

# Stone Soup Gazette

Orange County Health Needs Assessment

Volume 12, July 1999

## *In This Issue:*

- Quick Collaborative Action Helps Soften Blow of Clinic Closures
- EPSDT Funding Opens Doors for Children with Mental Illness
- Community Health Improvement Corner

## QUICK COLLABORATIVE ACTION HELPS TO SOFTEN BLOW OF CLINIC CLOSURES

By: Heather Dale, Project Coordinator, OCHNA

Just last month Free Health Plan's Clinica Para Hombres was featured in the Community Health Improvement Corner of the Stone Soup Gazette. Now just weeks later, the Free Health Plan clinic located at 2209 S. Main Street Clinic in Santa Ana, which housed the Clinic for Men, along with the other Free Health Plan clinic at 1515 S. Broadway have been unexpectedly closed due to a loss of funding.



This is a frustrating set back in trying to increase access to health care in the county. Now the 3,000 patients served by the clinics operated by Free Health Plan are faced with the task of finding alternative sources of free or low cost health care. This is particularly disheartening given the Orange County Health Needs Assessment results indicating that roughly 335,000 uninsured adults and 89,840 uninsured children are in Orange County. Fortunately, quick action has been taken to help remedy this situation.

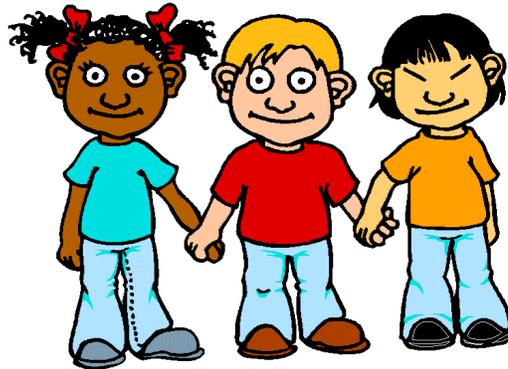
In the aftermath of the clinics' closing, a meeting attended by community health care representatives resulted in county officials arranging for a temporary clinic to open on Monday, July 12, 1999. The clinic, housed out of the Delhi Community Center at Central Avenue and Halladay Street, has already started serving some of the patients identified as having chronic illness or in need of continuous medication. In addition, the county has arranged for patients who are given prescriptions to have them filled at no charge to patient at a local county contract pharmacy; the county is underwriting the cost. The county is currently coordinating with the Free Health Plan Board of Directors to reach an agreement that would enable the Health Care Agency Emergency Response Team to work out of one of the former Free Health Plan Clinics.

In the meantime, in addition to meeting the urgent needs of patients, the temporary clinic at the Delhi Community Center is also acting as a clearinghouse, referring poor and low income residents to other community clinics that are free or inexpensive. Residents seeking health care can also be referred to their nearest clinic by calling the Orange County Health Referral Line, a toll-free number, (800) 564-8448.

## EPSDT FUNDING OPENS DOORS FOR CHILDREN WITH MENTAL ILLNESS

By David Paltin, Ph.D., Executive Director of Aspen Community Services

Robbie, aged 5, and his mother moved into a transitional housing shelter in East Orange County after escaping from family violence. He has suffered not only from his past trauma, but from the adjustment to his new school, new friends, and transitory life. A decade ago, Robbie's mother would be hard pressed to find mental health counseling and support to cope with the family's needs. Children's mental health



services at that time operated on a spartan budget, with few resources to meet the gaping demands of hundreds of MediCal children and families. Today, the situation has improved. The Early Periodic Screening, Diagnosis and Treatment (EPSDT) funding stream allows counties to utilize MediCal funds to design mental health programs for a target population of children and youth. Now, children like Robbie have greater access to outpatient individual and family therapy, psychological testing, medication support, and case management services. All children aged two to eighteen with Medi-Cal are eligible for these free services. Outpatient clinics run by Aspen Community Services and other EPSDT providers are spread across the county, particularly in communities like Santa Ana where families need close and convenient access to MediCal services.

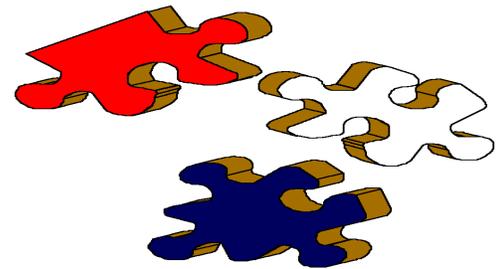
What does the future look like for EPSDT funded services? Due to the foresight and vision of the Orange County Health Care Agency's Child and Youth Services Division (CYS), Aspen has been contracted to begin providing Day Treatment services to children with more difficult emotional and behavioral problems – children who without Day Treatment might have required hospitalization or residential care. Aspen's program, located in Buena Park, runs therapy and treatment groups for children who attend five days a week. Its goals are to strengthen the family, to ameliorate serious mental and emotional disorders in children, and to fill the gap between expensive hospital care and once-per-week counseling. "The families we work with become close to our staff," remarks Katerina Wells MFT, Director of the program, "they know we are here for them every day of the week." In the future, more EPSDT programs will likely be added to the Orange County health care community given the rational, cost saving approach of providing early intervention care before a child's emotional or behavioral problem becomes an adult's chronic and persistent mental illness.

For more information on the programs offered by Aspen Community Services or to make a referral, contact Aspen Community Services directly at (714) 565-2830. Referrals may also be made by fax at 714/565-2833.



[WWW.OC.CA.GOV/OCHNA/](http://WWW.OC.CA.GOV/OCHNA/)

Visit our web page and check out what is new and exciting, as we venture forth on our quest for a healthier community. If you have questions, suggestions or wish to get involved, please contact Pamela Austin, Director, at (714) 547-3631, or e-mail her directly at [paustin@hasc.org](mailto:paustin@hasc.org)



### Stone Soup Gazette

The Stone Soup Gazette is the official Newsletter of the Orange County Health Needs Assessment Project. This is a monthly publication. We welcome your comments, concerns or suggestion. Deadline for articles is the 10th of the month.

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# COMMUNITY HEALTH IMPROVEMENT CORNER



Mission Hospital Regional Medical Center, in an effort to provide services caring for body, mind, and spirit, will be offering a number of community education programs during the months of July and August. Included below are both education classes offered by Mission Hospital and by the Family Resource Center. In calling to make reservations to take part in a class, please be sure to call the correct reservation line.

**For Reservations for Mission Hospital Classes call (949) 364-1770**

**For Reservations for Family Resource Center lectures call (949) 364-0500**

## **Mission Hospital Events:**

### **First Aid Class**

**Saturday, July 24, 9 – 1 p.m., \$30**

Basic information for both adults and children. Must be at least 16 years old.

**HealthEd Center, 27800 Medical Center Road, Bldg. #2, Suite 342, Mission Viejo**

### **Peripheral Vascular Disease Screening**

**Saturday, July 24, 10 – 2 p.m., Free**

If you suffer leg aches or cramps when you walk, you may be one of over three million people who suffer from peripheral vascular disease (PVD). While it may seem harmless, PVD is a condition that should not be ignored.

**Mission Hospital Conference Center, 27700 Medical Center Road, Mission Viejo**

### **Deciphering Heart Catheterization**

**Thursday, July 29, 7 – 8 p.m., Free**

Understanding angiograms will be discussed in this presentation by Arthur Loussararian, M.D., interventional cardiologist. He will provide new information about coronary artery disease and angioplasty, the latest in stents, medications and treatment, as well as discussing controllable risk factors. Come to learn about prevention, treatment, and see an actual angiogram.

**Mission Hospital Conference Center, 27700 Medical Center Road, Mission Viejo**

### **Cardiac Risk Screening**

**Saturday, July 31, 7 a.m. – 12 noon, \$199**

This comprehensive assessment includes a resting EKG, treadmill stress test with blood pressure monitoring, lab test including cholesterol, triglycerides, HDL, LDL, body fat analysis, and a summary booklet with results and recommendations.

**Mission Hospital Pavilion, Cardiology Department, 27700 Medical Center Road, Mission Viejo**

### **Look Good, Feel Better Program**

**Monday, August 2, 1 – 3 p.m., Free**

This program, offered through the American Cancer Society, is an opportunity for women who are undergoing cancer treatment to develop skills to enhance their appearance. Admission is limited and all cosmetics and skin care products are complimentary.

**HealthEd Center, 27800 Medical Center Road, Bldg #2, Suite 342, Mission Viejo**

### **Urinary Leakage in the Active Woman**

**Tuesday, August 31, 12:30 – 1:30 p.m., Free**

Urogynecologist Toni Harris, M.D., co-director of the Incontinence and Pelvic Support Institute, explores this common problem and addresses the types of incontinence, including diagnosis and treatment. Learn about new treatment and product options.

**Florence Sylvester Memorial Senior Center, 23721 Moulton Parkway, Laguna Hills**

**Additional Services are offered by the South Orange County Family Resource Center, a collaboration between Mission Hospital, Children's Bureau of Southern California, Prevent Child Abuse-Orange County, and Canyon Acres Children's Services.**

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Pamela Austin, Project Director.....HASC  
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CalOPTIMA  
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Coalition of OC Community Clinics  
Coastal Communities Hospital  
Chapman Medical Center  
Fountain Valley Regional Hospital  
Garden Grove Hospital  
Healthcare Assoc. of So. Calif.  
Healthcare Council of OC  
Hoag Memorial Hosp. Presbyterian  
Huntington Beach Hospital  
Irvine Medical Center  
Kaiser Permanente  
La Palma Intercommunity Hospital  
Los Alamitos Medical Center  
March of Dimes  
Martin Luther Hospital  
Mental Health Association of OC  
Mission Hospital Regional MC  
Orange County Medical Assoc.  
Orange Coast Memorial MC  
Placentia Linda Hospital  
Saddleback Memorial MC  
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Ron Wright, DDS.....100 Black Men of OC  
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OC Community Foundation

## Family Resource Center Events:

### Anger Management for Teens

Tuesdays, August 3, 10, 17, & 24, 4:30 – 6 p.m., \$20/series

Ages 12, 13, & 14 years

A program to help teens learn new ways to increase self control and manage anger. Teens attend first two sessions, parents attend third session, and both parents and teens come together for the final session. Led by John Ackerman, M.A.

### Drug Proofing Your Child

Thursday, July 29, 6:30 – 8 p.m., Free

Cutting edge strategies for parents to prevent drug and alcohol use by teens and pre-teens before it even starts. Resources are available if you suspect a problem. Led by John Ackerman, M.A.

### Women, Infants and Children (W.I.C.) – Nutrition Education/Supplemental Food Program

Mondays, 10:00 a.m. – 3:00 p.m., Free

Nutrition/breast feeding consultation for pregnant/postpartum women and children under 5. An appointment is necessary to determine eligibility for the food program. Must call (949) 488-7688 to make an appointment. (Spanish & English)

**\*The above three events offered by the Family Resource Center are held at the Center located in the College Center, 28191 Marguerite Parkway., Suite 19, Mission Viejo.**



## OCHNA

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