

Axis Community Capsules

Community Health Education, Prevention & Treatment

SUMMER 2007

www.axishealth.org

VOL. 4 ISSUE 2

Axis Receives CARF Re-Accreditation



After more than a year of hard work, Axis' Behavioral Health Division is celebrating the renewal of its CARF (Commission for Accreditation of Rehabilitative Facilities) accreditation. Once again, Axis received a high rating and a three year renewal.

The purpose of the CARF accreditation program is to ensure that the overall quality of client care is optimum. It requires rigorous adherence to high standards for quality assurance, training, safety and corporate compliance. It also requires regular surveys of clients to ensure that the services offered are effective and that clients are satisfied with their treatment.

An accessibility report addresses clients' needs that may pertain to cultural, disability, transportation and even hours-of-operation issues. "Through this process, we identified that one barrier to our accessibility was the absence of Spanish-speaking therapists on our staff," says Mental Health Counseling Director Stephanie Kelly. "As a result, we now have two bilingual interns who enable us to see many more Spanish-speaking clients.

(continued on page 2)

Spotlight on WIC

Axis Community Health's WIC (Women, Infants, and Children) Supplemental Nutrition Program has been serving Tri-Valley families since 1979. WIC is a federally funded nutrition education and supplemental food program that provides food coupons for the purchase of specific nutritious foods. WIC also offers breastfeeding support and education services as well as a free electric breast pump loan program for WIC participants.

Pregnant or post partum women and children up to the age of 5 who reside in Alameda County and whose income is less than 185% of the federal poverty level are eligible for Axis' WIC program. The program serves approximately 1,875 participants monthly and continues to grow as demonstrated by a 30% percent increase in visits over the past five years. A staff of three registered dieticians (RD), one nutritionist assistant and three bilingual clerk/translators serve clients at Axis' WIC office at 1991 Santa Rita Road, Suite H, in the Mission Plaza Shopping Center in Pleasanton. *(continued on page 2)*



Christine Toth, Nutritionist, counsels a client at the WIC offices on Santa Rita Road.

Contact Us

Medical Care
Pleasanton & Livermore
(925) 462-1755

Mental Health Services
Adults, Children, Families
(925) 201-6240

Substance Abuse
Counseling
(925) 201-6240

Teen Drug &
Alcohol Recovery
(925) 201-6201

WIC
Women, Infants, Children
Supplemental Nutrition
Pleasanton
(925) 462-2365

DUI
Court & DMV
Ordered Classes
(925) 556-2520

Community Health
Education
(925) 201-6013

Eligibility & Enrollment
(925) 201-6056

Administrative Offices
(925) 201-6017

Board of Directors

Our Board of Directors is consumer driven and representative of the community.

Bert Brook, *Chair*
Donald Odell, Esq.,
Vice-Chair
Laura Olson, *Secretary*
Ronald Culmer
Mark Eaton
Thelma Fones
Michael Fraser
Brian Gentry
L. James Ghilardi, MFCC
Ted Kaye, Ph.D.
Farzi Najeeb
James Paxson
Rebecca Silva
Jeri Steiger
Jorge A. Suárez
Laura Torres
Aida White

Foundation

The Axis Community Health Foundation works to enhance community support for our services.

Brent Chaney, *President*
Bert Brook, *Vice-President*
Barbara Lewis
Farzi Najeeb
Sherry Peterson, Esq.
B. Penny Woods
Ronald Greenspan

Advisory Board

Debra Emerson
Bette Felton, DrPH, RN.
Skip Hinsley

Axis Receives CARF Re-Accreditation *(continued from page 1)*

With CARF accreditation, clients seeking mental health counseling or substance abuse recovery programs can receive reimbursement from their insurance companies. “CARF accreditation opens up the potential for us to see insured clients as well as those who uninsured and underinsured and to work with company EAPs (Employee Assistance Programs),” says Mental Health Counseling Director Stephanie Kelly. “It also enables us to seek funding for a variety of sources that increases the stability of our programs, which is especially important when there are threats of government cutbacks.”

Axis Mental Health Counseling reports more than 3,500 counseling visits each year, treating individuals and families for such conditions as anxiety, depression, relationship problems, and more. An additional 2,500 visits accommodate domestic violence and anger management clients.

The Drug and Alcohol Recovery division reports more than 10,000 visits annually, serving more than 600 clients in its Drug and Alcohol Recovery Programs, Proposition 36 Drug Diversion and testing services. In addition, Teen Drug and Alcohol Recovery staff members make regular Primary Prevention visits to schools, churches and community groups. More than 5,000 adults and youth have attended such presentations this year.

“Dozens of staff members went above and beyond the call of duty during the CARF re-certification effort over the past year, putting in extra hours and working hard to set the standard for organization and professionalism,” say Director of Behavioral Health Rick Eastman. “The auditors expressed their appreciation for our attention to detail and even suggested that we undergo auditor training so that we can review other organizations who are applying certification. That’s a true compliment. It was very hard work and quite stressful, but it was definitely worth the effort because it continually refines our delivery of services and benefits our clients.”



Celebrating CARF re-certification are (back L-R) Joe Flaherty, Controller; Rick Eastman, Director of Behavior Health Services; (front L-R) Bella Mello, Billing Manager; Stephanie Kelly, Director of Counseling Services and Debra Eberhart, Teen Drug and Alcohol Program Coordinator.

Spotlight on WIC *(continued from page 1)*

Axis Community Health’s WIC Program will be participating in the “Breastfeeding: First Step to a Healthy Life - Breastfeeding Awareness Walk” on August 7 from 1-2 PM. The walk brings attention to breastfeeding as an obesity prevention measure and celebrates World Breastfeeding week. Walks are planned at over 60 locations throughout the state including the state capitol, Sacramento.

Additionally, the WIC Program will also be participating in the “Soda-Free” summer campaign. The average person eats almost 175 pounds of sugar a year. Most of the added sugar in our diets comes from sodas and other sweetened beverages. We are challenging individuals to join us in a pledge for a soda-free summer and take charge of their health.

WIC appointments are required and may be made by calling (925) 462-2365. They are available Monday-Friday from 8:30 a.m. - 12:00 noon and from 12:45 - 4:30 p.m. The second, third, fourth Tuesdays of the month, clients are seen from 9:30 a.m - 1:00 p.m. and 1:45 - 5:30 p.m. Bus passes are available to Livermore residents.

The WIC program is administered by the California Department of Public Health with funding from the U.S. Department of Agriculture (USDA). Research conducted by the USDA demonstrates that the WIC Program is making a positive impact. The Federal General Accounting Office has concluded that every dollar spent providing WIC services provides a savings of \$2.89 - \$3.50 in medical costs.

Visit Us On the Web! www.axishealth.org



Adult and Adolescent Drug & Alcohol Recovery

A warm welcome to Ed Bates, who works with our Proposition 36 clients, and Jeremy Ostrander, teen program counselor.

Medical Clinics

We welcome back Jennifer Beeckman, NP, who will fill in while Corey Cutler, NP is on maternity leave with her beautiful new baby girl. We also welcome Navdeep Gill, RN, to our staff.

In August, a new Monday evening clinic will open in Livermore. We will be open 9 AM - 9 PM Monday and Wednesday in Livermore and 9 AM - 9 PM Monday through Thursday in Pleasanton. Friday hours are 9 AM - 5 PM in both locations.

Reminder! Be sure to schedule your back to school physicals and immunizations early. We provide immunizations by appointment during the week and on a drop-in basis on the first Saturday of each month.

Mental Health Counseling

We have two new interns: Trina Zavala, an MFT trainee who attends Argosy University, and Amy Greenlaw, an MFT intern who graduated from St. Mary's College. Our new temporary administrative assistant is Amanda Goletto.

Other interns who will be joining us during the summer are: Mary Bobo, an MFT trainee who attends San Jose State; Shannon Kearney, who attends St. Mary's College, and Tiffany Engeldinger who attends University of San Francisco.

DUI

We welcome our newest staff member, Evelyn Placencia Estrada. In August, she and the other three DUI staff will begin classes at various colleges to obtain Continuing Education Units (CEUs) toward achieving or maintaining AOD (alcohol and other drugs) counselor certification.

Since last October, our nine-month program has increased from one to four sections, three English and one Spanish.

Topics recently added to the DUI program are FAS (Fetal Alcohol Syndrome), Driving on a Suspended License and Planning Ahead in Style. We are now showing actual emergency room footage.

Greenspane to Retire

The Executive Search Committee is currently interviewing candidates for Axis' CEO position, to be vacated when CEO Ronald Greenspane retires at the end of this year.

Greenspane came to Axis (then Valley Community Health Center) as interim executive director in December of 1999. He accepted the permanent position in 2001 and has led the organization's restructuring and revitalization efforts, including the Livermore Clinic expansion and CARF accreditation of the Behavioral Health Division.

What They're Saying...

excerpts from actual letters we've received

I was a very independent working woman until I suffered a stroke that left me temporarily disabled. I wasn't prepared financially and as of now I'm Medi-Cal pending and SSI pending. Axis Community Health is a great blessing to me and my family because I now have some type of coverage and access to doctor visits and medication coverage. There are so many others who are in the same situation as myself who need the services.

— Patient, Medical Clinic

I just wanted to say how grateful I am to Axis. I have been struggling with my addiction for years and nothing has ever really helped me. The counselors at Axis have paid enough attention to tell when I'm improving and help me feel good for doing good. They also stay on my back to make sure I'm okay and not just clean. I am grateful for being here and hope others can experience the same thing.

— Client, Alcohol & Drug Recovery

New Parenting Class

We are excited to announce a new class, *Active Parenting Now*, for parents of 5-12 year-olds that will begin in the fall. The six-week session will meet on Tuesday evenings from 7:00 - 8:30 p.m. and will begin as soon as the class of eight participants is full. Additional classes will be added if needed.

Active Parenting Now consists of a video and discussion program that covers such parenting issues as family communication and discipline and is fun as well as effective. Cost is \$30 per session per person or \$50 per session per couple. Call (925) 201-6240 for information and registration.

Items Needed

Your generous donations will help us purchase much needed items such as:

2 Wood's Lamps *(one for each clinic site)*

Used to diagnose eye injuries and various dermatological conditions. Currently, patients are referred to Highland Hospital, which involves much time and travel inconvenience.

Cost is \$400. each

Diaper Changing Table

(Livermore Clinic)

A wall-mounted changing table is required.

Cost is \$350.

Video Camera with Tripod

To be used for training in the Behavioral Health Division.

Cost is \$400.

Saturday Immunization Clinics for Children

Aug. 4, Sept. 8, Oct. 6, 2007 9-11:30 AM
Pleasanton Clinic Only, 4361 Railroad Ave.

Open to all Tri-Valley families who are low income or uninsured, including those enrolled in Medi-Cal and Medi-Cal Managed Care. Bring child's immunization records and information about family income, medical insurance. Fee for some immunizations. Immunization appointments also available at (925) 462-1755.

Thank You for Your Generous Donations

Sally Madrid	\$100.00
Robert & Norma Ware	25.00
Fremont Bank Foundation	1000.00
Jeanette King	100.00
Karen Inkelis	25.00
LLNL Home Campaign	336.00
Daniel McLeod	100.00

Axis

Community Health

Education, Prevention & Treatment

Administrative Offices
4361 Railroad Avenue • Pleasanton, CA 94566

(925) 201-6017 (925) 201-6200

info@axishealth.org

NONPROFIT ORG
U.S. POSTAGE PAID
PLEASANTON, CA
PERMIT NO. 163