FEBRUARY 2019



No one organization can solve the pervasive challenges of mental health and substance use disorders alone. In Orange County, there are exceptional services today, but they function in silos. It can be difficult for individuals to connect with the right care when and where it's needed. With an intentionally coordinated public-private partnership approach, the community will benefit from best-in-class services within a system they can more easily navigate.

That's why I'm so excited to share that the Orange County Board of Supervisors recently committed \$16.6 million for the creation of the county's first Be Well Orange County (OC) Regional Mental Health and

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Martha Martinez 'Thrives and Succeeds' Providing Care in Jail

When she first walked in to Men's Central Jail as a graduate nursing student, nearly 11 years ago, Martha Martinez says she thought it was "intimidating." That's understandable after all, since she had been working at a 'regular' hospital. But she kept coming back to the jail and as she did, Martha says she realized she was falling in love with the place, as well as the people. Then one day it happened, when Martha says, she found her purpose.

"Something hit me," says Martha,
"because until that moment I always
lived in a bubble and this was something that made me realize this is the
real life."

Martha says her introduction to the "real life" came as she was seeing, up close, the hardships people endure by the choices they make, choices which landed them in jail. But she says she learned, as a Com-

Director's Message

continued from page 1

Wellness Campus. Be Well OC is a transformative initiative bringing together public, private, academic and faith-based organizations, as well as others, to create a coordinated system of mental health care and support for all Orange County residents.

The Wellness Campus, to be built at 265 Anita Drive in the City of Orange, exemplifies the spirit of the Be Well OC public-private partnership. CalOptima, Kaiser Permanente and St. Joseph Hoag Health are joining the County of Orange in the creation of the new 60,000-square-foot, state-of-the-art facility that will replace an existing 45,000-square-foot, two-story office building. This is a significant sign of systems change for mental health and wellness in Orange County. The projected cost for the campus is \$40 million and construction is expected to commence later this spring.

265 Anita Drive is the first of three Be Well OC Regional Wellness Campuses planned for Orange County. Each campus will provide common core services, as well as services tailored to the unique population needs of the region, creating an ecosystem of services never before so systematically available to Orange County residents.

The Be Well OC initiative aspires to create a best-in-class system of mental

health care and support for all Orange
County residents. The
Be Well OC effort,
which also includes
substance use services, spans across
all cities in Orange
County and a range
of needs, from prevention and early
intervention to crisis
aversion, acute care
and recovery.

For more information visit bewelloc.org.

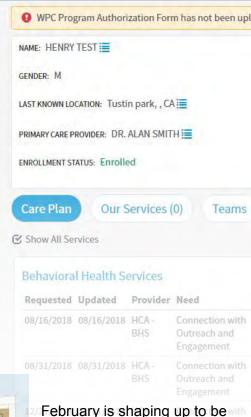
Sincerely,

Richard Sanchery Richard Sanchez



More Col

Whole Person Care



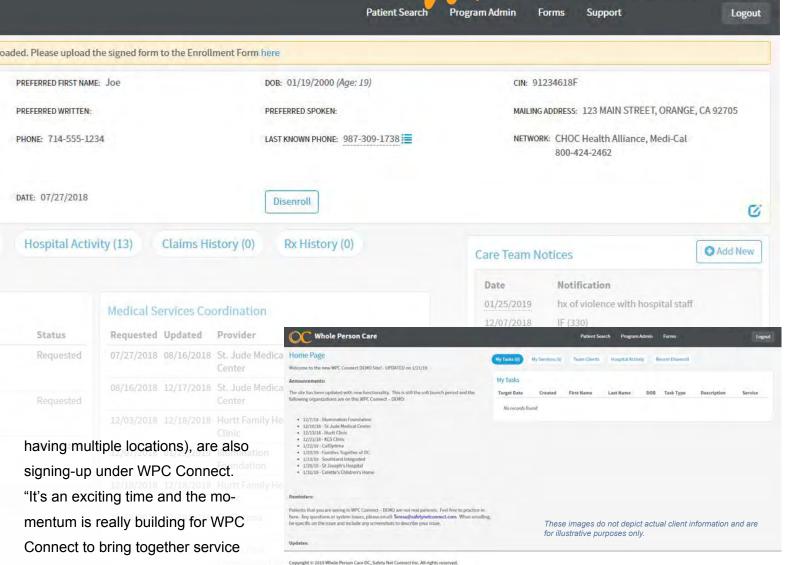
a big month for the Whole

Person Care (WPC) program as it looks to build on the early sign-up success of WPC Connect and expand to every hospital and community clinic in Orange County. Right now, just about half of the county's 24 hospitals have signed on to WPC Connect and the others are in various stages of the sign-up process says

Melissa Tober-Beers, Stra-

tegic Project Manager. She also says community clinics, (23 community clinic operators, with some

nnections for WPC Connect



Under WPC Connect, a homeless person who qualifies for Medi-Cal can receive a wide-range of wrap-around services and a personal care plan that's created for him or her when they sign-up. That plan gives them access to a variety of programs and services including recuperative care, connection to mental health or substance treat-

providers, so we can offer a wide-

range of services for people."

ment, even access to housing. The personal care plan is then made available to multiple HCA programs as well as to programs from outside partners including shelters, hospitals and other service providers. WPC Connect is unique says Melissa, because it's the only one in the state which connects a county health agency with outside partners, in order to provide a variety of services for someone, "It's the

first multi-agency care plan, that people can access, so they truly are working with the whole person and everybody can see what's going on with that individual."

Because WPC puts HCA programs and community providers together, to share information, everyone is able to focus on the *person* needing care and not *where* they're located.

... continued on page 16

HCA Helping to Build a Village for Ho

L We know that treatment works, we know that prevention works, we are making sure we will reduce stigma so people who need care will receive care.

- Dr. Jeffrey Nagel,

Deputy Agency Director, Behavioral Health Services

What's touted as the largest housing development exclusively for homeless veterans in Orange County, is now under construction and a major investment by the OC Health Care Agency is helping to make it possible. The project is called Santa Ana Veterans Village and when complete, it will provide housing for 75 veterans. HCA Behavioral Health Services (BHS) authorized spending more than \$2.9 million* to dedicate 20 of the one

bedroom apartments for veterans who meet Mental Health Services Act criteria.

"It's an important milestone to create an effective and holistic solution to end homelessness," says
First District Supervisor Andrew Do.
He says the project shows when it comes to helping the homeless, the
County of Orange is, "putting the pieces in place to create a model for the nation."

The building will be three stories tall and its design is described as Spanish-revival with a contemporary update. HCA Behavioral Health Services will collaborate with several community agencies which will provide on-site supportive housing services to the residents.

Dr. Jeffrey Nagel, BHS Deputy Director says, "Veterans Village is part of a unique time in the county as leaders, agencies and people mobilize to take on homelessness and provide services to veterans.

The Santa Ana Veterans Village is part of the Jamboree Housing Corporation which says they provide low cost, permanent housing for thousands of people including more than 700 veterans. Jamboree's

We are partners and we are com-

before and it's a privilege to be

involved."

ing together in ways we never have



omeless Vets

Laura Archuleta says Veterans
Village is the first of its kind, because it is the largest housing project exclusively for homeless vets in
Orange County. "This will be affordable for our homeless veterans with
supportive services wrapped around
them."

The Veterans Village is rising up from a parking lot at 3312 West 1st Street in Santa Ana. It's expected to be complete early next year.

For more on the County of Orange's continued efforts to build an integrated system of care for the homeless please click: Addressing Homelessness in Orange County.

(*\$2.9 million provided under Mental Health Service Act/Special Needs Housing Program)





▲ 1. The dirt starts flying as Dr. Jeffrey Nagel (2nd from left) joins First District Supervisor Andrew Do (2nd from right) and other officials for the groundbreaking of Santa Ana Veterans Village. 2. Large turnout as political leaders, veterans support groups, healthcare providers and veterans celebrate groundbreaking for Santa Ana Veterans Village. (Dr. Jeffrey Nagel speaking at the podium.) 3. Rendering of the Santa Ana Veterans Village.



5 Things You Need to Know About: New Year, N





All smiles as Supervisors Andrew Do, Lisa A. Bartlett, Michelle Steel & Doug Chaffee (left to right) begin the year. They scheduled a special election for March 12, 2019 to fill the Third District Supervisor's seat.

Congratulations their 'toast' to Dr. Stratton.

Dr. Sam Stratton has begun his first full month of retirement following more than 40 years of service. He was honored by the Orange County Board of Supervisors (BOS) and his colleagues. The BOS presented him with a certificate of recognition while his office staff hosted a fond farewell party, complete with balloons, along with

In a letter to Emergency Medical Services (EMS) staff, Dr. Stratton expressed his mixed feelings on retiring, "I am incredibly proud of all that we have done over the past decade." And he highlighted the work which was accomplished, "We moved Orange County EMS from an average twentieth century EMS System to one that is on the cutting edge for twenty-first century EMS. We have had great successes and survived incredible challenges."

While he's retired from full-time work, Dr. Stratton says

ew Makeup on the OC Board of Supervisors

Supervisor Michelle Steel, Second District. will serve as Vice Chair after also being chosen unanimously. She served as Vice Chair in 2016 and Chairwoman in 2017, Supervisor Steel is co-chair of the President's Advisory Commission on Asian Americans and Pacific Islanders. She also serves on the CalOptima Board and the Children and Families Commission.

Supervisor Andrew Do, First
District, returns
to the Board after serving
as Chairman in 2018. He
says the County of Orange made tremendous
progress the past year.
Supervisor Do also sits on
the Orange County Transportation Authority, Orange
County Mental Health
Board and the Commission to End Homelessness, among others.

Supervisor Doug Chaffee, Fourth District, is the first Democrat on the Board since 2006. The former Mayor of Fullerton says he looks forward to working with his colleagues saying the Board is "family" and he wants to "be a part of that." He replaces Supervisor Shawn Nelson who accepted a position in the District Attorney's (DA) office now led by former Supervisor Todd Spitzer.

An election date is set to fill the vacant Third District seat. Supervisors scheduled the special election for March 12th to fill the seat Todd Spitzer vacated when he was sworn in as DA. The results of the special election are expected to be certified sometime between March 21 and April 11 says the County's Registrar of Voters, with the newly-elected supervisor sworn-in afterwards.

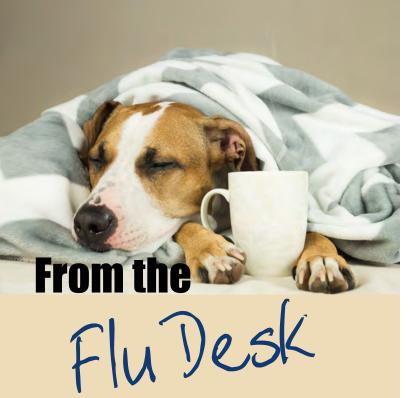


he'll bring his 'sarcastic humor' around from time to time as he's applied to be a volunteer with Orange County EMS and to work on some ongoing research and policy projects. His colleagues say he's actually quite humble and they wanted to share the news of his retirement with everyone in the Health Care Agency.

1. Some of the lineup, some of the beverages and it looks like everyone is smiling as they share in Dr. Stratton's last day at work.

2. Sam Stratton with a parting gift, (15-year-old scotch), following his 'fond farewell' retirement party with staff. 3. Lots of balloons overhead along with a 'host of toast' from the hearts, as colleagues express their well-wishes for Dr. Stratton. Photos courtesy: Erica Moojen





Good news is always welcome and so far this year, Orange County residents have weathered the flu season much better than last year says **Dr. Matthew Zahn**, Medical Director, Epidemiology & Assessment. Compared to the same time period from a year ago, the 2018-19 flu season in the OC, appears to be less severe with fewer deaths and severe illnesses reported in residents under the age of 65. And no flu-related deaths have been reported in children under the age of 18 here, as of the end of January.

Still, "We expect the heaviest part of the flu season to last for several more weeks," says Dr. Zahn. He says because the duration of flu season varies geographically, "Our agency collects data to figure out our local season's duration." Meantime the Centers for Disease Control and Prevention (CDC) conducts surveillance nationally and says it's still not too late to get your influenza vaccine if you haven't received one.

Meantime Epidemiology and Assessment will continue its surveillance of influenza in collaboration with local hospitals, primary care providers and colleges. They work with the Public Health Laboratory which provides critical lab services during the flu season such as confirming test results and influenza virus subtyping.

Learn more at www.ochealthinfo.com/flu.

HCA Websites "The Big Move"

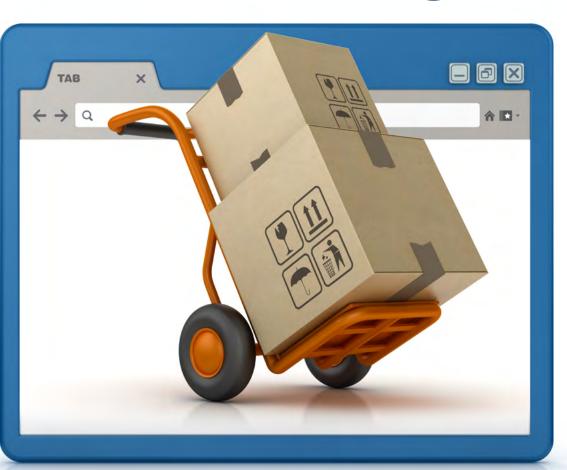
One year from now, (specifically March 2020), all County of Orange websites are expected be on a new platform, a content management system called Drupal.

There are approximately 1,200 pages in the Health Care Agency (HCA) domain and departments are now going through each page, line-by-line, word-by-word, picture-by-picture, graphic-by-graphic (you get the point) to determine which pages are worthy of making the move and which will be left in the internet 'dustpan of history'. (If there is a dustpan of history for webpages.) This process of updating or removing unwanted, unneeded or unloved websites is called 'culling.'

And it's important your department determines, *before the move*, which pages will be moved says **Kai Lin**, Web Developer with HCA/Information Technology (IT), "If the departments can start reviewing current content they have on the site or making sure they can refine the wording of their content, that would definitely give them a head start." Kai says if you have any questions at all on the technical side, please email him at KLin@ochca.com for answers.

A couple thoughts to keep in mind as you rewrite your webpages come from some old sayings; one is, 'good writing is like good cooking, use lots of shortening' and the other uses the 'KISS' approach, 'keep it simple, silly'. Or you can follow advice from the IT folks who say, "using the least amount of text as possible will help in the design of the new web platform, because the new sites are expected to have more images, with less text, to create a cleaner look." By the way, if you would like

s Now Prepping for



any help with the wording or phrasing on a webpage, feel free to ask HCA communications by sending the team an email at <a href="https://hcAc.nlm.ncb.

The new website will also be compliant with the Americans with Disability Act (ADA). Meanwhile, the first of the test sites is expected to launch for one of the members of the Orange County Board of Supervisors (BOS) by the end of February. The websites for the rest of the BOS sites are planned to be completed by the end of March 2019.



Let's Get Ready to SOAR"

A friendly reminder to mark your calendar for the Fourth Annual Service & Outstanding Achievement Recognition Awards (SOAR). The theme this year, "Pursue Excellence," reflects one of the goals of the Health Care Agency to honor employees who have distinguished themselves in their work. Nominees were chosen within their programs for their unique services and significant contributions to HCA and to the clients we serve. In addition, employees with 25 years of service or more will be saluted for their commitment.

The SOAR Awards take place in the Hall of Administration from 3 p.m. to 5 p.m. on Thursday, March 7, 2019.

Raise Your Spirit for Bett

eing involved in a faith tradition can add years to your life as well as life to your years. Those are just a couple of the many messages and lessons from the Behavioral Health Services 5th Spirituality Conference which focused on ways to define, be aware of and apply the 'spiritual parts of life' with behavioral health care.

The day-long conference brought together professionals in behavioral health with clergy and community partners. The discussions explored the relevance of spirituality throughout a person's life span and the impact of spiritual practices on a person's well-being and mental health.

crowd of more than 150 people, featured two keynote addresses and three workshops. The first keynote focused on having an awareness of the cultural diversity while treating client. The second keynote, hosted by Bijan Amirshahi, LMFT, LPCC Service Chief II-Ethnic Services Manager, featured a panel from the National Alliance on Mental Illness FaithNet program. The panelists shared how spirituality played an important role in a person's recovery journey from the perspective of a consumer of behavioral health services, a caregiver, a clergy, and a clinician.

The event also featured three indepth break-out sessions which focused on using spirituality to
help behavioral health providers
and clergy deal with the cultural,
social and generational impacts
people face. One of the break-out
speakers, **Lisa Niino**, LMFT, Service Chief I, said her goal was to
empower providers with tools so
they can encourage children in their
development, despite the stress and
trauma they might face. "Having an

opportunity to be one small part of

this year's Spirituality Conference



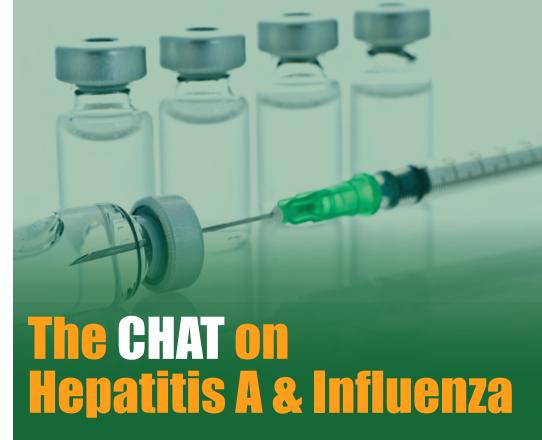
er Health



as a presenter was truly special," said Lisa. "It was such a wonderful experience to meet with so many amazing and diverse workshop participants, and to hear about the great work they are doing as "Asset Champions" to support the children and adolescent populations they serve every day."

▲ From left-to-right, moderator Bijan Amirshahi, LMFT, LPCC, Ethnic Services Manager; Danny Gibbs, NAMI Peer-to-Peer mentor; Elaine Huber, Mariner's Church; Imam Jamaal Diwan, Co-founder, The Majlis; and Dr. Michael Mullard, LMFT, BHTS Clinical Training Coordinator.





Vaccination for Hepatitis A is being offered for people experiencing homelessness in Orange County. The hepatitis A vaccine is administered by members of the Comprehensive Health Assessment Team-Homeless (CHAT-H). Reaching out to people in the shelters with the vaccine offers a level of comfort to them says Director of Public Health Nursing Jenna Sarin. "These sites provide an opportunity for at-risk clients to receive the vaccination in their environment; reducing barriers for those who otherwise may not seek vaccination." Jenna says 75 people have received the hepatitis A vaccination since December.

This current hepatitis A vaccination effort follows a more comprehensive outreach done over the past two years by CHAT-H. In collaboration with nursing and support staff from across Public Health Services, they administered 1,450 hepatitis A vaccinations to homeless people during a nine month period in 2017-18. That was a proactive response after an outbreak of hepatitis A among homeless populations in Los Angeles and San Diego Counties around the same time.

In addition to hepatitis A, CHAT-H has also carried out its annual influenza vaccinations for people experiencing homelessness. At last count, they have vaccinated 177 people at nine different sites, with more outreach efforts still underway.



Whats Up Survey

Be sure to check your email for an upcoming survey about the What's Up monthly newsletter. The newsletter is for you, so we want to hear from you in order to further improve the newsletter. We ask you to take a few moments and fill out the questions so we can provide stories and content which are more relevant and engaging to you. Your comments are also important. What you say about the newsletter will decide how the articles, stories and content are presented and in the best way to serve you. Thank you!

Putting Smiles on Children

There's nothing like the smile of a child and with February being National Children's Dental Health Month, the staff at Dental Health Services (1725 W. 17th Street) offers a full range of dental care as well as referrals for more specific services.



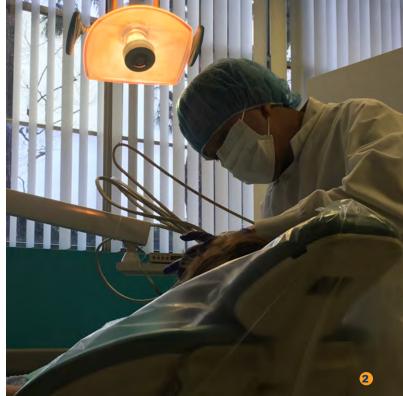
The theme for this year's <u>National Children's Dental Month</u> promotion is, "Brush and clean in between to build a healthy smile." The nationwide effort to educate children about their teeth, began nearly 80 years ago with the goal of helping kids and their parents understand the importance of establishing good attitudes and good habits for taking care of their teeth, so they would last a life time.

The Children's Dental Clinic, at 17th Street, does routine dental care for kids ages 4-18, which includes exams, x-rays, cleanings, fillings and simple procedures. The clinic is a safety net for the community and last year provided services for many underserved children. The clinic does a 'wonderful service' says Program Manager **Julie Pham** with Family Health Clinics, "The program aims to improve the oral health of children in Orange County by providing no cost preventative dental services for high risk children. We provide kind and compassionate care to all those who visit our clinic."

Julie says the children and their parents are very thankful for the services they receive and express their gratitude with their happy smiles and with high marks in the clinic's satisfaction surveys. The clinic also provides emergency dental care for adults and general dental services for people with HIV. To learn more about oral health care for all ages here in Orange County, visit www.smilehabitsoc.org.

▼ 1. and 2. Staff providing care to a child at Dental Services, 17th Street.





CALL IF YOU CAN TEXT IF YOU CAN'T 9-1-1 Now Just a Text Away in the OC

Residents and visitors can now text an emergency message to 9-1-1 in Orange County. Sheriff Don Barnes and law enforcement leaders from cities and agencies announced the new service this month. Sheriff Barnes says every public safety agency in OC will and can accept the 9-1-1 text messages from mobile devices. The sheriff says last year more than 1.2 million 9-1-1 calls were made here and 80 percent of those calls came via cell phones.

Law enforcement officials especially recommend the Text to 9-1-1 program for people who are hearing or speech impaired, if someone is in a place where a voice call could be dangerous, or if someone has tried making a 9-1-1 call and cannot get through.

If you ever find yourself in a situation where you can or have to Text 9-1-1, officials say you should provide your location and the nature of the danger, also remember to silence your phone if you are in a dangerous place, don't use slang, social media jargon or abbreviations, don't send pictures or emojis or videos and do not send a group text. Group texts will not make it through.

The bottom line from law enforcement: call if you can, text if you can't.



Take care of you and your loved ones with this heart-healthy recipe.

February is Heart Month and the American Heart Association recommends eating fish at least twice per week. Fatty fish, such as salmon, lake trout, mackerel, herring, sardines and tuna are high in omega-3 fatty acids. Try this heart healthy recipe that is protein-packed and makes for a speedy meal.

Tomato Stuffed with Dill Salmon Salad



Ingredients:

- large tomatoes
- 1 4.75 oz. canned, low-sodium salmon packed in water, drained
- 2 stalk celery, sliced crosswise into quarter-inch pieces
- green onions, sliced into quarterinch rounds
- Tbsp. mayonnaise

1/4 cup plain, low-fat yogurt

Juice of half lemon, about 2 tablespoons

3/4 tsp. dried dill

- head romaine or other lettuce, separated into leaves, washed
- large cucumber, peeled and cut into quarter-inch rounds



Directions:

- Cut a thin slice off the top of each tomato and scoop out the inside pulp and seeds. Chop the scooped pulp and seeds finely and put in a bowl.
- Put drained salmon into a bowl and using a fork, break up the fish into half-inch chunks.
- Add the celery and onions and toss to combine.
- Add the chopped tomato pulp and seeds to the salmon salad.
- In a cup combine the mayonnaise, yogurt, lemon juice and dill.
- Add to the salmon salad and toss to coat.



Assembling

- 1. Place 2-3 leaves of the washed and separated lettuce on plates.
- 2. Scoop the salmon salad into the hollowed tomatoes and place over the lettuce leaves.
- **3.** Arrange the sliced cucumbers by the salmon salad and serve.

Quick Tips:

You can use any water-packed type of salmon as well as tuna. This salad will keep in the refrigerator for a day or two.

For a fun appetizer, consider using smaller tomatoes. You can also serve this over finely chopped green cabbage or mixed salad greens. You can also enjoy this in a sandwich or wrap. For more variety, you can add one sliced medium avocado to the sliced cucumbers around the salmon salad.

https://recipes.heart.org/en/recipes/ tomato-stuffed-with-dill-salmon-salad

Peer-to-Peer continued from page 1

prehensive Care Registered Nurse (RN) II for Correctional Health Services, she could make a difference in their lives.

"You can decide to help people, bring them back to health as much as you can with the resources we have which I think are great." And Martha says she has seen change happen, when people do make the right choices, "If they choose to they can go back to the community, they can go back with their lives."

Martha handles herself with a "gracious attitude" says her former Supervisor Leah Marcus who nominated Martha for the Peer To Peer recognition. "She never gets her feathers ruffled," says Leah. "She treats each patient with respect and dignity, despite how she herself is treated by them." Leah also says it's a steep learning curve to work in the jail environment and she says Martha accepted the challenge. "She was reading, asking questions, trying to increase her knowledge base as much as possible."

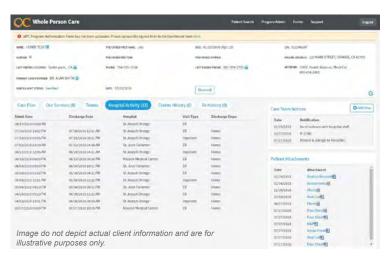
And Martha has equal praise for her co-workers. "We all do a great job, we all try to accomplish a true work when we work here."

When she's not at work, Martha says she and her husband, Raul, live a very simple life and are devoted to their family. They do get away though, as Martha says she and Raul went to Europe last year and they want to go back. And she says they have big plans for a trip to South America. But Martha isn't leaving the jail life any time soon and she says her husband fully supports her working behind bars. "He loves it because I think he feels that I do what I love and he knows that. He knows I'm excited to come here and it's a great thing for both of us."

She says her work and interactions with patients and nurses have been "a great experience" and they replaced those initial fears from long ago. "I think I'm very blessed and grateful to work with the nurses I work with in this environment," says Martha. "I have a lot of respect and know it's very challenging but it's a great feeling everybody chooses to come and work here and I'm very proud of the people I work with here."

And they are proud of her saying Martha is a "great success" in what she does and she does her work with gentleness and firmness. Thank you Martha for your commitment to excellence, integrity and service. Job well done!

continued from page 2



When a person is entered into the system, no matter where they are entered, anyone with access to WPC Connect can see what the client has received for care and where they received the care. What's also unique about WPC Connect, says Melissa, is it includes access to behavioral care, "What clinic they are assigned to, what's the phone number of their provider there and what's the date of their last visit. It's huge for us."

Recently, various members of the WPC Connect team, from frontline staff to executive managers, spent a day answering questions about WPC Connect, which came from evaluators sent by the state. California is currently

assessing WPC programs in each county. And while the state's report is not expected until the end of the year, Orange County's WPC Connect was acknowledged by the evaluators for being the only platform of its kind in California that truly allows multiple providers from different organizations to electronically access a shared care plan.

Meantime, WPC Connect is also being looked at as a model for hospitals so they can provide services to all homeless people, which are required under a new state law, SB-1152. The law mandates that all hospitals have a written discharge plan in place, which coordinates care for patients with their county health agency and other service providers. Since WPC Connect already brings together multiple parties to coordinate care, Melissa says hospital administrators can benefit from the connections which are built-in to WPC Connect, "The law requires hospitals to connect with shelters and behavioral health programs, among others and to document what's done to benefit homeless people. So, in Orange County, WPC Connect places our hospitals one step ahead and gives our system some sustainability past the life of the WPC grant." The new law goes into effect July 1, 2019.



