

*BEHAVIORAL HEALTH RACIAL EQUITY COLLABORATIVE
(BHREC)
LATINO/LATINX/HISPANIC
JULY 2023*

WELCOME / BIENVENIDOS



LAND AND LABOR ACKNOWLEDGEMENT

Photo Credit: Trust Your Struggle (Artists: Shaun Burner and Francesca Gamez). Life in a Basket, 2021, North 12th Street, Sacramento

SACRAMENTO BEHAVIORAL HEALTH SERVICES (BHS) WELCOME

Mary Nakamura, Cultural Competence & Ethnic Services / Workforce Education & Training Health Program Manager

SACRAMENTO BEHAVIORAL HEALTH SERVICES

The Division of Behavioral Health Services provides mental health services for adults and children:

- Assisted access to underserved populations, including outreach
- Prevention and early intervention programs
- Evaluation and assessment
- Brief therapy and counseling: individuals, family and group
- Peer and family member support
- Crisis residential
- Case management
- Medication evaluation and support

WHAT IS SACRAMENTO COUNTY BHS DOING?

Through the Behavioral Health Racial Equity Collaborate (BHREC), BHS is:

- Working to eliminate systemic racist practices that drive behavioral health inequities in the Latino/Latinx/Hispanic (L/LX/H) communities.
- Documenting the voices of various community groups through community forums, focus groups, and key community member interviews.
- Using the information gained to develop themes, strategic directions, and recommended goals for the L/LX/H BHREC.

THE GOALS OF SACRAMENTO BHREC

BHREC is striving to advance behavioral health equity for the Latino/Latinx/Hispanic (L/LX/H) Communities.

- Increase trust and authentic partnership between BHS and the Latino/Latinx/Hispanic communities.
- Define shared goals that will shape the L/LX/H BHREC based on focus groups and key informant interviews with the L/LX/H communities and shared data analysis between BHS, its providers and community partners to advance behavioral health equity in Sacramento.
- Support all BHREC participants, including the county, provider organizations and community partners to reduce and ultimately eliminate L/LX/H behavioral health inequities.

EXAMPLES OF HOW SACRAMENTO COUNTY BHS CAN SUPPORT BHREC GOALS?

Areas of Influence

- | | |
|---|---|
| <ul style="list-style-type: none">• Type of provider organization offering services• Quality of services (culturally/linguistically)• Training and education to county and provider staff• Geographical location of provider organizations | <ul style="list-style-type: none">• Reduce structural barriers• Time to access services• Engagement with the community• Outcome measured• Education and Information Sharing |
|---|---|

Racial and cultural diversity of staff hired (linguistic proficiency)

Make access to services easier (types of services offered and changes to core clinical services)

Reduce provider implicit and explicit bias

Honestly involve the community in its decisions and recommendations

BREAKOUT ROOMS

SALAS DE GRUPO DE TRABAJO

4 Questions / 4 Preguntas

GUIDELINES / GUÍA DE PAUTAS

- This is a safe space / Este es un espacio seguro
- Please speak one at a time / Por favor hable uno a la vez
- Respect the opinions of others / Respeten la opinion de otros
- There is no right or wrong answer / No hay respuestas correctas ni incorrectas
- Notes will be taken, and the discussion will be recorded but everything that is said will be kept confidential / Se tomarán notas y se grabará la discusión, pero todo lo que se diga se mantendrá confidencial.

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QUESTION / PREGUNTA

- Our communities are made up of diverse members from Mexico, South and Central America, the Caribbean, and Spain. How do you identify yourself? For example: Latino/a, Afro-Latino/a, Hispanic, Latinx, Latine, Chicano/a.
- Nuestras comunidades están compuestas por diversos miembros de México, América del Sur y Central, el Caribe y España. ¿Cómo te identificas? Por ejemplo: Latino/a, Afrolatino/a, Hispano, Latinx, Latine, Chicano/a.

QUESTION / PREGUNTA

- What has your or your family member's experience been in accessing and receiving services for mental health and/or substance use services through Sacramento County Behavioral Health Services or through its contractors?
- ¿Cuál ha sido su experiencia o la de su familia al acceder y recibir servicios de salud mental y/o uso de sustancias a través de los Servicios de Salud del Comportamiento del Condado de Sacramento o a través de sus contratistas?

QUESTION / PREGUNTA

- Envision the perfect care system, what would it look like for you or your family member to access and receive mental health and/or substance use services?
- Imagine el sistema de atención perfecto, ¿cómo sería para usted acceder y recibir servicios de salud mental y/o uso de sustancias para usted o su familia?

QUESTION / PREGUNTA

- How can Sacramento Behavioral Health Services make sure their services meet your and your family member's cultural and linguistic needs?
- ¿Cómo pueden los Servicios de Salud del Comportamiento de Sacramento servirle mejor a usted y a su familia de una manera cultural y lingüísticamente apropiada?

THANK YOU!

Next Steps

1. Continue community outreach:
 - 2 In-person community forums in Sacramento County
 - Focus Groups with defined community groups
 - Key Informant Interviews with community members
2. Recommendations for the In-person Community Forums in Sacramento County (October):
 - Locations throughout Sacramento County
 - Venues
3. Follow up Email from Sacramento BHS at dhs-bhs-bhrec@saccounty.gov
 - Mail List

FOR BEHAVIORAL HEALTH SERVICES:

- Mental Health ACCESS Team
Monday-Friday
8:00 a.m. - 5:00 p.m.
Local Phone (916) 875-1055
Toll Free (888) 881-4881
California Relay Service 711
- Substance Use Prevention and Treatment Services
Monday through Friday (excluding County holidays)
8:00 a.m. - 5:00 p.m.
Phone: (916) 874-9754 or (888) 881-4881
After Hours: (888) 881-4881
California Relay Service 711
- Mental Health Urgent Care- Open 24 Hours a day, 7 days a week
Address: 2130 Stockton Blvd, #300
Phone (916) 520-2460
- Community Wellness Response Team– 988
- Community Support Team (All ages): 916-874-6015
- Link to Crisis Resources and Lines-
[https://dhs.saccounty.gov/BHS/Documents/Resources/BH%20Resource%20Flyer%20-%207.21.2022%20-%20Final English.pdf](https://dhs.saccounty.gov/BHS/Documents/Resources/BH%20Resource%20Flyer%20-%207.21.2022%20-%20Final%20English.pdf)
- Spanish -
[https://dhs.saccounty.gov/BHS/Documents/Resources/BH%20Resource%20Flyer%20-%207.21.2022%20-%20Final Spanish.pdf](https://dhs.saccounty.gov/BHS/Documents/Resources/BH%20Resource%20Flyer%20-%207.21.2022%20-%20Final%20Spanish.pdf)

For More Information

