



Director's Message

I am pleased to share that **Lilly Simmering**, who previously served as Deputy Chief Operating Officer with the County Executive Office (CEO), has officially joined the OC Health Care Agency (HCA) as our new Assistant Director. In her former role, Lilly worked closely with the HCA, problem-solving on issues involving all service areas. She most recently spearheaded the County of Orange's Integrated Services Strategy, which involved tremendous inter-departmental

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Tell Us What's Up!

We invite your input to make our employee newsletter a true 'employee newsletter.' If you have an OC Health Care Agency event, program, person or a colleague you know has a talent to share, let us know. You can pass along your story ideas or creative contributions to hcacomm@ochca.com, put "What's Up" in the subject line and we'll respond. Thank you!

Peer-to-Peer Colleen Brody Passion & Purpose

"If you want to know why I love my job, it's simple; I have the opportunity to work with some of the most amazing and inspiring people in Orange County (OC). My job allows me to make a difference in the lives of some of the most stigmatized and marginalized people here." Her passion comes through as **Colleen Brody**, Program Supervisor II at 17th Street Testing, Treatment and Care, spoke about her work.

She oversees Disease Intervention Services (DIS) which includes HIV/AIDS (human immunodeficiency virus/acquired immunodeficiency syndrome) Surveillance activities

and Public Health Investigators (PHIs). She is clearly proud to talk about her program's impact. "PHIs work to increase the number of individuals being tested for HIV and Sexually Transmitted Diseases (STDs), linking individuals to STD treatment, and facilitating linkage to HIV care, when needed. The Public Health Investigators are the backbone in helping to reduce the HIV/AIDS numbers and syphilis."

Colleen didn't realize her work and career would become such a passion for her. After graduating from the University of California, Santa Cruz, she was trying to decide what path to take, when an opportunity presented itself to train as an HIV test counselor

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New Dental Health Officer in Family Health

Dr. Thomas Nakatsuchi, DDS, officially started as the Dental Health Officer for Family Health on June 21, 2019. But his career in dentistry actually began when he was in grade school, when he followed his father around. “He was a dentist, and I went with him as he treated people at community health events. I helped him by handing out toothbrushes and toothpaste to underserved populations while he completed oral screenings.”

He said the experiences made him realize from a young age that he wanted to do something in health care and do something to treat the populations that sometimes struggle to find a provider. “My dad didn’t push me to become a dentist, he wanted me to become a teacher. It was actually my mom who encouraged dentistry. But I saw that my dad did an amazing job helping out in the community and I wanted to do that too, I wanted to give back. That’s one reason I went into public health.”

With his career goals in mind, Thomas enrolled at the University of California (UC), Berkeley, “I took numerous public health courses in addition to the biology classes being offered. I volunteered my hours at the Asian Health Services Dental Clinic in Oakland. After Berkeley, I continued on to Loma Linda where our mission was to give back to the community by hosting numerous screening events, nightly and weekend free clinics, and rotations through HIV (human immunodeficiency virus) centers, and elementary schools for basic treatment needs.”

Dr. Nakatsuchi was working at a Federally Qualified Health Center when he saw the opening for the Dental Health Officer position at the OC Health Care Agency (HCA). He said his first thought was, “I’ve got to get this

job.” He said it offered the best of both worlds, allowing him to do hands on dentistry while also serving in a management capacity. “I enjoy working with patients here. It’s rewarding and feels good when we see them learning about and practicing good dental care. At the same time I’ve always wanted to be more of a director and this allows for that.”

He already has a vision for the dental clinic which includes making sure the community knows about its services; providing a safe and welcoming environment for clients with staff who are eager to alleviate dental pain; and to give valuable information on maintaining optimal dental health. Dr. Nakatsuchi also said he wants to make sure no one is left without dental care and that the dental clinic, “leads the way in optimal care and proper infection control techniques.”



When it comes to optimal care, “Dr. Thomas,” as he’s sometimes called by patients, said he’s a big proponent of getting kids to brush and is working on a program to promote that message. “Personally I feel tooth brushing may not be done properly at home for a large majority of children in Orange County. If we can push a protocol for a tooth brushing time in schools, lifetime habits could be formed, and some of the more common dental problems could be prevented.”

Dr. Nakatsuchi said he believes in, “dedication and working hard,” but he also likes to, “have a work-life balance.” He and his wife, who lectures at UC Irvine, know about working hard these days. In addition to their marriage and careers, they are now raising their son, who is 6 months old and on the verge of teething.



Director’s Message

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coordination and strategy development.

“I’m really excited to finally be able to work in the HCA after so many years of partnering with the department on Agenda Staff Reports and a variety of challenges from the CEO’s office,” Lilly said. “It’s one thing to collaborate with the HCA from the CEO’s office, but it’s another to actually be a part of the team supporting all of those who are working everyday to make sure the well-being of OC residents remains a priority. I’m looking forward to meeting and working with everyone and my door is always open to anyone who would like to stop by for a visit.”

Prior to her service at the County, Lilly worked for King County, Washington as a Food Economy Program Manager and the U.S. Department of Agriculture as the Acting Deputy Chief of Staff/ International Trade Specialist. In these capacities she successfully improved work flow processes, led internal and external teams to secure funding resources, and acted as a lead negotiator on trade agreements. She has a Juris Doctorate from Western State University and Bachelor of Arts degrees in Public Relations and Political Science from Pepperdine University.

Please join me in welcoming Lilly to her new position.

Sincerely,

A handwritten signature in black ink that reads "Richard Sanchez". The signature is written in a cursive, flowing style.

Richard Sanchez, Director

Improving Outcomes For all Mothers and Babies

The County of Orange (County) is participating in the Mother & Baby Substance Exposure ([MBSE](#)) Initiative which is a state action to improve the outcomes for mothers and newborns impacted by substance exposure, with a specific focus on opioid use disorder.

At the kickoff the County's MBSE Initiative, Orange County Board of Supervisors (BOS) Chairwoman Lisa A. Bartlett, Fifth District, encouraged County and Community health providers to create a system in Orange County (OC) that is, "the best, and with the most far-reaching impact as possible." She said the BOS is ready to help, "Our goal is to have healthy mothers and babies regardless of their circumstances in life. Being proactive and working together, I know we're going to be able to save and impact the lives of women and their babies throughout Orange County."

The event served to identify and address the current challenges as well as the services which exist for mothers and babies in OC, when opioids are involved. Among the speakers, County Health Officer **Dr. Nichole Quick**; the Medical Director of Correctional Health Services

(CHS) **Dr. Hsien Chiang**; and Behavior Health Services (BHS) Program Manager for Outpatient and Narcotic Treatment Program (NTP) **Ian Kemmer**.

Ian said one of the positives from the initiative is seeing the synergy it's created overall in OC when it comes to treating mental health and substance use countywide, "Substance use conditions are far-reaching and important to families just like mental health conditions. I'm glad to see the focus to put those two systems on parity. It's very nice to build programs in our substance use system to equal that of our mental health system."

Having a countywide system in place would help one of the more vulnerable populations said Dr. Chiang, that is, pregnant women who are coming out of the correctional system, "Many patients with substance use disorder, come in contact with the law and end up in jail on drug related crimes. One of the substance use disorders we can treat in jail is opioid use disorder. We continue to work to expand our treatment program to improve outcomes. Our biggest challenge now is getting women connected to treatment services when they leave jail."



Dr. Chiang said those connections to treatment services are underway for women coming out of the correctional system in OC, “Dr. Quick and I have met with the courts to discuss allowing individuals to be maintained on prescribed treatments instead of the traditional ‘abstinence’ approach. Going forward we need to increase the capacity of services available in the community, so we can get our pregnant women connected when they leave jail.”

“This event is the first step in creating a system of care in OC for women with opiate use disorder and their ba-

bies,” said Dr. Quick. “We want to increase screening for pregnant women, reduce stigma, and encourage women to seek treatment. We also want to ensure that infants with [neonatal abstinence syndrome](#) (NAS) are treated appropriately. Overall we recognize that the perinatal period is a critical time to intervene and we want to ensure the health of all moms and babies in OC.”

1. Board of Supervisors Chairwoman Lisa A. Bartlett. **2.** On left, Ian Kemmer, Program Manager for Outpatient and Narcotic Treatment Program, Behavior Health Services; on right, Dr. Hsien Chiang, Medical Director, Correctional Health Services. **3.** Attendees at Mother & Baby Substance Exposure Initiative kickoff.



5 Things You Need to Know About:



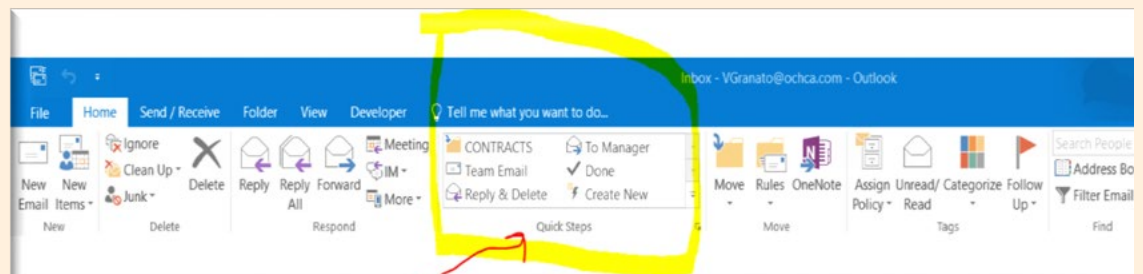
1 Work is well-underway on Orange County's (OC) highly-anticipated Be Well OC Regional Mental Health and Wellness Hub. The first-of-its-kind-facility in OC is located at 265 S. Anita Drive in the city of Orange. Demolition of the two-story office complex began in early August. It was reported in the OC Register, which you can read by clicking [here](#).

2 The plan is to build a three-story facility at the location, comprising 60,000 square feet. It's projected cost of \$40 million dollars is being shared by local hospital systems, CalOptima and the OC Health Care Agency (HCA). The campus is scheduled to be completed in August of 2020. You can read an overview of the project by clicking [here](#).

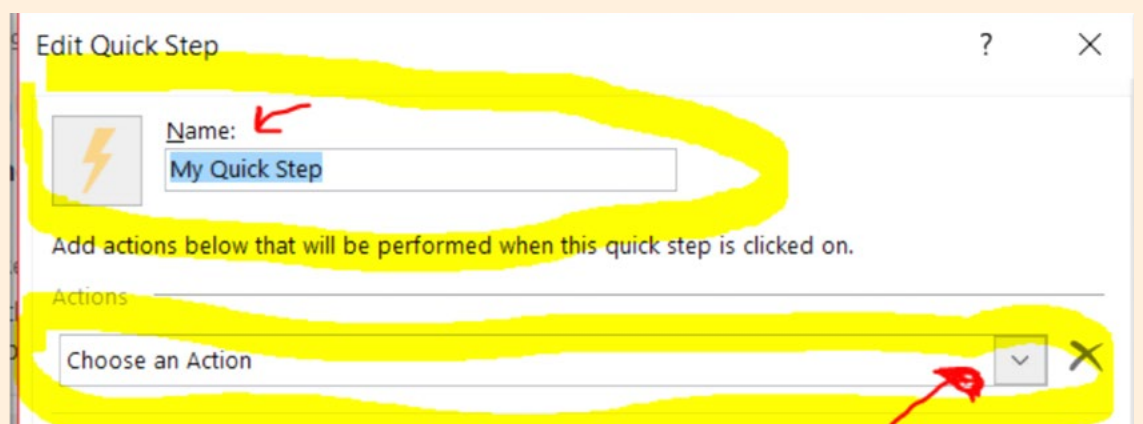
[Secure] Way to Protect Patient Data in Emails

The OC Health Care Agency (HCA) takes pride in our goal as a team to make sure all sensitive data related to patient care is protected. One area where HCA ensures patient privacy is in emails. When the word [Secure] is typed in brackets on the subject line of an email, then encryption and security measures automatically protect the contents of the email. Now, there's an easy way to set up your email account so it takes just one quick step to have the word [Secure], in brackets, appear on your subject line.

Step 1: Open Outlook, from the **HOME** tab, click **Create New** in the Quick Steps box.



Step 2: In the popup Edit Quick Step dialog box, type the word **Secure** in the **Name** field. Then click the **Choose an Action** drop-down, and scroll down. (see next screen shot).



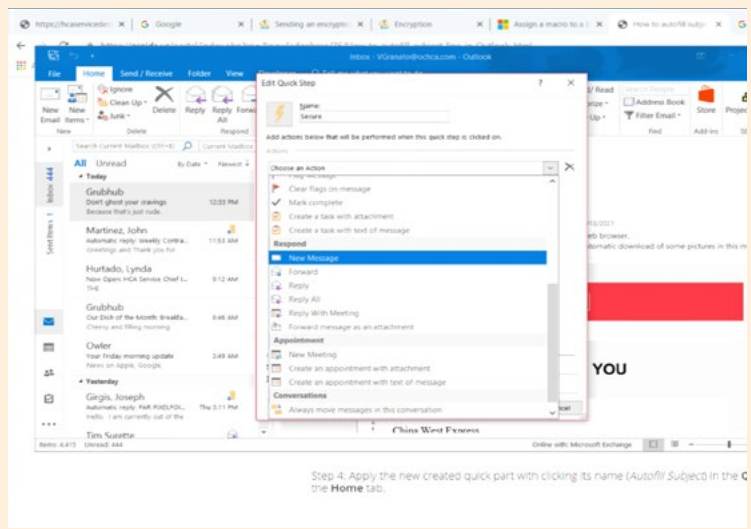
The Be Well OC Regional Wellness Campus

3 The Anita Drive facility was developed in collaboration with [Be Well OC](#), which is an innovative coalition involving public and private providers, academic institutions, faith-based organizations, local business leaders, family members and more. The location at Anita Drive is the first of three Wellness Hubs planned in OC.

4 Service provision at the Wellness Hubs is referred to as a “payer agnostic system.” That means anyone can receive services, regardless of what kind of insurance coverage they have or whether they are uninsured. The goal of all three Wellness Hubs is to serve OC residents based on clinical need, not type of insurance coverage.

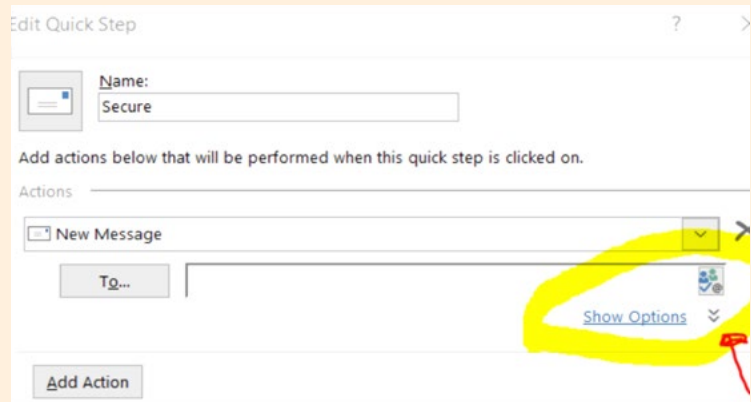
5 The need for the Wellness Hubs was first identified by the HCA in 2016 in order to provide integrated mental health and substance use treatment services, in one location. If you want to stay up to date on the on the Anita Drive facility, you can sign up to receive emails at: www.bewelloc.org/overview.

Step 3: Select New Message in the Respond section.

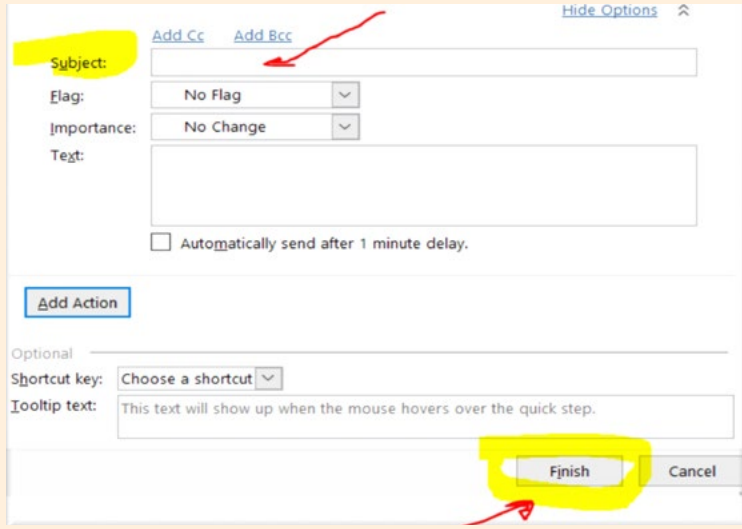


Step 4: Apply the new created quick part with clicking its name (Auto/ff Subject in the Home tab.

Step 4: Click the Show Options



Step 5: In the **Subject** field, type **[Secure]** (Make sure to include the brackets []). Then click **Finish**.



Step 6: You should now see the Secure quick step in the Quick Steps box.



Click the Secure quick step that you just created. Voila!

You no longer have to remember to type in brackets and Secure, just remember that anytime you need to create a secure email, click your new Secure icon! (Don't forget to include your subject line information after [Secure]).

Dispensing Pills in Correctional Health



After providing more than 2.3 million doses of medications last year, the OC Health Care Agency (HCA) Correctional Health Services (CHS) Pharmacy is getting an upgrade to its automated pill packaging machine. The Orange County Board of Supervisors (BOS) approved funding for new software/hardware that will increase the capabilities and extend the life of the Automated FastPak EXP, which is located in the Men's Central Jail Pharmacy. Once upgraded, it will be known as the Parata/TCGRx ATP.

"The upgrade will increase our efficiency," said **Erenia Perry**, Director of Pharmacy Services, CHS. "The new machine is faster. Also with the upgrade, our system will maintain Health Insurance Portability and Accountability Act ([HIPAA](#)) compliance. In addition, there will be enhanced printing capabilities, such as barcode printability, printing in color, providing pictures to aid in medication administration, and logos for differentiating between the various service areas."

"We are very fortunate to have a pharmacy on site," said **Ava Chavez**, Supervising Registered Nurse (RN). "With a population of over 5,000 inmates the MedSelect

machines and pre-packaging of medications allows CHS to address chronic care and emergent needs in a timely manner."

The CHS Pharmacy provides medications for adults in the Orange County Jail System, for youths in Juvenile Hall and associated camps, as well as for the HCA Public Health (PH) Pulmonary Disease Program. Each service area is treated as a separate service and their patient population and service needs vary.

In addition to the upgrade, Erenia said the CHS Pharmacy has been well-served with the addition of six automated drug dispensing machines throughout the Orange County Jail System. This separate system of MedSelect machines, which is not involved in this upgrade, was implemented in April/May 2019 and provides medications in the adult jail system after the Pharmacy is closed each night and before it opens each morning. "When a person walks through the door and a doctor or nurse practitioner orders a medication, the drug(s) can accurately be given within 3-5 minutes," said Erenia. "Information on each patient is secured within the system, so if someone is transferred to a different facility, they can still get their medication(s) in a timely manner. Utilization of technology in the Pharmacy ensures a high level of accountability and productivity of staff and medication accuracy and safety to all of our patients."

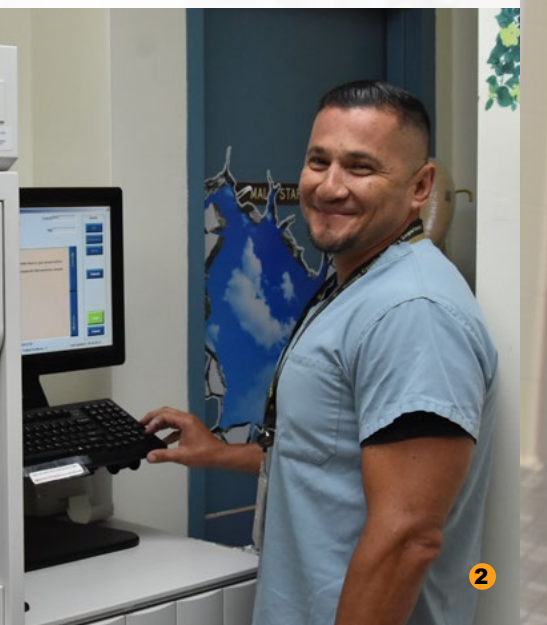
For the nurses who administer the medications, both automated pill packaging and dispensing systems make for a "smoother and faster" delivery said **Marco Batres**, Senior RN, who is a 19-year veteran of CHS, "When we deliver the medications, the nurse verifies the patient

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1. Jena Mehta, Correctional Health Services Pharmacy Technician filling prescription orders in the Automated FastPak EXP. 2. Marco Batres, Correctional Health Services Senior RN at one of six MedSelect machines.



PREPARED, NOT SCARED



National Preparedness Month 2019

That's the theme for National Preparedness Month this September. It's a time to make sure you, your loved ones and your community are ready for any emergency. There are four major themes being highlighted and lots of information on each. The first, is to check your finances by having your documents in order, secured and ready to take if you have to evacuate. It's also time to know and have in writing, what your insurance policy says about coverage for an earthquake, fire or flooding. The second theme is to have an emergency plan which includes signing up for alerts and warnings which you can do through [AlertOC](#). The other themes are to make sure your children or grandchildren and any pets, know what to do in an emergency. You can even practice an evacuation with the kids and pets. Finally, get involved with emergency plans in your community.

You can find much more on preparedness by visiting [ReadyOC](#) or [Ready-Gov](#). And yes there's an app to help you. You can find that and download what you need, on the ReadyOC website.

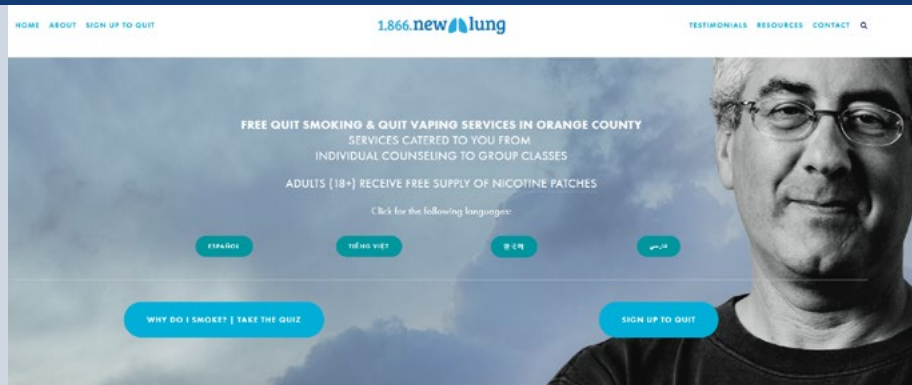
Week 1: Sept 1-7
Save Early for Disaster Costs

Week 2: Sept 8-14
Make a Plan to Prepare for Disasters

Week 3: Sept 15-21
Teach Youth to Prepare for Disasters

Week 4: Sept 22-30
Get Involved in Your Community's Preparedness

www.1866NEWLUNG.com is Online!



The www.1866NEWLUNG.com website is for those who want to quit smoking or vaping. Calling a hotline can be hard, but with the new site, people can easily look at resources and sign up for a class when they are ready to quit.

1-866-NEW-LUNG is a free service to quit smoking and vaping. Anyone in Orange County can receive the service. The services are in English, Spanish,

Vietnamese, Korean and Farsi. All participants will receive a personalized quit plan, quit kit, and a free supply of nicotine patches after completing the services.

Participants can take the “Why Do I Smoke?” quiz to learn more about why they smoke or vape. With the Tobacco Cessation Specialist, participants will

discuss their reasons for quitting, identify smoking triggers, and create a personalized quit plan to fight smoking urges. All materials can be downloaded from the website.

Past participants shared their NEW-LUNG experiences. Mary Shelly from Anaheim was inspired by the motivation and encouragement from her Cessation Specialist. “Today, I am better than yesterday because of

Networking for Human Services Providers

More than 200 people from a variety of Orange County (OC) businesses, government agencies, nonprofits, service organizations and more, have signed up so far to take part in a first-of-its-kind networking event which has been organized by the OC Health Care Agency (HCA) Human Services division. The networking outreach event is focused entirely on human services and community health services said the marketer for the event, **Tommy Bui**, Administrative Manager I, Contract Services, “Human services and community health services are basically the core functions of HCA, they are the programs we do in every division and agency. By hosting a networking event like this, we can meet face to face with potential partners and providers and get a better understanding of each other. That type of relationship is something that’s often lost in email communications.”

Tommy said the HCA will be able to share with attend-

ees about the procurement process used by the County of Orange (County) and how to collaborate with County agencies through BidSync, which is the online procurement application the County uses to solicit bids and proposals. The participants will also learn about the number of human services contracts which serve OC residents and will be able to exchange ideas to enhance human services. “Our goal in this is to provide education and dialogue that will spur interest from more businesses and organizations so they actively engage in doing business with the County’s human services agencies and departments.”

In addition to representatives from all five of the HCA agencies, there will also be participants from the Social Services Agency, OC Community Resources, the County Procurement Office and OC Probation. “By bringing together other County agencies, we’re seeing that those

1-866-NEW-LUNG. My Cessation Specialist gave me a new perspective on my story. That revelation turned the lights on for me. I got it and was ready to accomplish my goal,” said Mary.

When someone is ready, they look at the schedule, pick the location and times that work for them, and sign up for classes with the online scheduler. Tobacco Cessation Specialists will take it from there and reach out to the participant. After classes are completed, NEW-LUNG will continue to offer support for six (6) months.

If you or anyone you know wants to quit smoking or vaping, visit www.1866NEWLUNG.com

or call 1-866-NEW-LUNG (1-866-639-5864).



Play a Part in Suicide Prevention

Every year, national **Suicide Prevention Week** is recognized during the second week of September. This year, it's the week of September 8th through the 14th. The theme for this year is "**Finding Purpose: Caring for Ourselves and Others**," which is an important message since suicide prevention requires a community joining together to make a real difference. The importance of Suicide Prevention Week goes before the County of Orange Board of Supervisors with a resolution at their meeting on September 10th which marks World Suicide Prevention Day. We all can all play a part in preventing suicides by increasing awareness in our families, schools, workplaces, places of worship and communities. By knowing the warning signs, the words to use to reach out to someone you are concerned about, and the resources that are readily available to provide support, you can help to prevent suicide. There is a lot of stigma regarding suicide and dispelling myths and providing people with tools so they have the confidence to have open and honest conversations, is key.

Suicide is preventable and there are several things that you can do to increase your own awareness and become involved. To learn about the warning signs and how to help others, visit: www.ochealthinfo.com/suicideprevention. Check in with friends, family members, coworkers or neighbors who may be in need of emotional support; a small gesture can have a huge impact for someone who is struggling. Reach out to local organizations to learn more about how you can support their work in preventing suicide. Please know that resources such as the National Suicide Prevention Lifeline at (800) 273-8255 are available 24 hours a day if you or a loved one is in need of help.



who have signed up for this Provider Outreach Event, are excited about the chance to learn more about doing business with the County,” said **Mary Young**, Administrative Manager I, Contract Services who is the event coordinator. “Based on the large number of participants who have already signed up, and more are expected, we’re also excited about the prospects for this outreach.”

Registration for the event remains open until September 16th and can be done by clicking [here](#).

A successful pilot-program in Behavioral Health Services (BHS) is being expanded throughout BHS. The program is the Workplace Wellness Advocate (WWA), which promotes wellness and recovery, for both the individuals served by the programs and for the staff doing the work within the OC Health Care Agency (HCA).

The decision to use the WWA on a pilot-basis came about after months of planning by the BHS Peer Workforce Development Initiative workgroup and the Trauma Informed Care workgroup.

“The WWA program utilizes recovery and trauma-informed care principles based on [SAMHSA](#) (Substance Abuse and Mental Health Services Administration),” said **Dr. Jeffrey Nagel**, Deputy Agency Director, BHS. “Those principles are: Hope, Empowerment, Personal Responsibility, Connectedness and Positive Focus. It took a lot of coordination and hard work to bring in this program, but the enthusiasm we’ve received for it and the changes it’s brought have been exciting to see.”

“Under the WWA program, each BHS program site will have a designated advocate,” said **Teresa Renteria**, Program Manager II of Behavioral Health Training Services. “The advocate serves as the ‘champion’ for recovery while promoting the BHS values. The WWA will work with the program supervisor and teams to take on the role of promoting recovery-based behavior, providing in-services to staff on incorporating recovery principles, and monitoring their program progress.”

“The reception by the Service Chiefs and designated WWAs to this pilot program was impressive,” said Dr. Nagel. Many of the programs already had team-building activities in place but they felt that the WWA helped formalize these activities. When asked about the impact the WWA program had on their team, it was noted that there was a significant ‘change of the tone in the clinic.’ Also, it was reported that the WWA program had a positive impact on the team.

Creating Wo WELLNESS



BHS plans to roll out the WWA at all of its programs in the future. If you are interested in learning more about this program or would like your team to be next in line to launch the WWA program, please contact Teresa Renteria at trenteria@ochca.com or (714) 667-5600.

Workplace ADVOCATES



The Collaborative Courts team shared numerous activities they launched to build team spirit. They now have the “Gratitude Goose” (shiny object in photos) in which staff write notes to other staff about why they are grateful for them. Recipients pose for a picture with the Gratitude Goose before sending it to another.

1. The “Welcome” sign, decorations and bulletin board were a team effort in Building 1 and included input from individuals receiving services at the site. 2. Alynn Cauldwell, LMFT, Behavioral Health Clinician II. “I’m a certified yoga instructor. When I received the ‘Gratitude Goose’ I thought it would be fun to take it to a yoga class.” 3. Vuthy Yam, Community Worker II. “I dressed as a chef to enjoy this ‘delicious’ goose for lunch.” 4. Andrew Park, LMFT, Behavioral Health Clinician II. “I love how the ‘Gratitude Goose’ makes us feel like one team even if we are spread out. I posed as Rafiki to be fun, creative and because everyone loves this scene.”

Dispensing Pills in Correctional Health

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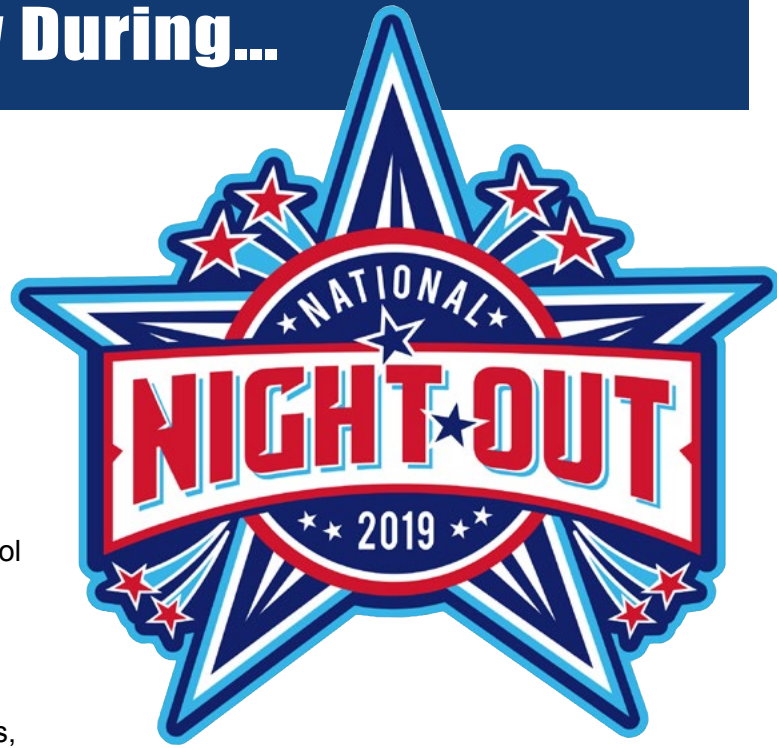
and the medication. The nurse opens the packets, gives the medications and water, then ensures the medications are taken. When new medications are needed, the nurse is able to immediately attend to the needs of the patient.”

It is the cooperative spirit of the Pharmacy, Nursing and County Information Technology staff that resulted in the successful integration of medication services provided by the CHS Pharmacy and will continue with this upgrade which should be completed in the next several months.

Covering Orange County During...

Several staff from the OC Health Care Agency (HCA) took part in some community-bonding during National Night Out (NNO) in August. The NNO campaign is all about promoting neighborhood safety and building positive community relationships. Coordinated by local law enforcement, this campaign began in the early '80s and continues to grow.

HCA staff have been involved in this campaign for over ten years. The festivities gave HCA staff opportunities to share their services and programs including those from the Alcohol and Drug Education and Prevention Team (ADEPT), the Tobacco Use Prevention Program (TUPP) and the Alcohol and Other Drug (AOD) Prevention Team. The pictures and people you see on these pages are from the various events, and include the thoughts of those who took part.



POLICE • COMMUNITY PARTNERSHIPS



Los Alamitos

Victoria van Twist

"This is my second NNO event. I take part because it is fun to meet with the community and show them the resources we have to offer. NNO is a great event to attend because there are multiple agencies and community members present, all with the common goal of enjoying a fun night out. As a kid I remember attending a NNO event with my parents and having a lot of fun. It's amazing to be able to be behind the table years later interacting with the community," said **Victoria vanTwist** of TUPP.



Anaheim

Jessica Carranza, far left, Karina Pangan, McGuff the Crime Dog and Anaheim Police Department

ADEPT's **Jessica Carranza** and **Karina Pangan** feel that "NNO is meaningful because it gives us the opportunity to connect with the community and let them know about our program. It is very enjoyable to meet and interact with people of all different ages. We have a lot of fun at our booth and love watching the number of partners who come together every year to put on this great event!"



Santa Ana

Stephen Lownes (center)

Stephen Lownes, of the AOD Prevention Team, shared “As a Licensed Marriage and Family Therapist, I have seen how many misconceptions there are around the topic of substance use, especially when it comes to the adolescent population we serve. Engaging in an ongoing dialogue with individuals from diverse backgrounds in a fun and interactive setting such as this event, allows me to provide accurate information through psychoeducation about the different classes of substances that are commonly abused, as well as learn from the different communities about some of the steps they are proactively taking to address this larger societal issue.”



Yorba Linda

Laura Buscemi-Beebe, on left, Yorba Linda Police Services on the right

ADEPT’s **Laura Buscemi-Beebe** commented how “NNO provides a great opportunity to connect with families among our other community partners – having fun sharing of our resources and getting to know each other better.”



Villa Park

Carolyn Secrist, far left; Chrislyn Nefas, third from left, Orange County Sheriff’s Department Mounted Patrol, and Jax, the horse

“What a grand opportunity to positively interact with community members, young and old. Learning about all the services provided by law enforcement and community agencies supports health and safety throughout Orange County,” said ADEPT’s **Chrislyn Nefas** and **Carolyn Secrist**.



Laguna Beach

Sherryl Ramos on left, Laguna Beach Police Department and Pauline Stauder

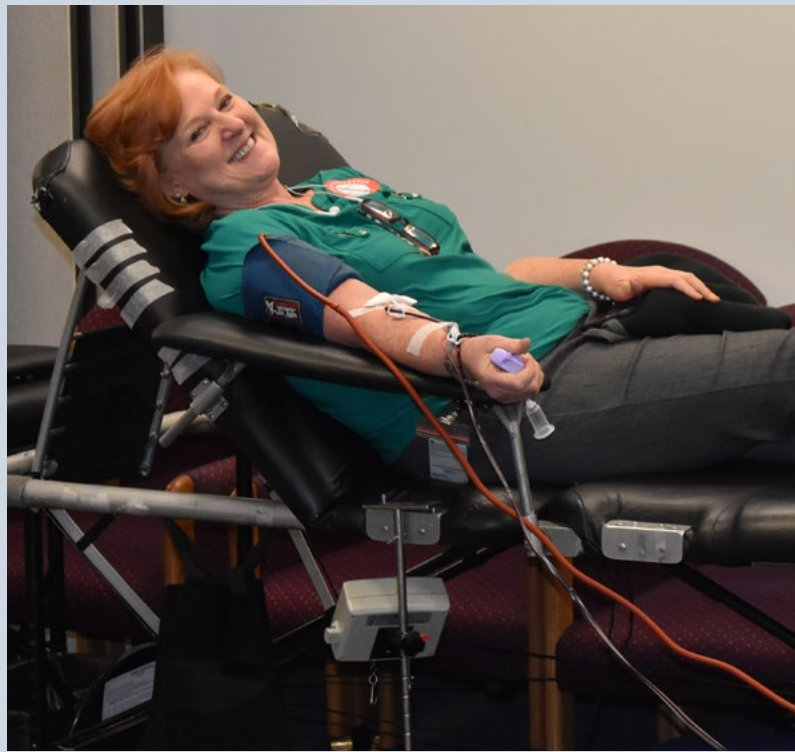
“By ADEPT participating in the first NNO hosted by the Laguna Beach Police Department – we have strengthened our ties and partnership with the community and the law enforcement’s Community Relation’s Department. This event definitely achieved the goal of promoting police-community partnerships and neighborhood camaraderie,” expressed ADEPT staff **Sherryl Ramos** and **Pauline Stauder**.

Giving the Gift of Life

The Red Cross said up to 99 people could be helped thanks to blood donations made by OC Health Care Agency (HCA) staff and other County of Orange employees, who gave blood during two blood drives held at HCA Headquarters in August.

Those who volunteer to donate know the importance of giving blood. **William Norsetter**, Administrative Manager II, Contract Services estimates he's donated around 65 units (16.26 gallons) of blood during his life, "I know first-hand that donating blood and platelets can save a life. One of my daughters is an Emergency Room (ER) nurse and she has shared stories with me about people who were rushed to the ER while they were bleeding profusely, and their survival depended on blood donations." William also knows the impact of blood donations after serving as Chief Executive Officer of the San Bernardino County Red Cross Chapter. "I love the mission of the Red Cross and it's crucial for people to donate because 'blood is life.' So far, there is no real substitute for human blood. Researchers are working to develop a liquid that can carry oxygen and replace blood, but it's only for short term use. Nothing beats the original."

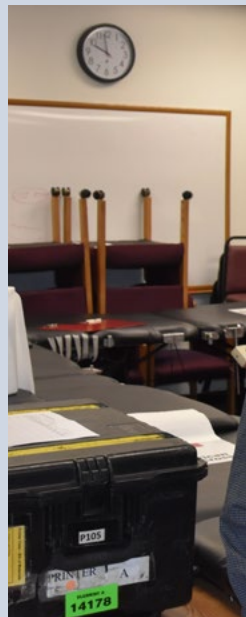
Also among the early volunteers, was **Shelly Lummus**, Volunteer Services Coordinator who shared why she donates, "Because it can make a huge difference for someone else. I am blessed with health and if I can assist someone else, why not. Part of the reason I work for the HCA is to assist the community." She also said being able to donate at work makes it easy and convenient, and she challenges others. "Perhaps we could have a healthy competition among programs, departments or floors. I think once someone does give blood, they would be more likely to continue. It is a great feeling." Shelly also said she was able to bring a co-worker to donate, "It was her first time. Hopefully, she will continue to give."



Knowing the different [blood types](#) might also motivate you to donate. **Julie MacDonald**, Health Communications Manager, said she's Type "O" Positive, which is the most common blood type and the one given to patients most often. "Because of my blood type, the Red Cross asked me to give under their '[Power Red](#)' donation. So I donate two units of blood while my plasma and platelets are returned to me. It takes a little longer to donate because they have to set up a special machine for the donation, but as a long-time blood donor, it makes me feel pretty good that I'm doing something to help save the lives of others."

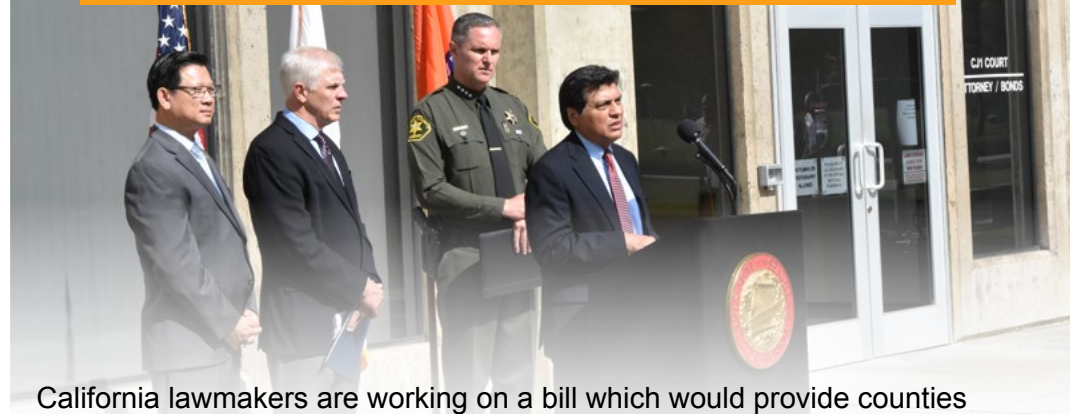
The Red Cross is always looking for donors. For information or to schedule an appointment visit www.redcross.org.

1. Julie MacDonald, Health Communications Manager. 2. Shelly Lummus, Volunteer Services Coordinator. 3. William Norsetter, Administrative Manager II, Contract Services.



Funding for

Mental Health Services in Jails



California lawmakers are working on a bill which would provide counties with the option of using funding under Proposition 63, for mental health services in jails. Senate Bill 665 (SB 665) was sponsored by the County of Orange and authored by State Senator Tom Umberg of Santa Ana. Under the bill as it's currently written, money from the Mental Health Services Act (MHSA) could be used for treating mentally ill patients in jails who are charged with a misdemeanor or who have not been convicted of a felony. "This is an investment to ensure that those released from our county jails have the mental health treatment they may require," Umberg said. "With this, the odds of recidivism decrease dramatically." Senator Umberg also expressed confidence the governor would sign the bill, if lawmakers approve it.

Senator Umberg made a push for the bill during a news conference in August where he was joined by First District Supervisor Andrew Do, Orange County Sheriff Don Barnes and Health Care Agency (HCA) Director Richard Sanchez. Richard said using MHSA funding for mental health patients in jails makes sense, "Treatment works, but we have to be able to meet people where they are. SB 665 will help clarify the MHSA funding and make it possible for counties to enhance mental health treatment in the jail system." He described how the funding could be used to provide mental health services to those in the county jail system, "Here in Orange County that could include expanded group therapy options, individual counseling, medication management, dedicated interaction with professionals and peer mentors trained in behavioral health, and more. Connecting inmates to better care and linking them to programs and services post-custody, can only make their re-entry into our communities more successful."

You can see the entire news conference, courtesy of the senator's website, by clicking [here](#). To read SB 665 and track its progress, click [here](#).

▲ Richard Sanchez, HCA Director, at podium. Behind (L-to-R): First District Supervisor Andrew Do; State Senator Tom Umberg, 34th Senate District; OC Sheriff Don Barnes.



For Health

Do you ever feel hungry between meals and don't quite know what to snack on? Whether you're craving something sweet, crunchy, savory or spicy we have just the perfect snack idea to satisfy you. On September 12, community members across California will take part in Healthy Snack Day, a Statewide Day of Action coordinated by the [CalFresh Healthy Living Program](#). The majority of the U.S. population consumes three meals a day. Additionally, 40-50% consumes two to three snacks a day, and about one-third consumes four or more snacks a day, which makes consuming snack foods and beverages that are nutrient rich an important part of a healthy diet.

Healthy snacking can be easy and affordable. Whether it's at work or after school, the right snacks can help adults and kids live healthier. Join us on Healthy Snack Day to learn and share recipes, tips and tools to find snacks that are satisfying and healthy for you and your family. To find a location near you visit: [healthy snack day](#).

For a light dish that's great for lunch or for a satisfying snack, try making this Ceviche recipe! For more snack ideas visit: [healthy snack day recipes](#).

CEVICHE

Serves 4 | ¾ cup per serving

Ingredients:

- 1/2 pound cooked small bay shrimp
- 1 cup diced cucumber
- 1/2 cup diced avocado
- 1/2 cup chopped tomatoes
- 1/4 cup minced red onion
- 1/4 cup frozen corn, thawed
- 3 tablespoons fresh lime juice
- 3 tablespoons prepared taco sauce
- 1 serrano chili, seeds removed and finely chopped

Preparation:

1. Combine all ingredients in a small bowl and stir well.
2. Spoon into 4 small dishes and garnish with cilantro. Serve.

Leveraging Your Benefits



Schedule a Retirement Review

How would you like a free review of your retirement planning? If you're enrolled in the County of Orange 457 Defined Contribution (DC) Program through Empower Retirement, or if you're a new employee looking into the County's 457 DC program, you can schedule a free review through Empower Retirement.

Among other things, the review will assess where you are today and how that projects for you, going forward. You'll be given specific recommendations to help improve your savings rate and receive strategies for allocating your investments. The review also includes: any investment accounts you might have that are outside the County of Orange 457 program; some of the questions to consider if you plan to move money outside your 457 account; and a series of questions about your retirement goals including where you want to live, what's your desired retirement income and questions about health care costs, along with vacation and other expenses.

The reviews generally take 30 to 45 minutes. To schedule a review, contact Hugo Flores with Empower

Retirement at (714) 679-2082 or at hugo.flores@empower-retirement.com. Let him know you want a "Retirement Readiness Review," and he will schedule you. Empower Retirement has three plan advisors who are assigned to County employees. They work out of the Hall of Administration but can give seminars on the 457 DC Program, at other County locations. To learn more about the 457 DC Program click [here](#).

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.

Make sure your correct mailing address is in the County payroll system. Documents for the annual Open Enrollment Benefits period will be sent to your address that's on file. You have until September 20th to make any changes. You can change your address on the OC Health Care Agency Intranet. Go [here](#), then scroll down to Records and click on Name Address Change.

OCEA Health Fair

OCEA Headquarters

**10 a.m. – 1 p.m.
Tuesday,
September 10, 2019**

830 N. Ross Street
Santa Ana, CA 92701



FREE GIVEAWAYS, RAFFLE PRIZES, HEALTH SCREENINGS AND FOOD AT OCEA!

STAY HEALTHY WITH OCEA AND TAKE ADVANTAGE OF A VARIETY OF SCREENINGS AND HOLISTIC OFFERINGS LISTED ADJACENT.

FREE LUNCH, GRILLED ZUCCHINI, AND CORN ON THE COB

If you want to enjoy the OCEA Health Fair, don't forget to ask to use up to two hours of Annual Leave time to attend.

FREE PARKING AVAILABLE IN OCEA'S LOT AND DESIGNATED METERS

FREE MEDICAL SCREENINGS

- BLOOD PRESSURE
- POSTURE
- BONE DENSITY
- NUTRITION
- PULMONARY FUNCTION
- GLUCOSE
- ORAL CANCER
- GRIP STRENGTH
- CHIROPRACTIC STRETCHING
- AND MANY MORE!

HOLISTIC PROVIDERS

- AROMATHERAPY
- ESSENTIAL OIL SAMPLES
- HERBAL REMEDIES
- ACUPUNCTURE
- VITAMIN B12 SHOTS (\$15)
- CHAIR MASSAGES

FLU SHOTS:

Flu shots are available for FREE to those who bring their Blue Shield, Kaiser or Cigna health insurance cards.

at the Health Care Agency (HCA). After completing her training, she started as a volunteer at what was then known as HCA's "Special Diseases Clinic." Colleen found herself advancing, from unpaid volunteer to part-time work, then full-time work, (as a Public Health Investigator), and finally Program Supervisor. "Somewhere along the journey I realized this is where I fit. I realized I was, and I still am, motivated by the clients we serve. I love helping people and creating a safe space for them to come and receive services, to help the communities that they live in to stay healthy."

She also has an appreciation for history. Although her career began after the start of the AIDS epidemic, Colleen wants people to remember the toll the AIDS crisis has taken, and how HIV continues to affect vulnerable communities. "Many people from all over Orange County and the state lived through the HIV epidemic when there wasn't even a test available. Losing friends and loved ones was commonplace and there were very few medical options available for people living with the virus. I have had colleagues who have been resilient in the epidemic and sadly I have also had colleagues who lost their battle with this disease. Each of these people has taught me so many life lessons."

She said using and passing along those lessons is a part of her work, "My goal and the goal of my team, is to help individuals understand that HIV and STDs are preventable and that treatment is available. Currently we have

many prevention options from Pre Exposure Prophylaxis-PrEP (a medication a person can take to significantly reduce their chance of getting HIV), condoms, and HIV treatment for prevention. Despite the various prevention services available, Orange County has reported a huge rise in STDs including congenital syphilis cases. We need to work collaboratively across programs to bridge the gaps between homelessness, substance use and mental health, to address the stigma, shame and health disparities that are so often associated with sex, STDs and HIV."

When she's working, Colleen said she really tries to "put herself out there and get creative." That applies to her life away from work too, "I work out, lift weights, spend time with my family, travel, camp, bake, and am now adding 'gardening' to my list of interests."

As for the Peer-to-Peer recognition, Colleen said she appreciates it, "It's really wonderful to know you have an impact on your colleagues, your co-workers and the community you serve. Getting nominated and chosen was fabulous, but even more memorable has been to receive so many congratulatory emails from individuals all throughout HCA that I have worked with directly or indirectly within their communities, congratulating me on this award. To know that I have had an impact beyond 17th Street Testing, Treatment and Care has proven to me that I have truly succeeded."



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 hacomm@ochca.com or call (714) 834-2178. Thank you!