IN THIS ISSUE
MAY WAS ALL ABOUT MENTAL HEALTH  JULY IS NATIONAL MINORITY MONTH
- ABOUT THE CCWP PROGRAM -
WELLNESS RECOVERY STORY
CULTURAL COMMUNITIES REFLECTIONS
RECIPES, FROM OUR KITCHENS TO YOURS
BEHAVIORAL HEALTH SERVICES DEPARTMENT RESOURCES
Cultural Communities Wellness Program is a Family Outreach and Engagement Program provides linguistic and cultural competent outreach and education, advocacy and peer support to ethnic communities. The program’s goals are to reduce the stigma associated with behavioral health conditions, increase understanding of behavioral health issues, increase willingness to seek help, and increase access to behavioral health services. CCWP staff is multicultural and multilingual, representing at least 10 cultural communities, and speaking at least 12 languages. There are 8 CCWP teams, each team has a community-specific logic model and service plan based on needs of each community.

Our target audiences are ethnic and cultural communities in Santa Clara County, especially to monolingual individuals and families. The target populations are selected based on threshold languages in Santa Clara County and high need populations with low access to services. However, program staff serve all individuals who request our service.

Language capacity: Afan-Oromo, Amharic, Arabic, Cantonese, English, Mandarin, Somali, Spanish, Tagalog, Tigrinya, and Vietnamese

8 CCWP TEAMS

African Heritage
African Immigrant (Eritrean, Ethiopian, and Somali)
Chinese
Filipino
Latino
Native American
Vietnamese
LGBTQ Wellness
Spring has sprung, and with the longer days, blooming flowers, and warming sun comes Mental Health Awareness Month!

While we at the CCWP know mental health awareness is important all year round, this month can be a helpful time to reset, take stock, and continue to grow our wellness toolkits.

In this newsletter, you’ll find information about all of our community resources, various wellness tips and tricks, reflections from different cultural community leaders on our team, and more!

Read on to learn more about our programs and please know that the CCWP is here to support YOU!

Check in with your body!  
A few minutes of stretching can make a big difference.

Screen break!  
Try and unplug for a bit during off-work hours.

A short routine before and after work hours can help your system recognize when to rest!

Wellness Tips on Staying Active  
By: Tayla Monroe

1. Be Consistent – no workout program will be affective if you do not stay consistent.  
2. Follow an Effective Exercise Routine – three top exercise suggestions: strength training, interval training, and cardio/aerobic.  
3. Set Realistic Goals – start off small then add time, distance, and intensity.  
4. Use the Buddy System – find a friend or relative whom you like and trust who also wants to establish a healthier lifestyle.  
5. Make Your Plan Fit Your Life – if you are too busy to get to the gym, find home workouts that work for you.  
6. Be Happy – be sure to pick an activity you enjoy doing.  
7. Watch the Clock – try to work out at the time you have the most energy.  
8. Call in the Pros – if you are just getting started get a professional assessment to determine what exercise works best for you.  
9. Get Inspired – find tricks to get and stay motivated; read blogs, visit websites of success stories...etc.  
10. Be Patient – there will be ups and downs, setbacks, and victories. Just be patient and do not give up.
May is the Asian American and Pacific Islander (AAPI) Heritage Month. Many elected officials organize events to recognize the valuable contributions and achievements of the AAPI in the United States. Diverse cultural communities come together to celebrate the rich cultures of the AAPI through educational programs, vibrant festivals, traditional foods, and music. The Santa Clara County Behavioral Health Services Department celebrates many cultural holidays throughout the year, including the AAPI Heritage Month in May. At our own Behavioral Health Service’s Division of Consumer Affairs, Family Affairs, and Cultural Communities Wellness Program which consisted of 12 different languages and 8 cultural communities, AAPI Heritage Month is celebrated with unity and pride. In 2022, we hope you, your family, and friends will join us for cultural performances, delicious foods, and exciting activities.

This past year 2020 with the COVID-19 pandemic, Asian hate and discrimination have been difficult for many Asian communities across our nation. According to the Stop API Hate National Report, crimes against AAPI community have increased 150% with 3,795 reports of anti-Asian hate incidents from March 2020 to February 2021. With communities’ advocacy and collaborations to combat hate and discrimination, we hope 2021 and beyond will bring better understanding, support, safety, and peace to us all.

- BY VAN LAN TRUONG
Reduced rates of depression among women.
The health boosting compounds have a strong positive effect on our brain and subsequent mental health.

Ethiopian coffee beans have been found to have the highest levels of chlorogenic acids. Interestingly, testing has shown that beans grown at higher elevations have more health benefits. By using a finer grind, it is possible for more antioxidants to be extracted from the beans due to the increased surface area exposed to water in the brewing process. Brew with pure cold water to your personal taste. Avoid adding sugar because it adds only empty calories. You should void adding cream or non-dairy creamer because studies show that it reduces antioxidant absorption 30%. That is a 30% reduction in health benefits that you would be receiving from your delicious cup of coffee.

High in anti-inflammatory and antioxidant compounds. These health boosting compounds are known as chlorogenic acids found in the polyphenol family of nutrients – from plants. They are the most important health components of coffee.

Reduced risk for type 2 diabetes. A study from the NIH of 400,000 men and women found that daily coffee intake decreased the rate of diabetes in the study participants.

Reduced certain types of cancer and liver damage. The antioxidants fight disease causing free radicals in our body.

Lower blood pressure, reduced risk of heart disease. A study from Harvard University found these benefits. Those who drank 3 or more cups daily, with or without caffeine, were less likely to die from heart disease, stroke, diabetes, and infection.

Decreased or slower weight gain. Studies found that in people between 50 and 70 years of age, the rate of weight gain was slower in coffee drinkers due to the metabolism boosting effects of caffeine.

Reduced rates of depression among women.
AFRICAN HERITAGE COMMUNITY

African Heritage Family Outreach & Engagement Program is a resource and referral program for those African Americans and their families living with mental illness.

Our vision is to have a community where there exists a strong sense of family and community in support of one another regardless of mental health status.

Our purpose is to provide support to consumers and family members experiencing mental illness and promote wellness through support groups, advocacy, outreach and education.

Contact the African Heritage Team:

Melody Hames
(408) 792 - 3941
Melody.Hames@hhs.sccgov.org

Sinora Freeland
(408) 792 - 2165
Sinora.Freeland@hhs.sccgov.org
To make the story short, I have been deployed for 14 months serving the most vulnerable homeless individuals in the same high-risk hotel since the beginning of the pandemic. Once I am in it, my fears and perceptions of this population disappeared all the sudden. Besides my daily contact with the participants in the hotel I am serving to, I also went on the street to give folks clothes, food, and inform them to call the COVID hotline for assistance to be housed in shelters or hotels.

As the Chinese Community Team Lead of CCWP, my regular job includes working with Chinese individuals of the community. In Chinese culture, it is unusual to become homeless because Chinese culture is group orientated, which means we always take care of each other within the immediate or extended family and the community. To my surprise, I have served Chinese vulnerable homeless individuals through my deployment and every one of them has their own stories of homelessness. It is such a reflection to the reality of our Chinese culture that there is always an exception, even among such a strong group and family orientated people.

This unique experience of my deployment has brought in new skills and knowledge to me. I have met many different county employees and staff from community-based organizations, which I may not be able to meet other than this assignment. I have also learned more about the Office of Supportive Housing of the Santa Clara County and the homeless system within the county/state. Most of all, I have learned the life stories of our hotel participants. It is such a privilege and an honor to serve the most vulnerable individuals in our county. This experience has shaped my own life and changed my perspective towards individuals who are experiencing homelessness. I have been advocating for them and educating people around me to think beyond of the stereotype of homeless population. Most importantly, it rekindles my heart to serve people!

This could be a once in a lifetime experience to me during my employment with the County of Santa Clara. I have always proud of being an employee of Santa Clara County, and now after my deployment experience I can even say it louder, “I am so proud of being an employee of the County of Santa Clara.”

"The year of 2020 was an unimaginable challenge and hardship to the whole world due to the pandemic. Yet for me this was an unpredictably gainful year!"

-Peggy Cho
AAPI REFLECTIONS

Anti-Asian acts has grown significantly in the past year with almost 4000 documented accounts of discrimination, racism, and xenophobia in just 11 months. While hate crimes in 2020 decreased by 7%, those against Asian Americans and Pacific Islanders, AAPI, rose nearly 150%.

Today, with anti-Asian hate crimes on the rise, many in Asian communities fear for the safety of their parents, elderly friends, neighbors and children. They wonder whether they will be attacked if they go to a supermarket, walk their dog around the block or even just go to school. Crimes against Asian senior citizens have risen by an alarming rate. There are far too many news reports of Asians being beaten, stabbed or killed — and for no reason other than for being Asian. Communities are taking action and mobilizing to advocate and organize against Anti AAPI acts. We are seeing groups of all ages and all nationalities stand up in solidarity against hate.

Volunteer groups started patrolling in predominantly Asian senior neighborhoods, and neighbors are helping other neighbors. Police department has increase services to Asian communities to support the community.

It was devastating watching the news and postings of the anti AAPI acts day after day, months after month but with the recent trend in community grassroots organizing and campaigns against these heinous acts. I feel hopeful and energized to organize and fight against racism.

As part of the effort to fight against Anti AAPI acts, our program will continue to advocate for the AAPI community and support our communities with peer services, trainings, community events and cultural education. CCWP is working diligently in spreading awareness by partnering up with SJPD, SJPL, Alum Rock Counseling and CBOs to provide support groups for the AAPI community and will continue to participate in advocacy projects.

-Suzanne Chiu

"I FEEL HOPEFUL AND ENERGIZED TO ORGANIZE AND FIGHT AGAINST RACISM."
Filipino Independence Day

Every June, Filipino-Americans and friends commemorate the 1898 Declaration of Philippine Independence. Co-sponsored by our city and county officials, we raise the Philippine flag at the San Jose City Hall and celebrate with a day-long fiesta at the Eastridge Shopping Mall.

Bayanihan Festival brings together community members, youth, im/migrants, workers, regional/provincial associations, churches, indigenous groups, businesses, and local legislators to celebrate the spirit of bayanihan, Filipinos and non-Filipinos alike.

Bayanihan Filipino Festival is a way of introducing Filipino culture to the larger Santa Clara County community. The previous years, we had very successful festivals that drew crowds of over 2000 as per estimates of the Eastridge Mall. The festivities showcase and share our unique cultural heritage and contribute to further enrich the multi-cultural diversity of the county. We usually have an all-day program of performances, a resource fair, and so much more fun and entertainment.

The primary goals of the festival is to highlight a sense of community among Filipinos and to foster closer affinity with other immigrant groups and communities.

-Eramelisse deCastro

COMMUNITY RESOURCES:

LEAD Filipino
Organized for FilAm civic participation, grassroots leadership, and community action out of San Jose, California.

We will be recruiting for a Tagalog language peer support worker in the near future. Please check the BHSD website at: LINK
Like any other Monday, I woke up and began my work week routine. There had been lots of talk in the previous weeks about COVID-19. There were endless emails about protocols to ensure that we were sanitizing our work area. Today was different though, as Mondays usually are for me because it’s the end of an eventful weekend and the beginning of a new work week. I like to think of my Mondays as my ‘adjustment’ day. And on this day, March 16, 2020…it was certainly an adjustment. My day was planned and I had a work meeting to attend, services to provide, and a coffee meeting with a friend. I always try to remain flexible because things can change from one moment to the next. Turns out, my morning meeting was cancelled, and I was instructed to print new protocols and post them in various areas of the building. Three hours later I received a text from my friend who suggested our coffee meeting be cancelled since local shops and restaurants had been shut down. For a brief second, fear and worry joined me. I found myself overwhelmed with strong emotions. However, I tell myself “This is only temporary, and things will resume in the next week or so.” I was wrong. Soon socializing with friends became non-existent, and isolation became the new norm.

Isolation can create various challenges for me. I am by nature a social person. Within the work that I do, I have been given the chance to be exposed to various wellness tools. And I do my best to implement them in my personal and professional life in order to maintain an overall healthy well-being. However, this was different…I was now being instructed to stay away from my family and friends to maintain my safety. My family had always been my safety and making the right decision to protect myself and loved ones meant I needed to make some major adjustments. Cities, states, nations were all doing the same as there was a lethal virus threatening all of us. Not seeing my family and staying isolated was one of the biggest challenges I’ve had to walk through. I was overwhelmed by sadness and the strong desire to hold loved ones close. Along with the uncertainty of how long shelter in place would remain in effect, I did my best to implement the tools I had been trained to use in order to maintain my own emotional wellness. I come from a large family, we are all very connected and it is almost expected that we gather a couple of times a month to cook, eat & laugh. Which posed new challenges and required utilizing Face Time and social distancing as our way of connection.

My take away over the last sixteen months was the importance of taking time to reflect. Also implementing that which I have learned through working in Behavioral Health and remaining patient with myself during these times of adjustment. I learned more about myself and the world in the last sixteen months than I had in my lifetime. I’m looking forward to joining my family and friends again, with a much more healthier world view. Cherishing that which I took for granted; like cooking from scratch with my sisters and hugging the babies a little longer. I remain forever grateful that I was given the opportunity to not only enter the pandemic with an array of wellness tools to use through such a hard time in the world, but to also develop new ones for myself. Which allows me to provide better support to those I serve in my community.

-Marisela Hernandez

M.H. works for SCC BHSD & provides Mental Health Peer Support services at our self-help centers, Zephyr and Esperanza. The self-help centers provide a safe & supportive environment for those dealing with mental illness.

Contact:
Marisela.hernandez@hhs.sccgov.org
Phone: 408-892-5279

We will be recruiting for a Spanish language peer support worker in the near future. Please check the BHSD website at: LINK
"Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare."

- Audre Lorde

LGBTQ+ LOCAL RESOURCES

The Gender Health Center
Life Moves New Haven Inn
LGBTQ Youth Space
LGBTQ Wellness
Bill Wilson's LGBTQ Outreach Program
Office of LGBTQ Affairs
The Family Acceptance Project
Billy De'Frank Lesbian & Gay Community center

PEER SUPPORT GROUPS

- ALL IDENTITIES | ALL BODIES
- Trans/ non-binary/ GNC English group
- Transgénero / non-binario/ GNC grupo de apoyo en Español
- QT Families
- Lavender Loss
- Queer Book Club

REGISTER FOR GROUPS

SCAN ME
The Native Family Outreach and Engagement Team works to support and strengthen American Indian cultural and spiritual traditions that promote mental health for American Indian families in Santa Clara County.

As Indian people we are vulnerable to imbalance due to a history of genocide, discrimination, exploitation of our lands and cultural resources and denial of self determination. Our purpose is to provide culturally appropriate education and support to those families in our community, who are out of balance due to the stress of mental illness. We provide peer support services, referrals to behavioral health resources, workshops and mental health and wellness trainings.

Our Native Family team facilitates support circles that focus on exploring wellness tools to support the mind, heart, body, spirit and connection to culture.

For more information please contact:
Sharon Rose Torres, Cheyenne River Sioux Tribe
(408) 792-3923 sharon.torres@hhs.sccgov.org
Adelina Trujillo, Indigenous Xicana
(408) 792-3903 adelina.trujillo@hhs.sccgov.org

Indian Health Center of Santa Clara Valley
The mission of the Indian Health Center of Santa Clara Valley is to help ensure the survival and healing of American Indians/Alaskan Natives and our community by providing high quality, comprehensive health care and wellness services.
(408)445-3400
https://www.indianhealthcenter.org/

Washoe Native TANF Program
The Washoe Native TANF Program (WNTP) provides temporary aid and services to WNTP Native American families with children that are at risk of welfare dependency. The program focuses on providing services that strengthen families, prepare workers for jobs and encourage participants to achieve self-sufficiency
(408) 433-1000
https://www.washoetanf.info/

ConXión to Community
ConXión is a community-based, non-profit 501c(3), which has successfully provided education, workforce, behavioral health and other social services to disconnected youth and adults since 1977. Our mission is “Opening doors to create new opportunities through culturally competent education, workforce development and social services so, collectively we can create a better community.”
(408) 213-0961
http://www.conxion.org/

American Indian Alliance
The American Indian Alliance of Santa Clara County is a strong circle of American Indian, united in pride, to support our community through respect, trust, commitment, education, and cultural awareness. We will restore, maintain and perpetuate the heritage, values, traditions, culture and future for all American Indians.
https://www.americanindianalliance.org/contact
The Vietnamese community, like everyone else, experienced a challenging year since the Shelter in Place order on March 15th, 2020. Most essential businesses were forced to close, and restaurants were limited to take out orders only. Most of the Vietnamese businesses owned by the Vietnamese merchants throughout the County have experienced the loss of revenue and circumstances have forced many of these small businesses to shut down permanently.

The pandemic also forced many cultural and holidays celebrations this past year to be cancelled, where families usually gather at homes, churches, temples and/or community centers. The Tet parades usually at the County Fairgrounds to welcome the Lunar New Year was unfortunately cancelled. Typically, we exchange gifts, enjoy the traditional cultural food, and wish each other joy and good luck as we welcome the New Year.

The other cultural event that was impacted by the pandemic was the Moon Festival; celebrated in August. However, the Vietnamese people are resilient & resourceful in their approach in life; as they have endured wars, poverty, economic hardships, and the harrowing journeying on boats from their mother land to try to come to the United States to join the American Dream of a better life.

Thanks to the multiple COVID vaccines and with the various forms of aids from the City, State, and local governments; we seem to see the light at the end of the tunnel. We have overcome the various challenges that this pandemic imposed upon us! We’ll come out better on the other side and we are ready for a more prosperous, stronger, and better future.

-Michael (Niem) Sharpe
Spicy Ethiopian Red Lentil Stew

Ingredients
• 2 teaspoons canola oil, 2 cups chopped red onion
• 3 garlic cloves,
• 1 tablespoon minced peeled fresh ginger
• 3 cups organic vegetable broth 3 garlic cloves
• 3 tablespoons tomato paste, 1 ½ TBSP
• Berbere spice
• 1 cup dried small red lentils
• ¼ teaspoon salt, ¼ cup finely chopped fresh cilantro

Directions
• Heat oil in a large Dutch oven over medium heat.
• Add onion to pan; cook 15 minutes or until tender, stir
• Add ginger and garlic; cook 5 minutes, stir
• Add tomato paste and Berbere spice; cook 1 min
• Gradually add broth, stirring until blended
• Rinse lentils in cold water; drain.
• Add lentils; simmer, partially covered, 35 minutes or until lentils are tender, stirring occasionally.
• Stir in salt.
• Sprinkle with cilantro; serve over rice.

Homemade Lemon Pound Cake

Ingredients:
• 3 cups all-purpose flour
• 1 tbsp baking powder
• 1 cup unsalted butter
• 6 tbsp lemon juice
• 1 lemon, ½ zested
• ½ cup shortening

Ingredients: • 1 cup whole milk
• 3 cups sugar
• 3/4 tsp salt
• 5 large eggs

Directions:
• Preheat oven to 350 degrees.
• Oil and flour Bundt pan.
• Combine flour, baking powder and salt into medium bowl. Set aside.
• Mix butter, shortening & sugar together.
• Add eggs one at a time, blend well.
• Add flour, baking powder & salt to butter mixture with milk.
• Mix in lemon juice and zest.
• Pour batter into Bundt pan.
• Bake for about 55 mins.
• Cool in pan for 15 mins

Chicken Sausage Orzo Pilaf

Ingredients:
• 2 Roma Tomato
• 1 yellow onion
• 4 garlic cloves
• Chicken Sausage
• 3-6 Tbsp Butter
• Chicken Stock Concentrate
• Shredded Parmasean
• Kosher Salt & Black Pepper
• Orzo Pasta • 1-2 Tbsp Cooking Oil

Directions:
• Preheat oven to 425
• Wash Ingredients
• Cut tomato, onion, lemon & peel garlic
• Place on a baking sheet
• Season with your favorite seasonings & add oil
• Cook in oven for 25 minutes
• Place chicken sausage in pan, 2 tbsp oil, cook for 6 mins. Place on the side.
• Melt butter in pan with orzo.
• Add Stock concentrate & 3 cups of water to boil for 10 mins.
• Add garlic, veggies and sausage. Add 2 tbsp butter & parmesan.
• Let simmer, squeeze fresh lemon and parmesan on top.

ENJOY!!
Behavioral Health Call Center 1.800.704.0900 (24-Hour)

SUICIDE AND CRISIS SERVICES
Press Option # 1
Hours of Operation: 24/7
Crisis Text Line: Text RENEW to 741741

MOBILE CRISIS RESPONSE TEAM
Press Option # 2
Hours of Operation: 24/7

MENTAL HEALTH URGENT CARE SERVICES
Press Option # 3
MHUC address: 2221 Enborg Ln, San Jose, CA 95128
871 Enborg Ln, San Jose, CA 95128
(Temporarily relocated to the Central Wellness & Benefits Center Building)
Phone: (408) 885-7855
Hours of operation: 7 days a week 8:00am-10pm

SUBSTANCE USE TREATMENT SERVICES
Press Option # 4

GENERAL INFORMATION
Press Option # 5

SUBSTANCE USE TREATMENT SERVICES 1 (800) 488-9919
Hours of Operation: Monday - Friday: 8:00am-5:00pm

YOUTH SUBSTANCE USE SERVICES 1(800) 272-6518
Hours of Operation: Monday- Friday: 9:00am-6:00pm
After Hours: 1 (800) 488-9919

SUBSTANCE USE PREVENTION SERVICES (SUPS)
1 (408) 794-0660
Hours of Operation: Monday- Friday: 8:00am- 5:00pm

African Heritage Community
Melody Hames
Phone: 408.792.3941
Cell: 669.288.8469
melody.hames@hhs.sccgov.org

African Immigrant Community
(Amharic, Arabic, Somali, Tigrinya, Oromo)
Mohamed Ali
Phone: 408.792.2153
Cell: 669.309.3325
mohamed.ali@hhs.sccgov.org

Chinese Community
Cantonese, Mandarin
Peggy Cho
Phone: 408.792.3916
Cell: 408.857.9710
 peggy.cho@hhs.sccgov.org

Latino Community, Spanish
Phone: Contact Program Manager

LGBTQ Community
Jack Roach (he/him)
Phone: 408.343.7944
lgbtqwellness@fcservices.org

Filipino Community, Tagalog
Phone: Contact Program Manager

Native Family Community
Sharon Rose Torres
Phone: 408.792.3923
Cell: 669.309.3315
sharon.torres@hhs.sccgov.org

Vietnamese Community, Vietnamese
Michael (Niem) Sharpe
Phone: 408.792.2167
Cell: 669.288.8473
michael.sharpe@hhs.sccgov.org

Cultural Communities Wellness Program (CCWP) Manager,
Suzanne Chiu
Cell: 408.569.4857
suzanne.chiu@hhs.sccgov.org