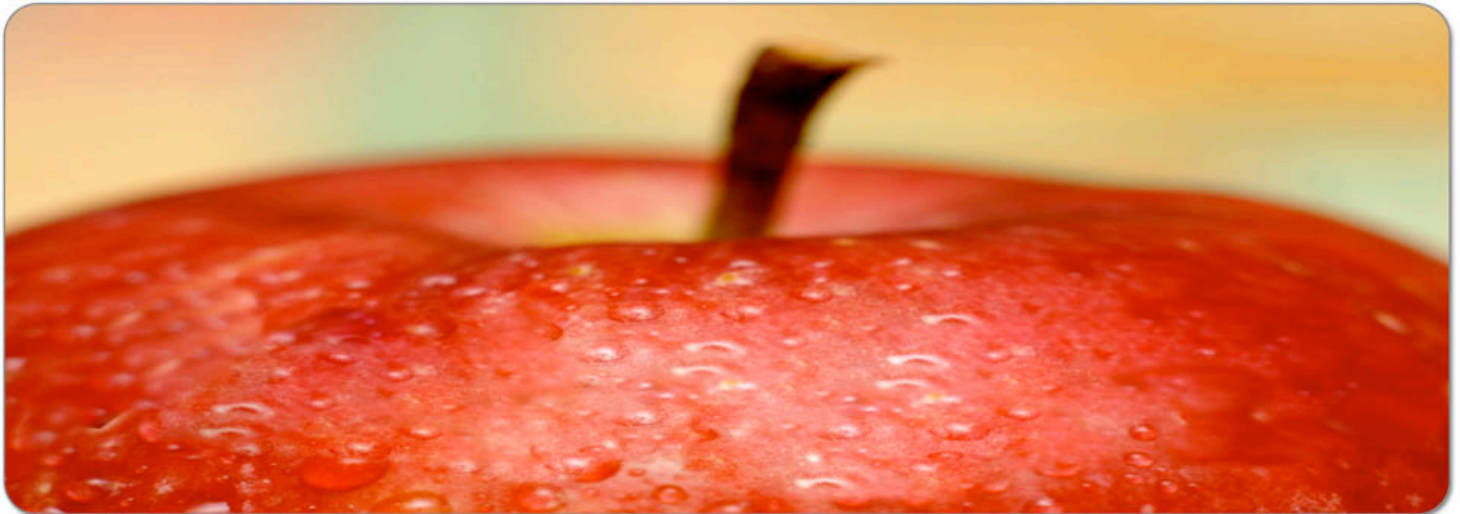


TAY TIPS



TRANSITIONING TODAY'S YOUTH INTO ADULTHOOD

County of Orange Health Care Agency Behavioral Health Services, Funded by Proposition 63 / MHSA Funds



Health & Wellness

This month's issue of TAY Tips is dedicated to providing you with information to help your TAY access necessary health and wellness resources.

This issue will provide you with information on various medical coverage options available to TAY, as well as community resources for those without health coverage. Additional information about substance abuse treatment facilities is also listed.

Lastly, we provide some tips for nutrition and relaxation to increase your TAY's overall wellness.

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Medical Services Initiative

(714) 834-6248 | (866) 979-6772 | www.ochealthinfo.com/medical/msi

Services can include:

- Hospital stays
- Skilled nursing
- Pharmaceuticals
- Medical equipment
- Case management
- Administrative services
- Outpatient services
- Laboratory
- Imaging
- Urgent care
- Surgery
- Physician
- Dental
- Community clinic services

What is MSI?

MSI is a county funded program responsible for the provision of medical care to medically indigent adults who have limited resources for medical care. Coverage is provided for 12 months and it can be extended. Applications can take up to 6 weeks to process.

Eligibility:

- Between 21 and 64 years of age
- Orange County Resident
- Proof of Alien status or U.S. Citizenship
- Cannot pay for needed care
- Meet Federal Poverty Guidelines (200% or below)
- Are not eligible for Medi-Cal

How to Apply:

Applicants need to make an appointment to complete application, and be prepared to provide proof of residency, income, age, and alien status or citizenship. A patient handbook is available for download online and includes all the detailed information about applying for coverage, as well as list of providers and covered services.

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Medi-Cal

www.dhcs.ca.gov

1-800-281-9799

Health care program in California for adults and children with limited resources. Coverage can include doctor visits, hospitalizations, medication, dental and vision.

Locations:

County Community Service Center

15460 Magnolia St.
Westminster, CA 92683
714-889-41050

Aliso Viejo Regional Center

115 Columbia
Aliso Viejo, CA 92656
949-389-8200

Anaheim Regional Center

3320 E. La Palma Ave.
Anaheim, CA 92806
714-575-2400

Garden Grove Regional Center

12912 Brookhurst St.
Garden Grove, CA 92840
714-741-7100

Santa Ana Regional Center

1928 S. Grand Ave. Bldg.B
Santa Ana, CA 92705
714-435-5900

Who Qualifies?

Children and young adults under the age of 21 who are California residents. Eligibility based on income.

Special Circumstances:

Minor who wants to seek *confidential* family planning/pregnancy related care, mental health, drug and alcohol abuse treatment, counseling, sexually transmitted disease treatment, or sexual assault – NO ID NEEDED. Services issued one month at a time

How to Apply:

In person or by mail (in person preferred). Application available in 11 languages and can be downloaded online. Response generally takes approximately 45 days.

What to bring when applying:

- Identification
- Proof of residency
- Proof of income
- Proof of pregnancy (if applicable)
- Proof of immigration status (if applicable)

California Healthy Families

www.healthyfamilies.ca.gov | 1-800-880-5305

What is HF?

Healthy Families is low cost insurance for children and teens. It provides health, dental and vision coverage to children who do not have insurance and do not qualify for Medi-Cal.

Who Qualifies?

Qualification for Healthy Families is based on income.

How to apply or get more information?

Call the number above or visit the website. Applications are available online, or one can be sent to you. Completed applications and required documents are returned by mail.

Family PACT

Planning | Access | Care | Treatment

<http://familypact.org>

Reproductive & Sexual Healthcare

Family PACT is a program that provides no-cost family planning services to low-income men and women.

How to enroll?

Just make an appointment with a Family PACT provider and fill out a two-page form. The Family PACT provider will help you find out right away if you are eligible.

What services are provided?

- Family planning services
- Reproductive healthcare
- Access to birth control methods
- Education, counseling, and treatment

Who is eligible?

- If you have no medical insurance or can't get Medi-Cal
- If you have insurance, but it doesn't cover family planning or birth control methods
- If you have insurance, but you haven't met your deductible
- If you have Medi-Cal with Share of Cost but you have not met your Share of Cost
- If you have Medi-Cal but it doesn't cover family planning
- If you have insurance or Medi-Cal, but you need to keep family planning services confidential

Maternal, Child, and Adolescent Health (MCAH)

<http://ohealthinfo.com/mcah>
(800) 564-8448

1725 W. 17th St.
Santa Ana 1725 W. 17th St.
Santa Ana, CA 92706

Family Planning Clinics offer free or low cost services for women and men, including comprehensive reproductive health exams, family planning methods and limited treatment services.

Who's eligible?

Individuals who do not have health insurance or Medi-Cal, and who meet income requirements.

Services for Women Include:

- Basic Health Assessment
- Pregnancy tests
- Pelvic exam and cervical cancer screening
- Breast exam
- Birth control methods
- Emergency contraceptives
- Other tests as needed
- Education and counseling on family planning
- Referrals

Services for Men Include:

- Basic Health Assessment
- Prostate and testicular cancer screening
- Education and information on male birth control
- Male birth control supplies (condoms)
- Testing for Sexually Transmitted Infections
- Hepatitis B immunizations
- Referrals

Residential / In-patient Substance Abuse Treatment Facilities

North Region:

Casa Elena (women)
832 S. Anaheim Blvd.
Anaheim, CA 92805
(714) 772-5580

Heritage House (women)
321 N. State College Blvd.
Anaheim, CA 92680
(714) 687-0077

Hope House
714 N. Anaheim Blvd.
Anaheim, CA 92805
(714) 776-7490

Woodglen Recovery Junction
771 W. Orangethrope Ave.
Fullerton, CA 92832
(714) 879-2741 Detox
(714) 879-0929 Recovery

South Region:

Heritage House (women)
2212-18 Placentia Ave.
Costa Mesa, CA 92627
(949) 646-2271

Mainstream Group
101 Avenida Serra
San Clemente, CA 92672
(949) 366-9210

Newport Harbor Recovery
382 Hamilton St.
Costa Mesa, CA 92627
(949) 645-5775

East Region:

Gerry House
1225 W. 6th St.
Santa Ana, CA 92703
(714) 972-1402

Phoenix House (adult and teen)
1207 E. Fruit St.
Santa Ana, CA 92701
(714) 953-9373

The Villa (women)
910 N. French St.
Santa Ana, CA 92701
(714) 541-2732

West Region:

Stanton Detox
10936 Dale St.
Stanton, CA 90680
(714) 229-9105

The Roque Center
Recovery
9842 W. 13th St.
Garden Grove, CA 92844
(714) 839-0607

Unidos Recovery Home
9842 W. 13th St. Unit B
Garden Grove, CA 92844
(714) 531-7863

SUPPORT GROUPS

**Alcoholics Anonymous
Of Orange County**
(714) 556-7231 (24 hrs)
www.aanoc.com
Information and meeting
directory available online

**Narcotics Anonymous
Orange County**
(714) 590-2388 (24 hrs.)
www.orangecountyna.org
Information and meeting
directory available online

**Al-Anon / Alateen
Of Orange County**
For families and friends
of alcoholics
(714) 748-1113
www.orangecountyalanon.org
Information and meeting
directory available online

Community Clinics

Community clinics offer free or low-cost healthcare to individuals. Many services are provided on a sliding scale.

**Healthcare
Dental
Vision**

The Gary Center

Medical | Dental
341 S. Hillcrest St.
La Habra, CA
(562) 691-3263
www.garycenter.org

Laguna Beach Community Clinic

Medical
362 3rd. St.
Laguna Beach, CA
(949) 494-0761

Camino Health Center

Medical | Dental
30300 Camino Capistrano
San Juan Capistrano, CA
(949) 240-2272
www.mission4health.com

Community Care Health Centers

Medical | Dental | Vision
Facilities throughout Orange County
8041 Newman Ave.
Huntington Beach, CA
(714) 847-4222
www.cchcoc.org

Lestonnac Free Clinic

Medical | Dental | Mental Healthcare
1215 Chapman Ave.
Orange, CA
(714) 633-4600
www.Lestonnacfreeclinic.org



Nhan Hoa Comprehensive Health Care Clinic

Medical | Dental | Vision | Mental Healthcare
14221 Euclid St. Suite H
Garden Grove, CA 92843
(714) 539-9999
www.nhanhoa.org

Share Our Selves (SOS)

Free Medical & Dental Costa Mesa
Medical | Dental | Mental Healthcare
1550 Superior Ave. Suite E-G
Costa Mesa, CA
(949) 650-0640



Nutrition

<http://MyPyramid.gov>

Choices about food and physical activity can greatly impact an individual's health and overall wellness today, and into the future. Educating TAY toward making better choices may impact their ability to manage their overall health, including mental illness.

Types of Physical Activity:

Aerobic activities: Speed up your heart rate and breathing. They improve heart and lung fitness. Brisk walking, jogging, and swimming are some aerobic activities.

Resistance, strength building, and weightbearing activities: Work your bones and muscles against gravity. Lifting weights, walking, and yard work are all weightbearing activities. They help to build and maintain your muscles and bones.

Balance and stretching activities: Enhance your physical stability and reduce your risk of injuries. Gentle stretching, dancing, yoga, martial arts, and T'ai Chi can increase both balance and flexibility and help you relax, too.

Food Pyramid Recommendations

(from the U.S.D.A. based in a 2000 diet)

Grains:

6 oz. per day (3 oz. whole grains)

Vegetables:

2 ½ cups per day (preferable dark green, orange, or dried beans)

Fruits:

2 cups per day (fresh, frozen, or canned)
Easy on fruit juices

Meat and Beans:

5 ½ oz. per day (low-fat or lean)

Milk:

3 cups per day (low-fat or fat-free milk, yogurt, or other dairy product)
Lactose-free products or other calcium-fortified products can substitute.



Relax!

Here are a few relaxation techniques that can often be used as an easy and simple way to better manage stress.

Breathing Awareness / Deep Breathing

Lie down or sit in a comfortable chair. Your body should be as relaxed as possible. Close your eyes. Scan your body for tension.

Pay attention to your breathing - focus on having your breath go all the way to your stomach.

Breathe through your nose.

Notice if your chest is moving in harmony with your abdomen.

Exhale through your mouth, continuing.

Relax as you focus on the sound and feeling of long, slow, deep breaths.

Continue breathing in an out, noticing the rise and fall of your stomach and chest for several minutes, or until relaxed.

Guided Imagery

Lie down or sit in a comfortable chair. Your body should be as relaxed as possible. Close your eyes.

Use deep breathing and close your eyes, focusing on breathing.

Once you get to a relaxed state, begin to imagine yourself in the midst of the most relaxing environment you can imagine.

As you imagine your scene, try to involve all of your senses. What does it look like? How does it feel? What special scents are involved? Do you hear the ocean breeze, the splash of a stream or the sounds of birds? Make your vision so real you can even taste it!

Stay here for as long as you like!

Progressive Muscle Relaxation Script

Instructions: Have your client sit in a relaxed position while you read the following script slowly, allowing the client to process the exercise..

“Take a deep breath in through your nose...hold your breath for a few seconds...and now breathe out ...take another deep breath through your nose...imagine your stomach is a big balloon filling up with air...hold your breath...now breathe out and imagine that the air in the balloon is slowly escaping...Now I want you to pay attention to your body and how your it feels.... “

“Start with your legs...I want you to stretch out your legs in front of you and point your toes...squeeze the muscles in the top of your legs...now squeeze the muscles in the bottom of your legs...hold it...now relax...let your legs go limp...relax all the muscles in your legs...notice how heavy your legs feel... now take a deep breath and hold...and breathe out...” *Repeat as necessary.*

“Now focus on your arms...stretch your arms out in front of you like you are reaching out to something...keep stretching...hold it...and now relax...let your arms drop to your sides...notice how relaxed your arms feel...relax your arms...now stretch your arms up above your head...try to reach for the clouds with your finger tips...hold...keep reaching above your head...now let your arms drop to your sides...relax you arms...let them go limp ...notice how calm you feel... now take a deep breath and hold...and breathe out...” *Repeat as necessary.*

“Move to your shoulder... pull your shoulders up to your ears...hold...keep holding...now relax... notice how relaxed you feel... now take a deep breath and hold...and breathe out... “*Repeat as necessary.*

“Now, pull in your stomach muscles... tighten them as much as you can...hold it...good...now relax...let your stomach out...relax all the muscles in your stomach...notice how your muscles feel when you relax them... now take a deep breath and hold...and breathe out...” *Repeat as necessary.*

“Finally, wrinkle up your faces as much as you can...wrinkle your nose...mouth...eyes...forehead...cheeks...and push your lips together...Notice how tight the muscles in your face feel...hold it...good...now relax...let all the muscles in your face go limp...notice how relaxed you feel... now take a deep breath and hold...and breathe out... “ *Repeat as necessary.*

“Now relax your whole body...imagine you’re a rag doll and try and relax all the muscles in your body. Notice how good you feel...so relaxed...so calm...now take a deep breath and hold it...and breathe out...you’ve done very well! When you are ready, you can slowly open your eyes.”

For additional information about TAY resources or for referrals contact:

Jason Austin, M.F.T. (714) 796-0121 JaAustin@OCHCA.com OR Vera Grindell, M.A. (714) 896-7556 VGrindell@OCHCA.com