

CULTURAL COMPETENCE

newsletter



5 Things to Know About Stress

pg.4

Minority Mental Health Month

pg.6

Opening Minds

pg.8



INDEX

- 3 Committee Members
- 7 Poem by Zoey Walsh
- 9 Crazywise
- 10 Dates to Remember
- 11 Resources
- 12 Upcoming Events

Behavioral Health Department

Health Agency



Cultural Competence Committee



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5 Things You Should Know About Stress

BY NAMI

“Everyone feels stressed from time to time. But what is stress? How does it affect your health? And what can you do about it?”

Stress is how the brain and body respond to any demand. Every type of demand or stressor—such as exercise, work, school, major life changes, or traumatic events—can be stressful.

Stress can affect your health. It is important to pay attention to how you deal with minor and major stress events so that you know when to seek help.

Here are five things you should know about stress:

1. Stress affects everyone

Everyone feels stressed from time to time. Some people may cope with stress more effectively or recover from stressful events more quickly than others. There are different types of stress—all of which carry physical and mental health risks. A stressor may be a one time or short term occurrence, or it can be an occurrence that keeps happening over a long period of time.

Examples of stress include:

- Routine stress related to the pressures of work, school, family and other daily responsibilities
- Stress brought about by a sudden negative change, such as losing a job, divorce, or illness

- Traumatic stress experienced in an event like a major accident, war, assault, or a natural disaster where people may be in danger of being seriously hurt or killed. People who experience traumatic stress often experience temporary symptoms of mental illness, but most recover naturally soon after.

2. Not all stress is bad

Stress can motivate people to prepare or perform, like when they need to take a test or interview for a new job. Stress can even be life-saving in some situations. In response to danger, your body prepares to face a threat or flee to safety. In these situations, your pulse quickens, you breathe faster, your muscles tense, your brain uses more oxygen and increases activity—all functions aimed at survival.

3. Long-term stress can harm your health

Health problems can occur if the stress response goes on for too long or becomes chronic, such as when the source of stress is constant, or if the response continues after the danger has subsided. With chronic stress,

those same life-saving responses in your body can suppress immune, digestive, sleep, and reproductive systems, which may cause them to stop working normally.

Different people may feel stress in different ways. For example, some people experience mainly digestive symptoms, while others may have headaches, sleeplessness, sadness, anger or irritability. People under chronic stress are prone to more frequent and severe viral infections, such as the flu or common cold.

Routine stress may be the hardest type of stress to notice at first. Because the source of stress tends to be more constant than in cases of acute or traumatic stress, the body gets no clear signal to return to normal functioning. Over time, continued strain on your body from routine stress may contribute to serious health problems, such as heart disease, high blood pressure, diabetes, and other illnesses, as well as mental disorders like depression or anxiety.

4. There are ways to manage stress

The effects of stress tend to build up over time. Taking practical steps to manage your stress can reduce or prevent these effects. The following are some tips that may help you to cope with stress:

- **Recognize the Signs** of your body's response to stress, such as difficulty sleeping, increased alcohol and other substance use, being easily angered, feeling depressed, and having low energy.
- **Talk to Your Doctor or Health Care Provider.** Get proper health care for existing or new health problems.
- **Get Regular Exercise.** Just 30 minutes per day of walking can help boost your mood and reduce stress.
- **Try a Relaxing Activity.** Explore stress coping programs, which may incorporate meditation, yoga, tai chi, or other gentle exercises. For some stress-related conditions, these approaches are used in addition to other forms of treatment. Schedule regular times for these and other healthy and relaxing activities. Learn more about these techniques on the

National Center for Complementary and Integrative Health (NCCIH) website at (www.nccih.nih.gov/health/stress).

- **Set Goals and Priorities.** Decide what must get done and what can wait, and learn to say no to new tasks if they are putting you into overload. Note what you have accomplished at the end of the day, not what you have been unable to do.
- **Stay Connected** with people who can provide emotional and other support. To reduce stress, ask for help from friends, family, and community or religious organizations.
- **Consider a Clinical Trial.** Researchers at the National Institute of Mental Health (NIMH), NCCIH, and other research facilities across the country are studying the causes and effects of psychological stress, and stress management techniques. You can learn more about studies that are recruiting by visiting www.nimh.nih.gov/joinastudy or www.clinicaltrials.gov (keyword: stress).

5. If you're overwhelmed by stress, ask for help from a health professional.

You should seek help right away if you have suicidal thoughts, are overwhelmed, feel you cannot cope, or are using drugs or alcohol to cope. Your doctor may be able to provide a recommendation. You can find resources to help you find a mental health provider by visiting www.nimh.nih.gov/findhelp.

Call the National Suicide Prevention Lifeline

Anyone experiencing severe or long-term, unrelenting stress can become overwhelmed. If you or a loved one is having thoughts of suicide, call the toll-free National Suicide Prevention Lifeline (suicidepreventionlifeline.org) at 1-800-273-TALK (8255), available 24 hours a day, 7 days a week. The service is available to anyone. All calls are confidential.

For More Information

For more information on conditions that affect mental health, resources, and research, visit www.mentalhealth.gov, or the NIMH website at www.nimh.nih.gov.

M

inority Mental Health Month

BY KIANA SHELTON



APRIL IS NATIONAL MINORITY HEALTH MONTH.

As a member of the Cultural Competence Committee and a current Associate Clinical Social Worker for San Luis Obispo County, I felt that it was important to shine light on mental health too. I believe one's mental health is an integral link to their overall health and wellness and it's important that we recognize how culture and racial differences play a large role when it comes to the mental wellness of a community. Often stigmas on mental health and addiction prevent individuals from seeking services or being able to make an informed decision about engagement. As you read this you may be thinking.... Well, sure that makes sense but what can I do? The answer is very simple. **SHARE** your process!

Normalization does not happen without sharing, so talk about your journey with others. Not one culture or race is free from stress or hardship; but it is easy to feel isolated when one is going through these situations. Sharing how you navigated a difficult time, how going to see a therapist or the use of a coping skill allowed you to function better may serve as the catalyst for change in another. To end, I would like to leave you with a quote from the famous Mahatma Gandhi: "You must be the change you wish to see in the world." And while "be the change" talk is good counsel for humanity, I truly believe that if we dig a little bit deeper one could argue that while leading by example is critical, to share our process of change is key!

Walking through Fire Into the Light & Beauty of Me.

This is Life.

This is my Spiritual Journey.

This is my Journey of finding Beauty on the other side of Pain.

I came from a deeply hurtful home.

So to me this Painting means EMPOWERMENT.

This painting means zero Tolerance for Sexual, Mental, and Physical Dominance.

THIS Painting is the ESSENCE of

Walking through Fire Into the LIGHT & BEAUTY of ME.

Zoey Walsh

OPENING MINDS

*A community art show in
celebration of living mentally well.*

May 3 - May 27, 2018





Crazy...or wise? The traditional wisdom of indigenous cultures often contradicts modern views about a mental health crisis. Is it a 'calling' to grow or just a 'broken brain'? The documentary CRAZYWISE explores what can be learned from people around the world who have turned their psychological crisis into a positive transformative experience.

FREE FILM SCREENING

THURSDAY, MAY 17 | 6:30PM-8:30PM

PARK CINEMAS | 1100 PINE ST, PASO ROBLES

In honor of the **Opening Minds Art Show**, Park Cinemas offers a free screening of "CRAZYWISE." A brief presentation will be held before and after film. Ticket distribution from 5:00-6:15pm.

For more info on all Opening Minds events, visit www.t-mha.org

Hosted by Transitions-Mental Health Association and the Peer Advisory and Advocacy Team.



DATES TO REMEMBER

July

- National Minority Mental Health Month

August

- International Overdose Awareness Day (Aug. 31)
- National Health Center Week

September

- World Suicide Prevention Day (Sept. 10)
- National Suicide Prevention Week (Sept. 9-15)
- National Wellness Week (Sept. 16-22)
- National Recovery Month
- National Alcohol & Drug Addiction Recovery Month
- National Suicide Prevention Month

Please consider
The following resources

Drug & Alcohol Services

SAN LUIS OBISPO ADULT
2180 JOHNSON AVE,
SAN LUIS OBISPO, CA 93401
(805)781-4275

SAN LUIS OBISPO YOUTH
277 SOUTH ST. SUITE T,
SAN LUIS OBISPO, CA 93401
(805)781-4754

PASO ROBLES YOUTH & ADULT
1763 RAMADA DRIVE,
PASO ROBLES, CA 93446
(805)226-3200

ATASCADERO YOUTH & ADULT
5575 HOSPITAL DRIVE
ATASCADERO, CA 93422
(805)461-6080

PREVENTION & OUTREACH
277 SOUTH ST. SUITE T,
SAN LUIS OBISPO, CA 93401
(805)781-4754

Mental Health Services

SAN LUIS OBISPO YOUTH 0-5

**MARTHA'S PLACE CHILDREN'S
ASSESSMENT CENTER**
2925 MCMILLAN AVE,
SAN LUIS OBISPO, CA 93401
(805)781-4948

SAN LUIS OBISPO YOUTH
1989 VICENTE,
SAN LUIS OBISPO, CA 93401
(805)781-4179

SAN LUIS OBISPO ADULT
2178 JOHNSON AVE,
SAN LUIS OBISPO, CA 93401
(805)781-4700

**SAN LUIS OBISPO PSYCHIATRIC
HEALTH FACILITY**
2178 JOHNSON AVE,
SAN LUIS OBISPO, CA 93401
(805)781-4711

ARROYO GRANDE YOUTH
345 S. HALCYON,
ARROYO GRANDE, CA 93420
(805)473-7060

ARROYO GRANDE ADULT
1650 GRAND AVE,
ARROYO GRANDE, CA 93420
(805)474-2154

ATASCADERO YOUTH & ADULT
5575 HOSPITAL DRIVE,
ATASCADERO, CA 93422
(805)461-6060

**SERVICES AFFIRMING FAMILY
EMPOWERMENT (SAFE)**
1086 GRAND AVE,
ARROYO GRANDE, CA 93420
(805)4742105

**Resources in the
Community**

**TRANSITIONS-MENTAL HEALTH
ASSOCIATION (TMHA)**
784 HIGH ST,
SAN LUIS OBISPO, CA 93401
805-540-6500

**COMMUNITY ACTION
PARTNERSHIP OF SLO (CAPSLO)**
1030 SOUTHWOOD DR,
SAN LUIS OBISPO, CA 93401
(805) 544-4355

**THE LINK FAMILY RESOURCE
CENTER**
6500 MORRO RD # A,
ATASCADERO, CA 93422
(805) 466-5404

**CENTER FOR FAMILY
STRENGTHENING (CFS)**
3480 HIGUERA ST SUITE 100,
SAN LUIS OBISPO, CA 93401
805-543-6216

**WILSHIRE COMMUNITY SERVICES
COMMUNITY COUNSELING
CENTER (CCC)**
1129 MARSH ST,
SAN LUIS OBISPO, CA 9340
805-543-7969

FAMILY CARE NETWORK (FCN)
1255 KENDALL RD,
SAN LUIS OBISPO, CA 93401
805-781-3535

**RISE | RESPECT. INSPIRE.
SUPPORT. EMPOWER.**
LGBTQ HEALTHY
RELATIONSHIPS SUPPORT
GROUP

(805)226-6791

ACCESS SUPPORT CENTER
1320 NIPOMO ST.
SAN LUIS OBISPO, CA 93401
(805)781-3660

**GAY AND LESBIAN ALLIANCE
(GALA) OF THE CENTRAL COAST**
(805)541-4252

TRANZ OF THE CENTRAL COAST
SLO AND NORTH COUNTY
SUPPORT GROUPS
(805)242-3821

UPCOMING EVENTS

OPENING MINDS ART SHOW OPENING RECEPTION

May 5th 6:00-9:00pm

Studios on the Park, Paso Robles

**Art After Dark Paso festivities feature Kiamie Wine Cellars and live music by Shelby Figueroa*

LIFE HOUSE WELLNESS CENTER OPEN HOUSE

May 9th 11:00-2:00pm

5850 West Mall Road, Atascadero

CRAZYWISE FILM SCREENING

May 17th 6:30pm

Paso Cinemas

HOPE HOUSE WELLNESS CENTER OPEN HOUSE

May 23rd 11:00-5:00pm

1306 Nipomo Street, San Luis Obispo

SAFE HAVEN WELLNESS CENTER OPEN HOUSE

May 30th 12:00-3:00pm

203 Bridge Street, Arroyo Grande



PACIFIC PREMIER BANK



A nonprofit open studios art center

1130 Pine Street
Paso Robles, CA 93446
805.238.9800
www.studiosonthepark.org

M - W: 12 pm - 4 pm
Th: 12 pm - 6 pm
F - Sat: 12 pm - 9 pm
Sun: 12 pm - 6 pm

FOR MORE INFO, VISIT:
WWW.T-MHA.ORG

CELEBRATE BIKE MONTH AND MENTAL HEALTH AWARENESS MONTH!



PARTNERED WITH



When

- Friday May 11th, 7:30 AM–9AM

Location

- 227 South St. Suite T, San Luis Obispo, CA 93401

Breakfast

- We will have donuts, fruit, and other breakfast items

Why

Come Celebrate Bike Month with us and help demonstrate what SLO County is capable of when we all make an effort to reduce congestion, improve our health, save money and commute smart. People can stop by on their way to school or work.

May is also Mental Health Awareness Month. We encourage people to do self-care and activities to increase their mental health. Staying physically active has shown to promote positive mental health. Riding your bike to work is a great way to not only help the environment, but also a great way to promote physical activity.



JOIN US FOR SPECIALTY DONUTS!



Cultural Competence Committee



Behavioral Health
Department

Health Agency