

Lunch & Learn:

Culture and Health with Southland Integrated Services Inc.

— *Join us for lunch and meaningful conversation!*



Overview

CalOptima Health's Equity and Community Health department is excited to host a special Lunch & Learn featuring Southland Integrated Services, a respected community organization committed to promoting health and wellness among Vietnamese and other immigrant/refugee populations.

During this session, we will examine the role of culture in influencing health outcomes and explore effective approaches to support the physical, mental and emotional health of the Vietnamese community. The discussion will showcase culturally informed practices and practical strategies for providing more inclusive and responsive care.

Don't miss this opportunity to learn, connect and grow over a shared Vietnamese meal!

At the end of the program, attendees should be able to:

- Identify at least three health disparities affecting the Vietnamese community, such as tuberculosis, cancer screening rates and mental health stigma.
- Identify at least three methods that work well when engaging with the Vietnamese community.
- Understand the background and history of Vietnamese refugees and immigrants living in the United States, particularly in Orange County.
- Develop an action plan with at least one intervention and provide at least three resources to the Vietnamese community. Available resources through Southland for community members.
- Understand new information on intergenerational health.

EVENT INFORMATION

Date:

Tuesday,
September 16, 2025

Time:

11:30 a.m.–1:30 p.m.

Location:

CalOptima Health
Room 109N (First floor)
505 City Parkway West
Orange, CA 92868

*Lunch will be provided
at 11:30 a.m.*

For questions,
please email
continuingeducation@
caloptima.org.

Space is limited! Please
RSVP by **Tuesday,
September 9, 2025**,
through the link or QR
code below:

<https://bit.ly/4nZvOnM>



*In compliance with the Americans
with Disabilities Act, we will
make every reasonable effort to
accommodate your request. For
any special requests, please email
continuingeducation@caloptima.org
two weeks before the training date.*

Agenda:

11:30 a.m.: Lunch Served

Noon: Welcome/Introduction — Rocio Valencia, LCSW, Senior Director, Equity and Community Health, CalOptima Health

12:05 p.m.: Guest Speakers —

- **Tricia Nguyen**, MPH, Chief Executive Officer, Southland Integrated Services, Inc.
- **Trang Tran**, MPH, Program Manager, Southland Integrated Services, Inc.
- **Natalie Do.**, B.S. Clinic Manager, Southland Integrated Services, Inc.

1:15 p.m.: Q&A Session

1:30 p.m.: Closing

1.5 CE Credits Offered

Disclosure: All presenters and individuals who planned this event do not have financial interests to disclose.

CE Accreditation Statements:

BRN — This provider has been approved by the California Board of Registered Nursing, Provider #CEP 11596 for 1.5 contact hours.

CAMFT — CalOptima Health is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs and/or LEPs. CalOptima Health maintains responsibility for this program/course and its content. The course meets the qualification for 1.5 hours of continuing education credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences. Provider #129350.

NCHEC — Sponsored by CalOptima Health, a designated provider of continuing education contact hours (CECH) in health education by the National Commission for Health Education Credentialing Inc. This program is designated for Certified Health Education Specialists (CHES) and/or Master Certified Health Education Specialists (MCHES) to receive up to 1.5 total Category I continuing education contact hours. Maximum advanced-level continuing education contact hours are 0. Provider ID #: 10167. Total Contact Hours earned: 1.5; Entry-level contact hours earned: 1.5; Advanced-level contact hours earned: 0.



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