

LASSEN COUNTY CULTURAL COMPETENCY NEWSLETTER



Volume 1 / Issue 11

PURPOSE:

To reduce and eliminate cultural disparity by improving access to culturally and linguistically sensitive competent mental health and SUD services.

GOALS:

- Continuous assessment of service needs throughout the community
- Development and implementation of strategies to reduce disparities
- Training for professionals and community members
- Stigma reduction and promotion of culturally appropriate services

WELCOME!

Welcome to November issue of the Cultural Competence Newsletter.

Cultural competence, in brief, is the ability to interact effectively with people from different cultures. This ability depends on awareness of one's own cultural worldview, knowledge of other cultural practices and worldviews, tolerant attitudes towards cultural differences, and cross-cultural skills.

*The next meeting of the Lassen County
Cultural Competence Committee will be
November 6, 2018*

One of the key objectives of the Cultural Competence Committee is to bring awareness of the National [Culturally and Linguistically Appropriate Services \(CLAS\) Standards](#). CLAS Standards were developed by the US Health and Human Services Office of Minority Health. The CLAS Standards represent a path to correcting current inequities in the provision of healthcare services and to making those services more responsive to the needs of individuals of all cultural and linguistic backgrounds.

We will highlight a CLAS standard in each issue of the Cultural Competence Newsletter.

CLAS Standard 15

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

Ways to achieve this standard:

Community Engagement and Outreach - Active outreach and the exchange of information, as well as community inclusion and partnership in organizational decision making, help ensure the provision of culturally competent care. Engaging with communities, such as active outreach that includes collaborative relationships and partnerships to help understand and address the cultural needs of the people they serve.

Feel free to share these monthly Cultural Competence Newsletters with members of your community!

Community Spotlight

Personal reflections on Cultural Competency

MEET PATRICIA!

Patricia is on the Board of Directors of [Lassen Aurora Network \(LAN\)](#). LAN is an organization helping peers improve their lives through a wellness program.

Patricia says:

It is of no matter what percent "Indian" or any other culture a person has in their bloodline or belief system. It was Black Elk a great spiritual person of the Lakota people that spoke of all colors in a peaceful unification under The Tree of Life that Jesus spoke of as the importance to community. People all over the world love different cultures and belief systems to include myself. It is the Native American way of life with our Earth that influenced me the greatest with my path in healing complex PTSD. Knowing The Great Spirit "God" created us inside of creation with multi-facets of nature gave me understanding, appreciation, hope, and faith in myself within the diversity of humanity.



Thank you sincerely, from Patricia Ferne-Noble Feather.

NOVEMBER AWARENESS



GREAT AMERICAN SMOKEOUT DAY - NOVEMBER 18

Vanessa Hanson

For more than 40 years, the American Cancer Society has hosted the Great American Smokeout on the third Thursday of November. The Great American Smokeout is an opportunity for smokers to commit to healthy, smoke-free lives – not just for a day, but year round. The Great American Smokeout provides an opportunity for individuals, community groups, businesses, health care providers, and others to encourage people to use the date to make a plan to quit, or plan in advance and initiate a smoking cessation plan on the day of the event. The Great American Smokeout event challenges people to stop smoking and helps people learn about the many tools they can use to help them quit and stay quit.

The Lassen County Tobacco Use Reduction Program will host a booth at Lassen Community College on November 15, 2018, to promote the Great American Smokeout. Stop by to enjoy the music and pick up free quit kits as well as additional information,

Information about Quitting

- 1-800-NO-BUTTS ([1-800-662-8887](tel:1-800-662-8887))
- [Freedom From Smoking® Online](#)
- American Lung Association ([1-800-LUNG-USA](tel:1-800-LUNG-USA))
- American Cancer Society ([530-342-4567](tel:530-342-4567))
- [Smoke Free](#)
- [Smoking Cessation PowerPoint](#)



MOVEMBER

Movember is an annual event involving the growing of moustaches during the month of November to raise awareness of men's health issues, such as prostate cancer, testicular cancer, and men's suicide. The [Movember Foundation](#) runs the Movember charity event, housed at [Movember.com](#). The goal of Movember is to "change the face of men's health.

By encouraging men, or "Mo Bros", to get involved, Movember aims to increase early cancer detection, diagnosis and effective treatments, and ultimately reduce the number of preventable deaths. Besides annual check-ups, the Movember Foundation encourages men to be aware of family history of cancer and to adopt a healthier lifestyle.

Since 2004, the Movember Foundation charity has run Movember events to raise awareness and funds for men's health issues, such as prostate cancer and depression, in Australia and New Zealand. In 2007, events were launched in Ireland, Canada, Czech Republic, Denmark, El Salvador, Spain, the United Kingdom, Israel, South Africa, Taiwan and the United States.

In 2012, the Global Journal listed Movember as one of the world's top 100 NGOs (non-government organization).

NOVEMBER AWARENESS CALENDAR

- November 2 Dia de los Muertos (Day of the Dead)
- November 10 United States Marine Corps - 1775
- November 11 Veterans Day
- November 13 World Kindness Day
- November 14 Operating Room Nurse Day
- November 15 America Recycles Day
- November 18 Great American Smoke Out Day
- November 22 Thanksgiving



[Dia de los Muertos](#) is a Mexican holiday celebrated throughout Mexico.

What holiday or tradition do you celebrate that represents your culture?
Let us know!

- [Alzheimer's Disease Awareness Month](#)
- [American Diabetes Awareness Month](#)
- [Epilepsy Awareness Month](#)
- [Lung Cancer Awareness Month](#)
- [Pancreatic Cancer Awareness month](#)
- [Military Family Appreciation Month](#)
- [Diabetic Eye Disease Awareness Month](#)
- [Stomach Cancer Awareness Month](#)
- [Carcinoid Cancer Awareness Month](#)

Know someone who should be recognized for their advocacy efforts? Is there a program or project that you are aware of that we could highlight for you or your Agency? Is there a Cultural Competency topic or CLAS standard you would like to see addressed?

Please submit your suggestions to craschein@co.lassen.ca.us

Lassen County Cultural Competency Committee members:

Deana Bovée, Tribal Chairwoman, Susanville Indian Rancheria
Ardell Busby, Lassen Aurora Network
Maribel Cahalan, Senior Administrative Clerk, Lassen County Behavioral Health
Orlando Caprari, R.S., Lassen County Behavioral Health
Emily Carrion, Lassen Aurora Network
Maria Chapman, Senior Administrative Clerk, Lassen County Behavioral Health
Eva Diaz, Behavioral Health Case Worker, CATC-I, Lassen County Behavioral Health
Patricia Ferne, Board Director, Lassen Aurora Network
Dr. Marlon Hall, Superintendent/President, Lassen Community College
Vanessa Hanson, Program Coordinator, Lassen County Public Health
Nichole Johnson, Behavioral Health-AOD CADC II, SAW II, Lassen County Behavioral Health
Barbara Longo, Health & Social Services Director, Lassen County Health & Social Services Administration
Denise McBride, Peer Support Provider, Lassen Aurora Network
Orlando McElmurry, Behavioral Health Case Worker II, Lassen County Behavioral Health
Roma Morrow, Fiscal Officer, Health & Social Services Fiscal
Daisy Murdock, Wraparound Facilitator, Lassen County Behavioral Health
Derrick Noah, Analyst, Lassen County Behavioral Health
Cynthia Raschein*, Program Manager/QA, Health & Social Services Administration
Tina Richards, Behavioral Health Case Worker/Substance Use Disorder, Lassen County Behavioral Health
Jenni Uruburu, Integrated Case Worker Supervisor, Lassen County Community Social Services

*Lassen County Ethnic Services Manager