
Sacramento County District 2 Newsletter

South Sacramento Streams Flood Control Program a Success!

By Sacramento County Supervisor
Patrick Kennedy



As the Chair of the Sacramento Area Flood Agency (SAFCA) Board, I witnessed first-hand this month the unveiling of a very exciting landmark for the residents of South Sacramento: the completion of the South Sacramento Streams Flood Control Program. The final phase for the far reaching project was the completion of the Florin Creek Improvements and the Florin Creek Detention Basin at Florin Creek Park. This project, which will provide greater protection from flooding, while saving residents the cost of expensive flood insurance, was made possible through significant collaboration between federal and state agencies, as well as SAFCA, and the Southgate Recreation and Parks District.

While much attention is given to flood protection along the Sacramento and American Rivers, it is very important to remember that flood protection involves a complicated system and our local creeks play a crucial role. Morrison Creek, Elder Creek, Florin Creek and Union House Creek are all

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You can't pick up the paper without reading about the homeless crisis across California, and particularly right here in Sacramento. I do not use the term crisis lightly. It is just that.

However, an issue that is closely linked with low income residents of Sacramento County, whether homeless or housed, that gets little attention, is the alarming rate of food insecurity.

There are over 240,000 food insecure residents living in Sacramento County. Perhaps more alarming is that 81,513 of those people live in District 2. Food insecurity is defined as limited or uncertain ability to acquire nutritionally adequate and

located in South Sacramento, and have posed substantial risk to local neighborhoods for many decades.

The goal of the project was to provide a minimum 100-year level of flood protection. Partners at the Federal and State have provided the majority of the project's \$100 million price tag. However, that funding never could have been secured if residents had not voted twice to assess themselves and fund the necessary local cost of these projects.

Finally, I want to publically thank Rep. Doris Matsui for her leadership in Washington. Without those federal dollars, matched by state and local dollars, this project would have never been completed and neighbors in South Sacramento would be at peril, and forced to pay high premiums for mandated flood insurance.

Sacramento County Takes New Approach to Mental Health Services



With substantial recent investments by the Board of Supervisors in mental health services, Sacramento County Behavioral Health has taken strides to create new options and enhancements to the Mental Health Services system in our community.

The new services are appropriately tailored to the level of care needed, can reduce emergency department visits and can be a suitable alternative to inpatient hospital services.

"The clinicians have been a welcomed addition and resource to our team," says Sheriff's Deputy Nate Grigich, Mobile Crisis

safe foods. Concentrations of individuals and families who are food insecure are more likely to appear in lower income communities, but even areas perceived as more affluent experience food insecurity.

A survey conducted by Valley Vision, The Sacramento Hunger Coalition, Community Club Capital Region, USDA, and The Sierra Health Foundation found that while unemployment rates certainly contribute to the growing population of food insecure, it is not the sole factor. One of every five survey respondents experiencing food insecurity was currently employed, which reflects the gap that exists between working wages and cost of living in Sacramento County. Even with income from employment, self-sufficiency is difficult for many residents.

Populations that are not entirely self-reliant are – not surprisingly – particularly vulnerable to food insecurity. Half of those who were found to be food insecure have children in the household; one-fifth were seniors or have seniors living in the household; and one-third have a disability that limits their functioning. These populations are prone to experience financial, mobility, and other limitations that make it very difficult to acquire enough food to meet their daily needs. People with health conditions also experience food insecurity at higher rates than the population as a whole. Two-thirds of survey respondents reported that they or someone in their household suffered from a chronic health condition.

To make matters worse, when food insecure individuals have access to

Support Team North Deputy. "With the help of the clinician, we are able to connect clients that previously may have ended up in jail or the Emergency Department to appropriate mental health services."

New and expanded services include:

Mobile Crisis Support Teams: Expanding from two teams to four, each of the Mobile Crisis Support Teams are dispatched through law enforcement to provide immediate engagement with individuals experiencing a mental health crisis. Teams are comprised of a behavioral health services clinician and a law enforcement officer or deputy who is trained in mental health crisis response.

Crisis Residential Facilities: Designed for people who need acute psychiatric care, but can be appropriately served in a voluntary community setting, the Crisis Residential Program provides a homelike atmosphere with 24/7 staffing, coordination of care, intensive crisis support and intervention, individual/group psychosocial rehabilitation support and therapy, family meetings, medication monitoring, peer counseling, and discharge planning.

This program is designed to avert a psychiatric admission or shorten the length of an inpatient stay and promote recovery, personal responsibility, with self-help strategies to support clients' transition to the least restrictive living situation upon discharge.

A Crisis Residential Facility opened by Sacramento County in partnership with Turning Point Community Programs in June 2016. The 15-bed facility in Rio Linda is one of four planned – with two more slated to open by the end of 2017. These additional facilities will further reduce inappropriate hospitalizations and emergency room use as the first line of treatment for mental health services.

Mental Health Urgent Care Clinic: Targeted to open later this year, the Urgent Care Clinic will provide unscheduled walk-in service, referrals to appropriate mental health treatment providers, and identify any service gaps. Located on Sacramento County's Mental Health Treatment Center campus, the clinic will have the capacity to serve 300-400 people a year.

Mental Health Navigators: Eighteen mental health triage navigators are located at different local area health systems to ensure that individuals are linked properly to community services. Locations include the six local emergency departments, the main jail, and Loaves & Fishes.

food, they often do not eat balanced meals due in part to the number of food deserts in lower income communities, where fresh and healthy is hard to come by. This has direct impacts on the health status of residents, which continues to feed the cycle of food insecurity. Findings from surveys emphasize a couple of key areas that most contribute to the preponderance of food insecurity. First is the high cost of living. Residents who earn low wages are unable to keep pace with all key expenses, such as housing, health care, transportation, and food. The result is difficult decisions about budgeting, with food often being an area of sacrifice. The research also found that there is limited awareness of what services exist through community based organizations. By not maximizing participation in all available programs, many families unnecessarily go hungry.

I, along with my four fellow members of the Board of Supervisors, am committed to attacking the disgraceful state of homelessness in our region. We have recently adopted policies and enacted programs that will go a long way toward housing many who live on the streets and in our parkways. As we embark upon addressing this vexing issue, we have to begin to look at the roots of homelessness, one of the most significant being food insecurity. While we can often "see" homelessness, hunger often lurks in the shadows, but it is there.

The good news? By working together, and with existing resources, we – federal, state, and local governments, school districts,

A recent example of the Mobile Crisis Support Team's (MCST) success involved a man who was picked up by deputies for making a disturbance at a children's park. Law enforcement was planning to take him to jail for being under the influence in public. Working with the clinician, the MCST was able to identify that the man had a conservator and had been missing for approximately two weeks. He was experiencing psychotic symptoms – including disorganized thoughts and speech, and hallucinations.

The MCST transported him to the Emergency Room for medical clearance to ensure there were no underlying medical conditions needing immediate attention. Upon clearance, he was taken to the County's Mental Health Treatment Center, provided a mental health assessment and stabilization and reconnected to his mental health provider and conservator. They were able to provide the appropriate services and avoid incarceration.

"These comprehensive program initiatives are a continuation of the realignment of the way Sacramento County delivers mental health services. This has been a priority for me since first elected to the Board of Supervisors," said Sacramento County Supervisor Patrick Kennedy. "There is not a 'one-size-fits-all model'; the goal is to have a continuum of services to address the needs of the community at all levels in a more appropriate setting and in a more timely manner. These steps get us closer to that goal."

Do Your Thing on Eclipse Day!



Credit: Courtesy Mark Margolis / Rainbow Symphony

The County of Sacramento has joined in with a number of cities and counties in California to be a partner in the Do Your

non-profits, businesses, and the community at large – can feed our hunger problem. As we continue to address homelessness, I am committed to simultaneously push forward policies and initiatives that will ensure that Sacramento is indeed America's Farm to EVERY Fork Capital.

If you would like to talk more about food insecurity in our community, please contact me at SupervisorKennedy@saccounty.net.

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[District 2 Map](#)

If there are any issues you would like to see addressed in the future, please contact editor Keaton Riley at Rileyk@SacCounty.net

Thing for the Sun on Eclipse Day! On August 21st, between 9:00am and 11:30am, the sun will be in partial eclipse. What does this mean for California? Our ability to produce solar energy will be slowed as the eclipse begins, and then will slowly return to normal from around 10:20am until noon. This is a big deal for our state because, during the eclipse, California's ability to produce solar will be reduced by 70 percent.

Sacramento County, in partnership with Energy Upgrade California, asks all employees and residents to take the pledge to reduce customer demand by avoiding the use of electricity from 9:00am to 11:30am on Eclipse Day.

So, join in and take the pledge yourself at www.caleclipse.org.

If you are wondering what all the excitement is about, want to know how to watch, or are curious about the science behind a solar eclipse then visit Space.com's complete guide to the 2017 Solar Eclipse (<https://www.space.com/33797-total-solar-eclipse-2017-guide.html>).

August is National Immunization Month



With the new school year back in session and fall right around the corner, Sacramento County Public Health officials want to remind parents how important it is for their children to be current on all necessary vaccinations. Vaccines are important for those who receive them as well as the people who are not able to be vaccinated, such as newborns and those with compromised immune systems.

Due to the increases in vaccinations, we continue to see a

decrease or elimination of certain diseases such as smallpox, polio, and diphtheria in the United States, and others such as measles and tetanus are rare. However, some of these diseases are still prevalent in other parts of the world, and because of our very mobile society, the next disease outbreak could be a plane ride away if we do not continue to vaccinate.

"It is important for everyone to get vaccinated. It protects the entire community - particularly those who cannot receive vaccinations, such as those with cancer or other auto-immune diseases" said Dr. Olivia Kasirye, Sacramento County Public Health Officer. "Public Health is encouraging everyone to stay up-to-date on vaccinations."

For children starting Kindergarten, the required and recommended vaccines are:

- IPV (Polio)
- DTaP/DTP/DT (Diphtheria, Tetanus, Pertussis - also known as Whooping Cough)
- MMR (Measles, Mumps, and Rubella)
- Hepatitis B
- Varicella (Chickenpox)
- Hepatitis A: recommended
- Influenza: recommended yearly vaccine

For teens going into seventh grade, the required and recommended vaccines are:

- Tdap booster (Tetanus, Diphtheria, and Pertussis – also known as Whooping Cough)
- HPV (Human Papillomavirus): recommended
- MCV4 Meningococcal Conjugate (Meningitis): recommended
- Influenza: recommended yearly vaccine

Vaccines aren't only important for school aged children; protection from some childhood vaccines can wear off over time. People may be at risk for vaccine-preventable disease due to age, job, lifestyle, travel, or health conditions. Some recommended adult vaccines include annual flu vaccine, tetanus and diphtheria booster (Td) every 10 years, and human papillomaviruses (HPV) for adults up to age 26.

For a complete list of CDC recommended vaccines and immunizations schedules visit www.cdc.gov/vaccines/schedules.

When Do I Need a Building Permit?



Do you really need a permit to install a water heater or build a patio cover? Why should you obtain a building permit? Can you obtain a permit online? Is there somebody you can speak to in person? These are just a few of the questions you may have when considering a remodel or home improvement project.

Most of us never think about the fact that an engineer, architect, or builder designed our homes and offices to be safe; or that the building was inspected to ensure it was constructed according to an "approved" set of building plans which means the plans met the minimum California Building Code requirements.

Counties and cities issue building permits because they ensure that construction or remodeling work meets the minimum requirements of the California Building Codes - which promise a reasonable degree of safety.

Would you buy a house knowing it was not inspected or had an unpermitted addition? Without a permit how would you know if:

- the work was done properly
- the walls were properly insulated
- the electrical work safe
- the plumbing pipes are the right size
- the gas piping was tested
- the homeowners insurance covers unpermitted work

Work done without permits is illegal work, adds no value to a home, and may become a liability. Most financial institutions will not finance a house with illegal work and appraisers usually measure the square footage and check it with County Assessor's records. If they do not match, you have multiple problems:

- obtaining "As-Built" permits for unpermitted work may be expensive
- if the work does not meet the minimum California Building Code requirements it will need to be corrected to meet code requirements
- sometimes the work is done so poorly it cannot meet Code requirements and has to be demolished.

Obtaining a permit ensures that the work is done correctly, is safe for you and your family, provides peace of mind while using the property and enhances your ability when it comes time to sell it. Spending a little now to ensure safe and legal work may prove to be the best money you ever spend.

Resource Pages:

- For a summary of projects that require permits and those that do not require permits, visit Getting Started.
- Some building permits, such as reroofing, electrical panels and water heaters can be obtained online.
- For information regarding our service sites, including the addresses and hours of operation, please visit Contacts, Hours and Locations.
- For more information on building inspections and permits, visit the Sacramento County Building Inspection and Permit website.

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