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## An LGBTQ Awareness Symposium

The Lesbian, Gay, Bi-Sexual, Transgender, and Questioning (LGBTQ) Sub-Committee in partnership with the Family Assistance Program, held an event titled "An Awareness Symposium", on March 12, 2014. The symposium focused on awareness education specific to the LGBTQ community which included stigma reduction, cultural sensitivity and responsiveness, and strategies and tools on how to address LGBTQ issues when delivering services.

This event was opened by a welcome message by Veronica Kelley, Assistant Director of the Department of Behavioral Health. The event comprised of two (2) keynote presentations, a discussion panel, and a song performance. Dr. Todd Jennings, of California State University, San Bernardino, conducted a keynote presentation on 'Sexual and Gender Diversity'. The second keynote presentation entitled 'LGBTQ Considerations and Steps to Becoming an Ally' was conducted by Dolores Dickson and Amin Davis of GROWE. Jaden Handzlick, a 911 Youth Liaison with Parents, Families and Friends of Lesbian and Gays (PFLAG) – Temecula, performed a moving song to complement the day's event. Closing remarks were provided by Kristie Handzlick, President of PFLAG -Temecula.

The event had over 100 participants that included individuals from various county departments such as Probation Department, District Attorney's Office, Bureau of Victim Services, and the Public Defenders Office. This event proved to be a success and also has shown us that our partners in treatment are interested in learning more about the LGBTQ culture.

If you are interested in becoming a member of the LGBTQ Awareness Sub-Committee, please contact Patricia Verduzco at: [Patricia.Verduzco@dbh.sbcounty.gov](mailto:Patricia.Verduzco@dbh.sbcounty.gov).



Top Left- DBH Assistant Director, Veronica Kelley; Top Right- Todd Jennings, PhD;  
Bottom (from left to right) Benita Ramsey, Kristie Handzlick, Jaden Handzlick, Kathryn Millard and Kevin Gallegos

## Did you know?

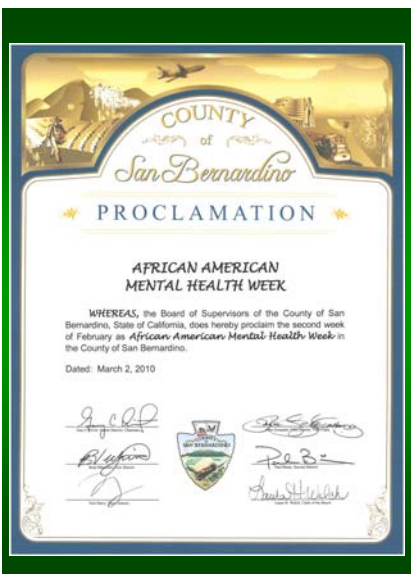
The second week in February is proclaimed as African American Mental Health Awareness Week by the State of California and the County of San Bernardino.

## African American Mental Health Awareness Week “Breaking the Silence”

On February 11, 2014, African American Mental Health Awareness Week and Black History Month were recognized at San Bernardino Valley College with an event titled “Breaking the Silence.” The Department of Behavioral Health’s African American Sub-Committee, the African American Mental Health Coalition, and San Bernardino Valley College joined forces to promote mental health awareness and black history and ensure they were presented in the most culturally appropriate manner.

This event brought together community partners such as National Alliance of Mental Illness (NAMI), the Inland Empire Concerned African American Churches (IECAAC), San Bernardino County’s Transitional Aged Youth (TAY) Center, Department of Behavioral Health’s Club Houses, Valley Star Child and Family Services, West Side Nubians, and Joe Smith, a former Los Angeles Laker. The event not only focused on mental health, stigma reduction and access to services specific to the African American community but also emphasized elements of spirituality, nutrition, and personal testimony on recovery by individuals with lived experience. The event also had cultural performances that were themed around spirituality and the importance of physical and mental health wellness in the African American community.

With the success of this year’s event, we anticipate a bigger and better culturally-themed event next year. If you are interested in joining the DBH African American Awareness Sub-Committee please contact Patricia Verduzco at [Patricia.Verduzco@dbh.sbcounty.gov](mailto:Patricia.Verduzco@dbh.sbcounty.gov).



Andre Bossieux, Program Manager  
TAY Centers  
Department of Behavioral Health



Former NBA Los Angeles Laker, Joseph “Joe” Smith



Julia Harris  
National Alliance of Mental Illness

## Introduction to Spirituality in Behavioral Health Treatment

On February 12, 2014, the Spirituality Sub-Committee hosted a (3) three hour presentation, entitled Introduction to Spirituality in Behavioral Health Treatment. The session was conducted by DBH's Research and Planning Psychologist, Dr. Joshua Morgan, whose bachelor's degree is in Religious Studies and doctoral program emphasized the integration of spirituality and psychology. He discussed myths, stereotypes, and assumptions; ethical considerations; and the benefits of including spirituality in behavioral health treatment.

The content of the training was built upon a survey of DBH staff exploring what questions they have and topics they would like addressed on the topic of spirituality. Approximately 130 individuals attended the event, including DBH staff, contract agencies, fee-for-service providers, and staff from other County departments. The Sub-Committee is exploring options for follow-up trainings and resources and welcome new ideas and participants! For more information on the Spirituality sub-committee, please contact Justine Rangel at [jrange1@dbh.sbcounty.gov](mailto:jrange1@dbh.sbcounty.gov).



Joshua Morgan, PsyD

## A Pathway to Integration- The Mental Health Services Act (MHSA) Three-Year Integrated Plan for Fiscal Year 2014/15 through 2016/17



DBH Director CaSonya Thomas presenting to stakeholders at a special engagement of the CPAC meeting in March.

The MHSA (Prop 63) was passed by California voters in November 2004, and went into effect January 2005. The Act is funded by a 1% tax surcharge on personal income over \$1 million per year. This year the MHSA stakeholder engagement meetings included seven targeted meetings throughout the month of March. These special presentations were held at the District Advisory Committee (DAC) meetings representing each of the County's five districts. Additional stakeholder engagement meetings were held at the March Community Policy Advisory Committee (CPAC), which was hosted by DBH Director, CaSonya Thomas and the Cultural Competency Advisory Committee (CCAC) meeting, which was hosted by DBH Assistant Director, Veronica Kelley.

The presentations focused on the transformation of the County of San Bernardino's public mental health system since the inception of MHSA. Discussions included how MHSA funds have been applied, what programs have been supported, highlighted new programs and MHSA supportive housing. It provided an opportunity to review and reflect upon our pathway toward the integration of MHSA into the larger public mental health system, to report outcomes and showcase the ongoing collaboration with stakeholders; a process that reaches beyond the MHSA programs.

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The MHSA Three-Year Integrated Plan FY 14/15 - 16/17 is posted for your review and comment from April 7, 2014 through May 7, 2014. Visit the DBH website at <http://www.sbcounty.gov/dbh> to view the plan.



## A Celebration of Life: Tribute to Behavioral Health Commissioner Gabriel Gonzales

By Behavioral Health Commission

The County of San Bernardino Behavioral Health Commission (BHC) and the Department of Behavioral Health (DBH) suffered a heartfelt loss with the recent passing of one of our own, Commissioner Gabriel Gonzales.

Gabriel actively participated on the BHC from 2006 to 2014, representing the First District. He was a loving person with a generous soul that drew people to him, and as a consumer representative Gabriel was eager to share his story. He wrote the following biography for posting on the BHC website:

*"I struggled through the L.A. County school system, involving myself with several school activities, such as ROTC, in which I graduated as Captain. I did take some college courses, but soon became overwhelmed with my mental illness.*

*I was urged by my therapist to apply for the BHC, plus I wanted to make sure that the LGBTQ community was represented. I came out of the closet during the course of my therapy. I did so for the sake of my own sanity, to become a whole person and be happy about who I really am as a realized human being. My faith in God is strong and I know He created me this way for His purposes.*

*I have volunteered for the county for over 12 years, am a published writer and an accomplished artist. I am of Mexican and Native American descent and am proud of my heritage and my family."*

Commissioner Gabriel Gonzales will be missed, but his passion will continue to live on in our hearts inspiring us as we champion a behavioral health system that advances wellness, recovery and resiliency for individuals, families and communities!



Gabriel Gonzales, Behavioral Health Commissioner  
First District 2006-2014



Gabriel Gonzales' artwork is being displayed at the  
County of San Bernardino Health Services Auditorium

## Amazing Art honored by DBH Director

On Thursday March 11, 2014, at the Behavioral Health Commissioners meeting, DBH Director, CaSonya Thomas addressed and thanked everyone who participated throughout the year for their involvement with what she defined as “amazing art that was appreciated for its beauty and power.” She mentioned the following participants for their artwork which is displayed in the 2014 DBH Calendar:

January 2014 - Peter Miller (Amazing Place)  
 February 2014 - Garth Pezant (CONREP)  
 March 2014 – Mary Hayden (Serenity)  
 April 2014 – Maggie Cogan (Serenity)  
 May 2014 – Brandi Lake (CSBHS)  
 June 2014 – Carolyn Wallen (Pathways)  
 July 2014 – *The late* Cindy Messer (Pathways)  
 August 2014 – Marisa Franklin (CSBHS)  
 September – Marisa Franklin (CSBHS)  
 October 2014 – *The late* Cindy Messer (Pathways)  
 November 2014 – Maribel Guerra (Pacific Clinic Rancho TAY)  
 December 2014 – Marvin Ray Toms (STAR)



CaSonya Thomas, DBH Director

CaSonya ended by recognizing the late Commissioner Gabriel Gonzales’ art. She acknowledged eight of his art pieces currently displayed in the CSBHS Auditorium in Rialto. She thanked everyone in honoring him for all his hard work and dedication. In addition, she gave a special recognition to his family and friends for being present during this event.

## Mental Health Awareness Month– May 2014

The month of May is Mental Health Awareness Month. Mental illness is often stigmatized due to lack of knowledge and understanding. People can help promote mental health awareness by wearing the lime-green ribbon in an effort to reduce stigma and promote access to care. This should be used as an opportunity to educate others about mental illness and gain support for increasing access to mental health care.

Since 1949, May has been officially recognized as Mental Health Month, with the purpose of raising awareness of mental health conditions such as depression, schizophrenia, bipolar disorder and the importance of mental wellness for all. In the present day lime-green signifies new life, growth and beginnings.

Please wear lime-green to promote recovery, resiliency, and to raise mental health awareness and wellness.

A limited number of lime-green ribbons, t-shirts, and hats are available. If you are interested in any of these items, please contact Aidery Hernandez at [cultural\\_competency@dbh.sbccounty.gov](mailto:cultural_competency@dbh.sbccounty.gov) or (909)-252-4069.



## University of Redlands POWWOW 2014

By Vernon Motschman,  
RSBCIHI- Native American Resource Center



Native American culture was well represented on March 29-30, 2014, on the campus of the University of Redlands (UOR). The Native Student Program held its inaugural PowWow in collaboration with Riverside-San Bernardino County Indian Health, Inc. (RSBCIHI) and its Native American Resource Center program.

Tribes throughout the United States as well as Canada came to the UOR to share their culture with songs and dance. During the event there were over 5,000 locals in attendance over the two-day event. Many of those who were in attendance took the opportunity to experience the Native foods as well as the Native crafts and gained access to local resources through the information booths that were set up for the spectators.

The planning committee which included Vernon Motschman, coordinator for the RSBCIHI - Native American Resource Center, located at the San Manuel Clinic, along with Nora Pulskamp, a Navajo woman and Heather Torres, of the Navajo San Ildefonso Pueblo, both representing University of Redlands' Native American Student Programs, all worked together to plan the PowWow.

The goal in holding the event was to promote wellness and showcase Native American culture. There was a time in U.S. history when the Native American dances were illegal and celebrating Native culture was considered against the law. But through the test of time, Native people still have their existence and influences on our world today. Their mental health and well-being is celebrated through song and dance called, "Powwows." These events are a celebration of life - celebrating their dances, their songs, and most of all their language.

The feedback from the vendors, staff and audience members was so positive that coordination for 2015 Powwow has already begun.

The Native American Resource Center is a provider of various health services including mental health. For more information about services provided, call (909) 864-1097 ext. 3328.



## INSPIRE Holistic Campus~ Grand Opening!

By Nile Williams, CHW, Inspire Multicultural Center



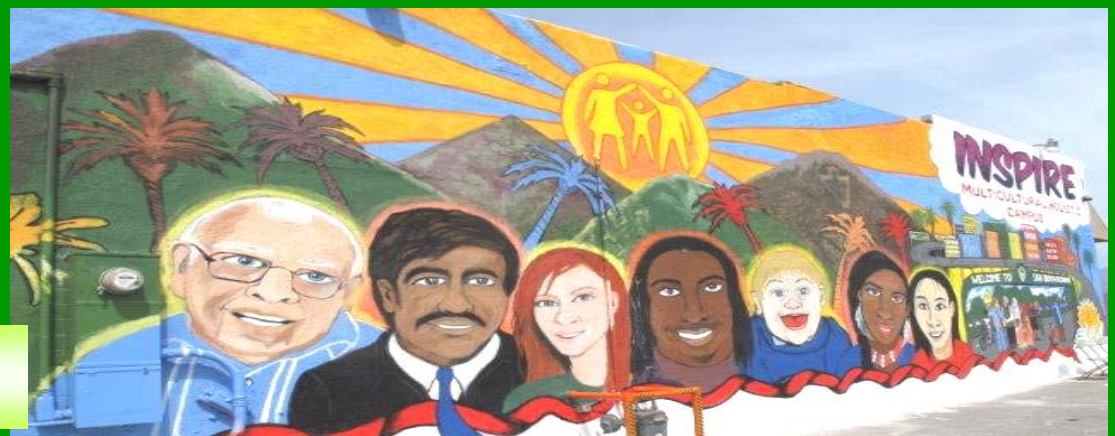
~Ribbon Cutting Ceremony~

(From Left) Alexander Fajardo, El Sol Executive Director; CaSonya Thomas, DBH Director; Carolina Zaragoza Flores, Mexican Consul for San Bernardino; (In the Background) El Sol Staff

On Friday, March 28, the Inspire Multicultural Holistic Center formally opened its doors to the residents of the County of San Bernardino. Approximately 600 individuals, families, representatives of diverse community organizations and governmental agencies attended the Inspire Grand Opening. Community members were greeted by 41 community organizations and celebrated with opportunity drawings, resource booths, food, entertainment, music, and fun activities for children.

With a tour of the facility, Community Health Workers encouraged community resiliency, recovery and linkage to resources. The Inspire Multicultural Holistic Center is located at 766 North Waterman Avenue in the city of San Bernardino. The Center offers a multitude of resources including nutritional, physical and behavioral health services; education on healthcare reform; peer-to-peer and family counseling; support groups; mental health workshops and much more. The Center's goal is to serve all ethnic and cultural groups and to improve the lives of all individuals and families that reside in the County of San Bernardino.

For more information about Inspire, please call: (909) 386-3500.



Mural at INSPIRE Multicultural Holistic Campus

### Upcoming 2014 Events

### SAVE THE DATE!

DBH Expo– May 22, 2014

Evening with the Stars– May 28, 2014

Suicide and Bullying Multicultural Awareness Event – June 18, 2014

Reducing Risky Behaviors (TAY)– June 27, 2014

Post Traumatic Growth – July 21, 2014

Look for announcements and event information in your email or contact the Office of Cultural Competence and Ethnic Services at [cultural\\_competency@dbh.sbcounty.gov](mailto:cultural_competency@dbh.sbcounty.gov)

## 2014 Cambodian New Year Celebration

Submitted By: Asian American Resource Center

The Cambodian New Year is celebrated in April and 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 12th and 13th, 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, Cambodian and non-Cambodians, and honorable guests attended the celebration such as Cary Davis-Mayor of City of San Bernardino, Patrick Morris- former Mayor of City of San Bernardino, Josie Gonzales-County of San Bernardino Supervisor (5<sup>th</sup> District), Cheryl Brown-47th District Assembly member, John Valdivia-San Bernardino Councilman, Trudy Raymundo- Director of County of San Bernardino Department of Public Health, Imo Momoh-Cultural Competency Officer of the County of San Bernardino Department of Behavioral Health, May Farr- County of San Bernardino DBH Commissioner.

The celebration featured Traditional Khmer Dances, Khmer Cultural Fashion Show, Khmer Karaoke Contest, community folk dancing with a live band featuring famous entertainers from Cambodia and authentic Khmer food. Over 2,000 community members attended the event 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 18 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.



Top Left: Imo Momoh, DBH Cultural Competency Officer; May Farr, Behavioral Health Commissioner; Rasmey Sam, Asian-American Resource Center

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



## Cultural Competency Excellence Award Nomination

### Cultural Competency Award 2014-First Quarter Winner: Yanira Orellana



From Left- Susan McGee-Stehsel, BHC Chair; Patricia Verduzco, Office of Cultural Competence; Yanira Orellana, Upland Community Counseling; CaSonya Thomas, DBH Director.

What does it mean to be  
Culturally Competent ?

“You must be open minded; be willing to learn from others; be respectful even if you don’t agree with something; be accepting; and you are never fully competent– there’s always new things to learn.” ~Yanira Orellana

Please help us congratulate our winner!

Don’t forget to nominate someone you feel 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 encourage you to nominate this individual for the Cultural Competency Excellence Award.

Please fill out the necessary information below explaining why you think this person goes above and beyond and displays Cultural Competency.

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: 0019

**US Mail:** 1950 Sunwest Lane, Suite 200  
San Bernardino, CA 92415

**Email:** [cultural\\_competency@dbh.scbounty.gov](mailto: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)  
 Information 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 Training Institute

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

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

### Disabilities Awareness Sub-Committee

*3rd Wednesday of the month*

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

DBH Training Institute

Information email: [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.

Information email: [Patricia.Verduzco@dbh.sbcounty.gov](mailto:Patricia.Verduzco@dbh.sbcounty.gov)

### Latino Health Awareness Sub-Committee

*4th Thursday of the month*

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

El Sol Neighborhood Educational Center

Information email: [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.

*Rotating Meeting location: Please contact for details.*

Information email: [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

Information email: [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 Training Institute

Information email: [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.*

Information email: [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.

San Bernardino Civic Building

Information email: [Patricia.Verduzco@dbh.sbcounty.gov](mailto:Patricia.Verduzco@dbh.sbcounty.gov)

### Women's Awareness Sub-Committee

*4th Wednesday of the month*

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

DBH Training Institute

Information email: [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 Training Institute

Information email: [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 AM - 11:00 AM*

County of San Bernardino Health Services - Auditorium

850 E. Foothill Blvd., Rialto, CA

Info: (909) 252-4069

### 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) 252-4069



**Editor-in-Chief: Imo Momoh, Cultural Competency Officer**

**Office of Cultural Competence and Ethnic Services**

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