Community Cultural Collaborative Shifts to In-Person

By Michelle Carlson
Program Specialist

The Community Cultural Collaborative (CCC) is “taking it to the streets” literally. In recognition of the Mental Health Awareness month in May, the CCC meeting members will set out to hang lime green ribbon on the posts downtown. This will be the first “in person” meeting of the CCC in quite some time. Spring has sprung and the CCC is ready to meet in person. We will meet at the park on Tuesday, May 17, 2022 at 1 p.m. to get out for service. Feel free to join us if you are out and about! The CCC is a meeting where race, ethnicity, gender identity, sexual orientation, and health equity are See CCC … page 6

Journaling Helps Me Fight Mental Health Self-Stigma

By Juliet Jack
HealthyPlace

Journaling is not only one way I fight mental health self-stigma and is, fortunately, becoming increasingly popular in today’s world. Used as a method for releasing negativity, spurring creativity, and everything in between, journaling can create a safe space for many people who practice it. I utilize journaling as a way to reel my thoughts in and put them into perspective. It can be easy to become overwhelmed with all the thoughts swirling in our heads, and for me, putting pen to paper serves as somewhat of an escape from this spiraling way of thinking. Journaling can provide many benefits, specifically in combatting the mental health stigma that accompanies the current reality of our world, thus I urge you: Pick up the pen.

What Experts Have to Say About the Benefits of Journaling

The jury is in! Journaling can indeed present many benefits to our mental health. In “Why Everyone Should Keep a Journal-7 Surprising Benefits”, it is stated that journaling can help us: “Achieve goals, track progress and growth, gain self-confidence and reduce stress and anxiety”.

There are many different ways to journal. It is important to explore different styles to discover what works best for you. If you are just starting, it may be helpful to hear See Journaling … page 4
Equipment Needed:
- Stand mixer
- Spring-form pan, 7-inch
- Pastry bag
- Large star tip, to pipe frosting
- Bowls
- Spatulas
- Parchment paper
- Lime-colored sprinkle mix

Ingredients:
- 1 sleeve of graham crackers
- 1 Tablespoon of sugar
- 3/4 of a stick of butter, melted

For the Cheesecake:
- 3 8-ounce packages of cream cheese, softened
- 1/2 cup of Nellie and Joe’s Key Lime Juice
- 1 can of Eagle Brand Sweetened Condensed milk
- 1 cup of powdered sugar
- 1 small packet of cheesecake flavor instant pudding
- 1/4 cup of milk
- Lime colored food coloring gel
- Green food coloring gel

To Garnish:
- 5-6 key limes, if available, OR 5-6 regular limes
- 1 cup of sugar – placed in a shallow dish

Frosting:
- 1 Can of prepared frosting—to pipe
- Lime colored sprinkle mix, sprinkles of choice

Instructions:
1. First, line a 7-inch Spring-form pan with parchment paper, and set it aside. In the blender or food processor, place the graham crackers and sugar, and blend until coarse crumbs form. Pour crumbs into a bowl, and pour melted butter on crumbs. Stir well into a spring-form pan, and press evenly to form the crust. Place pan in the freezer.

2. Slice 2 or 3 limes in thin slices, and lay slices on paper towels for a few minutes, to drain excess juice. Remove crust from the freezer, and place a bowl, smaller than the spring-form pan, in the middle of the spring-form pan. Dip lime slices in sugar, on both sides, and place slices along the outside of the spring-form pan, between the pan and the dish. (at right)

3. In the mixing bowl of a stand mixer, place the softened cream cheese, Key Lime juice, sweetened condensed milk, and powdered sugar, and mix on low until all ingredients are blended. Scrape down the sides of the bowl, and add the Cheesecake Flavor Instant Pudding, milk, and mix again until completely blended, thick and fluffy. Place 1/3 of the Cheesecake batter in a separate bowl, and place the bowl in the refrigerator. In the mixing bowl, add several drops of lime food coloring gel and a couple of drops of green food coloring gel. Continue to add a drop or two at a time, until you reach the color desired. Remove the Spring-form pan from the freezer, and remove the bowl in the center. Make sure the limes are pressed against the outside of the pan. Pour half of the lime green colored cheesecake batter into the pan. Place the pan back in the freezer, for at least four hours. Place the remaining lime-colored cheesecake batter in the mixing bowl, in the refrigerator. After four hours, remove the Spring-form pan from the freezer, and pour the white cheesecake batter in the Spring-form pan, on top of the lime-colored layer. Place the pan back in the freezer for 3 hours. Remove the pan from the freezer, and pour the remaining lime-colored batter on top of the white batter layer, forming the top layer of the cheesecake. Place the pan back in the freezer, and leave it overnight for best results.

4. Before serving the Cheesecake, remove the pan from the freezer, and remove the outside of the Spring-form pan. Place the frosting in a pastry bag with a large star tip, and pipe the frosting on the top of the Cheesecake in a swirly ribbon around the edge of the cheesecake. (You can also pipe large dollops of frosting around the edge if you prefer). Sprinkle with a Lime green sprinkle mix. Cut the remaining limes in slices, and cut the slices in half. Place the half slices around the top of the cheesecake, in the frosting (see photo). Dip the remaining lime pieces in sugar, and serve on the side as a garnish. Serve, and Enjoy!

Source: https://kitchenfunwithmy3sons.com/no-bake-key-lime-cheesecake/
Tuolumne County Behavioral Health (TCBH) staff gathered on Friday, April 8th during their lunch hour in the Conference Room to help prepare for the TCBH float in the upcoming 63rd Mother Lode Round-Up Parade on Saturday, May 7th 2022, at the Mother Lode Fairgrounds in Sonora. TCBH’s float will feature a mental health awareness theme to help raise awareness and reduce stigma as well as increase community engagement. Staff will be busy up until the night before the parade to help with decorations and the construction of the float.
about the techniques that work for others to formulate a starting point of your own.

How to Start Journaling and Ease Mental Health Self-Stigma

I have always thoroughly enjoyed writing, but I must admit, journaling is more than just writing. Journaling, and journaling effectively, require a certain vulnerability. Luckily, there is no rule telling us where to start and how much to divulge when we first begin.

Some days I write single words, other days whole essays, the only non-negotiable for me is that I am honest with myself and intentional with what I write. I say journaling can combat mental health stigma because it forces us to see our thoughts in a new light. Writing words down on paper can take away much of their power in many ways.

Suddenly, the opinion of others seems to sting a little less, and even more importantly, we find that we become more empowered because of the journaling process. If for no other reason, I urge you to start journaling because everyone deserves to feel accepted. It does not need to be a Pulitzer prize-winning piece to make a huge impact in our everyday lives. The only way to start is to pick up the pen and write.

LANTERN OF LIGHT
FAITH-BASED SUICIDE PREVENTION MINISTRY

"The people walking in darkness have seen a great light; on those living in the land of deep darkness a light has dawned!" Isaiah 9:2

Suicide is recognized as a serious community health problem worldwide. How can further deaths and injuries be prevented? How can we support people to choose life when something prevents them from seeing a way forward? This suicide alertness training will teach skills to help make a life-saving connection that will support people to choose life. Lantern of Light provides information for faith communities regarding their important role in preventing suicide.

LIVINGWORKS

safeTALK Training

4-hour interactive, practical, practice-oriented workshop
- Move beyond the stigma & common tendencies to miss or dismiss suicide
- Recognize invitations for help in people who have thoughts of suicide
- Apply the TALK steps (Tell, Ask, Listen, and KeepSafe)
- Link people with community resources
- 3 Continuing Education Units through CEUnits, approved provider for Nursing, NASW, APA, NBCC and LMFTs

When: May 20, 2022, 8:30am-12:30pm
Where: Word of Life Fellowship, 24630 Hwy 108, Mi Wuk, CA (Lower Junior Church Building)
Fee: Free to Tuolumne County Residents
Call To Register: Cynthia Halman: (209) 559-0840 or Kim Garro: (209) 247-7406

To keep our training safe, we will be following CDC COVID guidelines. See the following website for details: https://www.cdc.gov/coronavirus/2019-ncov/downloads/stem-the-spread-of-germs.pdf

Cynthia Halman has a Master’s Degree in Social work and is a Licensed Clinical Social Worker. She has a Pupil Personnel Services Credential, is a retired elementary school counselor, and Hospice Social Worker. She provides care, respect, and counseling to multi-cultural, diverse individuals and families who are dealing with difficult life situations. Cynthia has been a LivingWorks Education Trainer for ASIST since 2010, and a LivingWorks Education Trainer for safeTALK since 2013. She is a trained suicide bereavement clinician through the American Foundation for Suicide Prevention. Cynthia is co-founder of Lantern of Light, a faith-based suicide prevention ministry.

Kim Garro has been an Independent Certified Christian Coach with the John Maxwell Team since 2017. She has specialized in 12-step recovery programs such as Celebrate Recovery, Alcoholic Anonymous, Al-Anon and Alateen since 2013. She coaches and mentors people who are struggling to overcome life’s hurts, difficulties and addictions, helping them realize their God-given potential. Kim is also a Notary Signing Agent. Kim has been a LivingWorks Education Trainer for safeTALK & ASIST since 2019. She is trained in suicide bereavement through the American Foundation for Suicide Prevention. Kim is co-founder of Lantern of Light, a faith-based suicide prevention ministry.

Donations can be made through Word of Life Fellowship, a tax exempt organization, IRS 501(c)(3) No. 94-2837869

This free training made possible through a grant from SONORA AREA FOUNDATION
discussed. Our assignment is to assure that mental health services are made available for anyone who meets the criteria of Tuolumne County Behavioral Health (TCBH) which is severe mental illness. The Crisis department is able to work with anyone, in a time of need whether or not you are a TCBH client.

It is also up to the CCC to help get the word out! Mild to moderate mental problems are best handled in our wide variety of private therapists. The Enrichment Center staff annually compiles the private therapist list, which makes it accessible to anyone who may be curious. If you are a therapist and do not see your name on the list, we are happy to add you. TCBH is always glad to assist someone looking for services. For more information, visit the Tuolumne County Network of Care site at https://tuolumne.networkofcare.org/mh/index.aspx to access the Private Therapist List.

An in depth look was done with TCBH penetration rates during the CCC meeting. Data show that all ethnicities are being served when compared to census data in Tuolumne. According to the penetration data, TCBH is serving the people meant to be served. However, there is always room for improvement.

Tuolumne County has two times the number of older adults than the state wide average. This would then lead us to consider current resources for specialty services for older adults and mental health, just like the older-adults wellness counseling services at Catholic Charities that is one of TCBH’s Prevention and Early Intervention (PEI) contractors.

It is the mission of the CCC to “get the word out” for what TCBH does in the community and how to access employment opportunities, service to the community, and recognizing the many programs funded by TCBH and delivered to the community by able community-based organizations. Amador Tuolumne Community Action Agency (ATCAA) is one of the funding efforts and is also another one of TCBH’s PEI contractors focusing on suicide prevention within the community. It is a matter of fact that TCBH is involved in many different funding opportunities within the community to assure the appropriate services, prevention and early intervention programs meet the community’s needs.

Together our CCC brings awareness of mental health issues, the reduction of stigma associated with seeking help, and health equity for all. Also, the collaborative is a trusted and reliable source of great ideas, outside the box thinking, and qualitative information from the source. It is through sharing ideas and functions that the CCC continues to thrive. Would you like to join us? For more information, call TCBH at (209) 533-6245.
BH Attends Community Discovery Fair

Tuolumne County Behavioral Health Staff Michelle Carlson, Alisa Mansfield, Emily Freda, Pandora Armbruster and Jenn Guhl participated in the Blue Zones’ Community Discovery Fair on Saturday, April 9th 2022, at the Mother Lode Fairgrounds in Sonora. The TCBH booth attracted more than 330 community members who were given resources on mental health and behavioral health services, and won prizes by spinning the wheel.
#Out4MentalHealth

JOIN OUR TASK FORCE

TriCounty LGBT Alliance is looking for advocates and community leaders to join us in raising mental health awareness and support for rural LGBTQI+ folx in Amador, Calaveras and Tuolumne Counties.

All levels of experience welcome!

Together we will make a difference!

FOR MORE INFORMATION, EMAIL: tricountyLGBTalliance@gmail.com

#Out4MentalHealth is a collaborative project of the California LGBTQ Health and Human Services Network, Funded by the California Mental Health Services Act (Prop 63) and overseen by the Mental Health Services Oversight and Accountability Commission (MHSOAC)
Mental Health Spirit Day May 7

May is Mental Health Matters Month and May 7th is Children’s Mental Health Day: A great time to Take Action for Mental Health.

Join as an Individual
Choose a Spirit Day Activity and Submit Proof of participation by or on May 7th.
Every entry receives a Mental Health Thrival Kit and a chance to win $100 Amazon gift card.

Join as a School or Organization
Choose a Spirit Day Activity and Submit Proof of participation by or on May 7th.
The top 10 entries receive a pizza party for the group of youth or grade that participated.

Choose A Spirit Day Activity:

✓ Go Lime Green! The lime green ribbon is the symbol of mental health. Dress-up, make-up, nails or hair - show your lime green spirit and take a group picture.

✓ Show your spirit with a cheer, song, dance, collage or other group activity and express: Why Mental Health Matters.

✓ Answer the prompt: I Take Action for Mental Health by…

✓ Complete the Take Action for Mental Health Scavenger Hunt.

✓ Remember the movie Inside Out? Dress up as an emotion or draw a picture that reflects how you feel!

✓ DIY: Come up with your own Mental Health Spirit Day activity!

How to Participate
✓ Complete Spirit Week Activity
✓ Submit Proof of Participation by or on May 7 at Midnight
✓ Win a Pizza Party and More!

www.DirectingChange.org/events