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*"Mjumbe" Graduation*

*African American Community Mental Health Workers*

On August 28, 2013, El Sol Neighborhood Education Center and the African American Mental Health Coalition celebrated with family and friends of the graduation class of "Mjumbe" African American Community Mental Health Workers.

"Mjumbe" (messenger) or African American Community Mental Health Outreach Worker (AACMHOW) are "breaking the silence" about mental illnesses and promoting mental health wellness within the African American Community. Outreach Workers are well informed community members providing basic information to others about available mental health services and resources in order to help "Eliminate the stigma of Mental illness."

The event took place at New Hope Family Life Center where Sheila Umbaji Futch was the Mistress of Ceremonies and Kaliesha West, 2012 IFBA Super Bantamweight World Champion was Guest Speaker and is a new partner.

Attendees included representatives from Assemblymember Cheryl Brown's office, County Board of Supervisor James Ramos' office, County of San Bernardino Department of Behavioral Health, El Sol Neighborhood Educational Center, Former Assembly Member Amina Carter, AACMHOW Training Facilitators, African American Mental Health Coalition President, coordinator and office assistant.



Graduation attendees: Katherine Baber, Michael Byers, Carolyn Bynum, Jefflyn Dangerfield, Roshon Dodson, Shawn Garcia, Bobby Greer, Linda Hart, Juandertta Hearn, Darlyne Hill, Quendessa Hopwood, Karen Jackson, Burma Lee Manns, Michelle Pollard, Joesanna Osborne, Yolanda Phillips, Lenoir Prudhomme, Gwendolyn Rodgers, Wanda Rudison, Lavonna Russell, Charlene Scott, Brigitte Shaw, Terry Boykins, Wilmer Amina

## National Women's Health and Fitness Day

*National Women's Health and Fitness Day is recognized on September 25 of each year! We look forward to increasing participation!*

National Women's Health & Fitness Day is the Nation's largest annual health promotion event for women of all ages, and is always held on the last Wednesday in September. This unique program focuses attention on the importance of regular physical activity and health awareness for women. On September 25, 2013, the Women's Sub-Committee received over 30 pledges from women committing themselves to engage in activities that will improve their health and wellness. The pledges the committee received were all very touching; motivations for pledging included an array of reasons such as persisting health conditions



National Women's Health and Fitness Day Participants: Kim Booth, Laurreta Ross, Cynthia Velasco and Martha Rendon pose for a photo with their gym gift items!

within families, the passing of loved ones and recovery from substance abuse problems. In order to show gratitude the Women's Sub-Committee in partnership with San Bernardino County Human Resources Department "My Health Matters" Wellness Program, made it possible to give each pledger a gym bag that included a healthy eating book, a t-shirt, gym towel and a water bottle. With such success the Women's Sub-Committee plans to continue the efforts of this day by designing a quarterly theme of Women's Health each year which will include a Women's health newsletter and workshops that will aid the implementation of the women wellness and fitness program.

## Project Connect

*Federal, State, and local agencies participate in the County of San Bernardino biannual Project Connect events held throughout the County.*

The Office of Homeless Services in collaboration with various county social service departments, community and faith-based organizations coordinate a series of outreach events to the homeless, called Project Connect. These outreach events provide resources and information about accessing services and community resources for homeless and low-income community members. All of the services are free of charge and include transportation, food, hygiene kits, eye exams, haircuts, clothing, vaccinations, dental and medical screenings.

Project Connect has been hosted in cities throughout the County of San Bernardino twice a year in late spring and early fall. As many as 3,000 homeless and low-income community members have received services at this biannual outreach event. These types of events provide a centralized location for a network of service providers to come together and serve those who are in need.



Project Connect attendees visit the vendor booths at the Project Connect event at The Rock Church and World Outreach Center-San Bernardino, CA in order to collect resources and information.

## Native American Heritage Month Celebration: Four Directions of Wellness

The Native American Heritage Month Celebration event was held on Wednesday, November 13, 2013, at the University of Redlands – Orton Center. The event was hosted by the Department of Behavioral Health (DBH) in collaboration with the Native American Resource Center, and the Riverside-San Bernardino County Indian Health, Inc. Over 140 individuals attended the event, representing various cultures, communities and organizations. Also in attendance at the event were Supervisors Robert Lovingood and James Ramos from the First and Third districts respectively.

On November 5, 2013, the County of San Bernardino's Board of Supervisors adopted a proclamation honoring November as Native American Heritage Month. The month of November is also a nationally recognized month honoring Native American Heritage.

The theme for this year's event was "Four Directions of Wellness". This theme was selected to focus on the importance of emotional, physical, mental and spiritual health when working with Native American/Alaskan Native Community members in recovery from mental illness and/or substance abuse issues. The event included a keynote presentation from Ernest Siva - Morongo Band of Mission Indians Tribal Historian and Cultural Advisor. The event also included cultural dancing, craft activities, entertainment and food.

The Native American Heritage Month Celebration was started by the DBH Native American Awareness Sub-Committee in 2009, as an effort to gain a day of recognition for the significant contributions the first Americans made to the establishment and growth of the United States. The purpose of the celebration is to further our understanding of the Native American Culture through education. The event is also used as a platform to raise mental health awareness, reduce stigma, promote access to care and share community resources.

Over 140 individuals attended this year's Native American Awareness celebration, representing various cultures, communities and organizations.



First District Supervisor Robert A. Lovingood, Keynote speaker Ernest Siva – Morongo Band of Mission Indians Tribal Historian and Cultural Advisor, DBH Director CaSonya Thomas, Third District Supervisor James Ramos.

The purpose of the celebration is to further our understanding of the Native American Culture through education.

## Co-Occurring Substance Abuse Committee Attends Recovery Happens Event

Recovery Happens occurs each year in September during National Recovery Month.

On September 14, 2013, the Recovery Happens event was held at Sylvan Park in Redlands, California. The annual event is hosted by the Department of Behavioral Health's Alcohol and Drug Services in collaboration with various county social service departments, alcohol and drug service providers, community and faith-based organizations. This outreach event promotes the benefits of treatment, prevention, and recovery for substance use disorders while celebrating those in recovery. The contributions of treatment and service providers are praised and the possibility of recovery is promoted.

The event kicked off with an opening ceremony featuring encouraging words from representatives of the County of San Bernardino Board of Supervisors and Department of Behavioral Health. Participants celebrated and enjoyed a day in recovery

together by taking part in various activities such as a "Pathways to Wellness" themed walk, yoga, volleyball and mush ball tournaments and a banner contest. The event also includes food, entertainment, children's activities, opportunity drawings, fellowship, and fun. This event supports the fact that recovery happens in the County of San Bernardino and that prevention works, treatment is effective and people can and do recover.

Recovery Happens occurs in September during National Recovery Month. The event takes place at Sylvan Park in Redlands, California. There have been as many as fifty different service providers in attendance that provide information and resources regarding the available recovery based services in the community to more than 600 event participants.

This year members of the Co-occurring Sub-Committee of the Cultural Competency Advisory Committee (CCAC), set up a booth at the event. Over 150 individuals visited the booth and obtained information.



Attendees joining hands at the event.

## Promotores de Salud Mental County-Wide Graduation Ceremony

On Wednesday November 6, 2013, El Sol Neighborhood Educational Center proudly celebrated the graduation of fifty-three (53) Promotores de Salud (Community Health Workers) that successfully completed a 40-hour mental health and mental illness training in collaboration with the County of San Bernardino Department of Behavioral Health. The ceremony also culminated the efforts of a pilot program implemented in selected cities of San Bernardino County five (5) years ago. The current program will now address the mental health needs of Latino communities throughout the County.

Community Health Worker program promoting mental health awareness targeting Hispanic Communities is now Countywide.



Graduation ceremony attendees

The two-hour long celebration was filled with Promotores testimonies, acknowledgements and recognitions, and entertainment. Present at the event were Promotores family members, partners, and community representatives. Special recognition was given to the Office of Cultural Competence and Ethnic Services and to Consul Carolina Zaragoza Flores from the County of San Bernardino Mexican Consulate. The 53 graduates are now trained community-level experts on preventive mental health education topics. They are equipped with the knowledge and resources needed to address the mental health needs of our culturally diverse Latino community. They will be providing one-hour educational presentations and community outreach activities to Latino communities throughout the county.

### 5th Annual Cultural Competency Advisory Committee (CCAC)



Set-up of cultural dishes brought by attendees. Each dish had a card displaying the food name and origin.



Left: Corn Beef Hash (UK + Norway); Right: Chicken Adobo (Filipino Dish)

Over 20 cultural dishes were presented at the 5th annual CCAC potluck.

This year marked the 5<sup>th</sup> Annual Cultural Competency Advisory Committee (CCAC) Potluck. This event was a huge success and provided an opportunity for everyone who attended to gain insight and knowledge, about food dishes and cultural customs of the various ethnic individuals and groups who attended the potluck. Over forty (40) individuals attended and more than twenty different food items were presented. The annual potlucks also serves as a great opportunity for community members and county employees to network with each other and build strong connections; which can foster long term professional relationships and help provide continual and collaborative services to the residents of the County of San Bernardino.

### Hispanic Heritage Month Event



L-R: Assemblywoman Cheryl Brown of the 47th District and District Field Rep.



Attendees at the Event



Martha Rendon and Larisa Crossno of DBH

Celebrating Hispanic Heritage and Culture. Every Year, the 3rd week in September is Latino Behavioral Health Week.

The Hispanic Heritage Month Celebration was a great event where people of Hispanic and non-Hispanic background came together to learn and share about the Hispanic culture. Guests displayed their personal cultural artifacts for all to see and explained the historical and sentimental value behind those items. Guest speakers shared their own personal experiences with mental health issues or caring for someone with mental health issues and how mental health is viewed in the Hispanic culture. Everyone in attendance learned something new about the Hispanic culture and observed another perspective on the issue of mental health. The event was well received in its entirety and appeared to have a meaningful impact on members of the community. Every year, the third week in September is Latino Behavioral Health Week.

### New Programs Targeting African American Children and Asians/Pacific Islanders of all Age Groups

New Programs Targeting African American Children and Asian/Pacific Islander Individuals and Families.

#### Resilience Promotion in African American Children (RPIAAC) Program

The Resilience Promotion in African American Children Program provides prevention as well as early intervention services, and it is designed to address the needs of African American youth ages 5-11 and their families in a culturally appropriate manner. This program builds upon community members' strengths and experience to provide mental health, education, and mentoring within San Bernardino schools and the community. The Resilience Promotion in African American Children program focuses on Black History to promote a positive self-image, age appropriate social skills and to strengthen family connections. The program begins with a twelve (12) week daily, intensive school-based program, followed by on-going weekly interventions, linkages to resources, and tracking off site at youth centers, churches or other community settings until adulthood. In addition, the Resilience Promotion in African American Children Program offers the following services: an afterschool program, Peacemakers, Meet a Pro, and Effective Black Parenting Program. For more information regarding this program and services provided, please contact the service providers: Wandalyn Lane with Valley Star at [wlane@starsinc.com](mailto:wlane@starsinc.com) or Terrence Stone with Young Visionaries at [tstone@yvyla-ie.org](mailto:tstone@yvyla-ie.org).

#### Asian Pacific Islander Pilot Program

The Asian Pacific Islander (API) Pilot Program provides prevention and early intervention services to the Asian Pacific Islander community throughout the County of San Bernardino. Funded through MHSA, this pilot program will use culturally-based outreach, consultation, practices and interventions to address the barriers of accessing mental health services as identified by API consumers, family members and other community leaders. This pilot program will run for twelve consecutive months, with the main goal of increasing access and services to the underserved Asian Pacific Islander groups; in addition to building interagency collaboration and utilizing existing community strengths to empower the API population. For more information regarding this program and services provided, please contact the service provider: Ramsey Sam with Asian-American Resource Center at [Ramsey.sam@gmail.com](mailto:Ramsey.sam@gmail.com).

### New Electronic Health Record System

New Electronic Health Record System

SABER—San Bernardino Accessible Billing and Electronic Records.



Members of the Communication Team and Naming Contest Winner and Runner-ups.

The transition to Electronic Health Record (EHR) has proven to be a rewarding task. As with any new project, a team was developed to assist in making the transition as smooth as possible for all staff. The Communication Team, led by Marina Espinosa, put together Ripley spotlights to inform staff of the upcoming EHR integration. Ripley spotlights allowed staff to ask questions about the incorporation of a new Billing System and Electronic Health Records, and also gave staff an opportunity to volunteer to be a part of a team involved in the EHR project. After careful consideration, vendors were selected to present their EHR and Billing Systems to selected DBH staff.

The feedback was then taken into consideration and a contract was eventually signed with The Echo Group, Inc. The Communications Team held a contest to name the new Billing System and Electronic Health Record, with the winner announced at the October 29, 2013, Employee Recognition Ceremony. The entry, **SABER – San Bernardino Accessible Billing and Electronic Records**, submitted by Eric Patrick, from DBH Fiscal office, was voted the winner.

# Cultural Competency Excellence Award Nomination

## Past Winners:

**February 2013:**  
**Justine Rangel**  
**Alcohol and Drug Services**

**March 2013:**  
**Alex Fajardo**  
**El Sol Neighborhood Center**

**April 2013**  
**Carl P. Hugle, Sergeant**  
**San Bernardino Army**  
**Recruiting**  
**Office**

**June 2013:**  
**Sandra Chavez, Office Assistant**  
**III**  
**Barstow Community**  
**Counseling**

**July 2013:**  
**Irma Obregon, CT I**  
**Mesa Counseling Services**

**September 2013:**  
**Melissa McDonald**  
**Community Crisis Response**  
**Team (East Valley)**

**October 2013:**  
**Maryada Marzouk**  
**VCSS W.I.S.E Holistic Campus**

**Please help us congratulate our winners.**

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

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

Nominee's Name: \_\_\_\_\_

Work Location: \_\_\_\_\_

Phone #: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Why you believe he/she is Culturally

Competent:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Example of dedication to Cultural

Competency:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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

**Inter-office:** 0019  
**US Mail:** 1950 Sunwest Lane, Suite 200  
San Bernardino, CA 92415  
**Email:**  
[cultural\\_competency@dbh.scbounty.gov](mailto:cultural_competency@dbh.scbounty.gov)

For the last 5 years the Office of Cultural Competency and Ethnic Services has been honored to present the Cultural Competency Excellence Award to members of our community.

## Meeting Schedules – Cultural Competency Advisory Committee

**Cultural Competency Advisory Committee**  
*3rd Thursday of the month from 1:00 p.m.-2:30 p.m.*  
Information: Aidery Hernandez (909) 252-4069

**Asian Pacific Islander Coalition**

*2nd Tuesday of the month from 10:00 a.m.-11:00 a.m.*  
Information: Justine Rangel (909) 252-4003

**Co-Occurring and Substance Abuse Committee (COSAC)**

*3rd Thursday of the month from 2:30 p.m.-3:30 p.m.*  
Information: Justine Rangel (909) 252-4003

**Disabilities Sub-Committee**

*3rd Wednesday of the month from 10:00 a.m.-11:00 a.m.*  
Information: Justine Rangel (909) 252-4003

**Consumer and Family Member Coalition**

*TBA*  
Information: Laretta Ross (909) 252-4016

**High Desert African American Coalition**

*2nd Monday of the month from 2:00 p.m.-3:00 p.m.*  
Information: Jessica Baca (909) 252-4053

**Latino Health Coalition**

*4th Thursday of the month from 10:00 a.m.-11:00 a.m.*  
Information: Larisa Crossno (909) 252-4014

**LGBTQ Sub-Committee**

*4th Tuesday of the month from 12:30 p.m.-1:30 p.m.*  
Information: Jessica Baca (909) 412-4053

**Native American Awareness Committee**

*3rd Tuesday of the month from 2:00 p.m.-3:00 p.m.*  
Information: Jessica Baca (909) 252-4053

**Spirituality Sub-Committee**

*2nd Tuesday of the month from 1:00 p.m.-2:00 p.m.*  
Information: Justine Rangel (909) 252-4052

**Transitional Age Youth (TAY) Sub-Committee**

*Rotating date, time and location: Please contact for details.*  
Information: Jessica Baca (909) 412-4053

**Veteran's Sub-Committee**

*1st Monday of the month from 3:00 p.m. - 4:00 p.m.*  
Information: Jessica Baca (909) 252-4053

**Women's Sub-Committee**

*4th Wednesday of the month from 1:00 p.m.- 2:00 p.m.*  
Info: Justine Rangel (909) 252-4003

**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

**Upcoming 2014 Events—Save the Date:**

February 11: African American Mental Health Awareness Week Event  
February 12: Introduction to Spirituality in Behavioral Health Treatment - Training  
March 12: LGBTQ Awareness Symposium



Contact us: 1950 South Sunwest Lane, Suite 200, San Bernardino, CA 92415  
Phone: 909-252-4069 Fax: 909-252-4088  
E-mail: [cultural\\_competency@dbh.sbcounty.gov](mailto:cultural_competency@dbh.sbcounty.gov)

