

Director's Message

Greetings OC Health Care Agency (HCA) Team,

As you are aware, **Dr. Clayton Chau** has retired from his position as Director effective June 1, 2023. On behalf of the HCA, I want to express our deepest gratitude to Dr. Clayton Chau for his leadership of the Agency. He was a true visionary and led the HCA bravely through the pandemic and likely one of the most challenging times that we will see in health care in our lifetime. He will be missed but we are thankful for his time here and wish him a well-deserved rest and wonderful days ahead.

The County of Orange is recruiting for the next HCA Director. The

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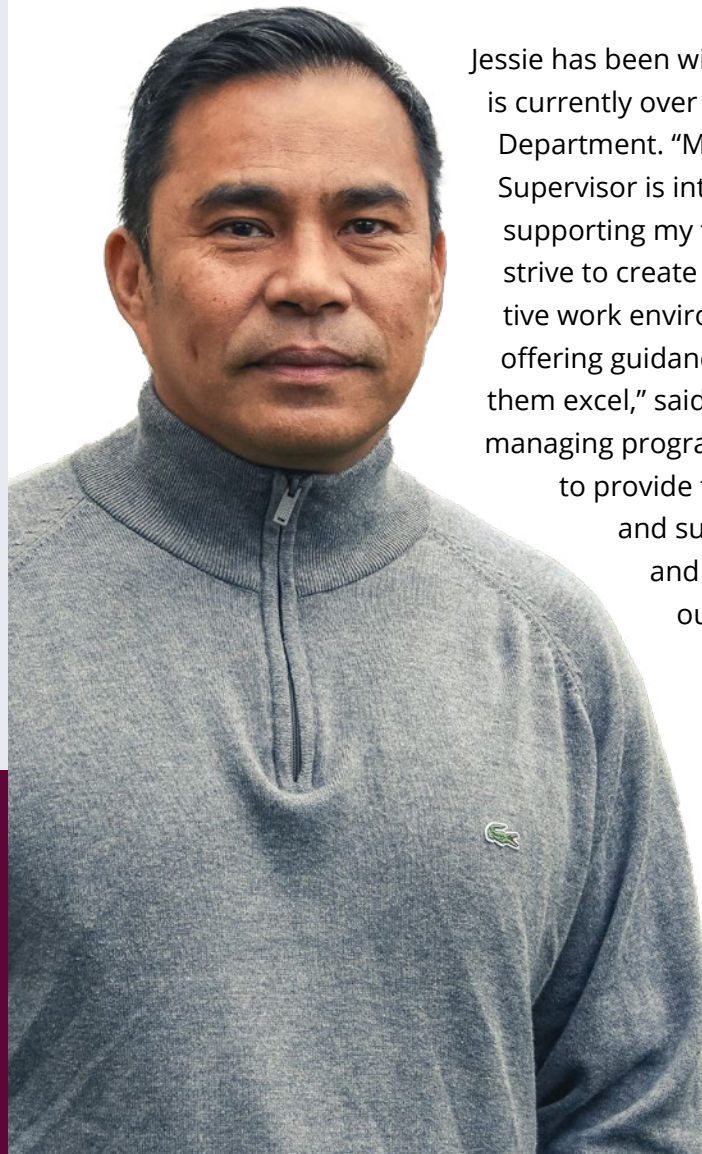
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Peer-to-Peer

Jessie Peralta

“The OC Health Care Agency's (HCA) mission to provide quality health care services aligns with my values and career goals,” and that's why Peer-to-Peer recipient **Jessie Peralta**, Program Supervisor II, Correctional Health Services (CHS) said he came to work at the Agency. “I was motivated to work at the HCA because of my passion for health care and my desire to contribute to the well-being of others.”



Jessie has been with the HCA 16 years. He is currently over the X-ray and CHS Supply Department. “My work as a Program Supervisor is integral to helping and supporting my team and the public. I strive to create a positive and collaborative work environment for my team, offering guidance and resources to help them excel,” said Jessie. “By effectively managing programs within the HCA, I aim to provide the best possible services and support to the public and improve overall health outcomes,” he said.

When he joined the HCA, Jessie brought several health care experiences with him including: work in a clinical setting as a health care office

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Director's Message

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recruitment is expected to close on July 9, 2023 followed by the application review and selection process which is expected to extend into the summer months. You can see the job listing posted [here](#).

Former Director of the Social Services Agency, **Debra Baetz**, is scheduled to serve as Interim Director of the HCA starting on July 12th. Please join me and the HCA leadership team in warmly welcoming Debra when she arrives.

Until then, I am serving as Acting Director. I have truly enjoyed my role serving as an Agency Assistant Director since November 2021 and I am humbled and honored to serve as Acting Director of the HCA. I thank you in advance for your support, encouragement, and continued dedication in all we do as an Agency. As the HCA moves through this transition period, I want to encourage you as you continue doing the great work you do on behalf of the HCA and the people we serve. Please know that the work you do is recognized and appreciated. What hasn't changed is our Vision of working together for a healthier tomorrow; our Mission of working in partnership with the community; or our Values of excellence, integrity and service!

Thank you again for your commitment to the HCA and the people we serve!

Sincerely,



M. Winterswyk DPT, PCS

Mindy Winterswyk, PT, DPT, PCS
Acting Director

Peer-to-Peer

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manager, work as a nurse, and as an X-ray technician. "This allowed me to gain valuable insights into the operational aspects of health care delivery," said Jessie. "Additionally, I had the opportunity to collaborate with various stakeholders in health care, all of which broadened my understanding of health care systems and their capabilities."

Jessie said he sees the influence of the teams and programs that he's a part of, on the well-being of individuals and communities they serve. "What I enjoy the most about my job is the opportunity to impact people's lives positively. That gives me immense satisfaction," said Jessie. "I want to express my appreciation for my colleagues at the HCA. Working alongside dedicated and passionate individuals who aim to improve health care services has been an enriching experience," he said. "I am grateful for the collaborative environment that allows us to learn from each other and achieve our shared objectives."

Originally from the Philippines, Jessie came to the US at age 17. When he's not at work, he enjoys several hobbies and interests including hiking, enjoying organic fruit and gardening. He grows mangos, jabo-ticaba, wax apples, persimmons, guavas, star fruits or any tropical fruit that he can get. Jessie said, "The fruit reminds me of growing up in the Philippines."

Award Winning Suicide Prevention Campaign



(L-to-R): **Annette Mugrditchian**, Chief of Operations MHRS; **Dr. Veronica Kelley**, Chief, MHRS; **Dr. Bhuvana Rao**, Director, Office of Suicide Prevention; **Brian Lochrie**, Communications Lab; **Julie MacDonald**, Director of Communications.

The OC Health Care Agency's (HCA) suicide prevention campaign *Light Up Hope OC* has been awarded **two** Vega Awards. The international competition awards for excellence in the planning and execution of digital communications. The award's selection committee said of the HCA's submission, "*[The HCA's] spectacular work has proven itself to be a superlative symbol within the entirety of the digital media industry. We have determined it to be the cream of the crop in the market.*" They went on to mention that the HCA's "*concepts and innovations are everlastingly outstanding in every aspect.*" The campaign won in the Video/Online Video and in the Cause Marketing categories.

The HCA's Mental Health and Recovery Services (MHRS), Office of Suicide Prevention, Director's Office, and Communications teams worked with the Board of Supervisors and agency partner Communications Lab on the campaign. "Raising awareness about suicide prevention is so important in what we do at the HCA,"

said MHRS Chief **Dr. Veronica Kelley**. "To receive this recognition confirms this was a unique and brilliant campaign to raise awareness about suicide prevention in Orange County by lighting up iconic landmarks throughout the county," she said.

You can see the *Light Up Hope OC* campaign at www.lightuphopeoc.com and learn more about the Vega Awards [here](#).



NURSING SKILLS DAY WAS A SUCCESS!

Investment in the Agency nursing workforce and encouraged by the results and feedback from the first-ever Nursing Skills Day last October, the OC Health Care Agency (HCA) immediately went to work to organize and sharpen this year's Nursing Skills Day event. The training brought together the Agency's over 450 nursing professionals as part of the strategic vision for workforce development and on-going preparedness said **Jenna Sarin**, HCA Chief Nursing Officer and coordinator of the event. "The HCA organizes this annual event to maintain workforce competency, reinforce cohesiveness, and empower nurses by promoting opportunities to hone skills that strengthen their

service to our communities," said Jenna. "I am incredibly proud of the organizing team for their hard work and dedication to improve what Nursing Skills Day offers our nurses," she said.

Nursing Skills Day is part of a unified vision of shared commonalities in the HCA's Nursing System said Jenna. Participants from Correctional Health Services (CHS) and Public Health Services (PHS) led the planning including **Joanne Lim**, CHS Deputy Chief of Operations; **April Orozco**, PHS Deputy Chief of Operations, Community Nursing and Clinical Services; **Mary Young**, PHS Strategic Program Manager; **Dr. Angelica Ahonen**,



Jenna Sarin, Chief Nursing Officer presents a thank you gift on behalf of all OC Health Care Agency Nurses to **Dr. Clayton Chau** for his vision and support of the Agency's nursing workforce.

CHS Director of Nursing; **Katherine Minnicucci**, Senior Comprehensive Care Nurse; **Nahid Razaghi**, Administrative Manager; **Grace-Aileen Lizardo**, Administrative Manager, Juvenile Health Services; **Rhena Carusillo**, Lead Public Health Nurse; **Ronilyn Ricaforte**, Supervising Public Health Nurse; **Rona Tagayun**, Supervising Public Health Nurse and **Sammy Petrich**, PHS Communications Specialist. Assisting the planning committee with logistical and additional support were **Evan Textor**, PHS Staff Specialist; **David Conklin**, PHS Project Administrator; and **Amy Kim**, PHS Staff Specialist. Thank you, HCA Skills Day Planning Committee for your leadership, hard work and contributions to make the event a success!

Nurses from all HCA Service Areas took part, CHS, Medical Health Services (MHS), Mental Health and Recovery Services (MHRS) and PHS. The focus was to

teach, review and demonstrate critical topics and skills relevant to job duties, routine and those related to ongoing preparedness efforts. This event enhanced one of the HCA's primary strategic initiatives, workforce development, through the investment and elevation of clinical excellence and professional development among our Agency nursing professionals. The event provided an opportunity to develop and enhance core nursing skills and networking opportunities with colleagues across the various service areas to promote cross-collaboration and training toward a unified goal.

The Nursing Skills Day event took place in May which is National Nurse Recognition Month. Going forward, the HCA intends to continue this tradition providing opportunity for education, networking of colleagues and celebration acknowledging the workforce expertise, commitment, and care in service delivery.



MHS Behavioral Health Nurse, **Steve Ward** engages in review of nasopharyngeal swab collection.



CHS Supervisor **Scott Jordan** demonstrating how to properly splint.



CHS Supervisor **Darron Durgin** going over emergency response with CHS staff.

MAKING WATER SAFETY A PRIORITY FOR SUMMER

Contributors: **Pauline Bui**, Division Director; **Kelly Soemantoro**, Program Supervisor II; **Sierra Myers**, Project Manager

With Memorial Day, beautifully warm summer days, swimming pool activities, and sunny California beach days just around the corner, the OC Health Care Agency (HCA) joined multiple agencies in ensuring the safety of our communities by sharing and advocating for the importance of water safety. The Public Health Services (PHS), Health Promotion and Community Planning, Injury Prevention Program (IPP) joined with community partners for the 4th annual Water Safety Challenge. "This event, held across five cities, promoted drowning prevention awareness, and taught crucial water safety skills," said **Kelly Soemantoro**, IPP Program Supervisor II. "Families actively took part in fun, educational and skills-based stations," Kelly said. "Those included CPR training, life vest fitting, safe water rescue techniques, and various in-water skills for kids like back-floating, treading water, and swimming to the side of the pool," she continued. The event was aimed at teaching parents how to assess their children's confidence and skills in the water while teaching important lifesaving skills.

The HCA was joined for the Water Safety Challenge by the OC Drowning Prevention Coalition, the Jasper Ray Foundation and the Ben Carlson Memorial Scholarship Foundation. HCA staff and coalition members contributed to planning, promotion, and staffing. Distinguished individuals such as OC Board of Supervisors (BOS) Chairman Donald P. Wagner, Third District, and Supervisor Vincente Sarmiento, Second District, were among the notable attendees, along with Orange City Mayor Dan Slater. Media reports included [these](#).

The Centers for Disease Control & Prevention (CDC) reports that drowning is the leading cause of injury-related death for children aged 1-4 in the U.S. and remains the leading cause of death for that age group in Orange County. However, it's not just children who are at risk; drowning incidents are also a risk for older adults, specifically those 50 and older. In 2022, Orange County Fire Authority recorded 111 drowning incidents, resulting in 44 fatalities and 67 non-fatal incidents.



Kids take turns practicing treading water and talk about the importance of immediately floating on their backs and calling for help if they are struggling in the water.

HCA has been a longstanding member organization of the OC Drowning Prevention Coalition, actively working together to promote awareness regarding the significance of safe pool environments and adult supervision through an Agency-wide collaborative effort. Environmental Health helps create safer pool environments, including inspecting public pools and providing education to pool operators. Public Health Nursing offers drowning prevention education to families during home visits, while Health Promotion increases awareness through community education and media outreach.

The BOS recognized the efforts of PHS and the Drowning Prevention Coalition in promoting water safety and drowning prevention with a resolution. The BOS Resolution reflected the community's coming together, expressed the importance of water safety and their commitment to supporting drowning prevention and education.

As staff members, we play a critical role in ensuring our community's safety, particularly during the summer months when drowning risks are higher. Let's help spread awareness about the ABCs of Water Safety: **A**ctive Adult Supervision, **B**arriers around pools and spas, and **C**lasses including CPR and First Aid. Always ensure that an adult is actively supervising children when they are in or near water. Install barriers like pool fences and safety covers to prevent unsupervised access to water. Additionally, consider taking swimming lessons or CPR classes to be better prepared in case of an emergency.

ABCs of Water Safety...

A is for...

Active Adult Supervision

- Keep infants and toddlers within an arm's reach when near water.
- Never swim alone, even adults.
- Never rely on water wings, rafts or other swimming aids in place of U.S. Coast Guard-approved personal flotation devices (life jackets).
- If a child or adult is missing, every second counts. Check the water FIRST!

B is for...

Barriers



- Install and maintain proper fencing around a pool or spa to isolate swimming areas from home and play areas.
- Use multiple layers of protection, such as fences, gate/door alarms and safety covers, to keep children away from pools or spas.
- Use self-closing, self-latching gates that open outward, away from the pool.
- Move items that a child could use to climb over a fence such as tables or chairs.

C is for...

Classes

- Learn to swim. Do not rely on aids such as water wings, rafts or noodles.
- Learn first aid and CPR. Always keep a phone nearby to call 9-1-1.
- Teach children NOT to run, jump or push others on pool decks.

To learn more, visit: DrowningPreventionOC.org





Parents learn tips for correctly fitting a life jacket and making sure it is US Coast Guard approved.



(L-to-R): Health Promotion Community Planning, **Sierra Myers**, Project Manager; **Kelly Soemantoro**, Program Supervisor; and **LaRisha Baker**, Deputy Chief Public Health Services.



LaRisha Baker, Deputy Chief Public Health Services, and **Dr. Almaas Shaikh**, Deputy Health Officer, attended the event to support advocacy and education around drowning prevention.



Directing Change

Program & Film Contest



Orange County Students Directing Change for Mental Health

The OC Health Care Agency (HCA) Mental Health and Recovery Services (MHRS) is pleased to share the success of Orange County (OC) students in the Directing Change Film Contest this year. "OC students made a tremendous effort in advancing mental health stigma reduction and education through their storytelling in film," said **Dr. Veronica Kelley**, Chief of MHRS. "It is encouraging to see students understand the importance of mental health and suicide prevention. These students understand the importance of delivering the message that help is available."

The HCA, in partnership with Directing Change and the OC Department of Education, hosted the first annual Directing Change in Orange County Awards Ceremony. Nearly 200 students, faculty, administrators, and

community members representing 15 schools, took part.

"The Directing Change Film Contest is an annual competition that aims to raise awareness about mental health and suicide prevention by inviting students to create short films on these topics," said **Dr. Bhuvana Rao**, Director, Office of Suicide Prevention. "This contest provides a unique platform for young filmmakers to use their creativity and talent to raise awareness about mental health and suicide prevention, and to help break down the stigma that often surrounds these important issues," she said.

The list of Orange County films including winners can be seen [here](#).

2023 Statewide Suicide Prevention Orange County Winners



First Place – That’s What Friends Are For
Orange County
Woodbridge High School
Filmmakers: Marleen Juarez, Pauline
Nguyen, and Mahi Thakkar
Advisor: Megan Humphreys



Third Place – Sensory Overload
Orange County
University High School
Filmmakers: Moses Fleischman, Alex Lu,
and Harrison Roberts-Dahlgren
Advisor: Hali Kessler



(L-to-R): Drew Zinser, **Dr. Veronica Kelley**, Annette
Mugrditchian, **Dr. Sharon Ishikawa**, Kira Czyrkis, and
Anthony Padilla.



(L-to-R): **Dr. Kevin Alexander**, Lesa Weinart, Olga Gore,
Sophia Valdez, Agatha Wise and **Dr. Bhuvana Rao**.

Health Care Agency Teaming Up for OC Pride

The OC Health Care Agency's (HCA) Public Health Services (PHS) and Mental Health and Recovery Services (MHRS) teams are preparing to join forces at Orange County's Annual Pride 2023 Festival and Parade on Saturday, June 24, 2023, in downtown Santa Ana. "The HCA is dedicated to supporting the LGBTQ+ community and is taking an active role in the promotion of mental health resources and raising awareness of MPOX at this year's celebration," said **Dr. Jeffrey Vu**, Division Director, Clinical Services. "We are excited to be sponsoring the Health and Wellness Zone where HCA teams will be providing MPOX vaccinations and educating

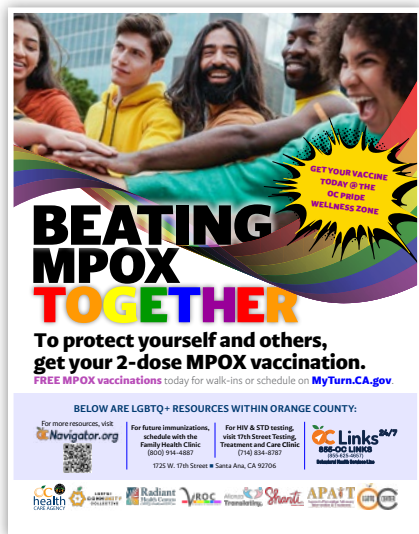
the thousands of anticipated attendees on a variety of health topics during the Pride Festival," he said.

There will also be an effort to spread awareness of resources on the OC Navigator

website, and the team will be working to connect with Orange County's diverse community.

Interested in attending? More information can be found at www.prideoc.com.

To learn more about HCA's involvement in festivities reach out to PHMessaging@ochca.com or MHRSevents@ochca.com.



Nominate Colleagues *for* Employee Recognition Programs

Submissions are being accepted for the OC Health Care Agency (HCA) Employee Recognition Program (ERP) awards. HCA staff can submit nominations for colleagues to be recognized for the quarterly Service and Outstanding Achievement Recognition (SOAR) Award and the monthly Peer-to-Peer recognition.

SOAR recipients are featured in a booklet which is posted on the Agency's Intranet here: <https://intranet.ochca.com/erp/soar-archives/>.

The Peer-to-Peer recognition is featured in the HCA's What's Up employee newsletter. Previous recipients are also on the Intranet here: <https://intranet.ochca.com/erp/archive/>.

For more information on the HCA's ERP please visit: <https://intranet.ochca.com/erp/>.

To download a nomination form for the SOAR or Peer-to-Peer programs from the Intranet, click here: <https://intranet.ochca.com/erp/forms/>.

The deadline to submit nominations for the Second Quarter 2023 SOAR awards and for the July Peer-to-Peer recognition is Wednesday, June 14.





ROUNDTABLES: SUPERVISOR TIPS AND RESOURCES

The OC Health Care Agency (HCA) Human Resources team is wrapping up our second quarter of virtual Roundtable discussions covering various personnel topics. We've had some great discussions with Managers and Supervisors on topics and issues related to their roles and responsibilities as HCA Leadership. Discussions are facilitated live, via Microsoft Teams and the format includes a 30-minute presentation followed by a 15-minute interactive Question & Answer session. Applicable resources, links, and sample documents will be provided to participants. Due to the desire to make this an interactive meeting, the meetings will be limited to 25 participants each session.

To sign-up, please contact Janet Najera at jnajera@ochca.com and specify which session you would like to be enrolled in; please note each session is a stand-alone meeting. You will receive a confirmation email with a Teams calendar invite.

Future discussion opportunities will be announced on a quarterly basis, with a focus on questions and topics that are frequently received by our team. We look forward to continuing our partnership with all of you!

JUNE 2023 Virtual Roundtable Opportunities:

Supervisor Expectations – Navigating the Employee Leave of Absence Process
Wednesdays, 6/7 & 6/21, 10:00 a.m. and 2:00 p.m.





Farmers Market

Have you visited a farmers market this year? Many farmers markets are available all year. If you visit one now you can find apricots, cherries, tangerines, kiwi, corn, tomatoes and squash. These fruits and vegetables are extra tasty as they are in season. Here are some additional reasons for visiting your local farmers market:

- Seasonal flavors: Some fruit and vegetables taste better during their peak seasons, and this is a great way to buy fresh and tasty fruits and vegetables.
- Support small business: You can help small agribusinesses by buying their products.
- Secrets are spilled: Many growers have different tips to cook and prepare the products you buy from them. Ask if they have any specials recipes, they can share with you!

Visit a farmers market. You can find one in Orange County [here](#).

Shrimp and Kale Pasta

Ready In: 30 minutes - Serves: 4

Ingredients

- 1 pound Pasta
- 1 Kale - chopped into bite-sized pieces (1 bunch, about 3 cups) or Swiss Chard - chopped into bite-sized pieces (1 bunch, about 3 cups)
- 2 tablespoons Olive Oil
- 5 cloves Garlic - finely minced
- 1 pint Cherry Tomatoes - halved
- 1 pound Shrimp - medium, peeled and deveined
- 1/4 teaspoon Red Pepper Flakes
- 1 tablespoon Dried Herbs - such as oregano, thyme, basil
- 2 tablespoons Lemon Juice
- 1/2 teaspoon Salt
- 1/2 teaspoon Pepper

Directions

1. Bring a large pot of water (with salt) to a boil. Add the pasta and cook as the label directs. Two minutes before the pasta is set to be done, add the greens to the water. Drain and rinse under cold water, transfer to a large bowl. Pour into glasses and serve.
2. Combine the shrimp, red pepper flakes, salt, and a few grinds of pepper in a medium bowl. Heat the olive oil in a large skillet over medium-high heat. Add the garlic and cook until golden, about one minute. Add the shrimp and cook until pink, about three minutes per side.
3. Add the tomatoes and cook, stirring often, until slightly softened, about two minutes.
4. Add the shrimp mixture to the bowl with the pasta along with the herbs and juice. Toss to combine with a little extra olive oil.

VISION

Quality health for all.



MISSION

In partnership with the community, deliver sustainable and responsive services that promote population health and equity.

GOALS

Promote quality, equity, and value.
Ensure the HCA's sustainability.
Offer relevant services to the community.



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 hcacomm@ochca.com or call (714) 834-2178. You can follow us on social media by clicking below.



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