Hello everyone,

July is Minority Mental Health Month, also known as BIPOC Mental Health Month. BIPOC stands for Black, Indigenous People, and People of Color. This month highlights a nationwide effort developed to shine a light on the multitude of mental health experiences within BIPOC communities.

The struggles that underrepresented groups face regarding mental illness in the U.S. are unique. BIPOC communities face disproportionate inequities due to systemic barriers and historical adversity. According to the [Agency for Healthcare Research and Quality (AHRQ)](https://www.ahrq.gov), “racial and ethnic minority groups in the U.S. are less likely to have access to mental health services, less likely to use community mental health services, more likely to use emergency departments, and more likely to receive lower-quality care. Poor mental health care access and quality contribute to poor mental health outcomes, including suicide, among racial and ethnic minority populations.”

We can help. Together, we can raise awareness and bring change to community care, self-directed care, and cultural care. Each one is an effective and vital option people can make for their mental health.

- **Community Care** highlights ways in which communities of color have provided support to one another.
- **Self-directed Care** emphasizes that people with mental health and substance use conditions have decision-making authority over services they receive.
- **Cultural Care** embeds resiliency and healing practices passed down through generations.
The late **Bebe Moore Campbell**, an author, journalist, and the co-founder of NAMI Urban Los Angeles said, “Once my loved ones accepted the diagnosis, healing began for the entire family, but it took too long. It took years. Can’t we, as a nation, begin to speed up that process? We need a national campaign to destigmatize mental illness, especially one targeted toward African Americans. … It’s not shameful to have a mental illness. Get treatment. Recovery is possible.” This month, be sure to share resources, like ones available from Each Mind Matters or the Office of Minority Health Resource Center specifically designed for people from diverse communities. Wear a lime green ribbon wherever you go and let other people know the facts about mental health and how it impacts your community.

If you or someone you care about is experiencing anxiety, depression or other emotional issues, resources are available. Take the first step and reach out for confidential support, counseling, and referral to resources.

**Santa Clara County Resource Links**

- [County Of Santa Clara Behavioral Health Community Resources](#)
- [2020 Santa Clara Community Resource Guide](#)
- [African Heritage Community](#)
- [Unity Care](#)
- [Ethnic Specific Outpatient Services](#)

Be Well,

**Mary Ann Dewan, Ph.D.**
County Superintendent of Schools

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**Community News and Resources**

**Practice HEAT SAFETY Wherever You Are**

- **Heat related deaths are preventable.** Protect yourself and others from the impacts of heat waves.
- **Job Sites** Stay hydrated and take breaks in the shade as often as possible.
- **Indoors** Check up on the elderly, sick and those without AC.
- **Vehicles** Never leave kids or pets unattended - LOOK before you LOCK.
- **Outdoors** Limit strenuous outdoor activities, find shade, and stay hydrated.

Heat Safety

A warming trend will kick off starting Thursday with warm to hot temperatures for inland locations through the coming weekend. Remember not to leave kids or pets in a vehicle unattended and take the proper precautions to beat the heat.
The Better Together newsletter shares what's happening this summer in Santa Clara's County Parks. [https://conta.cc/3dAfNIM](https://conta.cc/3dAfNIM)

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**Registration is open!**

8th Annual (Virtual) Inclusion Collaborative Conference
October 20-21, 2021
To Register: [https://2021icsc.eventbrite.com](https://2021icsc.eventbrite.com)
For more information: [InclusionCollaborative.org](https://InclusionCollaborative.org)
American Rescue Plan Grants Available

The Arts Endowment intends to make awards that will impact a broad constituency. They encourage applications from a variety of eligible organizations including: organizations that serve populations that are underserved, such as those whose opportunities to experience the arts are limited by ethnicity, economics, geography, or disability; organizations with small and medium-sized budgets; organizations from rural to urban communities; and organizations that may be applying for federal support through the Arts Endowment for the first time.

For more information, visit https://www.arts.gov/grants/american-rescue-plan-grants.
Circle Keeper Training for Youth Leaders

Registration is now open for the Circle Keeper Training for Youth Leaders with National Compadres Network, in partnership with the Office of LGBTQ Affairs. All youth ages 16-25 are invited to apply, and especially LGBTQ+ youth.

FREE! Learn more and submit a brief application at: https://bit.ly/NCNLGBTQyouth

The National Compadres Network is offering this training and certification process for individuals to become Circle Keepers under a specific curriculum model. Grounded in the philosophy of La Cultura Cura, each curricula or Círculo (Circle) seeks to offer a healing-centered, asset-based and culturally-driven process by which Circle Keepers will have the ability to facilitate with youth, families, and communities.

As there is limited capacity for the training, applications will be reviewed and responded to on a rolling basis. Early applications are encouraged. Logistics are still being confirmed if the training will be either in-person or virtual, and with input from applicants. Interested applicants should hold all of the following dates/times for the training: July 28 at 9am-12pm, Aug 3 at 9am-4pm, Aug 4 at 9am-4pm, Aug 5 at 9am-4pm.
Our GAT Application deadline has been extended to July 16th!

Are you a youth who is passionate about social change? Would you like to do this while being a part of your community? Check out the Girls* Advisory Team (https://bit.ly/GATwebsite)! A leadership program under the Santa Clara County Office of Women’s Policy that helps high school students create an impact on local public policy for the advancement of women and girls locally. Free and open to all who wish to strive for change, let’s make a difference together!

Learn more about the program and apply here: https://bit.ly/GATwebsite
*Girls refers to gender expansive youth (cis girls, trans girls, non-binary youth, gender non-conforming youth, gender queer youth and any girl-identified youth.)

Become a School Administrator with Educator Preparation Programs
Equity principled leadership for today’s educator

Join us for a LEAP Information Meeting

July 19th at 4 p.m. PST

Join us on Facebook Livestream

https://www.facebook.com/CPEPICLEAP/
Join Educator Preparation Programs (EPP) on July 19th at 4 p.m. PST on Facebook Livestream and learn more about how you can become a school administrator with Educator Preparation Programs. Enrolling now for Fall 2021 semester! Or register to attend: https://na.eventscloud.com/leapscholar.epp

Now Hiring

Mental Health Wellness Specialist

Santa Clara County Office of Education

EQUITY | DIVERSITY | INCLUSION | PARTNERSHIP

The Santa Clara County Board of Education is now accepting applications for Board Trustee Area 2

The Pride Project

NOW HIRING

Mental Health Wellness Specialist

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The Pride Project

WE WANT YOUTH

YOUNG WOMEN'S FREEDOM CENTER IS EXCITED TO INVITE OUR LGBTQ+ SYSTEMS IMPACTED YOUTH TO JOIN OUR NEW GROUP! GROUP WILL INCLUDE ACTIVITIES, FOOD AND A STIPEND. IT WILL BE A CLOSED GROUP AFTER THE START DATE! PLEASE COMPLETE INTEREST FORM AT THE LINK BELOW!

tinyurl.com/prideproject

2ND & 4TH WEDNESDAY OF EACH MONTH
STARTING JULY 28TH, 2021 - MARCH 2, 2022
749 STORY RD, SAN JOSE CA 95122
LOCATED INSIDE CONKIN BUILDING
4:00PM-6:00PM
8 MONTH COMMITMENT | PARTICIPATION IS PAID | AGES 16-21
PLEASE REACH OUT IF YOU HAVE ANY QUESTIONS OR WANT ANY MORE INFORMATION
TEDDY@YOUNGWOMENFREE.ORG

The Pride Project

ALL ARE WELCOME

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Districts and Charter Schools: Please visit the SCCOE Teacher of the Year website for more information about this year’s recognition opportunities. https://www.sccoe.org/trc/Pages/trc.aspx

Youth Advisory Board
2021 – 2022

We value your input in developing new youth programming and addressing the needs of LGBTQIA+ youth. Join us in making our communities and schools more inclusive!

WHO?
PEOPLE AGES 14–25 IN SAN MATEO AND SANTA CLARA COUNTIES

WHEN?
EVERY 1ST/3RD WEDNESDAY FROM 6–7:30 UNTIL JUNE 2022

WHAT?
LEADERSHIP DEVELOPMENT, COMMUNITY

HOW?
APPLY HERE

CONTACT:
ISHANI@ACS-TEENS.ORG

Youth Advisory Board

Health and Wellness
Quitters ARE WINNERS

If you are experiencing violence during COVID-19:

- **Reach out** to supportive family, friends or neighbours
- **Call** a hotline or access information online if possible
- **Seek out** local services for survivors

VECTOR-BORNE DISEASES

VECTORS MAY BE A THREAT TO YOU, AT HOME AND WHEN TRAVELLING

VECTORS ARE SMALL ORGANISMS

- **Mosquitoes**
- **Sandflies**
- **ticks**

** COMMON VECTORS**

**WITH JUST 1 BITE**

- Malaria
- Zika
- Dengue
- Yellow fever
- Lyme disease
- Japanese encephalitis

**TAKEN SIMPLE MEASURES TO PROTECT YOURSELF AND YOUR FAMILY**

- Get vaccinated against yellow fever and Japanese encephalitis
- Install window screens
- Use insect repellent
- Wear light-coloured, long-sleeved shirts and trousers
- Sleep under an insecticide-treated bed net
- Get rid of stagnant water from places where mosquitoes breed, such as in old containers, flower pots and used tyres

For more information, contact your health-care professional

Vector-borne diseases
There are no announcements for this week.

About the Santa Clara County Office of Education
Working collaboratively with school and community partners, the Santa Clara County Office of Education (SCCOE) is a regional service agency that provides instructional, business, and technology services to the 31 school districts of Santa Clara County. The County Office of Education directly serves students through special education programs, alternative schools, Head Start and State Preschool programs, migrant education, and Opportunity Youth Academy. The SCCOE also provides academic and fiscal oversight and monitoring to districts in addition to the 22 Santa Clara County Board of Education authorized charter schools.

Follow us on Social Media

7-21-22 Events Calendar
Subscribe to the SCCOE IMPACT Weekly.

Not interested in email updates from Santa Clara County Office of Education? Unsubscribe

To ensure delivery to your inbox please add Communications@sccoe.org to your address book.

1290 Ridder Park Drive, San Jose, CA 95131-2304

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