

Promoting Health Equity

Issue 7 • November 2020



Quote of the Month

"Our experience living in our community allows us to provide evidence that shapes policy on gender, racial equity, behavioral health, and overall wellness. One powerful role we have as community members is sharing our stories on how our social environment affects our health and well-being."

– Katherine Kasmir, Founder and CEO of BRITE, PhotoVoice Oxnard project

Driver of Change: Interview with Rose Banuelos, Oxnard Housing Authority

Helping the Community



Every issue we feature stories of individuals and agencies that are making a difference in their communities during this time of COVID-19.

Today we are talking with **Rose Banuelos, Resident Services Coordinator, City of Oxnard Housing Authority**. Rose Banuelos is a passionate advocate for families and hasn't stopped working and helping residents during Covid-19. She assisted families with unemployment paperwork, housing assistance and with food distribution. Rose has reached out to community agency leaders and is well liked and respected in the community.

City of Oxnard Housing Authority

The Housing Department's mission is to promote the general welfare of the City by remedying unsafe and substandard housing, and by relieving the shortage of affordable housing for City residents. This mission is consistent with the City's General Plan and laws governing our housing funds and resources. The purpose of the Housing Department is to provide decent, safe, attractive, sanitary, and well maintained housing for eligible low and very low income families in a manner that promotes commitment, exemplary customer service, economy, efficiency and the social well-being of the residents.

What is your passion for working in the community?

Rose: My interest in helping the community came because of my own life experiences and struggles. My advocacy started because I wanted to revitalize our low income communities and be the voice for our underserved communities. I wanted to serve the majority Latino population in the public housing community. I have strived to make public housing a better place to live for our families' lives through education, prevention programs, food banks, and cultural programs.

How are you addressing issues of health equity?

Rose: We partner with community agencies to provide nutrition and health services to low-income communities. We create community gardens in our pre-schools and teach parents and children about healthy eating and exercise.

What are the changes you hope to see?

Rose: I would like to see more healthy eating programs and educating our communities on how to make better health choices, and a reduction in crime and drug use.

Tell us something about you that helps us know you better?

Rose: One of my deepest passions is assisting people to better their lives. I have gone through a lot in my life and overcame barriers and educated myself. I know people can help themselves with support and encouragement.

If you could give words of inspiration during this time, what would it be?

Rose: The world continues to evolve with a lot of injustices. It is important to become educated and make public policy changes. I like the quote *"Be the change you want to see in this world."*
— *Gandhi*

Thank you Rose for sharing your experience with us. You are an inspiring Driver of Change.

Learn more:

Rose Banuelos, Resident Services Coordinator
City of Oxnard Housing Authority
805-385-7574

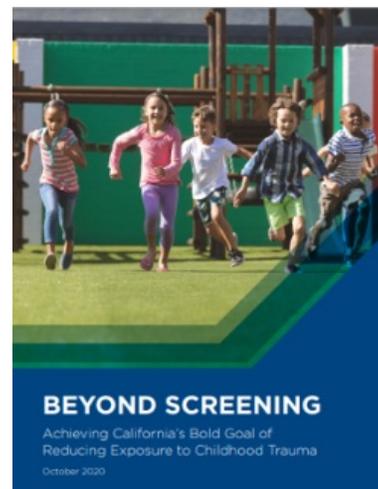
www.oxnard.org/city-department/housing

Featured Resource: Beyond Screening: Achieving California's Bold Goal of Reducing Exposure to Childhood Trauma

A Shared Vision

"Through engagement and partnership with multiple agencies, sectors, and communities, California can build momentum for change that ensures that communities, philanthropy, healthcare, and local and state governments align toward the shared vision of a healthy, safe, and equitable California for all children and families."

This new report by the Prevention Institute makes the case for a community-level, prevention approach to reducing adverse childhood experiences. California's state government can play a vital role in facilitating and supporting efforts to improve community-wide health, safety, and well-being, by reducing



exposure to trauma, and increasing individual and community resilience.

Beyond Screening: Achieving California's Bold Goal of Reducing Exposure to Childhood Trauma explores prevention and healing approaches that strengthen mental health and well-being, support communities to heal from trauma, and build community resilience.

This report was developed by the California Funders Workgroup on Prevention and Equity, which includes Blue Shield of California, the Sierra Health Foundation, The California Endowment, St. Joseph Community Partnership Fund, The California Wellness Foundation, and Well Being Trust.

Learn more:

[*Beyond Screening: Achieving California's Bold Goal of Reducing Exposure to Childhood Trauma*](#), Juliet Sims, Manal Aboelata, Prevention Institute, October 2020

Spotlight: Ventura County Limits

Updated Web Portal for Community Health Promotion



Check out our updated Ventura County Limits website at www.venturacountylimits.org

We are committed to community health promotion in Ventura County. Ventura County Behavioral Health provides prevention and early intervention services to individuals at risk of mental health and substance use challenges. We help to implement services that promote wellness, foster health, and prevent the suffering that can result from untreated mental illness and

substance use problems.

Substance Use Services - Prevention works upstream to reduce alcohol and drug-related problems in our community. Initiatives are aimed at limiting harms related to impaired driving; underage and binge drinking; marijuana and vaping, especially as it relates to harms to youth; prescription drug abuse; and addressing health disparities among vulnerable populations. A primary goal is to delay the onset of first use of alcohol and or other drugs by youth.

Mental Health Prevention Programs offer stigma and discrimination reduction programs to help reduce negative attitudes, beliefs, and discrimination against those with mental illness or seeking mental health services and increase dignity and equality for individuals with mental illness and their families. Suicide Prevention programs provide resources to prevent suicide because of mental illness.

This website includes an overview of Mental Health and Substance Use prevention resources in the community.

Spotlight: PhotoVoice Oxnard

Exploring Racism as a Social Determinant of Health



BRITE (Building Resilience & Inclusion Through Engagement), a long-time contract provider with Substance Use Services - Prevention, is proud to share one of their projects, PhotoVoice Oxnard.

PhotoVoice is a visual research method that uses photography to capture issues of concern as a means for communication and stimulating social change. Through PhotoVoice, teens can become more engaged in their community and develop an ability to advocate for the changes that they want to see. With the intention to foster social change, PhotoVoice can enhance community engagement and increase awareness of community resources.

The goals of PhotoVoice are to enable people to record and reflect their community's strengths and concerns, promote critical dialogue and knowledge about important issues through small group discussions of photographs and to reach policymakers.

Learn more:

[PhotoVoice Oxnard](#)

[BRITE](#)

Spotlight: Native American Heritage Month Celebrating Traditions



Native American Heritage Month celebrates the rich and diverse cultures, traditions, and history and acknowledges the important contributions of American Indians and Alaska Natives in the United States. Throughout November, the Office of Minority Health (OMH) will focus on raising awareness about the health disparities impacting the American Indian/Alaska Native community and highlight the importance of staying healthy during the COVID-19 pandemic.

According to the Centers for Disease Control and Prevention, COVID-19 has disproportionately impacted American Indian/Alaska Native populations across the country, with infection rates over 3.5 times higher than non-Hispanic whites. Additionally, American Indian/Alaska Native communities are more likely to develop chronic health conditions such as cardiovascular disease, diabetes, and have a higher prevalence of obesity. These underlying health conditions can put people at increased risk for severe illness from COVID-19.

To help reduce the complications associated with these health

disparities, OMH is working with other federal partners to create awareness of the importance of managing these health conditions during these uncertain times and promote better health for American Indian/Alaska Native populations.

Learn more:

[Native American Heritage Month, Office of Minority Health](#)

Nominate a Driver of Change

You may nominate a community member or colleague for recognition for exemplary work in the community to help build healthier communities and address health equity. Go to the website and nominate someone or yourself!



We would love to hear your stories of community change, what inspired you, and how you are making a difference.

Learn more:

Social Determinants of Health, Drivers of Change

www.healthequityvc.org/drivers-of-change

Upcoming Events

We will keep you posted on upcoming events in each newsletter. If your agency is planning any online meetings, please send us the information so we can post it.

5th Annual Preventing Suicide: Help & Hope Conference

Save the Date for the 5th Annual Preventing Suicide: Help & Hope Conference, which will be held online Thursday, December 10 at 9am. Keynote Speaker Pablo Campos from Active Minds will share his insights about struggling with depression and addiction - and his road from attempting suicide to recovery.

Register Now! www.brite.link/HELPEndHOPE

PREVENTING SUICIDE

HELP & HOPE

Mobilizing Public Health to Achieve Environmental Justice
November 17, 2-3:30 p.m. ET

The final webinar in the APHA Advancing Racial Equity series will raise awareness of the ongoing impact of environmental racism on the health and well-being of Black, Indigenous and people of color in the U.S. Register at: www.apha.org/events-and-meetings/webinars/racial-equity



Stay Connected

Social Determinants of Health
www.healthequityvc.org

Ventura County Public Health
www.vchca.org/agency-divisions/public-health

Ventura County Behavioral Health
vcbh.org

Ventura County Limits
www.venturacountylimits.org

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