

# March 2023 Wellness Coalition Newsletter



## Happy March Wellness Coalition Members!

Read below for tobacco news:

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# Tobacco Use & Effects On Mental Health

- The nicotine dependency rate for individuals with behavioral health disorders is 2-3 times higher than the general population
- The presence or history of depression is associated with greater smoking severity and poorer smoking outcomes.
- People with serious mental illness who smoke may spend up to one third of their income on cigarettes.

[Learn more](#)

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## Upcoming Coalition Meeting:

Next Wellness Coalition meeting will be held on **June 6th 2023** -- the meeting location will be emailed out in May.

Any supplemental meetings held between these times will be sent out in a timely manner via email.

If you are interested in joining our coalition and presenting at our next meeting, please contact Crystal Ortiz at [crortiz@cosb.us](mailto:crortiz@cosb.us)

# Tobacco News

## FDA Proposes New Requirements for Tobacco Product Manufacturing Practices

New Proposed Requirements  
for Tobacco Product  
Manufacturing Practices

Today, the U.S. Food and Drug Administration is proposing new requirements for tobacco product manufacturers regarding the manufacture, design, packing and storage of their products. These proposed requirements would help protect public health by, among other things, minimizing or preventing contamination and limiting additional risks by ensuring product consistency.

[Read More](#)



# Valley Health Plan Spotlight



Valley Health Plan (VHP) was founded on the idea that everyone should be able to get high-quality, affordable health coverage. As a not-for-profit health plan, VHP has lived up to that vision by providing community-focused health coverage to the people of Santa Clara County for almost 40 years.

[Read more](#)





# Announcements:



## SAN BENITO YOUTH ASSOCIATION



### WHO WE ARE?

San Benito Youth Association is a youth-based coalition of the Tobacco Education Program. We are looking for individuals between the ages of 13-18 to make a change within our community while learning and having fun.

### WHAT WE DO?

To educate San Benito County Youth through awareness and prevention on the dangers of tobacco use and promote healthier lifestyle choices in order to strengthen our community.

#### MEETINGS

- Twice a month
- Approx. 1-2 hours
- At the Public Health office or via Zoom

#### ACTIVITIES

- Speak at city council meetings
- Participate in outreach events such as Health fairs, Farmer's market, Kids at the park
- Field Trip to the Annual Youth Quest event in Sacramento

#### BENEFITS

- Community service hours
- Letters of recommendation
- Incentives
- Develop Leadership skills
- Resume and mock interview prep



CONTACT JAVIER PEREZ FOR MORE INFO IF YOU'RE INTERESTED IN JOINING!

[jperez@cosb.us](mailto:jperez@cosb.us)  
831-637-5367



# FREE WEEKLY COVID-19 & Flu Vaccination Clinic



Flu and COVID-19 vaccines available for those ages  
6 months or older

**Wednesdays**

Ages 5 years or older

**&**

**Thursdays**

Ages 6 months - 11-year-olds

**2:00PM - 4:00PM**

Located at:

San Benito County  
Public Health Services

351 Tres Pinos Rd Suite B, Hollister, CA 95023



Schedule appointments at [my.turn.ca.gov](https://my.turn.ca.gov)  
or by scanning the QR code  
Walk-ins welcomed!

For any other questions call (831) 637-5367





# JOIN OUR COALITION & IMPROVE COMMUNITY HEALTH



HOW HAS YOUR COVID EXPERIENCE BEEN?



HOW CAN WE IMPROVE HEALTH EQUITY?

ARE YOU INTERESTED?

LET US KNOW  
[CHE@COSB.US](mailto:CHE@COSB.US)



**RIDE UNITED**  
*Transportation Access*

Text or call now for code  
(831) 316-4310

**FREE  
LYFT  
RIDES**

**UP TO \$22 EACH WAY!**

Who is eligible?

- A person with limited transportation options
- Must be 18+ years of age
- Access to the Lyft app



## Where do I start?



**Option 1:** Call Bright Heart Health at 1-844-884-4474, 24 hours a day, seven days a week to sign up and get an appointment.



**Option 2:** Complete referral form on Bright Heart Health website, [brighthousehealth.com/intake-forms/patient-referral](http://brighthousehealth.com/intake-forms/patient-referral).



**Option 3:** Have your doctor or emergency room fax patient information to Bright Heart Health at 1-415-458-2691.

You will be referred to a BHH services coordinator who will work with you to explore MAT and other treatment options. You may be scheduled with a doctor to assess medications and/or discuss additional support services with a team of experts.

### Resources:

Guidelines for starting medication for opioid use disorder  
[www.brighthousehealth.com/wp-content/uploads/HomeInductionProcess.pdf](http://www.brighthousehealth.com/wp-content/uploads/HomeInductionProcess.pdf)

Steps to making an appointment  
[www.brighthousehealth.com/appointments](http://www.brighthousehealth.com/appointments)



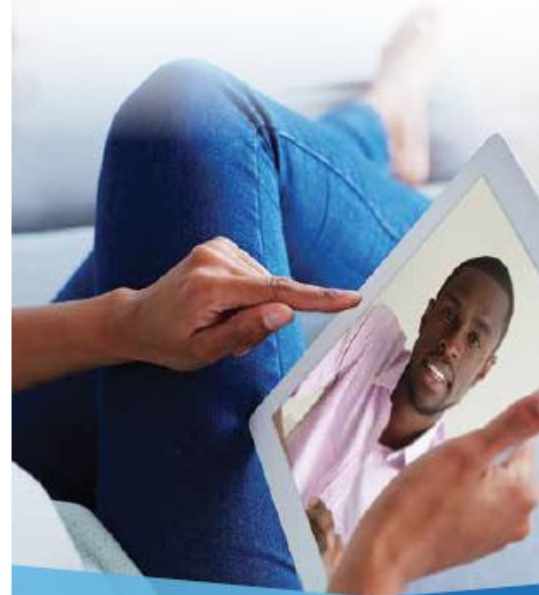
Anthem Blue Cross complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Do you need help with your health care, talking with us or reading what we send you? We provide our materials in other languages and formats, including Braille, large print and audio at no cost to you. Call us toll free at 1-888-285-7801 (TTY 711) (L.A. Care); 1-800-407-4627 (TTY 1-888-757-6034) (Medi-Cal).

¿Necesita ayuda con su cuidado de la salud, para hablar con nosotros o leer lo que le enviamos? Proporcionamos nuestros materiales en otros idiomas y formatos, incluyendo Braille, letras grandes y audio sin costo para usted. Llámenos a la línea gratuita al 1-888-285-7801 (TTY 711) (L.A. Care); 1-800-407-4627 (TTY 1-888-757-6034) (Medi-Cal).

您在醫療保健、向我們諮詢、或是閱讀我們寄給您的資料時有需要任何的幫助嗎？我們以其他語言和格式提供我們的資料，包括點字、大型字體印刷和音訊格式，您無需支付任何費用。請撥打免費電話1-888-285-7801 (TTY 711) (L.A. Care); 1-800-407-4627 (TTY 1-888-757-6034) (Medi-Cal)。

Anthem Blue Cross is the trade name of Blue Cross of California. Anthem Blue Cross and Blue Cross of California Partnership Plan, Inc. are independent licensees of the Blue Cross Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc. Blue Cross of California is contracted with L.A. Care Health Plan to provide Medi-Cal Managed Care services in Los Angeles County.



## Help is virtually a call or click away

[www.anthem.com/ca/medi-cal](http://www.anthem.com/ca/medi-cal)

ACA-MEM-1360-19



## Now available to Anthem Medi-Cal members at no cost:

Bright Heart Health Medication Assisted Treatment (MAT) program for opioid use disorder and alcohol use disorder



If you are suffering from addiction, opioid withdrawal or substance usage, or need help with withdrawal, you may be treated with Buprenorphine, a medication to reduce withdrawal symptoms. This medication will reduce your withdrawal symptoms and can provide a bridge to lead you to your next step!

### Choosing treatment:



Decreases or stops the need to use.



Enables return to work.



Promotes mending of broken relationships.



Reduces emotional instability from highs and lows

### How can Medication Assisted Treatment (MAT) help?

MAT reduces:

- Drug or alcohol cravings.
- Overdose risk.
- Risk of bacterial infection from unsterile injections.
- Risk of contracting hepatitis C or HIV/AIDS.
- Risk of bleeding or death from arterial injections.
- Risk of arrest or legal trouble.



### For additional questions,

please call the Customer Care Center at 1-800-407-4627 (TTY 1-888-757-6034) or 1-888-285-7801 (TTY 711) for members in Los Angeles, Monday through Friday from 7 a.m. to 7 p.m. Pacific time.



Anthem Medi-Cal members have access to opioid addiction programs using virtual substance use disorder (SUD) treatment programs. Bright Heart Health provides discrete outpatient treatment programs using your smartphone, tablet or computer.

# FREE MPOX VACCINATION CLINIC

## SAN BENITO COUNTY PUBLIC HEALTH SERVICES

*April 17th 3pm-7pm*



351 TRES PINOS RD, SUITE B, HOLLISTER, CA 95023

**(By appointment only)**

- The vaccine is available for anyone 18+ to protect against MPOX
- For full eligibility list visit [GO.CDPH.CA.GOV/MPOX](https://GO.CDPH.CA.GOV/MPOX)
- To schedule an appointment visit [myturn.ca.gov](https://myturn.ca.gov) or scan the QR code below



# MANAGING MONEY: A CAREGIVER'S GUIDE TO FINANCES

An education program presented by the Alzheimer's Association®



If you or someone you know is facing Alzheimer's disease, dementia or another chronic illness, it's never too early to put financial plans in place.

Join us to learn tips for managing someone else's finances, how to prepare for future care costs and the benefits of early planning.

**Brought to you by**



This project was supported in part by grant number 90PPFL0001-01-00 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

**Thursday, April 27  
12 - 1 p.m.**

**This class will be offered virtually.  
Join online or by phone.**

**Register at [tinyurl.com/Alz427](https://tinyurl.com/Alz427)  
or call 800.624.8304**

Visit [alz.org/CRF](https://alz.org/CRF) to register online and explore additional education programs in your area.

**ALZHEIMER'S  ASSOCIATION®**

# HEALTHY LIVING FOR YOUR BRAIN AND BODY

## TIPS FROM THE LATEST RESEARCH

An education program presented by the Alzheimer's Association®



For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how lifestyle choices may help you keep your brain and body healthy as you age.

Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

Hosted by



**Tuesday, April 25  
10 - 11 a.m.**

**Meals on Wheels of Monterey Peninsula  
700 Jewell Ave  
Pacific Grove, CA 93950**

**Register at [tinyurl.com/MOWMC](http://tinyurl.com/MOWMC)  
or call 800.272.3900**

**For more information, call 831.375.4454**

Visit [alz.org/CRF](http://alz.org/CRF) to explore additional education programs in your area.

alzheimer's  association®

# EFFECTIVE COMMUNICATION STRATEGIES

An education program presented by the Alzheimer's Association®



Communication is more than just talking and listening — it's also about sending and receiving messages through attitude, tone of voice, and body language. As the disease progresses, individuals living with Alzheimer's or other dementias lose the ability to use words, but families can find new ways to connect.

Join us to explore how communication changes when someone is living with Alzheimer's, learn how to interpret the verbal and behavioral communication, and identify strategies to help you connect and communicate at each stage of the disease.

Brought to you by



**Thursday, May 11  
12 - 1 p.m.**

**This class will be offered virtually.  
Join online or by phone.**

**Register at [tinyurl.com/EfCom511](https://tinyurl.com/EfCom511)  
or call 800.624.8304**

Visit [alz.org/CRF](https://alz.org/CRF) to explore additional education programs in your area.

alzheimer's  association®



**Del Mar Caregiver  
Resource Center**

A Program of Health Projects Center

# CAREGIVER UNIVERSITY CARING FOR U 2023



**Saturday, April 22, 2023**

**9:30 A.M. PT**



**Elks Lodge**

**351 Astro Dr, Hollister, CA**

**95023**



**<https://HollisterCU2023.eventbrite.com>**

**Spanish Interpretation available**



**Scan here to register**



## **THANKS TO OUR PARTNERS**

*San Benito Community Foundation*

*San Benito Aging & Long Term Care*

*Commission*

*Elks Lodge #1436*

*Health Projects Center*

## **THANKS TO OUR SPONSORS**



## **FREE EVENT**

Please attend vaccinated and well. Mask-wearing is welcomed. Free masks will be available on-site if you forget yours. If you feel sick, please stay home and instead watch the day using the simulcast link.



**Del Mar Caregiver  
Resource Center**

A Program of Health Projects Center

# UNIVERSIDAD DEL CUIDADOR CUIDANDO DE TI 2023



Sabado, Abril 22, 2023

9:30 A.M. PT



Elks Lodge

351 Astro Dr, Hollister, CA  
95023



<https://HollisterCU2023.eventbrite.com>



**Para registrarse por  
favor llame al:  
(831) 202-0877**



**Preguntas?  
llamenos!**

## **GRACIAS A NUESTROS SOCIOS**

*San Benito Community Foundation  
San Benito Aging & Long Term Care  
Commission  
Elks Lodge #1436  
Health Projects Center*

## **GRACIAS A NUESTROS PATROCINADORES**



## **EVENTO GRATUITO**

Favor de asistir vacunados y en buena salud. El uso de máscaras es bienvenido. Habrá máscaras gratuitas disponibles en el sitio si olvida la suya. Si se siente enfermo, quédese en casa y, en su lugar, mire el envivo usando el sitio web proporcionado arriba.

Would like to share an announcement? Email our  
Project Coordinator at [crortiz@cosb.us](mailto:crortiz@cosb.us)

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## Cessation Resources



### *Ready to Quit?*

Kick It CA is a free program that helps Californians kick tobacco with the help of proven, science-based strategies.

[Take the first step toward quitting.](#)

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### For more information:

San Benito County Tobacco Education Program

351 Tres Pinos Rd, Suite A-202

Hollister, CA 95023

Tel: (831) 637-5367

Monday-Friday: 8:00am to 5:00pm

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San Benito County Tobacco Education Program

Coalitions

[Visit our website](#)