



Tuolumne County Behavioral Health January Newsletter

January 1, 2017

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Quote of the month:

“The New Year stands before us, like a chapter in a book waiting to be written.”

— Melody Beattie

Changes for CAIP hours, Sonora Regional Partners with clinician

A note from Behavioral Health Director Rita Austin:

The Crisis Assessment and Intervention Program (CAIP) crisis team consists of a specialized group of clinicians and behavioral health workers who are able to respond for crisis, emergency or referral services 24-hours a day, 7 days a week.

The services provided out of CAIP are critical to our clients and community members who are experiencing issues, circumstances and situations that are too much for them to handle at that moment. The support BH staff provides is very much needed and appreciated in the community and at the agency. In the past two years, CAIP has served an average of 1,470 people per year. This has resulted in a 21 percent reduction in hospitalizations of clients utilizing this service.

We are always looking at new ways to improve, so we reviewed utilization of services

after 10 pm. The number of people coming to the walk-in for services during the 11 p.m. to 8 a.m. shift is minimal. There were an average of 31 people per year who had come into the walk-in for support over the last three years. The lack of need for the after-hours on-site support, led us to look at new ways to provide crisis services.

Starting on January 8, we will change the hours of on-site support at BH and begin expanding services via an on-site clinician at Sonora Regional Medical Center. People will be able to receive face to face support at BH Monday-Friday, 8 a.m. to 10 p.m. and from 10 a.m. to 8 p.m. on weekends. BH will be closed on all county designated holidays.

Those who would like to talk to someone face to face will be able to speak with the clinician on site at Sonora Regional when BH is closed.

The 24 hours per day 7 day a week phone service will still be available at 209-533-7000.

Opioid Coalition Members educate BH staff about anti-overdose medications

A training and informational visit from the Opioid Coalition members, **Dr. Liza Ortiz**, Public Health Officer; **Dr. Kenneth Renwick**, head of the Buprenorphine Clinic at Sonora Regional Medical Center as well as Medical Director Emeritus at The Me Wuk Indian Health Center and **Leanne Piche**, Pharm.D., Pharmacy Director for the Health Center; left a lasting impression on BH staff.

Naloxone is a medication used to block the effects of opioids, especially in overdose. This life saving treatment is now available by prescription for people who may have a loved one taking pain medications. The kit can be kept in a cupboard in a home, in case of an overdose.

Through the Me Wuk Health Center Pharmacy, a family member may pick up a kit for

Naloxone delivery and emergency treatment. This kit may save someone's life while awaiting the arrival of an ambulance.

Those with questions about what an overdose looks like or how they can help should call or visit the Tuolumne County Public Health Department or The Me Wuk Indian Health Center Pharmacy at **209-928-5407**.





Tuolumne County Behavioral Health

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Email submissions to:
MCarlson@co.tuolumne.ca.us

Visit us on the web:
tuolumne.networkofcare.org
www.tuolumnecounty.ca.gov

**TUOLUMNE COUNTY
CRISIS LINE:
209-533-7000**

January Events

Youth Mental Health First Aid:

This 8 hour training will be held 4 hours a day on January 24 and January 25. It will be held at TCBHD with instructors, Martha Golay and Jim Reinhardt. There is still room available. To register please call 533-1397 x 270 or email davenporti@atcaa.org

BH and EC closures:

Tuolumne County Behavioral Health and the Enrichment Center will be closed on Monday, January 2 for New Year's Day and on Monday, January 16 for Martin Luther King, Jr. Day.

SPRIT OF GIVING RINGS A BELL

Behavioral Health Worker, Linda Nelson, (left), and Outreach Peer Specialist, Sarah Francis, rang the bell for the 126th Salvation Army Red Kettle Campaign and they are pictured here, in front of the Sonora Walmart last month. The duo were collecting donations for the Salvation Army, which is a community partner that helps support the Tuolumne County Enrichment Center by providing tents, sleeping bags and other resources for our homeless friends. Linda and Sarah are perfect examples of community involvement and the giving spirit that the Behavioral Health Department promotes.

Photo by Kristi Conforti



DOING THE MOST GOOD



BH SPOTLIGHT:



Karen Mueller

Age: 26+
Job Title: Childcare Peer Specialist
Years with BH: 9
(including time with Kings View)
Favorite Vacation Spot:
British Columbia, Canada

Karen Mueller has worked with children at Tuolumne County Behavioral Health since 2008.

Karen shared about having children as young as 8 weeks old to 12 years. Many of the kids are preschool aged, but when the schools are on holiday there are a wide range of ages.

Karen states, "The most important part for the children to remember in this room—is that they are children and to have fun." Many of the kids have had a role of parent in the lives of their siblings and now it is time to be a child. Mueller states the best part of working with children is, "Watching them grow and become safe. Also letting them know they are valuable and loved." Karen appreciates working with so many caring individuals who come in contact with the parents and the children at BH.

"These families are going through a very difficult time in their lives. These parents are learning life changing skills and I'm just thrilled to be a part of it."

Trainings Start Strong in 2017

January begins a new year of training in the Mother Lode. BH Staff look forward to a *Veteran's Services* training and visit from Danya Stettler, Senior Social Worker at the Dept of Veterans Affairs, Sonora VA Clinic.

National Culturally and Linguistically Appropriate Services Standards (NCLASS) Training is a workshop for individuals working in public mental health. This day of training is hosted by CIBHS and the Central Region WET Partnership. Several key employees from each of the 20 counties in the region will attend.

January 24 and 25 brings opportunity for the community with the *Youth Mental Health First Aid* training (please see January Events on the left for details) and also the *Workforce Development Symposium* at UC Davis.

By: Michelle Carlson MHA Program Specialist,
Workforce Education & Training and Cultural
Competency Coordinator

Central Region Comes to Sonora for MHFA



Along with Trainers Lise Porter and Gina Ehlert the new MHFA Instructors for the Central Region: Carla Fry, Nadine Magana, Brenda Hanley, Christina Nunez-Rodarte, Robert Kamena, David Tijerina, Sandra Nelson, Laura Wiegaer, Sarah Raley, Nancy Fitzgerald, Claudia Radonic, Britany Sturm, Ellen Walker, Tomas Evangelista, Judi Moore, Pamela Gardner, Janet Bedolla, Peter Walsh, Dana Androsky, Bernadet Betyghoub, Eliabeth Purto, Manual Rivera, Seng Leang Hignojoz, Jill Paterson, Jason Turzai,

First developed in Australia as a way to respond to early-stage mental illnesses and mental health crises, Mental Health First Aid (MHFA) covers these topics and so much more. Centering on how to recognize the signs and symptoms of anxiety, depression, bipolar disorder, schizophrenia, and suicidal warning signs. Being able to recognize such behaviors may lead to knowing how to be, in a way, a first responder. The MHFA training prepares caring community members with the proper tools to really make a difference.

People who have attended the course will be able to feel confident to create awareness and be of service. After the intensive week of lecture, study, individual presentations and a final exam; a new group of MHFA Instructors are now ready to teach in Northern California. Fellow classmate, Kristene Smith, Outreach Coordinator & Small Business Owner out of Sacramento, CA says, "Amazingly, the Mental Health First Aid training brought together unique and diverse perspectives with a single focus: Spreading awareness and hope to those in need." A fabulous mental health education indeed!

Jill Paterson, BH

MHFA Trainer and WET Central Region Partnership Coordinator, Gina Ehlert, for teaching this promising group of newly certified MHFA Instructors.

Jill Paterson and Jason Terzai join the elite group of MHFA (Martha Golay and Cathi Ruiz) and YMHA (Bob White, Martha Golay and Jim Reinhardt) instructors in Tuolumne County.



A special thanks to National MHFA Trainer, Lise Porter and



Photo by Ryan Campbell

Enrichment Center Peer and artist Loretta Pagni, left, Administrative Assistant Pandora Armbruster, center and Quality Assurance Coordinator Tami Mariscal participate in the Pop Hudson Sing in downtown Sonora.



Photo by Michelle Carlson

Sonora Geezers give toys to BH Childcare room 5 years running



The Sonora Geezers have given the BH Childcare room special consideration and toys for the past 5 years. Some toys are made available to those attending the childcare center and stay for all to enjoy while others are sent home with children. Many thanks to The Sonora Geezers for their thoughtful contributions.

Diversity Calendar

January 1: New Years Day

January 6: Epiphany, a holiday recognizing the visit of the three wise men to the baby Jesus 12 days after his birth.

January 14: Makar Sankranti, a major harvest festival celebrated in various parts of India.

January 17: World Religion Day. This day is observed by those of the Baha'i faith to promote interfaith harmony and understanding.

January 16: Martin Luther King Day, commemorating the birth of Martin Luther King, Jr., recipient of the 1964 Nobel Peace Prize and activist for non-violent social change.

January 25: TuB'shvat, a Jewish holiday recognizing "The New Year of the Trees."

January 27: UN Holocaust Memorial Day, The anniversary of the liberation of the Auschwitz death camp in 1945 and the Annual International Day of Commemoration to remember the victims of the Holocaust.

GOOD EATS:

Corn Chowder with Potato and bacon

- 2 carrots chopped
- 1 onion chopped
- 4 potatoes chopped
- 2 cans corn (drained)
- 2 cans creamed corn
- 2 cups water
- 2 cups chicken broth
- 1 lb. bacon, cooked and crumbled
- 1/2 tsp. thyme
- 1 tsp. dried parsley
- 1/2 tsp. garlic powder
- 1 can evaporated milk
- 2 TBSP cornstarch
- 3 TBSP butter or olive oil



Place the first Eleven ingredients into the slow cooker.

If needed, add more water and chicken broth in order to cover the ingredients. Cook on high 5 hours or low for 7 to 8 hours until vegetables are fork-tender.

Combine cornstarch and evaporated milk and stir into the chowder. Add the butter or olive oil and allow to heat through 30 minutes before serving. Add salt and pepper to taste.



January 2017



Monday	Tuesday	Wednesday	Thursday	Friday
<p>EC CLOSED 2</p>  <p>HAPPY NEW YEAR</p>	<p>8-2 Laundry 11-2 Movie Day 12:30-1:30 AA 1:45-3:00 Bipolar and Depression</p>	<p>9-10 Men and Women 4 10-12 Pride: New Year's Resolutions/Goals 11-12 Healthy Eating 12:30-2 Working With Emotions 2:30-3:30 Art & Wellness</p> 	<p>8-3 Showers 5 10-11 180 Life Skills Group 11-12 Eating Disorder Support Group 2-3 Trauma Recovery/PTSD</p>	<p>9-12 Karaoke 6  12-1 Schizophrenia Group</p>
<p>9-10 Men and Women 9 10-11 Pride: Encouragement 11-12 Walking/Music/Games 11-12 Seeds of Hope Grief 1-2 Dual Diagnosis 2:30-3:30 Basic Computer Skills</p>	<p>8-2 Laundry 10 11-2 Movie Day 12:30-1:30 AA EC CLOSED 2pm for Training 2-4 Staff Training</p>	<p>9-10 Men and Women 11 10-11 Pride: Karen Meyer 11-12 Overview of new Nutrition and Budgeting Group with Michael Hensley 12:30-2 Working With Emotions 2:30-3:30 Art & Wellness</p>	<p>8-3 Showers 12 10-11 180 Life Skills Group 11-12 Eating Disorder Support Group 2-3 Trauma Recovery/PTSD</p>	<p>9-12 Bingo 13  9:30-12 Smile Keepers 12-1 Schizophrenia Group</p>
<p>EC CLOSED Martin Luther King Jr. Day  1929-1968</p>	<p>8-2 Laundry 17 11-2 Movie Day 12:30-1:30 AA 1:45-3:00 Bipolar and Depression</p>	<p>9-10 Men and Women 18 10-11 Pride: Respect 11-12 Healthy Eating 12:30-2 Working With Emotions 2:30-3:30 Art & Wellness</p> 	<p>8-3 Showers 19 10-11 180 Life Skills Group 11-12 Eating Disorder Support Group 2-3 Trauma Recovery/PTSD</p>	<p>9-12 Karaoke 20  12-1 Schizophrenia Group</p>
<p>9-10 Men and Women 23 10-11 Pride: Self-Esteem 11-12 Bouncy Ball Games 11-12 Seeds of Hope Grief Group 1-2 Dual Diagnosis 2:30-3:30 Basic Computer Skills</p>	<p>8-2 Laundry 24 11-2 Movie Day 12:30-1:30 AA 1:45-3:00 Bipolar and Depression</p> 	<p>9-10 Men and Women 25 10-11 Pride: Conflict Resolution 11-12 Walking/Music/Games 12:30-2 Working With Emotions 2:30-3:30 Art & Wellness</p>	<p>8-3 Showers 26 10-11 180 Life Skills Group 11-12 Eating Disorder Support Group 2-3 Trauma Recovery/PTSD</p>	<p>9-12 Bingo 27  9:30-12 Smile Keepers 12-1 Schizophrenia Group</p>
<p>9-10 Men and Women 30 10-11 Pride: Benefits of Laughter 11-12 Walking/Music 1-2 Dual Diagnosis 2:30-3:30 Basic Computer Skills</p>	<p>8-2 Laundry 31 11-2 Movie Day 12:30-1:30 AA 1:45-3:00 Bipolar and Depression</p>	<p>SHOWERS:  Monday 12-3 Wednesday 12-3 Thursday 8-3 Friday 12-3</p>	<p>LAUNDRY:  Tuesday 8-2 ~Laundry and Shower Supplies provided~</p>	<p></p>

TUOLUMNE COUNTY ENRICHMENT CENTER
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COMMUNITY CENTER FOR WELLNESS AND RECOVERY

Monday-Friday
8:00 a.m.—4:00 p.m.

www.facebook.com/TuolumneCountyEnrichmentCenter



Reducing Stigma by Becoming a Visible and Valued Part of the Community