



Tuolumne County Behavioral Health April Newsletter

April 1, 2017

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Quote of the month:

“If we cannot now end our differences, at least we can help make the world safe for diversity.”

—John F. Kennedy



Commitment to Cultural Competence

A note from Behavioral Health Director Rita Austin:

Tuolumne County Behavioral Health continues to make Cultural Competence a priority in all aspects of programming and planning for present and future development. Culturally competent services respond to the unique needs of members of various backgrounds. It is essential in a therapeutic environment, to have sensitivity to the ways others experience the world. In order to provide culturally sensitive services, providers must recognize the multiple layers and dimensions which influence an individual’s personal identity and strive to bring culturally relevant reference, in a health minded manner.

In the world today, striving for cultural sensitivity is of utmost importance. Everyone has a different way of looking at, and participating in, their life. The many dimensions include, but are

not limited to, race, ethnicity, language, sexual orientation, gender, age, socioeconomic status, education, disability, religious and/or spiritual orientation. These are but a few of the identified culturally significant differences and similarities with which a person or group may identify.

It is a very exciting time to be working in the field of behavioral health due to the changes in how diversity and inclusion are being addressed. The Mental Health Services Act (MHSA) funding has allowed for an ‘outside the box’ opportunity to reach previously unserved or underserved populations in the community. Planning and monitoring the programs which are working, and learning from others which may not have been as successful, is how communities grow and change. Over the last decade, Cultural Competency has rapidly moved forward and progressed. We here at TCBHD look forward to a future of welcoming inclusion for all.

2017 Cultural Competency Summit XX

The CC Summit is a celebration of successful activities currently being utilized throughout the state to reach diverse populations. Educating others may encourage new strategies. The hope is to inspire growth and utilization of these approaches throughout California. The summit included key note speakers, a panel, and break out sessions.

The Honorable Patrick J. Kennedy: A former member of the U.S. House of Representatives and the nation’s leading political voice on mental illness, addiction, and other brain diseases was one of the speakers. During his 16 year career, Patrick fought a national battle to end medical and societal discrimination against mental illness. The *Mental Health Parity and Addiction Equity Act of 2008* was passed with P.J. Kennedy’s hard work and dedication.

“People with mental illness need no longer be alien to our affections” JFK was not able to bring

this to fruition; but his nephew, Patrick, has made great progress toward this goal. Founder of the Kennedy Foundation and Co-Founder of One Mind for Research, a global leader in open science collaboration in brain research, Patrick continues to do his work as an advocate full time.

Kevin Berthia, survivor of suicide and a Grateful Advocate for Suicide Prevention and Awareness. Kevin stood on the 4 inch cable on the Golden Gate Bridge for 96 minutes before allowing himself to come back over the handrail. “I hear the sounds, feel the wind on my face and smell the smells. I have to relive it to tell you all about it, today.” Kevin is now the father of three beautiful children. The impact of listening cannot be overstated. This is what so many people are seeking.

The afternoons were filled with breakout sessions highlighting practice based models of traditional

Please see Summit on Page 2



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April Events

Monday April 3 —
Dancing Dogs of the Sierra performed at the EC at 10am

Tuesday April 4 —
EC and FSP Peer Staff will travel to Sacramento for a Peer Empowerment Networking Forum

Wednesday April 12—
The Annual PCATC Luncheon and Training:
APS/CWS Mandated Reporter Training

Wednesday April 19—
Training: Peer Support 101 at the EC from 1pm—5pm

Saturday April 22—
EARTH DAY

Wednesday April 26—
Infant Child Enrichment Services—
Raising of America presentation

Summit: “I have to relive it to tell you about it, today”

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healing, family partners; bridges to families help people dealing the stressors of having a child enter the Mental Health system. A person with lived experience helps those working through this difficult time. “It is all about not feeling alone.”

Tuolumne County is now a participant in the Mental Health and Spirituality Initiative. Spirituality takes a number of forms and is often at the heart of a client’s culture, recovery, and wellness. Mental Health providers need to create a safe, respectful space for clients’ diverse spiritual seeking, beliefs or practices, in client-centered, trauma informed ways, and to offer supported referrals to appropriate faith-based communities.

A holistic approach through the traditional Native American culture is a respected practice, other holistic approaches are now being recognized and utilized throughout the state including *Cultura Y Bienestar*, *Traditional Healing as a Community Defined Practice*. This practice

makes a connection to the cultural roots and traditions of Mexico. In addition to the Each Mind Matters movement: *Black Minds Matter 2! Building Mental Health Friendly Communities for African Americans*. Another great example is *Holistic Mental Health: Complementary Cultural Practices and Healing Beliefs Strengthening Client Wellness, Recovery & Resilience*, and *Strategies and Practices for Diverse Populations*.

Keynote speakers on Thursday morning were Javier Rosales, Interim Executive Director of *Positive Images*, and *Promoting Community Defined Evidence Practices Through the CA Reducing Disparities Project*; with a panel to discuss the \$60 million initiative that aims to reduce mental health disparities.

Each day of the summit brought with it, action packed information for all. This is the beginning of a new age in Behavioral Health Services. It is through working together, that our communities will grow and thrive.

BH SPOTLIGHT:

Michelle Carlson has been working with TCBH for just over 10 years. Michelle started in 2007 with Kings View as one of the first MHSA Full Service Partnership case managers and she had clients on her caseload ranging age from 0-26 years. “It does a heart good to help someone learn independent living skills and watch as they grow and begin to help themselves.”

Michelle is the Cultural Competency and Workforce Education & Training (WET) Coordinator and also acts as the Cultural Competency Coordinator. In these roles Carlson assures TCBH staff, and the community, have access to continuing education from top notch instructors. It is her goal to assure the best training and a variety of culturally competent trainings are available. Carlson also represents Tuolumne County in WET Regional efforts, is the MHSA Supportive Housing Property Manager, and heads up promotional efforts including this newsletter. “I find my job to be multi-faceted, every day is a new adventure.”

In her spare time, family and friends come first, but Michelle gives back by serving on the board of a local non profit agency as well as working with another group which helps women seeking higher education. Michelle Carlson is passionate about helping others, “The last 17 years of my life have been so blessed. I am honored to be of service.”



Michelle Carlson

Age: 26+

Job Title: Program Specialist

Years with BH: 10

Favorite Vacation Spot:

Lake Tahoe, California

Pets: 2 kitties

Active Shooter Training

- A-Alert
- L-Lockdown
- I-Inform
- C-Counter
- E-Evacuate



LT Vanderwiel, Sonora P.D. and SGT Oliver, Tuo. Co. Sheriff gave examples of tragic events in the past which resulted in innocent deaths across the U.S. This Active Shooter Training alerted us to the fact that most Active Shooters are looking for easy or “soft targets.” So unlearn everything we were taught in school. Do not get under a desk or table, get up and secure the door anyway you are able and make yourself a difficult target. If you are able to flee, grab the hand of someone and take them with you. For more information on Active Shooter training, contact Sonora PD and for more information on *ALICE*, please visit: <https://www.alicetraining.com/>

Mental Health First Aid



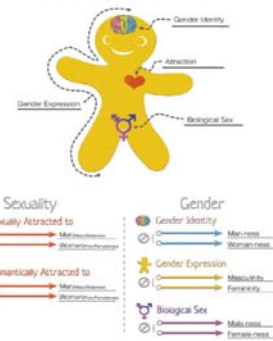
Linda Nelson (left) receives her certificate of completion for MHFA training from Jason Turzai (right). According to Linda, this is a “Full Circle” moment. Linda has been working with Jason since the Fall of 2015, providing supports, guidance and coaching. Linda said, “I feel like this is an example of the student teaching the teacher!”

New MHFA instructors Jill Paterson and Jason Turzai taught their first class at TCBH for a crowd of BH staff and community members including staff from The Mathiesen Clinic and volunteers from the David Lambert Drop In Center.

Some of the comments sent by email after the training include, “What a great training! I feel confident in my understanding of how to help someone in a MH crisis.” Others commented on how confident the instructors were and how comfortable they felt in the learning environment. Another training at BH is in the works for late June or early July. For more information, please visit: <https://www.mentalhealthfirstaid.org/cs/>

Diversity in the LGBTQ Community

The Genderbread Person v3.3



The **Genderbread Person** shown at left, is a diagram to assist in clarification.

Please seek **MoPride** for staff or community training today!

www.mopride.org

TCBH was delighted to welcome MoPride from Modesto for the “Diversity in the LGBTQ Community...Key Considerations for a Welcoming Environment.” Presenters, Elena Carrillo and Katalina Zambrano, gave such incredible information in the 2 hour training. According to evaluation sheets, the only thing that could have made the training more powerful, would have been more time.

TCBH staff found the vocabulary sheet to be an extremely valuable handout. Staff were able to ask questions and seek clarification about aspects of the LGBTQ Community with the understanding, there are no wrong questions.

MoPride gave this agency just what was needed in their training, a safe place to learn. We will welcome MoPride back!

Spring has Sprung at the EC!!

EC Staff, Volunteers and Peers have begun the process of weeding and clearing the raised beds for a new crop of veggies, fruit and flowers for picking. Gardening is soothing to the soul, and there are more community members taking an interest in becoming involved in planting and cultivating this year. So far onions and potatoes have been planted in the first bed, and plans are in the works for string beans, strawberries, radishes, sweet peppers, and of course.....tomatoes!! Come on over and get your hands dirty! (Ok, we have gloves if you need them....)

Quality Improvement Update

EQRO, the annual External Quality Review, took place on March 29th and included opportunities to share about our progress since the last audit on April 6, 2016. The EQRO sessions include breakouts for Client Feedback, Staff Feedback, and a new session for Peer Specialists this year.

In addition to EQRO, we have participated in other State reports. These include monitoring for “Parity” between Mental Health and SUD programs. This is a “Small County Network Adequacy” assessment to assure our services, Tuolumne County Behavioral Health, are within 90 minutes and 60 miles of any Tuolumne County residence. We will soon be submitting for our Triennial review which will take place May 8-11th.

Dialectical Behavioral Therapy (DBT)

Mindfulness is at the heart of DBT and of learning concepts such as interpersonal effectiveness; emotion regulation; and distress tolerance. TCBH offers two groups, a Teen session on Tuesday’s from 3:30-5:00pm and an Adult session on Wednesdays from 12:00pm-1:30pm. The group meets for 90 minute sessions that run through a 12 week period.

Members of the group have said, “This has been really helpful for us because we have a supportive environment and learn and practice skills together.” Clients can request enrollment in the group through their therapist.



Diversity Calendar

APRIL: Autism Awareness Month

April 2: World Autism Day. Created to raise awareness of Autism around the globe.

April 5: Ram Navani. Hindu worship and celebrate the seventh avatar of Vishnu (Lord Rama).

April 9: Palm Sunday Recognized by Christians to commemorate the entry of Jesus in Jerusalem. It is the last Sunday of Lent and the beginning of the Holy Week (Passover).

April 10 - April 18: Passover. An eight-day festival in commemoration of the emancipation of the Israelites from slavery in ancient Egypt.

April 14: Vaisakhi. Celebrates the birth of Khalsa and the founding of the Sikh community as the Khalsa (community of the initiated).

April 14: Good Friday. Celebrated on the Friday before Easter by Christians to commemorate the execution of Jesus by crucifixion.

April 16: Easter. Celebrated by Christians to recognize Jesus's return from death after crucifixion.

April 21: Day of Silence. Students from middle school to college take a vow of silence in an effort to encourage schools and classmates to bring awareness to the silencing of anti-LGBTQ name-calling, bullying and harassment in schools.

April 22: Earth Day, Celebrates Planet Earth. Events held worldwide to support environmental protection of the earth.

GOOD EATS: Enchilada Stuffed Bell Peppers

Ingredients:

- 5 Large bell peppers (any color)
- 1.5 lbs. ground turkey
- 1 Onion, chopped
- 2 Cloves Garlic, minced
- 15 oz. can black beans, drained & rinsed
- 1 cup corn (frozen or canned)
- 2 cups shredded cheddar cheese
- 10 oz. can red enchilada sauce
- 1 tsp. cumin
- 1 tsp. salt



Instructions:

1. Pre-heat oven to 350 degrees.
2. Carefully cut off the tops of the bell peppers and remove inside seeds. Grease a 7 x 11 baking pan and set aside.
3. In a large skillet, over medium high heat, sauté ground turkey, onion & garlic until cooked through.
4. Reduce heat to low. Add remaining ingredients mix well.
5. Stuff each bell pepper to the top and place in the greased pan. Once each pepper is stuffed, cover the pan with tin foil.
6. Bake for 1 hour.
7. Remove foil and sprinkle tops of baked peppers with cheese. Return to oven and back uncovered for 5 minutes until cheese is melty.



APRIL 2017



Monday	Tuesday	Wednesday	Thursday	Friday
9-10 Men and Women 3 10-11 Pride: Dancing Dogs of the Sierra 11-12 MHSA Focus Group w/ Kristi 11-12 Seeds of Hope Grief 1-2 Dual Diagnosis 2:30-3:30 Basic Computer Skills	4 EC CLOSED- Staff Training 	5 9-10 Men and Women 10-12 Pride: Story 11-12 Healthy Eating 12:30-2 Working With Emotions	6 8-3 Showers 10-11 180 Life Skills Group 11-12 Eating Disorder Support Group 2-3 Trauma Recovery/PTSD	7 9-12
10 9-10 Men and Women 10-11 Pride: Anxiety 11-12 Meal Planning Group 1-2 Dual Diagnosis 2:30-3:30 Basic Computer Skills	11 8-2 Laundry 11-2 Movie Day 12:30-1:30 AA 1:45-3:00 Bipolar and Depression	12 9-10 Men and Women 10-11 Pride: Karen Meyer 11-12 Celebrating our Heritage 12:30-2 Working With Emotions	13 8-3 Showers 10-11 180 Life Skills Group 11-12 Eating Disorder Support Group 2-3 Trauma Recovery/PTSD	14 9-12 Karaoke
17 9-10 Men and Women 10-11 Pride: Remembering Lisa 11-12 Seeds of Hope Grief 1-2 Dual Diagnosis 2:30-3:30 Basic Computer Skills	18 8-2 Laundry 11-2 Movie Day 12:30-1:30 AA 1:45-3:00 Bipolar and Depression	19 9-10 Men and Women 10-11 Pride: Chillin' and Relaxin'/Calendar 11-12 Healthy Eating EC CLOSED-12pm Staff Training	20 EC CLOSED- Staff Training	21 9-11 Smile Keepers 9-12
24 9-10 Men and Women 10-11 Pride: Stress Management 11-12 Meal Planning Group 1-2 Dual Diagnosis 2:30-3:30 Basic Computer Skills	25 8-2 Laundry 11-2 Movie Day 12:30-1:30 AA 1:45-3:00 Bipolar and Depression	26 9-12 MOVIE DAY: Patch Adams 9-11 HAIRCUTS! 12:30-2 Working w/ Emotions	27 8-3 Showers 10-11 180 Life Skills Group 11-12 Eating Disorder Support Group 2-3 Trauma Recovery/PTSD	28 9-12 Karaoke
	SHOWERS: Monday 12-3 Wednesday 12-3 Thursday 8-3 Friday 12-3	LAUNDRY: Tuesday 8-2 ~Laundry and Shower Supplies provided~		

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