



Public Health

**San Bernardino County Community-Based Partner Collaborative**  
**August 06, 2024**

**Purpose**

To enhance outreach and promotion efforts throughout the County by fostering collaborations with community-based partners and trusted messengers.

**San Bernardino County Department of Public Health Updates**

**COVID-19 General Update** – Chelsea Parr, [chelsea.parr@dph.sbcounty.gov](mailto:chelsea.parr@dph.sbcounty.gov)

CDPH - Upcoming Grant Opportunities:

1. Improve Vaccine Confidence for Hard-to-Reach California Communities.
2. Improve Vaccine Confidence via Adolescent Peer-to-Peer Outreach.
3. Improve Vaccine Confidence in Latinx or Immigrant Communities using Community Health Workers.

CDPH: [RFA Grants to Improve Vaccine Confidence \(ca.gov\)](#)

**Health Equity** – Stacey Davis

- Visit our Vaccine Equity Dashboard where we include up-to-date information about vaccination rates.
- The upcoming Vaccine Equity Workgroup meeting is on **August 21**.

Dashboard: [COVID Vaccine Equity – Department of Public Health \(sbcounty.gov\)](#)

**Environmental Health Services** – Marlene Espinoza

- EHS is holding virtual and in-person L.E.A.R.N. classes that discuss foodborne illnesses for general education and anyone who works in the food industry. Available in English and Spanish.
- Mosquito and Vector Control Program
  - Call for inspections to prevent and locate sources of vectors/mosquitos.

L.E.A.R.N. Registration: [Qualtrics Survey | Qualtrics Experience Management](#)

Contact for inspections: <https://ehs.sbcounty.gov/programs/mosquito-and-vector-control/>

Phone Number: (800) 442-2283

**Domestic Violence Awareness Presentation**

**Option House Inc. – Presenter:** Angel Guitierrez

**National Domestic Violence Hotline (800) 799-SAFE (7233)**

**Impacts of Domestic Violence:**

Domestic violence refers to the pattern of abusive behaviors used by one partner to gain power and control over another in an intimate relationship.

- DV includes physical, sexual, emotional/psychological, digital/technological, stalking, and financial control.

- Effects on an individual – Survivor:
  - Physical & emotional consequences.
  - Trauma & long-term mental health impacts.
- Effects on Children:
  - Child development.
  - Long-term effects on a child's well-being.
- Effects on Family & Friends:
  - Strained relationships.
  - Social isolation.
  - Emotional & psychological burdens.

### **Trauma-informed Responses:**

Trauma-informed care principles include safety, trustworthiness, transparency, collaboration, empowerment, and choice and control.

- Strategies for trauma-informed practices are active listening and empathy, cultivating a strengths-based approach, providing resources/referrals, and promoting self-care for individuals and support networks.

### **Identifying Red Flags & Warnings:**

- Indicators include physical signs of injury, isolation, behavior change, constant fear or anxiety around their partner, financial control, attempt to please their partner excessively, change in clothing/appearance, unusual communication patterns, and possessiveness.
- There are cycles of abuse, including tension building, acute phase, and honeymoon phase.
- Resources for support include local helplines, crisis centers, counseling, legal advocacy, and safety planning.

### **Recognizing Patterns & Cycles of Abuse:**

1. Tension-building phase.
2. Acute or violent phase.
3. Honeymoon or reconciliation phase.

### **Resources & Support:**

- Local helpline/Crisis Centers.
- DV shelters and safe houses.
- Counseling and therapy services.
- Legal resources and advocacy organization.

### **Option House - Programs & Services:**

- 24/7 Crisis Hotline **(909) 381-3471**
- Domestic Violence Support Groups are held:
  - Every Tuesday from 11 AM – 12 PM in **Spanish**.
  - Every Wednesday 10 AM – 11 AM in **English**.
- Option to Change – Battery Intervention:
  - Support group for individuals who have engaged in abusive behavior.
  - The goal of the program is to break the cycle of violence by providing guidance, resources, and support to perpetrators.
  - Support groups are held weekly on Tuesdays from 6 PM – 7:30 PM.
- Legal Assistance Services

- CalWORKS Program
- Housing Program
- Emergency Shelter
- Teen Relationship Abuse Prevention Program
- Prevention & Outreach
  - Educational workshops
  - Awareness campaigns
  - Trainings
  - Collaborations & Partnerships
  - Teen Relationship Abuse Prevention Program

## Health Literacy Presentation

### Presenter: Princess Osita-Oleribe

Health literacy is the biggest predictor of health status. 9 out of 10 adults have difficulty using health information that is routinely available.

### What is Health literacy?

- The ability to find, understand, and communicate health information.
- Advance equity in health information and communication.
- A variety of skills beyond reading and writing – including numeracy, listening, speaking and relies on cultural and conceptual knowledge.

### Healthy People 2030 Initiative

- Personal Health Literacy – individuals can find, understand, and use information and services to inform health-related decisions and actions for themselves and others.
- Organizational Health Literacy – organizations equitably enable individuals to find, understand, and use information and services to inform health-related decisions and actions for themselves and others.

[Health Literacy in Healthy People 2030 - Healthy People 2030 | health.gov](https://www.health.gov/health-literacy-in-healthy-people-2030)

### Elements of Literacy:

- Readability
- Numeracy
- Listening
- Speaking
- Comprehension
- Communication
- Critical Thinking and Judgment

### Factors Influencing Health Literacy:

Health literacy impacts the health status of an individual. Some factors that influence this are:

- Socio-economic class
- Education level
- Learning styles
- Exposure
- Interests & practice
- Culture

- Disability

### Considerations for Health Literacy:

Providers should understand the types of:

- Communication and language skills/ability.
- Quality of translation across languages.
- English proficiency does not mean health literacy – technical concepts and terminologies affect individuals who have English proficiency.
- Patients have fears, compliance, and perceived expectations.
- Patients may have more trust in family members as interpreters versus professional interpreters.
- Limitations of technology.

### Resources for Organizational Health Literacy:

[National Action Plan to Improve Health Literacy](https://health.gov/communication/hlactionplan/pdf/Health_Literacy_Action_Plan.pdf)

[https://health.gov/communication/hlactionplan/pdf/Health\\_Literacy\\_Action\\_Plan.pdf](https://health.gov/communication/hlactionplan/pdf/Health_Literacy_Action_Plan.pdf)

[Institute for Healthcare Advancement's Health Literacy Discussion Community](https://www.healthliteracysolutions.org/home)

<https://www.healthliteracysolutions.org/home>

[CDC's Health Literacy Updates](https://tools.cdc.gov/campaignproxyservice/subscriptions.aspx?topic_id=USCDC_501)

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## CBO Business

### Speaker: Kimberly Smith

Provided a poll to receive feedback from community partners to discuss the preferred discussion topics for September's CBO Collaborative Meeting. Choosing from Most to Least preferred:

1. Alzheimer's Awareness
2. Diabetes Awareness
3. Influenza Awareness
4. Lung Cancer Awareness
5. Mouth Cancer Awareness

**Poll Results – November Health Observance Topic:** Diabetes Awareness

## Community Partner Roundtable

- **Morongo Basin Healthcare District** will be hosting their *Community Health and Resource Fair* on October 12<sup>th</sup> from 9 AM – 1 PM. Contact: [Danderson2@mbhdistrict.org](mailto:Danderson2@mbhdistrict.org).
- **Loma Linda University – Community Benefit Office** is assisting with medical debt relief. The assistance is available for any hospital nationwide.
- **The Dairy Council of California** provides nutritional information training and resources to providers and organizations who serve the public, communities, and children. Their most recent educational material targets African Black and Caribbean communities and Hispanic communities. Visit their website to download free resources: [Community Education Materials \(healthyeating.org\)](http://CommunityEducationMaterials(healthyeating.org))

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- **Big Brothers and Big Sisters** is a 1:1 mentorship program that serves schools and community. Contact: [mlara@iebig.org](mailto:mlara@iebig.org)
  - **Inland Counties Legal Services** provides free legal services to low-income residents in San Bernardino and Riverside counties. LGBTQ services to assist with advanced healthcare directives, transgender/ nonbinary Individuals change their name, and gender marker, and obtain identity documents. Visit: [Inland Counties Legal Services, Inc. \(inlandlegal.org\)](http://inlandlegal.org)

**The next meeting will be on**

**September 10, 2024**

(We are moving this meeting to the **2<sup>nd</sup> Tuesday of September** due to Labor Day Weekend)