The HHSA Connection

THE COUNTY OF SAN DIEGO SEPTEMBER 2006

Debbie Malcarne, LCSW, Receives First-Ever NAMI Recovery Educator Inspiration Award

The San Diego affiliate of the National Alliance on Mental Illness (NAMI) has selected **Debbie Malcarne**, the Psychosocial Rehabilitation Coordinator of the County of San Diego's Adult Mental Health Services, as the winner of the organization's first Recovery Educator Inspiration Award.

The award recognizes excellence in training or educating people to effectively deliver recovery services to people with mental illness, according to NAMI.

"Debbie has worked hard and is dedicated to the programs serving those with mental illness and assisting them in their recovery process," said **Alfredo Aguirre**, Acting County of San Diego Mental Health Services Director. "Her enthusiasm is inspiring and has given providers and consumers the optimism that recovery is possible.

"We are all proud of her and her contributions to the mental health community."

"Recovery from the disease of mental illness is a very real likelihood, when the disease is treated properly," said Bettie Reinhardt, Executive Director of NAMI San Diego, in a press release. "But that fact is not widely understood by the public. We created the Inspiration Awards to raise public awareness of recovery by recognizing the best practices in recovery support among individuals and organizations in San Diego."

Malcarne will receive her award at NAMI's Recovery in Action Dinner and Silent Auction being held on Sept. 29 at the Mission Valley Marriott.

A Record Month for CANN Assessments

The Child Assessment Network North (CANN), located in Vista, had a record month in June. Of the 113 children who entered the assessment center through Child Protective Services, 99 were successfully diverted from Polinsky Children's Center to local North County foster care homes.

This represents an approximate placement rate of 88%. Children brought into protective custody face a complete change in their lives. Keeping children in local North County foster homes allows them to remain connected to their community, schools and friends. This continued connection eases this often difficult transition for foster children.

New Alternatives (NA) (CANN provider) and HHSA North Regions Children's Services staff contributed to the 88% placement rate. Left to right, back row: Luis Abano, Chris Bodle, Chastity Gorbea, Wendy Curiel (slightly behind), Liliana Rodriguez, Nina Morgan, Dolores Keeling, Krista Paddock (NA), Veronica Flores (NA), Flor Lopez (NA, slightly behind), Kristen Chamberlain (NA), Sharon Robinson, Halima Martelli (NA), Brianne Martiarena (NA). Left to right, front row: Ana Mendez, Elenita Bueno, Oswaldo Iniguez, Lara Hanson, Larry Fortin (NA).

San Diego County's Mental Health Website is Tops

Since its inauguration in April 2003, the San Diego Network of Care for Mental Health has been the front runner in providing a comprehensive Internet-based community resource for people with mental illness, their families, caregivers and service providers.

Following the San Diego County lead, there are Network of Care for Mental Health websites in other California counties and in other states across the nation.

In 2005, more than 83,000 made repeated visits to our local website and the number of visitors is growing.

The easy-to-use website is a one-stop information tool providing an extensive directory of services to put people in touch with the right services at the right time. It offers valuable links to support and advocacy organizations for mental health as well as vital information about diagnoses, insurance and advocacy. It also offers local and world-wide news concerning mental health. One can search for a particular program or service by key word, name or zip code or a generic search can be made if the specific name is not known.

One of the site's unique features is a private and secure personal folder to keep important medical information. The user can also authorize access for specified health care professionals who need to review a patient's medical history.

The Community Calendar and Announcements pages are robust and up to date and keep the public informed about local events of interest to the mental health community.

The website expanded its content to include a Hall of Fame in 2004 and a special page for the Mental Health Services Act information in 2005.

In 2006 a new section was introduced to spotlight the Mental Health Clubhouses. Each Clubhouse contributes news articles and success stories which promote their recovery environment and activities.

The member-run Clubhouses are encouraged to review and promote the website at their meetings and to provide consumer feedback to Mental Health Services.

Many new features and improvements are planned for the upcoming year to expand the content and to include Clubhouse and employment announcements.

A Message from Jean M. Shepard

Health And Human Services Agency Director

The Agency is truly fortunate to have such a talented and dedicated staff. I continually hear about the outstanding efforts of our employees, and want to share with you some of the impressive awards and recognition our staff have received in recent months.

- **Katie Astor** was named Mental Health Person of the Year
- **Linda Spaulding** was honored as Psychiatric Nurse of the Year
- **Jeffrey Rowe, M.D.**, will receive the Gandhi Non-violence Award for Community Leadership. Dr. Rowe has also been selected by his peers in the San Diego Medical Society as one of the "Top Doctors in San Diego County"
- **Debbie Malcarne** is receiving the first-ever NAMI Recovery Educator Inspiration Award
- **Frank Larios** received the 2006 CandleLife Award from the Supportive Parents Information Network (SPIN)

Congratulations to each of you!

If there are other awardees out there that I've missed, please let me know so we can acknowledge them.

Jean M. Shepard

MDI Graduation Features 26 of Agency's "Rising St★rs"

Are you looking for a great way to grow professionally and work on expanding your career opportunities? The Agency's Human Resources Division has a program designed to help you accomplish that: the award-winning Managers Development Institute (MDI).

The program allows the Agency to deliver a development program tied directly to the Agency and the Strategic Plan. The program allows employees to develop professionally and helps position them for possible future executive or management positions within the Agency.

This year, MDI graduated 26 participants. In a graduation ceremony held at Marina Village, North Regions General Manager **Nick Macchione** presided over the festivities and presentation of the graduates' special projects.

Besides the 26 Institute participants, 26 of the Agency's management team paired up with the graduates as mentors and another 24 Agency employees (along with seven non-county professionals) served as instructors.

MDI was awarded a 2006 Annual National Association of Counties Achievement Award and was one of only 14 "Best of Category" winners nationwide.

2006 Managers Development Institute graduates (top) and mentors (below).

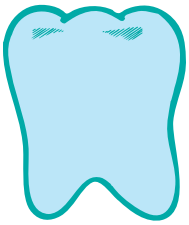
Congratulations Graduates!

Tamara Bannan, *Health Planning & Program Specialist*
Linda Cannon, *Chief, Medical Record Services and Disaster Coordinator*
Rachel Darvin, *Departmental Information Technology Coordinator*
Rhonda Freeman, *Community Health Program Specialist*
Laura Hattaway, *HHSA Administrator III*
Sharon Ippolito, *Administrative Analyst II*
Barbara Jimenez, *HHSA Administrator III*
Linda Lake, *Public Health Nurse Manager*
Barbara Ann Lee, *Personnel Manager*
Fred Leger, *HHSA Administrator I*
Audrey Lopez, *Public Health Nurse Manager*
Toosdhi McGowan, *Contract Quality Oversight Analyst*
Darla Newman, *Administrative Analyst II*
Linda Nuzzo, *ERP Systems Functional Analyst*
Anna La Rocca Palid, *Mental Health Program Manager*
Miwa Pumpelly, *Administrative Analyst III*
Leslie Ridgeway, *Media/Public Relations Specialist*
Leesa Rosenberg, *HHSA Administrator III*
Renee Sherrill, *Health Services Project Coordinator*
Sandra Strech, *Health Planning and Program Specialist*
Ruth Supranovich, *HHSA Administrator III*
Rick Wanne, *Assistant Deputy Director*
Karen Waters-Montijo, *Assistant Medical Services Administrator*
Adrienne Yancey, *Immunization Branch Chief*
Emily Rose Zaravia, *HHSA Administrator II*
Deanna Zotalis, *HHSA Administrator III*

Free Dental Clinic Helps Abused and Neglected Children

In a unique partnership with North County Health Services (NCHS), the Agency's North Regions brought free dental services to North County foster children.

Kids from three to 18 years of age were seen by dental professionals in NCHS' new mobile dental van and were provided check-ups, cleanings, fillings, and referrals for further treatment as needed. Tooth decay is the most common infectious disease among children, accounting for 5.1 million school hours lost annually in the nation.



The clinic, held July 11 through July 14 at the Child Assessment Network North (CANN) in Vista, is an example of how the North Regions leverage resources for the health and safety of our County's most vulnerable children. The special dental clinic contributed toward the statewide recommendation that all foster children receive dental exams and cleanings at least once a year, serving approximately 64 foster children in this effort.

The week-long clinic is the first in a series of NCHS-sponsored dental clinics being brought to CANN to assist North County foster parents in meeting the dental needs of the children in their care.

Metro FRC Claims 2004-05 Food Stamp Accuracy Crown

Metro Family Resource Center (FRC) recently celebrated achieving the highest Food Stamp accuracy rate countywide for FY 2004-2005.

The Metro FRC primarily serves the adult homeless population in the Central San Diego area and also offers assistance to residents of eight drug and alcohol rehabilitation centers.

“The Metro FRC demonstrated an outstanding work ethic by maintaining a high accuracy rate while processing approximately 400 Food Stamp applications and maintaining 1,500 active Food Stamp cases each month,” said **Mark Silvia**, Metro FRC Assistant Manager.

Agency Performs Heat-related Checks on Clients

Linda Mackey and Lisa Yee show off some of the items delivered during the check-ins.

Responding to a request from the governor’s office, many Agency staff spent a Saturday in late July checking on elderly and vulnerable clients to ensure their well-being during a stretch of excessively hot weather.

Public Health Services, Mental Health Services and Aging and Independence Services staff called the most vulnerable In Home Support Services clients and conducted check-ins with people in SROs (single resident occupancy).

The Medical Operations Center was activated and Adult Protective Services contacted all their high risk clients.

The check-ins were requested by the State after several people died in other California counties during the hotter than normal temperatures.

HHSA In the Community

10 + 7 + 3 + 2 = An Easy Way to Help Children

10th Annual Big Band Concert features 7 hours of music from 3 bands on 2 stages

It's that time again, time to gather the family, put on your dancing shoes and join the fun at the 10th annual Big Band Concert and Dance on Saturday, September 30, 12-7 p.m., and swing to the classic melodies of "yester-year." This year's concert will be even bigger and better, with seven hours of continuous music from three bands on two stages at the Oceanside Pier Plaza Amphitheater. The $5 ticket price includes the concert, a meal, and opportunity drawing.

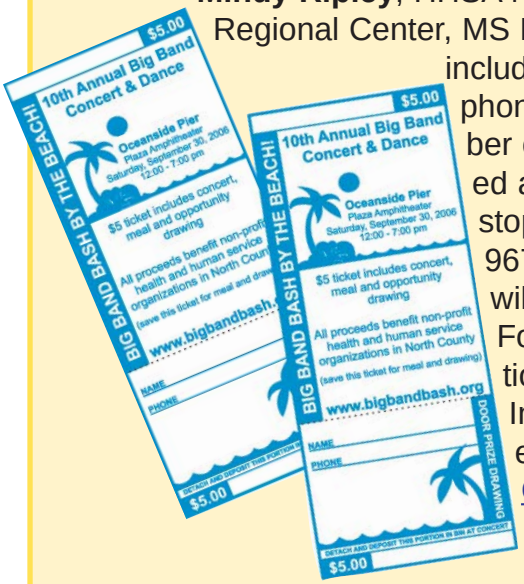
This year's event, known as the "Big Band Bash by the Beach" will be dedicated as a benefit concert for health and human services nonprofit organizations that serve residents in North County.

Thanks to the generous sponsorship of **Bill Horn**, Chairman of the County Board of Supervisors, 100% of the ticket proceeds will go to the numerous participating community agencies who serve children and families.

Agency ticket sale proceeds will benefit Children In Need, Inc., a nonprofit charitable corporation organized by Agency employees that provides financial support to assist disadvantaged children's participation in sports, arts and other enrichment activities.

To receive your tickets in advance...

Send a check (payable to Children In Need) to **Mindy Ripley**, HHSA North Coastal Regional Center, MS N-135. Please include your name, phone number, number of tickets requested and a return mail stop. Or, call (760) 967-4600 and we will return your call. For more information about Children In Need and the event, visit the Children In Need website.



Director's Call-In

Share your ideas and concerns with

HHSA Director
Jean M. Shepard

Director of Operations
Paula Landau-Cox

- **First Friday of each month**
- **8 a.m. - noon**
- **(619) 515-6555**

Have you submitted a D.I.B.B.S. lately?

KUDOS!

Central Region FRC (Southeast) Medi-Cal worker, **Ana Armendariz** was "friendly, respectful, courteous and most of all understanding, helpful, and informative to me on many occasions where time was of the essence...I hope that you will recognize her in some way for the outstanding and professional way in which she has represented herself and the department over the years."

--***Randy Judickis***, client

Are You an Informed Voter?

There are more than a dozen initiatives on the ballot this November. The Legislative Analyst's Office (LAO) has provided analyses of ballot measures.This is the first in a series of informative summaries of ballot issues:

Prop 1A - Transportation Funding Protection Legislative Constitutional Amendment
Amends the State Constitution to further limit the conditions under which the Proposition 42 transfer of gasoline sales tax revenues for transportation uses can be suspended.

Prop 1B - Highway Safety, Traffic Reduction, Air Quality, and Port Security Bond Act of 2006
Authorizes the state to sell about $20 billion of general obligation bonds to fund transportation projects to relieve congestion, improve the movement of goods, improve air quality, and enhance the safety and security of the transportation system.

Prop 1C - Housing and Emergency Shelter Trust Fund Act of 2006
Authorizes the state to sell $2.85 billion of general obligation bonds to fund 13 new and existing housing and development programs.

Prop 1D - Kindergarten-University Public Education Facilities Bond Act of 2006
Allows the state to sell $10.4 billion of general obligation bonds for K-12 school facilities ($7.3 billion) and higher education facilities ($3.1 billion).

The LAO website can be found here.

It's as Simple as "*Click Here*"

Completing your required annual Compliance training is as easy as logging on to the Agency's Training & Development website and clicking your computer's mouse. Well, it's not *that* easy - you still have to view the material and answer a few questions, but the Agency Compliance Office has made sure it's an easy task to complete your required training.

COMPLIANCE OFFICE
QUALITY ▪ EFFICIENCY ▪ INTEGRITY

You no longer need to schedule a time for the training or leave your desk to do it. Just turn on your computer, click on the link, and off you go!

Every HHSA employee must complete this four module e-learning course prior to Jan. 31, 2007. Its purpose is to re-familiarize employees with the Agency Code of Conduct and Statement of Incompatible Activities.

Each employee should have received a booklet containing the Code and Statement and sign a certification that they have completed the training. If you didn't receive a booklet, call Jonathan at (619) 515-4244.

The e-learning system does not generate emails, certificates or transcripts of completion, so remember to make a "screen print" of your completion for your personal records.

Compliance Office: (619) 515-4244
Toll-Free Compliance Hotline: (866) 549-0004
An ethical workplace is your right... and your responsibility...

Emergency Survival Program

YOUR KEY TO SURVIVAL ESP EMERGENCY SURVIVAL PROGRAM

There's been a lot of talk about disasters lately. Is *your* family prepared? There are many resources available to help you. For example, the County's Office of Emergency Services offers an Emergency Survival Program (ESP) with monthly tips to increase emergency preparedness at home, in the community, at work and at school.

The September theme is "Back to School," all about making school a safe place to learn.

The County's emergency page will provide valuable information in the event of a disaster.

September is Suicide Prevention Month

Where you can find help in SD County

Suicide and Mental Illness
Studies have shown that over 90% of people who die from suicide have one or more psychiatric disorders at the time of their death. Fortunately, there are ways to treat and control these disorders and potentially prevent suicide.

Students and Suicide
For information about common suicide myths, risk factors, and information about how to identify students who are at high risk following a completed suicide, please read "Risk Factors for Suicide," "Common Myths About Suicide" and "Identification of High-Risk Students Following a Completed Suicide or Suicide Attempt" developed by The Consortium of Trauma, Illness and Grief In Schools, found on their website.

Depression and Suicide Prevention Help
For immediate help, call 1-800-273-TALK (8255)
Or 1-800-479-3339
(Behavioral Health Access and Crisis Line)

September 4-10
Suicide Prevention Week
American Association of Suicidology
4201 Connecticut Avenue, NW, Suite 408
Washington, DC 20008
Tel.: 202-237-2280
Email: info@suicidology.org
http://www.suicidology.org

September 10
STOP A Suicide Today Day/
World Suicide Prevention Day
Screening For Mental Health
1 Washington Street, Suite 304
Wellesley Hills, MA 02481
Tel.: 781-239-0071
Fax: 781-431-7447
Email: spigeon@mentalhealthscreening.org
http://www.stopasuicide.org.

For local emergency numbers, visit the San Diego Network of Care for Mental Health and click the "Emergency Services" link at the bottom of the page.

For local events concerning depression and suicide, visit the following web sites:
San Diego County Mental Health Services

Community Health Improvement Partners (CHIP)

Jo Ann Suarez and Her Core Team Featured in Book

Fiscal staff's **Jo Ann Suarez** and the core team of her department are featured in a new book soon be released.

They are featured in *Industrial Strength Solutions*, a book by Glen Aubrey.

The book will be released at a lunch event held at Trolley Towers on Sept. 20.

DIVERSITY 101

This is the first in an informational series on the Agency's diversity policies and practices:

"It is County and HHSA policy to provide working conditions which promote equal employment opportunity for all persons regardless of race, color, creed, sex, age, national origin, ancestry, family and medical leave, mental or physical disability, medical condition, marital status, political affiliation, religion, veteran's status or sexual orientation."

National Healthy Aging Month: Preventing Falls

During September, National Healthy Aging Month, it is startling to realize that every hour in the U.S. an older adult dies as a result of a fall. With greater community awareness of this problem, many of these accidents could be prevented.

If you're a 75-year-old (or older) female living alone, you have the greatest probability of having a fall. Add to that the use of a cane or a walker, an acute illness, alcohol use or having had a previous fall and your odds worsen. Toss in poor lighting, vision problems, and a few throw rugs and it's an accident waiting to happen.

During fiscal year 2003-2004, more than 7,000 persons over 75 in San Diego County had falls so serious they required help from paramedics, according to Emergency Medical Services. That's about 19 seniors each day.

Everyone stumbles once in a while, but when a frail older adult falls, the results can be life altering, even fatal. For people 75 and older, falls are the leading cause of injury death. Of those seniors who survive their falls, many suffer serious injuries, including hip fractures and head trauma. Once hospitalized for a hip fracture, many never function well enough to live independently again.

Fall prevention is just starting to get the attention it deserves as a public health issue. The County now has a Fall Prevention Task Force that has created handout material in several languages, sponsored Senior Safety Days geared at public education about fall prevention and raised awareness about devices to help mobility and safety. The coalition recently worked with CTN to create a DVD, "Don't Fall For It!," for use in presentations about fall prevention.

The Fall Prevention Task Force, which meets monthly, includes members from private business, healthcare, non-profit and local governmental organizations. A Fall Prevention Kit with a copy of the DVD, a home safety checklist, Vial of Life and Feeling Fit Club exercise information, will soon be available through Aging & Independence Services. For more information, contact **Romalyn Galacgac** at (858) 495-5998.

By the Numbers

In 1994, the estimated cost of fall-related injuries was $20.2 billion nationwide. By 2020, the cost may reach $32.4 billion.[1]

The majority of all paramedic-responded fall injuries among people 55 and older occurred between 10 a.m. and 4 p.m.[2]

To request additional health statistics describing health behaviors, diseases and injuries for specific populations, health trends and comparisons to national targets, please call the County's Community Health Statistics Unit at (619) 285-6479.

To access the latest data and data links, including the 2004 Core Public Health Indicator document and Community Regional Profiles, please go to www.sdhealthstatistics.com.

1"Preventing Injury in America: Public Health in Action," Center for Disease Control's National Center for Injury Prevention and Control, 2001-2002.

2 County of San Diego, Emergency Medical Services, Prehospital MICN database, fiscal year 2003-2004.

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SAN PASQUAL ACADEMY

Are You Ready for Some Football?

San Pasqual Academy

Varisty football schedule 2006

Two-time defending Citrus League 8-man Champion
2005 C.I.F. Champion
2004 C.I.F Runner-Up

11-man Football Non-League

DAY	TIME	DATE	OPPONENT	LOCATION
Sat.	11am	Sept. 2	Army Navy Academy (Scrimmage)	@ Army-Navy Academy
Fri.	**7pm**	**Sept. 8**	**La Jolla Country Day**	**@ San Pasqual High School***
Fri.	7pm	Sept. 15	Venture Christian High School	@ Orange Glen High School
Fri.	7pm	Sept. 22	Julian High School	@ Orange Glen High School

Citrus League 8-Man Football

Fri.	3pm	Sept. 29	West Shores High School	@ West Shores High School
Fri.	**3pm**	**Oct. 6**	**Christian Life Academy**	**@ San Pasqual Academy**
Thu.	3pm	Oct. 11	San Diego Jewish Academy	@ San Diego Jewish Academy
Fri.	6pm	Oct. 20	Borrego Springs High School	@ Borrego Springs High School
Fri.	**3pm**	**Oct. 27**	**Warner High School**	**@ San Pasqual Academy**
Fri.	**2pm**	**Nov. 3**	**Calvary Christian (Vista)**	**@ San Pasqual Academy**
Fri.	**2pm**	**Nov. 10**	**All Tribes American Indian Charter**	**@ San Pasqual Academy**

Home Games are in BOLD

* This game will be at San Pasqual High School, NOT San Pasqual Academy. San Pasqual High School is located at 3300 Bear Valley Parkway in Escondido, CA 92025.

Head Coach & Athletic Director.: Bob Manning
Assistant Head Coach: Wally Zittle
Assistant Coach: Mark Rounds