



## Public Health Health Equity

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### CBO Collaborative Meeting Summary Sharon Wang, DO, MSHPE, FIDSA Health Officer

April 01, 2025

Purpose
To enhance outreach and promotion efforts across the County by fostering collaboration with community-based partners and trusted messengers.
San Bernardino County, Department of Public Health - Program Updates
<b>Friday Night Live (FNL):</b> Gloria Mladovich, <a href="mailto:Gloria.Mladovich@dph.sbcounty.gov">Gloria.Mladovich@dph.sbcounty.gov</a> <ul style="list-style-type: none"><li><b>Friday Night Live (FNL)</b> is a youth-led substance use prevention program that empowers through leadership development and community involvement. FNL provides recurring group activities within school-based clubs, non-profits and youth-centered spaces within SB County.</li><li><b>Chapters</b> include: 3 FNL Kids Chapters (elementary level), 4 Club Live Chapters (middle school level), 18 Friday Night Live Chapters (high school level)</li></ul> <b>FNL will be hosting its 2nd Annual Social Emotional Learning Conference on September 13th</b> , from <b>10:00 AM to 5:00 PM</b> at the <b>University of Redlands</b> . FNL is seeking vendors that offer the following resources to youth: substance use prevention, mental health, low-cost health and wellness services, employment, advocacy and education.
<b>Perinatal Equity Initiative (PEI):</b> Elizabeth Amezcua, <a href="mailto:Elizabeth.Amezcua@dph.sbcounty.gov">Elizabeth.Amezcua@dph.sbcounty.gov</a> <ul style="list-style-type: none"><li>Building off of the Black Infant Health (BIH) program, the <b>Perinatal Equity Initiative (PEI)</b> aims to provide BIH participants with free engaging interventions to help reduce Black infant mortality in the county.</li><li>Black infant mortality rates in San Bernardino County are three to four times higher than the state average, highlighting a critical health disparity.</li><li><b>PEI will be hosting the Inland Empire Perinatal Equity Provider Summit</b>, a two-day event starting <b>April 10th</b>, focusing on perinatal substance use disorder. Bringing together medical providers, nurses, doulas, mental health professionals, policymakers, and advocates who serve Black pregnant mothers in the county.</li></ul>
<b>Animal Care (AC):</b> Briana Garcia, <a href="mailto:Briana.Garcia@dph.sbcounty.gov">Briana.Garcia@dph.sbcounty.gov</a> <ul style="list-style-type: none"><li><b>Free Pet Wellness Event for Unincorporated San Bernardino County Residents!</b><ul style="list-style-type: none"><li><b>April 7th</b> at the <b>Devore Animal Shelter</b> from <b>12:00 PM to 5:00 PM</b></li></ul></li></ul>

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## Behavioral Health Awareness – San Bernardino County, Department of Behavioral Health

**Presenter:** Maribel Gutierrez, [Maribel.Gutierrez@dbh.sbcounty.gov](mailto:Maribel.Gutierrez@dbh.sbcounty.gov)

- **The Department of Behavioral Health (DBH)** provides behavioral health and substance use disorder services for San Bernardino County residents across all age groups.
- There are 10 community mental health clinics throughout San Bernardino County offering psychiatric care, therapy, and a wide range of supportive services for residents.
- **Centralized Hospital Aftercare Services** offer specialized programs to support individuals transitioning out of long-term hospital stays, including those in state hospitals or detention facilities.
- **The Recovery-Based Engagement and Support Teams (RBEST)** offer community-based outreach, case management, and family education to support adults with untreated mental illness. Referrals come from individuals, families, or first responders.
  - DBH's **Substance Use Disorder (SUD) services** include screening and assessment, withdrawal management, intensive outpatient treatment, residential treatment, medication-assisted treatment (MAT), and aftercare planning.
  - In partnership with Public Health, DBH is actively addressing the opioid and fentanyl crisis through community education campaigns that include Free Narcan (naloxone) distribution and training, fentanyl test strips, and drug destruction pouches.
  - Narcan is provided free of cost at DBH outpatient clinics and clubhouses or online through DBH's website.
- The **Crisis Stabilization Units (CSUs)**: Urgent mental health centers for individuals of all ages. Services are voluntary and may include crisis intervention, crisis risk assessments, medications, and when necessary, evaluations for hospitalization. Open 24 hours a day, 365 days a year, including holidays.
- **Crisis Residential Treatment** for adults (ages 18–59) offer short-term crisis residential treatment in home-like settings. Individuals can stay for up to 90 days to stabilize and receive support before reintegrating into the community.

**Locations:** Wellsprings, Desert Hill, Casa Paseo, Morongo
- **Community Crisis Response Services** includes:
  - Community Response Teams (CRT): Field-based teams who respond to psychiatric crises.
  - Triage Engagement and Support Teams: Co-located with law enforcement and first responders to help divert mental health crisis calls from police and ensure appropriate care.
  - COAST Teams (Community Outreach and Support Teams): Provide direct community support and engagement through the Department of Behavioral Health.
- **Peer-Run Clubhouses for Adults in Recovery, the Clubhouses** designed for adults 18 and older seeking support. Available to anyone in recovery or ready to engage in recovery support regardless of county residency. **Spike's Clubhouse in Needles.**
- **Prevention & Early Intervention Services (PEI)**, funded through the **Mental Health Services Act (MHSA)**, offers 14 PEI programs.

## What Is a Doula? – Love Your Best Life

**Presenter:** Dr. Priya Kalyan-Masih, [Priya@loveyourbestlifellc.com](mailto:Priya@loveyourbestlifellc.com)

- The role of a Doula focuses on *Waist Up instead of Waist Down*; by providing prenatal education, guiding breathing exercises, and teaching partners how to support their loved ones during labor –“*Waist Up*”. Postpartum, doulas assist with lactation support and the overall transition to parenthood. Doulas do **not** deliver babies—that responsibility falls under the “*Waist Down*” care provided by OB-GYNs and midwives.
- There are several types of doulas, each offering unique support.
  - **Birth doulas** assist throughout pregnancy and labor, postpartum doulas focus on care after birth.
  - **Bereavement doulas** provide support during pregnancy loss, including stillbirth, miscarriage, and abortion helping individuals and families process grief, offering emotional and practical care.
  - **Death doulas**, support families with loved ones in hospice or end-of-life care offering comfort, guidance, and presence as they navigate the emotional journey of saying goodbye.
- Doula support can lead to significantly improved maternal and infant health outcomes. These include a reduced rate of cesarean deliveries, a lower incidence of preterm labor, and improved outcomes related to postpartum anxiety, depression, and breastfeeding success.
- California sees approximately 400,000 births each year within that, the maternal mortality rate among Black mothers stands out significantly at 47.3%—the highest among all racial groups—followed by Hispanic, Asian, and white populations.
- In San Bernardino County, the maternal mortality rate is about 21.6%. With roughly 27,000 births annually in the county, this localized data reflects the broader state-level concerns. Within our county, the high desert region reports an infant mortality rate of 6.6%, the highest in the county with Barstow identified as a potential hotspot. Geographic isolation and limited infrastructure within these regions contribute to poor maternal nutrition and pre-term birth.
- The Latinx population accounts for the majority of births at 57.1%. There’s a major gap in culturally competent care: very few doulas in San Bernardino and Riverside Counties speak Spanish, making this less accessible to Spanish-speaking families.
- **Sudden Infant Death Syndrome (SIDS)** remains a major concern in San Bernardino County, highlighting the need for greater education, support, and preventative resources in early infancy.
- As of January 1, 2023, the Medi-Cal medical doula benefit offers continuous doula support from prenatal care through the baby's first year.
- The [Doula-Services-Members](#) directory lists all doulas enrolled with Medi-Cal by county, detailing their skill sets and spoken language.
- Victor Valley College is offering a 24-hour doula certification training on April 12th, 13th, and 26th. Participants will receive certification that fulfills the training requirements for becoming a medical doula. The course will also cover additional requirements, such as obtaining a business license to operate as a medical doula business owner. To register, visit

[Victor Valley College - Doula Certification Training](#)

## CBO Business

**Speaker:** Karen Rodriguez, [EquityInAction@dph.sbcounty.gov](mailto:EquityInAction@dph.sbcounty.gov)

### May Learning Topic Poll:

1. Alzheimer's and Brain Awareness Month
2. Men's Health Month
3. PTSD Awareness

### Poll Results – PTSD Awareness

We encourage you to fill out the survey—All feedback will support us to better support our community. [CBO Collaborative Feedback](#)

## Community Partner Roundtable

See shared flyers here: [CBO April Roundtable](#).

- **The Inland Southern California Climate Collaborative** is hosting an Earth Month event on April 21st. Featured speaker Professor Francesca Hopkins, lead researcher for the 5th Climate Assessment for the Inland Deserts Region. Contact: [Ajackson@ucr.edu](mailto:Ajackson@ucr.edu)  
Sign up here: [Shaping a Resilient Future: Climate Insights for California's Inland Desert Tickets, Mon, Apr 21, 2025 at 3:00 PM | Eventbrite](#)
- **Wellness Ranch** is launching a new Neurodivergent Group that will meet every Tuesday, start date TBD. The ranch offers a unique combination of equine therapy alongside mental health therapy, using their horses, pigs, goats, and chickens to provide a healing environment. Website: [Wellness Ranch Equine Assisted Therapy | Mental Health Therapy](#)
- **Institute for Public Strategies**, *DEA National Rx Take Back Day* in Redlands and Yucaipa, April 26<sup>th</sup> from 10 AM – 2 PM, Contact: [Rramos@publicstrategies.org](mailto:Rramos@publicstrategies.org)
- **Active Inland Empire**, *Active Nights Breathe Event* starting April 16<sup>th</sup>. Register here: [SweatPals - Whatever your ability, this is your community](#)
- **ROWI Teen & Parent Wellness Centers** - A primary mental health program offering Partial Hospitalization & Intensive Outpatient services for teens 12 – 17. Contact: Jennifer Chapa Outreach Manager, [jchapa@rowiteen.com](mailto:jchapa@rowiteen.com) | Website: [www.rowiteen.com](http://www.rowiteen.com)
- **ModifyHealth** Contact: [Ava.froble@modifyhealth.com](mailto:Ava.froble@modifyhealth.com)
- **The Native Development Network**, Register here: [Meet the Grantmakers - Online!](#)
- **Community Hospital San Bernardino** is offering free health and wellness classes to the community this April. Nutrition Class on April 22nd from 6:00–7:00 PM and Heart Failure Class on April 24th from 6:00–7:00 PM.

The next meeting will be on

**May 6th**

**9 AM – 10:30 AM**

Via Zoom: [CBO Collaborative Meeting Link - Zoom](#)