



San Bernardino County Community-Based Partner Collaborative

September 10, 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

Air Quality Management District - Fire Line Update: Daniel Wong, dwong@aqmd.gov

- Wildfire handouts were shared regarding safety information about remaining indoors or outdoors.
- If you can smell the fire and ash, staying indoors and avoiding vigorous physical activity is recommended.
- Wear masks when outdoors to help filter potential smoke inhalation.
- Avoid using swamp coolers as they bring in air from the outside, instead utilize air conditioning.

[Wildfire Health Information & Smoke Tips \(aqmd.gov\)](http://aqmd.gov)

[South Coast AQMD Mobile App](#)

[Line Fire – Preparedness Starts Here \(sbcounty.gov\)](http://sbcounty.gov)

[Check Outage Status \(sce.com\)](http://sce.com)

Preparedness & Response: Ashley Congjuico, PRP@dph.sbcounty.gov

- Level 3 (lowest), providing resources to support the activation response activities. The mission has expanded from 7 to 1900 hours (7 AM to 7 PM).
- PRP is supporting animal care, environmental health, and public information needs on behalf of Public Health.
- The Emergency Operations Center has been activated to level 1 (highest) managing multiple emergencies.
- PRP is supporting the animal care shelter at Jesse Turner and Victorville Fairgrounds as the secondary shelter. As well as assisting Lucerne Valley with water distribution.
- EOC has a donation management center and volunteer group activated.

What are the needs of the community?

[H.O.P.E. – San Bernardino County Sheriff's Department \(sbcounty.gov\)](http://sbcounty.gov)

[Remote Onsite Service Delivery \(sbcounty.gov\)](http://sbcounty.gov)

[Extreme Heat Information and Resources – Department of Public Health \(sbcounty.gov\)](http://sbcounty.gov)

Community Vital Signs Update: Tab Okonkwo, Tab.Okonkwo@dph.sbcounty.gov

- 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.
- If you feel you align with any of these strategies, CVS is conducting its third implementation meeting on October 1st. We encourage you to join this collective impact on our SBC communities.

Diabetes Awareness

Presenter: Denisse Cano, de.cano@chsica.org

[Diabetes Awareness Sept. Presentation - Presentation \(canva.com\)](#)

- Diabetes is a chronic condition that affects how the body processes blood sugar (glucose).
- There are three types of diabetes: Type 1, Type 2, and Gestational Diabetes.
- **Type 1** is diagnosed at a young age and is also known as juvenile diabetes. This is an autoimmune disease condition where the body attacks insulin-producing cells in the pancreas leading to little or no insulin production.
- **Type 2** is a condition where the body becomes resistant to insulin and no longer develops carbohydrate cells. This is often linked to lifestyle factors and genetics.
- **Gestational diabetes** occurs during pregnancy when the body cannot produce insulin.
 - Gestational diabetes can affect the fetus during development or labor. GD typically resolves after childbirth but increases the risk of Type 2 diabetes later.
- Risk factors: family history, genetics, age, obesity, lifestyle, high blood pressure, high cholesterol, and ethnicity.
- Early symptoms: urinating often, increased thirst and hunger, extreme fatigue, blurry vision, cuts/bruises that are slow to heal, weight loss, tingling, pain, or numbness in the hands/feet.
- Managing diabetes includes monitoring blood sugar levels regularly, following a balanced diet, engaging in regular physical activity, taking medication as prescribed, managing stress, and regular medical check-ups.

[Call 211 for Essential Community Services | United Way 211](#)

[Diabetes Research, Education, Advocacy | ADA](#)

abstracts@diabetes.org

[Home - Community Health Systems, Inc. \(chsica.org\)](http://chsica.org)

Dignity Health Hospital – Mental Health Resource

Presenter: Marissa Duran, Marissa.duran@commonspirit.org

- Mental Health Crisis – 1 in 5 U.S. adults experience mental illness each year.
- 1 in 20 U.S. adults experience serious mental illness each year.
- 1 in 6 ages 6-17 experience mental health disorders each year.
- Suicide is the 2nd leading cause of death among ages 10-14.

- 21.1% of unhoused individuals have a serious mental health condition.
- 1 in 15 adults experienced substance use and mental illness.

San Fernando Valley Community Healing Project

- Focus on bringing mental health and suicide prevention awareness by offering free training in Spanish and English available both virtual and in-person.
- Seeking agencies such as first responders, clinical, and non-clinical personnel, veterans, schools, and community organizations that support adults and youth who would benefit from learning to recognize the signs and symptoms of a mental health crisis.
- **Mental Health First Aid:** Learn how to respond to a mental health crisis, acknowledge the signs and symptoms, de-escalate situations, and connect the individual with the appropriate resource.
- **Question, Persuade, and Refer (QPR):** Learn to recognize the signs of suicide, initiate conversation and offer hope, how connect individuals for help and resources, and respond to someone who is at risk for suicide.

[San Fernando Valley Community Healing Project: Training Interest Form Survey \(surveymonkey.com\)](#)

Community Partner Roundtable

- **Indian Health** will be hosting two talking circles on September 12th from 10 AM – 12 PM and another one in the High Desert on September 26th from 10 AM – 12 PM.
- **Healthy Fontana** will be having their *Community Walk* on September 14th at 8 AM at Central City Park followed by their *Garden Workshop* at 9 AM, they will also be having their last *Food Distribution* event on September 25th from 1 – 1:30 PM (or until supplies last) at Loveland Church in Fontana.
- **Children’s Network** will be hosting its annual conference at the DoubleTree Hotel in Ontario on September 18th if you are interested in attending or being a vendor contact: Denise.McKinney@hss.sbcounty.gov or Hillary.steenon-ray@hss.sbcounty.gov.
- **Healthy Heritage** will be at the *Homegrown Heroes Exhibit* on September 26th from 5:30 PM – 8:00 PM.
- **Inland Caregiver Resource Center** will be hosting its *Family and Friends Day* on September 28th from 10 AM – 12 PM.
- **San Bernardino Valley College** will be hosting its *Health, Wellness & Education Resource Fair* on October 12th if interested in being a vendor register here: [Vendor Registration - Health, Wellness & Education Resource Fair, October 12, 2024, San Bernardino Valley College, 701 Mt Vernon Ave, San Bernardino 92410 \(google.com\)](#).
- **Riverside County Health Coalition** is having its next meeting on October 16th [RUHS-PH Health Equity Contact Request \(office.com\)](#).
- **Dignity Community Hospital of San Bernardino** will be having its *Trunk or Treat Event* on October 18th from 5 PM – 7 PM. Register here: [Vendor Registration Form \(google.com\)](#).
- **Reach Out** will be hosting their *Dia de Los Muertos* event on October 19th from 12 PM – 8 PM, they will also be having a community resource fair on October 25th contact: Monica.gaytan@we-reachout.org, (951) 544-2751.

- **Community Health Systems – Bloomington Community Health Center** will be hosting its *Day of Giving Event* on November 22nd from 2 PM – 4 PM. Contact: Fatima Sierra, Fsierr@chsica.org, (951) 713-3925.
- **Environmental Health Services** provides Mosquito and Vector inspections: <https://ehs.sbcounty.gov/programs/mosquito-and-vector-control/>. EHS will also be having their free L.E.A.R.N Classes, if interested register here: [Qualtrics Survey | Qualtrics Experience Management](#).
- **Centro Del Inmigrante** will be at Rubidoux Swap Meet providing resources on immigration, citizenship, and registering voters. Contact: Javier@centrodelinmigrante.org (626) 272-6993.
- **Walnut Tribe Support Group** highlights September being prostate cancer awareness month, they host support group meetings every first Wednesday of the month: (1) Riverside - The Pink Ribbon Place, (2) Rialto – Greater Faith Bible Church. Contact: Millertyme2@hotmail.com (909) 637-0384.
- **Chasing 7 Dreams** will be hosting their *Pamper My Baby* workshops for September and October. Register here: [Pamper My Baby Registration – Chasing 7 Dreams](#).

The next meeting will be on.

October 1, 2024