

LASSEN COUNTY CULTURAL COMPETENCY COMMITTEE

Volume 1 / Issue 9



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 September 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 September 4

SEPTEMBER RECOGNIZES MANY

There are many Awareness days, weeks and the entire month of September! With all the activities happening, we would like to highlight just a few.

SEPTEMBER 21 PRISONER OF WAR/MISSING IN ACTION (POW/MIA) DAY

National POW/MIA Recognition Day is not a federal public holiday in the United States but it is a national observance. Many Americans across the United States pause to remember the sacrifices and service of those who were POW, as well as those who are MIA, and their families. All military installations fly the National League of Families' POW/MIA flag, which symbolizes the nation's remembrance of those who were imprisoned while serving in conflicts and those who remain missing.

United States flags and POW/MIA flags are flown on this day and joint prayers are made for POWs and those missing in action. Remembrance ceremonies and other events to observe the day are held in places such as the Pentagon, war memorials and museums.

There are 1,741 American personnel listed by the Defense Department's POW/MIA Office as missing and unaccounted for from the Vietnam War, as of April 2009. The number of United States personnel accounted for since the end of the Vietnam War in 1975 is 841. About 90 percent of the 1,741 people still missing were lost in Vietnam or areas of Laos and Cambodia under Vietnam's wartime control, according to the National League of Families website (cited in the United States Army website).

SEPTEMBER 21 ALZHEIMER'S DAY

September 21st every year is **World Alzheimer's Day** around the world. This is an international campaign aimed at raising awareness and challenge the common stigma that surrounds Alzheimer related dementia.

Alzheimer's is a progressive disease that impairs memory and other mental functions. It is the most common form of dementia that generalizes memory loss and loss of other essential cognitive abilities that are serious enough to interfere with an individual's daily life.

World Alzheimer's Month unites opinion leaders, people with dementia, their caretakers and family, medical professionals, researchers and the media from all around the world.

Having a globally coordinated awareness Month and Day sends a strong message to governments and policy makers alerting them of the fact that dementia is a serious health issue which will have serious implications on services and health systems around the world as the world's population grows older. In addition, by focusing on a different message each year, the month can be used to educate and challenge people's misconceptions about dementia.

SEPTEMBER 28 NATIVE AMERICANS' DAY

In 1968, Governor Ronald Reagan signed a resolution calling for a holiday called American Indian Day, to be held the Fourth Friday in September. In 1998, the California Assembly passed AB 1953, which made Native American Day an official state holiday, observed annually on the fourth Friday in September.

Native Americans' Day is celebrated through learning from educational resources that focus on the traditions, culture and background of Native Americans. It is a day to celebrate the heritage of Native Americans and for both native and non-native cultures to unite so the many aspects of native culture can be shared.

Cultural activities such as markets and pow wows, which are gatherings of North America's indigenous people, are held. In modern times, pow wows involve dancing, singing, socializing and celebrating Native American culture.

Fun Fact:

In South Dakota, Native Americans' Day is celebrated on the second Monday in October in lieu of Columbus Day.

SEPTEMBER 29 WORLD HEART DAY

Heart Day is part of an international campaign to spread awareness about heart disease and stroke prevention. This is the perfect day to quit smoking, get exercising and start eating healthy – all in the name of keeping your ticker in good working order, and improving the health and well-being of people the world over. The World Heart Federation have found that heart disease and strokes are the world's leading cause of death, killing 17.1 million people every year – that's more than victims of cancer, HIV and AIDS and malaria.

Overeating, lack of exercise, unhealthy diets and high blood pressure, cholesterol and glucose levels are all factors that can trigger heart disease and threaten our own lives, and those of loved ones. Heart Day was set up to drive home the message that heart problems can be prevented.

The aim is to improve health globally by encouraging people to make lifestyle changes and promoting education internationally about ways to be good to your heart. This lesson is becoming increasingly relevant as reports of obesity, poor diet and physical inactivity in children and young people become more and more common.

So on Heart Day, get involved, eat your fruit and vegetables and get outside; both you and your heart will feel the benefits!

SEPTEMBER 9-15 SUICIDE PREVENTION WEEK

800,000 people die by suicide globally each year. That's one person every 40 seconds.

All of the statistics and numbers are a sobering reminder of the work that needs to be done. They show just how many people are suffering alone and never receive the help they deserve.

WE HAVE TO CHANGE THAT.

- Suicide is the second leading cause of death among 15-29 year olds globally.
- The suicide rate in the United States has risen 25% in the last 20 years.

- In the past 10 years, suicide rates among young people ages 10-17 have increased by more than 70%.
- The Centers for Disease Control reports that 121 Americans die by suicide each day, and 93 of those people are men. Research tells us that the suicide rate for girls between 2007 and 2015 has doubled.
- The rate of suicide is four times greater for lesbian, gay, and bisexual youth, and two times greater for questioning youth compared to straight youth.
- 40% of transgender adults have made a suicide attempt, and 92% of those attempts occurred before the age of 25.
- The Surgeon General reports people of color, both adults and children, are less likely than their white counterparts to receive needed mental health care.
- Every day in America alone, 20 veterans die by suicide.

During National Suicide Prevention Week, find new action steps you can take each day to help more people stay to see tomorrow.

Tomorrow needs you to be a good friend. Tomorrow needs you to hold your little sister's hand. Tomorrow needs you to be an uncle, a classmate, a roommate, a cousin. Tomorrow needs you to laugh. To dance. To build. To dream. Tomorrow needs you to stay for all the things you love.

Today needs you to know that it's okay to ask for help. Today needs you to know that you will get the help you need.

Because tomorrow needs you.

Crisis Text Line

TEXT TWLOHA TO 741-741

National Suicide Prevention Lifeline

1.800.273.TALK (273-8255)

For hearing and speech impaired with TTY equipment: 1.800.799.4TTY (779-4889)

Español: 1.888.628.9454

National Child Abuse Hotline

1.800.4.A.CHILD (422-4453)

National Domestic Violence Hotline

1.800.799.SAFE (799-7233)

Rape, Abuse and Incest National Network (RAINN)

1.800.656.HOPE (656-4673)

The Trevor Project

1.866.4.U.TREVOR (488-7386)

Veterans Crisis Line

1.800.273.TALK (273-8255) PRESS 1

SEPTEMBER IS NATIONAL RECOVERY MONTH

National Recovery Month (Recovery Month) is a national observance held every September to educate Americans that substance use treatment and mental health services can enable those with a mental and/or substance use disorder to live a healthy and rewarding life.

Recovery Month celebrates the gains made by those in recovery. The observance reinforces the positive message that behavioral health is essential to overall health, prevention works, treatment is effective, and people can and do recover.

There are millions of Americans whose lives have been transformed through recovery. Since these successes often go unnoticed by the broader population, Recovery Month provides a vehicle for everyone to celebrate these accomplishments. Each September, tens of thousands of prevention, treatment, and recovery programs and facilities around the country celebrate Recovery Month. They speak about the gains made by those in recovery and share their success stories with their neighbors, friends, and colleagues. In doing so, everyone helps to increase awareness and furthers a greater understanding about the diseases of mental and substance use disorders.

Now in its 29th year, Recovery Month highlights the achievements of individuals who have reclaimed their lives in long-term recovery and honors the treatment and recovery service providers who make recovery possible. Recovery Month also promotes the message that recovery in all of its forms is possible and encourages citizens to take action to help expand and improve the availability of effective [prevention](#), [treatment](#), and [recovery](#) services for those in need.

Additional Recovery Month resources are available on the [Recovery Month website](#).

SEPTEMBER AWARENESS CALENDAR

September 3	Labor Day
September 9	Grandparents Day
September 11	Patriots Day
September 17	Constitution Day/Citizenship Day
September 18	United States Air Force Birthday - 1947
September 21	International Day of Peace POW/MIA Recognition Day World Alzheimer's Day
September 29	World Heart Day
September 9-15	Suicide Prevention Week
September 8-11	Rosh Hashanah

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