



Summer 2018

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Probationers find success with Second Chance



Tracy Rice and Andrew Thomson.

► Misty Brisco attended Jefferson Elementary School on Eureka's west side, and now, the 39-year-old Eureka resident is back in that same building's hallways employed as the facilities manager at the Jefferson Community Center.

"I love my job," Brisco said, adding that each day brings new and interesting challenges. "I go from helping in the kitchen, to doing outside work, to fixing things."

Brisco first became involved with the Jefferson center through the Humboldt Second Chance Program (H2CP). She was one of more than 60 probationers who chose to enroll in the program that offered her job readiness skills, work experience and interviews with potential employers.

The program is a partnership between the Humboldt County Probation Department, Humboldt County Sheriff's Office, College of the Redwoods, Dave's Killer Bread Foundation and the Employment Training Division (ETD) of DHHS.

The voluntary program paired qualified low-to medium-risk offenders with employers that served as work-based training sites, with some, eventually, hiring participants as permanent employees.

"People on probation have difficulty finding employment," said Shaun Brenneman, Interim Chief Probation Officer. "Many need assistance in job readiness and learning vocational skills. This program was a pathway for them to obtain those skills."

ETD Program Manager Connie Lorenzo said, "One of the things that was unique about the H2CP was the 'earn and learn' aspect that funded participants with stipends and work experience to help them earn money while they prepared for work. Many of the clients could not have participated without "Second Chance," page 7 ►



Director's Report

by Connie Beck

► Spending time with my family this summer has reminded me how much I love this community and how fortunate I am to have raised my children here in Humboldt County.

We are surrounded by natural beauty. Just take a short drive and you're at one of our many beaches or hiking trails, and there are always fun events going on from festivals to farmers' markets. What really makes this community shine though, is the people. Humboldt

County is full of people who give back whatever they can, whenever they can.

In the spirit of helping, DHHS recently launched Helping Humboldt, a work program designed to provide residents who have little or no work history with the opportunity to gain employment skills in a way that also serves the community.

Each day, participants and a project leader meet in the morn-

ing and head out to assist with projects at one of the county's facilities or around the community.

Already, we have partnered with the library, sending the crew to the main Eureka branch to clean up trash on the prop-



Helping Humboldt participants Kirstie Wright and Ross Lewis, both of Eureka, stand in front of the Humboldt County Library's main branch in Eureka.

erty and perform some light landscaping duties. So far we've received really positive feedback with library staff commenting on the noticeable improvements, especially in the front parking lot which is the first thing patrons see when they arrive.

This is a program we have been talking about for a while, and we're really excited that it's up and running. It's great for our General Relief clients because it

gives them an opportunity to work off their repayable benefits while learning skills that can help support them to find permanent employment. And although very new, we will be expanding the program very soon to include clients from some of our other programs, as well as probationers. We are also having conversations with people in the business community to help determine what other jobs are available for our crew and other locations where we can focus our efforts.

For some of our clients who have very little solid work history, this program is helping them build some marketable skills, as well as teaching them soft skills like the importance of being on time and getting along with their co-workers. Empowerment programs like this also help build confidence in participants and instill a sense of belonging by giving them a chance to give back.

We look forward to growing this into a program participants and our community can be proud of. ◀



Helping Humboldt

An Occupational Empowerment Program of the Humboldt County Department of Health & Human Services

September is Suicide Prevention Month

► On Aug. 28, members of the Humboldt County Suicide Prevention Network, made up of individuals and community organizations, gave a presentation to the Board of Supervisors about local efforts to prevent suicide through education, intervention and stigma reduction. ◀



From left to right, back row: Lara Weiss, Nicole Chappelle, Dana Murguia, Ron Largusa, Eric Ruiz and Travis Vale. Middle row: Michael Weiss, Karen Baker, Megan Montgomery, Anna Owings-Heidrick, Ronny Davis and Rob England. Front Row: Heather Freitas, Kris Huschle, Kristen Smith, Wendy Rinkel and Alissa Leigh.

<p>Board of Supervisors Presentation: Suicide in Humboldt County DHHS Epidemiologist and the Suicide Prevention Network (SPN) present on local data and prevention strategies.</p>	<p>Tuesday, Aug. 28 9 a.m.</p>	<p>Board of Supervisors Chambers, Humboldt County Courthouse, 825 Fifth St., Eureka</p>
<p>Arts Alive! "One Community" Event Collaborative event focused on overcoming stigma in Humboldt. Featuring art, interactive displays and information from local agencies.</p>	<p>Saturday, Sept. 1 6 to 9 p.m.</p>	<p>Old Town, Eureka Gazebo, F St. and Humboldt Herbals Classroom, 300 Second St., Eureka</p>
<p>"Out of the Darkness" Walk Join the fourth community walk to end suicide. Walk to support local survivors, and learn more from local agencies.</p>	<p>Sunday, Sept. 9 9 a.m. to noon</p>	<p>Arcata Plaza, Arcata afsp.org/arcata</p>
<p>Suicide Awareness & Information Night Learn how to prevent suicide: know the signs, ask the question, and promote help-seeking. Dinner provided.</p>	<p>Tuesday, Sept. 25 5 to 8 p.m.</p>	<p>344 Humboldt Ave., Redway Contact Amy Terrones at 707-923-1147.</p>
<p>Grief Support Group for Teens Eight week series for teens (ages 12-18) focused on healing and honoring loved ones lost. Refreshments provided.</p>	<p>First meeting: Tuesday, Sept. 25 4 to 5:15 p.m.</p>	<p>Hospice of Humboldt, 3327 Timber Fall Court, Eureka Call 707-267-9801 to register.</p>
<p>Question-Persuade-Refer (QPR) Open House Be a part of suicide prevention in Humboldt. Attend this Information Day to learn more about becoming a QPR Instructor.</p>	<p>Thursday, Sept. 27 9 a.m. to 4 p.m.</p>	<p>Humboldt Area Foundation, 363 Indianola Road, Bayside qpropenhouse.eventbrite.com</p>

Know The Signs. Find The Words. Reach Out.

National Suicide Prevention Lifeline 1-800-273-TALK (8255)



Healthy Snack Day 2018

► The first ever statewide Healthy Snack Day gave community residents a chance to learn how to make healthy snacks easy and affordable. Held at the Eureka Grocery Outlet on Aug. 29, attendees made their own trail mix, pedal-powered drinks on the smoothie bike, played nutrition-related games and won prizes. The event was organized by DHHS's Healthy Communities Division of Public Health, Changing Tides Family Services and St. Joseph Health, Humboldt County. ◀



Bertha de la Cruz and Rachel LaMell of Changing Tides Family Services teach attendees how to make their own trail mix.



St. Joseph Health, Humboldt County CalFresh Program Assistant Caterina Klein and DHHS Health Education Specialist Sandy Earl use the smoothie bike to make fresh watermelon and strawberry drinks during Healthy Snack Day.



DHHS Health Education Specialist Mellody Mallick helps people find recipes and learn ways to make healthy snack choices.



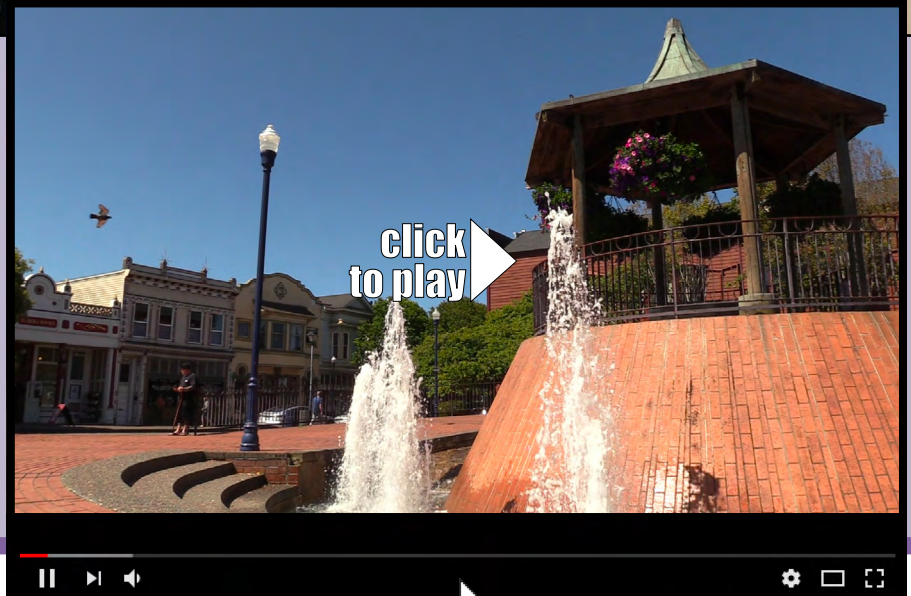
Shopper Norman Harmon shows off the apron he won at Healthy Snack Day.

Group focuses on reducing syringe litter



► The Syringe Management Working Group, which formed last year, is made up of representatives from the City of Eureka, Eureka Police Department, Open Door Community Health Centers, Humboldt Area Center for Harm Reduction, St. Joseph Health, Humboldt County, and Humboldt Waste Management Authority.

Click on the image at right to learn more about the group of stakeholders and what they are doing to reduce syringe litter in the City of Eureka. ◀



There's a chill in the air

► It took a 10 person crew and a crane to maneuver a new 600 pound Sub Zero refrigerator onto the second floor laboratory of Public Health's main building. It was installed in the beginning of the summer, and replaces a 30-year-old piece of equipment. The refrigerator allows the lab to maintain the integrity of water samples and other testing materials. Click on the image to see video of the move and hear from Public Health Lab Manager Jeremy Corrigan. ◀



A crane lifts a new 600 pound refrigerator onto the second floor of the main Public Health building.

DHHS employees assist evacuees

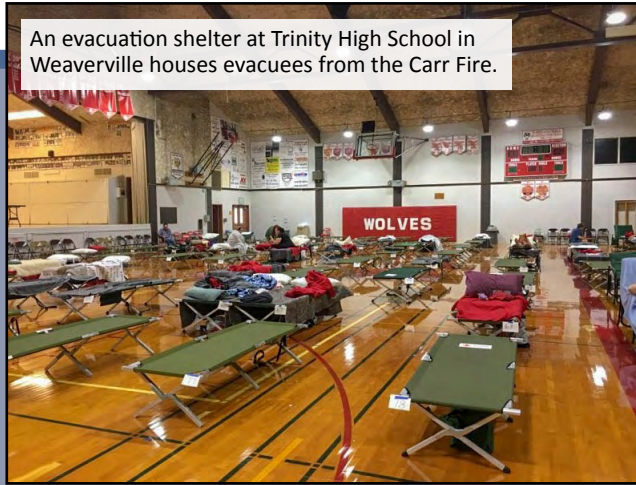
► Over the course of 10 days, DHHS sent multiple Public Health nurses to evacuation centers in fire-impacted areas to assist evacuees. A request for mutual aid from Trinity and Shasta counties came in July 28 and ran until Aug. 8. Public Health Director Michele Stephens said Trinity County only has two nurses on staff and needed additional support.

Locally, DHHS staff prepared mass care and shelter functions in case the Sheriff's Office of Emergency Services requested a shelter activation.

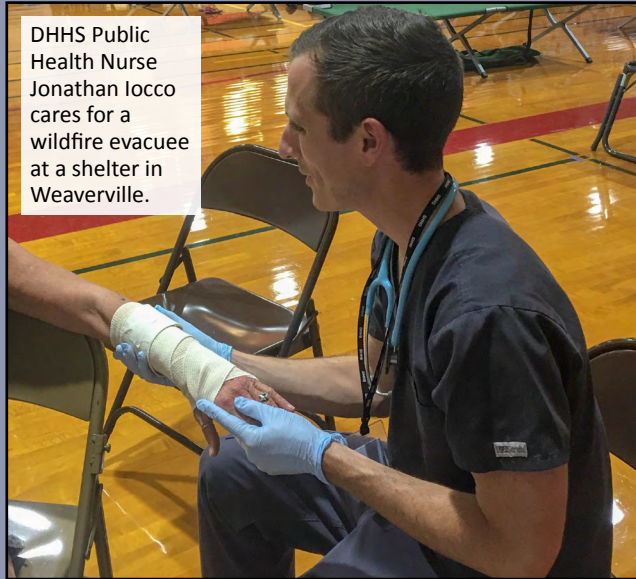
In cases of large-scale emergencies in nearby counties, DHHS often provides employees to assist with a variety of tasks including shelter staffing, mental health services, nursing, help disseminating news releases and updates to the public and even clean-up efforts once the disaster is over. Employees from a variety of divisions and units across the department may be deployed.

Public Health Nurse Erica Dykehouse was assigned to an evacuation shelter established at Trinity High School in Weaverville. Erica said she took vital signs and provided over-the-counter medications, in addition to supporting people while they waited to hear if their homes were still standing. "It's nice to be here for the community on a more direct level," she said. ◀

An evacuation shelter at Trinity High School in Weaverville houses evacuees from the Carr Fire.



DHHS Public Health Nurse Jonathan Iocco cares for a wildfire evacuee at a shelter in Weaverville.



Disaster Service Workers prepare to help evacuees. Pictured from left, DHHS Public Health Nurse Erica Dykehouse, American Red Cross volunteer Lynn Jackson, Sharayne Loomis of Trinity County Public Health and Trinity County Public Health Nursing Director Marcie Cudziol.

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



some sort of income during their training period.”

While learning skills in plumbing, electrical, data cabling and solar panel installation, Brisco worked with professional contractors and other program participants to improve the community center.

When the training was over, Brisco was assigned to the Jefferson center to complete her court-ordered community service. As it came to an end, Heidi Benzonelli, program director for the Westside Community Building Initiative, which runs the Jefferson center, offered her a job. “Misty really knows this building,” Benzonelli. “She knows it from the guts.”

But, Benzonelli said, getting to know Brisco, seeing how hard she worked and her positive interactions with other participants was what ultimately led her to offer Brisco the job. “I really lean on her,” Benzonelli said.

Tracy Rice, co-owner of Myrtle town Body Shop, echoes Benzonelli’s sentiments that the program makes it possible to really get to know potential employees before hiring them. He said a big part of hiring is trying to deter-

mine how the new employee will get along with the rest of the staff and what kind of employee they will be.

Prior to hiring 18-year-old Andrew Thomson, Rice said Thomson spent three months on-site receiving hands-on training. “It’s kind of like a really long interview,” Rice said, adding that Thomson just celebrated his six-month anniversary as the parts manager at Myrtle town.

For his part, Thomson said he is taking advantage of every opportunity he can get his hands on, including enrolling in more trainings and classes. For him,

the benefits of participating in the Second Chance program have been fruitful. “My probation officer suggested this program to me, and I was like, ‘that sounds great.’ It’s way worth it.”

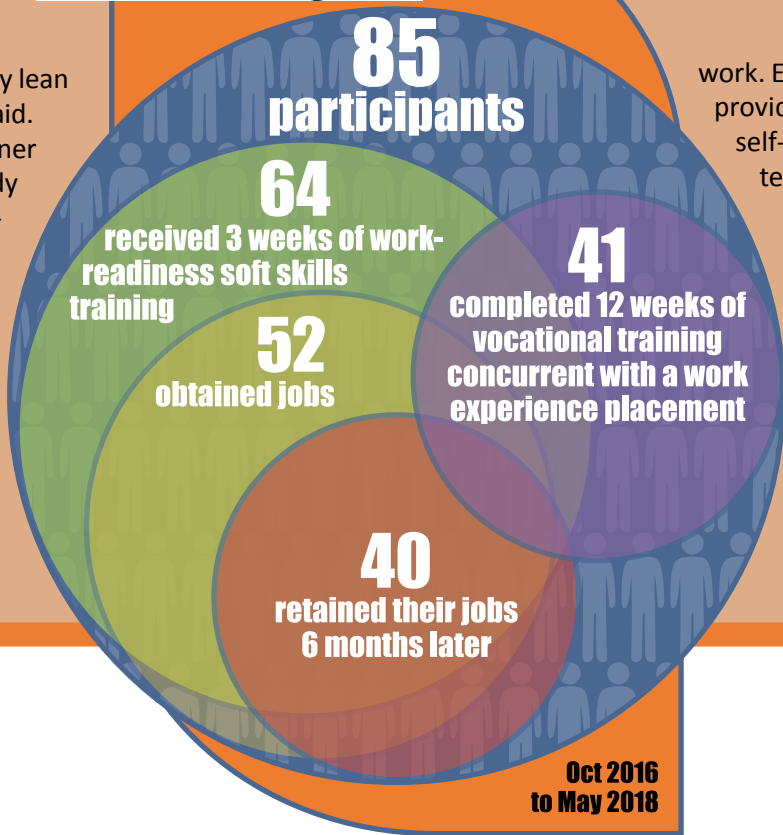
Brenneman said participants generally liked participating in the program. “Employment is an important aspect of a person’s rehabilitation. Many of the participants had no skills and no real idea of how to find work. Employment programs provide a foundation for self-sufficiency and reintegrating into society.”

And Rice is happy to have gotten a good employee out of it. “It’s another resource to tap into,” he said. “There are plenty of people out there who want to work. If we can help we want to.” ◀



Misty Brisco and Heidi Benzonelli.

Humboldt SECOND CHANCE Program BY THE NUMBERS

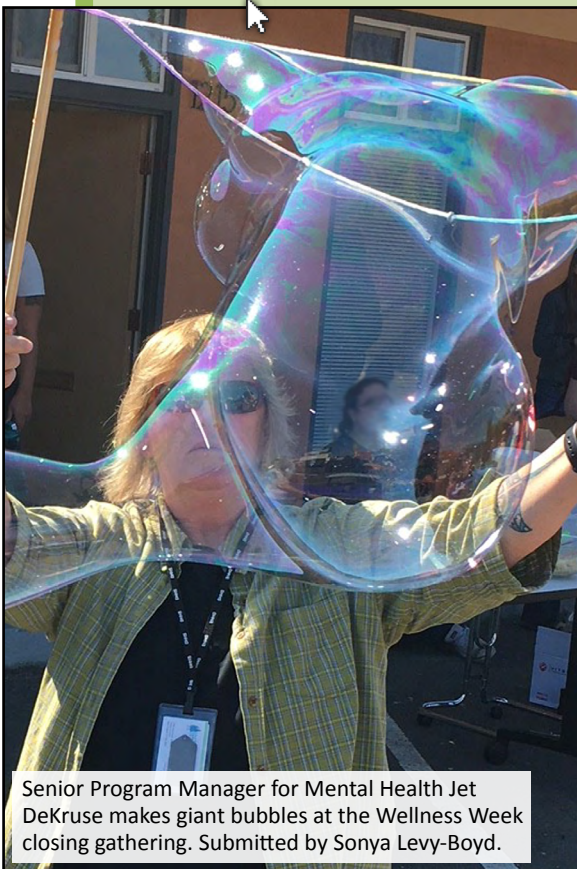


Wellness Week empowers young people

► Humboldt County Transition-Age Youth Collaboration's (HCTAYC) Youth Advisory Board hosted its sixth annual Wellness Week at the Transition-Age Youth (TAY) Division in early August. Dozens of young people between the ages of 16 and 26 had the chance to get to know their peers and explore their social, physical, emotional, spiritual, occupational, financial, environmental and intellectual health at workshops developed by youth. "By empowering youth to be leaders, they develop the skills needed to create a better – healthier – future for all members of our community," said Calla Peltier-Olson, HCTAYC Youth Organizer. To learn more about HCTAYC and TAY, visit humboldt.gov.org/TAY. ◀



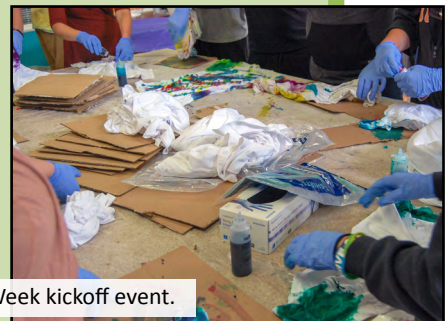
Mental Health Clinician Alyssa Thom and Supervising Mental Health Clinician Dana Taylor prepare food at the Wellness Week closing gathering. Submitted by Sonya Levy-Boyd.



Senior Program Manager for Mental Health Jet DeKruise makes giant bubbles at the Wellness Week closing gathering. Submitted by Sonya Levy-Boyd.



HCTAYC Youth Organizer Leah Lammatina (left) and TAY Supervisor Dana Taylor facilitate a tie dye party at the Wellness Week kickoff event on Aug. 6.



Young people work together to make tie dye clothing at the Wellness Week kickoff event.

Block Party Honors Elders

► More than 150 seniors, service providers and community residents turned out for the first-ever Honoring Our Elders Neighborhood Block Party on June 18, in Eureka. The event was organized by DHHS's Adult Protective Services and the Humboldt Senior Resource Center to raise awareness about elder abuse and neglect. Elders learned about local resources while enjoying a sack lunch and live ukulele music. Organizers are planning to make this an annual event. ◀



DHHS Social Worker Supervisor Emily Casselman chats with an attendee at the Honoring Our Elders Neighborhood Block Party.



From left, DHHS Social Workers Krista Miller, Latrice Watson and Kristina Daniel prepare boxed lunches for elders.



DHHS Health Education Specialists Sandy Earl and Beth Jansen serve food to seniors.



Seniors and their families enjoy lunch in front of the Humboldt Senior Resource Center in Eureka.



Members of the Humboldt Ukulele Group entertain the crowd.

K'ima:w Medical Center's 25th Annual Health Fair

► K'ima:w Medical Center hosted its 25th Annual Health Fair in Hoopa on June 27. Staff from multiple DHHS programs attended to share information about their work with the community. The Mobile Outreach Program, Healthy Communities Division of Public Health, North Coast AIDS Project and In-Home Supportive Services were just some of the programs represented. ◀



Healthy Communities Health Education Specialists Marian Strong, Nicole Chappelle and Megan Montgomery.



Tobacco-Free Humboldt



Senior Health Education Specialist Michael Reardon and Health Education Specialist Beth Jansen.



North Coast
Program Services Coordinator Michael Weiss and Health Education Specialist Shaun Peterson.

Photos by Evonne Koo

Twenty-three eligibility workers join the ranks



Back row from left to right: Frank Morales, Andrea Weber-Piazza, Sarah Padula, Ian Mackenzie, Philip Maynard, Deborah Ciarabellini, James Lovejoy and Doug Brunell from the Eligibility Worker Training Unit. Middle row: Tiffany Hoyt, Catherine Cardenas, Liliana Ceron, Andrew Willis, Robin Clouse, Laura Agnone, Dylan Sampson and Van Ton. Front row: Jennifer Frost, Zachary Funk, Sheerah Moore, Virginia Damron, Training Unit Supervisor Casey Cordero, Molly Malm, Jillian Huntsinger, Brian Zamora and Fair Hearings Analyst Matthew Hadley.

► Two classes completed their 14-week training to officially become Eligibility Workers (EW) for DHHS. The 23 graduates received their certificates of completion on July 27, and got right to work supporting people in need and helping to determine what type of assistance they may qualify for. ◀



Program Manager Jannetje Vrieze (left) congratulates Robin Clouse for completing the training.



Staff look on as some of DHHS's newest eligibility workers receive their certificates of completion.

Take precautions against ticks this season

► The Humboldt County Department of Health & Human Services (DHHS) is reminding people to protect themselves and their animals against ticks.

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.

“Avoiding tick bites is the easiest way to avoid tick-borne disease,” said DHHS Environmental Health Senior Environmental Health Specialist Morgan Cook. “Appropriately using repellents, staying on well maintained trails when hiking, and brushing ticks off before they bite are ways to accomplish this.”

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

“Anyone bitten by a tick should remove it promptly and wash the area thoroughly with soap and water,” Cook said. “If a person develops any unusual symptoms up to 30 days after a bite, they should consult their medical provider and let them know they were bitten by a tick.”

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.

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 \$45 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 grass beach dunes.
- When out on the trails, stick to the center of trails.
- 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. Do not use repellents on babies younger than 2 months old.
- 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. ◀



Adult female deer tick.

Donation provides laptops for foster youth

► Thanks to a \$400,000 donation from the Rural County Representatives of California (RCRC) and National Homebuyers Fund, Inc., the nonprofit organization iFoster delivered 79 brand new laptops to current and former foster youth throughout Humboldt County. Each laptop came loaded with software that will help eligible youth reach their educational and employment goals.

"Our foster youth face real challenges that others don't, and something as fundamental as a computer can provide a sense of stability and security for some of the most vulnerable children in Humboldt County," said Rex Bohn, Humboldt County 1st District Supervisor and RCRC President. "RCRC and their partners are truly committed to improving the quality of life in California's rural counties. I am proud to be part of an organization that invests its resources in our local communities."

Young people picked up their laptops at the Transition-Age Youth Division in Eureka on Aug. 24. ◀



From left, Independent Living Skills Coordinator Levi Frisk, laptop recipient Steven Combs and Transition-Age Youth Supervisor Diana Williams.

Social Services hosts school supply drive

► Social Services staff collected and donated more than 1,300 school supplies to Family Resource Center staff to help local children start out the school year right. This is the second year staff has participated in this back-to-school supply drive. ◀

