January 2022 Newsletter

The Committee on Departmental Diversity and Pediatric Health Equity

January – Welcome to the New Year

Our Department continues to work hard to meet our goals for Equity, Diversity, and Inclusion. To that end, our Committee continues to focus on goals outlined in our I-DARE Strategic Plan. The Strategic Plan includes internal activities (such as SEED training, which we are currently working hard to adapt for our Department) and externally-facing activities around health equity and neighborhood engagement. We have asked our Committee Partner, Jileen Vue from Health Education Council (https://healthedcouncil.org) to provide an update on current programs which may be of interest to our Department community.

Safety, Health, Opportunities, and Practice (SHOP) is a CAL Office of Emergency Services funded program for youth ages 13-24 in Sacramento County. SHOP includes a PAID six-week curriculum focused on intercepting violence for youth who have or are currently experiencing school challenges, community violence, and/or system-involvement. Historically, SHOP has been held in schools and youth detention facilities but has shifted to virtual opportunities at the beginning of the COVID-19 pandemic. Since Summer 2021, we have implemented two in-person SHOP cohorts. Throughout the six-week program, youth are developing their communication skills, conflict resolution strategies, stress reduction/coping mechanisms, self-care techniques, and academic/professional goals. We have collaborated with community partners to facilitate weekly sessions and host our SHOP program to provide an all-encompassing experience.

Impact of SHOP
During our time with youth at the Mack Road/Valley High and Swanston Community Center, we have recognized that youth need:

1) Safe, trusted spaces to convene and connect
2) Trauma-informed practitioners with the knowledge of Adverse Childhood Experiences
3) Culturally responsive and representative adults to support youth of color

The impact of SHOP is reflected in our ability to create spaces that honor youth voices and affirm their personal experiences. SHOP has cultivated positive experiences for youth throughout the program by making participants feel heard, seen, and understood. Here are some testimonials from our SHOP participants:

“SHOP has been the most culturally-enriching, fulfilling, and unifying experience to connect and amplify the voices of youth facing disparities in their communities.”- HEC Intern/Facilitator

“I’ve learned mostly how to prepare for adulthood.” - Mack road Partnership participant

What is the future of SHOP?
SHOP aims to sustain peer-mentor relationships by prioritizing individualized case management, bridging opportunities for at-risk/system-involved youth, and expanding our 6-week program at Yolo County and North Sacramento School District.

Our Neighborhood Safety Community Health Leader and Youth Interns will be continuing to provide these services:

1) Informational & Referral
2) Emotional Support/Safety Services
3) Personal Advocacy/Accompaniment

SHOP provides youth an opportunity to make social connections, exposes youth to education and resources to inform making positive and healthy decisions. Through this, SHOP works to interrupt violence at the individual and community level, while simultaneously improving health and wellbeing through regular mental health support, mentorship, and meal provision. Empowering youth to utilize community-based resources and meet youth where they are, is a huge success of the SHOP program.

For more information on SHOP, please contact our Community Health Leader, Branden Thomas: bthomas@healthedcouncil.org or visit our website (SHOP Program 2022).

For community COVID testing, please note that our partner Black Child Legacy Campaign provides testing at all of its sites (https://blackchildlegacy.org/) including every Friday at our local Fruitridge BCLC site (4625 44th St 95820; 916-431-7485)

In addition, please see the BCLC’s Outside the Walls domestic violence treatment program (https://www.otw98.org/sos)