

**Sierra County  
Board of Supervisors'  
Agenda Transmittal &  
Record of Proceedings**

<b>MEETING DATE:</b> August 16, 2016	<b>TYPE OF AGENDA ITEM:</b> <input checked="" type="checkbox"/> Regular <input type="checkbox"/> Timed <input type="checkbox"/> Consent
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<b>DEPARTMENT:</b> Health & Human Services <b>APPROVING PARTY:</b> Darden Bynum, Director <b>PHONE NUMBER:</b> (530) 993-6700
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**AGENDA ITEM:** Discussion and direction regarding partnering with Western Sierra Medical Clinic for Wellness Outreach.

**SUPPORTIVE DOCUMENTS ATTACHED:** Memo Resolution Agreement Other

**BACKGROUND INFORMATION:** Discussion and direction regarding partnering with Western Sierra Medical Clinic for wellness outreach where by HEAL (Health, Education, Action, Lifestyle) activities will be provided.

**FUNDING SOURCE:**  
**GENERAL FUND IMPACT:** No General Fund Impact  
**OTHER FUND:**  
**AMOUNT:** \$ N/A

**ARE ADDITIONAL PERSONNEL REQUIRED?**  
  
Yes, -- --  
No

**IS THIS ITEM ALLOCATED IN THE BUDGET?** Yes No  
  
**IS A BUDGET TRANSFER REQUIRED?** Yes No

**SPACE BELOW FOR CLERK'S USE**

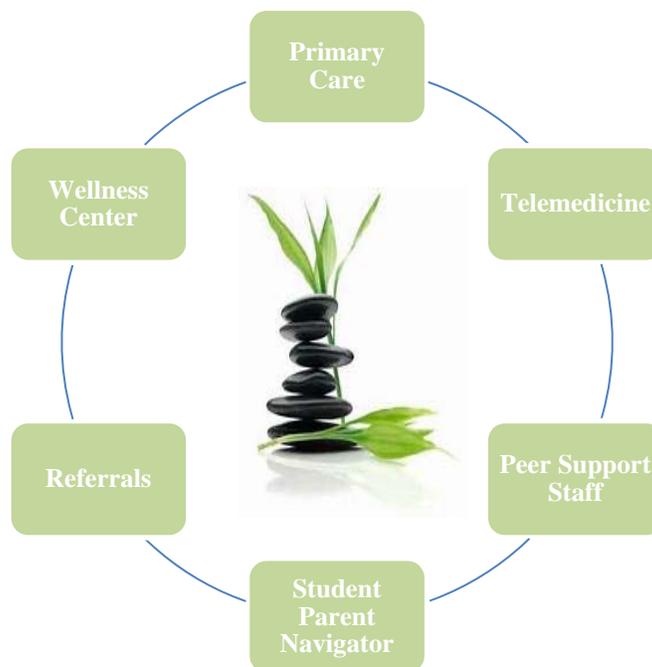
<p><b>BOARD ACTION:</b> <input type="checkbox"/>Approved <input type="checkbox"/>Approved as amended <input type="checkbox"/>Adopted <input type="checkbox"/>Adopted as amended <input type="checkbox"/>Denied <input type="checkbox"/>Other <input type="checkbox"/>No Action Taken</p>	<p><input type="checkbox"/>Set public hearing For: _____ <input type="checkbox"/>Direction to: _____ <input type="checkbox"/>Referred to: _____ <input type="checkbox"/>Continued to: _____ <input type="checkbox"/>Authorization given to: _____</p>	<p>Resolution 2016- _____ Agreement 2016- _____ Ordinance _____ Vote: Ayes: Noes: Abstain: Absent: <input type="checkbox"/>By Consensus</p>
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**COMMENTS:**  
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CLERK TO THE BOARD \_\_\_\_\_  
DATE

Collaboration Proposal  
Sierra County H&HS and WSMC  
Wellness Outreach

Western Sierra Medical Clinic, Downieville  
Sierra County Health & Human Services  
**Wellness Outreach**



**WELLNESS PROPOSAL**

July 27, 2016



helping people

Family N.P., M.D., D.O., P.A., Primary Care

Dietician

Pharmacist

Peer Support Staff

Health and Human Service

Social Worker

Psychiatrist (Child/Adolescence, Addiction, Med Management)

Student Parent Navigator

**WELLNESS PROPOSAL**

July 27, 2016



helping people

Collaboration Proposal  
Sierra County H&HS and WSMC  
Wellness Outreach

## **HEAL:**

**H (H)ealth**

**E (E)ducation**

**A (A)ction**

**L (L)ifestyle**

## **Wellness outreach with WSMC's HEAL Team:**

- Family N.P., M.D., D.O., P.A., primary care provider
- Nurse, nursing assistant
- Dietician

**WELLNESS PROPOSAL**

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- Pharmacist
- Health & Human Services social services eligibility worker
- Social Worker (child/adult protection, In-Home Supportive Services)
- Psychiatrist (child/adolescent, addiction, med and pain management)
- Peer Support Staff (PSS)
- Student Parent Navigator (SPN)

First phase of proposed integration and collaboration:

Part-time Peer Support Staff (PSS) and part-time Student Parent Navigator (SPN) co-located in WSMC-Downieville. PSS hours will coincide with the clinic hours; formally reports to County Coordinator in Loyaltown; functionally reports on day-to-day basis to Family Nurse Practitioner in Downieville's WSMC

## **WELLNESS PROPOSAL**

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**A. Peer Support Staff (PSS)** conducts prevention and early intervention activities

- 1 Provide support and referral
- 2 Assist with use of physical therapy equipment
- 3 Model and teach stress reduction/mindfulness training
- 4 Engage relaxation techniques
5. Offer parenting and recovery support groups
6. Conduct advocacy
7. Participate in and provide for training opportunities
8. Use outreach and education
9. Facilitate Wellness Recovery Action Plan (WRAP)
10. Be available for drop-in support or crisis intervention
11. Cultivate self-help groups

**WELLNESS PROPOSAL**

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**B. Student Parent Navigator (SPN)** provides outreach, linkage, and access to supports and services for children and families of who are experiencing challenges with school attendance and academic-behavior problems

1. Navigate with schools to assess for specialized services  
interface with schools for appropriate services and supports to facilitate alleviating attendance issues
2. Link other services such as behavioral health, primary care, Social Security, Medi-Cal, Veterans Services, CalFresh, Calworks, Family Resource Center, etc.
3. Coordinate interface with Alta Regional Center
4. Access transportation to the extent funding resources allow
5. Participate as a member of the Student Attendance Review Board
6. Link/provide parenting supports and programs as appropriate

As the community integrates SPN and PSS services, Sierra County Health & Human Services may adapt the hours, location, and outreach to work with WSMC. A Memorandum of Understanding would serve everyone.

**WELLNESS PROPOSAL**

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Peer Support Staff and Student Parent Navigators aim to collaborate effectively with the WSMC clinic office located in Downieville.

Realizing this goal helps families and children. It broadens the spectrum of the clinic's dental and primary care; it formally includes a portion of the county's social services. When families and children are part of a warm handoff referral process, referred for direct medical attention or social services, major health indicator outcomes get better, especially for children

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