

# LASSEN COUNTY CULTURAL COMPETENCY NEWSLETTER



Volume 2 / Issue 3  
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## **PURPOSE:**

To reduce and eliminate cultural disparity by improving access to culturally and linguistically sensitive competent mental health and Substance Use Disorder (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

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.

## **Community Spotlight**

### *Personal reflections on Cultural Competency*

Say hello to Jim Uruburu!!

Jim's definition of culture is your heritage and where you come from. Jim is of Basque origin and as a child his grandmother only spoke Basque. He himself used to be fluent, but over time has forgotten some of the language. His father and uncle still speak it occasionally. In the Basque culture, it is considered rude to not make eye contact when speaking to someone.



Jim spent much of his childhood on his grandmother's farm and his family would grow their own food. There was never any waste and every part of the animal was used or eaten. They would always eat a lot of Lamb, Basque Chorizo Sausage (<https://en.wikipedia.org/wiki/Chorizo> ), Blood Sausage ([https://en.wikipedia.org/wiki/Blood\\_sausage](https://en.wikipedia.org/wiki/Blood_sausage) ), and Aspici (<https://en.wikipedia.org/wiki/Aspic> ). The adults always have Picon Punch ([https://en.wikipedia.org/wiki/Picon\\_Punch](https://en.wikipedia.org/wiki/Picon_Punch) ). [https://en.wikipedia.org/wiki/Basque\\_cuisine](https://en.wikipedia.org/wiki/Basque_cuisine)

The family was very thrifty and self-sufficient, with everything in the home being recycled or homemade, even down to the fly swatters made from old Levi's pockets! They would only go to the doctor if they were really, really sick. The family was very healthy and attribute this to all the garlic and vinegar they ate (these were the "go to" cure for everything).

Jim was raised in the Catholic religion and following in this religious tradition the sacred holidays of Christmas and Easter were very important, along with Thanksgiving.

One common misconception that people have about Basque culture is that they are all shepherders. Also, in their homeland because neither France nor Spain would claim them they are often considered to be "Outlaws" in these regions.

*Jim Uruburu is the Emergency Preparedness Program Coordinator for Lassen County and the Chief of Susan River Fire Protection District*

According to the 2000 Census, there were 57,793 persons of Basque ancestry in the United States. 20,868 Basque were in California. 2.1% reported living in Susanville, CA.<sup>1</sup>

More information on Basque culture and identity can be found by clicking [here](#), and [here](#).

<sup>1</sup>North American Basque Organizations

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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? Know someone who should be recognized for their advocacy efforts? Could that someone be you??

If you answered YES! to any of the above, please submit your suggestions to [craschein@co.lassen.ca.us](mailto:craschein@co.lassen.ca.us)

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## **CULTURAL COMPETENCE COMMITTEE**

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 4 – Educate and train governance, leadership and workforce in culturally and linguistically appropriate policies and practices on an ongoing basis.*

Involving your organization's senior leaders in health literacy is one of the most important things you can do. Leaders can take the status quo off the table; remove barriers; get your projects seen by others; make sure you have the time and money you need; and help build will and support in your organization to make your job easier.

Give the Leader a role:

- Give leaders the tools and resources they need to channel attention to health literacy and clear health communication efforts.
- Have a plan that includes a specific role for your senior leader.
- Use tools that fit your senior leader's available time and working style.
- Involve your leader in setting an organizational aim and measurable goals.
- Look for ways to integrate health literacy and clear communication into ongoing quality and safety efforts.
- Use small tests of change to start putting health literacy-related interventions into practice and build support.
- Check in with your senior leader regularly.

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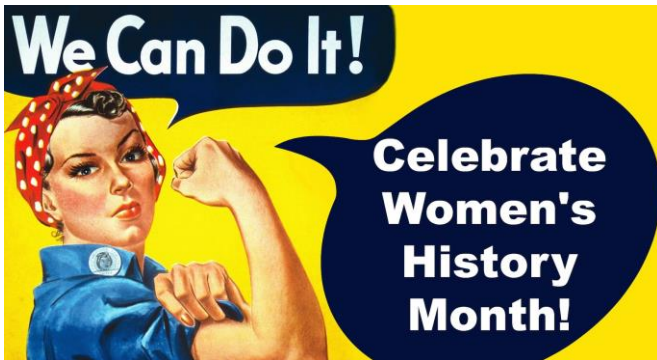
The next meeting of the Lassen County Cultural Competence Committee will be March 5, 2019.

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## MARCH AWARENESS

### World Water Day (March 22)

According to Wikipedia, World Water Day is an annual United Nations (UN) observance day that highlights the importance of freshwater. The day is used to advocate for the sustainable management of freshwater resources. World Water Day is celebrated around the world with a variety of events. These can be educational, theatrical, musical or lobbying in nature. The day can also include campaigns to raise money for water projects. The first World Water Day was commemorated in 1993. For 2019, the theme selected by the UN for World Water Day is "Leave no one behind", encouraging people to consider marginalized groups as these are often overlooked and discriminated against when they try to access safe water.



### Women's History Month

Women's History Month in the United States grew out of a weeklong celebration of women's contributions to culture, history and society organized by the school district of Sonoma, California, in 1978. Presentations were given at dozens of schools, hundreds of students participated in a "Real Woman" essay contest and a parade was held in downtown Santa Rosa.

A few years later, the idea had caught on within communities, school districts and organizations across the country. In 1980, President Jimmy Carter issued the first presidential proclamation declaring the week of March 8 as National Women's History Week. The U.S. Congress followed suit the next year, passing a resolution establishing a national celebration. Six years later, the National Women's History Project successfully petitioned Congress to expand the event to the entire month of March.

## MARCH AWARENESS CALENDAR

|             |                             |                                    |
|-------------|-----------------------------|------------------------------------|
| March 1     | Employee appreciation Day   | Red Cross Month                    |
| March 2     | Texas Independence Day      | Child Live Month                   |
| March 5     | Fat Tuesday                 | Cerebral Palsy Awareness Month     |
| March 17    | Saint Patrick's Day         | Colorectal Cancer Awareness Month  |
| March 22    | World Water Day             | Kidney Cancer Awareness Month      |
| March 24    | World TB Day                | Multiple Myeloma Awareness Month   |
| March 26    | American Diabetes Alert Day | Multiple Sclerosis Awareness Month |
| March 30    | National Doctor's Day       | National Nutrition Awareness Month |
| March 11-17 | Brain Awareness Week        | National Women's History Month     |

# March 22 is World Water Day

Created with [TheTeachersCorner.net](http://TheTeachersCorner.net) [Word Search Maker](#)

## A Sprinkling of Water Words

Look for the 20 water-related words hidden in this tree!

N K  
F F  
M U G X  
I F S S  
Q D Z O V Q  
K T I H M S  
R Z M R L Z Y A  
G M O Q E O M U  
S X E A C P V S B N  
N S R P E E H I M G  
M V P H N F T A K R O C  
O Q R R T O A S N Z S P  
O C C I U F G R A I N D F I  
Z T Y N S K V O C C Z G P W  
I W Z M K Y A Y P R L M X E O L  
Z B M S L E S K A M Z N M L N G  
I P K S T E H C J V W I W J R S L L  
J C F M C S L Q I E U S F R E E Z E  
L D N L M J B I D V S M K E R B W T L I  
R L R B G E R I M D M E L D U L Q D A A  
D M P J Q V G P E N G U U D Q D W N N I W B  
I D I O A I D I T Q D Q P P T I M H Y S U J  
H B P H Z N G R G O N U Y A L F L X Y D G W Q U  
M T C E J Y D V R Z U B O I L X U E G J S P G I  
B M M H S M U V H L I T E E L S M J H M B F I X T L  
Z T X J U O W F C K X G L E U E H V L V J Z W C R T  
H A V K  
E H T Z  
P K M E  
Q X D F

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WATER  
FOG  
SNOW  
LIQUID  
MELT  
OCEAN  
EVAPORATE

STEAM  
PUDDLES  
SLEET  
SOLID  
BOIL  
POND  
IRRIGATE

MIST  
RAIN  
ICE  
FREEZE  
RIVER  
SPRINKLE

*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  
Emily Carrion, Lassen Aurora Network  
Maria Chapman, Senior Administrative Clerk, Lassen County Behavioral Health  
Victoria Child, Executive Assistant, Lassen Family Services  
Eva Diaz, Behavioral Health Case Worker, 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  
Leslie Naseath, MA, Social Worker, EA Family Services  
Derrick Noah, Analyst, Lassen County Behavioral Health  
Cynthia Raschein\*, Program Manager/QA, Health & Social Services Administration  
Tina Richards, Behavioral Health Case Worker, Lassen County Behavioral Health  
Jenni Uruburu, Integrated Case Worker Supervisor, Lassen County Community Social Services  
\*Lassen County Ethnic Services Manager