

EHSD Staff Brings

in Big Bucks for the Food Bank

By Tish Gallegos, Community Relations/Media Manager

EHSD won big for Contra Costa and the Food Bank in the 2020 Counties Care Holiday Food Fight! EHSD raised **\$11,390.28**, the most in donations from the County's large departments (301+ employees).

Director Kathy Gallagher proudly and happily accepted the First Place – Large Department trophy that the Food Bank awarded to EHSD for raising more than \$11,000 in the 2020 Holiday Food Fight



The big award winners from Contra Costa County's various departments and offices are:

Award	Department/Office	Amount Raised
Little Apple	Supervisor Burgis' Office (Dist. 3)	\$10,188.60
Mini Departments (1-35 employees)	Agriculture	\$2,003.00
Small Departments (36-100)	County Counsel	\$8,377.25
Midsized Departments (101-300)	Conservation and Development	\$4,330.38
Large Departments (301+)	Employment & Human Services	\$11,390.28

CC Health Services, Conservation & Development, and County Counsel won awards for the *Most Dollars Contributed* over the last five years, in large, medium and small departments, respectively.

For the County-to-County competition,

Contra Costa raised the most money overall with

\$75,547.11, and Solano raised \$40,240.28. However,
the *Big Apple* trophy ended up in Solano's hands
based on the "per employee" amount, which was
\$13.92. Contra Costa's per-employee donation
amount came in at \$10.03. So close! As the second-

place county, Contra Costa walks away from the 2020 Holiday Food Fight with the famed World Peas trophy.

Congratulations to the EHSD Food Fighters, and to all who supported this friendly competition between counties. You came through with your generosity, as well as a strong show of your fighting spirit against hunger in our community.

We will have the 2021 Holiday Food Fight to win the *Big Apple* trophy back for Contra Costa County!

EHSD Volunteers Help with Vaccination Effort

Earlier this year, several EHSD staff members volunteered to help with the County's COVID-19 effort to vaccinate as many of our residents as possible. Adrianna Azevedo, Sarah Hankins, Michael McGloin and Quinn Walker were among those who supported this critical effort led by Contra Costa Health Services (CCHS). Our EHSD volunteers helped at the Vaccine Call Center on Bates Avenue in Concord, and the Diablo Valley College (Pleasant Hill) and Nick Rodriguez Community Center (Antioch) vaccination sites. Headlines asked them to share their experiences.



"I am very thankful that I could help assist the community during a time of great need."

Clerk-Experienced Level Adrianna Azevedo (IHSS/Aging & Adult)



SS Program Assistant Sarah Hankins (GA/ Aging & Adult)

"I had an amazing time helping out at the vaccination site at the Nick Rodriguez Community Center. I've gained so much experience and learned about the set up and evolution of an emergency center. Best of all, I've met so many

wonderful and hardworking people along the way. Working at the center was fast-paced and could get a little intense, but everyone working here has been eager to help and make it work. Everyone steps up and fills in where

needed. Even though it was born of a difficult situation, I had a really great time and I'm grateful to have been a part of the team."



Michael McGloin (IHSS/ Aging & Adult)

"Working with the great nurses and the staff of the Health Department to help vulnerable members of our community receive the protection the vaccine offers has been fantastic. It has been hard work but I would step up to help with this critical effort without hesitation again if given the chance."



EW II Quinn Walker (Medi-Cal/WFS)

"I was temporarily reassigned to help with the county vaccination effort and worked at vaccination sites in Antioch and Pleasant Hill. Both sites were very well organized, and every day the vaccination rollout was completed timely,

attentively, and respectfully. Contra Costa Health Services should be proud of their part in reducing and eliminating COVID-19."

Our thanks to Adrianna, Sarah, Michael and Quinn for stepping up to help!

Meet the CalSAWS Team

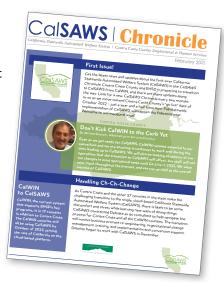
By Tish Gallegos, Community Relations/Media Manager

You may be wondering who "the team" is that will lead EHSD's conversion to CalSAWS in Contra Costa County. Various workgroups are already coming together. More staff members will become involved in planning for the transition to the single statewide automated welfare system leading up to the "go live" date in 2022.

CalSAWS Lead Manager is Division Manager Eileen Olson who is working closely with EHSD's leadership and directing project staff in the transition from CalWIN to CalSAWS. Eileen has support from EHSD's Core Team: Information Systems Analysts Terri Rose, Shari Garrity, and Curt Dodson, and Information Systems

Programmer/Analyst Subra Chidambaram. Additionally, Project Track Leads are Systems Analysts **Rob Barnard, Teri Howe** and **David Rockholt.**

As the department gets closer to implementing CalSAWS for Contra Costa County, there will be more opportunities for staff members to provide input, give feedback, and come, timeframe and much more, to gain a better understanding about what the conversion to CalSAWS means for Contra Costa County and California. You can also check out the inaugural issue of the CalSAWS Chronicle.





Click to view the CalSAWS Overview video that will soon be available on EHSD's Staff Development site.

participate in the conversion in a number of ways.

In the meantime, you can view the recently-launched 21-minute <u>CalSAWS Overview video</u> that explains the project's structure, system functionalities, work done so far, changes to

Stay tuned for more information and updates in the coming weeks.

March is National Social Work Month

The 2021 National Social Work Month theme is *Social Workers Are Essential*, underscoring the heroic contributions of the social work profession toward healing our community during these times of pandemic, racial unrest, economic uncertainty, and political

divisiveness. Contra Costa County Social Workers have been instrumental in helping individuals, families and communities cope during the past year of many challenges.



Workers continue

supporting families to protect children from abuse and neglect, find foster and adoptive homes for children, and help families reunite.

Our **Aging and Adult Services** Social Workers are providing comprehensive assessment and intervention through In-Home Support Services, assessment and advocacy on behalf of disabled

clients, investigation of emotional abuse, sexual abuse, financial exploitation, neglect and isolation of the elderly and disabled adults, and referrals to resources and support to help ensure safety and independence.



In Workforce

Services, EHSD Social Workers determine job readiness, and assist clients in finding resources to overcome employment barriers.

Thank you to all our Social Workers for being on the front lines of upholding safety net programs that

help eliminate hunger, homelessness, and poverty, ensuring the availability of affordable, high-quality health care, and delivering mental health support.

Your hard work and dedication empowers people in our County to live to their fullest potential.

Building Brighter Futures Together

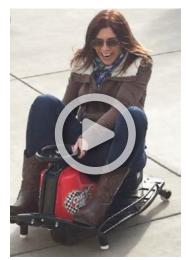
Michele Colbert Mixing Compassion, Humor and Hard Work

By Alan Wang, Community Services Media Specialist

Working in Adult Protective Services (APS) can take its toll on a social worker like 22-year veteran, **Michele Colbert.** Yet, she's still considered one of the best at her craft by her peers. A typical adult protective case often involves elder abuse by a family member, like the one where Michele says an elderly client was being financially and mentally abused by his adult son. "I had to act quickly and get him (the son) served with a restraining order so he couldn't go back home and bully his father. To this day our client has gotten better. His memory is also better because stress can make dementia get worse, faster."

When you care as much as Michele "you can get overloaded with this job," she says. "You can suffer from burnout. It weighs on you." That's why the social worker III, who grew up in Lodi, California, is also known for having a great sense of humor. It's her way of dealing with the pain and abuse she witnesses and even internalizes herself.

"This pandemic has also led to more feelings of helplessness for the elderly," she says. "I tell them, 'I can't fix everything, but I will do what I can to make this situation better."



CLICK on the play button to watch Michele doing 360's.

In the office at 500 Ellinwood, Michele's workmates can over hear her exchanging friendly banter with cubicle neighbor, **Jon Botson**, who is also a social worker in the APS unit. At home, she has fun raising her two children (Amelia, 18 and Zach, 14) and, if you press the digital play button in this article, you can hear Michele squealing with delight while doing 360's on her son's electric go-cart. A little primal scream therapy doesn't hurt.

Michele has a great sense of humor," says Social Work Supervisor, Mary Jane Harris. "When she's in the office, you can hear her laughter as she engages with others. She

enjoys working on cases where the complexities of the case are mysterious. I think she was likely a private investigator in her previous life," jokes Mary Jane.

"I just stay focused on the good things because that's what keeps you going," says Michele. "It's knowing that you've made a difference in somebody's life."



Using Safety Mapping for Success

By Ariana Martinez, SOPAC/SDM Workgroup Co-Chair (Ariana Martinez, MSW - Staff Development Specialist - Children & Family Services)

Safety Organized Practice (SOP) is a strengths-based framework of Child Welfare best practices. Many social workers are actively using SOP tools to engage children and families in a thoughtful and collaborative way to help build safety. Recently, a social worker in the West County Emergency Response (ER) Unit successfully utilized one of these tools, Safety Mapping, in case consultation with their supervisor, Margaret Valencia, and Court Unit supervisor, Laura Carnagey, to help determine next steps in their work with a family. Safety Mapping is a collaborative process using a three-column or four-quadrant format to think

critically through a referral, or case, by collecting, organizing, and analyzing the information before deciding upon next steps. Social workers can do this with the family and their support network, during supervision, or in case consultation.

SOP Advisory Committee/Structured Decision Making (SOPAC/SDM) Workgroup is currently meeting monthly via Zoom to support best practices across districts and programs. We welcome you to reach out and connect with Co-Chairs, Laura Carnagey and Ariana Martinez to join or learn more.

Mapping explained – Example of Mapping Categories

What are we worried about?	What's working well?	What needs to happen?	Who will do what to build safety?
 Harm statements Danger statements Complicating factors 	Existing safetyStrengths	Agency safety goalsFamily safety goalsNext steps	Safety actions, tasks, rules

Wear It!









What Foster Youth Want in a Foster Parent

By Alan Wang, Community Relations Media Specialist

In the ongoing effort to expand the pool of Resource Families for foster youth, EHSD is launching a campaign featuring foster youth who explain what they hope for in a resource parent. The video stories, in both English and Spanish, are reaching a large Contra Costa County audience on social media platforms like Facebook, Instagram and Twitter.

The goal is to encourage thoughtful people to consider the value they might bring when fostering a child and understand the value they will receive in return. Those who cannot foster a child, can also consider being a Court Appointed Special Advocate (CASA).



CLICK on the play button and hear what Joseph Basada values in a Resource Family. Please share this link on your own social media platforms and encourage your followers to check out the Resource Family Orientation schedule for **English** or **Spanish** speakers.

24/7 Support for Foster Youth & Caregivers

California's children and youth who are currently and formerly in foster care, and their caregivers, will be able to access critical trauma-informed support 24/7. The California Department of Social Services launched the state's **Family Urgent Response System (FURS)** on Monday, March 1st.

FURS is a coordinated system to provide timely statewide hotline and county mobile response with the goal of supporting youth and caregivers during tense situations. FURS will help provide a safe, judgement-free way for youth to talk or vent

frustrations by simply calling or texting 1(833) 939-FURS (3877). Likewise, FURS can help caregivers who are providing care for a youth currently or formerly in foster care. Being able to go to someone for immediate assistance can make a big difference during challenging times.

More information is available at <u>cal-furs.org</u>, or you can view/pass along these fliers that are geared toward youth as well as caregivers.

24/7 Support Hotline for Foster Youth and Caregivers 1 (833) 939-FURS (3877)





Click on above fliers to view and download them from ehsd.org

Free Tax Help for Anyone Who Needs It

Tax preparation can be complicated and intimidating, and it can make a big difference for tax payers to know accurate information is available, especially from trusted organizations. This may be especially true for people who file with an Individual Tax Identification Number (ITIN), which someone can use to file taxes if they don't have a social security number. According to First 5 Contra Costa, for the first time ITIN filers are eligible for CalEITC and the Young Child Tax Credit. Because ITIN filers could not receive federal stimulus checks, it is important they know how to get help filing their taxes so they can claim cashback tax credits available to working Californians with young children.

Free tax preparation help is available through EARN it KEEP it SAVE it. Trained and IRS-certified volunteers help ensure taxpayers maximize their refunds. For more information, visit the **United Way Bay Area** Tax Help site. You can also direct EHSD customers to call 211 or (800) 833-2900, or text HOPE to 20121.

Additional tools are available in various languages on EHSD.org and First 5 Contra Costa at the following links:

Stay Safe and Access Free Tax Help from Home! (English, Spanish and Mandarin)

Get Your Taxes Done Right (What to Bring & FAQ) - English, Spanish, and Mandarin)

First 5 Contra Costa CalEITC Resources for **Providers**

Thank you for helping to get the word out about free tax prep resources to EHSD customers and anyone who may need assistance this tax season. Feel free to share this information widely!







Friendly, Trusted

Online and In-person. Visit uwba.org/tax-help to maximize your refund today!

You may qualify for more than \$6,000 in refunds from the California and Federal Earned Income Tax Credits!













Visite uwba.org/tax-help hoy para maximar su reembolso

Puede calificar para mas de \$6,000 en reembolsos del Credito por Ingreso del Trabajo federal y estatal.









EHSD is posting about free tax help on its social media platforms to help spread the word. You can retweet, like and share further on Facebook and Twitter @ContraCostaEHSD

Front Row Seats are ALWAYS Available: Ecotime E-Learning for Employees

By Cheryl Leonor, Administrative Services Assistant III



Are you a new employee using Ecotime for the first time? Or are you already using Ecotime, but want a refresher? If your answer is "yes," then head over to SMART and take the "Ecotime E-Learning for Employees." Learn how to complete a timesheet according to your specific schedule, find out what to do if you get a warning or error

code, how to check your balances, manage time off requests and your FMLA event(s). All from the comfort of your own desk.

For questions about this e-learning or if you are experiencing technical issues with Ecotime, send an email to EcotimeHelp@ehsd.cccounty.us.

Library Launches Wi-Fi Hotspot Lending

The Contra Costa County Library is now offering Wi-Fi hotspots for checkout. The hotspot provides internet access to families and library patrons who don't have a connection at home. The lending program will allow students, parents, teachers and families working and studying remotely, access to a free and reliable internet connection.

"Due to the pandemic many people in our communities need access to the internet more than ever," said County Librarian, Alison McKee. "Reliable internet service will

help with work, school and staying connected to friends and family members they can't see right now."

The hotspots can connect up to 10 devices at one time and work almost anywhere in the continental U.S.

Hotspots are available for checkout at ccclib.org or by contacting

library staff at any community library.
Patrons must have a library card in good standing in order to check out a hotspot.
The lending period is 21 days, and they are available for renewal if there is no waitlist.

Read online: https://ccclib.org/news/library-launches-wi-fi-hotspot-lending/



Contra Costa County Library has Wi-Fi hotspots for checkout to help provide free internet access to students, teachers, families, and library patrons who don't have a connection at home.

Visit ccellb.org for information or to place a hold.



CSB Celebrates Pride in Food Service Week

By Edgar Moreno, Child Nutrition Operation Supervisor

Every year during the first week of February, the Community Services Bureau dedicates time to celebrate Pride in Food Service Week.. This weeklong event is to celebrate and show appreciation to our Child Nutrition Unit staff for their hard work and services that impact our Head Start and Early Head Start programs.



Child Nutrition Unit (CNU) staff member receives artwork from children at GMC

Before the COVID-19 pandemic, our Child Nutrition Unit served approximately threethousand meals per day, which included breakfast, lunch and afternoon snacks. Since the pandemic, with limited enrollment at our sites, we are serving around nine hundred meals daily.

The Child Nutrition staff loves cooking for the children and making sure the children get the most nutritious food when in school. Everything that the children eat is prepared fresh and made with love. We continuously make efforts to create menus that are inclusive and represent as many home cultures as possible. The menu items are chosen based on the feedback shared by the center staff and families. Our nutritionist ensures that all the food items we serve meet the Child and Adult Care Food Program (CACFP) requirement and Head Start Performance Standards. Some of the children's

favorite dishes are: Chicken Chilaquiles, Kahlua Chicken, Mac and Cheese, Hoping Johns and the list goes on.

During this year's weeklong "Pride in Food Service



CNU staff preparing healthy meals to deliver to Head Start (HS) and Early Head Start centers

Week" celebration, children at all of the sites created posters for the kitchen staff to show their appreciation for all of the delicious meals that are served to them every day. Some senior managers brought staff flowers, healthy treats and coffee.

Our Child Nutrition Unit staff feel so loved and



CNU staff preparing fresh carrots for HS centers



In challenging times, it's particularly important to look after your own mental wellness. This may require an active effort on your part to utilize practices that contribute to good mental health.

- Strive to maintain a positive outlook. Despite tough times, look for the positive in all situations. Limit your exposure to toxic stimuli and negative people.
- Have compassion for yourself. Life is challenging, and it's easy to make mistakes now and then. Forgive yourself and acknowledge that you're doing your best at any given moment.
- Challenge negative thoughts. We're often our own worst critics.

 Remember that self-critical thoughts are not facts. Actively replace them.
- Accept help. It's never wrong to wseek an expert perspective from a professional. The right treatment can positively impact your quality of life.

Tips for boosting mental wellness

- Reduce your mind clutter. Practice mindfulness by repeatedly bringing yourself back to the present moment throughout the day—not functioning on "autopilot." This can reduce stress, anxiety, depression and chronic pain.
- Hit your health markers. Getting at least 30 minutes of exercise most days will boost your mental health. Plus, aim for seven to nine hours of sleep per night.
- Avoid isolation. It can be challenging these days, but stay in regular touch
 with friends and family. If it helps, join a club of like-minded people or try a
 new hobby.

Continue reading the article or browse more topics at www.magellanascend.com.

UPCOMING WEBINAR: Financial Planning in Uncertain Times March 10

Register for this webinar to:

- Develop a growth mindset
- Maintain motivation and overcome obstacles
- Leverage your strengths and the strengths of others

Missed the live webinar?

Don't worry, you can access webinar recordings by clicking on "Learning Center" and selecting "Webinars." If you haven't signed up to use the County Employee Assistance Program yet, follow these two easy steps:

Step 1: Go to www.magellanascend. com and click on "Sign up".

Step 2: Complete the online registration form and click on "Get Started".

Customer Service Champions

These individuals are being recognized for going the extra mile by delivering excellent service to our customers. They went above and beyond in their willingness to help and demonstrated EHSD's emphasis on providing exemplary customer service. Congratulations on a job well done!

Kindness and Patience Go a Long Way

By Julie Peck, EHSD Ombudsperson

Eligibility Work
Supervisor John
Long exhibited
exceptional customer
service while
working with EHSD's
Ombudsperson
services to resolve
a challenging case
involving three
family members
who are new CalFresh
customers, including



John Long, Eligibility Work Supervisor

two who receive In-Home Support
Services (IHSS). The family is an 82-year
old mother who is terminally ill, her 58-year
old daughter who has breast cancer, and
their 60-year old daughter and sister, who
is the Authorized Representative (AR) for
both. All three are Supplemental Security
Income (SSI) recipients. The AR has mental
health issues, is overwhelmed with her
responsibility, and has become frustrated and
agitated during interactions.

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Lori Juarez - Our Medi-Cal CalFresh Service Center Hero!

By Renee Giometti, MCSC Division Manager, Workforce Services Bureau)

Lori Juarez is the Program Analyst for the Medi-Cal CalFresh Service Center (MCSC). Her primary duties revolve around the CalFresh program. She is also part of the MCSC remote work pilot project. During the pandemic, Lori had



Lori Juarez, Program Analyst MCSC

an unfortunate skating accident that left her with a broken ankle that required surgery. This accident occurred the third week in October, just two weeks before the CalFresh Management Evaluation (M.E.). This necessitated emergency planning to prep for the M.E. as Lori has performed as the primary point of contact for this in years past. As we were gathering our plan, Lori reached out just days after her surgery

Continued on next page

Customer Service Champions

John Long – Continued from previous page page

I have developed a rapport and trust with the AR, and the intervention that made the most sense was for her to go to Ellinwood to pick up new EBT cards for herself, her sister and her mother. John ordered the cards, and spoke with reception staff in advance so they would be ready to provide extra help that the customers might need.

To support communication while setting up the EBT cards, and to alleviate a stressful situation, John personally went outside to the bus stop bench and spoke with the customer and her sister as I was on the phone listening. John introduced himself and, in the customer's words, was "kind and professional." John took her card inside to activate it, then returned, and told her the card should work that same day at the grocery store. John also said he would call her to schedule a time for her go back to Ellinwood and get her mother's card set up, too. John's acts of kindness and patience brought this customer to tears.

I so appreciate that John took the time to go outside and personally intervene to help resolve the CalFresh issues our customer was experiencing. She was so calm after interacting with him. Kudos to John Long. **Lori Juarez** – Continued from previous page page

to let us know she would be able to work remotely and wanted to remain the point person for the upcoming M.E. There was no dissuading her. Lori rose to the occasion and from her home work station she prepped the MCSC staff for the upcoming ME.

Lori was not to be counted out either when we experienced the fall of Adobe Flash for WDT on January 12, 2021. Lori worked tirelessly on work arounds for MCSC staff while Systems Staff were working on a fix. She also worked handin-hand with WDT Information Systems Programmer, Michael Glass, well into the evenings and rolled out and monitored testing of various fixes as they occurred. Her work on WDT was exemplary and her concern for MCSC staff and customers was astounding.

The MCSC is very fortunate to have Lori Juarez on our administrative team and we do not know what we would have done without her during this period. Thank you Lori for your commitment and continued support for the community we serve and the staff we support.

CONTRA COSTA COUNTY

EMPLOYMENT & HUMAN SERVICES
Building Brighter Futures Together



SERVICE AWARDS | NEW EMPLOYEES | RETIREES

SERVICE AWARDS

20 YEARS

Monique Cooper, Soc Svc Program Assistant, WFS

Sung Kim, Sr. Business Systems Analyst, CSB Marites Tolentino, Database Administrator, Admin

15 YEARS

Rosalie Uy, Workforce Svcs Specialist, WFS

10 YEARS

Erik Brown, Departmental Fiscal Officer, Admin Gil Gilreath, Clerk-Senior Level, Staff Development

Pamela Graney, Clerk-Senior Level, WFS
Cornelius Jennings Jr., Eligibility Worker III, AAS
Alma Lyons, Master Teacher-Project, CSB
Wendy Schuplinsky, Clerk-Senior Level, CFS
Nancy Sparks, Comprehensive Svcs Man-Prj,
CSB

NEW EMPLOYEES

Arash (Ari) Abbassi, Clerk-Experienced Level, Admin Adilene Rodriguez, Intermediate Clerk-Proj, CSB Laneisha Terrell, Administrative Svcs Asst. III, Admin Ali Vahidizadeh, Accountant I, CSB

RETIREES

Margot Abbott, Children's Svcs Cler Spec, CFS Azarmidokht Azarnoosh, Infant Toddler Teacher-Project, CSB

Laura Cox, EHS Division Manager, Admin Tessa Dawson, Eligibility Worker III, WFS Nancy Fernandez, EHS Division Manager, CFS Enriqueta Gomez, Clerk-Senior Level, WFS Bob Kocher, Info Sys Technician II, Admin Kathleen Murphy, Eligibility Work Supervisor, WFS

Suzanne Perez, Social Worker III, CFS

Aurelia Quintero, Social Svcs. Program Assistant, WFS

Amy Bat Tzipora, Social Worker III, CFS Mickey Williams, EHS Division Manager, OOD

Are you planning a retirement celebration for a staff member and would like to present them with a retirement certificate? If so, please contact Deb Johnson at djohnson@ehsd.cccounty.us or (925) 608-4904.

SPREAD THE WORD

March

- NATIONAL SOCIAL WORK MONTH
- NATIONAL NUTRITION MONTH
- MARCH 14 Daylight Saving Time Begins (spring forward)
- MARCH 14 Pi Day
- MARCH 17 St. Patrick's Day
- MARCH 20 Spring Equinox
- MARCH 27-APRIL 4 Passover
- MARCH 31 Cesar Chavez Day

April

- SEXUAL ASSAULT AWARENESS & PREVENTION MONTH
- CHILD ABUSE PREVENTION MONTH
- NATIONAL COUNTY GOVERNMENT MONTH
- APRIL 1 April Fool's Day
- APRIL 2 National Walk to Work Day
- APRIL 4 Easter
- APRIL 8 Holocaust Remembrance Day
- APRIL 15 Tax Day
- APRIL 21 Administrative Professional's Day
- APRIL 22 Earth Day

Is there room in your home for one more?

Make a change in a child's life and become a Resource Parent/ Family for a foster child. Contra Costa County has more than



1,000 children who need your help. Join a free virtual orientation during the COVID-19 Health Order. We will update the in-person orientation schedule as restrictions lift.

FREE VIRTUAL ORIENTATIONS

March 4 or 18 • 4 to 6 p.m.

April 1 or 15 • 4 to 6 p.m.

May 6 or 20 • 4 to 6 p.m.

June 3 or 7 • 4 to 6 p.m.

For more information about becoming a Resource Parent visit us at www.ehsd.org.

To register for a class, please call (925) 602-6960, toll-free at 1 (866) 313-7788, or email ResourceFamilies@ehsd.cccounty.us

