

# HEALTHY Mendocino



What's New? April 2019

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## Feature Story

### Sexual Assault Awareness Month, Creating a culture of consent

Every April, Project Sanctuary joins rape crisis centers across the country and holds a month-long 'Sexual Assault Awareness Month' campaign. So what exactly does it mean to be aware of sexual assault? Do you, for example, know what the laws in California are around sexual assault? Let's take a look at a few so you can gauge your awareness.

The California Age of **Consent** is 18 years old. In several other states it's actually lower. The age of consent is the minimum age at which an individual is considered legally old enough to consent to participation in sexual activity. Minors aged 17 or younger in California are not legally able to consent to sexual activity, and such activity may result in prosecution for statutory rape.

Spousal rape, also known as marital rape, is **nonconsensual** sexual intercourse between spouses or domestic partners. It's unique in that it falls under the umbrella of California rape laws and domestic violence law.

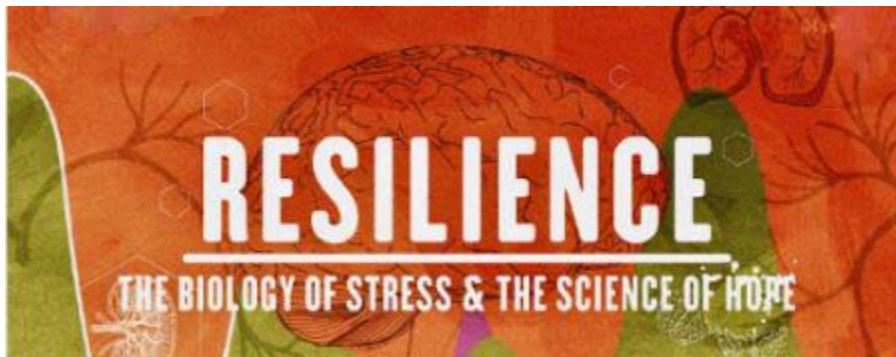
Date rape is a term commonly used to describe **nonconsensual** sexual intercourse that takes place between people who are or were dating, or are voluntarily spending time together. While date rape sounds more casual than a typical California rape charge, the two are, in fact, one and the same.

Those are just a few of the sexual assault laws in California and you may have noticed that **the theme running through all these scenarios is consent**.

So what exactly does it mean to get consent in relation to sexual activity?

Click [HERE](#) to read more.

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## **Community Resilience Leadership kicks off: We Can all Learn to be Leaders**

Socially cohesive communities are hardy, self-reliant, and able to maintain themselves by independent effort—that is, they are resilient. Where we live and how we live matter. Communities are complex tapestries where our stories and our experiences and our relationships are intimately woven together, ultimately creating meaning and a foundation for who we are as individuals and who we are together. When we share our stories, it helps us find a common ground. In turn, finding common ground is an essential step towards healing and wholeness. During epochs of unpredictability, mistrust, and divisiveness, as well as in the wake of acute adversity and disaster, we must find ways to sustain ourselves and future generations. Developing skills to handle events that are unexpected and learning how to respond in the midst

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of uncertainty, (as with last year's wildfires) are crucial elements that will guide us in adverse situations. But how can we learn and develop these skills, how can we talk to and really understand each other?

In support of this vision, a new campaign on the Mendocino coast—Community Resilience Leadership (CRL)—is being launched this month, starting with an exciting event that will initiate the entire community's involvement in addressing these issues. It's called The Community Resilience Leadership Summit.

Click [HERE](#) to read more.



## Don't Forget to Take the Mendocino Community Health Survey!

Ends soon!

Take the survey

English Version

¡Tome la encuesta!

Versión en español

How healthy are Mendocino County residents? How would you rate the quality of life in Mendocino County? The answers to these questions and more are used by Healthy Mendocino to prioritize the most important issues to address to make Mendocino County a healthier place to live.

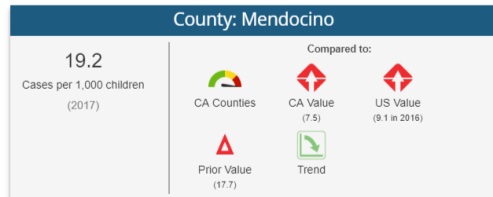
All community members are encouraged to share their opinions! The survey will take approximately 10 minutes to complete on line in Survey Monkey in English and Spanish.

Please share this information to your place of work, neighbors, friends, family members, and any one else you have access to.

Click [HERE](#) to read more.

## April Featured Indicators

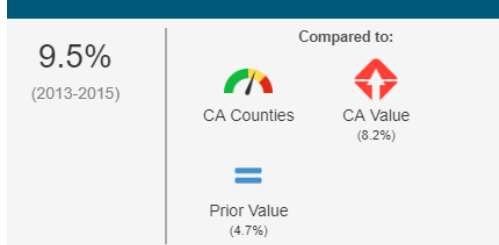
### Substantiated Child Abuse Rate



This indicator shows the number of children under 18 years of age that experienced abuse or neglect in cases per 1,000 children. Rates are based on children with a substantiated maltreatment allegation.

There are several types of child abuse including physical, sexual, and emotional abuse. Child abuse and neglect can have enduring physical, intellectual, and psychological repercussions into adolescence and adulthood. All types of child abuse and neglect have long lasting effects throughout

### Adults with Likely Serious Psychological Distress



This indicator shows the percentage of adults who have likely had serious psychological distress in the last year based on the Kessler 6 scale. The Kessler 6 Scale, developed with support from the National Center for Health Statistics, asks about six manifestations of nonspecific psychological distress. Respondents were asked how often over the past year they felt nervous, hopeless, restless or fidgety, worthless, as though everything was an effort, or so sad that nothing could cheer them

life, damaging a child's sense of self, ability to have healthy relationships, and ability to function at home, at work, and at school.

Click [HERE](#) to view the indicator.

up. Psychological distress can affect all aspects of our lives. It is important to recognize and address potential psychological issues before they become critical.

Click [HERE](#) to view the indicator.



## Updates for the Healthy Mendocino Action Teams

Keep updated with the work of the Healthy Mendocino Action Teams by reading the **First Quarter 2019 updates**. If you are interested in getting involved with changing the health of our community, check out the meeting times for teams in Ukiah and Fort Bragg on Family Wellness, Childhood Trauma, Mental Health, Housing, and Poverty.

Click [HERE](#) to read more.

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### Presentations Available for your Organization!

Do you want to learn more about [HealthyMendocino.org](http://HealthyMendocino.org)?

Learn about the new Community Dashboards, how to navigate the site, tools you can use to help write reports and grants, and how to add a custom Dashboard to your website.

**Email:**

[healthymendocino@ncoinc.org](mailto:healthymendocino@ncoinc.org) or call **707-467-3228** to schedule a presentation and find ways you can utilize its many resources.



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