I feel it is very important to be culturally competent in order to feel comfortable being around and working with different cultures. We all need to be more patient and have tolerance towards others who customs, traditions and beliefs may be different from mine. I completely get that and I respect the fact that not everyone was born and raised here in the United States. My parents were immigrants from the Philippines and at times it was difficult for them due to language barriers. I am very compassionate and empathetic when it comes to other cultures besides my own. I always want to learn and taste foods from other countries and that is exciting to me."

~ Sue Abito, DBH-Volunteer Services Coordinator

"In its simplest form, cultural competence is the willingness to understand, embrace, and eagerly serve those of all backgrounds, groups, and walks of life, with the humble recognition that we're all much more similar than we are different."

~ Lesford Duncan, Children's Network, Child Abuse Prevention Coordinator

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.

Asian Pacific Islander Awareness Subcommittee
2nd Friday of the month
10:00 a.m. - 11:30 a.m.
Asian-American Resource Center
Contact: *ghogan@dbh.sbcounty.gov*

Co-Occurring and Substance Abuse Awareness Subcommittee (COSAC)
3rd Thursday of the month
3:00 p.m. - 4:30 p.m.
EMQ- Families First
Contact: *ghogan@dbh.sbcounty.gov*

Disabilities Awareness Subcommittee
3rd Wednesday of the month
3:00 p.m. -4:00 p.m.
For location details please send email.
Contact: *jrangel@dbh.sbcounty.gov*

African American Awareness Subcommittee
2nd Monday of the month
2:00 p.m. - 3:00 p.m.
For location details please send email.
Contact: *jonathan.buffong@dbh.sbcounty.gov*

Latino Awareness Subcommittee
4th Thursday of the month
10:00 a.m. - 11:30 a.m.
Mexican Consulate, San Bernardino
Contact: *patricia.verduzco@dbh.sbcounty.gov*

LGBTQ Awareness Subcommittee
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*

Native American Awareness Subcommittee
3rd Tuesday of the month
2:00 p.m. - 3:30 p.m.
Native American Resource Center
Contact: *patricia.verduzco@dbh.sbcounty.gov*

Spirituality Awareness Subcommittee
2nd Tuesday of the month
1:00 p.m. - 2:00 p.m.
DBH Administration - 303 E. Vanderbilt Way
Contact: *jrangel@dbh.sbcounty.gov*

Transitional Age Youth (TAY) Awareness Subcommittee
Rotating date, time and location.
Contact: *jonathan.buffong@dbh.sbcounty.gov*

Veterans Awareness Subcommittee
1st Monday of the month
3:00 p.m. - 4:30 p.m.
DBH Administration - 303 E. Vanderbilt Way
Contact: *jonathan.buffong@dbh.sbcounty.gov*

Women Awareness Subcommittee
4th Wednesday of the month
1:00 p.m. - 2:00 p.m.
DBH Administration - 303 E. Vanderbilt Way
Contact: *patricia.verduzco@dbh.sbcounty.gov*

Consumer and Family Members Awareness Subcommittee
4th Monday of the month
2:00 p.m. - 3:00 p.m.
Pathways to Recovery Clubhouse
Contact: *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) 252-4021

Cultural Competency Advisory Committee
3rd Thursday of the month; 1:00 p.m. - 2:30 p.m.
San Bernardino County Health Services Auditorium
850 E. Foothill Blvd., Rialto, CA
Info: (909) 386-8223

OCCES Location: 303 E. Vanderbilt Way, San Bernardino, CA 92415
(909) 386-8223
cultural_competency@dbh.sbcounty.gov

The OCCES Roadshow is coming soon to a location near you!

The Office of Cultural Competency and Ethnic Services (OCCES) of the Department of Behavioral Health (DBH) is pleased to announce the OCCES Roadshow!

This will be an opportunity for the OCCES staff to arrive at your location and present what this program does within the department and countywide. We'll inform you of upcoming cultural events, trainings, various activities by OCCES and its partners. In brief, the primary function of OCCES is to ensure that the tenets and philosophy of cultural competency are 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. Be on the lookout!

For more information, contact OCCES at (909) 386-8223 or e-mail Cultural_Competency@dbh.sbcounty.gov.