

update

January 2003

Sutter County Human Services Staff Newsletter



by Options for Change Staff
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The *Options for Change* Alcohol & Drug Services Program has expanded its services in the past year to include: Drug Diversion, Early Intervention, an Outpatient Program, an Intensive Outpatient Program, a Family Program, a Codependency Support Group, and Drug Court Services for both Sutter and Yuba Counties.

Options for Change is responsible for implementing in Sutter County the treatment system required by Proposition 36, the *Substance Abuse and Crime Prevention Act of 2000*.

Over the past year, nine hard working individuals have graduated from the Outpatient and Intensive Outpatient Programs. Prior to graduation, all nine were employed and four parents were reunified with their children. The next graduation is scheduled for February 14, 2003 at the Starr Drive office.

Currently forty-two participants are active in the Outpatient Program. Of these, thirteen are currently employed or attending school and eight have already reunified with their children.

The entire *Options for Change* staff applaud the efforts exerted by their clients to grow, change and become productive members of our community. It has been a rewarding journey for all involved.

The staff also thanks all of the agencies such as — Probation, Parole, Mental Health, & The One Stop, just to name a few — who work with the *Options for Change* clients throughout the treatment experience, as well as Mental Health Administration for their support and the Board of Supervisors for giving *Options for Change* the opportunity to develop a positive service for those in our community who are suffering from the effects of drug addiction.

Mental Health Facilities Receive Intensive Care

by Donna Johnston, Staff Analyst, Mental Health

The Mental Health remodeling project is in full swing with the completion of offices for the Conservator and Community Support Services.

The previous Conservator's office (1) was transformed with the removal of a wall, a new dropped ceiling, fresh paint and new carpet. The Conservator and her staff will be returning to their original location in mid-January.

The CSS staff will move to their new office space (2) after the new modular furniture is installed sometime in late January.

During the holidays, the building was wired with new data and voice cabling (3). This will allow for better efficiency as well as future expansion of the computer network.

By the end of January, Medical Records will be temporarily relocated to the north end of the building. The Business Office, Reception and Waiting Room will also move to a different location. During this

phase, the main entrance will be closed to allow for remodeling. The temporary main entrance will move north to the former CPS entrance and reception area.

Public Works has recently secured estimates for the Business Office, Medical Records and Reception remodel phase. Work on these areas is anticipated to begin in February. When this phase is finished, the Business Office will be located in the old CSS area behind reception. Medical Records will expand to occupy their current location plus the old Business Office.



Smallpox Symptoms

Information from:

www.cdc.gov/ncidod/EID/vol5no4_henderson.htm

Smallpox is a viral disease unique to humans. To sustain itself, the virus must pass from person to person in a continuing chain of infection and is spread by inhalation of air droplets or aerosols. Twelve to 14 days after infection, the patient typically becomes febrile and has severe aching pains and prostration. Some 2 to 3 days later, a papular rash develops over the face and spreads to the extremities. The rash soon becomes vesicular and later, pustular. The patient remains febrile throughout the evolution of the rash and customarily experiences considerable pain as the pustules grow and expand. Gradually, scabs form, which eventually separate, leaving pitted scars. Death usually occurs during the second week.

The disease most commonly confused with smallpox is chickenpox, and during the first 2 to 3 days of rash, it may be all but impossible to distinguish between the two. However, all smallpox lesions develop at the same pace and, on any part of the body, appear identical. Chickenpox lesions are much more superficial and develop in crops. With chickenpox, scabs, vesicles, and pustules may be seen simultaneously on adjacent areas of skin. Moreover, the rash in chickenpox is more dense over the trunk (the reverse of smallpox), and chickenpox lesions are almost never found on the palms or soles.

In 5% to 10% of smallpox patients, more rapidly progressive, malignant disease develops, which is almost always fatal within 5 to 7 days. In such patients, the lesions are so densely confluent that the skin looks like crepe rubber; some patients exhibit bleeding into the skin and intestinal tract. Such cases are difficult to diagnose, but they are exceedingly infectious.

Smallpox spreads most readily during the cool, dry winter months but can be transmitted in any climate and in any part of the world. The only weapons against the disease are vaccination and patient isolation. Vaccination before exposure or within 2 to 3 days after exposure affords almost complete protection against disease. Vaccination as late as 4 to 5 days after exposure may protect against death. Because smallpox can only be transmitted from the time of the earliest appearance of rash, early detection of cases and prompt vaccination of all contacts is critical.

For a website that shows photos of the day-by-day progression of smallpox go to:

www.whenevermomentcounts.com/pictures/

Smallpox Vaccination Plan

The following information is excerpted from a letter sent to physicians in Sutter County by Health Officer, Michael Kinnison, M.D.

The National Smallpox Vaccination Plan consists of three phases:

In *Phase 1* the federal government will release 500,000 doses for voluntary vaccination of a limited number of healthcare workers in public health and hospitals. These personnel will form public health and hospital-based smallpox response teams. These teams will increase the county's capacity to respond to suspected or actual smallpox cases, should this ever be necessary. We anticipate that Phase 1 vaccination will begin in late January 2003.

Phase 2 expands availability of smallpox vaccination to all healthcare workers and traditional first responders such as pre-hospital emergency medical, law enforcement and fire personnel. Phase 2 is expected to immediately follow completion of Phase 1.

Phase 3 would make voluntary smallpox vaccination available to any member of the general public. Phase 3 is likely to begin in 2004 after the new cell culture vaccine is licensed by the Food and Drug Administration (FDA).

About the Vaccine

The vaccinia (smallpox) vaccine is a live virus that multiplies in the superficial layers of the skin. The vaccine does not contain variola virus, the virus that causes smallpox.

Primary vaccination • Fades after 5 years and is probably negligible after 20 years.

Revaccination • Found to persist 30+ years. May protect against a fatal outcome, but not against developing a milder form of smallpox.

Vaccination after exposure to smallpox • Within 2-3 days, can protect against smallpox. Within 4-5 days, may protect against a fatal outcome.

Contraindications

Because the vaccinia virus in the smallpox vaccine can be spread to others from the vaccine site of a vaccinated person, the contraindications below apply to **both potential vaccinees and their household contacts**. If a potential vaccinee or someone they live with has any of the following conditions, they **should not** receive the smallpox vaccine. The only exception would be in the case of exposure to smallpox. In that situation, all exposed persons should be vaccinated, regardless of contraindication.

- Eczema or atopic dermatitis and other acute, chronic, or exfoliative skin conditions
- Diseases or conditions which cause immunodeficiency or immunosuppression
- Pregnancy
- Children < 12 months in the household

The following additional contraindications apply only to potential vaccinees:

- Previous allergic reaction to smallpox vaccine or any of the vaccine's components
- Moderate or severe acute illness
- Children < 18 years
- Breastfeeding

REMEMBER: There are no contraindications to the smallpox vaccine if someone has been exposed to the smallpox virus!

Normal Reaction Timeline

A normal primary vaccination appears as a papule in 3 - 4 days, and rapidly progresses to a vesicle with the surrounding erythema by the 5th - 6th day. The vesicle center becomes depressed and progresses to a well-formed pustule by the 8th - 9th day. By the 12th day, or soon thereafter, the pustule crusts over forming a brown scab, which progresses from the center of the pustule to the periphery. After 2 to 3 weeks, the scab detaches and a well-formed scar remains.

Revaccination

The nature of the response to revaccination depends on the degree of residual immunity following previous vaccination.

Vital STATISTICS

New Employees

HEALTH

- Maria Heredia**, Public Health Nurse
- Fred Bedard**, Licensed Vocational Nurse
- Shirley Whitfield**, Supervising Nurse (Extra Help)
- Brenda Parish**, Health Program Specialist
- Maria Uriostetgui**, Medical Clerk

MENTAL HEALTH

- Extra-hire:
Jay Alexander, Intervention Counselor II
- Jennifer DeSmith**, Office Assistant I

W&SS

- Jennifer Kerisey**, Public Assistance Specialist I
- Martha MacGregor**, Public Assistance Specialist I
- Jennifer Phillips**, Office Assistant II.

Promotions

HEALTH

- Narinder Dhaliwal** to Health Program Coordinator

MENTAL HEALTH

- Darrin Whittaker** from Mental Health Therapist I to Mental Health Therapist II
- Rick Bingham** from Mental Health Therapist I to Forensic Specialist I

W&SS

- Virginia Condrey**, Public Assistance Specialist I

Retirements

MENTAL HEALTH

- Ken White, December 30, 2002, after 31 years as Mental Health Therapist III.

On to the Next Adventure



Ken White

“Strong like Bull” Ken, “Lance” White, LCSW retired from County of Sutter employment as a Social Worker at the inpatient psychiatric health facility (PHF) of Mental Health. As Ed Smith, DHS, likes to say, “He spent one year in this position and repeated it 30 times!” Ken is known for his love of words, thus the foolishness above. His humor endeared him to staff and patients alike and de-escalated many tense situations.

Ken is the consummate professional, always keenly aware of who pays his salary and always doing his best for a full eight hours a day. His is empathetic, kind and respectful to his patients, using his vast training and special talents to assist their recovery. He is a devoted husband to his wife Karen, a loving father to his daughters Courtney and Shannon and a pushover for his three grandchildren. Ken is a great friend, loyal and supportive.

On Friday, December 27, 2002, 70+ friends and colleagues collected at Ruthy’s Restaurant for a buffet dinner and a good natured “Roast” celebrating Ken’s fables and quirks. He was presented Awards from the Yuba City Council, the Board of Supervisors and the Sutter County Employees Association. He was also gifted with custom-made golf clubs to help him wile away his time.

Ken plans to putter around home, play with grandkids, golf, fish and travel. In the next few months, he and Karen will visit Australia, where Karen’s brother and family live. Bon Voyage, Ken...We miss you already.



Maureen Saunders

Maureen Saunders, Program Manager of Social Services, will retire February 11th after serving Sutter County for over 17 years.

Maureen originally accepted a position as an Eligibility Worker in April, 1985 in order to become a Sutter County employee. Within the year she was promoted to Social Worker I in Licensing and then to Social Worker III. She became a Social Worker Supervisor in 1987 and, in that position, implemented the GAIN Program. She has served in her current position since 1996.

“Maureen is known for the compassionate way she treats the families who are served by Social Services,” said Ed Fischer, Asst. Director of Human Services. “She has always gone above and beyond to ensure that children are safe. Maureen is also very supportive of her staff and wants them to succeed.”

Maureen knows her job inside and out and demonstrates her dedication by working on weekends or holidays.

“Her relationship with her employees is tough but fair,” said Jana Woodard, Social Worker Supervisor. “You always know where Maureen stands on an issue.”

In the office, Maureen is known for her wonderful sense of humor and her generous use of mixed metaphors i.e., “Not the brightest tool in the shed.” Maureen, who was always an avid memo writer, found her medium with the advent of e-mail. Referring to herself as the “E-Mail Queen” she frequently sent staff no less than 10 e-mails a day.

After retirement, Maureen and her husband will be moving to a home they have already purchased in Spring, Texas. They want to be closer to their new grandson, Grady Michael Easton — 8lbs, 14oz, 22^{1/2} inches, born September 26, 2002 — the first child of her son and his wife Michelle Easton.

As retirement nears, Maureen’s e-mail regarding work has gradually been replaced with e-mailed pictures of her grandson. “I guess,” Woodard said, “That means she really is ready to leave us, whether we’re ready for her to go or not.”

A retirement party will be held Friday, January 31 at Ruthies.

Department Updates



Welfare & Social Services

Administrative & Fiscal Staff Move

On January 30th, Welfare and Social Services administrative and fiscal staff will move from their present location at 951 Live Oak Boulevard to newly refurbished offices at 539 Garden Highway, Suite C, — the former location of the First Steps Program. The move, which involves 12 staff members, is coordinated by Pat Evans, W&SS Staff Services Manager, who has choreographed several other Human Services moves.

Welfare & Social Services

T-SIG Representative

Alma Amaya-Matta from our Welfare Division is one of four Sutter County employees appointed by the County Administrator to the Employee Benefits Advisory Committee of the Tri-Counties Schools Insurance Group. Alma along with her fellow appointees will be considering the options available within our health insurance coverage and making recommendations on how they might be improved.

W&SS: Employment Services

Spring Job Fair 2003

“Celebrate the Possibilities” is the theme of the Spring Job Fair, to be held Saturday March 22 from 9:00 a.m. to 2:00 p.m. at Andros Karperos Middle School. Look for bright colored balloons, confetti, and streamers.

Human Services Administration

Student Intern Observes HR

John DeBeaux, Personnel Analyst for Human Services, is mentoring Rajinder Kalkat, a Chico State student majoring in Human Resources. Rajinder is completing a 135-hour internship which began December 26th and will be completed on January 24th.

She is observing the way in which Human Resources works in county government. While she is not able to participate in confidential problem-solving activities, she has viewed training for performance evaluations and attended meetings of the Health Committee and the Board of Supervisors as well some of the state-level meetings that John attends.

Rajinder is completing a paper that compares recruiting practices in county government with general recruiting procedures.

Human Resources

Winter Safety Newsletter

Check out the Human Services page of the Sutter County Website to view the useful cold-weather safety tips compiled by John DeBeaux, Personnel Analyst, and Judy Mikesell, RN, PHN. It is an excellent source of information for those of you who enjoy winter sports. Topics include:

- FEMA Winter Preparedness Tips
- Winter Safety Websites
- Winter Driving – Be Prepared!
- How to Survive being Trapped in a Car During A Blizzard.

Children and Families Commission

Free Child Health Screening

Children ages 0-6 can receive a free health screening at the Yuba City Mall (Community Room next to Ross) on February 12th from 1 p.m. to 4 p.m.

First Steps

Soroptomist Award

Donna Lester, Outreach Coordinator at First Steps, received a \$1,000 Women’s Opportunity Award from Marysville Soroptomist, International to continue her education. Donna was honored at a luncheon at the Forbes House on January 14th. She is enrolling in two classes to complete certification as a Drug, Alcohol Counselor and has plans to begin work toward a B.A. Soroptomist is submitting her application to the regional-level competition for potential additional funding.

Department of Transportation

Expiration of 2002 Photo I.D. Cards

Photo I.D. cards are issued to qualified seniors (age 62 and over) and persons with disabilities for proof of eligibility for Dial-A-Ride service and for discount fares that may be available on Yuba-Sutter Transit’s services. These \$5 cards are valid for up to three years and renewals are free when exchanged for an expiring card. A free exchange policy will expire on January 31st for 2002 cards.

New or replacement photo I.D. cards are available at the Yuba-Sutter Transit Administrative Office at 2100 B Street in Marysville from 9:00 a.m. to Noon and 1:00 to 4:00 p.m. each weekday. Applications are available by mail or on-line at www.yubasuttertransit.com or call Rose Menefee at (530) 634-6880 for more information or for special arrangements to renew a card.

Sutter County Human Services Department • Director Edmund C. Smith

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