



Director's Report

by **Connie Beck**

► This past year, and especially these past few months, there has been a lot going on. With the county budget and DHHS's budget continuing to be squeezed, staff are doing what needs to be done with less.



Most recently, with the federal government shutdown, there have been a lot of unknowns. While funding for the WIC program was continued and promised through November, for the first time during a shutdown, funds for CalFresh (federally known as the Supplemental Nutrition Assistance Program or SNAP) were halted.

This not only hurt the more than 30,000 county residents who depend on this money to help purchase groceries, but it's also been impactful to staff. Although not all of us are worried about how to feed our own

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families, seeing folks in our community in this situation has been a very helpless feeling.

In addition to the pause in CalFresh issuances, most federal employees in our community were furloughed or continued to work without pay.

During that time, some of the messaging we were hearing from our community partners was, "Take care of your friends and neighbors." In some instances this looked like picking up an extra bag of groceries or even a few extra items at the store to share—if we were able. We also launched an internal food drive for DHHS and county staff to participate in and coordinated with the head of our local Network of Family Resource Centers (FRCs) to

make deliveries to the FRCs seeing the most need.

As a member of this community, I am heartened to see how many of our local restaurants, businesses, government agencies and friends and neighbors stepped up to help out during that time. Providing extra meals, hosting their own food drives and donating money to our local food bank, Food for People.

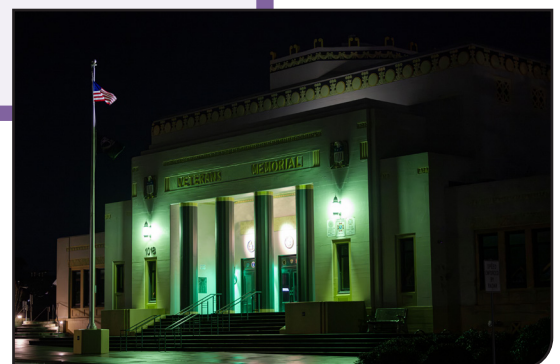
Historically, my fall director's report is about what I am thankful for and to that end, I want to say that I continue to be thankful for our hardworking staff who care about our community, our clients and each other. I am proud to work with such wonderful people and to live in such a caring, generous community. ◀

Local Veterans Honored with Proclamation, Operation Green Light

► At a recent meeting, the Humboldt County Board of Supervisors honored veterans across the country with a Veterans Day proclamation. The proclamation also highlighted the county's participation in Operation Green Light for Veterans, where from Nov. 4 through 11, the Veterans Memorial Building of Eureka was illuminated with green lighting to let veterans know they are seen, appreciated and supported. ◀



From left, DHHS Program Manager II Keri Schrock, Veterans Service Officer Rena Maveety and Veterans Service Representative Marshall Boyett.



Behavioral Health Director's Report

by Emi Botzler-Rodgers



► I have recently been reflecting on how much I appreciate our local Behavioral Health Board (BHB). The Behavioral Health Board is an advisory body to the Humboldt County Board of Supervisors (BOS) tasked with reviewing and evaluating the local public mental health system and substance use disorder treatment system and advising the BOS, DHHS Director and Behavioral Health (BH) Director on services delivered by DHHS-BH. They are also required to submit an annual report on the needs and performance of the county's Behavioral Health system along with recommendations.

The make-up of the BHB is meant to reflect the diversity of the client population in Humboldt County, and 50% of the board shall be consumers or the parents, spouses, siblings or adult children of consumers. There shall be at least one individual who is 25 years of age or younger, one veteran or veteran advocate, one employee of a local education agency and one member of the Board of Supervisors. There are 15 members in total.

The Humboldt County Behavioral Health Board was established in 1970, and the members are volunteers. They don't get compensated for their time or the energy they invest in this work. They do it in support of our community and those struggling with mental illness and substance use challenges. They are selfless in this way.

BHB members are also great allies. They lean in and offer to support even when things get challenging.

They work hard to understand how the county behavioral health system works, both so they can give feedback, input and make suggestions, but also so they are equipped to educate the community, convey with accuracy the strengths and challenges of these systems, and appreciate and support the staff who do this work.

There of course are times when, understandably, the role of the BHB is to challenge the way that the behavioral health programs and services are working in the county. This is their job, and it is welcome, even when it is hard to hear. I have experienced our Behavioral Health Board as incredibly well-intentioned, respectful and compassionate both in how they give feedback and also how they serve as allies to support the health and well-being of the community. I have great appreciation for the work of Humboldt County's Behavioral Health Board. ◀

Sen. McGuire talks mental health Announces additional state funding for county



From left, Fourth District County Supervisor Natalie Arroyo, DHHS Director Connie Beck and Sen. Mike McGuire.



From left, Sorrel Leaf Healing Center Executive Director Shireen Varga, Supervisor Arroyo, Third District County Supervisor Mike Wilson, Public Health Branch Director Sofia Pereira, DHHS Assistant Director Michele Stephens, Director Beck, Behavioral Health Branch Director Emi Botzler-Rodgers and Sen. McGuire.



DHHS and county staff, agency partners and community members gather with Sen. McGuire at his recent news conference.



Public Health Director's Report

by Sofia Pereira

► After 27 years with Public Health, our Deputy Branch Director Lara Weiss is retiring. Lara got her start in 1998 as a Health Education Specialist, working with clients living with HIV/AIDS. She eventually rose up through the ranks, serving as a Program Manager for the Healthy Communities Division, and became the Deputy Branch Director about 10 years ago. Prior to her time working in Humboldt County, Lara earned her Master's in Public Health from Columbia University and was a Peace Corps Volunteer in Guatemala. She brought all this extensive public health experience to our community and has been a steady champion for advancing public health.

Throughout her tenure, Lara has kept health equity at the forefront

of our work. She drove the development of culturally and linguistically appropriate services and made our Community Health Assessment and Community Health Improvement Plan a model for local collaboration. She built up our Office of Performance Improvement and Accreditation and guided our branch through the accreditation process twice. While Lara will be moving on to her next chapter, she leaves behind a legacy that shapes the future of local public health.

After a very competitive recruitment to find Lara's successor, I'm pleased to share that Briana Sherlock will be the next Deputy Branch Director of Public Health. Over the past several years, Briana has served as the Senior Program Manager for the Healthy Communities & WIC Division. Before coming to Humboldt County, Briana was the Assistant Director for Plumas County Public Health, overseeing accreditation, strategic planning, emergency preparedness and other programs. Prior to her work in local

public health, Briana held leadership roles in a global health organization. This spring, Briana completed her Master's in Public Health from the University of Minnesota. Her strong public health and management experience will be integral to our efforts as a branch.

With the change of leadership, there will also be some changes in the role's responsibilities. The Deputy Branch Director will continue to oversee Vital Statistics and the Office of Performance Improvement and Accreditation, leading the charge for our strategic plan implementation, performance management, workforce development and health equity. In addition, Briana will also oversee the Public Health Emergency Preparedness and Epidemiology programs, integrating these programs into our branch-wide efforts and strengthening our branch's preparedness and use of data.

Please join me in thanking Lara for her years of service and congratulating Briana on her new role! ◀



Friends, co-workers and colleagues celebrate Lara Weiss' 27 years with Public Health during her recent retirement party.



Be prepared: Winter weather is on its way

by Terrence McNally, Emergency Preparedness Coordinator

► Winter weather is certainly arriving and that's a good reminder that preparing our homes and families

will keep us safer and more comfortable when inclement weather hits.

I'll be the first to admit that home prep can sound like a daunting process. The cost and effort to set up your household for potentially two weeks of survival is a big lift. Enough food to feed the family for half a month... backup power... bottled water... medications...the list goes on and on and can quickly become overwhelming.

But, like approaching any big proj-

ect, it's best to break it up into smaller parts. If you're tackling your food storage, try adding just a couple cans or boxes of non-perishable items during your regular shopping trips instead of trying to get it all done at once. You'll find that within a couple months, you're pretty well stocked. When you're getting your go bags outfitted for the first time, start by packing them with items already on hand. You'll probably discover that a lot of necessary things

Winter, continued from page 3

are in your camping gear. Cash is important should stores and gas stations lose their ability to process credit card transactions, but few of us have a bunch of currency in our wallets. Start small and add a little bit to a secure location in your house every week. In time, you'll have enough that you'd be able to shop for essentials during a crisis while stores are operating.

Communities weather difficult times best together and that starts with your neighborhood. You probably chat regularly with a couple neighbors, but have you reached out to everyone on the block? Take the lead by getting your neighbors' phone numbers and number of people in each household and share that

in a file with the block. You'll likely find out that some people have skills or tools that could become essential during a disaster, including medical experience, generators, even extrication tools. And you may discover that neighbors with access and functional needs will require additional help from you. It's better to know beforehand and plan to check in on them.

It's also a good time to make sure your vehicles are winter ready. How are the tires and brakes looking? Do you have supplies in your car in case you're stuck for hours due to road conditions? Does your family have a communications plan and meet-up location if you can't make it home immediately?

You're not alone and you're cer-

tainly not the first to tackle these issues. Check out Ready.gov's site which holds lots of information, including winter preparedness. You can also go directly to the website's Build A Kit page to get yours going.

Don't forget to stay informed. Weather radios can be found for as little as \$25 bucks and can provide early updates on changing conditions. If you haven't already, sign up for Humboldt Alert which can give the timeliest and most accurate info on incidents.

As a department, we'll play a major role in helping Humboldt get back on its feet after a major disaster. Being prepared at home, knowing your family is safe and fed, will mean you're more capable to join that effort. ◀



Annual North Coast Stand Down

▶ In September, staff participated in the North Coast Stand Down at the Humboldt County Fairgrounds in Ferndale. The annual event gathers government agencies, nonprofits, businesses and individual volunteers to help local veterans and their families by providing food, lodging and vital services in a supportive environment. The Stand Down brings multiple programs to one location for one shared objective: provide assistance to local veterans. ◀



From left, DHHS Program Manager II Keri Schrock, North Coast Stand Down Co-Coordinator Floyd Cunha, North Coast Stand Down President Kevin Buchanan and First District County Supervisor Rex Bohn.



From left, Behavioral Health Clinician I Dakota Paulson Andres and Substance Abuse Counselor II Sarah Patterson with Behavioral Health's Programs for Recovery.



From left, Veteran Richard Gibson and his dog Beau, consult with Veterans Service Officer Rena Maveety.



From left, Eligibility Specialist IIs Dexter McNally and Luis Castellon provide information related to Social Services programs including CalFresh, CalWORKs and Medi-Cal.

Social Services and Disability Advocacy

by Monique Upshaw-Smith and Rosy Provino

► Did you know that Social Services has a Disability Advocacy Unit? Yep, we do. Meet the GC Unit, our Disability Advocacy Unit. Rosy Provino (Social Worker Supervisor II), Lisa Patterson (Social Worker IV), Stacy Bricco (Social Worker II), Beck Brown (Social Worker II) and Makayla Nessen (Social Worker II).

The Disability Advocacy Unit plays a vital role in helping some of the county's most vulnerable residents access federal disability benefits through the Social Security Administration (SSA). Social workers assist with applications for Supplemental Security Income (SSI) and Social Security Disability Insurance (SSDI), providing hands-on support

with forms, documentation and communication with SSA staff and medical providers. The Social Work Team works closely with General Relief, CalWORKs, the Housing Division and medical and behavioral health providers to stabilize income, improve health outcomes and reduce homelessness. Although the application process is highly structured, social workers practice person-centered advocacy—meeting people where they are and tailoring support to their level of need. They help simplify and guide people through the process, connect individuals with essential services and build strong relationships across agencies to keep claims moving smoothly.

The team's work reflects the core values of social work—a commitment to service, promoting dignity and access to resources, and the impor-

ance of collaboration.

Social workers advocate not only for successful claims but also for each person's overall well-being, addressing barriers along the way. This year, the Social Work Team has focused on streamlining internal tools and refining policies to build consistency across the practice. Consistent processes help staff stay coordinated, improve efficiency and dedicate more time to direct service. During changing times, when resources shift and programs adapt, this consistent, relationship-based work remains essential—helping people move through a complex system with dignity, clarity and hope for greater stability and independence.

Thank you, GC Unit, for all the work that you do for Social Services and for our community! ◀



Equity Update

by Neftali Miller-Rubio, Racial & Cultural Equity Manager

► In recent years, we have witnessed the interest in and approach to advancing diversity, equity, inclusion (DEI) and anti-racism practices evolve and morph along with conversations and pressures on a national scale. At DHHS, leadership has remained committed to our core values, continuing to invest time and resources in achieving the racial and cultural equity commitments and mandates set for programs and staff.

In September, the DHHS Admin Team shared a letter to staff reflecting on on-going policy and funding changes, recent incidences of violence unfolding in our country, harmful rhetoric toward BIPOC, immigrant and LGBTQIA+ communities and threats to the health of those we serve. The impacts facing all of us as Humboldt County residents and staff vary and are often multiplied by the intersectionality of our identities.

In spite of efforts to dismantle equity work on a national scale, DHHS is holding steadfast to our commitments through a variety of efforts—we are revamping our Racial Equity Strategic

Plan with input from staff across the organization; continuing the four-hour Foundations of Racial Equity Training as a requirement for all staff; coaching branch teams and leadership on systems change and intervening in microaggressions and engaging more than 30 supervisors in the year-long Racial Equity Leadership Institute. Staff are encouraged to participate in Workplace Connection Groups and can also reach out to me for support and connections relative to equity and experiences at work. DHHS remains committed to fostering a workplace where people feel they belong, and where the equity-centered values of our department are not up for debate.

This commitment also extends to meeting various branch and program mandates related to advancing DEI, racial and health equity in the region. Behavioral Health must meet specific criteria through a cultural competence plan, including training, practices and supports that reduce racial, ethnic, cultural and linguistic mental health disparities. Social Services must provide training and resources that acknowledge and address the intentional shift to a trauma-informed, anti-racist, anti-stigma and implicit bias-aware culture and climate, geared

toward positive outcomes for child and family health and well-being. Public Health, as an accredited local health department, must meet specific standards in training, recruitment and hiring, and must maintain an equity lead to support equity-focused infrastructure and related activities. Child Welfare Services must address DEI, race, fairness and equity, cultural humility and legislation such as the Indian Child Welfare Act, Multiethnic Placement Act and Interethnic Adoptions Provisions.

By addressing the ways bias, race and other influences of dominant culture often show up in our policies, hiring practices, decision making, service delivery and systems of support, we are working to ensure that all staff and clients benefit from the programs and services available at DHHS. Our efforts to advance equity strive to center systemically marginalized voices and level the playing field, ensuring that all of our staff and community members experience the same access, opportunity and sense of belonging.

DHHS staff can reach out with questions, feedback or requests for coaching by emailing DHHSRacialEquity@co.humboldt.ca.us or nmiller-rubio2@co.humboldt.ca.us. ◀



TAY Trunk-or-Treats

► The Transition-Age Youth (TAY) Division recently held its annual Trunk-or-Treat event at the TAY Center where attendees were able to carve their own pumpkin while getting connected to services and resources in the community. Representatives from Public Health, the Raven Project, Tri-County Independent Living, Northcoast Children's Services and YouthAbility were on-site and in costume providing information and treats to those in attendance. ◀

TAY staff from left, Jasmine Von-Savoye, Erica Carrillo, Jessica Coats, Natalia Flores, Melinda Lewis, Stacey Farmer, front row, Sonya Levy-Boyd and Kelsey Reedy.



TAY participant Dorothy Scott carves a pumpkin at the Trunk-or-Treat event.

From left, YouthAbility staff Autumn McClellan and Pheona Warrell.



From left, Tri-County Independent Living staff Lawrence Gutermuth and Jessica Warrick.

From left, Raven Project staff Sienna Carter and Carana Sedano.



Northcoast Children's Services representative Christy Snyder.

DHHS Health Education Specialist II Amethyst Forrest.



Local pumpkin carver and Halloween Wars veteran Mike Craghead was carving on-site and offering tips and tricks to interested pumpkin carvers.

The Power of Participation: Reviving Workplace Culture and Connection at DHHS

by Kimberly Sullivan, Eligibility Supervisor



► Over the past few years, many of us have seen how easy it is to slip into isolation. After the pandemic, remote work became the new normal, and while it has offered flexibility, it has also created a quiet distance between us. Gone for many are the impromptu hallway conversations, the shared laughter over lunch, and the feeling of connection that once made our workplaces feel like a home away from home. I have been remote since 2021. The pandemic fundamentally changed who I am as a person, not to mention my work experience, as many of you can relate. Once a social butterfly, now a reserved introvert with a fried nervous system, I have found ways to hide myself.

This tactical adjustment for self-preservation has no longer been serving its purpose and it hasn't for a while. It's time to shake off the memory of a pandemic passed and emerge back into a life with wonderful people, at an amazing job, at a time when the community and my co-workers need me most.

Lately, I've found myself saying "yes" more often—to fundraisers,

community events and workplace activities—and I've rediscovered something I didn't realize I'd been missing: The power of participation.

This summer, DHHS hosted a School Supply Drive, and our staff showed up in full force. Together, we collected donations from across our branches and were able to provide our county partners with much-needed supplies for underprivileged youth heading to school for the new school year. Watching those boxes fill up was more than just heartwarming—it reminded me of how strong we are when we come together for a common cause. And that spirit of community hasn't stopped there.

As we prepare for the return of our Winter Gala—an event that brings all of DHHS together to share a meal, dance and celebrate the year—the energy in our offices has been contagious. Fundraisers like the plant sale, lunch-at-work and our ongoing bakery/craft sale for the gala haven't just raised money; they've raised morale.

During the plant sale, I had the chance to talk with co-workers I'd never met before. We shared stories about our gardens, our favorite plants, things we grew well and things that we just couldn't keep alive and even stories about our beloved grandmothers' gardens. Some people bought gifts then shared with me who they were for, and in those simple conversations, connections bloomed—much like the plants we

were selling. It reminded me that sometimes the most meaningful bonds start in the smallest moments.

That's what participation does. It opens doors. It invites us to step out of our shells and into the lives of the people we work alongside every day. Whether you're a remote worker or in the office full time, showing up—even for a small event—matters. When we take part in these moments, we get to know each other not just as co-workers, but as people with families, passions and stories.

When we feel connected, we show up differently. We want to do our best work—not only for our community, but for each other. That sense of belonging is what strengthens our teams, DHHS, and ultimately, our mission at DHHS.

So, if your office is hosting a fundraiser, a lunch at work, or even a simple thing, I encourage you to say "yes." Come in, participate, talk to someone new. The power of participation is what will bring back the warmth and camaraderie that makes DHHS more than just a workplace—it makes it a community.

The week of Oct. 28, SSB at Koster Street set up an Ofrenda for us to honor our family, friends and loved ones who have passed. It was another opportunity for us to learn something new about the people that we work with. I for one enjoyed hearing all about the humans that changed and impacted your life. Be curious and go participate in something new today! ◀

CWS spotlights Breast Cancer Awareness month

by CWS Administration

► Breast cancer is significant and impactful. Many of us know someone who has fought this cancer or cared for someone who has battled themselves. According to the National Comprehensive Cancer Network, starting at age 25, women should speak with their doctors about their risk of breast cancer.

It is important to keep in mind that different people have different symptoms of breast cancer, and some people do not have any signs or symptoms at all.

- Early detection starts at 40, unless there is a family history of cancer in the family (especially breast or ovarian) or a known genetic mutation increasing risk.
- An annual mammogram is recommended for women ages 45–54 years old.
- Women who are ages 55 and

older should have a mammogram every other year or yearly based on patient preference.

- Locally, both Mad River Community Hospital and Providence St. Joseph hospitals have 3-D mammography.
- In addition to the Free Mammogram program (income eligible) at Mad River, the State of California's Every Woman Counts program offers free women's health services to people who are age 40 and older, under or uninsured and below 200% of

CWS, continued from page 7

the Federal Poverty Level. See the [list of local providers](#) offering these services through the “[Every Woman Counts](#)” program as well as [Family PACT](#).

- For Breast and Cervical Cancer Treatment financial resources, please see the State of California’s “[Breast and Cervical Cancer Treatment Program](#),” which is also part of its “Every Woman Counts” program. This is a special program set up specifically to assist income-eligible individuals in California to get needed breast cancer treatment through the Medi-Cal program.
- Don’t forget the importance of a breast self-exam. For information on how to perform a breast self-exam, check out: [Breast Self-Exam](#).
- We are very fortunate to have a



CWS staff shows support for Breast Cancer Awareness Month. From left, Alison Phongsavath, Ivy Breen, Amanda Winstead, Cherie VonSavoie, Jed Mefford, Nica Meggerson, Pam Miller and Kimberly Schneider.

local advocacy organization for breast (and gynecologic) cancers in Humboldt County. The Breast and GYN Health Project (BGHP) [bghp.org](#), located in Arcata, is a nonprofit community resource of support and education for those facing a breast or gynecologic cancer concern. They can

be reached Monday through Friday between 9 a.m. and 2 p.m. at 707-825-8345 for a consultation. After hours appointments are also available.

Remember, early detection saves lives. The sooner you detect breast cancer, the better the outcomes are. Early-stage breast cancer is almost always curable. Also keep in mind that today’s treatments for breast cancer are much more manageable compared to years past. At DHHS, and within CWS especially, supporting families is at the heart of our work and this includes encouraging and reminding ourselves and others that we can, and should, be looking after ourselves, our loved ones and our families! Please remember to care for yourself and for others by arming yourself with information and education. ◀

Suicide Prevention Awareness Month recognized

▶ At a recent meeting meeting, the Humboldt County Board of Supervisors recognized the week of Sept. 7 through 13, as Suicide Prevention Week, September 2025 as Suicide Prevention Awareness Month, and Sept. 10, as World Suicide Prevention Day, with a proclamation. Staff from Public Health’s Suicide and Violence Prevention program were in attendance to accept the proclamation, speak to its importance and provide information about local and national mental health resources. If you or someone you know needs assistance, call or text 988 or visit [988Lifeline.org](#). ◀



From left, DHHS Health Education Specialist II Allie Knoll, Second District Supervisor Michelle Bushnell and Health Education Specialist II Lex Siebuhr.



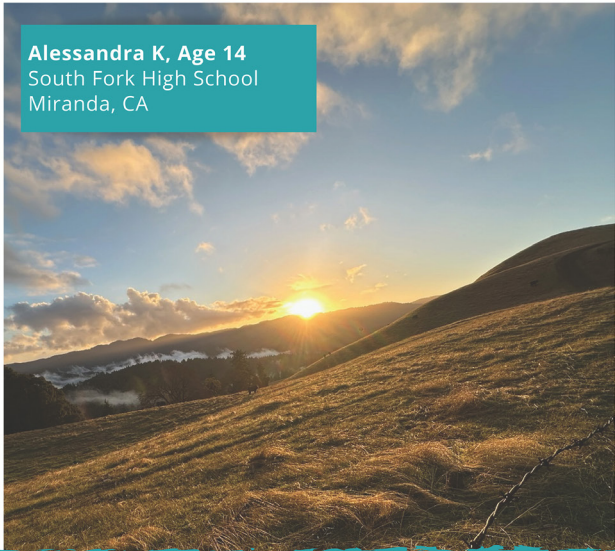
High school students share thoughts through Photo Voice

by Katie Jo Slaughter,
Senior Health Education Specialist

► Southern Humboldt County, also known locally as “SoHum,” is the heart of multi-generational and legacy cannabis cultivation in Humboldt County. Cannabis use education for young people is critical upstream prevention work in this community. According to the Centers for Disease Control and Prevention (CDC), any substance use, including recreational cannabis use, increases a young person’s risk of developing harmful substance use later in life.

Humboldt County Public Health’s Substance Use Prevention (SUP) program was one of five Local Health Jurisdictions (LHJ’s) in California to be


awarded a California Department of Public Health (CDPH) Youth Cannabis Education & Prevention grant for 2023-2027. Other jurisdictions include Butte County, City of Long Beach, Santa Clara County and Shasta County. With this funding, our team is building relationships with Southern Humboldt Joint Unified School District (SHJUSD) and their Wellness Center staff and partners. The



Alessandra K, Age 14
South Fork High School
Miranda, CA

YOUTH PERSPECTIVES ON ALCOHOL AND OTHER DRUGS

I start my day fairly early even though what I enjoy most is sleeping in. I do not enjoy my two hour long bus ride, except for the scenery. Humboldt is so beautiful in its own way, especially the part I'm from. I chose this picture because it's the first and last beautiful view that I see before I go home, rain or shine. It feels like a breath of fresh air.



Mason H, Age 15
Riggin R, Age 15
South Fork High School
Miranda, CA

YOUTH PERSPECTIVES ON ALCOHOL AND OTHER DRUGS

A water tank in the river is a big eye sore in the redwoods. It is visible to everyone from the world famous Avenue of the Giants. It reflects poorly on the community. Hopefully, we can change this by telling those responsible so that they can get it out.

Wellness Center team includes our program’s long-standing collaborators at the Southern Humboldt Family Resource Center.

Since 2012, the SUP team has facilitated annual Photo Voice Projects with local youth to give them a platform to share community strengths and challenges around substance use issues using photography and narrative. Our team compiles student photos and captions into a polished poster collection in English and Spanish.

In January 2025, the SUP team had an exciting, but challenging opportunity to do a Photo Voice Project with the Freshman Health Seminar class at South Fork High School in Miranda. Normally, our team aims to start these annual projects in Fall semester with groups of 10-15 students. The opportunity at South Fork, in comparison, was to work with 30 students during Spring semester. It required staff located in the Humboldt Bay Area to travel down to SoHum frequently for several months to work closely with the students and our community partners. The project required tight timelines, rigorous deadlines, constant communication and a lot of “heavy lifting” by everyone involved.

The students deeply engaged in the project and worked individually or in partners to complete 22 posters. The recurring themes of the poster collection were concern

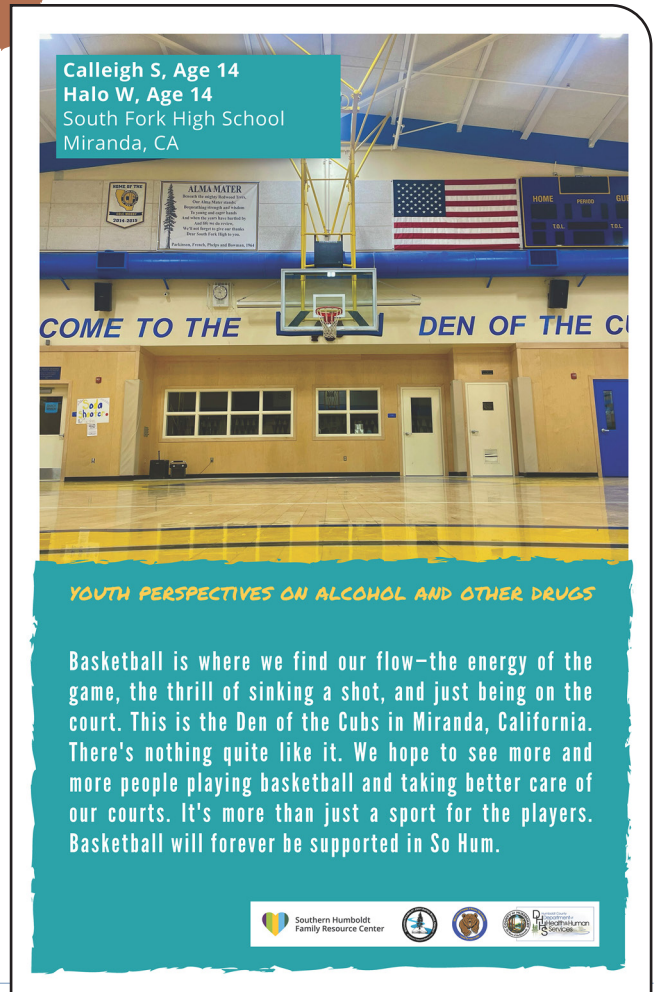
Photo Voice, continued from page 9

and care for their community, and in several instances their posters directly engaged their experiences growing up in the heart of cannabis cultivation in Humboldt. The poster collection reminds all of us, as one student aptly expressed in their caption, "Humboldt is so beautiful in its own way."

Each year, the SUP team hosts a Photo Voice Exhibit event to feature the annual poster collection and celebrate the work that is accomplished by our team and, especially, the students who complete posters. Since 2024, the SUP team and our partners in SoHum have been collaborating with the Mateel Community Center to host a poster display at the beloved and widely attended Summer Arts & Music Festival. This year, the event took place at the equally beloved Community Park in Garberville.

Over 700 community members

attended this year's two-day Summer Arts event, where the Photo Voice display was prominently featured at the entrance. The SUP team provided tickets to the event for the students and encouraged their families to attend. Mateel staff and festival goers alike showered the display with praise for highlighting SoHum's current challenges and the enduring and tenacious spirit of this frontier and sometimes isolated community. One of our partners from the Mateel expressed that they never stopped hearing about how amazing the posters were during the event. ◀



Safety Snippets

▶ The use of power strips, surge protectors and extension cords are necessary because of the many electronic devices that are required to perform our work at DHHS. Every workstation is unique and may need to be configured differently to ensure that it is safe.

Here are some basic guidelines:

Extension cords, which can create

tripping and other electrical hazards, shouldn't be used. Electronic devices or furniture should be reconfigured or moved closer to the outlets whenever possible.

Power strips should never be plugged into another power strip. Appliances, such as refrigerators, microwaves and toasters, should never be used with extension cords or power strips. Outdated, dam-

aged or problematic power strips, surge protectors and cords, should be replaced by submitting a DHHS-17 request to your supervisor.

If you are unsure if a specific situation in your workstation, office or common area is unsafe, please notify your building or program's Safety Committee representative, who can report it to Facilities or Information Services to be addressed. ◀



Now Hiring

▶ DHHS is currently recruiting qualified applicants for a variety of positions. For a list of job opportunities, visit humboldt.gov/jobs and click Job Opportunities, or contact Employee Services at 707-441-5510. ◀



HCTAYC Wellness Series

► During August and September, the Humboldt County Transition-Age Youth Collaboration (HCTAYC) held their annual Wellness Series. The event included a variety of weekly workshops focused around the Eight Dimensions of Wellness: Physical, Environmental, Financial, Intellectual, Spiritual, Occupational, Emotional and Social. ◀



PHYSICAL



ENVIRONMENTAL



FINANCIAL



INTELLECTUAL



SPIRITUAL



OCCUPATIONAL



EMOTIONAL



SOCIAL

Transition-Age Youth (TAY) participant DNaja Toohey works on sewing her tote bag.



TAY participant Leo Peerson demonstrates how to operate a sewing machine for Wellness Series workshop attendees.



From left, TAY participants Peerson, Toohey, Ariana Craft and Scott hold up their completed tote bags.



From left, TAY participants Dorothy Scott, Leo Lopez and Kailey Hayes gather supplies for sewing their tote bags.

TAY participants proudly display their plants.



TAY participant Gabriel Bryant adds soil to his three-gallon pot.

TAY participant Beth Gierk with her newly transplanted Italian parsley.

