

# What's Up

FEBRUARY 2020 Newsletter

American Heart Month

## Director's Message

If you get prescribed opioids, you may end up wishing you hadn't. Opioid misuse and addiction can affect anyone; fortunately, there are other ways to help manage pain. That's the message behind a new OC Health Care Agency (HCA) campaign that launches this week. Pointing people to the educational website – [WrongForYou.com](http://WrongForYou.com) – the HCA wants residents to understand the risks associated with taking opioids like hydrocodone, oxycodone and fentanyl.

The United States is experiencing an opioid crisis, and unfortunately Orange County, California is no exception. We learned from the HCA's '2017 Opioid Overdose & Death in Orange County' [report](#) that opioid overdose deaths here are more

*... continued on page 3*

## FEATURED ARTICLES

Sheriff's Housing Unit for Vets.....	2
Be Well OC Action Plan .....	4
Flu Surveillance.....	5
CalOptima Board Recruitment.....	6
New and Retired Email Signatures ..	9
Zest for Health .....	10

## Peer-to-Peer Maria Soza Returning the Favor

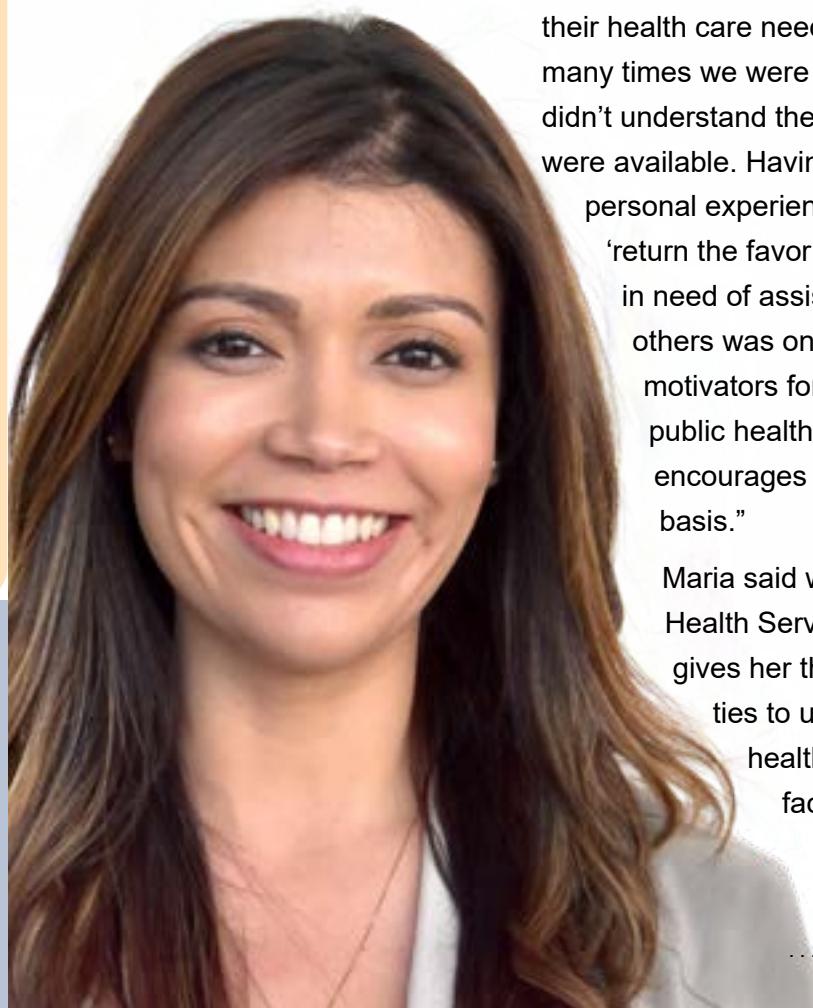
As a daughter of immigrants, Peer-to-Peer recipient **Maria Soza**, Senior Public Health Nurse, Communicable Disease Control, said it was her experiences while growing up that motivated her to start her career in public health. "My family, loved ones and friends encountered challenges that required assistance from community clinics and programs. That

assistance allowed us, for the most part, to overcome what we faced. Because of the public health programs that I benefited from and that I saw working in people's lives, I came to understand the importance of public health in serving communities."

Her parents came to the US from Nicaragua. Maria said her family had much to learn when it came to their health care needs. "There were many times we were not aware of or didn't understand the resources that were available. Having learned from

personal experiences, I wanted to 'return the favor' and help those in need of assistance. Helping others was one of the biggest motivators for me to go into public health and it's what encourages me on a daily basis."

Maria said working in Public Health Services (PHS) gives her the opportunities to understand the health challenges facing the Orange County (OC)



*... continued on page 12*

# Sheriff's Housing Unit for Military Veterans

Staff with Correctional Health Services (CHS) have expressed praise for the new Housing Unit for Military Veterans (HUMV) at the Theo Lacy Facility. The HUMV is the Orange County Sheriff Department's (OCSD) first-ever housing unit for select inmates who are verified as United States (US) veterans. The CHS role for this particular unit is, "consistent with the services we provide to all individuals who come into the Sheriff's custody," said **Erin Winger**, Deputy Agency Director, CHS. "CHS will provide medical, mental health, and dental services in order to stabilize health conditions and ensure continuity of care from the community to incarceration and back to the community again. We provide individualized treatment plans, medication management, individual counseling, therapeutic groups, discharge planning, and linkage to community programs and services to ensure a

successful transition out of the jail."

The HUMV has 32 beds. There are patriotic-themed murals painted on the walls along with 55-inch televisions. At the top of the wall, hanging near the entrance to the facility, are flags representing each branch of the military.

CHS has veterans on staff who carry out major roles in CHS operations including those involving the HUMV. **Geoff Glowalla**, Service Chief I, served 6 years in the US Army. He oversees the CHS Jail to Community Reentry Program (JCRP). "I think the HUMV unit will be an excellent tool to better serve this population. I believe the added structure and routine will help these inmates thrive and adapt. Another challenge that veterans typically experience is the ability to relate to their peers when exiting the military and re-entering civilian life. By placing the veteran inmates



together in a single unit, they will be able to relate to one another on a unique level and take ownership of the unit. Overall the veterans unit will facilitate an environment where the inmate is able to be successful and set the ground for growth and healing. This unit will be the most optimal way the Orange County Jail system can serve their veteran inmate population." Geoff also said this unit will do a great job focusing in on the rehabilitation aspect of corrections. "By placing them in a unit that is designed to look more like a military installation rather than a jail and allowing them to wear camouflage fatigues rather than jail attire, that will bring them back to the mindset of a service member."

"I think the HUMV Facility is a great opportunity for veterans," said **Darron Durgin**, Supervising





Nurse who oversees nursing operations at the Theo Lacy facility. Darron served 11 years in the Army Reserves. "The vets are surrounded by other vets who have common backgrounds and experiences. There will be programs tailored to veterans and an opportunity to stop the cycle of recidivism. Having that immediate comradery cannot be understated, as many veterans have common struggles that go unspoken. I hear from many veterans who have a hard time sharing and opening up about their service because they fear that civilians cannot relate or the veteran feels that they can't articulate the full nuance and breadth of their experiences." Darron also expressed support for focusing on veterans. "As a Registered nurse charged with the care of these veterans, I welcome the ability to efficiently target a program to specific demographics. The success of this program will lead to opportunities for other target groups with the ultimate goal of decreasing recidivism."

To participate in HUMV, inmates must meet specific security criteria and agree to actively participate in the programming.

### Director's Message

*continued from page 1*

prevalent among older non-Hispanic White males who live in our coastal and south Orange County cities, so I'm pleased this campaign focuses on reaching this higher-risk population.

One key message of the adult-targeted campaign is that prescription opioid addiction and misuse does not discriminate. In fact, anyone can experience complications from opioid use.

Print ads will appear in coastal publications including the Orange County Register, Orange County Coast magazine, Laguna Beach and Newport Beach magazines with the headline, "Ask your doctor if opioids are wrong for you." The ads offer the website as a source for more information.

One thing that the HCA's recent 'Addressing the Opioid Crisis in Orange County, CA' [report](#) revealed is Orange County's need for more low/no-cost, evidence-based services including inpatient and residential drug treatment, detox and outpatient programs. The HCA is investing in this educational campaign because, according to the 'Addressing the Opioid Crisis' report, the county has a higher per capita rate of overdose deaths than the state of California and all of the surrounding southern California counties. We are seeing some promising trends, however. Data included in that report also show the first decrease in opioid-related emergency department visits in 2018 – a decline of 6% from the previous year.

One aspect of the website that is very helpful are downloadable Q&A worksheets that Orange County residents can print out and take to their doctor's office. Over-the-counter-medicines, exercise, chiropractic care, acupuncture and massage are some alternative ways to deal with pain, and we want community members to gather all the facts to help them take control over their own health.

I would like to thank our Behavioral Health Services team for their efforts in bringing this important campaign to life.

Sincerely,

Richard Sanchez, Director





# Be Well

## ORANGE COUNTY 2020

### Action Plan

The Be Well Orange County (OC) Coalition is working on several goals, strategies and objectives for 2020. Many of those were presented during a Coalition meeting which was well-attended by OC Health Care Agency (HCA) leadership and staff. Some of the Coalition's accomplishments and strategies were presented by HCA Behavioral Health Services (BHS) personnel, as HCA plays a big role in the Coalition's work and in its goal of fulfilling its vision, which is:

"Be Well OC will lead the nation in optimal mental health and wellness for all residents."

"The County of Orange, BHS and our Be Well OC Coalition partners are poised to achieve many milestones this year when it comes to mental health and substance use services in OC," said **Dr. Jeffrey Nagel**, Director of BHS. "We'll see the Be Well OC campus construction move forward along with preparation for all the services it will offer. This vision is thanks to the leadership and

commitment from our Orange County Board of Supervisors, and BHS staff are pleased to be a part of it all."

The Coalition's work goes on as construction continues on the first Be Well OC campus (or wellness hub), which is located at 265 S. Anita Drive in the City of Orange. The wellness hub at Anita Drive is one of three planned for OC, and the Be Well Coalition set a goal of identifying the second location during this year.

One of the 'big picture' objectives for the Be Well OC Coalition is to establish a governing structure, and our County Health Officer **Dr. Nichole Quick** is actively participating on that work group. "We all recognize that for Be Well OC to succeed in this extremely important work, collaboration is essential in an inclusive and functional way. The work group

## Orange County Board of Supervisors Elect New Chair and Vice Chair

Supervisor Michelle Steel, Second District, has been chosen unanimously by her colleagues to serve as Chair of the Orange County Board of Supervisors (Board) for 2020. "I look forward to serving as the Chair of the Board of Supervisors," Chair Steel said. "Serving the constituents of Orange County is a privilege and I look forward ensuring their voices continue to be heard." Supervisor Steel was elected to the Board in 2014.

Supervisor Andrew Do, First District, will serve as the Board's Vice Chair. "It's an honor to be voted as Vice Chair of the Orange County Board of Supervisors. I look forward to working with Chair Steel and the entire Board of Supervisors on our county's most pressing public policy issues including homelessness and public safety," Vice Chair Do said. Supervisor Do was elected to the Board in 2015.



has been looking at formalizing the governance structure to support the distributive leadership approach of Be Well OC to maximize participation by stakeholders and the community."

Leaders in Be Well OC say they are eager to move forward in developing a model of protocols and structure which can be offered to others who want to follow the Be Well OC model. That's because the Be Well OC program has drawn interest from many locations including the San Gabriel Valley, Alaska, Texas, New Mexico and from northern California. For more on the Be Well OC strategies, visit their website at [www.bewelloc.org](http://www.bewelloc.org). In addition anyone from the community who is interested in participating in the work, can join in through the Be Well OC website.



# FLU Surveillance



The flu season in California is described as 'widespread' by the California Department of Public Health (CDPH) in their latest [report](#) from mid-January. The CDPH reports 70 flu-related deaths in the state at this point, during the 2019-20 flu season.

Throughout California, the Influenza B virus has been predominate but Influenza A is also circulating. That pattern has shown up in Orange County (OC) as well. The flu season consists of two viruses, Influenza A and Influenza B. In most years, Influenza A hits first and is the worst virus. This season, Influenza B arrived first. Flu A arrived but did not peak in January. So we anticipate the flu season will last for several more weeks.

Influenza B was the infection connected to the death of a man in Tustin. The OC Health Care Agency (HCA) issued a press release on the case which you can read [here](#). By comparison, there were no flu-related deaths in OC at the end of January 2019.

The HCA Communicable Disease Control division, in collaboration with local hospitals, primary care providers and colleges, continues monitoring flu activity in OC. They work with the Public Health Laboratory which provides critical lab services during the flu season, such as confirming test results and influenza virus subtyping. Nationwide, the Centers for Disease Control and Prevention (CDC) conducts surveillance and says it's still not too late to get your influenza vaccine if you haven't received one. For information on where to get a flu shot, visit [www.ochealthinfo.com/flu](http://www.ochealthinfo.com/flu).

# “Recruitment”

## Underway for CalOptima Board of Directors

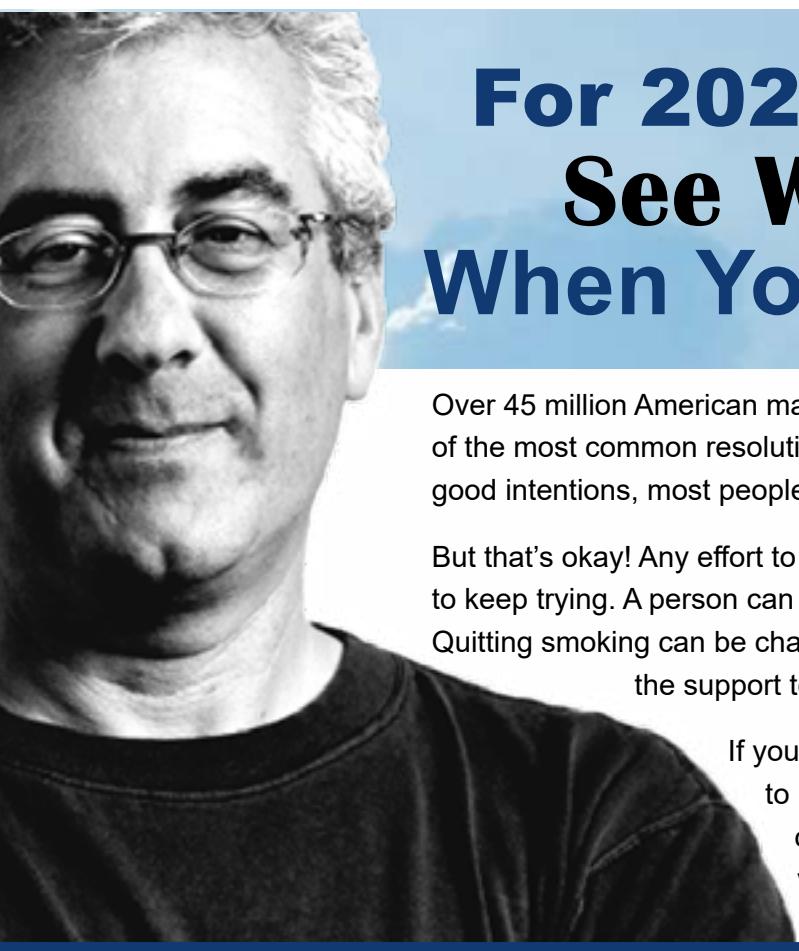
The OC Health Care Agency (HCA) is accepting applications for the CalOptima Board of Directors. CalOptima is the County-organized health system which serves more than 750,000 low-income children, adults, seniors and persons with disabilities.

Applicants who are selected will serve a four-year term beginning on August 4, 2020. There's an option to serve an additional four-year term, subject to reappointment by the Orange County Board of Supervisors. CalOptima Board

meetings are typically held on the first Thursday of each month at 2 p.m. at CalOptima, 505 City Parkway W. in the City of Orange.

Applications are being accepted for seven seats on the CalOptima Board of Directors. They are:

1. One person who is a current or former hospital administrator;
  2. One person who is a licensed medical provider in current practice and who is not an owner or officer or a member of the board of directors of:
  - a. A contracted independent physician's association; or,
  - b. A health network;
3. One person who is a licensed physician in current practice and who is also a representative of a contracted independent physician's association or health network;
  4. One person of the public who is a legal resident of Orange County;
  5. One person shall be an accounting or public finance professional, or an attorney who



## For 2020: See Who You Can Be, When You Are Smoke-Free

Over 45 million Americans make resolutions to improve themselves each New Year. One of the most common resolutions is to quit smoking successfully. However, with these good intentions, most people only make it through the first week before relapsing.

But that's okay! Any effort to quit is worthy of praise - especially if someone is committed to keep trying. A person can make between 6 to 11 attempts before quitting for good. Quitting smoking can be challenging, but if a person has a strong motivation to quit and the support to do so, the chances of success go up!

If you or someone you know needs it, 1-866-NEW-LUNG is here to provide support by offering a 2020 New Year's quit smoking campaign! Whether someone wants a group setting, individual support, or telephone counseling, participants will

is an active member of the State Bar;

6. One person who is a representative of a community clinic which may include, but is not limited to, a representative of a federally qualified health center; and,
7. One person who is a current CalOptima member or is a family member of a current CalOptima member. (For the purposes of this subdivision, "family member" means a parent, sibling, foster parent or legal guardian of a CalOptima member.)

Applicants have until March 20, 2020 to file a completed application. For applications and more information visit [www.ochealthinfo.com/caloptima](http://www.ochealthinfo.com/caloptima).

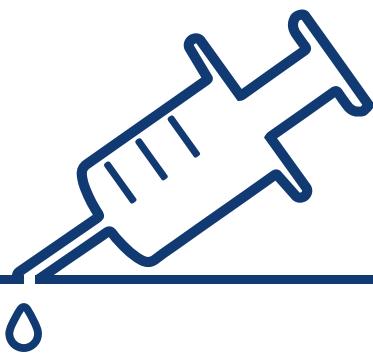


Cessation providers for the County of Orange from Anaheim Regional Medical Center. Back row (L-to-R): Nang Alphasouk; Gina Kim; Adrian Morales; Jaina Pallasigui; Khoi Pham and Farinaz Pirshirazi. Front row (L-to-R): Vanessa Martinez; Elizabeth Hien; Jenny Birondo; Zaira Ramirez and Caren Chajon.

receive the tools they need to quit smoking, along with their own personalized quit plan. They will be able to understand their triggers and create coping strategies to implement during their quit journey. In addition, participants who complete services will receive a FREE supply of nicotine patches (while supplies last). With a new plan in mind, people who sign up for the 2020 campaign will see their life from a new non-smoking perspective.

If you know someone who would like to quit and start 2020 smoke-free, visit [www.1866NEWLUNG.com/signup](http://www.1866NEWLUNG.com/signup) to sign up, and a Tobacco Cessation Specialist will contact you. You can also reach them at: **1-866-NEW-LUNG (1-866-639-5864)**.

# What Vaccines Are Made Of



When you get vaccinated, your immune system makes protective antibodies that fight viruses or bacteria to keep you from getting sick if you are exposed to them in the future. The vaccine trains your immune system to attack the virus or bacteria. In the case of measles, for example, if you have been vaccinated against measles and are later exposed to someone with the disease, your body remembers how to fight it off.

Despite the benefits, the thought of having a vaccine injected into our bodies may still be scary for a lot of people. When it comes to vaccines, what many people really want to know is: What's in these things?

Vaccines contain ingredients, called antigens, which help the body to develop immunity (protection) against specific diseases. Vaccines also contain very small amounts of other ingredients that are necessary to make the vaccine and protect it from spoiling before it is used. Below is a list of the ingredients in vaccines.

Some people are concerned about the first ingredient on the list, thimerosal, because it contains mercury. The concern has been that vaccines that contain thimerosal might harm the babies of pregnant women or young infants. Research has shown that in vaccines containing thimerosal, the amount is not harmful. Thimerosal acts as a preservative in many medicines, including some vaccines, and has a record of being very safe.

Mercury is a metal found naturally in the environment. People can be exposed to

Vaccine Ingredients		
Type of Ingredient	Examples	Purpose
Preservatives	Thimerosal (not contained in any vaccines routinely recommended for children except multi-dose vials of flu vaccine)	To prevent contamination
Adjuvants	Aluminum salts	To help stimulate the body's response to the antigens
Stabilizers	Sugars, gelatin	To keep the vaccine potent during transportation and storage
Residual cell culture materials	Egg protein	To grow enough of the virus or bacteria to make the vaccine
Residual inactivating ingredients	Formaldehyde	To kill viruses or inactivate toxins during the manufacturing process
Residual antibiotics	Neomycin, Kanamycin, Streptomycin	To prevent contamination by bacteria during the vaccine manufacturing process



some types of mercury; methylmercury, for example, is the type of mercury found in certain foods. If a person is exposed to a large amount of methylmercury, it can be dangerous. People can also be exposed to elemental mercury, such as when an old thermometer breaks and the mercury spills out.

Thimerosal contains ethylmercury, a different kind of mercury, which does not stay in the body very long. There is no evidence of harm caused by the low doses of thimerosal in vaccines.

In 1999, the Food and Drug Administration (FDA) was required by law to assess the amount of mercury in all the products the agency oversees, including vaccines. In an abundance of caution, the US Public Health Service decided that as much mercury as possible should be removed from vaccines, and since thimerosal was the only source of mercury in vaccines, they recommended removing thimerosal to reduce mercury exposure.

One concern has been that the thimerosal might be linked to autism in young children. However, based on a thorough review in 2004 of clinical and epidemiological studies by the National Academy of Medicine, researchers concluded that neither thimerosal, nor the measles-mumps-rubella (MMR) vaccine, is associated with autism. Even after thimerosal was removed from almost all childhood vaccines, autism rates continued to go up, which is the opposite of what would happen if thimerosal caused autism.

The measles, mumps, and rubella (MMR) vaccine has never contained thimerosal. Today, the only childhood vaccines that contain thimerosal and are routinely used in the United States are flu vaccines in multi-dose vials (vials containing more than one dose). Multi-dose vials have very tiny amounts of thimerosal as a preservative to prevent the growth of dangerous microbes. When each new needle is inserted into a multi-dose vial, it is possible for bacteria from the needle to enter the vial. Receiving a vaccine contaminated with bacteria can be deadly. Thimerosal prevents contamination in the multi-dose vial when individual doses are drawn from it. Vaccines that do not contain thimerosal are in single-use vials and in pre-filled syringes.

## New and Retired Email Signatures

There's a new, approved (optional) email signature treatment brought to us by in the OC Health Care Agency's (HCA) Behavioral Health Services and Communications teams. It's a pair of lime green tennis shoes to help promote the Stigma Free OC campaign. The shoes are in a walking position, which sends a message that recipients can take a step to be stigma-free by taking the pledge. The shoes are lime green, the national color for the mental health movement. To learn more, please visit [www.StigmaFreeOC.com](http://www.StigmaFreeOC.com).

As the HCA adopts the "Stigma Free OC" signature, it has also retired the "Eat. Play. Breathe. My Health OC" and the "Waste Not OC" email signatures treatments. Please discontinue their use. The "My Health OC" was retired along with its website, while the "Waste Not OC" signature was retired since the HCA no longer has staff on the leadership board of Waste Not OC.

For more on authorized email signature treatments, check the HCA Intranet at <https://intranet.ochca.com/director-office/hprc/email-signatures/>.





## For Health

Love your heart by replacing saturated fats with unsaturated fats as part of a healthy eating pattern. Unsaturated fats can help lower bad cholesterol and triglyceride levels, and they provide essential nutrients your body needs. Try these four easy and delicious ways to get more of the good fats:

- Eat fish at least twice a week. Choose fatty or oily fish such as albacore tuna, herring, lake trout, mackerel, sardines or salmon to get essential omega-3 fatty acids.
- Munch on a small handful of unsalted nuts and seeds for good fats, energy, protein and fiber. Good choices include almonds, hazelnuts, peanuts, pistachios, pumpkin seeds, sunflower seeds and walnuts.
- Snack, cook and bake with avocado to add healthy fats, fiber and essential vitamins and minerals.
- Use cooking and dressing oils that are lower in saturated fat. Good choices include avocado, canola, corn, grapeseed, olive, peanut, safflower, sesame, soybean and sunflower oils.

Heart-healthy avocados provide nearly 20 essential vitamins and nutrients and are a good source of fiber and folate, potassium, vitamin E and B vitamins.

It's understandable why avocado toasts are so popular; the spreadable avocado is both a delicious and simple breakfast solution. Slathering it on toast and topping with the simple ingredients of a Caprese salad is a healthy, quick start to the day.



### **Italian Caprese Avocado Toast**

#### **Ingredients:**

- 1 pint** cherry tomatoes (halved)
- 1/4 cup** basil, finely sliced, plus more garnish if desired
- 4 slices** whole-grain or whole wheat bread (toasted)
- 1** avocado, halved and pitted
- 1/8 tsp** ground black pepper
- 1/4 cup** fat-free, shredded mozzarella
- 2 tsp** balsamic vinegar

#### **Directions:**

1. Halve each cherry tomato and finely slice the basil leaves.
2. Toast each piece of bread.
3. Slice the avocado in half and remove the pit. Use a spoon to remove the avocado's flesh from the skin and place it into a bowl. Add the chopped basil and pepper. Mash together with a fork.



# Leveraging Your Benefits

## Dealing With Grief

Resources are available if you or someone you know are dealing with grief. The Aetna website [www.resourcesforliving.com](http://www.resourcesforliving.com) has a list of topics and books which cover a wide range of issues. Those include the basics of grief, understanding grief, dealing with the death of a family member, and even coping with grief at work. There is also information for helping others deal with grief and loss.

If you find yourself dealing with the death of a family member, the County of Orange allows for five days of paid bereavement leave. Bereavement leave is available to be taken for a spouse, parent, child, grandparent, grandchild or sibling. Be sure to coordinate any time off with your supervisor.

Meantime as a County of Orange employee, make sure you share with your family or legal representative, the information on the County's "Survivor Checklist" webpage. It contains information for your survivors which includes the Employee Assistance Program, health insurance, social security, payroll and more. You can find the info here [www.ocgov.com/gov/hr/eb/survivor](http://www.ocgov.com/gov/hr/eb/survivor).

You can also call Aetna Resources for Living, 24 hours a day, at (800) 221-0945.

*Information in "Leveraging Your Benefits" is to make you aware of benefits available to you as a County of Orange employee. This is not an endorsement of any program.*

## Myths And Facts About Grief

Courtesy: Behavioral Health Services Disaster Response Team

**MYTH:** The pain will go away faster if you ignore it.

**FACT:** Trying to ignore your pain or keep it from surfacing will only make it worse in the long run. For real healing it is necessary to face your grief and actively deal with it.

**MYTH:** It's important to be "be strong" in the face of loss.

**FACT:** Feeling sad, frightened or lonely is a normal reaction to loss. Crying doesn't mean you are weak. You don't need to "protect" your family or friends by putting on a brave front. Showing your true feelings can help them and you.

**MYTH:** If you don't cry, it means you aren't sorry about the loss.

**FACT:** Crying is a normal response to sadness, but it's not the only one. Those who don't cry may feel the pain just as deeply as others. They may simply have other ways of showing it.

**MYTH:** Grief should last about a year.

**FACT:** There is no right or wrong time frame for grieving. How long it takes can differ from person to person.

**MYTH:** Friends can help by not bringing up the subject.

**FACT:** People who are grieving usually want and need to talk about their loss. Bringing up the subject can make it easier to talk about.

4. Divide avocado mixture between each toast piece, spreading a layer onto each one. Place each toast onto a plate.
5. Add tomatoes onto the avocado cut-side-down. There may not be space for all the tomatoes, depending on how large the bread is. Divide shredded mozzarella between each toast and drizzle with balsamic vinegar. Garnish with a few basil leaves, if desired. Serve.

To find other sources of 'good fats' click [here](#).



community and to serve the community, year-round. "We confront the lack of knowledge or misconceptions people might have. I've even found others who faced some of the same challenges either I or my family faced while growing up." She said identifying those challenges and meeting them, is a reward. "This is when our job is so important. Whether we perform surveillance, promote healthier lifestyles, educate, provide accessible resources or intervene, I enjoy it all. That's because I'm part of a team that's contributing to the health of our community." Her proudest moments, "are when I'm able to help my patients overcome their concerns and when I can provide any comfort I possibly can, when a patient is going through a severe illness. I believe being positive can help them in some way."

Maria is busy when she's not at work. Her parents moved back to Nicaragua and she visits them whenever she can. In her 'down time' she also organizes baby showers for teen moms, spends time with friends and her family members who are in the US. Maria also enjoys running and bachata dancing classes.

# Save the Date

## 5<sup>TH</sup> ANNUAL SOAR

EMPLOYEE RECOGNITION CEREMONY



March 12, 2020

*Service and Compassion go a long way!*



### MISSION

In partnership with the community, protect and promote the health and safety of individuals and families in Orange County through:

- Assessment and planning
- Prevention and education
- Treatment and care



### Connect with Us



The **What's Up** newsletter is created and distributed monthly by HCA Communications. We welcome your ideas, input and/or insight into HCA people and programs. To contribute, comment or connect please email us at [hcacomm@ochca.com](mailto:hcacomm@ochca.com) or call (714) 834-2178. Thank you!