



## Director's Message

Happy New Year! We're off to a good start. Property located in the City of Orange was recently approved to begin the process for potential purchase by the Orange County Board of Supervisors to provide a campus-like center where mental health and drug treatment services will be offered near the Santa Ana River.

Services planned will include a Crisis Stabilization Unit (CSU) for both adults and children, a sobering station, addiction withdrawal maintenance, crisis recovery beds, Federally Qualified Health Center, outpatient triage and residential treatment center. After receiving treatment at the campus, people

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The OCPWP team pictured (left to right): Priscila Zuniga, Vianka Inigo, Elizabeth Mojica, Connie Nguyen, Sara DeSmet, Golmar Maleki, Heather Balcom, Veronica Velasquez-Rodarte, Elizabeth Saucedo-Gomez, Gloria Martinez, Claudia Cuevas, Sherin Boutros and Lucinda Shah.

## Two Merge to Become One New Comprehensive Program

The saying “the best time for new beginnings is now” rings true this new year as Behavioral Health Services (BHS) Orange County Postpartum Wellness and Youth as Parents programs combine to form one all-inclusive newly named program called the Orange County Parent Wellness Program (OCPWP).

OCPWP serves expectant and new mothers and fathers who may be experiencing behavioral health symptoms as a result of pregnancy or the recent birth of their child. Additionally, they serve women and adolescents who are experiencing perinatal mood and anxiety disorders and those suffering from postpartum depression.

“As part of the Mental Health Services Act 3-year Plan for Fiscal Years 17/18 through 19/20, the two programs merged and were granted a temporary name in the plan,” said **Dawn M. Smith**, Program Manager II, Children, Youth and Prevention Behavioral Health Services. “When it was learned that this

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### FEATURED ARTICLES

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may go to another program or be referred to other mental health and substance abuse services.

The 44,556 square foot building located at 265 South Anita Dr. is housed on 2.10 acres of land north of where the 5 and 57 freeways meet close to the County's Theo Lacy (jail) Facility and the University of California, Irvine Medical Center. It features a large atrium courtyard, two-story exterior walkway connecting two buildings and a 155-space parking lot.

With a shortage of mental health treatment beds, the purchase of the building is part of the County's plan to provide a 24/7 facility that treats people experiencing a psychiatric emergency and where behavioral health services are co-located.

Congratulations to our Behavioral Health Services team and everyone who supported their efforts to make this momentous achievement possible.

Sincerely,

*Richard Sanchez*  
Richard Sanchez, Director



## Save the Date!

Please mark **March 8, 2018** on your calendar for HCA's annual Service and Outstanding Achievement and Recognition (SOAR) and Years of Service 25+ Recognition Awards to be held at the Hall of Administration in Santa Ana.

Those receiving awards will be notified. For more information, email the [HCA Employee Recognition Program](#) or click [here](#).

## Peer-to-Peer

# Kristen Higbee

Dedicated to Helping  
Improve Clients' Quality of Life

*“Working in collaboration with the families and clients is the most important part of what we do, and the best part of my job is to help them.”*

**G**rowing up in a large family combined with a heart for “the kiddos,” **Kristen Higbee** loves her job providing family-centered pediatric care to [California Children's Services](#) (CCS) clients at the Baden Powel Medical Therapy Unit (MTU) in Anaheim.

As a Supervising Pediatric Physical Therapist, Kristen and her team provide medically necessary physical and occupational therapy services to children age 0 to 21 with medically eligible physical disabilities like spina bifida, arthrogryposis, cerebral palsy or traumatic brain or spinal injuries.

“Our goal is to assist the child or young adult in the development of functional skills and independence thus improving the quality of life for both the child and their family. I honestly consider my team to be the real people deserving of this honor and my reward is getting to lead this amazing group,” said Kristen.

Kristen fell in love with pediatric care during college when she interned with an MTU at Carl Harvey School, as part of her Physical Therapy program. “The tenacity and grace with which the kids met their life's challenges really motivated and moved me and that's when I knew



working with children would be my life's work,” Kristen shared. She began her County career in 1990 as a treating physical therapist, but left for a few years to focus more time with her own children and work in private practice. She returned in 2000 to a role as County Liaison to Children's Hospital of Orange County (CHOC) Clinic for kids with special medical circumstances and then moved on to her current position.

The Baden Powell MTU team notes that Kristen is both a mentor to her peers and a team player. She is often found greeting and encouraging clients in the treatment area, or kicking off her shoes to facilitate a therapy session. Kristen regularly praises her staff and creates a gratifying work environment by integrating fun team-building activities.

And speaking of fun, Kristen is passionate about spending time outdoors with her sons and husband and dedicates her weekends to hiking the trails at County parks, challenging her sons to a competitive game of volleyball or doing yoga.

Kristen was nominated by her colleagues and selected as December's [Peer-to-Peer](#) award winner. Congratulations, Kristen!

# Our Biggest Losers are WINNERS!



**W**hen is being called a “loser” a compliment? When you’re one of the 40 participants in Public Health Services’ Biggest Loser Challenge Workplace Edition #16 who collectively lost 273 pounds!

OC Health Care Agency employees were invited to participate in the challenge with their co-workers this past September to get fit for the holidays and potentially win cash prizes for being each week’s Biggest Loser. Like the NBC TV series ‘Biggest Loser,’ participants weighed-in weekly and were rewarded based on percent of weight lost. The challenge ended before Thanksgiving and the three top Losers included:

- 1st place – **Nikoo Tabesh**
- 2nd place – **Trisha Ly**
- 3rd Place – **Sarina Lopez**

“We began the Biggest Loser Workplace Edition following a discussion about the popular TV show and the challenge many of us face with managing our weight,” said **David Souleles**, Public Health Services Deputy Agency

Director. “This has given me the opportunity to stay focused on being healthier and I now head to the fruit bowl when I’m craving something sweet, instead of the candy bowls on the 7th floor. It’s also very rewarding for me to hear the feedback from staff afterwards who are very appreciative for the support and opportunity to be healthier.”

One hidden benefit of the contest is the comradery that comes from working toward a goal both individually and as a team. A study published in a 2012 issue of Obesity [here](#) found that when people are supported and inspired, such as by co-workers, they have a better chance of losing weight. Of the more than 3,000 people examined in the study, those with group support had a 6 to 20 percent better chance of achieving a 5 percent weight loss.

This workplace weight loss contest, while being the largest, isn’t the only competition that takes place at the HCA. Environmental Health, Purchasing and Contracts host challenges within their teams with excellent results as well!

Tips and ideas were circulated throughout the 10-week challenge, courtesy of the Health Promotion Division to



keep participants focused on the prize, which wasn't just about winning the contest, but rather on the benefit of becoming healthier by developing better habits. Each participant chose their own method of losing weight from various diet programs, food choices and meal timing, and different forms of exercise.

"For me, the best part of the challenge was being accountable. I actually met people through the weigh-ins and that helped me stay focused. I didn't make big changes, but selected changes that I could continue when the challenge was over. I increased my vegetable intake and am continuing to do this," said **April Thornton**, Behavioral Health Services Outpatient Services Program Manager.

Biggest Loser winner **Nikoo Tabesh**, Office of Compliance Privacy Analyst, shared several tips that helped her take home 1st prize:

- Don't eat after 7 p.m., no matter what.
- Eat 5-6 small meals per day, all between 2 ½ to 3 hours apart.

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Biggest Loser Workplace Challenge **1st Place** winner Nikoo Tabesh pictured with David Souleles.



Biggest Loser Workplace Challenge **2nd Place** winner Trisha Ly pictured with David Souleles.



Biggest Loser Workplace Challenge **3rd Place** winner Sarina Lopez pictured with David Souleles.



# County of Orange Selected to Participate in Workshop to Address Community Needs

The County of Orange has been selected from among 45 applications received to participate in a [Sequential Intercept Mapping](#) (SIM) workshop designed to help participants plan how to better identify and respond to the needs of adults with mental and substance use disorders in contact with the criminal justice system.

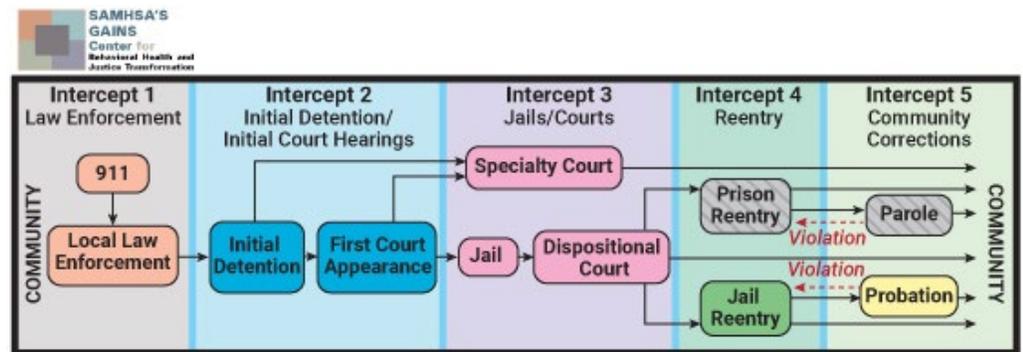
The 1.5-day SIM workshop will bring together key County and community stakeholders to foster cross-system collaboration and integration. Multidisciplinary teams from the jails, probation, behavioral health treatment providers and organizations, housing providers, social service providers, and community organizations will come together to identify ways in which barriers between the criminal justice, mental health, and substance use systems can be reduced and work toward developing integrated plans.

The workshop will focus on Intercepts 4 and 5 (reentry and community corrections), areas that have gained increased attention in recent years. Fostering successful reentry into the community after incarceration and success for individuals on probation or parole is critical to reducing further criminal activity and the risk of ending

up back in jail.

The SIM workshop supports the County of Orange [Stepping Up Initiative](#), a County-wide collaborative focused on reducing the number of individuals with behavioral health issues in our criminal justice system. The workshop will be provided at no

cost to the eight winning communities by the Substance Abuse and Mental Health Services (SAMHSA) GAINS Center for Behavioral Health and Justice Transformation. Click [here](#) to learn more about what the SAMHSA'S GAINS Center is doing to enhance behavioral health-criminal justice coordination.



SAMHSA's GAINS Center. (2013). *Developing a comprehensive plan for behavioral health and criminal justice collaboration: The Sequential Intercept Model* (3rd ed.). Delmar, NY: Policy Research Associates, Inc.

## Timecard Application Get

A New Year brings new and enhanced features to the [Virtual Timecard Application](#) (VTI) to provide employees with easier navigation and an improved user interface.

As part of the upgrade from version 4.8 to 5.0, all employee passwords have been replaced with a new default password (Welcome!). Upon initial login, employees will be routed to the 'My User Profile' page and prompted to replace the password to one that's more complex to include: an upper case letter, lower case letter, numeric or special character.

Beginning mid-2018, users will see new features start to rollout such as icons, dynamic drop-down menus, and an inbox for supervisors. To learn more, watch 'A Welcome to 5.0' video [here](#).

### Additional features will include:

- ❖ **Automation:** VTI will automate the calculation of overtime and certain premium pays based on an employee's schedule and what the employee actually works. This new feature will reduce the need for pay correc-

## Our Biggest Losers are Winners!

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- Drink lots of water! Avoid soda or alcohol.
- Eat lots of high fiber foods such as legumes.
- Add activity at least 3 days per week. Pick something you enjoy like yoga or hiking so it doesn't feel like you're forcing yourself to work out.
- Don't grocery shop when hungry.
- Ask friends and family to encourage you and not "tempt" you.

For more healthy eating tips and resources, read this month's Zest for Health 'Get Fit into the New Year' article on [page 10](#).



When asked if there will be another Biggest Loser Challenge, David replied the he and **Denise Westrick**, Public Health Services Secretary, will be launching the next challenge early in 2018. "Yes, this is a competition, but more importantly it's an opportunity to get healthier and learn new behaviors that you can call upon long after the competition is over, and

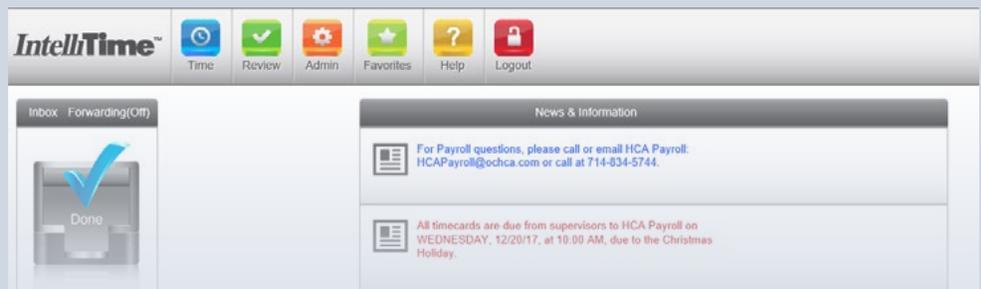
however folks choose to lose weight, we want them to do it in a safe and healthy manner."

If your New Year's resolutions include a healthier weight, consider joining Biggest Loser Workplace Challenge #17, starting soon. Gather your colleagues and join the fun! Cheers to a healthier and lighter 2018!

# ts an Upgrade

tions and the length of time it takes to complete these type of adjustments.

- ❖ **Timecard:** User schedules are assigned to an employee and will show up on an employee's timecard along with a detailed selection list for job numbers and department object codes. The timecard will display the start and stop information to allow for automation of overtime, call back and holiday pay.
- ❖ **Leave Requests:** A leave



request form will allow users to request a partial day, whole day or multiple days off. Employees will submit the form for their supervisors to approve. Once approved, the leave will post onto the timecard directly for the user. Departments will now have a central place for leave requests to ensure proper coding as well as populate a

calendar that supervisors can view for their unit.

- ❖ **Leave Detail Calendar:** A calendar feature will show all employee time off for that month within the unit.

For questions regarding the VTI upgrade, email [VTIUpgradeProject@ac.ocgov.com](mailto:VTIUpgradeProject@ac.ocgov.com).

## Get to Know Chris Prevatt, Labor Management Committee Co-Chair



**Q: Describe your current position at the Health Care Agency (HCA), how long have you been in this position, and what inspired you to come work for the Agency?**

**A:** I have been working for HCA for 20 years. I started in the HIV Planning and Coordination unit, then moved to the Health Promotion (HP) Division in 2004 where I've been since. I was inspired to work for the HCA because of my years of involvement in serving the HIV positive community in Orange County. I currently handle several special projects for HP and monitor performance of one of our contract providers who delivers services to homebound older adults.

**Q: Tell us about yourself. What can we find you doing in your spare time? Do you have any hobbies, places you like to visit, activities you like to participate in?**

**A:** Spare time, what's that!?! In addition to my full-time position at HCA, I also serve as one of two elected general members [Orange County Employees Retirement System](#). As Chair of the Board, this position absorbs a significant amount of my time both at work and home. There are three to four meetings each month that I attend that can run from 4 to 8 hours each week, with several hours of reading to prepare, as well as various conferences throughout the year that require up to a week of travel. I'm also Secretary of the Board for the [Orange County Employees Association](#).

**Q: What are some of the reasons that contributed to you joining the Labor Management Committee (LMC)**

**and how long have you been a member?**

**A:** I joined the LMC because I wanted to make a difference in the way management and labor function together in serving the employees of Orange County. I enjoy delving into the details of finding solutions that make things work more effectively and efficiently. When management and labor can work together, the best results emerge.

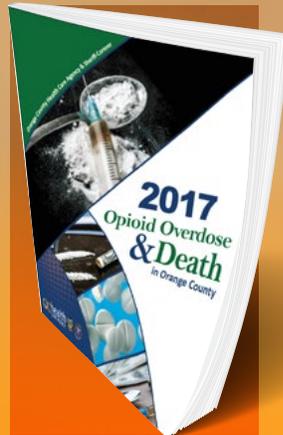
**Q: The LMC serves as a collaborative body that represents both employees and management in an effort to create a more efficient and positive work environment. As a member of the LMC, what do you want to accomplish to help HCA flourish?**

**A:** I'd like to establish and ensure an environment where both managers and line staff can work collaboratively to ensure the best possible service to the people of Orange County. I want to build a relationship where labor and management act as partners, where all ideas are heard and the needs of all HCA team members are met.

**Q: What's the best piece of advice, personal or professional, that someone has ever given you?**

**A:** For me, that's a quote attributed to U.S. Supreme Court Justice Potter Stewart. It's not only the best advice, it's been my guiding principle for many years: "Ethics is knowing the difference between what you have a right to do and what is right to do."

The OC Health Care Agency Labor Management (LMC) is a cooperative partnership between labor and management serving as a resource for achieving business goals and objectives by collaborating to develop solutions to workplace issues, assisting with Agency communications, and providing knowledge and expertise to help implement a more efficient, responsive, accountable and results-oriented organization. For more information, visit <http://intranet/lmc> or click [here](#) to view a flyer with details about becoming a member.



## Public Forum to Address Opioid Crisis in Orange County Coming Soon

To identify opioid prevention and treatment needs and reduce overdose and addiction, the Orange County Alcohol and Drug Advisory Board and the OC Health Care Agency will hold an Opioid Public Forum on January 24 from 1:30 to 3:30 p.m. at the [Delhi Center](#) located at 505 E. Central Ave. in Santa Ana.

In Orange County, the rate of opioid-related emergency department (ED) visits increased 141% since 2005, while 7,457 opioid overdose/abuse cases were treated in the ED between 2011 and 2015.

To address these climbing statistics, the forum will include presentations about the [2017 Opioid Overdose & Death in Orange County](#) report and results received from surveys which targeted current and previous opioid users, treatment providers, community stakeholders as well as the family and friends of those who misuse/misused opioids. A report about Orange County's strengths, gaps, and opportunities to address needs through prevention, harm reduction, treatment and recovery supports will also be discussed.

The public is invited to share their feedback and input about strategies to address the crisis. For information about opioid prevention and treatment resources, click [here](#) or send an email to [opioidinfo@ochca.com](mailto:opioidinfo@ochca.com).

### Labor Management Committee

HCA Labor Management Committee (LMC) is a cooperative partnership between Labor and Management serving as a resource for achieving business goals and objectives by collaborating to develop solutions to workplace issues, assisting with Agency communications, and providing knowledge and expertise to help implement a more efficient, responsive, accountable and results-oriented organization.

#### Our Role

In cooperative partnership with the Orange County Employees Association (OCEA), the HCA LMC addresses and resolves workplace issues, and much more. LMC goals include:

- Creating a working environment that encourages active engagement in achieving organizational goals and contributes to community, client and employer satisfaction.

- Providing a forum to improve communication between all HCA employees, supervisors, managers and executive management.

- Resolving workplace issues in order to improve employee satisfaction, while providing quality health care services and regulatory oversight.



- Providing a forum for employees to propose workplace process improvements intended to improve service delivery or improve efficiency and/or efficiency.

The HCA LMC meets monthly on the second Wednesday from 2:00 p.m. to 4:30 p.m. The LMC seeks volunteers to serve on resolving workplace issues and making the County of Orange Health Care Agency a better place to work. Volunteers must be able to commit to approximately 2-3 hours per month to their associated with LMC membership. Please consider participating in this challenging and rewarding process that benefits you and your co-workers. Belonging to the LMC is a lot of fun and is a rewarding way to contribute to the Agency's operational health.

#### Join the LMC Team

We welcome applications from all HCA service areas. However, for the LMC to become fully representative of all HCA service areas, we are currently in need of new members (any job level - labor and management), particularly from Correctional Health Services (CHS) and Regulatory Medical Services (R/MS). To apply please complete the LMC application @ [lmc/orbcaul.ochca.com/lmc/membership](http://lmc/orbcaul.ochca.com/lmc/membership)

For additional information, please contact Lisa Alford, Recruitment Chair, by phone @ 714-834-8975 or via email @ [lalford@ochca.com](mailto:lalford@ochca.com) or email LMC at [lmc@ochca.com](mailto:lmc@ochca.com).

### OPIOID OVERDOSE & DEATH in Orange County

Presented by Alcohol and Drug Advisory Board and Behavioral Health Services, OC Health Care Agency

TEL: (714) 834-5481  
ADAB Website: <http://www.ochcahealth.com/ADAB/aboutADAB>

If you have any questions, please send email to: [adabinfo@ochca.com](mailto:adabinfo@ochca.com)

#### A Public Forum to Address Addiction & Prevention

Date: Wednesday, January 24, 2018  
Time: 1:30 p.m. to 3:30 p.m.  
Place of Meeting: Delhi Community Center, 505 E. Central Ave., Santa Ana, CA 92701

Featured Topics:

- 2017 Opioid Overdose & Death in Orange County Report
- Addicts and Families Survey Summary
- Prevention, Treatment and Recovery Discussion

# 2008



## For Health

### Let's Get Fit in the New Year!

Making a commitment to get fit in the New Year doesn't have to be hard. Small daily changes can have lasting results. Whether your goal is to lose weight or to become physically active, here's three tips to help you get started.

**Take the stairs:** Although taking the elevator might seem more convenient, the stairs can be a much better option. Stairs are often much faster than waiting on that slow el-

evator and they allow you to burn calories, tone your legs and lose weight. Taking the stairs can also increase your level of good cholesterol and improve your bone density.

**Park farther away:** Put your body to good use by picking a parking spot that's farther away than usual. You'll subconsciously reduce stress levels and overall body fat, while also cut your risk for chronic dis-



eases such as diabetes, cancer and heart disease. The next time you find yourself pulling into a parking structure, make the decision to park farther away and watch how quickly those steps add up!

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# Lentil Veggie Soup for the Soul

Grab a cozy blanket, interesting book and savor Lee's Lentil Veggie Soup (vegan and vegetarian friendly) that's sure to warm your heart and soul this winter! Not only are these heart healthy grains high in fiber, they're also a good source of protein, promote stable blood sugar and help lower cholesterol.



## CHEF'S TIP:

This soup can also be made in a slow cooker. For a 2 qt. slow cooker, increase the amount of vegetables and lentils, but keep the amount of broth the same.

**SERVES:** 4

**PREPARATION TIME:** 1 hour 5 minutes

## INGREDIENTS:

- 1 tbsp. olive oil
- 1 celery stalk
- ½ medium onion chopped
- 1 medium carrot chopped
- 1 garlic clove minced
- ¾ cup dried lentils
- 1 qt. vegetable broth or water
- 1 medium sweet potato peeled and chopped (optional)
- 2 tsp. cider vinegar or lemon juice (optional)

## DIRECTIONS:

- Heat oil in a large stockpot over medium-high heat.
- Add vegetables and sauté for 6 to 8 minutes. Stir frequently until onion is translucent.
- Add garlic and lentils. Cook for 2 minutes, stirring constantly.
- Add broth or water, bring to a boil and reduce heat to low.
- Simmer stew for 30 to 40 minutes, stirring occasionally until lentils are tender.
- Add vinegar or lemon juice and cook for an additional 10 minutes.

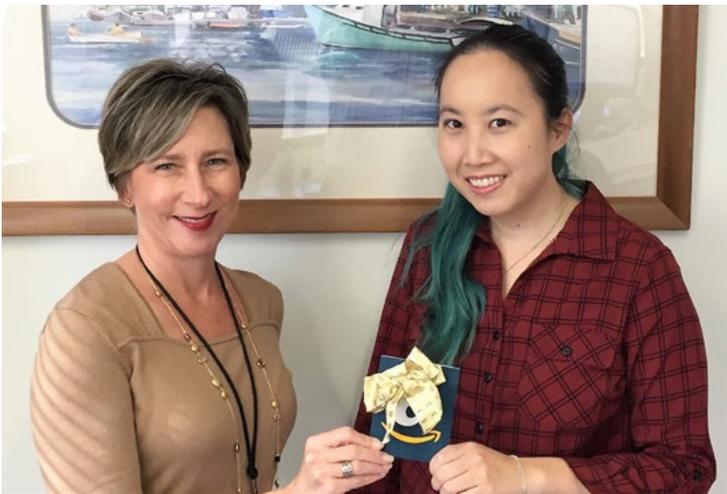
**Zest for Health**  
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**Take a walk during your break:** If you find yourself with some extra time during your work break or lunch, go out for a walk. You can do this activity by yourself or grab a colleague and make it a group activity. Not only will you burn calories and tone your body, you'll also get a chance to get some fresh air and take up the sights around your workplace or neighborhood. Make sure to wear a pair of comfy walking shoes, bring a bottle of water and use sunscreen.

For more information and resources to help you get fit in 2018, visit [www.myhealthoc.org](http://www.myhealthoc.org) or the National Institutes of Health [here](#).

**Two Merge to Become One New Comprehensive Program**

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Dawn M. Smith presents Lisa Tran, MFTI with a gift card for her winning program name submission.

temporary name was almost identical to the name of an existing provider in the community that offered similar services to the postpartum population, we decided to enlist the assistance of our creative Prevention and Intervention (P&I) Team Members to re-name the program.”

From a list of 23 submissions, the top five program names were provided to the BHS Executive Team who selected ‘Parent Wellness Program’ as the winning name submitted by **Lisa Tran**, Marriage & Family Therapist I, Children’s Support and Parenting program. To learn more about BHS Prevention and Intervention programs, click [here](#).



**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. Please call (714) 834-2178 with any suggestions or comments.