




## Director's Message

Are you prepared for an emergency? Don't quite know where to start?

You're invited to attend the upcoming multi-city Point of Dispensing (POD) event where you can help cities as well as the OC Health Care Agency exercise our health emergency preparedness plans. Participants will receive a customized tote bag containing emergency preparedness materials unique to their communities and a festive pumpkin (while supplies last). There is no appointment necessary.

**WHEN?** Thursday, October 18, 2018 from 4 – 6 p.m.

*... continued on page 2*



## HCA Welcomes

### Deputy Health Officer, Dr. Nichole Quick

When it comes to addiction medicine and public health, one may think it's like comparing apples to oranges. This is certainly not the case for Public Health Services' new Deputy Health Officer, **Dr. Nichole Quick**, whose goal is to bring her experience in addiction medicine and public health to address the opioid crisis in Orange County and to be a voice for women's health.

key topics that she holds dear to her heart which include addressing substance use disorders (specifically opioids), the OC Women's Health Project, and learning more about Public Health's community partners and collaborative efforts to make Orange County a healthier place to live, work and play.

During the first year in her new role, Dr. Quick intends to focus on

"I look forward to working with my talented colleagues to improve the health of all Orange County residents," said **Dr. Quick**.

### FEATURED ARTICLES

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**Director's Message**  
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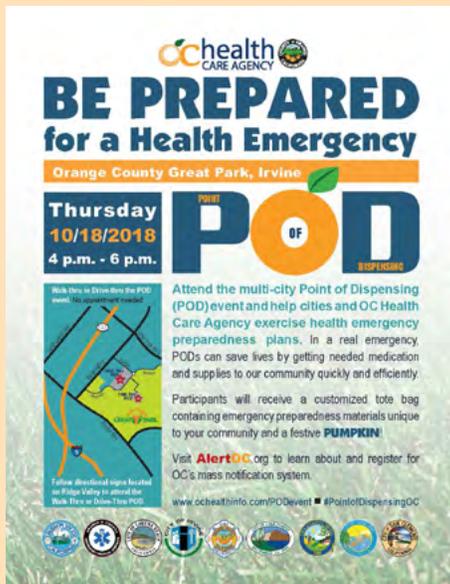
**WHERE?** The Orange County Great Park, in the City of Irvine, California (follow directional signs located on Ridge Valley to attend the Walk-Thru or Drive-Thru POD).

In a real emergency, PODs can save lives by getting needed medication and supplies to our community quickly and efficiently. Learn more at [www.ochealthinfo.com/PODevent](http://www.ochealthinfo.com/PODevent), and please help us spread the work on social media with the hashtag #PointofDispensingOC.

Before you dive into the rest of October's newsletter, why not take a few minutes and visit [AlertOC.org](http://AlertOC.org) to learn about and register for Orange County's mass notification system? It's a quick and easy way to prepare today for what may come tomorrow.

Best,

*Richard Sanchez*  
Richard Sanchez, Director



# Family Health Services

## Smile Habits OC

### Website and Ad Campaign

Recognizing a need for the community to easily access material about oral healthcare, a new Smile Habits OC website ([www.smile-habitsoc.org](http://www.smile-habitsoc.org)) has launched and provides essential information and resources to individuals of all ages and special populations on how to maintain their best oral health and access services in Orange County.

Highlighted in a report by the California Department of Public Health Oral Health Program [here](#) is the importance of oral health literacy (individual's capacity to obtain, process and understand basic oral health information and services needed to make appropriate oral health decisions). The website gives users a way to easily access information about dental services, oral hygiene and healthy habits, nutrition, injury prevention, and substance use from any computer, tablet or smartphone. Content is also available in Spanish at [www.sp.smilehabitsoc.org](http://www.sp.smilehabitsoc.org).

To increase further awareness about the importance of oral health, a Smile Habits OC ad campaign will run on Orange County Transportation Agency buses during certain bus routes in central and parts of west Orange County focusing on two key oral health messages: "Brush your teeth twice a day" and "See your dentist twice a year."

The website and ad campaign were made possible through funds from [Proposition 56](#), the California Healthcare, Research and Prevention Tobacco Tax Act of 2016, that granted local health jurisdictions across California, including Orange County to establish or expand Local Oral Health Programs.

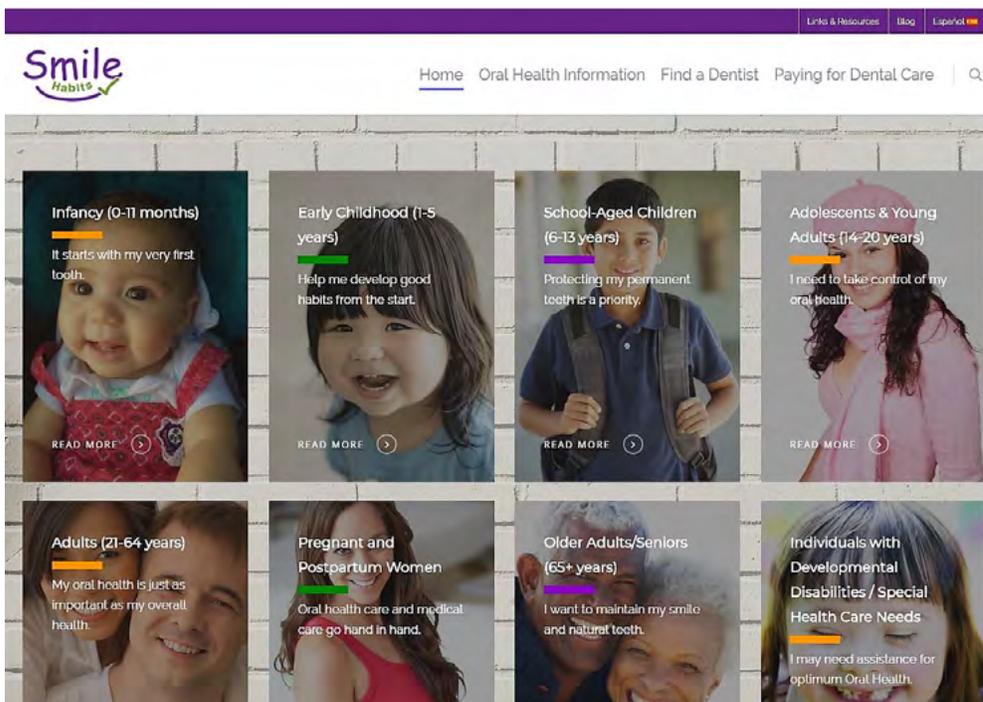
For information about obtaining materials to share the website with your clients, contact [Maya Thona](#), Family Health Services Program Manager at (714) 567-6234.

# ces Launches New



“Oral health is a key component of an individual’s health throughout life, and good oral health means being free of tooth decay and gum disease as well as chronic oral pain and other conditions that affect the mouth and throat. The website helps our community maintain good oral health by providing information that is accurate, accessible and actionable.”

— Dr. David Nuñez, Family Health Medical Director



**HCA Contract Services** invites you to stop by and join the fun on

**October 18, 2018**

from

**1 p.m. to 4 p.m.**

405 W. 5th Street,  
Suite 600  
Santa Ana, CA

Meet and greet their staff and see where their office is located.

Refreshments will be served.

**SAVE THE DATE**

**NOV 7TH 2018**

The Orange County Health Care Agency  
and OCEA Labor Management Committee

*Presents*

**The 2018 Steve Ambriz  
Team Excellence Awards**

When: Wednesday, November 7<sup>th</sup>  
Time: 2:00 PM to 4:00 PM  
Location: Hall of Administration Board Hearing Room – 333 W. Santa Ana Blvd CA 92701

The Orange County Health Care Agency and OCEA Labor Management Committee (HCA/OCEA LMC) created the Steve Ambriz Team Excellence Awards to recognize programs that demonstrate the qualities and characteristics of effective work teams. Please join us in recognizing the nominated teams and the winners of this year's 2018 Steve Ambriz Team Excellence Awards! Light refreshments will be served.

REMINDER: Please be on the lookout for a CALL FOR APPLICATIONS email in JULY.

**OCEA** **ohealth**  
LABOR MANAGEMENT COMMITTEE

# 2018 Steve Ambriz Team Excellence

Get to know the 10 nominees who are up for this year's Steve Ambriz Awards. One winning team will be announced during the Awards presentation on **November 7, 2018** from 2 to 4 p.m. at the Hall of Administration Board Hearing Room. Don't forget to mark your calendars!

## Adult and Older Adult Behavioral Health (AOABH) DUI & Drug Court Programs

This program provides substance use/dependence treatment for participants referred directly from the County of Orange Superior Courts. Services include assessment, crisis intervention, outpatient substance treatment, intensive outpatient treatment, individual and group counseling, community linkages, and supportive services. The team is made up of 25 clinicians, one service chief, two community workers and numerous front office support staff that provide services in Aliso Viejo, Anaheim, Costa Mesa, Santa Ana and Westminster at 9 different County courts.



**Pictured** (alphabetical): Jan Amick, Shani Bass, Jessica Burpee, Alynn Cauldwell, Kelly Coburn, Janice Davis, Alicia Dominguez, Sabrina Elkins, Tracy Ernt, Edward Fuentes, Tiffany Garcia, Jose Gomez, Brittany Johns, Olivia Ly, Thanh Nguyen, Celia Ochoa, Shirley Omlin, Mateusz Plosynski, Nicole Purcell, Veronica Ramirez, Craig Steckowski, and Vuthy Yam. Not pictured: Mackenzie Maurer, Andrew Park, Vincent Baca, Juan Bravo and Donald Keith.

## Adult and Older Adult Behavioral Health (AOABH) Older Adult Services

Older Adult Services (OAS) provides outpatient behavioral health services to individuals age 60 and older and is comprised of four programs that work collaboratively as one team: Senior Health Outreach and Prevention Program (SHOPP), Substance Abuse Resources Team (START), Recovery Clinic and Program for Assertive Community Treatment (PACT). Each of the OAS programs are integrated and as such, a client may participate in more than one program at a time depending on his/her needs. The core values of OAS include treating clients with respect and dignity and to serve them with compassion.



**Pictured** (alphabetical): Rosie Alonzo, Laura Cole, Kylaa Duong, Nga Duong, Kelley Flores, Healthier Gallas, Diane Hannaford, Zahara Heydari, Liz Hernandez, Karen Hoffman, Lauren Juarez, Jeannie Kim, Katherine Lane, Bill Liu, Cece Martinez, Hoang Nguyen, Natalie Nguyen, Nhung Nguyen, Anthony Phan, Armando Rodriguez, Sandra Sagarnaga, Sherry Shahid, Francisco Telez, Tai Trinh, Hason Vu, and Jaime Weir. Not pictured: Robert Diaz, Eleni Hailemariam, Jimmi Jett, Honudke Mohan, Maribel Martinez, Shawnda Silva, Pam Sipchen and Celica Ochoa.

# Award **NOMINEES**

## **Authority & Quality Improvement Services Division (AQIS) Alcohol Liaison Team**

Alcohol Liaison Office (ALO) staff support the operations of Orange County's Driving Under the Influence programs and are stationed at four Superior Court locations in the County. The team ensures that every person who is ordered to attend a DUI program by the court is linked to a licensed provider, anywhere in the County; and routinely interacts with the courts, attorneys, probation officers, DUI program providers and the public to ensure nobody falls through the cracks. It is thanks to the hard work, creativity and dedication of this team that 98% of all individuals ordered to attend a DUI program find and enroll into a program.



**Pictured** (alphabetical): Glenda Aguilar, Dan Alexander, Irene Barades, Cassie Billion, Nicole Garcia, Marina Haroon, Liz Huff, Ashely Hutton, Kasie Lynch, Elizabeth Macias, Meredith Mebane, Berenice Moran, Ira Orrozco, Andrew Parker, Rebekah Radomski, Kelly Sabet, Faby Sanchez, and Carol Triplett. Not pictured: Tina Aguilar, Ken Alma, Elizabeth Alquisira, Darlene Amaya-McDonald, Huda Bayaa, Ted Becker, Veronica Benitez, Lenora Burney, Sylvia Cote, Mark Davis, Gloria Dialynas, Jim Earnest, Tracy Ernt, Ryan Froelich, Michielle L. Garcia, Jose Gomez, Naveeda Habibi, Diego Hernandez, Juliet Herrera, Paul Chi Hoang, Lori Horwitz, Scott Huffman, Sameeha Jabbar, Sarah Kang, Mar-ian Kettler, Angela Lee, Cristina Madory, Golmar Maleki, Erika Marquez, Lisa Mau, Laurie McCaslin, Tammy McKee, Camilo Medina, Michelle Menke, Diana Miramontes, Annette Mugrditchian, Mike Mullard, Erik Negron, Bao Chau Nguyen, Brett O'Brien, Shirley Omlin, Nelda Owens, Mike Parisi, Irma Plascencia, Jessica Reekstin, Alicia Reimer, Janice Richardson, Tracy Rick, Jennifer Santillan, Chrissy Shelby, Mark Shugarman, Rachelle Supphatvong, Justin To, Tiffany Tran, Alyssa Vergara, Vuthy Yam, Ryan Yowell, Angela Yu, and Staci Ziegler.

## **Behavioral Health Services Disaster Response (BHSDR)**

BHSDR is a volunteer group of 77 responders from all divisions of Behavioral Health Services who have a variety of expertise, cultural and language capabilities and crisis intervention training. BHSDR responds to natural and manmade disasters, mass violence and other critical incidents within the community; in this past year, 256 people were served. The team also participates in community-wide disaster preparedness activities with community partners throughout the year, as well as provides disaster preparedness and response related trainings to County staff and partners.



## **Community Counseling & Supportive Services (CCSS)**

CCSS is a short-term counseling program for all age groups who are at risk for or have developed a mild to moderate behavioral health condition. Services include screening and assessment, individual counseling, groups (support and educational), case management, referral and linkages, and community outreach.

**Pictured** (alphabetical): Melanie Alvarado, Huda Bayaa, Monica Gallegos, Maria Elias, Tatiana Ellison, Elaine Estrada, Lorna Loera, Miguel Maciel, Sierra Martinez, Belinda McCleese, Barbara Medina, Rosie Morales, Chung Nguyen, Hieu Pham, Jessica Rycroft, Karen Simerlink, and Raquel Tellez.

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# WALK TO SCHOOL DAY

October 10TH



physical activity. The real focus is neighborhood to neighborhood where students, parents, city leaders and school officials take to the streets to help build momentum. To learn more, visit the Walk and Bike to School website [here](#).

Now that kids are back in school, it's a great time to walk and roll during [Walk to School Day](#) on Wednesday, October 10. Walking to school is great physical activity, gets kids energized and ready to learn and also builds community camaraderie!

This one-day event has evolved over time to become part of a year-round movement to promote safe routes to school, reinforce kids' traffic safety skills and encourage

Along with supporting schools with Walk to School Day events and activities, Public Health's Health Promotion Division also supports the Walking School Bus program. Check out this video [here](#) to promote the simple joy of walking to school while also building support for improving safer walking routes. To learn more, visit the Health Promotion [Walk to School Day](#) or [Walking School Bus](#) websites.



Congratulations to Public Health Services 17th St. Testing, Treatment and Care Clinic on receiving the Center for Quality Improvement and Innovation (CQII) Leadership in Quality Care Award for their work on a [extragenital screening](#) project (ESS) that focuses on improving sexually transmitted disease screening for clinic patients through self-collected specimens for gonorrhea and chlamydia.

"The completion of the ESS project and the implementation of Quick Check (new appointment for self-collected specimens) represents modern and innovative ways that the 17th St. Testing, Treatment and Care Clinic is dedicated to reducing

# Testing, Treatment and Care Clinic RECEIVES RYAN WHITE AWARD



preventable STD and HIV infections while delivering exceptional health care services to patients,” said Dr. **Chris Ried**, Medical Director, 17th St. Testing, Treatment and Care. “This award acknowledges the dedication and work of all clinic partners and staff including research analysts, lab technicians, microbiologists, administrative staff, medical assistants, nurses and medical providers.”

Developed in collaboration with the California Department of Public Health [Office of AIDS](#) and the Pacific AIDS Education and Training Center ([PAETC](#)), the ESS project includes the following components:

- ▶ Analysis of STD screening rates

among people living with HIV receiving care at our clinic

- ▶ Validation study for self-collected specimens with the Health Care Agency’s Public Health Lab
- ▶ Analysis of the efficacy of extragenital STD screening compared to urinalysis alone
- ▶ Development of protocols for self-collected specimens for implantation in the clinic
- ▶ Modification of the clinic’s Electronic Health Record (EHR) to order and receive results for self-collected specimens
- ▶ Implementation of a new appointment type in the EHR

called ‘Quick Check’ for patients to complete self-collected specimens for STD screening.

CQII is the Human Resources and Services Administration’s [Ryan White](#) HIV/AIDS program center that provides technical assistance on quality improvement to Ryan White grant recipients. Click [here](#) to learn more. For information about 17th St. Testing, Treatment and Care, visit them online [here](#).

▲ **Pictured** (left to right): Danielle Connor, Dr. Chris Ried, Lilia Cardenas, Karen McLean, Kathy Krusel, Victoria Buchanan, Sophia Valdez, Will Crittenden, Cynthia Sanchez, Natalie Silva, Susan Cabral, Rosalie Mendez and LaQuicha Westervelt. Not pictured: Melissa Nakahara, Doug Schan, Paterno Lopez, Patricia Perez, Elvira Anvia, Maria Collins, Julia Gomez, Ralph Perez and Alyssa Haveman.

## Drop-Off Unwanted Prescriptions on October 27

Have you wondered what to do with your expired, unused or unwanted prescription medicines? Drop them off between 10 a.m. and 2 p.m. during “National Take Back Day” on Saturday, October 27 at various locations throughout Orange County.

Keeping them in the home can pose a risk for pill abuse and theft. Flushing them down the toilet or throwing them away in the trash are also both safety and health hazards. Dispose of them properly by finding a location near you at

# Take Them BACK

[www.DEATakeback.com](http://www.DEATakeback.com) or by calling (800) 882-9539. The drop off service is free and anonymous.

This initiative, created by the Drug Enforcement Administration (DEA), addresses a vital public safety and public health issue by reducing the risk of accidental poisonings and overdoses. To learn more about the program, click [here](#). For more information about drug abuse prevention efforts in Orange County,



visit the Alcohol & Drug Education & Prevention Team (ADEPT) online at [www.ochealthinfo.com/adept](http://www.ochealthinfo.com/adept).

## 5 Things You Need to Know: Lease Agreement

**1** The 6-month lease agreement signed by the County of Orange with the Baymont Motel in February 2018 ended August 31, 2018. This contract was to provide for additional motel stays, shelter spaces and related services (read more [here](#)) for individuals encamped along the Santa Ana Riverbed between Taft Ave./Ball Rd. in Anaheim and Memory Lane in Orange (also referred to as the “Project Area” for the County’s [environmental remediation project](#)).

**2** Upon entering the Baymont Motel, individuals were clinically assessed by the Health Care Agency and healthcare contractor [Telecare](#) and informed that their stay was not permanent and that they would need to accept another housing option upon determining what type of Behavioral Health Services program(s) they may qualify for and be linked to. Clinical assessments determined that these individuals qualified for the Mental Health Services Act ([MHSA](#)) funded Full Service Partnership ([FSP](#)) program and were offered the opportunity to continue receiving related services at more appropriate locations.

**3** Full Service Partnerships are designed to focus on the person rather than their disease and utilizes a wide variety of programs and services in providing support to individuals with the highest level of behavioral health impairments. Because FSPs are funded with MHSA dollars, participants must be diagnosed with a severe mental illness in order to qualify. Learn more [here](#).

# Learn How to Safely Serve the Public at **FREE FOOD SEMINAR**



In partnership with Chairman Andrew Do and Supervisor Michelle Steel, our Environmental Health division, the California Department of Alcoholic Beverage Control ([ABC](#)) and [Waste Not OC](#) will present a Food Safety Seminar on October 10 at [Mile Square Park's Freedom Hall](#) located at 16801 Euclid St. in Fountain Valley.

## Featured topics include:

- How to prevent major food safety violations
- Are you making yogurt? Vacuum packaging food? What you need to know
- Why does the health department close food businesses?
- Understanding food donations
- Selling of offering liquor? What you need to know

Reserve a seat by Wednesday, October 3 by contacting [Thanh Vu](#) at (714) 433-6478 or registering online at <http://ochealthinfo.com/foodseminar>.

Food facility and restaurant operators are encouraged to attend this free event. Certificates of completion will be issued to attendees. Free parking will be available onsite (from Edinger Ave., enter lot on Ward St.).

## ment Ending with Baymont Motel

**4** FSPs provide culturally competent, intensive, wraparound services that include emergency response, housing preparation and placement, job coaching and development, outreach and engagement, counseling and therapy, integration and linkage with primary care, linkage to financial benefits/entitlements, medication support, case management, transportation, peer support services and more. All FSP clients have access to housing options including rental assistance.

**5** As of August 31, all individuals residing at the Baymont Motel were offered assistance in transitioning into more appropriate housing options based on their respective clinical assessments and remain in treatment. These alternative housing options include room and board, board and care, resident recover/sober living apartments or living with a relative. Read an OC Register article [here](#).

# Public Health Services Participates in Key Comm

## HEALTH FUNDERS PARTNERSHIP OF ORANGE COUNTY CONVENING

The Health Funders Partnership of Orange County held a convening on “Creating a Healthy and Resilient Orange County” on September 18 that featured discussions on health equity and community resiliency.

**Amy Buch**, Health Promotion Division Manager shared the work that Public Health Services is doing on resident engagement and community building during a *Building Community Resiliency* session; other panelists included representatives from Project Kinship and the Prevention Institute.

**Jane Chai**, Public Health Projects Manager moderated the panel on *Advancing Health Equity*, which included panelists from Serve the People Medical Center, Latino Health Access, and UC Irvine. The convening also hosted a panel to *Exploring Trauma and Resilience*, which included panelists from MOMS Orange County, Western Youth Services, and Resilience OC. A report summarizing the convening will be posted later this year.



left to right: Jane Chai, Amy Buch, David Souleles and Genesis Sandoval

**“There was a lot of rich and timely discussions at this convening. We are glad the Orange County Health Care Agency was well represented as part of the conversation.”**

— **David Souleles**, Public Health Services Deputy Agency Director who represents the Health Care Agency as a member of the Health Funders Partnership of Orange County.

A "Save the Date" poster for the 6th Orange County Women's Health Summit. The poster features a large orange and white diagonal graphic. The text reads: "SAVE THE DATE", "6TH ORANGE COUNTY WOMEN'S HEALTH SUMMIT", "Exploring the Intersection of Social Determinants &amp; Women's Health in Orange County", "Friday, October 12, 2018", "Calit2 Building, UC Irvine". At the bottom, it says "Orange County WOMEN'S HEALTH PROJECT" and "UCI Sue &amp; Bill Gross School of Nursing".

# unity Events

## ORANGE COUNTY WOMEN'S HEALTH SUMMIT

Save the date to attend the Orange County Women's Health Summit on Friday, October 12, 2018 at UC Irvine. This year's summit will focus on social determinants of health and feature a presentation by **Jane Chai**, Public Health Projects Manager about the [Social Determinants of Health Dashboard](#).

Social determinants of health is an area of interest in the [Orange County Health Improvement Plan](#).

In addition to healthy behaviors and access to health care, health is also determined by social determinants such as economic stability, affordable housing, access to education, and public safety.

To register for the event, click [here](#) or for more information about OC Healthier Together, visit [www.ochealthiertogether.org](http://www.ochealthiertogether.org).



## Peer-to-Peer

### Erika Lara Redefines Teamwork at Public Health Laboratory

Whether ordering everyday medical supplies or handling an urgent testing supply need, Staff Specialist **Erika Lara** with Public Health Services' (PHS) Contract and Procurement team seamlessly manages and monitors more than 60 laboratory-wide contracts for the Public Health Laboratory.

"I want to be known as someone my team can count on," Erika said. "I have built great relationships, and those relationships are really important to me and essential to ensure that I'm able to do my job well."

Having 33 ordering responsibilities for the Public Health Lab, Erika has spent the last three of nearly 20 years with the Health Care Agency (HCA) ensuring all lab procurement needs are met by working closely with many HCA departments including Purchasing, Program Support, Accounting, laboratory staff and contracted vendors. Erika provides administrative support to the Laboratory Manager and supports staff with a variety of requests, including Expeditor training.

"I never thought of myself as an organized person," Erica said, "but I stepped into really great workflow systems when I began here, so that allowed me to enhance my organizational skills and to track of the many medical supplies, equipment services and laboratory items I'm responsible for."

Erika works on difficult and complex issues with a positive and helpful attitude and is friendly and always willing to help. Her colleagues say she supersedes expectations each time they interact with her. She goes out of her way to assist vendors, helping them understand HCA processes and supports them with strong problem solving skills.

Her co-workers and supervisors says that this nomination is long overdue, as she has given a new definition to teamwork by performing as an exceptional staff specialist. She is a dedicated worker with an incomparable work ethic.

When she is not busy keeping the lab supplied, she and her husband spend their free time traveling. "My husband and I love traveling and learning about new places," Erika said. "I look forward to visiting many European cities, including Paris, and to further exploring all the beautiful places in California."

Thank you Erika for your commitment to excellence, integrity, and service! Job well done!

# FLU SHOT SEASON IS **HERE!**

Sweater weather and pumpkin spiced treats not only signify the start of Fall, but also this year's flu season. As you begin your holiday preparations and plans, be sure that your to-do list includes an annual flu shot to keep you and your family healthy!

Influenza is a contagious respiratory illness that can be caused by influenza A or B viruses, and is mainly spread through droplets from coughs and sneezes. Flu symptoms may include fever, cough, sore throat, body aches, chills and fatigue.

The flu can cause serious illness and even death, especially in young children, pregnant women, the elderly and persons with medical conditions that place them at risk. The Centers for Disease Control and Prevention (CDC) recommends that everyone 6 months of age and older, as well as close contacts and caregivers of these high-risk populations get vaccinated. Learn more [here](#).

Although seasonal influenza can occur year-round, the flu virus is most common during the fall and winter

months. Since it takes about two weeks for antibodies to develop, now is the perfect time to get vaccinated. Getting a flu shot is simple with the following resources:

## **Underway Now: Employee Health Services Flu Shot Clinics and Pharmacy Clinics**

- Employees are encouraged to get a free seasonal flu shot at [Employee Health Services](#) (EHS) located at 600 W. Santa Ana Blvd., Ste. 405 on Mondays and Fridays from 1 to 3 p.m. Flu shot clinics are also being held at several County buildings this month, view the schedule [here](#). There is no cost to **ALL** County employees with County ID. For more information, call EHS at (714) 565-3780 or email [ehs@ochca.com](mailto:ehs@ochca.com).

- If you're unable to take advantage of the County program, we encourage you to seek vaccination in the community at several locations that offer flu shots. Many County health plans provide members with free flu vaccination. For details, please contact your health plan or healthcare provider. You may also search pharmacies that offer flu shots near you at <http://flushot.healthmap.org>.





Interestingly, Dr. Quick's inspiration and passion for addiction medicine came from her mother (also a physician) who held a private neurology and addiction medicine practice in Utah. After serving as Medical Director for several dual-diagnosis residential treatment centers, she joined her mother's primary care and addiction medicine practice and assumed her duties upon her retirement.

Dr. Quick is board certified in Public Health, General Medicine and Addiction Medicine. She completed a preventive medicine residency at the University of California, San Diego and received a Master's in Public Health during her residency. Prior to joining HCA, she served as the Public Health Officer for Yuba County in Marysville, CA, overseeing the Health & Human Services Public Health Division.

Dr. Quick began her new role at the Health Care Agency on Aug. 20 and has offices at both HCA's Administration Building and the 17th Street clinic in Santa Ana.

### October 11, 2018: Public Health Services Family Health Flu Shot Clinic

- The Orange County Health Care Agency will offer free seasonal influenza vaccinations for people six months of age and older at our Public Health Clinic located at 1725 W. 17th St. in Santa Ana. Starting **October 11**, free flu shots will be available every **Thursday** from 8 to 11:30 a.m. and 1 to 4 p.m. If you are uninsured or do not

have a medical provider we encourage you to get vaccinated at one of our Thursday clinics. No appointment is needed. For more information, please contact the Health Referral Line at (800) 564-8448 or click [here](#).

For more information about the flu and how to keep you and your family healthy, visit the CDC's [Influenza \(Flu\)](#) website or click [here](#) to learn about Public Health Services Epidemiology and Assessment's flu surveillance efforts.

## Team Excellence Award **NOMINEES**



### **Custodian of Records (COR)**

The COR office acts as the Health Care Agency's clearinghouse for the production and distribution of records that include medical records, subpoenas, media requests, and contract and procurement information. Specialty trained staff are responsible for evaluating, screening, processing and providing technical expertise relating to all requests for these records. Staff ensure that each release meets the legal guidelines of HIPAA, other State and Federal confidentiality laws and the California Public Records Act.

**Pictured** (left to right): Jose Santos, Stella Rodarte, Letty Macias, Jovita Gonzales, Adrienne Billiter and Al Jabbar.

### **Children and Youth Behavioral Health Program for Assertive Community Treatment (CYBH PACT)**

The CYBH PACT team provides intensive mental health services to transitional age youth ages 14-21 in their home, school or community. Staff help PACT participants manage their symptoms and increase their independent living skills; help families learn to accept, understand and better support their child; and have group activities to encourage participation to interact with peers and teach positive coping skills.

**Pictured** (alphabetical): Erica Blanco, Danny Gibb, Patricia Guzman, Johana Jimenez, Erika Marquez, Erik Negron, Kelly Ponce, and Atur Turakhia.





## **Children and Youth Behavioral Health Youth Reporting Center (CYBH YRC)**

The Youth Reporting Center is a Probation Department alternative to incarceration for youth ages 12-18 years. The program provides school and behavioral health services for youth in the community who are assigned to the YRC by Probation. CYBH staff collaborates with Probation and the Orange County Department of Education to provide the behavioral health services component at the YRC utilizing individual, group, and family sessions. The goal of the program is to provide comprehensive mental health services

to Probation youth to reduce recidivism in the juvenile justice system and to promote successful integration of youth into the community.

**Pictured** (alphabetical): Ariana Cabral, Yessica Cuenca-Garcia, Craig Heyde, Jeffrey Kashou, Kimberly Ligon, Priscilla Murdock, Diana Nava, Lizbeth Pereyra, Niyati Roy, and Jacqueline Sandoval. Not pictured: Denacia Okoro, Daniel Ignacio, Josefina Wilhelm-Szasz, Susan Arias Klenk, Reshyna Felix-Lopez, Erin Crenshaw and Brenda Trujillo.



## **Health Promotion Injury Prevention Program**

The Safe Routes to School (SRTS) program (sub-program of the Injury Prevention program) partners with schools and community groups to create safe, convenient and fun opportunities for children to walk and bike to school. Through walkability audits, the project engages youth to identify barriers and facilitators to walking safely to school, then connects them to jurisdictional partners and other stakeholders

who can help make changes to their walking environment. The SRTS program also provides resources and training to schools to encourage and celebrate walking through a Walking School Bus program and Walk to School Day.

**Pictured** (left to right): Anh Nguyen, Megan Beard, Kelly Soemantoro, Maria Minaglia, and Fabian Mendez. Not pictured: Julie MacDonald.

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Attendees will learn about:

- ★ **Medical Basics:** Gain an understanding of medical terminology used during case reviews and how it applies to child abuse.
- ★ **Critical Time:** How to make your time and investigation count. When to pause, reflect and assess the scene. How your actions help or distract from the investigation.
- ★ **Team-Based Approach:** Identify who should be involved and create an effective teamwork environment. Learn how to best secure vulnerable children.

Law enforcement, attorneys, detectives, public health nurses, social workers, licensed clinical social workers, case managers, and other healthcare professionals involved in child abuse case management are encouraged to attend. CEU's will be offered. For more information or to register, visit [www.choc.org/childmaltreatment](http://www.choc.org/childmaltreatment) or click [here](#) to download the conference flyer.



## School Based Mental Health Services (SBMHS)

SBMHS is an early intervention program for students in 6th–8th grade at designated schools in Orange County. Students are referred to the program for showing symptoms of depression and/or anxiety related to recent trauma. Therapists provide an assessment and brief intervention – or linkage to a higher level of care when indicated – in addition to linkages to other community supports.

**Pictured** (alphabetical): Amelia Az-zam, Irene Barades, Jenn Behoteguy, Mariaeliza Chavira, Darlene Da Silva, Marilyn Delgado, Alex Diaz, Yesenia Dominguez, Wendy Llamas, Lisa Niino, Irene Nuñez, Aurora Oregel, Mariana Ortiz, Maureen Pacier, Hilary Peralta, Paola Raygoza, Un Jin Ryu Kim, Adrianna Sanchez, Giuliana Valdivinos, and Francisco Vasquez.

Created by the Health Care Agency/OCEA's [Labor Management Committee](#) (LMC), the award is designed to recognize the qualities and characteristics of effective work teams, as well as stimulate creative and collaborative action. Visit the LMC Team Excellence Award intranet webpage at <http://intranet/lmc/team> to learn more about the award, read details about previous winners and learn about what makes an excellent team.





# For Health

## Tips for Healthy and Safe Fall Celebrations

Fall celebrations like Halloween and Harvest Day festivals are a fun time for kids and adults alike to dress up in costumes, go trick-or-treating and eat delicious treats. It's also the perfect time to encourage healthy eating, physical activity and focus on safety.

To help you remember that health, safety and fun, should go hand in hand, here's a few tips to keep in mind as you celebrate.

### **Pedestrian/Driver Safety:**

✿ **Walk Safely:** Encourage chil-

dren to walk and not run to avoid slips and falls. When crossing neighborhood streets or intersections, obey traffic signals and look both ways before crossing. Put electronic devices down and keep your head up while walking to prevent trips and be aware of cars that are turning or backing up.

✿ **Drive Safely:** Prime trick-or-treating hours are between 5:30 to 9:30 p.m. Be especially alert for pedestrians who may be walking, riding their bikes



or skateboarding during these times. Plan your drive accordingly to anticipate heavy pedestrian traffic and be cautious when entering and existing neighborhoods or residences.

✿ **Additional Tips:** Wear reflective gear, walk with a group and carry a flashlight to you see and so others can see you. Plan ahead

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## Turkey Pumpkin Chili

It's pumpkin season! Did you know that this autumn favorite is considered both a fruit and vegetable (learn why [here](#)) and is loaded with Vitamin A and fiber? For a healthy twist, add it to some of your favorite recipes or try this simple [Turkey Pumpkin Chili](#) recipe that's sure to warm you up during a cool fall evening.

For a quick and healthy snack, use leftover pumpkin seeds after you've carved your pumpkin to make this roasted pumpkin seed snack mix [here](#). **Fun fact:** Eating leftover pumpkin seeds reduces food waste and provides you with protein, healthy fats and minerals! For more pumpkin inspired recipes, visit myHealthOC [here](#).



**Prep time:** 5 minutes

**Cook time:** 1 ½ hours

**Makes:** 10 cups

### INGREDIENTS:

- 1 tsp. oil
- 1 lb. lean ground turkey (15% fat)
- 2/3 cup chopped onion
- ½ cup green pepper, seeded and chopped
- 2 cloves garlic, minced or ½ tsp. garlic powder
- 1 can kidney beans, drained and rinsed (15 oz.)
- 1 can great northern beans, drained and rinsed (15 oz.)
- 1 can solid-pack pumpkin (15 oz.)
- 1 can crushed tomatoes (15 oz.)
- 1 can chicken broth, low sodium (15 oz.)
- ½ cup water
- 2 tbsp. brown sugar
- 1 package taco seasoning mix

### DIRECTIONS:

- Pour oil into a 4 qt. (or larger) saucepan.
- Add ground turkey, onion, green pepper and garlic.
- Cook and stir, breaking meat apart until it is brown and vegetables are tender.
- Stir in beans, pumpkin, tomatoes, broth, water, brown sugar and taco seasoning.
- Bring to a boil. Reduce heat, cover and simmer for 1 hour.
- Refrigerate leftovers within 2 hours.

### TIPS:

- Broth can be canned or made using bouillon. For each cup of broth, use 1 cup of very hot water and 1 tsp. or 1 cube bouillon.
- Substitute ground turkey for leftover turkey cut into bite-sized pieces. Sauté vegetables, then add the turkey with other ingredients. This makes for a perfect after Thanksgiving dish!
- No taco seasoning? Try 1 tsp. chili powder, ½ tsp. garlic powder, ½ tsp. ground cumin and ¼ tsp. oregano. Add some red pepper flakes for a little spice.

