



Public Health Health Equity

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CBO Collaborative Meeting Summary

October 01, 2024

Purpose
To enhance outreach and promotion efforts throughout the County by fostering collaboration with community-based partners and trusted messengers.
San Bernardino County Department of Public Health - Program Updates
<p>Community Vital Signs Update (CVS): Tab Okonkwo, Tab.Okonkwo@dph.sbcounty.gov</p> <ul style="list-style-type: none"> Oversees the Community Health Assessment (CHA) and the Community Health Improvement Plan (CHIP). There are 3 priority areas identified: Behavioral Health, Injury and Violence Prevention, and Chronic Disease. The Implementation Action Plan identifies the goals and strategies under each priority area. Community Vital Signs is now seeking commitment from organizations to lead the activities identified within each strategy. <p>Communicable Disease Section (CDS): Rochelle Granados, Rochelle.Granados@dph.sbcounty.gov</p> <ul style="list-style-type: none"> Bats have been reported in San Bernardino County. As a precaution do not touch bats skin to skin. If you've had contact with any bat, immediately contact the Communicable Disease Section at (800) 722-4794 to evaluate the need for rabies treatment as soon as possible. Rabies is a serious and fatal disease, protect yourself, your family, and your pets by following the precautions: <ul style="list-style-type: none"> Observe bats from a distance, do not touch, handle, or attempt to feed a bat. Keep your pets restrained on a leash and under your control at all times. If bitten by a bat, wash the bite area with soap and water. Contact a healthcare provider immediately. If you find a bat on the ground, report it to Animal Care: (800) 472-5609. <p>Contact Us – Animal Care (sbcounty.gov)</p> <p>Bat safety education: protect yourself and prevent rabies – Welcome to San Bernardino County (sbcounty.gov)</p> <p>Environmental Health Services (EHS): (800) 442-2283</p> <ul style="list-style-type: none"> Will be hosting its monthly L.E.A.R.N classes. These are FREE training courses on the Fundamentals of Active Managerial Control and the Centers for Disease Control and Prevention's five risk factors that lead to foodborne illnesses. <p>Register here: Qualtrics Survey Qualtrics Experience Management</p>

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Health Equity – Health Ambassadors (HEQ): Nicolette-Ashley Carlos,
EquityInAction@dph.sbcounty.gov

- 'Power In Health' material review workgroups have been established and meet the second week of the month.
 - Please refer to the following dates:
 - 11/12 *African American Populations.*
 - 11/13 *Latinx Populations.*
 - 11/14 *Native Hawaiian Asian American Pacific Islanders Populations.*
- We invite interested partners that serve our African American, Latinx, and NHAAPI populations to help co-create health education materials for our Power in Health Campaign.
- October 16th is the next Vaccine Equity Workgroup meeting from 2 PM – 3 PM. If you are interested in attending, please fill out the form below:

[Health Equity Mailing List Sign-Up \(office.com\)](#)

COVID-19 Updates: Austin Wells, EquityInAction@dph.sbcounty.gov

- The CDC recommends the COVID-19 vaccine for everyone six months and older.
- An updated formula for the COVID-19 vaccine to fight against the current circulating strains is now available.
- The CDC reports it is safe to receive both the COVID-19 and flu vaccines during the same visit.
- There are free vaccination events hosted throughout San Bernardino County for all SBC residents.

[Staying Up to Date with COVID-19 Vaccines | COVID-19 | CDC](#)

[October-Events-Calendar.pdf](#)

Seasonal Depression and Suicide

Presenter: Alejandro Rodriguez – Department of Behavioral Health,
alejandro.rodriguez@dbh.sbcounty.gov

Suicide & Crisis Lifeline – 988

- The SBC office of Suicide Prevention coordinates countywide and statewide efforts to provide residents with health, safety, and social service support.
- Seasonal Affective Disorder (SAD) is when an individual experiences mood change.
- SAD is a type of depression that follows a seasonal pattern often occurring during the Fall and Winter months due to less daylight.
- In 2021, more than 48,000 people died by suicide.
 - 12.3 million adults have considered suicide, 3.5 million adults have made a suicide plan, and 1.7 million adults have attempted suicide.
- Suicide and suicide behaviors are influenced by negative conditions such as lack of educational opportunities, unemployment, racism, poverty, and/or barriers to be able to access physical and mental health services.
- Suicide is one of the leading causes of death in the United States and is a serious public health problem.
- Suicide Prevention Trainings:
 - **Mental Health First Aid** is an evidence-based early intervention course that is a free one-day training for anyone interested. It helps individuals understand and identify the common signs of mental health and substance use challenges.

- **SafeTALK** is a national program that is a three-hour training where you can learn how to talk to someone who may be experiencing suicidal thoughts to be able to navigate those feelings and bring them to safety.
- **ASIST** is a two-day interactive training that teaches you how to recognize someone who may be at risk of suicide to understand how to speak to them, create a safety plan, get them to safety, and connect them with the correct resources.

[CDC WISQARS - Injury Data Reports](#)

[Urgent Care – DBH Internet Website \(sbcounty.gov\)](#)

CBO Business

Presenter: Kimberly Smith

Conducted a poll to identify the preferred discussion topics for November’s CBO Collaborative Meeting.

1. Children’s Dental Health
2. Heart Health
3. National HIV & AIDS Awareness

Poll Results – November Health Observance Topic: Heart Health

Community Partner Roundtable

- **Climate Health Action Coalition Inland Empire** is hosting a webinar series on November 13th from 12 PM – 1:15 PM. Register : [San Bernardino County Medical Society > News & Events > Events \(sbcms.org\)](#).
- **Institute for Public Strategies** will be facilitating two drop boxes to dispose of unwanted, expired, and unused prescription medications in the city of Redlands and Yucaipa on October 26th from 10 AM – 2 PM.
 - Contact: Carolina Gabaldon (760) 843-7003 ext 146.
- **NAMI** is hosting its annual walk fundraiser and mental health awareness event *I Am NAMI Walks* at Diamond Valley Lake on November 16th at 8 AM. Register Here: [NAMI Walks Inland Empire - Registration Start](#).
- **OneLegacy** will be having their *Health and Wellness Fair - Connecting the Dots* on October 15th from 11:30 AM – 3 PM at San Bernardino Valley College.
- **Reach Out** will be hosting its *Dia de los Muertos Event* on October 19th from 12 PM – 8 PM at Rancho Jurupa Regional Park. Register here: [Dia de los Muertos Jurupa Valley - Reach Out \(we-reachout.org\)](#)
- **The Good Part Perspective** will be having its *Let’s Take Flight* event on October 20th from 2 PM – 4 PM. Register here: [Let’s Take Flight Tickets, Sun, Oct 20, 2024 at 2:00 PM | Eventbrite](#).

**The next meeting will be on
November 5, 2024
9 – 10:30 AM**