



San Bernardino County Community-Based Partner Collaborative

March 5, 2024

Purpose

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

Public Health Officer Update

Presenter: Dr. Michael Sequeira

COVID-19

- COVID-19 incident rates are going down, however based on wastewater surveillance the JN.1 subvariant has high level presence in the community.
- The CDC has updated their isolation and quarantine guidance, it is now the same as CDPH. Anyone experiencing symptoms of COVID-19 such as cough, fever, achiness, etc. should stay home and test for COVID.
- If positive, stay home until symptoms have improved and there is no fever for 24 hours. Wear a mask around others for 5 days afterwards. Avoid contact and wear a mask for 5 days around those who are disabled, immunocompromised or elderly. Please see the *COVID-19 General Update* section below for the complete isolation and quarantine guidance.
- If negative, there is no requirement to isolate. Wear a mask around others and avoid contact with those who are at risk of severe infection from COVID-19.

Mental Health

- Long COVID is the condition for the lingering symptoms experienced from a COVID-19 that persist after three months of initial infection. A study showed that brain fog, a symptom of Long COVID, significantly affects the brain. It is a combination of residual infection, inflammation, and some seeding of COVID particles within the brain itself, which has shown to accelerate Alzheimer's disease in older people.
- Inflammation is an underlying factor to depression, and it feeds into the anxiety and mental health issues post pandemic.
- COVID-19 vaccine does help prevent Long COVID. Staying up to date on COVID-19 vaccines reduces chances of developing Long COVID-19.
- There is an increased rate of anxiety, depression, and teen suicide.
- The first two months of this year had a quadrupling death rate in teen suicide, especially in the following populations: African American, Latinx, Native Hawaiian, and Pacific Islanders.
- Multiple studies show that drug abuse and alcoholism are diseases. Instead of shaming or stigmatizing people we need to treat these issues as diseases and get them into treatment to detox and rehab.

San Bernardino County Department of Public Health Updates

COVID-19 General Update

- COVID-19 is not over, the JN.1 strain is responsible for 97% of all the circulating variants and continues to infect people at a rapid rate.
- Chelsea Parr from COVID-19 Response provided an update regarding the eligibility for getting vaccinated with the Mobile Vaccine Team. The Mobile Vaccine Team will continue to provide free COVID-19 and Flu vaccines to all those who live, work, or go to school in San Bernardino County.
- CDC has updated the COVID-19 vaccine timeline for those 65+ years old. All those 65+ years or older are now recommended to receive an additional dose for additional protection, please refer to <https://eziz.org/assets/docs/COVID19/IMM-1396.pdf> for the latest COVID-19 vaccine schedule.
- Please visit [COVID-19 Isolation Guidance \(ca.gov\)](#) for the latest COVID-19 Guidance.
- For general information about COVID-19 and related resources, check out our main page. Our COVID-19 ArcGIS dashboard is updated once a month:
 - [SBCOVID-19 – San Bernardino County Covid-19 Response \(sbccovid19.com\)](#)
 - [Vaccinations | COVID-19 Dashboard Hub \(arcgis.com\)](#)

Health Equity Update

- The COVID-19 vaccine rate remains low among children (ages 6 months to 5 years old) in San Bernardino County.
- The COVID-19 Vaccine Equity workgroup is looking to invite those who know of the concerns and hesitations surrounding the COVID-19 vaccine to join the monthly meeting that occurs every first Wednesday of the month from 2-3pm. Both community members and partners are invited to join, please email to communityevents@dph.sbcounty.gov be added to the email list.
- The Vaccine Equity Dashboard is now live! Please visit <https://covid19-sbcph.hub.arcgis.com/> to get up-to-date data on vaccine distribution within the county.
- A preview of the Health Ambassador website was presented during the meeting showing partners where they can contact the Ambassadors, get resources, and check for the latest community events. While the [Health Ambassador website](#) is currently active, please stay tuned for the website revamp!

Health Awareness Month - Suicide Prevention

Presenter: Sonia Navarro, (909) 252-4067 DBH-OSP@dbh.sbcounty.gov

- **TRIGGER WARNING:** The presentation topic discussed the sensitive topic of suicide. Some may find the information presented distressing. If assistance is needed, please call 988.
- Sonia is a Program Manager with the Prevention and Early Intervention Program at the Department of Behavioral Health.
- Sonia presented on the background, current efforts, and services provided by the Office of Suicide Prevention.
- Disparities in suicide exist and present a problem for Public Health, addressing these disparities can help prevent suicide. San Bernardino County's suicide rates are similar to California yet lower than the national rate. In 2021, there were 236 suicides in San Bernardino County with 1,850 emergency room visits and 958 hospitalizations due to self-harm.
- The Office of Suicide Prevention came to be as a part of the Prevention and Early Intervention component of the [Mental Health Services Act Three-Year Integration Plan](#).
- The Office of Suicide Prevention website provides information about the program's training offerings, helplines, and resources please visit <https://wp.sbcounty.gov/dbh/osp/>.
- For questions about the Office of Suicide Prevention please contact Sonia Navarro at the contact information above.

Community Partner Roundtable

- Healthy Heritage is hosting their first cohort of the year for their Broken Crayons Still Color Project on March 26th. The project is an 8-week program tailored for African American women to learn about strategies to prevent, detect, and intervene with multiple mental health disorders and substance abuse. Email Roshanda Onyiah for more information: ronyiah@healthyheritage.org.
- Rolling Start in collaboration with IEHP has a program that does home modifications for consumers with disabilities. They are seeking additional partners who could provide funds so the program can continue providing home modifications and services. Those who are interested should contact Delia Lopez dlopez@rollingstart.com.
- Inland SoCal United Way has launched their Guaranteed Income Pilot Program where eligible pregnant and foster youth can receive financial assistance. Please refer to <https://inlandsocaluw.org/guaranteed-income> for details.
- The Walnut Tribe Support Group will be hosting their first in-person meeting on March 6th at the Pink Ribbon Place in Riverside Community Health Foundation from 6-8pm. Anyone interested is welcome to join. Contact James N. Miller at (909) 837-0384 for more information.
- Planned Parenthood of Orange and San Bernardino County had their quarter meeting on March 6th, event flyer was emailed prior. For questions, please contact Alexis Claiborne alexis.claiborne@pposbc.org.

*Event flyers and material share-out have been sent out already.

**Next meeting will be on
April 2, 2024**