

Summary

Merced County Behavioral Health and Recovery Services Cultural Humility, Health Equity & Social Justice Committee

November 19, 2020
10:05 am – 11:00 am
Behavioral Health & Recovery Services
via Teleconference

Present:

Alyssa Castro, Tara Davis, Fernando Granados, Heydi Herrera, Sharon Jones, Cindy Mattox, Marilyn Mochel, Ismael Munoz, Maria Orozco, Nancy Reding, Sandra Sandoval, Anna Santos, Ralph Silva Rodriguez, Cara Rupp, Belle Vallador, Griselda Vazquez, Tatiana Vizcaino, Jennifer Xiong

Presentation and Discussion:

All Members

I. Check-in/Conocimiento

Sharon asked that those in attendance email Maria Orozco to confirm their attendance.

II. Approval of Minutes

The approval of minutes for October 15, 2020, was motioned/seconded (Fernando Granados/ Nancy Reding) and carried.

III. Presentation

Marilyn Mochel, NAMI, provided a presentation on *Social Determinants of Behavioral Health*. The presentation detailed the intersection of behavioral health, place, and equity; the community conditions that lead to positive or negative health outcomes; the relation between health and behavioral health and policy; how to measure determinants of health; building community resilience; trauma as a social determinant of health; and the importance of equity based policies.

A need for grocery stores within walking distance of south Merced. Marilyn spoke about a South Merced group whose message is “if you don’t succeed, don’t give up” and emphasized the importance of placing pressure on our elected officials to improve the circumstances that we have in our community. Jennifer Xiong of the Hlub Hmong Center agreed the need to take an upstream approach, rather than a downstream approach. She shared how Hlub Hmong Center is taking this approach by showing up at places where Hmong voices aren’t typically represented to see how they can distribute services and opportunities to the Hmong community.

Marilyn mentioned that there is a lot more to the social determinants of health including language, culture, sexual orientation, discrimination that can occur based on immigration status, but this presentation is something we can build upon. Tatiana Vizcaíno from NAMI said she is working to develop this presentation in Spanish.

IV. Update Cultural Humility Launch

There was no discussion on this topic.

V. SMART GOALS

Sharon Jones asked the committee to think about forming SMART goals.

Alyssa Castro from YLI suggested a goal to commit to presenting information regarding social determinants of health to our elected officials.

Jennifer Xiong from Hlub Hmong Center inquired about data disaggregation for different communities in Merced in regards to cultural competency and mental health. Sharon said this would be a great goal to identify need to develop services in a more culturally responsive way.

Marilyn Mochel said it is important to ground us all of us on what equity and social justice means in relation to behavioral health. One of the goals should be educating the committee then sharing what we learn with the organization we work within and or circle of influence with other coalitions and groups that we interact with. Another should be focused interviews or groups with different ethnic communities, groups that have not been engaged with behavioral health. An example would be individuals who have physical disabilities.

Belle Vallador from Health House suggested creating a subcommittee to create a policy to address the social determinants of health. Sharon said she working on updating the current policy and noted that social determinants need to be included in the updated policy. She suggested creating a timeline for the cultural humility initiative.

Sandra Sandoval from Merced County Department of Public Health suggested tailoring goals to individuals or cultures.

Sharon asked the group to send any additional ideas to Maria Orozco via email. She also asked anyone who is interested in assisting with updating the current policy to send their name to Maria Orozco via email.

VI. Cultural Humility Survey

Sharon announced this survey will be launched soon.

VII. Cultural Humility Forums

Several forums will be scheduled to discuss cultural humility and its importance in behavioral health settings.

VIII. Program Reports and Updates

There was no discussion on this topic.

IX. Possibilities and Success Stories

Jennifer Xiong from Hlub Hmong Story shared a success story about their first virtual event on October 30th. They had over a thousand engagements. The series showcased Hmong children in the Merced County, showing them counting in Hmong, showcasing kids who are YouTubers, as well as a talent show and Hmong dancing teacher. She said it was a powerful and engaging event. Their second virtual event will be held on Friday, November 20th from 6:00 PM to 8:00 PM. This session will be about mental health, health tips, and will have Hmong educators to talk about distance learning and priorities that the Hmong community should focus on. She provided a link for those who were unable to attend the first meeting.

Sandra Sandoval from Public Health shared about upcoming Zoom stress classes. She asked everyone to share the information with others.

Belle Vallador from Healthy House invited the committee to attend an upcoming training for service providers on the topic of "Aging Out" and Mental Health in South East Asian (SEA) Communities. The training was rescheduled for December 2nd at 10:00 AM and 2:00 PM.

Belle also shared Wednesday, November 25th there will be a walk-up or drive-thru Thanksgiving meal available at 569 W. 9th St, Merced starting at 4:00 PM.

Sharon Jones shared that the Strengthening Families Program is now accepting donations for the holiday toy drive for Strengthening Families participants. Please contact Maria Orozco for more information.

X. Next Steps

Form a small committee to develop goals and update the current BHRS cultural competence policy.

XI. Adjourn

Meeting adjourned at 11:00 a.m.