For the past few months, Tuolumne County Behavioral Health (TCBH) staff gathered on numerous occasions during their breaks and lunch hours in the TCBH Conference Room and the Enrichment Center to help prepare for the agency’s float in the 63rd Mother Lode Round-Up Parade on Saturday, May 7th 2022, in downtown Sonora. TCBH’s float featured a mental health awareness theme to help raise awareness and reduce stigma as well as increase community engagement. Staff and volunteers were working until an hour or so before the parade to help with decorations and the final construction of the float. Some staff were dressed as the “BH Inflatables” and handed out mental health awareness bracelets, lime green necklaces and resource cards to community members during the parade.
July celebrates and honors:

- Minority Mental Health Awareness Month
- National Cell Phone Courtesy Month
- July 9-10: Martyrdom of the BAB Baha’i Observance of the anniversary of the execution of Siyyid Ali-Muhammad, the Bab, prophet-herald of the Baha’i Faith by firing squad in Tabriz, Persia.
- July 11 - World Population Day. Founded in 1987 when the world’s population reached 5 billion people, to raise awareness of global population issues.
- July 13 is Asala–Dharma Day, celebrates the anniversary of the start of the Buddha’s teaching.
- July 18 - Nelson Mandela International Day, launched in recognition of Nelson Mandela’s birthday on July 18, 2009 via unanimous decision of the UN General Assembly. It was inspired by a call Nelson Mandela made a year earlier, for the next generation to take on the burden of leadership in addressing the world’s social injustices when he said that, “it is in your hands now.” It is a global movement to honor his life’s work and act to change the world for the better.
- July 24 is Pioneer Day, observed by the Mormons to commemorate the arrival in 1847 of the first Latter Day Saints pioneer in Salt Lake Valley.
- July 24 - Parents Day. To recognize & honor the contributions parents make to families and communities.
- July 27 - National Korean War Veterans Armistice Day. Commemorates more than 37,000 U.S. service personnel who lost their lives during the Korean War.
- July 30 - World Day against Trafficking Persons, Declared in 2013 to raise awareness of the issue of human trafficking.

1 in 4 Americans suffers from a diagnosable mental disorder. Minority populations are less likely to receive diagnosis for their behavioral health issues and have less access to mental health services.
Tuolumne County Behavioral Health
Substance Use Disorder
Perinatal Treatment Program

ARE DRUGS OR ALCOHOL STEALING YOUR
LIFE OR AFFECTING THE LIVES OF YOUR
FAMILY OR OTHERS?

PLEASE LET US HELP! CALL (209) 533-6245
FOR MORE INFORMATION.

All services are completely confidential under CFR Title 42.

WE CAN HELP. CALL FOR TREATMENT TODAY!

Tuolumne County Behavioral Health
provides specialized alcohol and
drug treatment for pregnant and/or
parenting women. Priority will be
given to pregnant women who are
intravenous substance users.

Preference for admission to substance abuse treatment and
recovery programs is given in the following order:

- If you are a woman who is pregnant and using needles
- You are pregnant and are addicted to or abuse alcohol
  or drugs
- Anyone using needles for IV drug use.
- For anyone with a drug and alcohol problem, we are
  here to provide you treatment.

Available services may include:

- Transportation to or from treatment
- Childcare while attending group or appts.
- Parenting Groups
- Recovery Skills
- Case Management

PLEASE CALL TUOLUMNE COUNTY BEHAVIORAL HEALTH AT
(209) 533-6245 FOR MORE INFORMATION.
PEI Older Adult Counseling Program

What is the Older Adult Counseling Program?
Our program provides mental health and wellness services to meet the unique needs of 55 years and older adults in Tuolumne County.

Our Services Include:

Individual Counseling
We provide short-term counseling services
With a counselor on a regular basis.

Couples Counseling
Provides the opportunity for both individuals
To work through their struggles together.

Group Counseling
Support groups represent a space where older adults can share the challenges of growing older, learn about resources and work together to find new ways to thrive.

Educational Presentations
These presentations provide us with the opportunity to equip ourselves with tools for strong mental health awareness.

Contact Us
If you or someone you know may be interested in our Wellness Program, reach out to us and we’ll happily answer your questions.

Mother Lode Office of Catholic Charities
88 Bradford Street Sonora, CA 95370
Counseling Services: 209-396-6953

Catholic Charities
of the Diocese of Stockton
Help for Today...Hope for Tomorrow
**Ingredients:**
- 2 pounds Marketside Antibiotic Free Boneless Skinless Chicken Thighs
- 1 cup teriyaki sauce, homemade or store-bought
- 1 1/2 Tablespoons canola oil
- Kosher salt and freshly ground black pepper, to taste
- 1 head Romaine, roughly chopped
- 2 cups shredded red cabbage
- 1 1/2 cups julienned carrots
- 3/4 cup crunchy chow mein noodles
- 1 (11 ounce) can mandarin oranges, drained
- 1/2 cup roasted cashews
- 1/2 cup chopped fresh cilantro leaves
- 4 green onions, thinly sliced

**For the Peanut Dressing**
- 5 Tablespoons peanut butter
- 2 Tablespoons reduced sodium soy sauce
- 1 2/3 Tablespoons rice wine vinegar
- 1 Tablespoon brown sugar
- 1 clove garlic, minced

**Directions:**
1. In a small bowl, whisk together peanut butter, soy sauce, rice wine vinegar, brown sugar, garlic, and 1/4 cup warm water until smooth. Place in the refrigerator until ready to serve.
2. In a gallon size Ziploc bag or large bowl, combine chicken and teriyaki sauce; marinate for at least two hours to overnight, turning the bag occasionally. Drain the chicken from the marinade.
3. Preheat the grill to medium heat.
4. Brush with canola oil; season with salt and pepper, to taste. Add chicken to grill, and cook, turning occasionally, until chicken is cooked through, reaching an internal temperature of 165 degrees F, about 10 minutes.
5. To assemble the salad, place romaine lettuce in a large bowl; top with chicken, cabbage, carrots, chow mein noodles, mandarin oranges, cashews, cilantro and green onions. Pour peanut dressing on top of the salad and gently toss to combine.

Source: https://damndelicious.net/2018/08/10/asian-chicken-salad/

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**TCBH In the Spotlight**

Joe Shaw has been a Staff Services Analyst with the Quality Improvement team at Tuolumne County Behavioral Health (TCBH) since January 2022. He went to school in Modesto from elementary school through junior college. Then Joe went to the University of California Davis for college and received his bachelor’s of science in computer science.

When asked what he loves most about his job at TCBH, he replied “I love that I get to make a difference for both clients and the staff that work here by doing tasks that I both enjoy and do well at. I also love the work culture and the positivity that everyone brings.”

“Currently my favorite vacation spot is Pismo Beach. I love the beach and I love riding ATVs in the dunes there. I unfortunately do not have any pets, but I wouldn’t mind getting a dog or a cat one day! A fun fact about me is that in addition to my computer science degree, I also received a minor in Japanese; which I can still speak a little bit of. Also on that note, I am a huge fan of Vocaloid music, which is music made using vocals from a sound bank in a computer application, of which most are Japanese vocalists that record for them.”

**Job Title:** Staff Services Analyst

**Favorite Hobbies:** Playing video games, watching anime with friends, and bowling
When something is going on with your child, it can be hard to get the full picture. Your student assistance professional is there to help you develop one.

Student assistance professionals are there to provide the support you need. They will work with you, your child, and your child's teachers to develop a complete picture of what's going on and engage resources to help.

www.underagedrinking.samhsa.gov

#TalkTheyHearYou
Heat can escalate quickly.

Warm temperatures can quickly become dangerous. Heat is one of the most deadly weather hazards — don’t underestimate it.

1. Don’t take your pet along to fireworks displays. They’ll be more safe and happy in the security of their home.
2. Prepare a safe “den” for your pet. If they choose to hide under the bed or somewhere else in the house, allow them to.
3. Feed your pet before displays begin and keep a special chew or treat on hand as a distraction from flashes and noise.
4. Be sure your dog is tagged or micro chipped in case he or she gets loose and runs away.
5. Turn on the TV and play music to help drown out outside noises.
6. Employ products that help alleviate anxiety—ask your vet about options if your pet’s anxiety is severe.
7. Try not to reward anxiety with extra attention. It may be hard not to cuddle or fawn over your pet when he or she is scared, but do your best to ignore anxious behavior or practice distraction techniques to turn their focus away from commotion.
Los Promotores de Salud

ATCAA
(Amador-Tuolumne Community Action Agency)

Los promotores de salud es un programa de "persona a persona" que utiliza educadores que hablan español, o promotoras, para ayudar la comunidad Hispana. Las promotoras realizan presentaciones educativas y actividades comunitarias sobre temas de la salud mental a grupos hispanos y latinos dentro de la comunidad. Las promotoras también ayudan a miembros de la comunidad Latina a conectar a los recursos locales y tener acceso a servicios de la salud mental.

Para obtener más información acerca de nuestros servicios y las próximas presentaciones, o si quiere referir a un amigo o familiar, por favor llame a Maria Garcia al (209) 984-1617.

Financiado en parte por Tuolumne County Behavioral Health y the Mental Health Services Act.
Los Promotores de Salud

ATCAA
(Amador-Tuolumne Community Action Agency)

The Promoters of Health is a volunteer peer program that uses Spanish speaking educators, or promoters, to assist the Hispanic community in Tuolumne County. These promoters give educational presentations and perform outreach activities on behavioral health topics to individuals and groups within the Hispanic/Latino community. The promoters also help connect members of the Hispanic community to local resources and assist with access to behavioral health services and emotional support within the community.

If you are interested in learning more about our program or would like to refer a friend or family, please call Maria Garcia at (209) 984-1617.

Funded in part by Tuolumne County Behavioral Health and the Mental Health Services Act.