



The **HHSA** Connection

THE COUNTY OF SAN DIEGO

OCTOBER 2006

“100 Percent” Individuals Honored

The Director’s Food Stamp Accuracy Awards Presented

The Agency recently held a luncheon to honor individual performance in the administration of the Food Stamp program. Director’s Food Stamp Accuracy Award certificates were presented to acknowledge the many individuals who achieved 100% accuracy in the combined Quality Control, Quality Assurance and Supervisory Case Reviews for Federal Fiscal Year 04-05.

The award was originally established by the Agency in 1988 to celebrate excellence in office performance at the highest Agency level. By recognizing your efforts, we sustain our Agency's commitment to an accuracy rate above the established national error rate and avoid federal fiscal sanctions.

The mission of the County of San Diego is to provide the best possible services to County residents. This is no small task as San Diego is the sixth largest county in the United States and is home to more than 2.8 million people.

The expectations placed on you as employees of the Health and Human Services Agency are high. They should be; all successful business operations require high standards. These expectations are met by a strong sense of responsibility and the pride gained from a job well done.



“It’s How We Live” Provides Day of Fun, Learning for Families

On Saturday, Sept. 23, Agency staff teamed up with County Parks and Recreation to host the Second Annual "It's How We Live!" event in Spring Valley. This unique collaborative effort between Parks and Recreation and the Agency puts a new spin on traditional health fairs, because "It's How We Live!" is interactive, designed specifically to engage people in healthy activities and health education while having a great time.

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A Message from Jean M. Shepard

Health and Human Services Agency Director

As Agency employees, we see first hand the needs of our communities on a daily basis: abused and neglected children, the homeless, the mentally ill, the aged and disabled with no support system, families struggling to stay together. Working hand in hand with us in addressing these issues are the community based agencies partially funded by two non-profit, volunteer-led fundraising organizations: United Way/CHAD and the County Employees Charitable Organization (CECO).



Each year, United Way/CHAD and CECO join their County employee fundraising campaigns into a combined effort. You will soon receive information from your Division or Region representative on how you can assist our community partners by supporting United Way/CHAD, CECO or both through a payroll deduction.

Currently, 18% of Agency employees participate in either United Way/CHAD, CECO, or both, contributing over \$98,000 through payroll deduction for these vital community services. This year we want to increase our participation rate.

How easy is it to make a difference?

For \$2 a paycheck, less than the price of a cup of Starbucks coffee:

- If everyone in the Agency currently participating increases their deduction by \$2 a paycheck, we will raise an additional \$53,000;
- If everyone in the Agency not currently participating makes a pledge of \$2 per paycheck, we will raise an additional \$234,000.

Many Agency employees already contribute so much time, talent and resources to our communities in so many ways, and this is greatly appreciated. This year's combined United Way/CHAD and CECO campaigns gives us the opportunity to leverage these efforts into an even greater impact, and I hope you'll consider participating.

Jean M. Shepard

You Never Know What You Might Find...

Check out a PA/PG Auction

Every two months, the Public Administrator/Public Guardian (PA/PG) sells personal property from estates they have been managing. Take a peek at the latest treasures available - on the [PA/PG auction Web page](#).

Items featured at estate sales include: vehicles, furniture, appliances, electronics, computer equipment, jewelry, artwork, antiques, coins, and other collectibles.

The next auction, featuring an outstanding collection of items from approximately 20 estates, will be held on Saturday, November 18, at 5201 Ruffin Road in Kearny Mesa. Find more details on the Agency's on-line [event calendar](#).



South Region teams up to fight childhood obesity

Five-Day Program With Kaiser Permanente Features a Play, Workshops and Health Fair

South Region is teaming up with Kaiser Permanente to kick off an educational theatre group called Play HEALS (Healthy Eating Active Living Scenarios) at five elementary schools in Chula Vista. This is part of South Region's special initiative to fight childhood obesity.

South Region Community Health Promotion staff have been working closely with Kaiser to provide this new, interactive program designed to educate students about the importance of good nutrition and physical activity.

The five-day series kicks off with a live theatrical performance for all students before daily hour-long

workshops for fourth graders. The workshops help students recognize obstacles to making healthy choices in their schools and neighborhoods and learn easy ways to maximize nutritional intake, increase physical activity, and incorporate fun into a healthy lifestyle.

The program finale involves a nutrition-focused health fair for parents coordinated by South Region's Healthy Eating, Active Communities public health staff. The fair will offer free preventative screenings, an opportunity to talk with a local pediatrician, and resources and referrals for HHSA and community-based health services.

Help for Depression is in the Spotlight With National Screening Day

According to the National Institute of Mental Health (NIMH), one out of every 5 adults may experience depression some time in their lives. Everyone, including children, can develop serious clinical depression which left untreated increases the risk of suicide.

The National Depression Screening Day (NDSD) is a national outreach, education and screening event that began 15 years ago and is held the first full week of every October. San Diego Depression Screening Week evolved from the NDSD. Last October in San Diego County, mental health clinicians conducted 1,000 in-person confidential screenings, to provide educational and treatment resources as well as provider referrals.

In San Diego County, the Community Health Improvement Partners (CHIP) is supporting the San Diego community's involvement in San Diego Depression Screening Week. This year, in observance of National Depression Screening Day (October 5, 2006), clinicians will conduct free in-person mental health screenings in several locations in San Diego County. Screening locations are available now on the CHIP and San Diego Network of Care websites.

Call CHIP for more information: 1-888-565-4228 or visit www.sdchip.org.

Visit the San Diego Network of Care Web site for Mental Health for more information on depression and suicide and available Behavioral Health services: www.sandiego.networkofcare.org/mh.

Symptoms of Depression Include:

- Persistent, sad anxious or empty mood
- Feelings of hopelessness or pessimism
- Feelings of guilt, worthlessness or helplessness
- Loss of interest or pleasure in ordinary activities
- Decreased energy, a feeling of fatigue
- Difficulty concentrating or making decisions
- Restlessness or irritability
- Inability to sleep or oversleeping
- Changes in appetite or weight
- Unexplained aches and pains
- Thoughts of death or suicide

KUDOS ♦ KUDOS ♦ KUDOS ♦ KUDOS

North Regions

Every day social workers investigate allegations of abuse and hope to plant the seeds of change in the lives of the people they touch. Rarely do they ever get to find out if the seed took root and grew.

In January 2003, North Coastal Child Protective Services Worker, **Brad Opfer** investigated allegations of emotional abuse of a young girl living in a violent home. The investigation revealed an extensive history of severe domestic violence to the mother by her live-in boyfriend.

The mother exhibited many of the symptoms associated with battered women's syndrome such as self-blame, hopelessness, and depression. Opfer took the time to explain to the mother the cycle of domestic violence, its effect on children and to develop a safety plan with her.

As a result, the mother felt empowered enough to separate from the batterer and she agreed to voluntarily work with a social worker to help her follow through on her plan for safety and treatment for her and her daughter.

Now three years later, she called Opfer and thanked him for "saving her life." She is happily remarried and doing well. How nice to hear back that the seed took root, grew and blossomed.



From left: North Coastal Children's Services Manager Ruth Supranovich and Asst. Deputy Director Donna Hand recognize Claudia Bell, Lara Hanson and Nancy Weber for their efforts.

North Regions

County Counsel **John Sansone** gave praise to Protective Services Worker **Lara Hanson**, Protective Services Supervisor **Claudia Bell**, and Protective Services Worker **Nancy Weber** for work on a child protective services case that resulted in the dismissal of a civil action suit against the County of San Diego.

According to the letter sent to North Coastal Children's Service Manager **Ruth Supranovich**: "The family, represented by a group of attorneys sued the Agency many times and the battle promised to be protracted and expensive. But once the records were reviewed, it was clear to everyone that the social workers involved in the case handled the investigation professionally and made every effort to reach a resolution that would benefit the entire family.

"Agency cases never involve easy issues or simple solutions. But when you have a team of employees to work with that are the caliber of those involved in this case, it makes all the difference. Our office is fortunate to have such excellent employees and appreciates all the time and effort Hanson, Bell and Weber put into the case."

[HHSA Events Calendar](#) - Check out what's happening, or, advise your Web contact to post events.

[Search the HHSA Web Site by Key Words](#)
 This is a handy link to send out to people who are not yet familiar with our site.
 To send a link, just copy the URL from the address bar of an Internet page and paste it into an e-mail.

HHSA In the Community

Agency Helps Lead the Way Out of the Darkness

"Every 18 minutes someone dies by suicide in the U.S," said Robert Gebbia, Executive Director for the American Foundation for Suicide Prevention (AFSP). "This fall, thousands are walking to raise money for prevention and awareness, and to offer hope to the millions of Americans who have lost a loved one to suicide or have battled with mood disorders".

The AFSP will hold its second annual San Diego Out of Darkness Community Walk on October 29, in Balboa Park. The 5k (3 mile) walk will begin at Laurel/6th Ave. at about 8:30 a.m. and will end at approximately 1:00 p.m.

The Agency is proud to participate in one of the nearly 70 Out of the Darkness Community Walks (www.outofthedarkness.org) held this Fall with more than 12,000 walkers nationwide.

Alfredo Aguirre, acting Director of Adult Mental Health Services, and **Gina Stevens**, AFSP walk coordinator will join **Carol Lebeau** (Channel 10 News anchor) in support of the fundraising.

Last year, Agency employees joined hundreds of other San Diego community members to raise over \$30,000 to fund new research, education, awareness and survivor support programs for suicide sur-

vivors. This year, Agency participants, Mental Health Services, Alcohol and Drug Services and Aging and Independence Services will walk and provide exhibits providing information about County programs, resources and advice on stress reduction, depression and suicide prevention.

Stevens reports that nationally more than 30,000 die by suicide and nearly 1 million suicides are attempted each year and that:

- Suicide is the third leading cause of death among teens and young adults.
- Suicide is the second leading cause of death for college students.
- 20 percent of all suicide deaths are older Americans over the age of 65.

Join the Agency in the Out of Darkness Community Walk to help prevent future tragedies.



Citrus League 8-Man Football

Fri.	3 PM	Oct. 6	Christian Life Academy
Thu.	3 PM	Oct. 11	San Diego Jewish Academy
Fri.	6 PM	Oct. 20	Borrego Springs High School
Fri.	3 PM	Oct. 27	Warner High School
Fri.	2 PM	Nov. 3	Calvary Christian (Vista)
Fri.	2 PM	Nov. 10	All Tribes Am. Ind. Charter

Home Games are in BOLD

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

Director's Call-In

Share your ideas and concerns with

HHSA Director	Director of Operations
Jean M. Shepard	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?

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 second and final installment in a series of informative summaries of ballot issues:

Prop 1E - Disaster Preparedness and Flood Prevention Bond Act of 2006. Authorizes the state to sell about \$4.1 billion in general obligation bonds for various flood management programs.

Prop 83 - Sex Offenders. Sexually Violent Predators. Punishment, Residence Restrictions and Monitoring. Initiative Statute. Increases penalties for sex offenses, requires GPS devices for registered sex offenders, limits where registered sex offenders may live, and makes more sex offenders eligible for commitment as sexually violent predators.

Prop 84 - Water Quality, Safety and Supply. Flood Control. Natural Resource Protection. Park Improvements. Bonds. Initiative Statute. Allows the state to sell \$5.4 billion in general obligation bonds for safe drinking water, water quality, and water supply; flood control; natural resource protection; and park improvements.

Prop 85 - Waiting Period and Parental Notification Before Termination of Minor's Pregnancy. Initiative Constitutional Amendment. Amends the California Constitution to require, with certain exceptions, a physician to notify the parent or legal guardian of a pregnant minor at least 48 hours before performing an abortion involving that minor.

Prop 86 - Tax on Cigarettes. Initiative Constitutional Amendment and Statute. Increases excise taxes on cigarettes to provide funding for hospitals for emergency services; programs to increase access to health insurance for children, expand nursing education, support various new and existing health and education activities, curb tobacco use and regulate tobacco sales.

Prop 87 - Alternative Energy. Research, Production, Incentives. Tax on California Oil. Initiative Constitutional Amendment and Statute. Imposes a severance tax on oil production in California to generate revenues to fund \$4 billion in alternative energy programs.

Prop 88 - Education Funding, Real Property Parcel Tax. Creates a statewide parcel tax and uses the resulting revenue to fund specific K-12 education programs.

Prop 89 - Political Campaigns. Public Financing. Corporate Tax Increase. Contribution and Expenditure Limits. Initiative Statute. Changes state laws regarding the financing of campaigns for elected state offices and state ballot measures.

Prop 90 - Government Acquisition, Regulation of Private Property. Initiative Constitutional Amendment. Requires government to pay property owners if it passes certain new laws or rules that result in substantial economic losses to their property.

The LAO analyses are available [here](#).

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 October theme is "Fire and Ice," all about how to prepare for a wildfire or winter storm.

[The County's emergency page](#) will provide valuable information in the event of a disaster.

Loving Arms Embrace North Central Foster Families

On Saturday, September 16, foster families and community partners celebrated the kick-off of the Loving Arms Foster Family Network. It's a new neighborhood-based foster family support team that was created by foster parents for foster parents, coming together in one network across North Central Region. The fun-filled day included refreshments, entertainment and activities, community resources and opportunities to meet with other foster families. Over 100 people, representing 64 families participated.

Loving Arms was created through the help of community partners working with foster parents through "Creating Solutions" - the monthly North Central Region Strategic Initiative's and Family-2-Family workgroup process. Foster mothers Elaine Shelby, Barbara Mason and Martha Robles met together with other foster mothers, giving life to many inspired and creative ideas including a Loving Arms logo, printed T-shirts, and the kick-off event.

Loving Arms is an evolving movement by foster parents to knit together their unique neighborhoods and communities represented in North Central Region. The first neighborhood launched is the Mira Mesa Chapter. Soon to be developed are the Linda Vista and Serra Mesa/Military Families chapter, with more chapters planned to build a thriving network. Foster parents saw the need for support, as well as a functioning network that includes input from community partners, civic and business leaders working together across neighborhoods, united in the effort to make the lives of foster youth happy and successful. Thus, the Loving Arms Foster Family Network was born.

By the Numbers

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In the United States, women between the ages of 16 to 24 experience the highest per capita rates of domestic violence.¹

In California, relationship violence is the #1 cause of intentional injury for females ages 15-44.²

October is Domestic Violence Awareness Month. For more information, please contact the National Coalition Against Domestic Violence at their website: www.ncadv.org

¹Rennison & Welchens, U.S. Department of Justice Special Report: Intimate Partner Violence (2000).

²Emergency Department Response to Domestic Violence: California, 1992. (1993) Morbidity and Mortality Weekly Report.

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 Community Profiles and the 2004 Core Public Health Indicator document, go to www.sdhealthstatistics.com.

Compliance Office: (619) 515-4244
Toll-Free Compliance Hotline: (866) 549-0004

An ethical workplace is your right... and your responsibility...

Send in kudos!

Proud of a coworker? Send text (and photos): thomas.christensen@sdcounty.ca.gov - or contact your section editor, listed in the box below.



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"It's How We Live" Sees Huge Attendance Increase

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This year, our participation increased from 500 participants to 750. Three hundred twenty-two screenings were conducted, and over 300 people participated in the Path to Health.

Guests entered the event at a Start Line, where they received a program of activities and a stamp card. The stamp card was used like a passport throughout the event; guests earned stamps for their stamp card by participating in a short, easy activity at the various booths along a "Path to Health." A filled stamp card made guests eligible for raffle prizes, from ping pong paddles to pogo sticks, baseball bats and bicycles.

Thanks to donations from vendors and the generous participation of Big 5 Sporting Goods in Spring Valley, over \$2,000 worth of sporting equipment and prizes were given away to kids of all ages.



This year's event featured some of the same activities and attractions as last year, such as a rock climbing wall, astro jumps, and the Nutrition Decathlon, which included watermelon weightlifting and coconut bowling.

New to the second annual event were exciting activities such as karate demonstrations, wrestling clinics, and belly dancing. The La Presa Middle School Show Choir gave an energizing performance to start off the day, and kids from the Spring Valley REC Club announced performers and prize winners as well as performed a dance routine on stage.

The organizers were also thrilled to have a wide variety of free health screenings available at the event, from blood pressure and cholesterol screenings to vision, dental, and developmental screenings. And for \$3, the Spring Valley Boosters served up a great healthy lunch including turkey hot dogs and veggie burgers, fresh carrots, 100 Calorie snacks, and flavored water and juice.

It was a hugely successful event, and the Agency can't wait to drive healthy behavior in Spring Valley next year, too.

