

Director's Message

With warmer weather and longer days, summer is a great time to head outdoors and be active. It's also important to be aware that this time of year also can also bring a unique set of health-related issues. Here is some information I hope will keep you and your loved ones healthy out there.

HEAT

Temperatures in many Orange County communities have exceeded 95 degrees lately, increasing the risk of heat-related illnesses like heat exhaustion and heat stroke. "Exposure to excessive temperatures can lead to serious medical complication

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The Aliso Viejo Explosion and Aftermath:

Firsthand Perspective from Behavioral Health Services Clinic Staff

It was business as usual on May 15, 2018 for three Behavioral Health Services (BHS) programs housed at the Aliso Viejo clinic located at 5 Mareblu, until approximately 1:08 p.m. when a devastating explosion just 30 feet away in an adjacent building created a traumatizing experience for staff, clients and others in the surrounding area that will forever remain in their memories. Read more about the explosion [here](#).

The blast was felt and heard by all who were in the clinic that day.

Staff whose offices were on the side of the building that faced the explosion were knocked down and witnessed their office windows and walls flex from the pressure. Safety and evacuation trainings that staff tirelessly practiced were quickly put into action as they evacuated the building in those critical moments to ensure their own well-being and that of their clients.

In their own words, clinic staff describe what they witnessed:

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Director's Message

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especially to those that are most vulnerable. It is important to check on your friends, neighbors, and relatives during periods of excessive temperatures," adds Dr. Eric Handler, our County Health Officer. Recommended precautions to prevent heat-related illnesses include:

- Drink plenty of water; don't wait until you are thirsty.
- Wear light, loose-fitting clothing.
- Stay out of the sun if possible, and when in the sun wear a hat, preferably with a wide brim, and use sunscreen.
- Avoid strenuous activities if you are outside or in non-air conditioned buildings. If you are working outdoors, take frequent rest and refreshment breaks in a shaded area.
- Never leave children, elderly people or pets unattended in closed cars or other vehicles.
- Check on those who are at high risk to make sure they are staying cool – including seniors who live alone, people with heart or lung disease, and young children.
- Stay cool indoors – if your home is not air conditioned, visit public facilities such as shopping malls and libraries to stay cool.

Learn more [here](#).

WEST NILE VIRUS

The Orange County Mosquito and Vector Control District (OCMVCD) has confirmed the first mosquito sample to test positive for West Nile virus (WNV) in 2018. The mosquitoes were collected from the city of Garden Grove on July 3, 2018, West Nile virus is transmitted to humans via the bite of infected mosquitoes, which become infected when feeding on birds carrying the virus. Most individuals infected with WNV

will not experience any illness. Others will have flu-like symptoms, such as fever, headache and body aches. In severe cases, people will need to be hospitalized, and in rare cases the disease can be fatal. Young children, the elderly, or individuals with lowered immune systems are at greater risk to experience severe symptoms when infected.

Follow the tips below to prevent mosquito bites:

- Apply mosquito repellent to exposed skin before going outdoors; reapply as recommended.
- Wear repellent containing DEET®, Picaridin, IR3535, or oil of lemon eucalyptus.
- Close all unscreened doors and windows to prevent mosquitoes from entering your home or space; repair broken or damaged screens.
- Wear long-sleeved shirts and long pants, and opt for lighter-colored clothing.

Around the home, eliminating breeding sources for mosquitoes is critical:

- Dump and drain containers filled with water at least once a week.
- Clean and scrub bird baths and pet water bowls weekly.
- Dump water from potted plant saucers.

Learn more [here](#).

WATER SAFETY

Whether you're at the pool or the beach, always watch your child around water. Drowning is a preventable tragedy; however, it is the leading cause of accidental injury and death in children under the age of five and the second leading cause of death in kids under the age 14. Drowning can be fast and silent, occurring without a struggle or splash. Young children are more at risk and can drown in any body of water, including a bucket, bathtub, sink, pool or spa.

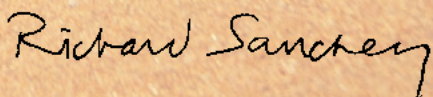
Drowning Prevention is most effective with a “layers of protection” approach:

- Never leave a child alone near water, even for a few seconds.
- A supervising adult should be close enough to touch the child under 4 years old near water.
- Keep a constant adult eye on young children.
- All collections of water are dangerous for infants and toddlers including bathtubs, buckets, toilets, ponds, spas, swimming pools, and natural water sites.
- Swimming pools should have fences, alarms, and drains that meet regulations.
- Pool gates should be self-latching, opening outward, with the latch out-of-reach for a child.
- Keep reaching and throwing aids near a swimming pool.
- All children should wear a personal floatation device while playing near bodies of water.
- Parents and child caregivers should know how to perform rescue techniques and strategies to respond in an emergency.
- If a child is missing, check the pool first.

Click [here](#) for more information. You can also watch the OC Drowning Prevention Task Force Summer 2018 Kickoff Event video [here](#).

Thanks for reading. I think we’ve covered a lot of really valuable material. Now get out there and enjoy the sunshine!

Sincerely,



Richard Sanchez, Director

HCA Announces New Appointments



Congratulations to **Erin Winger** on her appointment as Deputy Agency Director for Correctional Health Services (CHS), who served as Interim CHS Deputy Agency Director since February 2018.

Erin has been with the Health Care Agency for seven years, serving in roles including CHS Director of Nursing and most recently as Chief of Operations for CHS. She received her nursing degree from the University of Phoenix and is a Registered Nurse, Public Health Nurse and Certified Correctional Health Professional ([CCHP](#)). With more than 22 years of progressive experience in the correctional healthcare field, Erin brings excellent credentials, skills and expertise to her new role.



Hat's off to **Marc Meulman** on being selected to serve as Chief of Operations for Public Health Services (PHS). Prior to his appointment, Marc served as Interim Chief of Operations for PHS and most recently as Division Manager for Disease Control and Epidemiology.

Before his career at the Health Care Agency, Marc served as Deputy Director/Deputy Health Officer for the Health and Community Services Department of Kalamazoo County in Michigan. With a bachelor's degree in psychology and master's degree in public administration, Marc brings extensive knowledge and experience in public health to his new role.

A Firsthand Look AT HOW ENVIRONMENTAL HEALTH KEEPERS

With no crowds, non-operational rides and the non-existent scent of deep fried foods and cinnamon rolls lingering in the air, this is definitely not what someone would typically envision when it comes to the annual [OC Fair](#) in Costa Mesa. With an estimated 1.5 million people set to visit the fair this summer, food safety, proper food handling, and food preparation is the primary focus in minimizing the risk to fair visitors from getting sick from consuming unsafe food.

As a summer intern for the Health Care Agency's Communications office, I had the opportunity to go behind the scenes before the Fair's opening day to learn firsthand from Environmental Health inspectors how they work to keep Orange County fairgoers safe.

On July 11, I attended a food safety training class that Environmental Health staff provides each year for fair food handlers and staff, many of which I was surprised to learn had no prior experience with handling food or even working in the food industry. Given it's one of the biggest events SoCal has to offer and one of the few to

offer anything and everything food related, especially food that's deep fried, it's no wonder why even one who has not previously worked with food to be drawn to work at the OC Fair!

Facilitated by **Britney Nguyen**, Environmental Health Specialist (EHS) III (in English) and **Lorena Nieves**, EHS III (in Spanish), the class focused mainly on basic food handling principles and practices and began with a short video about many food myths and facts. Though I had taken food handling courses before through my experience working at several restaurants, I learned more than I expected just from watching this short video.

Topics discussed and demonstrated throughout the 1-hour class included: how to prevent foodborne illnesses, food employee health and hygiene principles and practices, and how to safely prepare and handle food.

Attendees were active participants throughout the class, asking relevant questions and showing their excitement to put into action what they learned into their new roles at the fair. After receiving their certificate of



Feature by Sophia Ayala, HCA Communications Intern

S FAIRGOERS SAFE

completion, some seemed nervous, though eager to start working the food booths on opening day. One attendee said, “It’s really great to actually be part of providing the overall fair experience to guests.”

I was also lucky enough to job shadow **Kayci Wright**, REHS I, where I learned more about the food inspection process during two facility site visits. She explained that this year the County worked diligently on streamlining the food vendor permitting process, meaning that whether it be tent, trailer or any other type of food operation, the food operation would be categorized the same. In years past, all would have been categorized differently, making the inspection process and requirements of each vendor much different.

The Environmental Health Food Protection program also created a dedicated webpage for OC Fair food vendors [here](#) to provide a one-stop shop for required applications, fee information, and informational bulletins. The goal was to provide a new process

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The Bacon-A-Fair food booth prepares for the OC Fair’s opening day.



Lorena Nieves, Registered Environmental Health Specialist III and Britney Nguyen, Environmental Health Specialist III.



Environmental Health staff pictured (alphabetically): Wole Akinyemi, Janene Bankson, Sean Beachler, Jamie Brunton, Andrew Calderon, Glen Dimaano, Kevin Do, Kevin Dugan, Simonida Dunvan, Ivan Flores, Dennis Ho, Peter Huthmacher, Bao Huynh, Mary Jin, Valerie Kenekeo, Christine Lane, Justin Mace, Shannon Maddox, Kaiser Milo, Leslie Moreau, Britney Nguyen, Lorena Nieves, Wendy O’Campo-Choy, Veleree Pons, Wida Rahimi, Alan Reynolds, Ahed Saleh, Stephanie Singleton, Jose Valdez, Jocelyn Vasquez, Lin Vo, John Wolent, Brian Wong and Kayci Wright. Not pictured: Whitney Lundin.

The Aliso Viejo Explosion and Aftermath

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“When we evacuated the clinic and got outside, all you could see was smoke and fire. The building next to ours was completely torn open and the landscaping next to it disintegrated. Debris from the explosion were blown into our parking lot and we watched as injured victims from the impacted building slowly staggered out and were helped by first responders.”



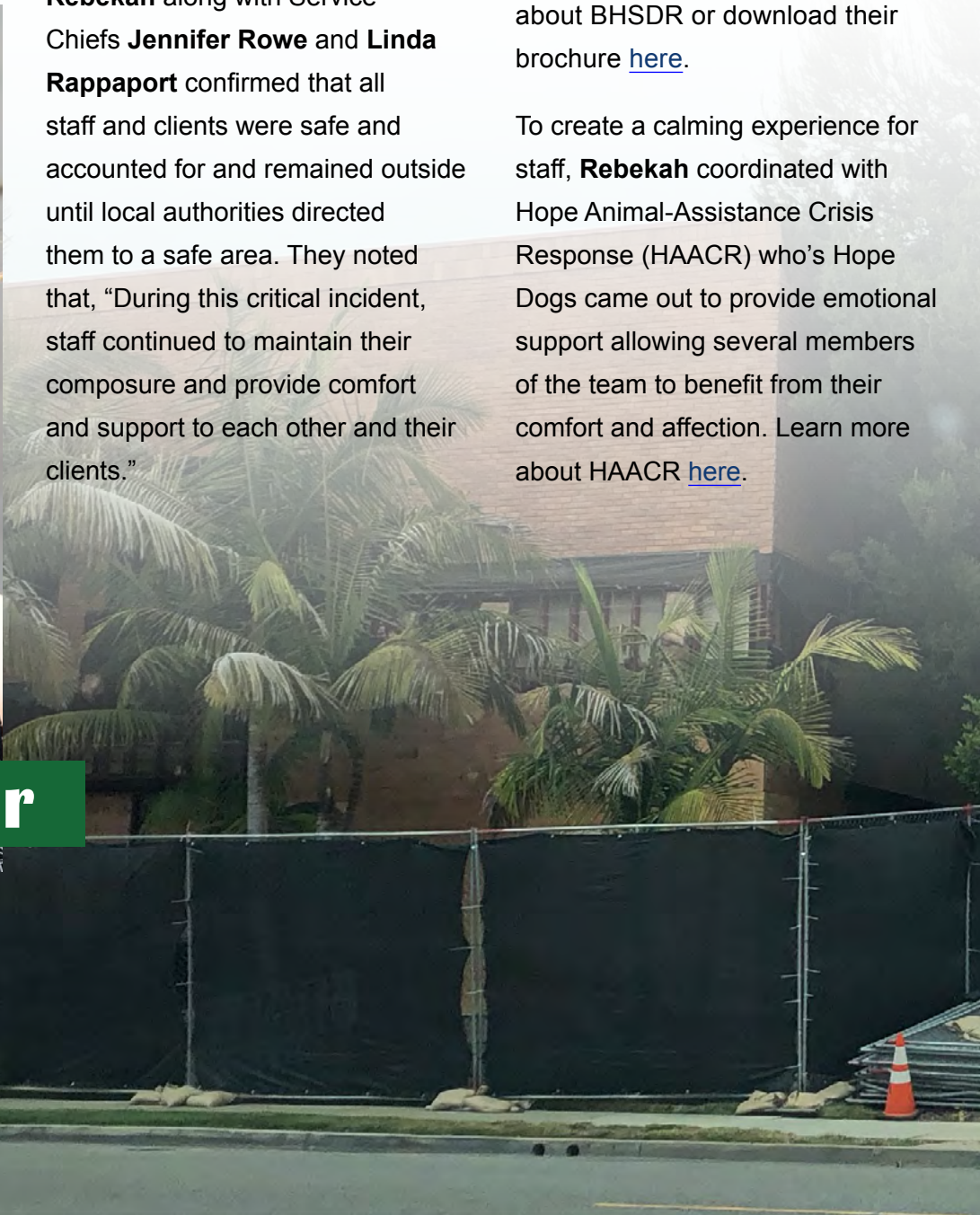
Peer-to-Peer

As a former Police Academy Cadet, volunteer with the Behavioral Health Services Disaster Response (BHSDR) Team and our July [Peer-to-Peer](#) recipient, **Rebekah Radomski**, Adult and Older Adult Behavioral Health (AOABH) Service Chief, was prepared to respond. Read more about her recognition [here](#).

Rebekah along with Service Chiefs **Jennifer Rowe** and **Linda Rappaport** confirmed that all staff and clients were safe and accounted for and remained outside until local authorities directed them to a safe area. They noted that, “During this critical incident, staff continued to maintain their composure and provide comfort and support to each other and their clients.”

Immediately after the event, **Ian Kemmer**, AOABH Program Manager responded to the scene that same day and coordinated with **Kelly Sabet**, BHSDR Administrative Manager and **Nicole Garcia**, BHSDR Service Chief I, to provide ongoing group and individual support to staff about stress reactions, coping skills and self-care. Click [here](#) to learn more about BHSDR or download their brochure [here](#).

To create a calming experience for staff, **Rebekah** coordinated with Hope Animal-Assistance Crisis Response (HAACR) who's Hope Dogs came out to provide emotional support allowing several members of the team to benefit from their comfort and affection. Learn more about HAACR [here](#).



Rebekah also shared that while the team was relocated to the Mission Viejo clinic, working in such close quarters with staff there helped with her team's recovery. Despite the catastrophic event that day, staff have indicated that "Going through this experience has made us all better clinicians. Through our lived experience, we've gained greater insight into trauma, stress reactions and the impact that traumatic experiences can have on our clients."

HCA staff continue to receive ongoing support from Health Care Agency Administration, BHSDR and Hope Animal-Assistance Crises Response. Staff are currently back in the Aliso Viejo clinic providing program services (AOABH, AOABH Substance Use Disorders and Children, Youth and Prevention Behavioral Health) to clients.

Aliso Viejo staff have expressed their thanks for the ongoing support and kindness as they continue to move forward, heal and adjust to their new normal.



KTLA Ch. 5 News aerial photo of 11 Marellu in Aliso Viejo taken on the day of the explosion.



Current view of the building involved in the explosion. Depicts close proximity of the blast adjacent to the clinic.

Kudos to Our Award-Winning Colleagues

What do two Health Care Agency staffers from different Public Health Services programs both have in common? Recent recognitions that bring honor to the department as a whole. Read their individual stories below and congratulate them in person if you get the chance!



MIKE CARSON

Congratulations to **Mike Carson**, Program Manager, Tuberculosis (TB) Control/Refugee Health Services, on being selected as the recipient of the 2018 California Tuberculosis Controller's Association (CTCA) Henry A. Renteln, MD Award for his significant contributions and work in TB control in the state.

Mike served four years on the CTCA

Executive Committee, which included serving as CTCA President. He was instrumental in developing a 'School Staff and Volunteers: Tuberculosis Risk Assessment' document [here](#) that's currently used in California schools.

As part of his recognition, Mike received a unique award – an antique medical device used when treating TB patients in the old days. If you're visiting the 17th Street Clinic in Santa Ana, stop by and check it out!

Dr. Renteln was the first recipient to receive the Award named in his honor for his tireless years of work to maintain a functioning TB control program in California. The award is presented to a California practitioner or public health official who has

5 Things You Need to Know About the Nurse-Family Partnership

1 The Nurse-Family Partnership (NFP) is an evidenced-based, nurse home visiting program that improves the health, well-being and self-sufficiency of low-income, first-time, at-risk mothers by linking them with a public health nurse who provides at-home visits to ensure they are getting prenatal care including mental health assessments. Qualifying mothers begin the program at 28 weeks pregnant or less. Learn more [here](#).

2 New mothers develop a close relationship with a nurse who helps them engage in good preventative health practices including receiving thorough prenatal care from healthcare providers, improving diet, reducing use of alcohol and cigarettes, improving child health and development and improving economic self-sufficiency of the family.

3 In Orange County, NFP program serves up to 200 mothers when fully staffed by nurses from our Public Health Nursing program. Clients are approximately 80% Hispanic and about 80% of them are less than 19 years old. Clients are screened for depression and anxiety and provided referrals to Behavioral Health Services and resources as some of the major health problems they face include mental health issues and symptoms.



ANH THU CAO

Anh Thu Cao, Staff Specialist for the Nutrition Services Women, Infants and Children (WIC) program was one of four County of Orange employees selected among a group 12 County applicants to be awarded a \$71,773 Fully Employed Master of Business Administration (FEMBA) scholarship to the University of California, Irvine (UCI) Merage School of Business for fall 2018.

The Merage School of Business focuses on preparing students for 'Leadership in a Digitally Driven World' by providing curricula to help them anticipate disruption and capitalize on and create new

opportunities in the marketplace. Learn more about the program [here](#). The FEMBA program at UCI ranks 32nd among the nation's top MBA programs noted in a report released by the U.S. News & World Report this year. Read UCI's press release [here](#) for more details.

worked in TB control for more than 15 years. Mike is the third HCA TB Control staff member to receive the award. Past recipients included Susan Sawley, RN, PHN (2014, now with Alameda County TB Control) and Dr. Julie Low (2012). To learn more about the award, click [here](#).



Nurse-Family Partnership Program

4 **Marcia Salomon**, Supervising Public Health Nurse, states in an OC Register article [here](#) that, "Many of the low-income mothers we see are dealing with anxiety and depression. Some of that stress comes from being aware of the financial burden that comes from having a baby, trying to stay in school, being in an unstable relationship and having limited resources."

5 Positive outcomes of Orange County's program include: 94% of babies were born full-term, 93% were born at a healthy weight (at or above 5.5 lbs.) and 98% of children received all recommended immunizations by 24 months. In Fiscal Year 2017/18, 98% of our clients initiated breastfeeding and 100% had prenatal care.

To learn more about the Nurse-Family Partnership program and eligibility requirements, call (714) 834-8218 or visit the Health Care Agency's Public Health Nursing webpage [here](#). A fact sheet is also available online [here](#).

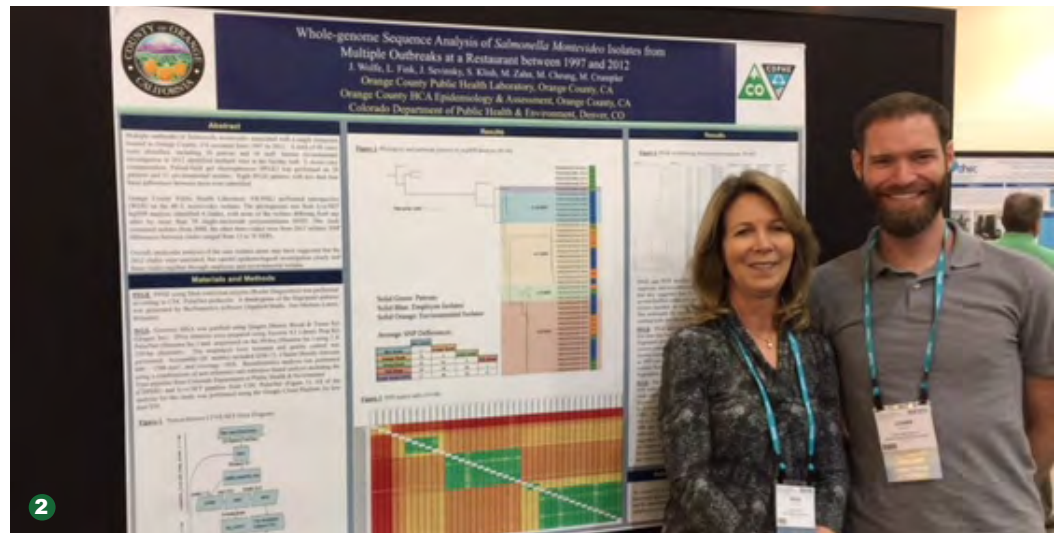
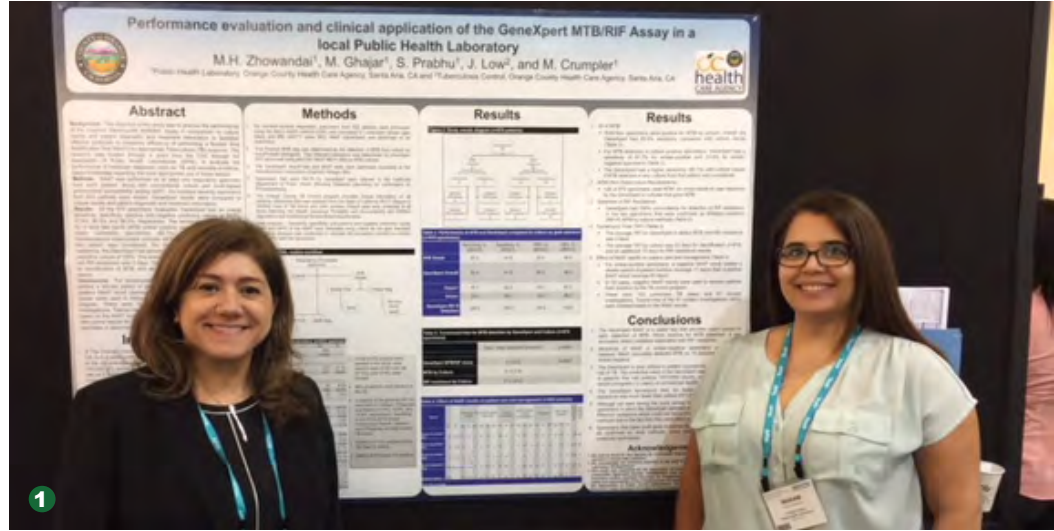
PUBLIC HEALTH STAFF

Present Research at National Conferences

Joint research projects between Public Health Services staff from the Public Health Laboratory (PHL) and Disease Control & Epidemiology, as well as representatives from the Colorado State PHL came together to visually present the context of their work, methods and results about Tuberculosis (TB) and outbreaks of Salmonella Montevideo at two national conferences.

Picture 1 (left to right): **Minoo Ghajar**, Supervising PH Microbiologist and **Mariam Zhowandai**, PH Microbiologist II, presented research that analyzed the performance of a molecular assay (investigative process for assessing or measuring the presence, amount or activity of a target entity) in comparison to a traditional culture of TB using the [GeneXpert](#) technology to establish effective procedures and maximize treatment for suspect TB patients. GeneXpert results were compared to culture results and patient diagnosis and treatment information for 670 specimens from 632 patients. Use of the molecular assay resulted in shorter periods of patient isolation.

Presented at the National Tuberculosis Controllers Association Conference in Palm Springs and Association of Public Health Laboratories Annual Meeting in Pasadena. Poster authors included: Mariam Zhowandi, Minoo Ghajar, Sunita Prabhu, Dr. Julie Low and



Megan Crumpler.

Picture 2 (left to right): **Julie Wolfe**, Supervising PH Microbiologist and **Logan Fink**, Colorado State PHL, studied multiple outbreaks of [Salmonella](#) Montevideo associated with a single restaurant located in Orange County that occurred from 1997 to 2012. Their research used whole genome sequencing (process of determining the complete DNA sequence of an organism's genome

at a single time) to analyze the S. Montevideo isolates to determine the relation of the strains over the 15-year period.

Presented at the Association of Public Health Laboratories Annual Meeting in Pasadena. Poster authors included: Julia Wolfe, Stephen Klish, Dr. Matt Zahn, Joel Sevinsky (Colorado State PHL), Logan Fink (Colorado State PHL), Dr. Michele Cheung and Megan Crumpler.

PRENATAL AND PEDIATRIC PROVIDERS

Gather to Learn About Infectious Diseases

Learning how to maximize and positively impact maternal and child outcomes from infectious diseases was the focus of a first of its kind conference in Orange County that attracted hospital clinicians and representatives from community clinics, private practices, school districts and non-profit organizations.

Attendees learned about the latest guidance on prevention, diagnosis, treatment and follow-up of infectious diseases such as Zika, syphilis, pertussis, influenza and hepatitis B that can potentially affect both pregnant women and their babies.

“The conference provided a comprehensive update on issues impacting pregnant women and newborn infants that could be used as a template in other counties, particularly to get the message out about the importance of Tdap (tetanus, diphtheria, pertussis) in pregnancy,” said Jasjit Singh, MD, Associate Director, Pediatric and Infectious Diseases, CHOC Children’s Hospital.

The importance of communicable disease prevention through education, screening and vaccination throughout the continuum of care (planning, conception,

pregnancy, after birth) resonated among the speaker’s presentations from **Dr. Matt Zahn**, Epidemiology and Assessment (EPI) Medical Director, **Dr. Michele Cheung**, Deputy Medical Director, EPI, **Dr. Hoda Kaddis**, California Children’s Services (CCS) Medical

Director and Dr. Helene Calvet, California Sexually Transmitted Diseases/HIV Prevention Training Center, to name a few.

Disease Control & Epidemiology together with Family Health and CCS collaborated with the California Department of Public Health (CDPH) and several local health partners to host the unique event at CHOC Hospital. To learn more about communicable diseases, click [here](#). Resources for women who

are thinking about becoming pregnant, are pregnant or have a new baby are available at www.everywomanoc.org or in Spanish at www.sp.everywomanoc.org.

▲ Dr. Matt Zahn describes signs and symptoms of pertussis.

▶ Drs. David Keulen, Alta Med and Michele Cheung promote ‘Don’t Bring Zika Home’ CDPH campaign materials.



ACCREDITATION WORKS!

Public Health Accreditation Board Spotlights Public Health Services Division

Congratulations to our Public Health Services (PHS) division for being one of 19 health departments across the nation to be featured on the Public Health Accreditation Board's (PHAB) website [here](#) during their *Accreditation Works!* series in July that showcases testimonials about the benefits accreditation brings to health departments and communities they serve.

Featured on the PHAB website [here](#) is an article written by **Jane Chai**, Public Health Projects Manager titled 'Improving Outcomes and Processes: How Accreditation Helps OC Health Care Agency Identify and Engage in Continuous Quality Improvement Activities' that talks about the launch of the Public Health Initiative for Results and Excellence (PHIRE) in 2016.

The initiative built upon previous efforts and engaged programs throughout Public Health Services in performance management and quality improvement activities. The article shares details on highlighted projects that illustrate how PHIRE has helped staff continue to identify and engage in continuous quality improvement activities that improved outcomes and processes.

"We are proud of the work we do in Public Health Services and are glad that we were able to share it on a national level," said **David Souleles**, Public Health Services Deputy Agency Director.

Accreditation demonstrates a public health department's proficiency in providing core public health services that include preventing diseases and injuries; promoting healthy behaviors; ensuring access to safe food, water, clean air and life-saving immunizations; and preparing for and responding to public health emergencies.

To receive national accreditation, a health department must undergo a robust, multi-faceted, peer-reviewed assessment process to ensure it meets or exceeds a set of public health quality standards and measures. PHS was awarded 5-year accreditation status in May 2016. To learn more about the accreditation process, visit www.phaboard.org.



The Delhi Center in Santa Ana drew a packed crowd as many gathered at a public forum last month to share their input on ways to improve mental healthcare in Orange County through the Mental Health Services Act (MHSA).

To ensure their voices were heard about Prevention and Early Intervention (PEI) planning and Community Services and Supports (CSS) housing planning, community members, providers, veterans, school districts, individuals with lived experience, and many

KIDS LEARN ABOUT

Kids and adults alike got up close and personal with all types of military, fire, police, construction and other vehicles including our own Environmental Health Hazardous Materials (Hazmat) truck to explore, sit in the driver's seat and interact with every day heroes to learn about the work they do to assist the community.

During the annual Truck Adventures for Kids event held at the [OC Fair](#)



PERSONAL STORIES

Among Those Shared at Public Forum

“Orange County is excited to be enhancing its community planning process through forums like this. We look forward to receiving additional input in six meetings scheduled this summer to help identify the needs and priorities from our community.”

— Sharon Ishikawa, MHSA Coordinator

others came up to the podium to share their thoughts, suggestions, experiences, and emotional personal stories of how MHSA programs have helped their clients, students, fellow veterans, and/or themselves.

Comments from two women in particular were felt among everyone in the audience. Through interpreters, one woman shared that without the help of her case manager from Early Intervention Services for Older Adults (EISOA), she wouldn't know how to deal with the depression she suffered after the death of her

husband whom she was married to for 67 years.

Another woman shared that her traumatic experience as a refugee who escaped the Cambodian genocide caused her to feel depressed and isolated. But with help from EIOSA, she's learning skills to cope and meeting others like her who also share the same experiences.

An iPad station was also set-up to provide another option for those who preferred to log their input rather than share with the group. More than 200 people who were un-

able to attend in-person were able to view the forum virtually during a live broadcast on HCA's [Facebook](#) (@ochealthinfo) page. If you were unable to join us live, visit our Facebook page [here](#) to view the video in its entirety.

Input received during the forum will be reviewed by the Mental Health Services Act Steering Committee to help identify program recommendations to be included in the MHSA Plan. For more information about the forum, call (714) 834-3104 or send an email to mhsa@ochca.com.

Hazardous Materials at Truck Adventures Event

& Events Center in June, Hazmat team members encouraged kids to participate in hands-on science experiments to demonstrate some of the hazmat testing scenarios and processes.

“The day was filled with excited kids who wanted to learn about what we do,” said **Jennifer Negro**, Health Hazmat Team Supervisor.

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Hazmat team members pictured (left to right): Marco Escobedo, Hazardous Materials Specialist, Jennifer Negro, Health Hazmat Team Supervisor and Gerrit Kovach, Hazardous Materials Specialist.

Wrapping Up

MENTAL HEALTH AWARENESS MONTH

Health Care Agency staff, community partners, mental health advocates, schools, faith-based organizations and individuals with personal experience joined forces in May to put an end to stigma and encourage everyone to have an open and honest conversation about mental health with friends, family classmates and co-workers because each mind matters.



Check out this year's Mental Health Month highlights:

- Nearly 31,000 wristbands and 27,000 [lime green](#) (national color for mental health awareness) ribbons were distributed throughout the County at various community sites, events and outpatient clinics. Check out this video https://youtu.be/QHLSiAU0_xU to learn more lime green.
- Lobbies and common areas at several Health Care Agency sites were decorated to feature lime green and highlight California's [Each Mind Matters](#) mental health movement campaign.
- A Mental Health Month Resolution was presented by the Orange County Board of Supervisors to our Behavioral Health Services division and recognized the people behind our programs like our Outreach & Engagement team who wear 'blue shirts' as they reach out to the homeless population in Orange County to develop trusting relationships, reduce barriers to housing and facilitate linkage to resources and support services. Read more about their story on [page 16](#).
- Community partners and providers hosted a variety of community events and activities throughout the month of May that were posted on an online calendar [here](#) and on the Each Mind Matters website (www.eachmindmatters.org) to provide the public

with a simple way to find Mental Health Month happenings near them.

- Activities included: Regional kick-off events, a multi-ethnic arts and family festival, mental health symposiums, community forums on mental health topics, resource fairs, stigma dialogues and a provider education series, to name a few.

Mental health is important each and every day. Now is the time to begin the discussion and encourage those in need to seek assistance. For more information, visit the





Orientation Welcomes NEW EMPLOYEES TO 'COUNTY FAMILY'

When the County hires you, you haven't just started a job, you've begun a career. This is the innovative approach that guides new employees through a one-day orientation to demonstrate that they're now part of a growing 'County Family' who collectively work together to make Orange County the ideal place to live, work and play.

"It only took a few minutes into the orientation for me to realize that I am now part of a supportive, encouraging and welcoming team, said new Health Care Agency employee **Carlos Peraza**, Computer Graphics Specialist, Health Policy, Research and Communications. "Dena Gunsolley from Human Resource Services did a fantastic job explaining the values, connection, and inspiration we can expect to obtain while working here. We discussed our shared values with the County and how we can carry them into our new careers and succeed."

The redesigned New Employee Orientation (NEO) helps new employees understand how the County's multitude of services support more than 3 million residents (via a video helicopter tour), discusses the vast opportunities that the County offers, shares personal stories of staff to inspire a connection with a co-worker's professional journey, focuses on customer service and what it means to wear a County badge, to name a few.

After researching why people stay at an organization and what makes them successful and fulfilled, Human Resource Services (HRS) found that feeling valued and sharing a personal connection with their organization's purpose and values is what enables employees to thrive. This inspired HRS to collaborate with multiple County agencies to develop this new orientation program, which is just the beginning of things to come.

A new onboarding (integrating a new employee into an organization and its culture) toolkit is currently being developed that agency departments can use to accelerate performance, drive engagement and support retention. To learn more about NEO, email HRSLOD@ocgov.com.

▲ Dena Gunsolley, from Human Resource Services, debuts the redesigned New Employee Orientation for those who participated in the development process. Photo courtesy of CEO Communications.

Behavioral Health Services Mental Health Matters Month webpage [here](#).

1. The OC Board of Supervisors presented Behavioral Health Services staff with a Board Resolution that recognized Mental Health Month in May. 2. One event featured an art workshop that provided participants with the opportunity to express their feelings and emotions. 3. The Hall of Administration hosted an Each Mind Matters table and display that featured mental health information and resources as well as lime green ribbons and wristbands.



WELCOME TO THE COUNTY OF ORANGE!

NEW EMPLOYEE ORIENTATION

We're pleased to announce this month's New Employee Orientation. We take pride in our ability to deliver exceptional public service making Orange County the ideal place to live, work, and play. We invite you to attend our County of Orange New Employee Orientation where you'll learn about the County structure, our mission, the vast opportunities, and benefits available to you now that you've joined our team. Most importantly, New Employee Orientation helps you understand where you fit in the big picture and is designed to help you engage with us right from the start.

Throughout the day, you'll learn about:

- What Matters to Us: Our Mission, Vision, and Values
- The County: Our structure, governing processes, and your new coworkers
- Employee Benefits: Health insurance options, 457 plans, wellness programs, and more!
- How You Can Continue to Grow in your Career: Professional development
- What the Badge Means to Us: Wearing your County badge

WHEN: The first Monday of each month, unless it is a holiday. In the event of a Monday holiday, NEO occurs on the first Tuesday of the month.

WHERE: Hall of Administration | Planning & Commission Room
533 W Santa Ana Blvd., Santa Ana, CA 92701

TIME: 9:00 a.m. to 4:30 p.m.

[Website Information: www.ocgov.com/neo](http://www.ocgov.com/neo) | [Email: neo@ocgov.com](mailto:neo@ocgov.com)
[Find Employee Resources: www.ocgov.com/neo](http://www.ocgov.com/neo)

NEO

SERVICE AWARDS

2018 Third Quarter Service Awards

(July 1 – September 30 Hire Dates)

On behalf of the Health Care Agency Executive Team, we extend our heartfelt congratulations to each of you for your years of service to our department and the County of Orange.

35 Years

Lupe Morfin

30 Years

Veronica Benitez
Magali Bustamante
Merida Hughes
Nina Konen
Luis Martinez
Blanca Ortiz

25 Years

Lin Bui
Florinda Carbajal
Tiffany Huynh
Sheila Gill
Elvira Navarro
Reginald Ortega
Susan Pollard
Mauricio Prado
Veronica Ramirez
Maria Velazquez
Helen Wong

20 Years

Domingo Apolonio
Elizabeth Cardoza
Michael Carson
Joseph Deocampo
Jocelyn Esguerra
Pete Farrell
Stephen Hatch
Chandara Lee
Stephen Lownes
Melody Marler
Annabelle Mercado
Nancy Nava
Anong Nhim
Alicia Nicolas

Ha Nguyen
Elsa Perez
Debra Poulalion
Ruth Rivera
Sandra Scott
Dawn Smith
Lilia Teano
Helen Topacio
Kandee Tran
Patricia Chang
Tiffany Sampson

15 Years

Sylvia Aguas
Lisa Alford
Anabel Bolanos
Jennifer Brinkley
Joan Cantor
Alma Davis
Hermalinda Delgado
Karen Galliher
Richard Hassan
Valentine Kamara
Ubol Kespradit
Richard King
Rene Larios
Joanne Martin
Shane Mills
Tazia Reyna
Yolanda Rienzo
Gabriel Rodriguez
Athena Santos
Maria Sesma
Maria Torres
Nancy Wong

10 Years

Alex Baldaray
Weiching Chan
Jason Colacchia

Jose DeJesus
Dat Dinh
Martha Galvan
Alyssa Haveman
Alexa King
Magali Landers
Kimberly Long
Audy Marlissa
Karla Navia
Hannah Ngo
Ronilyn Ricaforte
Cenia Robinson
Elizabeth Sobral
Michelle Spitaleri

5 Years

Teena Barbre
Maeve Diehm
Yolanda Hernandez-Obillo
Julie Holmes
Charles Huffman
Jolene Jeffredo
Alison Kellman
Damian Loza
Jeannie Meyers
Sam Monroy
Joseph Montanez
Adrian Morales
Robert Nguyen
Shawn Noss
Dianna Novela
Pamela Saavedra
Norma Sanchez
Constance Simoni
Christopher Spencer
Rosalia Tapia
Apryl Walters



Q&A WITH THE OUTREACH

2017 Steve Ambriz

Q: What did winning the Steve Ambriz Team Excellence Award mean to you and the team? What impact did it have?

Armin Salamati, Mental Health Specialist: We felt that our hard work was seen by the Health Care Agency and we felt more valuable to the agency and community.

Brigitte Juhasz, Clinical Social Worker II: It feels good to be recognized for what we do and motivates our ongoing work in the community.

Tammy Waitman, Mental Health Specialist: It gave the team a sense of appreciation for the work we do on a daily basis in helping those in crisis and validated the strengths of the O&E team: creating effective communication, enthusiasm, creativity and collaboration between all members. It also reignited the energy of the team allowing for the successes of the Flood Control and Civic Center projects.



CH & ENGAGEMENT (O&E) TEAM

Team Excellence Award Winners

Jennifer Anderson, Marriage Family

Therapist I: By winning the award, the O&E team honored the experience and took the time to explore the work we do and how many homeless mentally ill participants we help. This experience brought us closer together and meant so much to our team.

Heidi Kitsu, Clinical Social Worker

I: It definitely boosted our team's energy and spirit being recognized and acknowledged for our work. I think many people are not quite sure exactly what our program does, and this award has given light to our team, highlighting our efforts and achievements.

Q: What does Outreach & Engagement want the agency to know about the team?

Armin Salamati, Mental Health

Specialist: Our staff put their effort and energy as a united team under supportive management to provide

quality services in crisis and difficult situations.

Tammy Waitman, Mental Health

Specialist: Since winning the award last November, the O&E team has been faced with difficult tasks. The Flood Control Channel and Civic Center projects were completed with teamwork and collaboration involving several County agencies, police departments, City Net as well as other community programs. We are known as the 'blue shirt people' by the homeless [community], and are the ones that are there to help and link them to services. We recently received a certificate for 'Beyond Expectation Recognition' for our efforts in supporting homeless coordination activities from our Director Richard Sanchez and County Executive Officer Frank Kim.

Araceli Vidales, Marriage Family

Therapist I: Our team works with some very unique barriers, but somehow we

always make it work. We're creative as to how we approach resistance and/or difficult situations that our clients face. It feels good to be acknowledged for the work we do.

Jennifer Anderson, Marriage Family

Therapist I: We strive to assist the hardest to reach clients. We climb over bushes, fences and flood control channels just to let someone who has been forgotten to know that we care and that they matter. Some of our clients experience severe substance use, delusions and suicidal thoughts and may even want to be forgotten. But the O&E team lets these vulnerable participants know that the O&E team is here to believe in them when they can't.

Heidi Kitsu, Clinical Social Worker I:

We work hard, go above and beyond to meet our clients where they're at, both physically and socially (at their level of comfort). We go the extra mile to help them, exhausting all options, working cohesively and collaboratively together as we all share a common goal – doing all we can for the client, as much as we can.

The Health Care Agency and Orange County Employees Association Labor Management Committee (LMC) Steve Ambriz Team Excellence award is designed to recognize programs that demonstrate the qualities and characteristics of effective work teams, as well as stimulate creative and collaborative action. Visit the LMC Team Excellence Award intranet page at <http://intranet/lmc/team> to read details about previous winners and learn about what makes an excellent team. To learn more about the O&E team, click [here](#).

Don't forget to mark November 7 on your calendars for the next Steve Ambriz Team Excellence awards presentation!



For Health

It's Back-to-School Season!

Amidst the frenzy of back-to-school shopping and the return of busy schedules for both kids and adults alike, check out the following tips to keep your family safe and healthy this coming school year!

■ Walking and Biking Safety

Walking or biking to school is a great way for kids to get active and have fun before they get to class. Before they head out on the road, talk with your kids about the importance of pedestri-

an safety and knowing the rules of the road like following traffic signals, wearing a helmet, establishing eye contact with drivers before crossing and looking left, right, and left again. For more tips to keep your kids safe, visit myHealthOC [here](#).

■ Breakfast is Important

Did you know that kids who eat a nutritious breakfast before school have improved academic performance, longer attention



spans, higher energy levels and are likelier to eat healthy throughout the day? To help your kids make the grade, check out myHealthOC [here](#) to view simple and healthy breakfast and lunch ideas that are great for on-the-go or view the Breakfast Fruit Cup recipe provided by the Nutrition Services program on the following page.

Breakfast Fruit Cup

Breakfast is important for everyone, especially kids! Did you know that kids who eat a healthy breakfast are less likely to become overweight? Now that they're heading back-to-school, check out this [breakfast fruit cup](#) recipe for a simple on-the-go treat before school or click [here](#) for more quick and healthy recipe ideas.



INGREDIENTS:

- 2 oranges, peeled seeded and sliced into bite-sized pieces
- 1 medium banana, peeled and sliced
- 1 tbs. raisins
- 1/3 cup lowfat vanilla yogurt
- 1/2 tsp. ground cinnamon

PREPARATION:

- In a small bowl, mix and combine fruit
- Divide fruit equally into 4 bowls
- Place a tbs. of lowfat yogurt over the fruit in each bowl, and sprinkle equal amounts of ground cinnamon before serving.

■ School Immunizations

Make sure your children are up to date on their vaccines before sending them back to school. School-age kids from pre-schoolers to college students need vaccines to ensure their long-term health as well as the health of their friends, classmates and family members. To view vaccine schedules based

on age and school entry level, visit the California Department of Public Health's (CDPH) Immunization Branch website [here](#). California law requires schools to assess and report annually the immunization status of their students. To find your child's school, click [here](#).

Free vaccines for babies and children ages 2 months to 18 years of

age with no health insurance are offered at the Health Care Agency's Family Health Immunization Clinic. For more information, call (800) 914-4887 or visit www.ochealthinfo.com/phs/about/family/iz/clinics.

A Firsthand Look at How Environmental Health Keeps Fairgoers Safe

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that is customer service focused and user friendly for vendors.

As we headed over to our first vendor of the day, Kayci explained to me that each vendor was given a self-inspection checklist prior to the actual inspections so they could be aware of what unsafe food handling or preparation practices would prevent them from operating in order to make any adjustments to their

operations if needed. After arriving at our first location, I was informed that this vendor had already been inspected earlier in the day, but water temperatures of their dish washing sinks were not up to code. During our visit, Kayci was able to verify that the vendor had fixed the issue, therefore received a passing health inspection.

With an upwards of 150 inspections to be

completed by approximately 34 Health Care Agency health inspectors, food safety inspections began on opening day on July 13 and will continue throughout the duration of the event. It was clear to me that not even the smallest of violations go unnoticed.

To learn more about the Environmental

Health Food Protection Program, visit www.ocfoodinfo.com or click [here](#) for a list of this year's new fair food items. Happy Summer and see you at the Fair!



**WESTERN STATES
OPIOID SUMMIT**
September 19-21, 2018

Anaheim Convention Center
800 W. Katella Ave.
Anaheim, CA 92802

Kids Learn About Hazardous Materials at Truck Adventures Event

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"Our demonstrations with dry ice bubbles and lid poppers were a hit and taught kids about the expansion of gases and rising temperatures."

To learn more about how the EH Hazmat team protects public health, visit their webpage [here](#) or click [here](#) for more information about Truck Adventures for Kids.

LET'S TALK ABOUT THE SOLUTION!

Experts will lead a full-day of conversations and discussions about the opioid crisis

Two Tracks will be offered

For more information, visit www.opioidsummit.us or email info@opioidsummit.us



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



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