

LASSEN COUNTY CULTURAL COMPETENCY COMMITTEE

Volume 1 / Issue 8



MISSION STATEMENT:

To provide comprehensive, integrated behavioral health services that promote the health and quality of life of our community members.

VISION STATEMENT:

To inspire confidence and respect as a provider of comprehensive behavioral health care.

GOALS:

- To provide accessible, effective, and efficient behavioral health services.
- To continually measure the outcomes of the services provided to assure effectiveness, efficiency and fiscal accountability.
- To engage in active outreach to ensure prevention, early intervention and coordination of services to reduce the impact of behavioral health disorder for the individuals and community we serve.

WELCOME!

Welcome to the inaugural Cultural Competence Newsletter. What is Cultural Competency, you ask? Well, let me tell ya!

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 Lassen County Cultural Competence
Committee meets monthly*

AUGUST IS NATIONAL BREASTFEEDING AWARENESS MONTH

August is National Breastfeeding Awareness Month. While breastfeeding is as old as the human race, the month was only officially declared on August 6, 2011 by the United States Breastfeeding Committee (USBC), although the U.S. Department of Health and Human Services has been advocating breastfeeding awareness for decades by driving an annual campaign to empower women to commit to breastfeeding.

Interesting Breastfeeding Facts from Romper.com that you can share with your parent community:

- **Breastfeeding in public is legal** - According to the National Conference of State Legislatures, 49 of the 50 states have legislation in place protecting (or at least allowing) breastfeeding mother's right to nurse their child where ever they please.
- **Breastfeeding moms get more sleep** - Moms probably don't feel like it, but it's estimated that breastfeeding moms get an extra 45 minutes of sleep per night, according to a study in the Journal of Perinatal and Neonatal Nursing.

- **Breastfeeding Rates Among Mothers 30 And Up Is Significantly Higher Than In Younger Moms -** Data collected by the Centers for Disease Control and Prevention reports that the percentage of moms who breastfeed increases greatly in older moms. Only about 43 percent of moms who are 20 and younger breastfeed while 65 percent of moms aged 20 to 29 breastfeed. Moms over 30 have the highest breastfeeding rate, at over 75 percent.
- **Breastfeeding Can Save Your Family \$1,200 To \$1,500 Each Year -** Although breastfeeding isn't completely free (if you plan to purchase things like nursing bras, a breast pump, bottles, etc.) it's definitely going to save you a bit of cash. According to Women's Health, the average amount a breastfeeding family can save from not buying formula is anywhere from \$1,200 to \$1,500.

For more about celebrating National Breastfeeding Month and participating in upcoming USBC events visit www.usbreastfeeding.org.

AUGUST AWARENESS CALENDAR

August 5 Friendship Day

Friendship Day celebrations take place on the first Sunday of August every year. The tradition of dedicating a day in honor of friends began in US in 1935. Gradually the festival gained popularity and today Friendship Day is celebrated in large number of countries including India. On this day people spend time with their friends and express love for them. Exchange of Friendship Day Gifts like flowers, cards and wrist bands is a popular tradition of this occasion.

History of Friendship Day in the US

Considering the valuable role friends play in our life it was deemed to fit to have a day dedicated to friends and friendship. The United States Congress, in 1935, proclaimed first Sunday of August as the National Friendship Day. Since then, celebration of National Friendship Day became an annual event. The noble idea of honoring the beautiful relationship of friendship caught on with the people and soon Friendship Day became a hugely popular festival.

Following the popularity and success of Friendship Day in US, several other countries adopted the tradition of dedicating a day to friends. Today, Friendship Day is enthusiastically celebrated by several countries across the world including India.

In 1997, the United Nations named **Winnie - the Pooh** as the world's Ambassador of Friendship.

August 13 National Left Handers Day

Left-Handers Day History

On 13th August 1992 the Club launched International Left-Handers Day, an annual event when left-handers everywhere can celebrate their sinistrality and increase public awareness of the advantages and disadvantages of being left-handed. This event is now celebrated worldwide, and in the U.K. alone there have been more than 20 regional events to mark the day in recent years – including left-right sports matches, a left-handed tea party, pubs using left-handed corkscrews where patrons drank and played pub games with the left hand only, and nationwide "Lefty Zones" where left-handers creativity, adaptability and sporting prowess were celebrated, whilst right-handers were

encouraged to try out everyday left-handed objects to see just how awkward it can feel using the wrong equipment!

These events have contributed more than anything else to the general awareness of the difficulties and frustrations left-handers experience in everyday life, and have successfully led to improved product design and greater consideration of our needs by the right-handed majority – although there is still a long way to go!!

August 26 Women's Equality Day

Women's Equality Day commemorates the passage of the 19th Amendment to the U.S. Constitution, granting the right to vote to women. The amendment was first introduced in 1878. At the behest of Rep. Bella Abzug (D-NY), in 1971 and passed in 1973, the U.S. Congress designated August 26 as "Women's Equality Day."

The date was selected to commemorate the 1920 certification of the 19th Amendment to the Constitution, granting women the right to vote. This was the culmination of a massive, peaceful civil rights movement by women that had its formal beginnings in 1848 at the world's first women's rights convention, in Seneca Falls, New York.

The observance of Women's Equality Day not only commemorates the passage of the 19th Amendment, but also calls attention to women's continuing efforts toward full equality. Workplaces, libraries, organizations, and public facilities now participate with Women's Equality Day programs, displays, video showings, or other activities.

August 31 International Overdose Awareness Day

Time to Remember, Time to Act

International Overdose Awareness Day is a global event held on 31 August each year and aims to raise awareness of overdose and reduce the stigma of a drug-related death. It also acknowledges the grief felt by families and friends remembering those who have died or had a permanent injury as a result of drug overdose. International Overdose Awareness Day spreads the message that the tragedy of overdose death is preventable.

The US Department of Health and Human Services (HHS)) has a comprehensive strategy to empower local communities on the frontlines. The opioid epidemic is one of the Department's top priorities. In 2017, HHS launched a 5-point Opioid Strategy:

 1 Better addiction prevention, treatment, and recovery services	 2 Better data	 3 Better pain management	 4 Better targeting of overdose reversing drugs	 5 Better research
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1. Better Prevention, Treatment, and Recovery Services

HHS issued over \$800 million in grants in 2017 to support treatment, prevention, and recovery, while making it easier for states to receive waivers to cover treatment through their Medicaid programs.

2. Better Data on the Epidemic

HHS is improving our understanding of the crisis by supporting more timely, specific public health data and reporting, including through accelerating CDC's reporting of drug overdose data.

3. Better Pain Management

HHS wants to ensure everything we do — payments, prescribing guidelines, and more — promotes healthy, evidence-based methods of pain management.

4. Better Targeting of Overdose-Reversing Drugs

HHS works to better target the availability of lifesaving overdose-reversing drugs. The President's 2019 Budget includes \$74 million in new investments to support this goal.

5. Better Research on Pain and Addiction

HHS supports cutting-edge research on pain and addiction, including through a new NIH public-private partnership.