



Summer

2017, Vol I, Issue 4

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LOANER LIFE JACKETS AVAILABLE



► DHHS is making 192 new life jackets available through loan stations at many of the county's favorite

"Jackets," page 3 ►

Mobile Outreach delivers summer nutrition



From left, kitchen trainee Beth Contreras and Mobile Outreach's Candy Bryant and Linda Souza.

► Every weekday at the Humboldt Senior Resource Center more than 500 meals are being assembled and packed in order to keep Humboldt County kids well-nourished through the summer.

More than half of the county's children qualify for free-or-reduced cost school lunches, and they

are no less hungry when out of the classroom. The Summer Lunch for Children program was created by Food for People two decades ago in response to kids losing access to nutrition for the 10 weeks schools are out of session. According to the food bank's Child Nutrition Programs "Summer Lunch," page 6 ►

\$3.8 million dental health grant to benefit local children

► DHHS is expected to receive a \$3.8 million grant to participate in the state-wide Local Dental Pilot Project (LDPP) aimed at improving access to dental care for income-eligible children.

The pilot project will focus on children

ages 0 to 12 years old who are at high risk of dental disease by providing case management and prevention-based services throughout the county. Efforts will be focused on children who are enrolled in Medi-Cal and children residing in

"Dental," page 10 ►

Director's Report

by Connie Beck



► At DHHS, we strive every day to achieve our mission of reducing poverty and connecting people and communities to opportunities for health and wellness. This is not something we can do alone, and we value and nurture our partnerships with community stakeholders.

DHHS contracts with many local nonprofit and community-based organizations to provide vital services, often for the most vulnerable members of our community, including mental health services, child care, housing, food and nutrition, family reunification and foster care services.

Recently, the Humboldt County Board of Supervisors sent a letter to the legislature expressing its strong opposition to California Assembly Bill 1250 (Jones-Sawyer), a bill that would severely limit our ability to contract for these vital services. AB 1250 would impose harsh new require-

ments on our local nonprofits that contract with the county, including new audits and monthly reports, all at the contractor's expense.

We rely on our local nonprofits to deliver services to residents where they

and trust. Family Resource Centers know the families in their communities, Open Door Community Health Centers know their patients, and individuals have built trusting relationships with the staff at Food for People. We rely on them as community partners.

Government cannot solve all of society's problems. Partner agencies play a huge role in this community, and AB 1250 would hurt them. I'm grateful that our Board of Supervisors has joined with the California State Association of Counties and a growing coalition of almost 200 organizations and local governments in an effort to stop the bill.

And, I'm grateful to our partners who work every day to improve the lives of Humboldt County residents. Thank you. ◀



live, play, work and go to school, in culturally respectful and client-directed ways. We know that individuals and families respond best when they can access services in the places most convenient for them, close to their natural supports, from providers they know

Community partners attend annual CalFresh Forum

► More than 95 community partners and DHSS employees attended the annual CalFresh Forum June 23, at the River Lodge in Fortuna. The event, hosted by Food for People and DHHS, included presentations from the California Food Policy Advocates, California Association of Food Banks, Catholic Charities Immigration Program and Humboldt State University. ◀

From left: Food for People Director of Programs Deborah Waxman; DHHS Health Education Specialists Jennifer Bell, Annie Dunn and Beth Jansen; DHHS Staff Services Analyst Mandy Gentle-Martin; Food For People Community Education and Outreach Coordinator Heidi McHugh; and DHHS CalFresh Outreach Analyst Justin Scarfone organized the forum.



water recreation locations. Community members of all ages will be able to borrow life jackets from seven stations to wear during a day at the beach or river. Public Health and the Water Safety Coalition of Northwestern California celebrated the life jacket distribution on June 22 at Woodley Island Marina.

Funding for the life jacket project comes through a grant from the Sea Tow Foundation. Life jackets will be offered during business hours in infant to adult sizes at the locations below. Call ahead to locations to confirm availability. ◀



National Weather Service Warning Coordination Meteorologist Ryan Aylward and DHHS Health Education Specialist Matt Cone size Cub Scouts for life jackets.

Loaner Life Jacket Locations

Dream Quest

100 Country Club Dr.
Willow Creek
530-629-3564

Early Bird Café

40640 Highway 299
Willow Creek
530-629-4431

Eureka National Weather Service Office

Woodley Island Marina
300 Startare Dr.
Eureka
707-443-6484

Swimmer's Delight

Van Duzen County Park
Carlotta
707-445-7651

TsewenaIdin Inn

12482 Highway 96, Hoopa
530-625-4294

Tsunami Surf & Sport

445 Conger St., Ste. B
Garberville
707-923-1965

Tsunami Surf & Sport

1580 Upper Pacific Dr.
Shelter Cove
707-923-1965

Board recognizes Elder Abuse Awareness Month

▶ The Board of Supervisors declared June Elder Abuse Awareness Month, noting that nearly 15 percent of Humboldt County's population is 65 years and older. Adult Protective Services receives approximately 130 reports of elder and vulnerable adult abuse and neglect per month. The board said encouraging increased awareness of elder abuse is an important part of keeping elders safe. ◀



Back row, from left: Linda Yates, Alma Barba, Jackie Blackburn, Acacia O'Quinn, Kathryn O'Malley, Geoff Barrett, Martha Rangel, Peggy Hobbs, Rachel Burns, Liara Levenbach and Janae Teal. Front row, from left: Sally Stewart-Graham, Sarah Jones, Becky Tanenhaus, Teresa Crandall and Keri Schrock.

Red Noses raise awareness

► Social Services' MG Unit, which focuses on eligibility determinations and helps clients stay connected to benefits, celebrated Red Nose Day on May 25. Red Nose is an international effort to raise awareness about childhood poverty. "When we do Cal-Fresh, it goes directly to feeding kids," Eligibility Supervisor Janine Lauritzen said. "It helps children's lives. That's what we do every day." ◀



Back row from left: Russell Thorpe, Pam Forbes (Meds-JR Unit) and Josh Payne. Middle row from left: Dave Wright, Cindy Mowrey, Kim Sullivan and Lee Withrow. Front row from left: Valerie Kelsay, Janine, le La Xiong, Sheralynn Johnson and Michael Pietrelli.

Mental Health welcomes new medical director

► Mental Health's new Medical Director Dr. Timothy Gannon started the directorship in May and has been busy getting to know colleagues and procedures. "I really believe in working together well with the nurses and social workers," he said. "Ultimately, it's more self-sustaining, and there's an excitement to going to work."

Gannon said he's interested in helping improve efficien-

cy at Mental Health and is passionate about women's mental health and facilitating improved substance abuse treatment services. "I want to see more people with quality treatment."

He moved from Alameda with his family and comes by way of Traditions Behavioral Health. Gannon said that he'd been looking for a move to a smaller community. "I've always liked smaller places. I love nature," he add-

ed, saying that he's made time for a few short visits to Humboldt County's beaches and redwood forest trails.

Dr. Gannon completed medical school at Michigan State University College of Human Medicine and did his residency at the Cleveland Clinic Foundation Psychiatric Residency Program. ◀



Dr. Timothy Gannon

Help Wanted

► DHHS is currently recruiting qualified applicants for a variety of positions. For a list of job opportunities, visit humboldt.gov/hr and click **Job Opportunities**, or contact Employee Services at 707-441-5510. ◀

Merit
SYSTEM SERVICES



Local responders commended for mental health service

► Law enforcement and mental health professionals were honored by the Humboldt County Behavioral Health Board (BHB) during the board's May is Mental Health Matters Month Community Service Awards presentation on June 15.

The Arcata and Eureka police departments, the Humboldt County Department of Health & Human Services' (DHHS) Mobile Response and Crisis Intervention Team along with Humboldt

County Correctional Facility and Mental Health staff were all thanked for their compassionate assistance to individuals challenged by mental illness.

"Ninety percent of the state hospital beds that existed 50 years ago are gone," said BHB Chair Tim Ash. "It is no coincidence that the number of mentally ill inmates in state prisons and jails or homeless have risen by a comparable number. That creates quite a challenge for first responders and



Community Service awardees, from left: APD Lt. Bart Silvers; Sheriff's Correctional Lt. Duane Christian; EPD Capt. Steve Watson; Supervising Mental Health Clinician Kelly Johnson; Mental Health clinicians Mark Goldhawk, Daryn Nimmo and Donna Bullard; and Sheriff's Administrative Sgt. Dennis Griffin.

mental health staff. The awardees should all be commended for their innovations and efforts to meet that challenge."

Jail and law enforcement staff were credited for exercising intervention techniques learned through Crisis Intervention Training (CIT). The program helps officers and other first responders effectively and sensitively deal with situations where mental health issues are a concern.

"It's widely recognized as bringing

about better outcomes for people in a mental health crisis, as well as improving officer safety," said DHHS Mental Health Senior Program Manager Mark Lamers. "All the participating agencies should be commended for their efforts, and bringing CIT benefits back to the community."

"Our friends, neighbors and family members affected by mental illnesses all benefit from their compassionate efforts," Ash said of the community service awardees. ◀

Mental Health staff completes fire extinguisher training



► Mental Health staff got some hands-on training with fire extinguishers on June 9, thanks to Humboldt Bay Fire. Administrative Analyst Larry Groom heads up Mental Health's safety committee and polled staff about what training was needed. Battalion Chief Chris Emmons set up the department's propane flame device and let everyone practice in a safe environment. ◀

At left, Groom douses flames controlled by Emmons, right.

County to benefit from statewide fellowship program addressing shortage of lab directors

► A statewide program intended to address the shortage of qualified public health laboratory directors in California will pay for Humboldt County's current lab manager to obtain a doctorate in Public Health.

Stringent requirements, including a Ph.D., supervisorial experience, board certification and a license have made it difficult to fill directorships throughout the state, including in Humboldt County. Public Health Laboratory Manager Jeremy Corrigan said many directors are overseeing two labs and some are close to retirement.

In response to the need, the LabAspire program, sponsored in part by the California Department of Public Health (CDPH), committed \$500,000 in funding to assist candidates in fulfilling the necessary requirements.

Corrigan was one of 11 applicants accepted into the program. He will start the program in August, and will be eligible to apply for the lab directorship when he completes it.



Corrigan has served as the manager at DHHS's Public Health Laboratory for the past seven years. Prior to coming to Humboldt he was a microbiologist for Sonoma County. To fulfill the need for a lab director, Sonoma County Laboratory Director Mike Ferris currently oversees Humboldt's lab as well.

Corrigan estimates the cost for

tuition and supplies to be almost \$70,000.

"I am grateful for this pathway and look forward to the challenges ahead as well as the opportunity to give back to my community and our local Public Health Laboratory," Corrigan said.

"Jeremy takes great pride in the work he and his team do in the lab and has a very strong work ethic," said Public Health Director Michele Stephens. "This is a tremendous professional opportunity for him and a huge benefit to Humboldt County as a result. He's worked hard for it and truly deserves such an opportunity."

The Public Health Laboratory provides testing for things like influenza, measles, norovirus, salmonella and a variety of respiratory viruses. The lab also conducts water testing and tests ticks for the Lyme disease-causing bacterium. ◀

continued from "Summer Lunch," page 1

Coordinator Carrie Smith, the California Department of Education reimburses Food for People for the majority of costs. The organization acquires grants to make up the difference.

From Hoopa to Scotia to McKinleyville and points in between, children are having meals delivered to their summertime locations thanks to the program. There are 23 delivery sites. Many of the lunches are delivered to summer day camps, community centers and parks, and Food for People staff cover more than 500 miles a day dropping off lunches. At some of the outlying locations, coolers full of food trays arrive on UPS vans and Humboldt Transit Authority buses.

Making the lunches requires lots of labor, and most of that is volunteer effort. At the Senior Resource Center (SRC) in Eureka, the large downstairs kitchen is doing dou-

ble duty, cooking for the facility's older clients, then turning around for kid's lunch production. The kitchen is a beehive of activity with sandwiches being made, salads assembled and a packaging machine readying the meals for distribution. "We have one staff person," SRC Food Services Manager Tina Taylor said of the endeavor. "The rest are volunteers. Without those volunteers, we couldn't do it."

DHHS Mobile Outreach's Mental Health Clinician Candy Bryant and Community Health Outreach Worker Linda Souza recognized the volunteer program as a great opportunity to help clients learn job skills while doing good work for Humboldt children. According to Bryant, Mobile Outreach coordinates activities for Mental Health clients, many of them in housing at the Lodge at Eureka. "We do things to help them lead more productive lives, through

part-time work and training or volunteer work to keep them busy with meaningful activity.

"Many people who go into housing after being homeless for years have an adjustment period of a new life inside a home and not outside just trying to survive with food for the day," she said.

On a recent Tuesday, three Mental Health clients joined Bryant, Souza and kitchen trainee Beth Contreiras at SRC. All were busying themselves, working quickly to get food trays assembled. They'll be there every Tuesday for the duration of the 10-week program, and Bryant said Mobile Outreach will likely be adding another volunteer day. According to Taylor, they'll gladly take the help.

Last summer, 17,500 lunches were delivered, and Taylor said that they're on target for 18,000 meals this year. ◀

Take precautions against ticks this season

► It's tick season, and DHHS's Division of Environmental Health (DEH) is reminding people to protect themselves and their animals.

The tiny, spider-like bugs attach themselves onto the skin of people and animals and feed on their blood. While many ticks are not harmful, there are some that transmit disease.

"It is impossible to tell if a tick carries Lyme disease or any other tick-borne disease by looks alone," said DEH Director Melissa Martel. "It's important to educate yourself on tick safety and precautions."

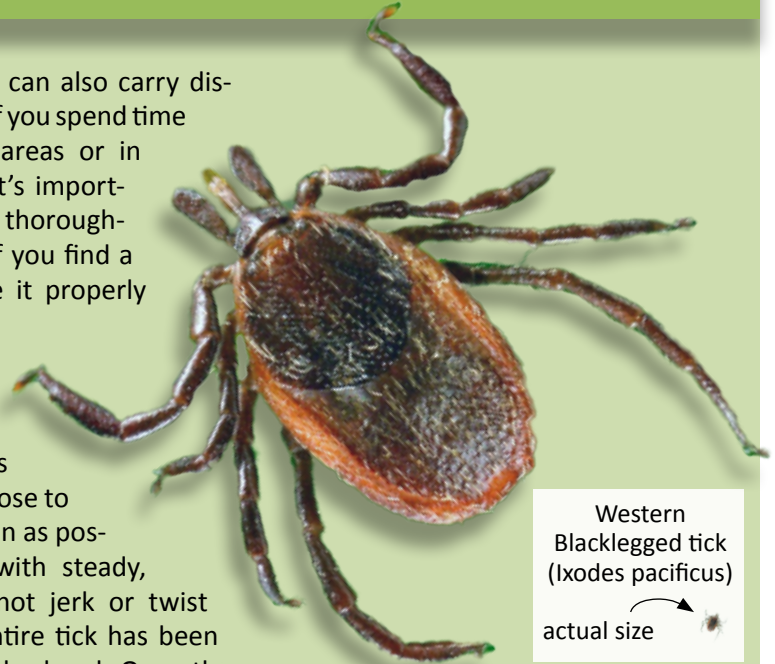
Only one tick found locally has the bacterium that causes Lyme disease—the Western blacklegged tick.

"As the weather gets warmer and we start to spend more time outdoors, we increase the chances of our exposure to adult ticks and the smaller nymph-

al stage ticks, which can also carry disease," Martel said. "If you spend time in brushy, wooded areas or in our beach grasses, it's important to check yourself thoroughly when you leave. If you find a tick on you, remove it properly and immediately."

If you find a tick attached to your skin, use fine-tipped tweezers to grasp the tick as close to the surface of the skin as possible. Pull upward with steady, even pressure. Do not jerk or twist it. Make sure the entire tick has been removed, including the head. Once the tick has been removed, clean the area and your hands with rubbing alcohol, an iodine scrub or soap and water.

The Public Health Lab offers free tick identification. After removing a tick, if you want to know what type it is, place it in a sealed container or zip-close bag with a paper towel moistened with water.



Western Blacklegged tick (*Ixodes pacificus*)
actual size

If the tick is identified by lab staff as a Western blacklegged tick, they can test it for *Borrelia burgdorferi*, the bacterium that causes Lyme disease, for a \$40 fee.

The Public Health Lab is located at 529 I St. in Eureka. For more information about tick testing, call 707-268-2179. ◀



The Centers for Disease Control and Prevention offers the following tips to stay tick-free this season:

- Avoid wooded and brushy areas with high grass and leaf litter. Ticks are also common locally in our beaches grassy dunes.
- When out on the trails, stick to the center.
- Use repellents that contains 20 percent or greater DEET, picaridin, or IR3535 directly on to exposed skin. Always follow product label instructions. Parents should apply this product to their children, avoiding hands, eyes and mouth.
- Use products that contain permethrin on clothing. Treat clothing and gear, such as boots, pants, socks and tents with products containing 0.5 percent permethrin. It remains protective through several washings. Pre-treated clothing is available and may be protective longer.
- Remove ticks found on your body immediately.
- Bathe or shower as soon as possible after coming indoors (preferably within two hours) to wash off and more easily find ticks that are crawling on you.
- Conduct a full-body tick check using a hand-held or full-length mirror to view all parts of your body upon return from tick-infested areas. Parents should check their children for ticks under the arms, in and around the ears, inside the belly button, behind the knees, between the legs, around the waist and especially in their hair.
- Examine gear and pets. Ticks can ride into the home on clothing and pets, then attach to a person later, so carefully examine pets, coats and day packs.

Medication disposal bins located across county

► Six Humboldt County pharmacies are now accepting expired, unused or unwanted medications, including prescription, non-prescription, controlled and non-controlled substances and pet medications.

In March 2016, Cloney's Pharmacy set up medication disposal bins at its McKinleyville location and one of its Eureka locations. Since

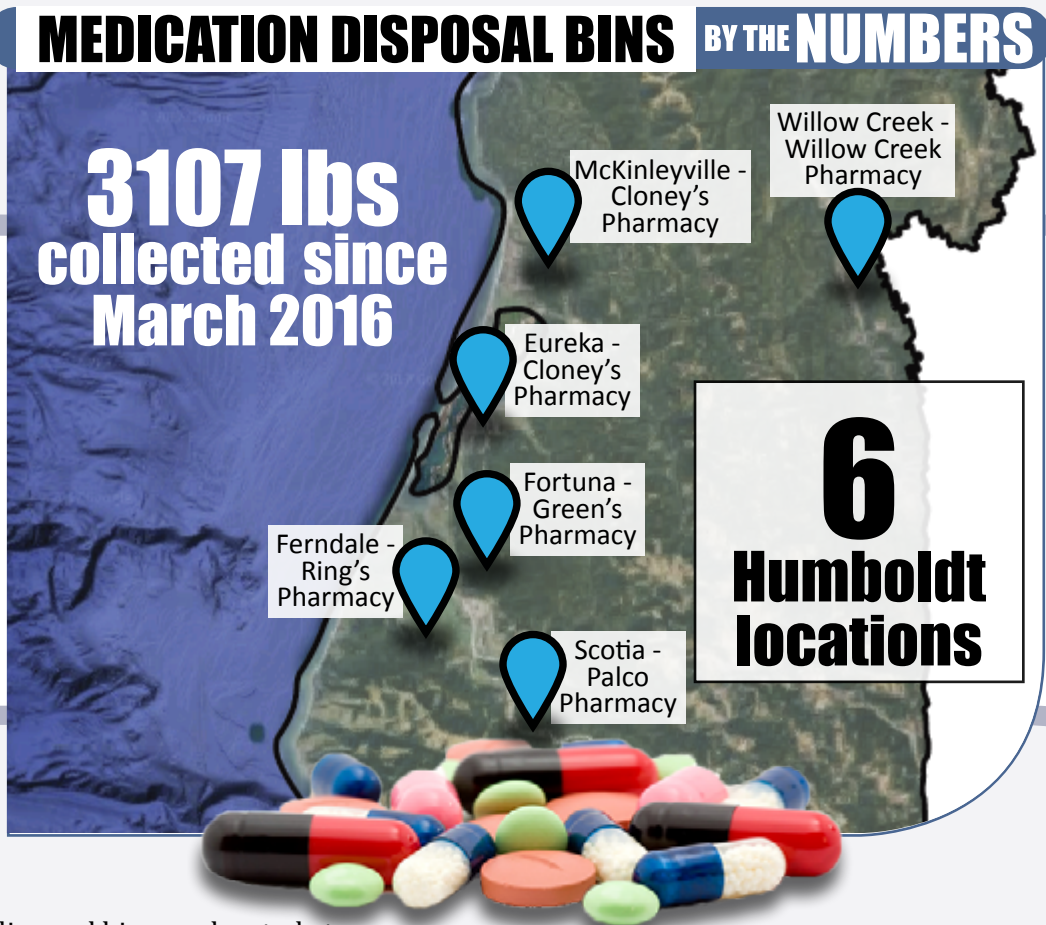
that time, four more pharmacies have followed suit.

Medications should be removed from their containers and placed in a sealed plastic bag before being deposited into a bin. Please do not deposit medication bottles.

Funding and support for the medication disposal bins are provided by a collaboration of Rx Safe

Humboldt, St. Joseph Health, Humboldt Waste Management Authority, Humboldt Allies for Substance Abuse Prevention, the Independent Practice Association, DHHS and local pharmacies.

For more information about safe medication disposal, visit rxsafehumboldt.org or humboldt.gov/org/2151/Prescription-Drug-Safety. ◀



The disposal bins are located at:

- Cloney's Pharmacy, 1567 City Center Road, McKinleyville (near Safeway), 707-840-9923
- Cloney's Pharmacy, 2515 Harrison Ave., Eureka, 707-443-7086
- Green's Pharmacy, 906 Main St., Fortuna, 707-725-4431
- Palco Pharmacy, 113 Main St., Scotia, 707-764-3591
- Ring's Pharmacy, 362 Main St., Ferndale, 707-786-4511
- Willow Creek Pharmacy, 39050 Highway 299, Willow Creek, 530-629-3144.

Preliminary Point-in-Time count data released, final numbers expected soon

► In mid-May, the homeless preliminary Point-in-Time (PIT) count data was released, showing a total of 668 people in Humboldt County experienced homelessness on the night of Feb. 27, compared to 1,180 counted in 2015.

The biennial PIT count, conducted by the Humboldt Housing and Homeless Coalition (HHHC) and local volunteers, documents the number of sheltered and unsheltered homeless people on a single night during the winter.

The count is a U.S. Department of Housing and Urban Development (HUD) requirement. Information gathered during this count is used by local planning departments and by county nonprofit agencies in grant applications and planning.

More than 15 agencies and 80 trained volunteers assisted in this year's PIT count which showed Eureka having the largest homeless population in Humboldt County, followed by Arcata.

While the count provides important information about the local homeless population, it is not a scientific survey.

The count takes place in communities across the U.S. on a single night in January. This year Humboldt County received a waiver from HUD that allowed the count to be conducted in February.

Starting the morning of Feb. 28, and going through the week, volunteers connected with homeless people throughout the county to administer voluntary surveys with questions

about age, physical and mental health status and where they had slept on the designated night.

The HHHC is still in the process of analyzing the data and comparing it to previous years and will post a final report to its website upon completion.

The HHHC is a coalition of housing advocates, businesses, funders, elected officials, service and housing providers, faith-based organizations and other community stakeholders working together to identify and address local housing needs. In Humboldt County, the HCCC is the lead organization for homeless issues and the federally designated Continuum of Care. For more information about the HHHC, visit its website at humboldthousing.org/about-the-hhhc. ◀

Mental Health Matters Month a success



Left, DHHS Director Connie Beck and the Hope Center's Kellie Jack enjoyed the work of young filmmakers during the May 6 Directing Change show at the Eureka Theater. All of the submitted films had a theme of mental wellness.



Events throughout the month raised the profile of mental health in the community during May is Mental Health Matters Month. Left, more than 100 mental health advocates marched from the Hope Center to the courthouse for the May 9 Mental Health Walk.

Right, DHHS's Leah Lamattina joined in during a Zumba session at the courthouse steps where mental health was celebrated.



tribal communities and remote geographic regions of the county.

The Department of Health Care Services received 23 proposals from across the state from entities competing for the \$150 million in funding. Humboldt County was one of 15 communities approved—the only rural county to receive funding on its own.

Leigh Pierre-Oetker, oral health consultant for DHHS's Public Health branch, said this will be hugely beneficial for the county, and will help combat the county's high rate of children with tooth decay.

"There is a lack of providers who take Denti-Cal," the dental version of Medi-Cal, "in Humboldt County which can make it

tricky for families to maintain a consistent regimen with their children to get preventive dental services," Pierre-Oetker said. "Add barriers such as being rurally located, lack of transportation and poverty, and the challenges become greater."

DHHS has partnered with the following agencies on the LDPP: Redwood Community Action Agency (RCAA), K'ima:w Dental Clinic, Redwoods Rural Health Center, Open Door Community Health Centers, California Center for Rural Policy at Humboldt State University and Humboldt Network of Family Resource

Centers (FRC).

"This is a great opportunity for a rural county to demonstrate what can be achieved by building upon partnerships and working together to support oral health for children," said Public Health Director Michele Stephens.

Over the next four years, DHHS and partner agencies will perform outreach, prevention and education using Women, Infant and Children Well Child Dental Visits, RCAA's TOOTH education program in daycares, preschools and elementary schools, the FRC network and other community events. ◀

Back row from left: Dr. Robert Berg, DDS, Administrative Analyst Lara Zintsmaster, Public Health Program Coordinator Catherine DeSantis. Front row from left: RCAA Oral Health Educator Kathy Carterby, Oral Health Consultant Leigh Pierre-Oetker and California Center for Rural Policy Director of Health Dawn Arledge.

