



NEWS

From Your Health Department

Winter 2005

News is published four times a year by Contra Costa Health Services.

Let us know what you think!

Send comments and suggestions to Tiombe Mashama, Senior Health Education Specialist, Public Health Outreach, Education and Collaboration at 925-313-6826

This community newsletter came from our work with three communities in the Partnership for Public's Health initiative. Our partners in West County, Monument Corridor and Bay Point emphasized the need for Contra Costa Health Services (CCHS) to explore new ways to communicate about what we are doing and planning to do to improve the health of our community.

Visit our newly redesigned website cchealth.org

Proposition 63 Will Expand Mental Health Services

The recent passage of Proposition 63—known as the Mental Health Services Act—will be the first major expansion of mental health services in California in many years. The funding will come from a new 1% surcharge (starting in January 2005) on individuals with annual incomes of more than \$1 million, and includes very specific required program components and accountability. County mental health systems, in conjunction with local stakeholders, must develop detailed plans that address program services for children, transition-age youth, adults and older adults. One of the most important aspects of Prop 63 funding is that it will allow us to take a fresh look at our programs and services, giving us the opportunity to work “across silos” to better meet the needs of our mental health consumers and family members. Here in Contra Costa County, the Mental Health Division has begun planning a strategy to involve all our stakeholders, including mental health staff, consumer groups, contractors and advocacy organizations to move forward on this important new initiative.



Call Kimberly Mayer at 925-957-5132 for more information



New Host for CCTV's Vida Sana En Vivo Show

Richmond firefighter Elizabeth de Dios is the new host of our Spanish language television show on CCTV. The show can be seen Thursdays and Fridays on Channel 32 for Astound viewers.



For information, call Vicky Balladares at 925-313-6817.

Special 'Birth' at CCRMC

Contra Costa Regional Medical Center in Martinez is used to new arrivals in its Labor and Delivery Unit, but there was an exciting arrival *outside* the hospital that gives CCRMC a capacity it never had before. In November, a modular building arrived by truck from Modesto and was installed on the CCRMC campus along with the giant magnet to be used by the Center's new \$1 million Magnetic Resonance Imaging (MRI) machine. Darrell Williams, the manager of the Diagnostic Imaging Department said CCRMC and the health centers have had to refer well over 1,000 patients a year to other providers to get an MRI. MRIs will be done on site in the 14-by-60-foot new building.



Photo by Darrell Williams

A Regional Safety Campaign

Street Smarts, a regional traffic safety education campaign, kicked off nearly a year ago in West Contra Costa County to promote traffic safety messages aimed at motorists, pedestrians, and bicyclists. Now Bay Point, Danville and San Ramon are also doing the campaign which was developed originally by San Jose.



Other communities can get involved in the campaign by calling Denise Gallegos-Milosevich at 925-313-6110.



Health Emergency Hotline:
888-959-9911

Appointments at CCHS
Health Centers
1-800-495-8885

Apply for MediCal insurance:
Antioch: 925-706-4980
Martinez 925-313-7987
Hercules 510-262-7700
Richmond 510-231-8114

Domestic Violence Shelter
and Crisis Counseling
888-215-5555

Lead Poisoning Abatement
866-FIX LEAD

Hazardous Materials
Ombudsman
877-662-8376

Senior Services
800-510-2020



Where can
you get
information
about
services in
Contra
Costa?

www.cccord.org



Free Tax Help Available

The Internal Revenue Services estimates that as much as \$15 million dollars in tax credits went unclaimed in Contra Costa County alone in 2002. To help low-income families and individuals claim the money, we are one of the organizations participating in the Earn It! Keep It! Save It! campaign. Nearly 200 trained volunteers will provide free help to taxpayers at 12 Volunteer Income Tax Assistance (VITA) centers across Contra Costa until April 15. For information about hours, locations and what to bring, call 800-358-8832. (Posters and fliers with more information are available by calling 925-313-6832 or on our website at cchealth.org).

Unique Program for Pregnant Women

There's a unique service at the Richmond Health Center that provides pregnant women with support during their pregnancy and even after their babies are born. The Centering Pregnancy program promotes self-care and empowerment by bringing together pregnant women who have due dates within two months of each other. At regularly scheduled times during their pregnancies, the women come together for 90 minutes to take their own weight and blood pressure, get and chart their urine samples and figure their due dates. Unless there's a problem, they spend no more than five minutes with one of our health care providers, who does a fetal heart rate check and asks a few questions about how things are going. The real draw of the program is the group discussion that offers the women a chance to talk to their peers about common concerns. Six groups, most for Spanish-speaking women, have been conducted, providing a blend of health education, nutrition and clinical services. The approach has been so popular that a pediatric group was launched for moms where well-child checks, measuring and graphing growth and group discussions focusing on parenting and child development issues take place.



For more information, call Krista Farey, M.D. at 510-231-1325.

Advisory Board Looking for Members

The Contra Costa County Alcohol and Other Drugs Advisory Board works to assess family and community needs regarding treatment and prevention of alcohol and drug abuse problems. They report findings and recommendations to the Contra Costa Health Services, the Board of Supervisors and the community.



For information about how to get involved or about the Advisory Board, check our website at cchealth.org or call Fatima Matal Sol at 925-313-6311.

Check It Out:

Funding Opportunity: Community-based organizations can apply for grants of \$10,000 to help youth adopt a balanced diet and physically active lifestyle. The deadline is February 1. Check our website at cchealth.org for more information.

The Second Bay Area African American Health Summit, presented by Kaiser Permanente, is scheduled for January 28. Find a link to conference information on our website at cchealth.org.

The flu season often peaks in February, so it's not too late to get a flu vaccine. Vaccines are available at our Public Health immunization clinics throughout Contra Costa. For more information, check our website at cchealth.org or call our Health Emergency Hotline at 888-959-9911.

"Memory, Loss and Healing," an exhibition about youth, violence and change in North Richmond, continues to run at the North Richmond Center for Health until February 3. The exhibit speaks to the stark reality faced by young Black men in North Richmond, whose rate of dying from violence is more than 200 times that of the rest of the population. Visit the exhibition at the Center for Health, 1501 Third St., North Richmond.

DID YOU KNOW?

1,830 babies were born at
Contra Costa Regional
Medical Center last year