

LASSEN COUNTY CULTURAL COMPETENCY NEWSLETTER



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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.

WELCOME!

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 10 – Conduct ongoing assessments of the organization's CLAS-related activities and integrate CLAS-related measures into assessment measurement and continuous quality improvement activities.

It is important to understand the cultural and linguistic diversity in the clients and community members that we serve. A self assessment can help evaluate whether or not we do, and identify steps to take in order to become more understanding.

Here are some links to self assessment tools that can be completed by you and/or your organization:

[Race Self Assessment](#)
[Self Assessment for Mental Health/Peer Programs](#)
[Cultural Competence Personal Reflection](#)

NOTE: These self assessments are typically geared for Behavioral Health providers, but can be helpful to all organizations developing their own assessments or applying the questions to their own daily experiences.

The next meeting of the Lassen County Cultural Competence Committee will be January 8, 2019

Community Spotlight

Personal reflections on Cultural Competency

ARE YOU READY FOR THE SPOTLIGHT?

As we enter the new year, we will be looking to highlight more members of the community that are making a difference.

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??

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

JANUARY AWARENESS

New Year's Day – did you know?

In 45 B.C., New Year's Day is celebrated on January 1 for the first time in history as the Julian calendar takes effect.

Soon after becoming Roman dictator, Julius Caesar decided that the traditional Roman calendar was in dire need of reform. Introduced around the seventh century B.C., the Roman calendar attempted to follow the lunar cycle but frequently fell out of phase with the seasons and had to be corrected. In addition, the pontifices, the Roman body charged with overseeing the calendar, often abused its authority by adding days to extend political terms or interfere with elections.

In designing his new calendar, Caesar enlisted the aid of Sosigenes, an Alexandrian astronomer, who advised him to do away with the lunar cycle entirely and follow the solar year, as did the Egyptians. The year was calculated to be 365 and 1/4 days, and Caesar added 67 days to 45 B.C., making 46 B.C. begin on January 1, rather than in March. He also decreed that every four years a day be added to February, thus theoretically keeping his calendar from falling out of step. Shortly before his assassination, he changed the name of the month Quintilis to Julius (July) after himself. Later, the month of Sextilis was renamed Augustus (August) after his successor.

Celebration of New Year's Day in January fell out of practice during the Middle Ages, and even those who strictly adhered to the Julian calendar did not observe the New Year exactly on January 1. The reason for the latter was that Caesar and Sosigenes failed to calculate the correct value for the solar year as 365.242199 days, not 365.25 days. Thus, an 11-minute-a-year error added seven days by the year 1000, and 10 days by the mid-15th century.

The Roman church became aware of this problem, and in the 1570s Pope Gregory XIII commissioned Jesuit astronomer Christopher Clavius to come up with a new calendar. In 1582, the Gregorian calendar was implemented, omitting 10 days for that year and establishing the new rule that only one of every four centennial years should be a leap year. Since then, people around the world have gathered en masse on January 1 to celebrate the precise arrival of the New Year

-The History Channel, History.com Editors

JANUARY AWARENESS CALENDAR

January 1 New Year's Day
 January 1 World Day of Peace
 January 9 National Law Enforcement Appreciation Day
 January 11 National Human Trafficking Awareness Day
 January 12 Pharmacist Day
 January 20 World Religion Day
 January 21 Martin Luther King Jr. Day

January 29 – February 4 Catholic School Week

Cervical Cancer Awareness Month
 Glaucoma Awareness Month
 Thyroid Awareness Month
 Blood Donor Month
 Birth Defects Awareness Month
 National Slavery and Human Trafficking Prevention Month

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, Rehabilitation Specialist, Lassen County Behavioral Health
 Emily Carrion, Lassen Aurora Network
 Maria Chapman, Senior Administrative Clerk, Lassen County Behavioral Health
 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 CADIC 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, Lassen County Behavioral Health
 Jenni Uruburu, Integrated Case Worker Supervisor, Lassen County Community Social Services

*Lassen County Ethnic Services Manager

FREE Ride Home on New Years with Lassen Rural Bus

Service from 8pm on December 31st until 2:30am on January 1st

Night Route will drop you off at your doorstep within the Susanville

Click here for more information

If you need a ride home call 252-RIDE (7433) or check where the bus is via our app or webpage. For more information visit www.lassentransportation.com

DON'T DRINK AND DRIVE