



Board of Supervisors Update



January - February 2017

DEPARTMENT NEWS

Animal Control



On December 21st Animal Control and the Probation department held an adoption event in Mammoth at the Marina Village Mall. A fun time was had by all. The kids learned a few things and the dogs got some much needed exposure. Much thanks to all involved,



Behavioral Health

Did you know that Mono County Behavioral Health and Alcohol and Drug Services has a Wellness Center in Mammoth Lakes that is “free of charge” and open to the general public?

The Wellness Center services are made possible through the November 2004 passage of Proposition 63 (now known as the Mental Health Services Act or MHSA). MHSA was designed to expand and transform California’s county mental health service systems for children, transition age youth, adults, older adults and families. The MHSA is funded by imposing an additional one percent tax on individual, but not corporate, taxable income in excess of one million dollars. MHSA provides increased funding, personnel and other resources to support county mental health programs and monitor progress toward statewide goals. The Act addresses a broad continuum of prevention, early intervention and service needs and the necessary infrastructure, technology and training elements that will effectively support this system.

The Mammoth Lakes Wellness Center is open to anyone living in our communities and is the embodiment of community collaboration as it reflects the desires of those we serve. As such, offerings are strength-based, client-driven and may change depending upon feedback that Behavioral Health and Alcohol and Drug Services receive. As the monthly schedule for the Wellness Center is constructed, the focus is on energizing the best that we (e.g. staff and consumers) have to share with one another. Input from consumers is always honored and we believe that utilizing consumers to teach classes at the centers whenever possible helps to instill self-confidence and pride in our consumers and in our community.

Operation of the center is five days per week with a number of staff and consumer-driven classes/groups offered such

as: *Yin Yoga, Revolving Doors (Referral Only Group), Small Steps Big Difference, Overeaters Anonymous, Highly Sensitive Person (HSP) Support Group, Mini-Me Bonding, Relapse Prevention Group, Narcotics Anonymous, Craft Social, Club House Live M.S. & Club House Live H.S., and Círculo de Mujeres.* (Please note that classes/groups do sometimes vary, so please make sure you refer to each month's current Wellness calendar.)

Beginning in the month of March, we have a new group called Círculo de Mujeres. This group will be in Spanish only. The Women's Circle will be an open group for Spanish-speaking Hispanic women to build friendships, support one another, and have fun! We will focus on mindfulness and healing, creating a connection with our heritage, celebrating and discovering who we are, and learning tools and tips for everyday life.

If you'd like to participate in any of our classes/groups - or know of anyone else that would like to participate - please contact Mono County Behavioral Health at 760-924-1740. There are many ways that we can inform you of the Wellness Center schedule: verbally, we can mail or email you a schedule, or you can just pop into one of our sessions! If transportation is an issue, we may be able to assist with that as well. Just give us a call. Also, if you'd like to be on our monthly calendar schedule email list, please just let us know that as well.

We look forward to you joining us and we also would like to extend a deep thank you and express appreciation to all of our Wellness Center patrons and service providers for helping to grow the Wellness Center into a successful and robust community resource.

THANK YOU! And please share our Wellness Center Calendar!

DESCRIPTON OF WELLNESS CENTER ACTIVITIES

Yin Yoga: Yin is a passive style of yoga where stretches are held for longer periods in comfortable positions (2-5 minutes). No standing poses or flowing combinations! The purpose is to improve mobility in the hips and spine and gain access to deeper connective tissue (fascia). Focus is on the breath and the practice encourages relaxation, stress release and a sense of surrender in both body and mind.

Revolving Doors: Referral Only Group

Revolving doors is a support group for men who are on probation, parole, or who have served time in an institution (state or county) and are struggling to adapt to the way community expects them to function.

In this group you will be encouraged to express yourself, your ideals and beliefs. You will also have an opportunity to receive an objective view from a person who has been through the system and has made the necessary changes to break the cycle of incarceration. You will also learn about available resources. (Employment, Mental Health, Medical etc.) Please call 760-924-1740 or ask your probation officer for a referral.

HIGHLY SENSITIVE PERSON SUPPORT GROUP: This support group is open to all HSPs interested in being in a validating and supportive environment, engaging in self-exploration and personal growth through expressive arts, and connecting with other HSPs to share experiences and strategies. We will use different mediums such as watercolor, collage, clay, music, movement, and other forms of creative expression to learn about ourselves, tap into creativity, and express difficult to articulate feelings, emotions, and experiences.

Please note: The requirement to take this class is to take the HSP Assessment, prior to joining the group. Here is the website to the assessment: <http://hsperson.com/test/highly-sensitive-test/>

RELAPSE PREVENTION GROUP: This group is designed to deliver information, support and camaraderie. We have many goals for the Relapse Prevention Group. Some of our goals include; Allow interaction with other people in recovery, receive relapse prevention material and group cohesion.

Small Steps Big Difference:

This is a free of charge group for people to provide emotional and moral support with others who have common experiences and concerns.

CÍRCULO DE MUJERES: Un lugar de sanación, convivencia, amistad, apoyo, aprendizaje y regocijo. Este grupo es completamente en español. No habrá cuidado de niños y no es apropiado que los traigan al grupo ya que se tocarán temas fuertes y necesitamos que las participantes estén relajadas.

Overeaters Anonymous Preamble: Overeaters Anonymous is a Fellowship of individuals who, through shared experience, strength and hope, are recovering from compulsive overeating. We welcome everyone who wants to stop eating compulsively. There are no dues or fees; OA is not affiliated with any public or private organization, political movement, ideology or religious doctrine; we take no position on outside issues. Our primary purpose is to abstain from compulsive eating and to carry the message of recovery through the Twelve Steps of OA to those who still suffer. Contacts: Tessa 760-934-6588 or Leah 760-914-0847

Narcotics Anonymous: Open group discussion.

Club House Live M.S. & Club House Live H.S. is a free after school program for Middle School & High School students that gives Mammoth youth a safe place to hang out, do homework and socialize. Activities will be developed together, such as dances, movie nights and community events. For questions please contact Sofia Flores at **760-924-1740**

Mini-Me Bonding is a free program that offers activities for toddler/preschool age children and their parent/guardians. This class benefits the community by:

- **Promoting a healthy development in children**
- **Modeling positive interactions between parents and children**
- **Providing a safe place where parents can find support**
- **Creating a fun, caring, and safe environment for children and parents**

Craft Social: Come and learn how to make simple crafts while we socialize and have fun.

SIERRA WELLNESS CENTER FEBRUARY 2017 Join us for FREE & FUN activities!

SUN	MON	TUES	WED	THUR	FRI	SAT
			1	2	3	4
DESCRIPTION OF EACH ACTIVITY IS ON THE BACK				Narcotics Anonymous 12:00pm-1:00pm Club House Live 3:00pm-5:00pm	Yin Yoga Stretch 1:30pm-2:30pm HSP Support group 2:30-3:30pm Club House Live 3:00pm-5:00pm	
5	6	7	8	9	10	11
	Revolving Doors 8:30am-9:30am Club House Live 3:00pm-5:00pm	Yin Yoga Stretch 1:30pm-2:30pm Club House Live 3:00pm-5:00pm Overeaters Anonymous 5:30pm-6:30pm	Club House Live 3:00pm-5:00pm Small Steps Big Difference 5:15pm-6:30pm	Narcotics Anonymous 12:00pm-1:00pm Club House Live 3:00pm-5:00pm	Yin Yoga Stretch 1:30pm-2:30pm HSP Support group 2:30-3:30pm Club House Live 3:00pm-5:00pm	
12	13	14	15	16	17	18
	Revolving Doors 8:30am-9:30am Club House Live 3:00pm-5:00pm	Yin Yoga Stretch 1:30pm-2:30pm Club House Live 3:00pm-5:00pm Overeaters Anonymous 5:30pm-6:30pm	Club House Live 3:00pm-5:00pm Small Steps Big Difference 5:15pm-6:30pm	Narcotics Anonymous 12:00pm-1:00pm Club House Live 3:00pm-5:00pm	Yin Yoga Stretch 1:30pm-2:30pm HSP Support group 2:30-3:30pm Club House Live 3:00pm-5:00pm	
19	20	21	22	23	24	25
	Wellness Center Closed  Happy Presidents Day!	Yin Yoga Stretch 1:30pm-2:30pm Club House Live 3:00pm-5:00pm Overeaters Anonymous 5:30pm-6:30pm	Club House Live 3:00pm-5:00pm Small Steps Big Difference 5:15pm-6:30pm	Narcotics Anonymous 12:00pm-1:00pm Club House Live 3:00pm-5:00pm	Yin Yoga Stretch 1:30pm-2:30pm HSP Support group 2:30-3:30pm Club House Live 3:00pm-5:00pm	
26	27	28				A service of Mono County Behavioral Health and Proposition 63
	Revolving Doors 8:30am-9:30am Club House Live 3:00pm-5:00pm	Yin Yoga Stretch 1:30pm-2:30pm Club House Live 3:00pm-5:00pm Overeaters Anonymous 5:30pm-6:30pm				

Our address is 452 Old Mammoth Rd. and is located on the second floor of the Sierra Center Mall. Our phone number is (760) 924-1740

SIERRA WELLNESS CENTER MARCH 2017 Join us for FREE & FUN activities!

SUN	MON	TUES	WED	THUR	FRI	SAT
			1	2	3	4
DESCRIPTION OF EACH ACTIVITY IS ON THE BACK			Small Steps Big Difference (MCBH office) 5:15pm-6:30pm	Narcotics Anonymous 12:00pm-1:00pm	Yin Yoga Stretch 1:30pm-2:30pm HSP Support group 2:30-3:30pm	
5	6	7	8	9	10	11
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12	13	14	15	16	17	18
	Revolving Doors 8:30am-9:30am Club House Live 3:00pm-6:00pm	Yin Yoga Stretch 1:30pm-2:30pm Club House Live 3:00pm-6:00pm Overeaters Anonymous 5:30pm-6:30pm	Club House Live 3:00pm-5:00pm Small Steps Big Difference (MCBH office) 5:15pm-6:30pm	Narcotics Anonymous 12:00pm-1:00pm Club House Live 3:00pm-6:00pm	Yin Yoga Stretch 1:30pm-2:30pm HSP Support group 2:30-3:30pm Club House Live 3:00pm-5:00pm Circulo de Mujeres 5:30pm-7:00pm	
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26	27	28	29	30	31	
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Bridgeport February Social

Wed., 2/15/17

5:00pm-7:00pm

Bridgeport Memorial Hall



*All are Welcome!
Valentines Themed Games and
Activities for all ages.*

♥ *Food, Fun, and Friendship* ♥

♥ *Valentines Activities for all ages* ♥

♥ *Spaghetti Dinner Provided* ♥

Event hosted by Mono County Behavioral Health

Sober Event

For more information contact Debra (760) 924-1740

Bridgeport **March** Social

Wednesday, March 15, 2017

5:00pm-7:00pm

Bridgeport Memorial Hall



All Are Welcome!

Food, Fun, Friendship!

Dinner Provided!



*Event hosted by Mono County Behavioral Health
Sober Event
For more information contact Debra (760) 924-1740*



Clerk-Recorder/Registrar/Clerk of the Board of Supervisors



*Shannon Kendall, Mono County
Clerk/Recorder-Registrar-Clerk of the Board*

On December 9, 2016 Shannon Kendall was appointed Acting Clerk-Recorder/Registrar/Clerk of the Board. After a full recruitment process for this position, Shannon was the successful candidate and was appointed to this position permanently on February 7, 2017. At that time, the Assistant County Clerk-Recorder/Registrar/Clerk of the Board position was flown both in county and out and after interviews on March 2, 2107, Helen Nunn was the successful candidate and accepted the position. At the present moment, the Clerk's office is doing a full recruitment to fill Helen's position of Sr. Deputy Clerk. We are hoping to get a lot of candidates to apply and to be able to fill this position quickly so we are once again fully staffed at five people. Both Debra Vandebroke and Ruth Hansen continue to be part of the team and are responsible for Vital Statistics and Recording respectively.



*Helen Nunn, Asst. Mono County
Clerk/Recorder-Registrar-Clerk of the Board*

The Clerk's office continues to be extremely busy with multiple projects going on. Some of the things we've been working on:

- Disclosure Docs – New software for the Electronic Filing of Form 700 documents for both county employees and special districts. This project went live in February 2017.
- E-Recording – We are currently working on the implementation of being able to record property documents electronically. This is going to increase efficiency in both the office and with our customers. We are hoping to have our testing and training done soon and to have this active by June 2017.
- We have been performing quite a few marriages (for the winter) and the processing of vital statistics, recordings and FBNs remains extremely busy as well as preparing for and attending lots of Board of Supervisor meetings.
- We continue to strive for excellent customer service.

Superior Court Judge
Stan Eller swears in
(L-R):

Superior Court Judge
Mark Magit,

District 3 Supervisor
Bob Gardner,

District 4 Supervisor
John Peters.



Board Chairperson Stacy Corless
listens intently at a RCRC meeting.

Congratulations!



to Megan Mahaffey and Peter Chapman
on the birth of their son, Banner Ray Chapman,
on January 12, 2017 at 6:54 p.m.
(during one of the blizzards of 2017!)

Outstanding Planning Commissioner – At the recent annual conference of the California County Planning Commissioners Association in Riverside, Mono County’s **Dan Roberts** (pictured below) was awarded a plaque in recognition of his exceptional assistance to the CCPCA. As president in 2015, Dan hosted a well-attended conference at June Lake, which members described as one of the best ever.



Community Development staff – The CCD received significant relief to low staffing levels, as several vacant positions were recently filled with highly qualified planners. Welcome to **Michael Draper**, new planning analyst, and **Paul McFarland**, assistant planner. Michael joins us as a full-time planning analyst in the Mammoth Lakes office, and Paul is a part-time planner based in Bridgeport.

PROBATION

Mono Officer Mejia earns prestigious award

On December 8, 2016, Orlando Mejia, Deputy Probation Officer III, of Mono County Probation, was bestowed the Central Region Employee of the Year Award from the Chief Probation Officers of California.



The award represents meritorious service by one employee within the five regions of California. Central Region is comprised of Mono, Inyo, Stanislaus, Sonoma, Kern, Tuolumne, Fresno, Kings, Merced, San Luis Obispo, Tulare, Madera, and Mariposa counties.

Officer Mejia was awarded this prestigious award for his meritorious service and dedication to ex-

cellence. Officer Mejia is Mono County's Juvenile Probation Officer. Being a juvenile officer entails many diverse duties taking him throughout our county as well as others to visit Mono County youth in treatment. Officer Mejia performs 20-30% more duties than other county juvenile officers as he covers jobs that would ordinarily be performed by several officers.

Officer Mejia's tireless work has resulted in a reduction of juvenile petitions, a decrease in youth under formal supervision, reduced youth recidivism by 40% and reduced number of probation officer requested detainments.

Officer Mejia is also involved in the County's Racial and Ethnic Disparity Initiative endeavoring to increase diversion programs and alternatives to detention. He is also directly involved in California's change in child Care reform, Continuum of Care Reform (CCR).

Mono County Superior Court Presiding Judge Stan Eller recently commented "Orlando is a tireless advocate for his juvenile probationers. He consistently goes the extra mile to ensure each ward gets the full benefit of probation services. Those kids are very fortunate to have Mr. Mejia as their probation officer. It is a very deserving award."

Mono County's First Drug Court Graduation



Mono County Probation was awarded a grant in October of 2015 for the implementation of a Drug Court program. Drug Court is a collaborative Court that focuses its attention on the participant and their sobriety. The agencies involved in this Court are the Mono County Superior Court, Mono County Probation Department, Mono County District Attorney's Office, Mono County Behavioral Health Department, and the Public Defenders. These agencies alter their focus and traditional roles to assist people who have entered the criminal Courts due to underlying addictions. The first participant enrolled in the program on July 21, 2015. This participant experienced the expected difficulties that many face while trying to maintain a sober life, completing an intensive program, and dealing with the day to day problems and tasks we all face. On July 19, 2016, he had the courage to go before the Mono County Board of Supervisors and talked about his journey through Drug Court. He was approximately 75% of the way through the program when the presentation occurred. On January 25, 2017, he graduated from the program with 363 days clean from drugs and alcohol. Instead of continuing the "revolving door" process of going in and out of the custody, he now has the tools to remain clean and sober, be a contributing community member, good father, and good husband.

The Mission of the Mono County Drug Court: "To connect defendants who have a substantial substance abuse addiction to treatment in the community in order to enhance public safety, reduce recidivism, to provide alternative dispositions to criminal charges that take into consideration the individuals substance abuse, mental and physical health, and the seriousness of the offense."

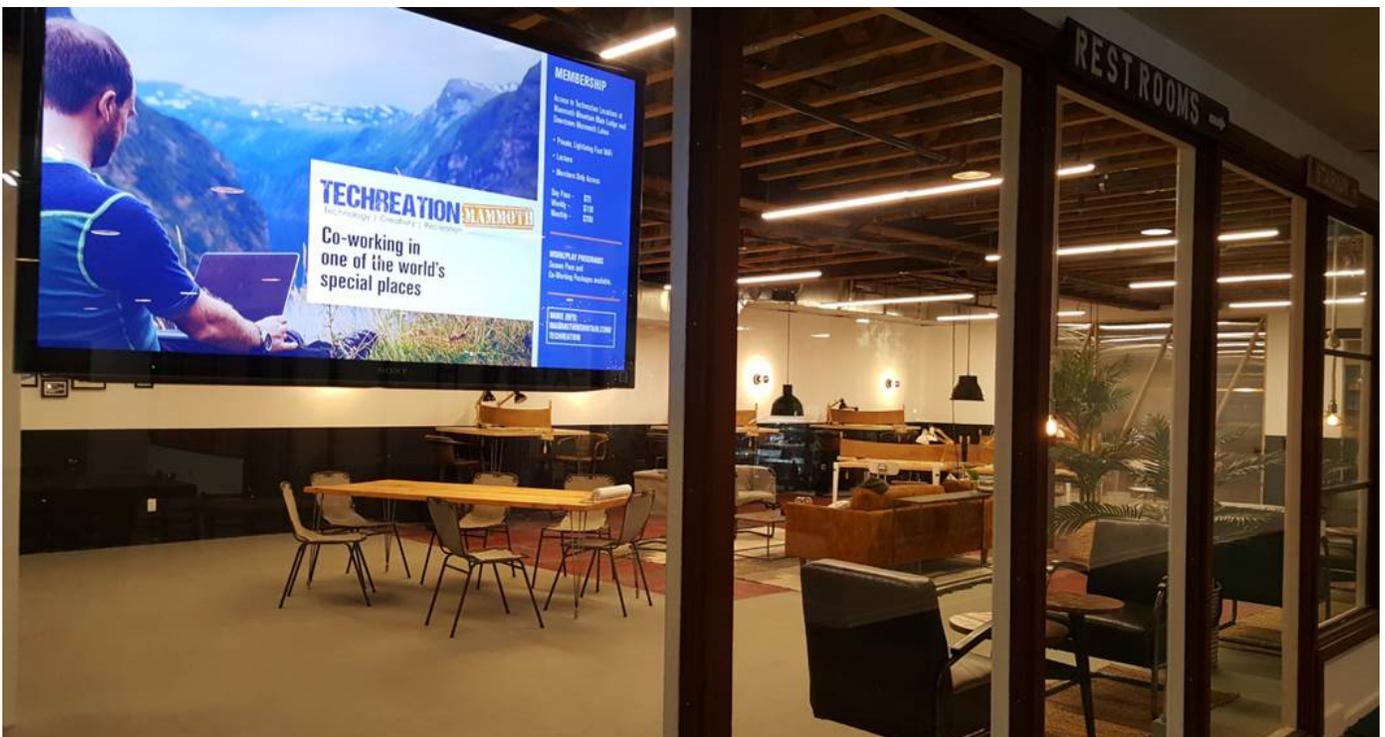
ECONOMIC DEVELOPMENT --

Techreation Mammoth – Co-working and networking office space is now open on the main floor Sierra Center Mall -- for locals and visitors who need a desk, super high-speed bandwidth, small meeting space, etc. for an hour, day, week, or month. Spearheaded by Mammoth Mountain, this space will assist with business retention/expansion strategies, as well as attraction and relocation. Along with TOML, Mammoth Lakes Chamber of Commerce and various stakeholders, staff is participating in a “relocation task force” established to encourage people with mobile jobs to consider making Mammoth/Mono County the place they live, work and play.

Business Opportunities – Steady inquiries are keeping our staff busy! Big thanks to Community Development/Planning staff and our GIS department for assisting us in responding to these serious requests for information and assistance. Currently working with a new tech start-up in June Lake, as well as new microbrewery in Bishop.

California Association for Local Economic Development (CALED) Annual Training Conference, March 21-23 – Staff is attending this informative conference next week.

Economic Development, Tourism & Film Commission – Next meeting is March 28, 10am, at the Lee Vining Community Center. All are welcome.



Techreation Mammoth – Co-working/Networking Space

TOURISM –

Advertising – 15-second winter television spot on Fox 11/KRXI: <https://www.youtube.com/watch?v=flI2EWLnMk>

Backroad Tours in the Eastern Sierra – The newly designed edition of the *Backroad Tours* of Mono County is printed and circulating, thanks to funding we received from the state Recreational Trails Program grant. Two new routes in north county and a new route in south county have been added to the guide. Check it out [online](#).

Public Relations – We invited a writer with SnowGoer Magazine to come sample the snowmobiling at the Bridgeport Winter Recreation Area and Mammoth Mountain last winter. Just published is the 3-page feature article (see attached PDF). Big thanks to Jimmy Little, Adrienne Thatcher and the Bridgeport Ranger Station, as well as Mammoth Mountain Snowmobile Adventures and Deputy Sheriffs Jeff Beard and John Pelichowski for touring our writer around!

Social Media – We now have 135,000 fans on Tourism Facebook page and, since March 2016, our FB page has received over 34.5 million impressions (which is the number of times our posts have appeared in all fans’ newsfeeds); Instagram followers are now at 12,600!



Mono County booth at the inaugural Bakersfield Fred Hall Fishing Show last weekend

Travel/Fishing/Film Location Tradeshows – Six shows down, two left to go! We are off to the Fred Hall Fishing Show in Del Mar next week, and then the California Only Locations Show/Conference later this spring.

Visit California OUTLOOK Conference – Staff attended the annual Visit California tourism conference, February 27 – March 1.

Global Ready CHINA Seminar – Wednesday, March 29th from 9am – 12:30pm at the Sierra Events Center, 2nd floor of the Sierra Center Mall. Hosted by Visit California in partnership with Mammoth Lakes and Mono County Tourism. Come learn about the significant impacts of the exponential growth in the Chinese visitor market in California! All are welcome. Cost is \$30 and includes light breakfast. Board members and interested staff, please contact Liz Grans to register: lgrans@mono.ca.gov. Otherwise, registration is at Industry.VisitCalifornia.com/GlobalReady.

Visit California's **Global Ready China** seminar – presented in partnership with Mammoth Lakes and Mono County – provides an in-depth look at the growing and dynamic Chinese market. Learn how to attract, engage and keep these valuable travelers in High Sierra region.

KEY TAKEAWAYS

- Trends in Chinese travel
- Tips for meeting traveler expectations
- Best practices for serving Chinese visitors

Cost: \$30
When: Wednesday, March 29
 9:30 a.m.-12:30 p.m.
Where: Sierra Center Mall
 Sierra Event Center, 2nd floor
 452 Old Mammoth Road
 Mammoth Lakes, CA 93546

• Register today at industry.visitcalifornia.com/GlobalReady •

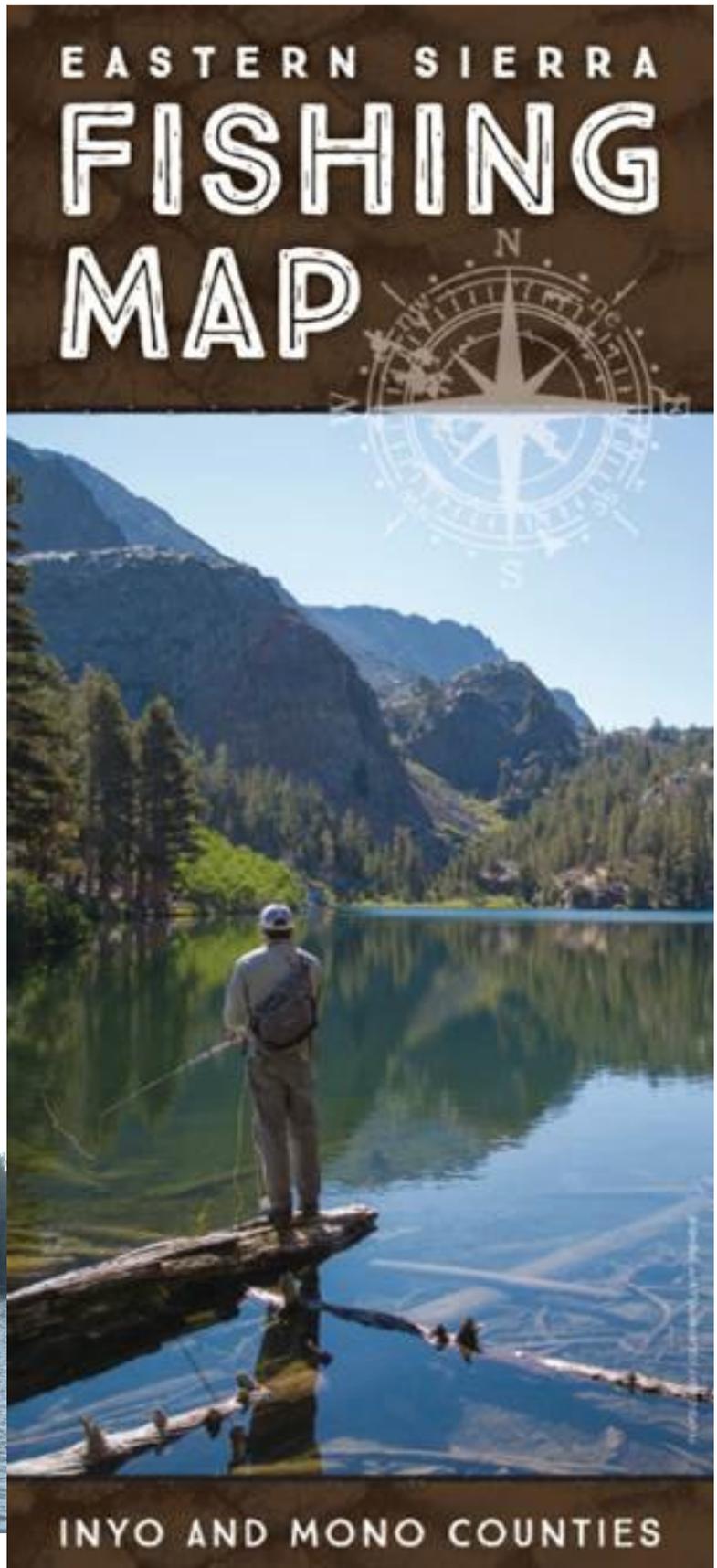
Filming –

Permits and inquiries are steady, up over last winter – mostly commercials, and one television pilot. Currently working with a location manager for a full-length feature film potentially slated for a 5-week shoot this summer. Huge thanks to Jay Sloane, Brett McCurry, Sheriff Braun and many other staff for assistance with film productions during extremely challenging weather days last month.

Film Liaisons in California Statewide (FLICS) – As Mono County Film Commissioner and FLICS board member, Alicia Vennos attended the FLICS winter board meeting last week in Marin County.

Fisheries Commission --

We have a NEW Eastern Sierra Fishing Map! Congratulations to Jeff Simpson and the Fisheries Commission for producing this [regional fishing map and guide](#), in partnership with Mammoth Lakes Tourism, Bishop Chamber of Commerce and Inyo County. A great hit at the fishing tradeshow!



Public Health

On April 1, 2017, the price of tobacco products will go up by \$2 per product. Now is a great time to use your insurance benefits to obtain what you need to quit, be it medications, counseling, hypnosis or acupuncture. The CA Smokers' Helpline at 800-NO-Butts or 800-844-CHEW can provide counseling for behavior change at no charge. Quit kits are available at the Mono County Health Dept. or can be mailed to you by calling 760-924-4621.



PERSchoice and PERScare Smoking Cessation Program

“This Plan covers without cost-sharing: screening for tobacco use; and, for those who use tobacco products, at least two tobacco cessation attempts per year.

A smoking cessation attempt includes coverage for: four tobacco cessation counseling sessions of at least 10 minutes each (including telephone counseling, group counseling and individual counseling) without prior authorization; and all Food and Drug Administration (FDA)-approved tobacco cessation medications (including both prescription and over-the-counter medications) for a 90-day treatment regimen when prescribed by a Provider without prior authorization.

In addition to the smoking cessation attempts described in the preceding paragraph, the Plan will reimburse a Member **up to a maximum of \$100 per Calendar Year** for behavior modifying smoking cessation counseling or classes or alternative treatments, such as acupuncture or bio-feedback, for the treatment of nicotine dependency or tobacco use when not covered under benefits stated elsewhere in this Evidence of Coverage. A legible copy of dated receipts for expenses must be submitted along with a claim form to Anthem Blue Cross to obtain reimbursement. Costs associated with smoking cessation programs not covered under the Plan without cost sharing do not apply toward the Maximum Calendar Year Medical Financial Responsibility limits.”

DO 1 THING

GOAL FOR JANUARY: MAKE A PLAN – KNOW YOUR RISK & TAKES STEPS TO LOWER YOUR RISKS

TAKE ACTION NOW!

You may have to decide what to do very quickly. A plan will be easier to make the right decisions when the worst happens.



❖ **Plan what to do if you have to evacuate.**

- Choose two places for your family to meet.
 - 1st location- should be right outside your home in case of a sudden emergency, such as a fire.
 - 2nd should be outside of your neighborhood, in case you cannot return home are asked to evacuate.



- Plan on where you would go & what route you would take to get there. Practice your evacuation route. The more you practice, the more confident you will be.
- Plan for your pets. Pets are not allowed in Red Cross shelters. Know the pet-friendly hotels along your evacuation route.

❖ **Learn what disasters can happen in your area and decide what you will do in a disaster.**

- Know what types of disasters can happen where you live.
- Identify responsibilities for each family member and work together as a Team.
- Talk with everyone about possible emergencies to lower anxiety of the unknown. Be sure everyone understands and their questions are answered.

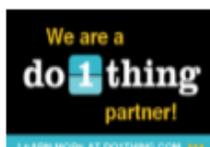


❖ **Once you know what disasters could happen in your community, there are things you can do to lower your risk of injury or property damage.**

- Earthquake - Secure your furniture, appliances, and water heater to walls and floors. Install catches on cabinets and cupboard doors. Make sure your appliances are connected with flexible connections.
- Wildfire – Prepare your house and property, clear brush within 30 feet of your home. Keep firewood at least 30 feet away or covered with a fire-resistant tarp.
- Heavy Winter Storms – Carry necessities in your vehicle: warm clothing, boots, first aid kit, water, food and blankets or sleeping bags.



****MAKE TIME and GET STARTED TODAY! You will be glad you did!****



Check out this link for more information and help getting prepared:
<http://do1thing.com/audiences/individuals>

DO 1 THING

GOAL FOR FEBRUARY: STORE 72 HOURS (3 DAYS) OF WATER FOR EVERY PERSON

TAKE ACTION NOW!

**During a disaster you may find yourself without drinkable water.
Provide a safe supply of drinking water for your household in a disaster.**

❖ **Store 3 Days (72 hours) of water for each person in your household.**

1 day, 1 person = 1 gallon or 7 - 20 ounce bottles or 4 liters

3 days, 1 person = 3 gallons or 21 - 20-ounce bottles or 12 liters

Drink at least 2 quarts (1/2 gallon or two liters) of water a day.

Drink 3-4 quarts (3-4 liters) a day if you are in a hot climate, pregnant, sick, or a child.

❖ **Here's how....**

- **Purchase** and store a 72-hour supply (or more) of commercially bottled water.
 - Store in a cool, dark place and Replace once a year.
 - Freeze if you have space in the freezer-this will help food to stay frozen in a power outage.
 - Never ration water, look for more.



OR

- **Bottle** a 72-hour supply of water at home.
 - Disinfect water with 6 drops of bleach for each gallon, shake well, and let sit for 30 minutes.
 - Only use clear plastic beverage bottles with a tight sealing lid, not milk jugs.
 - Sanitize bottles before refiling: wash with soap, rinse entire bottle using 1 teaspoon of liquid chlorine bleach to a quart of water & let dry for 1 minute.
 - Replace every 6 months.



- Water Heater – DO NOT use if the tank or fixtures have been submerged in floodwater.
- Pipes - Never get water from faucets that have been submerged in floodwater.

****MAKE TIME and GET STARTED TODAY! You will be glad you did!****



Check out this link for more information and help getting prepared:
<http://do1thing.com/audiences/individuals>

DO 1 THING

GOAL FOR MARCH: Be Prepared for Emergency Sheltering
Make a Go-Bag for Emergency Sheltering



Emergency shelters will be open when people are displaced from their homes. In most areas emergency shelters are operated by the American Red Cross.

❖ Red Cross will provide:

- A cot to sleep on and blanket
- Meals and bottled water
- A nurse for basic medical care
- Information about the disaster from public officials



❖ You may need to bring:

- Pillow and blanket
- Your own medication and medical supplies (or a list of what you are taking, dosage, and physicians' names)
- Identification
- Change of clothes
- Cards or magazines
- Comfort items

❖ Items not allowed at the shelter:

- Weapons
- Alcohol/Drugs
- Pets (except for service animals)



The Red Cross will never provide information about you to anyone without your permission. There is never any charge for emergency sheltering. Photos are of Mammoth's recent shelter.



Check out this link for more information and help getting prepared:
<http://do1thing.com/audiences/individuals>

Public Works

The Eastern Sierra Four Wheel Drive Club was very appreciative for the efforts the Mono County Public Works Road crew put towards extracting snowbound people and vehicles during the severe weather:



Greg Weirick
Eastern Sierra Four Wheel Drive Club
80 Lucas Rd.
Bishop, CA 93514

Jeff Walters
Mono County Dir. Of Public Works
PO Box 457
Bridgeport, CA 93517

Dear Mr. Walters,

This letter is in appreciation for the actions of a number of your Public Works employees, who went above and beyond their duties to help extract snowbound people and vehicles from a potentially dangerous situation.

The story begins when Jerry Neuman Jr, a regular visitor to Mono County, contacted the Eastern Sierra 4wd Club seeking assistance getting his stuck truck pulled out from the Owens River Rd, approx. 1.5 miles north of the Hot Creek Bridge. The Club is regularly contacted for assistance with stuck vehicles through our website. He had driven through deep snow to what is known as the Siphon Hot Tub and was returning when his truck broke down due to the deep snow and pools of water. On Tuesday, Jan 17, members of our club chained up and attempted to get the truck from the Mono County Landfill off Benton Crossing Rd, but turned back due to the treacherous conditions.

While at the landfill, staff suggested contacting the Mono County Road Dept. about possible assistance and I drove to the County's Crowley Lake yard where I met with Supervisor Steve Reeves. Realizing this situation warranted a higher level discussion, Steve put me in contact with Superintendent Brett McCurdy, who did an amazing job of coordinating this rescue that has now grown to two vehicles. Early in the morning a Ford truck had driven around a road closed sign on the dirt road near the Whitmore Pool and had become stuck in deep snow and water driving to the Shepherd's tub and there were people stranded in the truck.

After explaining the situation to Brett, he said he was going to make some calls and get back to me soon. In what seemed like minutes, Brett calls back and says "Let's go, a loader is on the way." Despite the emergency nature of the people in the truck, I was amazed that in this day and age a decision to act would be so forthcoming. Just like that and even though it was late in the afternoon, Steve Reeves road a chained up loader from the Crowley yard out to Benton Crossing Road and extricated the Ford truck and its passengers.

Having no idea a plan would develop so fast, I had returned to Bishop with the keys to the stuck Tundra and realizing the operation would have gone well into the evening, Brett and Steve decided to leave the loader there for the night and go after the Tundra the following morning. The next morning, Steve towed the Tundra to the County Landfill where Landfill Supervisor Tommy Music kindly agreed to watch the vehicle until a tow truck came for it in a couple days.

Speaking for the ES4WD Club and Jerry Neuman Jr, I wish to commend the members of your Staff that were so amazing in bringing this emergency to an end. Brett McCurdy for jumping on this and making the necessary contacts and especially for Steve Reeves and crew who went out of their way to get this done and all in the middle of these record snow storms!

In appreciation of these Mono County Staff members, Jerry Neuman Jr. is making a \$200 donation to the Bodie Foundation and a \$100 donation to The ES4WD Club for trail work.

Thank you,

Greg Weirick
2/16/17



The dedication of Public Works staff during the extended siege of winter storms was impressive. Rock falls, mudslides, avalanches, downed trees and flooding were dealt with throughout the long period of storms. Hat's off to all Public Works staff for their efforts!

The Facilities staff has completed the installation of the biomass boiler in Bridgeport. There will be a tour of the facility on April 4th!



Social Services



March 21st is World Social Work Day

This month we celebrate our Social Workers. We have 4 of these unique individuals in Mono County. They represent one of the fastest growing careers in the United States, with almost 650,000 members in the profession. They are tasked with one of the most difficult jobs in our community- enhancing the well-being of our most vulnerable community members and intervening when issues of abuse or neglect arise. They work with community and government programs to assure that the basic needs of our community members are met. They drive to Benton, Chalfant and as far north as Topaz routinely to serve outlying communities in addition to the town of Mammoth Lakes. Between the four of them, they are on-call 365 days out of the year, 24 hours per day. They are part of a profession who for decades have pushed to ensure equal rights for all, and who advocate for practices that reduce racial discord and violence against children, women and disabled persons.

This small, dedicated team are the Social Workers of Mono County! In honor of Social Worker Appreciation month and World Social Work Day on March 21st, it is an honor to introduce this team.



From left to right in the photo (above) are: Sandra Villalpando, Mitch Cyr, Rose Martin, and Ray Gaffney.

Each social worker brings a unique perspective and training to the team. Sandra is bilingual and has been with Mono County the longest, 5 years. She serves bilingual families as a specialty, is a member of Mono County's local Child Care Council, and is currently finishing up her Master's Degree in Social Work with Humboldt State University. Sandra has worked in all areas of the department's programs including child welfare, adult services, and probate conservatorships. Mitch previously served the Southern California

border as a border patrol agent where he was on the front line dealing with immigrant populations and learning about the hard, unique circumstances that face them. He is an avid outdoor enthusiast, originally from a small farming community on the east coast, who now takes full advantage of the opportunities on the east side, snowboarding, fly fishing, and playing ice-hockey in his free time. Rose Martin and Ray Gaffney are both Mono County locals. Rose grew up in Mammoth Lakes, while also spending a significant amount of time in Mexico with her family. Rose is a former ski racer who loves her dogs. She has stepped into the social worker profession as a natural. Ray was born and raised in Bridgeport and is the newest addition to the social worker team. Ray recently returned from Santa Cruz where he graduated from UCSC in psychology and subsequently worked for The ABRITE Organization serving children with autism and their families.

Unique to Mono County, our social workers are cross-trained in a range of duties. They respond to situations of neglect and abuse involving children, elders and disabled adults. Normally, these functions are separate and social workers are specialized in just one area of practice. Mono County's social workers are trained to assess and handle social issues such as substance abuse, poverty, mental illness, domestic violence, parenting challenges and developmental issues, as examples. In addition to responding to community emergencies and concerns, our team recruits and approves foster home, now called Resource Family Approved (RFA) homes, as of January 1, 2017.

Our social worker team is supported by Pedro Figueroa, Krista Cooper, and Michelle Raust. Pedro is our Social Worker Assistant extraordinaire, who is also a Mono County local, born and raised in Mammoth Lakes. Pedro is known for his hard work and willingness to jump into any situation with a positive attitude. Krista Cooper, our SW Supervisor, has been in the Social Work profession for 16 years in all facets from adult services to child protective services. Also an eastside native, Krista was raised in Bishop and her family has long roots in the eastern sierra. Krista is working on her Master's Degree in Public Administration and is a dedicated mom of two active children. Michelle Raust is the Program Manager for Adult and Children's services. She was previously a Social Worker for Child Protective Services in Mendocino County and a Health Educator for Mono County Health Department. She loves the challenge of supporting social work

practice through team decision making, policy development, and ongoing learning with the staff.

For being a small population, rural community, we are fortunate to have a well-educated, skilled staff who take pride in the community and the well-being of every individual and family they serve. We thank you today and every day!

For more information, contact: Michelle Raust, MSW, 760-924-1758

From left to right are: Krista Cooper, Pedro Figueroa, and Michelle Raust





Welcome new employee **Stacie Simmons!** Stacie started with us in the Mammoth Office on post-Snowmagedon Day! She will serve as an Integrated Caseworker, alongside Steven Sakoguchi and Glenda Williamson. Stacie is a welcome addition to our team.

Thank you, Stacie, for choosing to work at Mono County!

Senior Services: new team member

Genesis Monroe is the newest member of the Senior Services team in Walker at the Antelope Valley Senior Center. She moved to Walker from Fort Collins Colorado in July 2016 with her dog Niko, a 9 year old Golden Retriever. She came out to be close to her family in the military which works out well because her favorite part of Colorado was the mountains and now she is once again in the middle of them! She and Niko have adjusted well to living here, exploring new areas and getting involved in the Community.



We Love Genny!

Genny Generac: electrifying team member!

Public Works recently installed a fabulous new emergency generator at the Walker Senior Center. Genny will provide much anticipated back up power during future outages, of which there are more than a few in the Antelope Valley. This means our freezers and refrigerators will continue to keep our food frozen/cold and our lights on. We may even be able to serve lunch during power outages, something we couldn't do with the small-wattage portable generator.

Many thanks to Don Baxter and the Public Works crew, especially crew-member Tony Iniguez, for keeping the emergency portable generator running all these years. We couldn't do it without you!





Kim McCoy Wade, Chief, CalFresh Branch, California Department of Social Services, visited Mono County on March 13th and 14th to recognize the County of Mono for excellent performance on the CalFresh 30-day application processing timeliness rate for federal fiscal year 2015. The Mono County rate for this period is 99%. Ms. McCoy Wade met with Social Services Eligibility staff at their offices in Mammoth Lakes to assess CalFresh successes, challenges, and opportunities, and to learn how the CalFresh Branch could better meet the needs of county staff. On Tuesday, she provided to the Board of Supervisors information and updates on the CalFresh program, and ended by presenting to Chair Stacey Corless a plaque acknowledging the county's achievement.



Affordable Care Act and Medi-Cal

For analysis for potential impacts to Medi-Cal under the House GOP bill, take a look at the CWDA Blog Post: Per Capita Cap in House GOP Bill: A Cut, By Any Other Name (Caps Penalize Low-Cost States, Don't Grow Fast Enough)

<http://www.cwda.org/blog-post/capita-cap-house-gop-bill-cut-any-other-name>

Crowley Lake Avalanche - Shelter Summary

Mono County Social Services Shelter Coordinator

At 11:06 p.m. on Sunday, January 22, 2107 the Mono County Shelter Coordinator received a call from Sheriff dispatch requesting activation of a shelter at the Crowley Lake Community Center due to a recent avalanche in Long Valley during the four day winter storm that started on January 20, 2017.

The shelter was opened at 11:45 p.m. and eight residents were transported to the shelter by the Long Valley Fire Department shortly thereafter. We housed only one resident that evening in the center and one dog in a kennel. The other seven residents were housed at the fire house and at a private home in Crowley Lake. There was minimal cost involved in this shelter opening and shelter operations ran smoothly during this event. The shelter remained open on Monday, January 23, 2017 and served as a assistance center where residents from the affected area could get information and meals. The shelter was closed that evening at 5:30 p.m. as residents had made other housing arrangements.

We thank all of the shelter staff that volunteered for this event including Robin Grasseschi and Michelle Raust. We also thank the emergency responders and the Sheriff personnel who were on scene and assisted with transporting and housing these families. Thank you to Dan and Cleo Haakana, at the Crowley Lake General Store, for once again supplying meals for shelter participants.

Photos of the avalanche area were shared with us for our Red Cross summary report by Long Valley residents Dan Coming and Fernando Valli. We hope that the Coming family will be back in their home soon and that all of the other residents in the avalanche prone areas stay safe.

As of the morning of January 27, 2017 Crowley Lake Drive remains closed from the McGee Creek turnoff through the Long Valley area.

Theses are pictures taken the morning before the avalanche and the morning after.



Bridgeport Flooding - Shelter Summary

Mono County Social Services Shelter Coordinator

January 9, 2017

At 11:30 p.m. on Sunday January 8, 2107 acting Mono County Shelter Coordinator Francie Avitia received a call from Sheriff dispatch requesting to have a shelter opened at the Bridgeport Memorial Hall for flooding during the recent winter storm. We were informed that there was a mandatory evacuation for the residents of the trailer park off Kinsley Road near the post office.

The shelter was opened at 11:50p.m. and 6 residents showed up shortly after. We housed 7 people that evening in the center; the other residents remained in their homes or stayed with family or friends. There was no cost involved in this shelter opening and shelter operations ran smoothly during this event. The shelter closed on January 9, 2017 at 7:00 am

We would like to thank all of the shelter staff that volunteered for this event including Debra Ybarra, Jason Davenport and Moises Comejo. We also wanted to thank all of the other area Shelter managers and Social Services staff Marlo Preis who served as backup coordinators. All of these were the people that were on standby to assist if needed.

A special thank you to Tracy Thompson from the Bridgeport General Store for contacting the Shelter Manager and offering to supply meals during the shelter opening.

We appreciate the cooperation and patience of all of the Bridgeport residents during this time and are happy they are all safe and sound and back at home.





Annual Senior Dental Day

Dr. McGovern is offering no cost dental services to ^{*}Mono County Seniors with no primary dentist and without dental insurance.

**March 11, 2017 at
312 W Line St, Bishop, CA**



To schedule an appointment, please contact Krista Cooper, SW Supervisor, at 760-924-1762

Strengthening Families with the 5 Protective Factors

- 1. Resilience**
Resilience is the ability to bounce back from all types of challenges. It means finding ways to solve problems, building and sustaining trusting relationships, taking care of you, and knowing it is OK to seek help when necessary.
- 2. Social Connections**
Everyone needs to feel cared for and connected. Friends, family members, neighbors and community members provide emotional support, help solve problems, offer insights and give concrete assistance.
- 3. Knowledge of Parenting & Child Development**
Being a good parent is part natural and part learned. Parents, who understand child development, are responsive to their child's needs and practice positive parenting strategies will feel more engaged and empowered. Kids thrive in an environment that fosters secure attachments and healthy development.
- 4. Concrete Support in Times of Need**
Everyone faces challenging times. It is important to know where to access support services and that it is OK to ask for help.
- 5. Teach Children Social and Emotional Competence**
Be a good role model. Teach children to communicate clearly and express their feelings effectively. Help them learn how to be a good friend. A child/youth who is able to interact positively with others, self-regulate their behavior and effectively communicate their feelings will be able to build and sustain healthy relationships throughout their lifetime.

For More Information on the 5 Protective Factors visit
The Center of the Study of Social Policy
<http://www.cssp.org/reform/strengtheningfamilies>

Brought to you by the
Mono Strengthening Families Team,
a workgroup of the
Mono County Child Abuse Prevention Council
(CAPC)



Please "Like Us" on
Mono Strengthening Families/Facebook
&
Visit the Mono County CAPC website
www.mono.ca.gov/capc



To recommend changes or additions:
Please contact the
Mono County Office of Education (MCOE)
(760) 934-0031 x204 or
email Dterqesen@monocoee.org

Our sincere apologies if any information was not included or is incorrect.

Updated December 12, 2016

Mono County Community Resource Guide



2017

Fortaleciendo Familias con los 5 Factores de Protección

- 1. Resiliencia**
Resiliencia es la habilidad de recuperarse de todo tipo de desafíos. Significa encontrar maneras de resolver problemas, desarrollar y mantener relaciones de confianza, cuidar de sí mismo, y saber que está bien buscar ayuda cuando sea necesario.
- 2. Conexiones sociales**
Todo el mundo necesita sentirse querido y conectado. Amigos, miembros de la familia, vecinos y miembros de la comunidad proveen apoyo emocional, ayudan a resolver problemas, ofrecen entendimiento y dan asistencia concreta.
- 3. Conocimiento de la crianza del niño y del desarrollo del niño**
Ser un buen padre es una habilidad en parte natural y en parte aprendida. Aquellos padres que entienden los principios del desarrollo del niño, responden a las necesidades del niño y practican estrategias de crianza positivas se sentirán más comprometidos y fortalecidos. Los niños progresan en un ambiente que fomenta apego seguro y desarrollo saludable.
- 4. Apoyo concreto en momentos de necesidad**
Todo el mundo enfrenta momentos difíciles. Es importante saber dónde encontrar servicios de apoyo y que está bien pedir ayuda.
- 5. Enseñe competencia social y emocional a los niños**
Sea un buen ejemplo. Enseñe a los niños a comunicarse claramente y a expresar efectivamente sus sentimientos. Ayúdelos a aprender ser un buen amigo. Un niño quien puede interactuar positivamente con otros, auto-regular su comportamiento y comunicar efectivamente sus sentimientos podrá desarrollar y mantener relaciones saludables a través de su vida.

Para mayor información acerca de los 5 Factores de Protección visite el Centro de Estudios sobre Política Social (The Center of the Study of Social Policy)

<http://www.cssp.org/reform/strengtheningfamilies>

Este recurso fue preparado para usted por el Equipo para Fortalecer a las Familias del Mono (Mono Strengthening Families Team). Un grupo de trabajo del Consejo contra el Abuso Infantil del Condado de Mono. (Mono County Child Abuse Prevention Council** CAPC)



Por favor, seleccione "Me gusta" en nuestra página de Facebook, Mono Strengthening Families/Facebook y visite la página web de Mono County CAPC www.mono.ca.gov/capc



Para recomendar cambios o añadir algo:
Por favor llame a la Mono County Office of Education (MCOE) (760) 934-0031 x204 o Correo electrónico Dterqesen@monocoee.org

Nos disculpamos sinceramente si alguna información no fue incluida o es incorrecta.

Revisado 14 de Diciembre, 2016

GUIA DE RECURSOS COMUNITARIOS DE Mono County



2017