

# LASSEN COUNTY CULTURAL COMPETENCY NEWSLETTER



Volume 1 / Issue 10

## **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 October 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.

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*The next meeting of the Lassen County  
Cultural Competence Committee will be  
October 2*

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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 1 - Principal Standard**

Provide effective, equitable, understandable, and respectful quality care and services that are responsive to diverse cultural health beliefs and practices, preferred languages, health literacy, and other communication needs.

Ways to achieve this standard:

1) Increase the visibility of racial and ethnic health disparities as a national problem; 2) Further the development of programs and strategies to reduce disparities; 3) Foster the emergence of leadership on this issue; 4) Track promising activities and developments in health care that could lead to dramatically reducing or eliminating disparities. The report includes chapters on the impact of geography on health disparities, clinical and community development approaches and successful strategies to reduce disparities. It also includes a section, "Community Approaches to Addressing Health Disparities" which may be relevant to users.

## **OCTOBER AWARENESS**

**OCTOBER 23-31 RED RIBBON WEEK**

RED RIBBON WEEK, which is celebrated annually October 23-31, is the nation's oldest and largest drug prevention awareness program.

Red Ribbon Week was started after the death of Drug Enforcement Administration (DEA) Special Agent Enrique "Kiki" Camarena, who in 1985 was brutally tortured and murdered by drug traffickers he was investigating in Mexico. As a tribute to SA Camarena, high school friend, Henry Lozano and Congressman Duncan Hunter, created "Camarena Clubs" and the wearing of a red ribbon to show their oppositions to drugs.

In 1988, the National Family Partnership (NFP) coordinated the first National Red Ribbon Week with President and Mrs. Reagan serving as honorary Chairpersons. Since then, the Red Ribbon campaign has taken on national significance, and NFP continues to coordinate the campaign for families, schools and communities across the nation each year. Wearing red ribbons during the month of October continues to represent our pledge to live drug free and honors the sacrifice of all who have lost their lives in the fight against drugs.

Celebrate Red Ribbon Week in your community or your child's school, and raise awareness of living a drug free life. Take the opportunity to talk to your kids about drugs.

## OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH

Domestic Violence Awareness Month (DVAM) evolved from the "Day of Unity" held in October 1981 and conceived by the [National Coalition Against Domestic Violence](#). The intent was to connect advocates across the nation who were working to end violence against women and their children. The Day of Unity soon became an entire week devoted to a range of activities conducted at the local, state, and national level. The activities conducted were as varied and diverse as the program sponsors but had common themes:

- Mourning those who have died because of domestic violence
- Celebrating those who have survived
- Connecting those who work to end violence

These three themes remain a key focus of DVAM events today. In October 1987, the first Domestic Violence Awareness Month was observed. That same year marks the initiation of the first national domestic violence toll-free hotline. In 1989, the U.S. Congress passed Public Law 101-112 designating October of that year as National Domestic Violence Awareness Month. Such legislation has passed every year since with National Coalition Against Domestic Violence providing key leadership in this effort. Each year, the Day of Unity is celebrated the first Monday of Domestic Violence Awareness Month.

—Adapted from the *1996 Domestic Violence Awareness Month Resource Manual*

### National Domestic Violence Hotline

1.800.799.SAFE (7233) • 1.800.787.3224 (TTY)

## SUDDEN INFANT DEATH SYNDROME (SIDS) AWARENESS MONTH

SIDS is defined as the sudden, unexplained death of an infant younger than 1 year old that doesn't have a known cause even after a complete investigation, including an autopsy, a review of the death scene, and complete family and medical histories. It is currently the leading cause of death in babies between 1 month and 1 year of age.

The cause of SIDS is not known, but there are different ways to reduce the risk, such as placing babies on their backs to sleep for all sleep times and not letting them overheat during sleep.

As SIDS rates have declined<sup>1</sup> during the last 2 decades by more than 50% both overall and within specific racial and ethnic groups, rates of other sleep-related causes of infant death, such as accidental suffocation, have increased. Even though these deaths are not SIDS or related to SIDS, they contribute to overall infant mortality rates for the United States and can devastate families and communities.

### Did you know?

- SIDS is the leading cause of death in infants between 1 month and 1 year of age.

- Most SIDS deaths happen when babies are between 1 month and 4 months of age.
- Each year, about 4,000 infants die unexpectedly during sleep time, from SIDS, accidental suffocation, or unknown causes.
- SIDS is not a risk for babies 1 year of age or older.

<http://www.nichd.nih.gov/sts/about/SIDS/Pages/progress.aspx>

## NATIONAL BULLYING PREVENTION MONTH

Every October, individuals from the across the nation – and around the world – unite in a campaign to keep all youth safe from bullying.

The campaign is a catalyst for:

- Involving a nation to take action at the local level to create safe and supportive schools
- Offering information and education about how everyone can prevent bullying
- Providing a platform to hold school and community events
- Sharing information about the issue through news media, social media, videos and print publications
- Talking with education and public policy leaders about their roles in bullying prevention
- Promoting dialogue between educators, parents and students on their roles in addressing and preventing bullying
- Encouraging organizations to share information about their bullying prevention resources
- Inspiring everyone to unite for kindness, acceptance and inclusion
- Helping to create a world without bullying

One of the best ways to begin to make change is to provide the tools individuals and parents need to address bullying. Below is a list of organizations that provide suggestions, ideas, and advice for victims of bullying.

### General Information and Resources (links)

The American Association of People with Disabilities (AAPD)  
 American Academy of Children & Adolescents Psychiatry (AACAP)  
 PACER's National Bullying Prevention Center  
 30 Seconds: AAPD's Campaign to Stop Bullying  
 StopBullying.gov  
 KidsHealth.org

### Support and Resources for Teens and Young Adults

Teens Health  
 Do Something.org  
 Make Beats, Not Beat Downs  
 Stop Cyber Bullying  
 Love to Know  
 National Crime Prevention  
 Internet Safety 101  
 Stomp Out Bullying  
 End Cyber Bullying

## PREGNANCY AND INFANT LOSS AWARENESS MONTH

On October 25, 1988, American President Ronald Reagan designated the entire month of October 1988 as Pregnancy and Infant Loss Awareness Month [Proclamation 5890].

Tragically approximately a million pregnancies yearly in the United States end in early pregnancy loss, stillbirth, or the death of the newborn child. The loss of a child stays with parents, friends, and family members forever,

but it can be challenging for others to truly understand the emotional and physical impact. Events across the country take place each October and help people to better empathize and support parents on their journey to hope.

Early Pregnancy Loss. Stillbirth. Infant Loss. Sadly, these are deeply painful experiences that many families face daily, but they receive little attention. It may be hard to talk about, but the more open we are, the better we can serve bereaved parents. Early pregnancy loss is the most common type of loss. According to the American College of Obstetricians and Gynecologists (ACOG), studies reveal that anywhere from 10-25% of all clinically recognized pregnancies will end in early pregnancy loss. When fetal death occurs after 20 weeks of pregnancy, it is called stillbirth. These tragic deaths occur in about 1 in 160 pregnancies.

Millions of mothers and fathers do not know where to turn for grieving support after losing a child. Bereaved families long for ways to honor their deceased babies and October is nationally-recognized as Pregnancy & Infant Loss Awareness Month. While child loss may be a more common occurrence than people think, there are still far too many families that face the devastating moments alone, desperate for support before, during or after the loss of a baby. The following link provides a list of pregnancy and infant loss support groups in California.

[http://nationalshare.org/wp-content/uploads/2018/06/California\\_ShareChapters.pdf](http://nationalshare.org/wp-content/uploads/2018/06/California_ShareChapters.pdf)

## **OCTOBER AWARENESS CALENDAR**

October 5	World Smile Day
October 6	Physician Assistant Day
October 8	Columbus Day
October 10	S.A.V.E. (Stop American Violence Everywhere) Day
October 13	United States Navy Birthday - 1775
October 16	Bosses Day
October 20	Sweetest Day
October 27	Make A Difference Day
October 31	Halloween
October 1-5	Customer Service Week
October 23-31	Red Ribbon Week

Childhood Cancer Awareness Month  
Gynecologic Cancer Awareness Month  
Leukemia Awareness Month  
Lymphoma Awareness Month  
Ovarian Cancer Awareness Month  
Prostate Cancer Awareness month  
Thyroid Cancer Awareness Month  
National Yoga Awareness Month

*If you have a suggestion for a topic of discussion that relates to cultural competency that you would like to see in this newsletter, please feel free to submit your suggestion to [craschein@co.lassen.ca.us](mailto:craschein@co.lassen.ca.us)*