



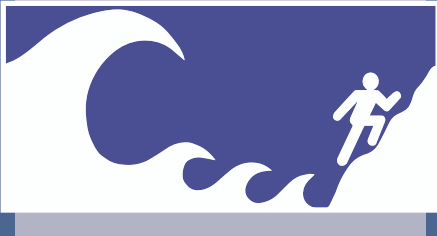
Spring 2018

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► May is Mental Health Matters Month is packed with celebrations and activities aimed at reducing stigma and raising awareness for people working toward mental health. Click on the green ribbon for a full calendar of events. ◀



From client to career Now employed by DHHS, former clients enjoy helping others



From left, Colleen Bishop, Rebecca Snow and Ron Bishop.

► Rebecca Snow says it felt like it happened overnight. One day she was a stay-at-home mom raising six children while her husband served in the military, and the next day she was a single mother whose four bedroom home was in foreclosure.

"It was very scary," she said. "It was overwhelming for me trying to find income for my family. I applied for assistance for the first time."

Snow enrolled in the California Work Opportunity and Responsibility to Kids (CalWORKs) program, secured a subsidized apartment for her family and received help working on her resume and practicing job interview skills. "The worker that helped me was very understanding and very helpful. This was all a new experience for me, but I felt empowered to go out and get employment."

It paid off: Snow was offered three jobs. She accepted one job at a drug store in Arcata and another job at a retail establishment in the mall. "Through CalWORKs, I was able to utilize the after-school program for my kids," which she said made it possible for her to work longer hours. It was at this time that a co-worker brought Snow a job application for Eligibility Worker at DHHS.

She was hired in 2002. Now an Eligibility Worker III, Snow said she thinks her previous experience as a client has helped her in her own job.

Another former client, Colleen Bishop, agrees, although her family was on aid for less than three months, her personal experience has helped her as an eligibility worker. "I think that there is a compassion that someone who has been on aid brings when dealing with customers," she said.

Colleen Bishop and her husband Ron Bishop moved up from the Central Valley 13 years ago, back to the county where Colleen Bishop was born and raised, to be closer to her family. Nine years later they hit a rough patch. Ron Bishop "Career," page 6 ►

Director's Report

by Connie Beck



► There's lots going on at DHHS. It's budget time again, and our Financial Services staff submitted a balanced budget to the Board of Supervisors for the new fiscal year. The upcoming budget will include a new employment program, additional contracts and services to meet the needs in Child Welfare Services (CWS), and nearly \$1.5 million to meet Americans with Disabilities Act (ADA) requirements.

In addition, we were recently notified that we were approved for the SB 82 Triage Grant through the Mental Health

Services Oversight and Accountability Commission. The grant will provide our Mental Health Branch nearly \$1 million over the next three fiscal years to expand mobile response services to those in crisis. This expansion will allow us to meet clients where they are at locations around the county. It will also enable us to expand and increase hours and provide more proactive case management.

Since the county's settlement with the state Attorney General's Office in February, CWS is steadily completing tasks, including implementing electronic systems, creating an Office of the Ombudsperson, updating Policies and Procedures and training staff to take reports electronically. I'm proud of the work being done there.

On the housing front, we just received word that construction is scheduled to start in January 2019 on 50 units of permanent supportive housing in Eureka. The housing project will include 25 units for veterans and 25 units for DHHS clients. Ground breaking is scheduled in Rio Dell on another 30 units sometime around March 2019 and will include one and two bedroom ADA accessible cottages. We are also looking at additional housing through SB 2 funding.

This spring has been a busy one, and I don't see it slowing down anytime soon. As we head toward summer I hope the sun comes out, and we all get to enjoy it. ◀

Social Workers Appreciated

► In honor of Social Worker Appreciation Month, DHHS created a series of videos recognizing social workers for the difficult and important work they do in our communities.

Click an image to jump to the video, or visit tinyurl.com/y82xc9qu to play them all. ◀

WEEK 1



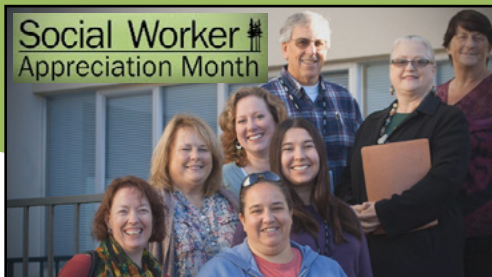
WEEK 2



WEEK 3



WEEK 4



WEEK 5



Second Opioid Town Hall draws crowd



State Senator Mike McGuire and Supervisor Virginia Bass host the second Opioid Town Hall meeting in Eureka.

More than 175 community members and public officials attend the second Town Hall meeting.



From left, Eureka Councilmember Kim Bergel, Virginia Bass, Eureka Police Chief Steve Watson and DHHS Director Connie Beck.

► More than 175 community members and public officials attended the second Opioid Town Hall with California State Senator Mike McGuire and Supervisor Virginia Bass on Thursday, March 29. During the evening, a panel of speakers made-up of treatment providers and representatives from the California Department of Public Health, Humboldt Area Center for Harm Reduction, Eureka Police Department and DHHS talked about what treatment options are available locally, as well as harm reduction and syringe and needle litter reduction efforts.

During the town hall, McGuire introduced the CEO of Aegis Treatment Centers Alex Dodd who told attendees that Aegis plans to open its treatment facility at the former Eureka Pediatrics building on Harris Street as soon as December. Once it opens, the facility is initially expected to serve at least 200 patients between Humboldt, Del Norte and Trinity counties. Dodd said Aegis' treatment includes medications, including Suboxone, Vivitrol and methadone, and intense individual and group counseling.

This is the second meeting since November, and community members can expect another update on progress. McGuire said there will be another town hall meeting coming soon, "We will have another as we want to make sure that we are holding all of ourselves accountable on progress that needs to be made." ◀

Public Health Week focuses on building healthier communities

► On Tuesday, April 3, the Humboldt County Board of Supervisors proclaimed April 2 through 8, National Public Health Week. This year's National Public Health Week focused on five areas of importance: behavioral health, communicable diseases, environmental health, injury and violence prevention, and ensuring the right to health. ◀



DHHS staff Bowls for Kids' Sake

► Big Brothers Big Sisters of the North Coast's Bowl for Kids' Sake was a great success, generating more than \$114,000 over the weekend. DHHS staff was a big part of the event, filling 17 lanes of Eureka's Harbor Lanes on Saturday. Every dollar raised will help provide professionally supported volunteer mentors for children in our community. Interested in becoming a mentor or want to donate? Check out Big Brothers Big Sisters of the North Coast at ncbbbs.org. Congratulations to everyone involved! ◀



Social Worker Appreciation Month



Back Row from left to right: Liora Levenbach, Aaron Broughton, Nick Shaver, Columbine Donald and Jennifer Kayes. Front Row: Lauren Proffitt, Sarah Smith, Teresa Crandall, Emily Casselman, Kirsten Hexberg and Keri Schrock.

DHHS Director Connie Beck gives a presentation at the Board of Supervisors March 13 meeting after they declared March Social Worker Appreciation Month.



► The Humboldt County Board of Supervisors proclaimed March National Social Worker Appreciation Month during its March 13 meeting. “It takes a combination of mental toughness and a big heart to do that job,” said Supervisor Ryan Sundberg. “You make a huge difference.” ◀

Child Abuse Prevention and Awareness Month



From left to right, Dore Haws, Karen Diers, Mike Tully, Judi Andersen, Cynthia Sutcliffe and Dora Saso attended the Humboldt County Board of Supervisors April 10 meeting during which the Board declared April 2018 Child Abuse Prevention and Awareness Month.

► On Friday, April 27, the Child Abuse Prevention Coordinating Council of Humboldt County will have its annual Children’s Memorial Flag Raising Ceremony. The event brings awareness to the issue of child abuse and neglect and to remember children who have died as a result. The event is scheduled to start at 9 a.m. at the Eureka Teen Center at 3015 J St. ◀

said, "In 2014, I lost my job and my wife lost her job in about the same time period. We had just bought a house, we were strapped, so we came to the county to apply for aid."

At the time, Colleen Bishop said the couple's children were 2 and 5. The family was granted CalWORKs.



Rebecca Snow

Before completing the interview process, Colleen Bishop was hired as a DHHS eligibility worker. She too is now an Eligibility Worker III.

Ron Bishop had worked in the auto parts industry for years and was looking for a change, so he signed up to participate in the CalWORKs Welfare-to-Work program. "I enjoyed it immensely."

Ron Bishop spent three weeks working with Employment and Training Division (ETD) staff where he was given a skills assessment, and received assistance working on his resume and with interview skills. "They help you learn what skills you have that are transferable to other things and help you decide where you want to go for employment."

He found a job to help support his family while applying for jobs with the county. Next month,



Colleen and Ron Bishop

he'll celebrate his first anniversary as a DHHS eligibility worker, and already he has his sights set on a position as a vocational counselor. "I had such a great experience with the Welfare-to-Work program and dealing with the vocational counselors at ETD. That's what I want to do." ◀

Sexual Assault Awareness Month

▶ The Board of Supervisors proclaimed April Sexual Assault Awareness Month, recognizing the community efforts of area volunteers to end sexualized violence. Members of the North Coast Rape Crisis Team, United Indian Health Center and DHHS presented work from the "Doorways to Change" art project, which gives survivors and their supporters a creative outlet while raising community awareness through local shows. ◀



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



Humboldt County
Department of
Health & Human
Services

Syringe disposal locations added in Eureka

► Five new syringe disposal locations are now available in Eureka, adding to Humboldt County's variety of options for safe, legal and convenient disposal of used syringes.

The additional locations are part of a joint effort between Humboldt Waste Management Authority and the City of Eureka, and include the Adorni Center, Wharfinger Building, Humboldt Bay Fire Station 1, Eureka City Hall and Eureka Police Department.

In December, DHHS responded to community concern about syringe litter by installing two syringe disposal kiosks in Eureka.

Since then, thousands of syringes, weighing nearly 55 pounds, have been safely disposed of in the kiosks.

These bins are part of the department's Public Health Branch, Division of Healthy Communities, Syringe Services Program, which provides syringe exchange and disposal, overdose prevention education, HIV and hepatitis C testing and referrals, substance use treatment referrals, and other services.

In addition to the city locations and kiosks, HWMA also accepts sharps in red biohazard sharps containers for no charge at several locations in McKinleyville, Eureka, Fortuna, Scotia and Redway.



Used syringes should be placed in a small sharps container before taking them to a kiosk or other disposal



Eureka syringe disposal locations:

1. Adorni Center-1011 Waterfront Dr.
2. Adult Mental Health - I St., between Russ and Harris
3. Eureka City Hall - 531 K St.
4. Eureka Police Department - 604 C St.
5. Humboldt Bay Fire Station 1 - 533 C St.
6. Humboldt Waste Management Authority, Hawthorne Street Transfer Station - 1059 West Hawthorne St.
7. Social Services - 929 Koster St.
8. Public Health - 529 I St.
9. Wharfinger Building - 1 Marina Way

Other parts of Humboldt County:

10. Humboldt Sanitation - 2585 Central Ave., McKinleyville
11. Recology Eel River - 965 Riverwalk Dr., Fortuna
12. Redway Transfer Station - Conservation Camp Road, Redway
13. Palco Pharmacy - 113 Main St., Suite D, Scotia

location. Small sharps containers can be obtained free of charge from each DHHS kiosk location's front desk during normal business hours. Containers are available at Healthy Communities (908 Seventh St.), as well as the city's drop-off locations. Containers are also available for purchase at many pharmacies.

It is unsafe and illegal to discard syringes on the ground, in trash or recycling containers or by flushing them down a toilet.

Information about safe handling of loose syringes can be found at the U.S. Food & Drug Administration: bit.ly/2Fm2nHU.

For more information, call Public Health at 707-445-6200. ◀

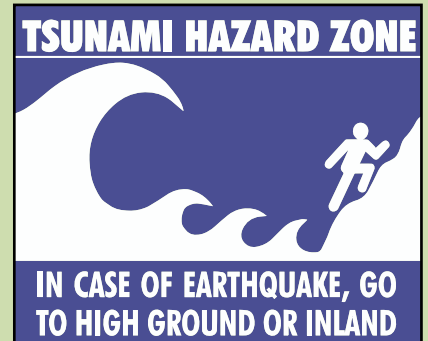
This is just a test.

► More than 47,000 test emails, texts and emergency alert calls were sent out through the Humboldt Alert system during the March 28 Tsunami Communications Test. The drill was coordinated by the Humboldt County Sheriff's Office of Emergency Services (OES) and included activation of the Emergency Alert System. Sign up for Humboldt Alert at humboldt.gov/alerts.



Members of the Redwood Coast Tsunami Work Group, the Humboldt County Office of Emergency Services, Cal OES and the California Geological Survey gathered outside of the courthouse on March 27 following Board of Supervisors' support for the Tsunami Communications Test. The proclamation was presented the day before the March 28 countywide test.

DHHS Emergency Preparedness Program Coordinator Nicole Coyne and OES Assistant Katie Bojorquez monitor Humboldt Alert responses during the March 28 Tsunami Communications Test.



Dorie Lanni, emergency services manager for the Humboldt County Sheriff's Office of Emergency Services, participates in the March 28 Tsunami Communications Test.



May is Mental Health Matters Month



EVENT	WHEN	WHERE
A Decade of Hope Board of Supervisor's Presentation: Celebrating 10 years of May is Mental Health Matters Month.	Tuesday, May 1, 2018 9 a.m.	Board of Supervisors Chambers, Humboldt County Courthouse
Meet the St. Joseph Health behavioral response team. Resource table with door prizes!	Tuesday, May 1, 2018 11a.m.-1:30 p.m.	Redwood Memorial Hospital Lobby 3300 Renner Drive, Fortuna
Meet the St. Joseph Health behavioral response team. Resource table with door prizes!	Wednesday, May 2, 2018 11 a.m.-1:30 p.m.	St. Joseph's Hospital Lobby 2700 Dolbeer St., Eureka
Directing Change Red Carpet event.	Thursday, May 3, 2018 6:30-9:30 p.m.	The Inn at 2 nd & C 139 Second St., Eureka
Sign Making Party for Mental Health Walk.	Friday, May 4, 2018 11 a.m.-2 p.m.	Transition-Age Youth (TAY) Division 433 M St., Eureka
A Decade of Hope Art Show. Arts Alive! Eureka.	Saturday, May 8, 2018 6-9 p.m.	Humboldt Herbals classroom 300 Second St., Eureka
Children's Mental Health Awareness Proclamation.	Tuesday, May 8, 2018 9 a.m.	Board of Supervisors Chambers Humboldt County Courthouse
A Decade of Hope Mental Health Walk.	Tuesday, May 8, 2018 Noon-1:30 p.m.	Walk from the Hope Center (720 Wood St., Eureka) to Humboldt County Courthouse
Special film screening: feminism, social justice and building community.	Tuesday, May 8, 2018 6 p.m.-9 p.m.	Siren's Song 325 Second St., Eureka
Yoga and Tea with Humboldt County TAY Division. Ages 16-26.	Wednesday, May 9, 2018 2-4 p.m.	TAY 433 M St., Eureka
Adverse Childhood Experiences (ACES) Community Workshop with Tasha Howe. Dinner and discussion to follow.	Wednesday, May 9, 2018 5-6 p.m.	Southern Humboldt Family Resource Center (SHFRC) 344 Humboldt Ave., Redway
Parent Café for parents of children (ages 0 to 8): ACES, behavior management and early intervention.	Wednesday, May 16, 2018 2-4 p.m.	SHFRC 344 Humboldt Ave., Redway
Parent Café for parents of teens (ages 8-15): mental health, sexual health and social media.	Wednesday, May 16, 2018 5-7 p.m.	SHFRC 344 Humboldt Ave., Redway
10th Annual Hope and Wellness BBQ.	Friday, May 18, 2018 11 a.m.-2 p.m.	Carson Park H St., Eureka
Community Unity: Youth in Mind Stomp Out Stigma Event.	Monday, May 21, 2018 7-11 p.m.	Outer Space Humboldt 1100 M St., Arcata
St. Joseph Health Playgroup featuring May is Mental Health Month activities.	Tuesday, May 22, 2018 10 a.m.-noon	Perigot Park 312 S. Railroad Ave., Blue Lake
Paso a Paso Family Movie Night and Discussion: Inside Out (Spanish).	Tuesday, May 22, 2018 5:30-7:30 p.m.	Jefferson Community Center 1000 B St., Eureka
Mental Health First Aid: 8-hour course on how to recognize mental health challenges and support others.	Thursday, May 24, 2018 8:30 a.m.-5 p.m.	SHFRC 344 Humboldt Ave., Redway
Panel Discussion: Overcoming Mental Health Stigma & Finding Health.	Thursday, May 24, 2018 2-4 p.m.	St. Joseph Eureka Community Resource Center, 35 W. Third St., Eureka
St. Joseph Health Mental Health Matters Willow Creek BBQ.	Friday, May 25, 2018 11 a.m.-2 p.m.	Veteran's Park Gower Lane, Willow Creek
Baile Terapía: Dance Therapy. Open to all!	Friday, May 25, 2018 7-8 p.m.	St. Joseph Health Loleta Community Resource Center, 700 Loleta Drive, Loleta
Mental Health and Substance Abuse Awareness and Harm Reduction Community Meeting.	Wednesday, May 30, 2018 5-7 p.m.	SHFRC 344 Humboldt Ave., Redway
Baile Terapía: Dance Therapy. Open to all!	Wednesday, May 30, 2018 7-8 p.m.	Courtyard Apartments, Arcata 3101 Boyd Road, Arcata

To learn more, contact Kellie Jack at 707-441-3783. ALL EVENTS ARE FREE.

