



CULTURAL COMPETENCY UPDATE

...a newsletter to address cultural issues that enable us to effectively work in cross cultural situations.

Prevention & Early Intervention, PEI

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California voters passed Proposition 63, the Mental Health Services Act (MHSA), in November 2004 to expand and improve mental health services in the state. The goal is to transform the mental health system and improve the quality of life for Californians living with a mental illness.

MHSA is made up of 5 components:

- Community Services and Support (CSS)
- **Prevention and Early Intervention (PEI)**
- Workforce Education and Training (WET)
- Capital Facilities and Technological Needs (CF/TN)
- Innovation (INN)

BHRS Cultural Competence, Equity and Social Justice Committee meets on the 2nd Monday of each month from 9:00 a.m. to 10:30 a.m. in the Martin Conference Room, 830 Scenic Drive

Prevention & Early Intervention is rooted in working within the county's most underserved/unserved, cultural and geographical communities with a strong focus of helping reduce risk factors for developing a potentially serious mental illness. Additionally, PEI is meant to help create timely access and linkages to treatment services when necessary to prevent mental health from becoming severe and disabling. A few key points and updates regarding Prevention & Early Intervention include the following:

Announcement:

MHSA Document

The MHSA Housing Application—Supportive Services Plan is available for 30-day public review and comment beginning February 12, 2018. To access the document, go to: www.stanislausmhsa.com

- PEI programs must provide its services in a convenient, accessible, acceptable, non-stigmatizing, culturally appropriate settings. These settings include: *schools, family resource centers, places of worship, primary healthcare, shelters etc.*
- Services shall be designed, implemented and promoted using non-stigmatizing and non-discriminatory strategies including honoring faith, cultural practices, spirituality and community based peer support models.
- PEI is required to serve all age groups.
- *Prevention* is defined as: a set of related activities to reduce risk factors and build protective factors.
- *Early Intervention* is defined as: treatment and other services and interventions including relapse prevention to address and promote recovery including reducing (suicide, incarcerations, school failure or dropout, homelessness and removal of children from their home).



The majority of PEI work is conducted in partnership with community based partnering agencies. Stanislaus County BHRS-PEI has seen great success in working closely with community members, and partnering agencies. One of the many programs that has been successful due to its innovative, cultural approach; and now, also identified as a promising practice is the:

**RAIZ (Realizando Alianza y Inspirando Sabiduría)
PROMOTORES MENTAL HEALTH PREVENTION PROGRAM**

The RAIZ Promotores Mental Health Prevention Program consists of twelve full time individuals, contracted under various non-profit agencies targeted at reaching the Spanish speaking community in Stanislaus County. Promotores provide receive specialized mental health training to provide support through a community engagement model known as Community Health Workers. Promotores are trusted individuals that facilitate conversations with community members in their own language, honor culture and aim to improve individual and community well-being. Similarly, Promotores support the development of healthy relationships, leadership skills, and mental and emotional health to those they serve through:

- ◆ **Community Support Groups**
- ◆ **Promoting Mental Health,**
- ◆ **Providing Access and linkage**
- ◆ **Conduct training**
- ◆ **Promote Wellness**

To learn more about the RAIZ Promotores Program, please contact the PEI office at: 209-525-5315

Resources and Links:

Join the statewide mental health movement and campaign to reduce stigma of mental health and suicide prevention:

- www.eachmindmatters.org, www.sanamente.org,
- www.suicideispreventable.org
- www.elsuicidiesprevenible.org

You can find a PEI Promotores programs in the following

Locations:

- **Aspira Net-Turlock FRC**
- **Center for Human Services**
- **FRC's in :**
Ceres, Grayson/Wesley, Newman, Patterson
- **Oakdale Family Support Network**
- **Riverbank CASA del Rio FRC**
- **Sierra Vista Child and Family Services FRC's in:**
Hughson, North Modesto, South Modesto
- **West Modesto Community**

For more information about the Prevention and Early Intervention, PEI, please contact :

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Main Office Phone contact: (209) 525-5315



Highlights of February Cultural Competency, Equity and Social Justice Committee (CCESJC) Meeting

CC Update Newsletter and Discussion

The Last Resort: A local non-profit located in the Central Valley with a desire to help teens break the cycle of addiction. The Last Resort provides adolescents with individualized care delivered by an integrated team of experienced professionals, including a physician and certified recovery counseling staff. The Last Resort uses a variety of evidence based practices to reach struggling adolescents. In-patient, residential facility provides services to anyone in California between the ages of 13-17, male or female.

Residential Center: 218 E. Orangeburg Avenue, Modesto, CA. 95350 209-523-6900

Outpatient Center: 3125 McHenry Avenue Suite D. Modesto, CA. 95350 209-523-6910 www.thelastresortmodesto.com

Reviewed CLAS Standards 13, 14 and 15 with the committee:

CLAS Standard 13: Partner with the community to design, implement, and evaluate policies, practices, and services to ensure cultural and linguistic appropriateness.

CLAS Standard 14: Create conflict grievance resolution processes that are culturally and linguistically appropriate to identify, prevent, and resolve conflicts or complaints.

CLAS Standard 15: Communicate the organization's progress in implementing and sustaining CLAS to all stakeholders, constituents, and the general public.

Black History Month Video and Discussion

A video in honor of Black History Month was shown. Origins of Black History Month—A brief look at the history of African Americans and Black History Month. www.history.com

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

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