

Director's Report

June 21, 2017



Alice Gleghorn, Ph.D., Director
Santa Barbara County Department of Behavioral Wellness
(805) 681-5220 ◊ <http://countyofsb.org/behavioral-wellness>

DEPARTMENT AND COUNTY NEWS

125 School, department, community organizations, parents and community members trained in Psychological First Aid: A two and a half day **Psychological First Aid/Post Traumatic Stress Management** training took place August 13-15 in the cafeteria of San Marcos High School, through the facilitation of Dr. Robert Macy. Psychological First Aid (PFA) is an evidence-informed modular approach for assisting children, adolescents, adults, and families in the immediate aftermath of disaster and terrorism. PFA is designed to reduce the initial distress caused by traumatic events, and to foster short- and long-term adaptive functioning. Dr. Robert Macy is the founder and president of the International Trauma Center. Dr. Macy provided great support to our Santa Barbara community in 2009 and has returned to Santa Barbara for continued work in partnership with the Department of Behavioral Wellness, Santa Barbara Unified School District, Santa Barbara Response Network, Glendon Association and many local private foundations and community organizations.

Behavioral Wellness staff will offer High School students a further education on Behavioral Health and how to recognize the signs to help others: During the month of May, several Behavioral Wellness Staff (Suzanne Grimmese, Sandy Fahey, John Winkler and John Doyel) will work together to offer a weeklong classroom series to a group of High School students at Santa Maria High School taking a summer school class on health. Not only will the students learn in detail about the impact of behavioral health challenges, but they will learn more about our Behavioral Health system. Students will learn how to help someone in need of services, how our crisis system operates and how to access help in crisis and information on substance abuse dependence including prevention, recognizing signs of abuse and how to get help.

Santa Barbara Children/s Clinic outdoor patio receives a facelift: Over the past year, the Children's Ministries Team of Saint Andrew's Presbyterian Church has been working hard to beautify their selected service project – the outdoor patio of the Behavioral Wellness Children's Clinic in Santa Barbara. In recognition of the struggles faced by children and families coming to this site for services, this team aimed to create an outside space that was calm and welcoming, a place where children and families could wait comfortably for their services and a place that staff could use for respite from their daily work. This formerly underused space located at the children's clinic is now alive with new paint, new furniture, and with succulent gardens. Thank you Saint Andrew's, for making a difference in the lives of so many children, families and staff who now have this space for use.

Behavioral Wellness staff trained and certified in CPR and First Aid: During the month of June, several Behavioral Wellness staff graduated from an American Red Cross First Aid/CPR/AED Instructors Course for Lay Responders. All Behavioral Wellness participants are now trained as certified instructors and will be able to assist with further training throughout the department. The staff members who completed the training and are now certified instructors are: [Cheryl Poirier](#), [Hector Perez](#), [Dipak Neupane](#), [Tina Wooton](#) and [Talia Lozipone](#). **Thank you all!** Lay Responder First Aid/CPR/AED Training for departmental staff will be offered beginning late Summer, early Fall.

Mindfulness at Work Lunch and Learn Series: Since the end of March, a group of Behavioral Wellness staff led by Talia Lozipone have been meeting bi-weekly to learn about how mindfulness can be used to increase self-knowledge, restore balance, and create an ongoing sense of wellness. In addition to theory and reflection, staff have been practicing traditional mindfulness and awareness exercises and relaxation techniques. Staff have shared that the practices help them feel increasingly focused and grounded at work, less stressed, and more connected to their purpose. One participant shared, “The classes have been very important for me. They brought me back to the reason why I do my job; they brought me back to life.” The last class of the current series will end June 21st and a new series of Mindfulness classes will be offered to Behavioral Wellness staff in the near future.

NATIONAL AND STATE NEWS

Mental Health Resources for the LGBTQ+ Community: June is National Pride Month and a time to promote self-affirmation and equal rights for the LGBTQ+ community, and to celebrate diversity in sexual orientation and gender identity. Pride Month not only gives us a chance to reflect on our history, but also to shine a light on current achievements and opportunities from a national level to a local level. While we are still dealing with homophobia, biphobia, and transphobia in our communities, great strides have been made toward LGBTQ+ acceptance in our country. According to the 2010 U.S. Census, more than one million Californians identify as LGBTQ+, making up more than 4% of California’s population. Due to complex factors including lack of access to treatment, culturally unresponsive service provision, and higher levels of stigma and discrimination, LGBTQ+ people are almost three times more likely than non-LGBTQ+ peers to experience a mental health challenge.

To address these barriers, Each Mind Matters collaborated with a strategic council of LGBTQ+ community leaders and stakeholders to create mental health materials for three key segments of the LGBTQ+ population: young adults, older adults, and (coming soon) providers working with Latinx youth. These materials are a culmination of many months of outreach, research, and interviews with community, county and state representatives to determine what was most needed in the community.

Throughout the month of June, Each Mind Matters will be sharing resources and information on mental health specific to the LGBTQ+ community. To view the new resources online and learn more about the strategic council, click on the links below:

- **LGBTQ+ Latinx Youth Mental Health Fact Sheet (Coming Soon)**

This fact sheet answers frequently asked questions from providers working with LGBTQ+ Latinx

youth, and addresses the complex intersections that sexual orientation, gender identity, race/ethnicity, and immigration status can have within a young person's life.

- **Be True and Be You: A Basic Mental Health Guide for LGBTQ+ Youth**

This brochure discusses caring for your mental health as an LGBTQ+ young adult, including information on sexual orientation, gender identity, and coming out; healthy relationships; common mental health challenges and their symptoms; when to reach out for support; and your rights as a young person seeking support.

Link: <http://www.eachmindmatters.org/wp-content/uploads/2017/06/Be-True-Be-You-LGBTQ-Booklet-DIGITAL.pdf>

- **LGBT Mental Health and Aging Support Guide**

This guide provides information on mental health for older LGBT adults, including considerations around caregiving, legal affairs, rejection and discrimination, and getting the support you need as you move into older adulthood.

Link: <http://www.eachmindmatters.org/wp-content/uploads/2017/06/LGBTQ-Mental-Health-Aging-Guide-DIGITAL.pdf>

Pacific Pride Foundation of Santa Barbara County has served the local community for 40 years and has been a champion for equal rights and treatment for LGBTQ+ and HIV/AIDS communities. The Foundation offers a number of resources, including:

- LGBTQ+ Sensitivity Trainings
- Education and Prevention for HIV
- Family, individual and couples counseling
- PROUD Youth Program and other youth-focused services

To learn more about Pacific Pride Foundation or to book a training or service, please visit

<http://www.pacificpridefoundation.org/> or call (805) 963-3636 (Santa Barbara) or (805) 349-9947 (Santa Maria).

How to support and celebrate National Pride Month locally:

- 1) **Shop with Pride at Deckers** – in recognition of National Pride Month, Deckers Brands will donate 10% of their sales for the entire month of June to the Pacific Pride Festival. **Deckers Brand Showcase | 6601 Hollister Ave. | Goleta**
- 2) **Pacific Pride Festival, August 26, 2017** – save the date! Free and open to all ages. 11:30 AM - 7:00 PM at Chase Palm Park, Santa Barbara.

Sexual Orientation/Gender Identity (SO/GI) trainings to be offered July 2017: Behavioral Wellness and Pacific Pride Foundation have partnered to offer LGBTQ+ training opportunities in Lompoc and Santa Maria during the month of July. Titled Sexual Orientation/Gender Identity(SO/GI): Increasing Competency & Identifying Needs, this training introduces the Pacific Pride Foundation Identity Model,

clarifying differences between sexual orientation, gender identity, medical sex assigned at birth, and gender expression. Mental health and addiction recovery treatment needs and outcomes for LGBTQ+ clients are also addressed.

The first training will be held at the Lompoc Veterans' Memorial Building (100 Locust Ave, Lompoc) on Tuesday, July 18th from 9am-12pm. A second training in Santa Maria will be held at the Board of Supervisors Hearing Room (511 East Lakeside Parkway, Santa Maria) on Wednesday, July 19th from 9am-12pm. This training is free and open to Department staff, organizational providers and community partners. CEUs are available. CEU fees for non-Department staff may apply.

To sign up, please register at <https://santa-barbara.training.reliaslearning.com/> (Department staff only) and <https://bewell.academy.reliaslearning.com/> (CBOs and community partners).

For inquiries and additional information, contact the Department's Ethnic Services and Diversity Manager Yaneris Muñiz at ymuniz@co.santa-barbara.ca.us.

June 12-18 is Nationally Celebrated as Men's Health Week: Around the nation, activities are taking place to promote healthy living in men. The Center for Disease Control describes this week as a time to take action to be healthy and safe and encourage men and to make their health a priority. Many educational efforts accompany this week, focused on steps one can take to improve their health. On this week, activities take place around the nation to support smoking cessation, healthy eating, exercise, coping with stress and depression as well as suicide prevention and awareness. Many online sites have used the opportunity of this week to highlight information which encourages men to seek help for depression through recognizing the signs of depression and how and where to seek help.

SYSTEMS CHANGE CALENDAR

- **Change Agent Meeting:** Change agents meet the fourth Wednesday of every month 9 – 11 am except during quarterly in-person meetings, which are 9 am – 12 noon. Video conferencing is available at the Santa Barbara Children's Clinic, Small conference room; Lompoc Conference Room, ACT, upstairs, 401 E. Cypress and Large conference room, 500 West Foster Road, Santa Maria. Questions: Nathan Post, npost@sbcbswell.org.
- **Lompoc Regional Partnership Meeting:** The next meeting is July 18th, 3:30-4:30, 301 N. R Street and every other month on the third Tuesday thereafter. If you are interested in participating please contact Jeanie Sleigh Jeanie.Sleigh@sbcphd.org or Crystal Ramirez cramirez@sbcbswell.org.
- **Santa Barbara Adult Regional Partnership:** meets every 3rd Monday of the month from 10:00 am – 11:00 am at the Santa Barbara Children's Clinic, large conference room. Questions: Amanda Pyper, ampyper@co.santa-barbara.ca.us.
- **Santa Barbara Children's Regional Partnership:** 3th Thursday of the month from 2:00 pm – 3:00 pm at the Santa Barbara Children's Clinic, large conference room. Questions: Amanda Pyper, ampyper@co.santa-barbara.ca.us.

- **Santa Maria Children’s Regional Partnership Meeting** is held every 3rd Monday of the month at 10 am in the large meeting room at the Foster Road Clinic. Questions: Sandy Fahey, sfahey@co.santa-barbara.ca.us
- **Santa Maria Adult Regional Partnership** occurs every 3rd Monday of the month at 11 am in the large meeting room at the Foster Road Clinic. Questions: Sandy Fahey, sfahey@co.santa-barbara.ca.us
- **The Housing, Empowerment, Action and Recovery Team (HEART)** meets the second Wednesday of every other month, 1:00-2:30 p.m. Locations: Behavioral Wellness Conference Room 261 and Santa Maria Annex via videoconference. Contact Laura Zeitz, lazeitz@sbcbswell.org.
- **The Cultural Competency and Diversity Action Team (CCDAT)** meets the second Friday of each month, 9:30-11:00 am, Locations: Santa Barbara Children’s Clinic Large Conference Room 119, Lompoc B St. Adult Clinic Conference Room, and Santa Maria Annex via videoconference. Contact Yaneris Muñiz, ymuniz@sbcbswell.org.
- **The Peer Action Team** meets the second Thursday of the Month from 2 – 4:00 pm. Locations: Behavioral Wellness Santa Barbara Conference Room 261, Lompoc Children’s New Port Room the Santa Maria Annex Room via videoconference. Contact Tina Wooton, twooton@sbcbswell.org, regarding the location.
- **The Crisis Action Team** meets the second Thursday of the month, 2:30 – 4:00 pm, Santa Barbara Children’s large conference room 119. Contact John Winckler, jwinckler@sbcbswell.org.
- **The Children’s System of Care Action Team** meets the 4th Thursday of the month, 10:30 am - 12:00 noon. SELPA Conference Room, 240 E. Hwy. 246, Suite 200, Buellton CA 93127. Contact Ana Vicuña, avicuna@sbcbswell.org.