

JANUARY-FEBRUARY 2023

Diversity, Equity, & Inclusion

Cultural Competence Newsletter

County of San Luis Obispo - Health Agency

COUNTY
of SAN LUIS
OBISPO



Diversity, Equity, & Inclusion Committee



Members:

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Barry Johnson, TMHA Division Director, Education and Advocacy

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Claudia Lopez, L.C.S.W., Patient Rights Advocate

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Annika Morse, Diversity, Equity, & Inclusion - Cultural Competence Intern

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Juanita Patlan Mendez, FCNI WRAP Case Manager

Lilia Rangel-Reyes, Multicultural Specialist, Tri-Counties Regional Center

Jill Rietjens, L.M.F.T., Behavioral Health Division Manager

Anne Robin, L.M.F.T., Behavioral Health Administrator

Nasseem Rouhani, Behavioral Health Specialist

Kendra Scott, Veterans Service Administrative Assistance

Katherine Soule, Ph.D., Director UC Cooperative Extension & Youth, Families, & Communities

Nestor Veloz-Passalacqua, M.P.P., M.L.S., Diversity, Equity & Inclusion Program Manager

Laura Zarate, Behavioral Health Secretary

Pam Zweifel, NAMI & Behavioral Health Board Member



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MARTIN LUTHER KING, JR. DAY

JAN 16, 2023

On this day, we remember the incredible work and invaluable sacrifices made by Martin Luther King Jr. in advancing the civil rights of Americans and people across the globe.

Learn more about the life and work of Dr. King using the following resources:

- Biography from [NobelPrize.org](https://www.nobelprize.org/martin-luther-king-jr)
 - Achievements of Dr. King from [The King Center](https://www.thekingcenter.org)
 - [NAACP](https://www.naacp.org)'s information about Dr. King's impact
-

MLK, Jr.
1929 - 1968



Lunar New Year - January 22



Lunar New Year is celebrated in several cultural traditions, including Chinese, Vietnamese, and Korean cultures. The holiday, which lasts for several days, is a time for feasting and honoring ancestors, household deities, and heavenly deities.

2023 is the year of the rabbit. Each year, one of twelve zodiac animals represents the year. The twelve animals are the rabbit, rat, ox, tiger, dragon, snake, horse, sheep, monkey, rooster, dog, and pig.

There are several traditions associated with the Lunar New Year. The home is cleaned in preparation for the holiday, elders give envelopes with money to children, red paper and banners with messages of good fortune and health are posted around the home, and foods containing glutinous rice are eaten.



<https://www.history.com/topics/holidays/chinese-new-year>

International Day of Holocaust Remembrance

January 27

January 27th was designated by the United Nations as International Day of Holocaust Remembrance, marking the day on which prisoners at Auschwitz-Birkenau were liberated in 1945. The UN urges nations across the globe to honor and remember all victims of the Holocaust.

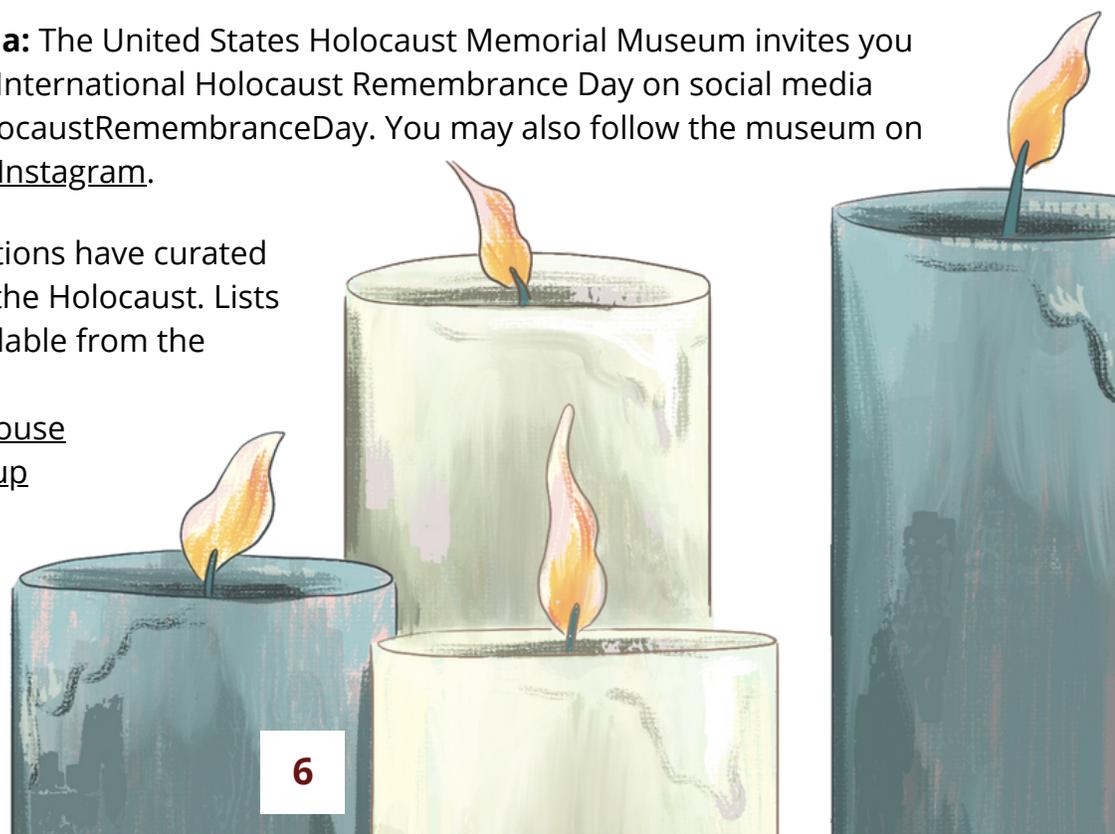
Ideas for Practicing Remembrance

Watch the International Holocaust Remembrance Day Commemoration: This virtual ceremony honors the millions of European Jews and other groups targeted by Nazi Germany. It features the reflections of individuals who survived the genocide. You can watch the 2022 International Holocaust Remembrance Day Commemoration by clicking [here](#).

Engage on social media: The United States Holocaust Memorial Museum invites you to share reflections on International Holocaust Remembrance Day on social media using the hashtag #HolocaustRemembranceDay. You may also follow the museum on [Facebook](#), [Twitter](#), and [Instagram](#).

Read: Several organizations have curated lists of books detailing the Holocaust. Lists of publications are available from the following resources:

- [Penguin Random House](#)
- [Hachette Book Group](#)
- [Bustle](#)
- [United States Holocaust Memorial Museum](#)





February is Black History Month, a time for recognizing the accomplishments and contributions of African Americans throughout our nation's history.

<https://www.history.com/topics/black-history/black-history-month>

The 2023 theme of Black History Month is "Black Resistance." This theme centers on the history of resistance against oppression, discrimination, and racial terrorism experienced by African American individuals in our country. These efforts have been in pursuit of a dignified, self-determined existence. This theme of resistance recognizes the outstanding work of activists such as Langston Hughes, Zora Neale Hurston, Rev. Dr. Martin Luther King, Jr., Septima Clark, and Fannie Lou Hamer.

<https://asalh.org/black-history-themes/>

Rosa Parks Day - February 4

February 4th marks the birthday of Rosa Parks, a pivotal activist in the Civil Rights movement. On December 1st, 1955, Parks refused to move to the back of the bus to accommodate white passengers. Her resistance served as the impetus for the Montgomery Bus Boycott.

<https://www.womenshistory.org/education-resources/biographies/rosa-parks>

Get Involved

The Association for the Study of African American Life and History (ASALH) is hosting a 2023 Black History Month Virtual Festival. To learn more about this virtual programming, click [here](#).

Dates to Remember

January

- Poverty in America Awareness Month
- Slavery and Human Trafficking Awareness Month
- World Braille Day (January 4)
- Christmas - Eastern Orthodox (January 7)
- Mahayana New Year - Buddhist (January 7)
- Maghi - Sikh (January 13)
- World Religion Day (January 15)
- Martin Luther King Jr. Day (January 16)
- Lunar New Year (January 22)
- International Holocaust Remembrance Day (January 27)

February

- Black History Month
- American Heart Month
- National Freedom Day (February 1)
- Rosa Parks Day (February 4)
- International Day of Women & Girls in Science (February 11)
- Valentine's Day (February 14)
- Parinirvana Day (February 15)
- Maha Shivarti - Hindu (February 18)
- President's Day (February 20)
- World Day of Social Justice (February 20)
- Mardi Gras (February 21)
- Ash Wednesday (February 22)



Resources

DRUG & ALCOHOL SERVICES

SAN LUIS OBISPO ADULT
2180 Johnson Ave
San Luis Obispo, CA 93401
805-781-4275
[Website](#)

SAN LUIS OBISPO YOUTH
277 South St., Suite T,
San Luis Obispo, 93401
805-781-4754
[Website](#)

PASO ROBLES ADULT
805 4th St
Paso Robles, CA 93446
805-226-3200
[Website](#)

ATASCADERO ADULT
3556 El Camino Real
Atascadero, CA 93422
805-461-6080
[Website](#)

GROVER BEACH ADULT
1523 Longbranch Ave
Grover Beach, CA 93433
(805) 473-7080
[Website](#)

PREVENTION & OUTREACH
277 South St
San Luis Obispo, CA 93401
805-781-4754
[Website](#)

MENTAL HEALTH SERVICES

SAN LUIS OBISPO YOUTH 0-5
MARTHA'S PLACE
CHILDREN'S ASSESSMENT
CENTER
2925 McMillan Avenue Suite
108
San Luis Obispo, CA 93401
805-781-4948
[Website](#)

SAN LUIS OBISPO YOUTH
1989 Vicente Avenue
San Luis Obispo, 93401
805-781-4179
[Website](#)

SAN LUIS OBISPO ADULT
2178 Johnson Avenue
Paso Robles, CA 93446
805-781-4700
[Website](#)

SAN LUIS OBISPO
PSYCHIATRIC HEALTH
FACILITY
2178 Johnson Avenue
San Luis Obispo, CA 93401
805-781-4711
[Website](#)

CRISIS STABILIZATION UNIT
2180 Johnson Avenue
San Luis Obispo, CA 93401
805-781-4275
[Website](#)

ARROYO GRANDE YOUTH
345 S. Halcyon Road
Arroyo Grande, CA 93420
805-473-7060
[Website](#)

ARROYO GRANDE ADULT
1350 East Grand Avenue
Arroyo Grande, CA 93420
805-474-2154
[Website](#)

ATASCADERO YOUTH AND
ADULT
5575 Hospital Drive
Atascadero, CA 93422
805-461-6060
[Website](#)

SERVICES AFFIRMING
FAMILY EMPOWERMENT
(SAFE)
[Website](#)

RESOURCES IN THE COMMUNITY

ACCESS SUPPORT NETWORK
(ASN)
1320 Nipomo St
San Luis Obispo, CA 93401
805-781-3660
[Website](#)

Resources (continued)

RESOURCES IN THE COMMUNITY (CONTINUED)

ASPIRE COUNSELING SERVICES 865 Aerovista Suite 130 San Luis Obispo, CA 93401 888-585-7373 Website	CENTRAL COAST INTERGROUP (ALCOHOLICS ANONYMOUS) 1333 Van Beurden Drive Los Osos, CA 93402 805-541-3211 Website	THE GALA PRIDE AND DIVERSITY CENTER 1060 Palm St San Luis Obispo, CA 93401 805-541-4252 Website
ATASCADERO - THE LINK FAMILY RESOURCE CENTER 4507 Del Rio Ave. Building #1 Atascadero, CA 93422 805-794-0217 Website	COMMUNITY ACTION PARTNERSHIP OF SAN LUIS OBISPO (CAPSLO) 1030 Southwood Dr San Luis Obispo, 93401 805-544-4355 Website	HOSPICE OF SLO COUNTY 1304 Pacific St San Luis Obispo, CA 93401 805-544-2266 Website
CAL POLY COUNSELING SERVICES (STUDENTS ONLY) 1 Grand Ave, Building 27 San Luis Obispo, CA 93405 805-756-2511 Website	COPE INTENSIVE OUTPATIENT PROGRAM 628 California Blvd. Suite A San Luis Obispo, CA 93401 805-541-9113 Website	LUMINA ALLIANCE 51 Zaca Lane, Suite 150 San Luis Obispo, CA 93401 805-545-8888 Website
CENTER FOR FAMILY STRENGTHENING (CFS) 3480 Higuera St, Suite 100 San Luis Obispo, CA 93401 805-543-6216 Website	CUESTA COLLEGE MENTAL HEALTH SERVICES (STUDENTS ONLY) Building 3100, Room: 3150 Highway 1 San Luis Obispo, CA 93405 805-546-3171 Website	PASO ROBLES - COMMUNITY COUNSELING CENTER 1035 Vine Street, Suite #A Paso Robles, CA 93446 805-543-7969 Website
CENTRAL COAST AREA NARCOTICS ANONYMOUS 800-549-7730 Website	FAMILY CARE NETWORK 1255 Kendall Rd San Luis Obispo, CA 93401 805-781-3535 Website	PASO ROBLES - THE LINK FAMILY RESOURCE CENTER 1802 Chestnut Street Paso Robles, CA 93446 805-794-0217 Website

Resources (continued)

RESOURCES IN THE COMMUNITY (CONTINUED)

SAN LUIS OBISPO -
COMMUNITY COUNSELING
CENTER
676 Pismo St
San Luis Obispo, CA 93401
805-543-0859
[Website](#)

TRANSITIONS-MENTAL
HEALTH ASSOCIATION
784 High St
San Luis Obispo, CA 93401
805-540-6500
[Website](#)

WILSHIRE COMMUNITY
SERVICES
285 South St, Suite J
San Luis Obispo, CA 93401
805-547-7025
[Website](#)

CRISIS RESOURCES VIA PHONE

CENTRAL COAST HOTLINE
800-783-0607
[Website](#)

CRISIS TEXT LINE
Text 'HOME' to 741-741
[Website](#)

FRIENDSHIP LINE (PEOPLE
AGED 60+)
800-971-0016
[Website](#)

LUMINA ALLIANCE 24 HOUR
CRISIS LINE (FOR SURVIVORS
OF SEXUAL/INTIMATE
PARTNER VIOLENCE)
805-545-8888
[Website](#)

NATIONAL SUICIDE
PREVENTION LINE
988
[Website](#)

NATIONAL ALLIANCE ON
MENTAL ILLNESS (NAMI)
HELPLINE
1-800-950-6264
Text 'NAMI' to 741-741
[Website](#)

SLO COUNTY MENTAL
HEALTH EVALUATION TEAM
(MHET)
800-838-1381
[Website](#)

SUBSTANCE ABUSE AND
MENTAL HEALTH SERVICES
ADMINISTRATION (SAMHSA)
NATIONAL HELPLINE
1-800-622-4357
[Website](#)

TREVOR LIFELINE (LGBTQ+
YOUTH)
1-866-488-7386
Text 'START' to 678-678
[Website](#)

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