



Highlights

JUNE 2008

Message from Cynder Sinclair and Bonnie Campbell.....

Update Regarding the SB County Budget Hearings

We first want to let you know that our Smoking Cessation Program, directed by Dotsie Anfenson, will continue at our Eastside Health Program Center! SBNC would like to give a very special **Thank You! to Dawn Dunn, SB County Public Health Dept. Tobacco Prevention Settlement Program Administrator**, for her incredible efforts to preserve smoking cessation programs in our county. Dawn tirelessly created multiple budget scenarios for the Board of Supervisors to work from and always maintained the importance of smoking cessation classes as a top priority for public health. As a result of Dawn's extraordinary efforts, and those of the Board of Supervisors, SBNC will be able to continue offering these vital classes!

The past weeks have been filled with uncertainty as to the future of funding for nonprofits through SB County contracts. To ensure SBNC had a voice, Cynder, Bonnie, Jeremy, Dotsie and several people who attend our Smoking Cessation classes attended the Budget Hearings.

Please read the following articles for an overview. First a letter Cynder wrote and read during the televised Budget Hearings Public Comments:

June 9, 2008 letter to Board Chair Salud Carbajal & SB County Board of Supervisors:

"I am writing to offer some perspectives on the dilemma you face regarding funding of our county's smoking cessation classes and other tobacco education programs. Currently, the TPSP—through funding from TSAC--teaches future generations about the dangers of tobacco use, promotes smoke-free environments in public places, and helps smokers become non-smokers. As a result of the landmark settlement with the tobacco companies in 1988, these funds have been creating a safer environment for our children and our citizens. Using these funds to reduce tobacco use has, undoubtedly, saved many lives in our community.

Tobacco use and exposure causes more deaths in our county than any other single cause. It is a leading cause of heart disease, asthma, and lung cancer, which tremendously burden our county's health care resources. These diseases are also very debilitating, leading to significant reductions in school ADA and lost productivity at work. It takes education at all levels of our community to effectively combat this killer. At our clinics we have seen increasing numbers of children with asthma in recent years. Second-hand smoke exposure is a leading cause of this chronic disease. These children will need many years or even a lifetime of expensive care and treatment.

Our young people have a right to learn about the dangers of tobacco use so they can make wise decisions for their lives. Our citizens have a right to programs that help them stop using this highly addictive substance. We all have a right to programs that reduce the high cost of health issues resulting from tobacco use. Recent studies confirm the effectiveness of these anti-tobacco programs, and our TPSP is a model in the state for appropriate and effective tobacco prevention and cessation.

I know you face difficult decisions ahead regarding funding of mental health programs. At Santa Barbara Neighborhood Clinics, we know that providing strong mental health programs is a tremendously important issue as well, affecting everyone in this county. I am confident that you will be able to find a way to fund the critical mental health programs without eliminating the one program that actually addresses the reason we receive these tobacco settlement dollars."

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Our mission

is to provide high quality, affordable medical care to all people, especially those uninsured and otherwise underserved, while maintaining a welcoming environment and treating patients with compassion, dignity and respect. We strive to achieve excellence and to maximize the potential of each employee, volunteer, and board member through a respectful and supportive organization.

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A Portion of Noozhawk Media Report:

Posted online 6/14/08 Noozhawk Article by Rob Kuzina:

County Budget Decision Leaves Mental-Health Advocates in Limbo

The main task on Friday for the five elected supervisors was to try to find ways to lessen the severity of cuts proposed by the county’s staff for the 2008-09 budget. The cuts are necessary largely because of skyrocketing costs of retirement benefits for county employees... Meanwhile, although the budget talks already have been painful, the worst could be yet to come. State legislators are still dithering over their budget, which needs to account for a shortfall of at least \$15 billion. When they pass it — which should happen this summer — the effects on counties such as Santa Barbara could be dire.

Regardless, the board’s maneuvers on Friday seemed to keep whole, at least temporarily, some endangered programs — such as HIV education and geriatric care — and minimize the damage to others — such as a tobacco prevention program, which was looking down the barrel of losing its entire \$668,000 budget but instead took a \$50,000 hit...

On Friday, Supervisor Salud Carbajal expressed disappointment at failing to muster the necessary three votes — Centeno was the other supporter — to boost health-care funding for uninsured children by \$500,000. “That is one of the most vulnerable segments in our community,” he said. “That was very painful for me.”

In closing, we know this story will continue to unfold within our county and then with the State budget. We will keep you posted. The good news is that the \$50,000 cut from the tobacco prevention program mentioned in the article above will not come out of SBNC programs. Thank you for all your letters and support of this important county issue that affects so many lives.



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Intervene Early with Coworker Conflicts

When conflict with a coworker begins, act early to intervene. You could save yourself years of anguish, and potentially turn the relationship into a beneficial one. Avoid denying or suppressing your feelings of anger as a coping strategy. As conflict worsens, the risk that you will act irrationally in response to a provocative moment increases. When this happens, management will often hold each of you equally accountable in the conflict and equally responsible for its resolution. You will feel frustrated if you see yourself as the victim. Managing conflict is a life skill; so avoid the mad dash for a book on “dealing with difficult people” once it’s too late to rediscover harmony with your coworker. To head problems off at the pass, 1) let your coworker know you are sensing conflict at the time it occurs; 2) share your feelings in response to an issue or concern and which “rights” you feel are being ignored; and 3) ask for the change you need. Important: Success comes by getting the change in behavior that works for you, not by making a coworker feel punished or blamed.



Hazards Around the House

Accidental death in the workplace is the key concern of safety professionals. However, did you know that the next most dangerous place for unintentional fatal accidents is the home? Household members older than 70 and younger than five are at the highest risk. People over 80 years of age are twenty times more at risk. The biggest killer are falls—about 42 percent. June is National Home Safety Month, sponsored by the Home Safety Council. A lot is going on at this time of year—lawn mowing, barbecuing, swimming, gardening, and more—so the number of accidents increase accordingly.



Health Promotion:

SBNC families who have an **overweight child age 9-12** may want to check out the 7-week CHAMPS class that helps youth reach a normal weight and improve self-image. The \$100 cost allows the whole family to use the Y for two months. For more information, call Sharon Rose at 968-1511 x126.

Free evening classes in **Diabetes and Nutrition** start in July at all SBNC clinics. The classes will be in English and in Spanish. This is a joint effort of SBNC, Sansum Diabetes Initiative and Sansum Diabetes Research Institute. For information, call 682-7638 x228, or Erika Sierra at 968-5811x121.

SBNC clinics will hold a short series of **asthma workshops** to help adults take control of asthma. Sponsored by SBNC and the American Lung Association, the classes will be held in English and Spanish in the evenings. A \$10 fee is refundable upon completion of classes. For information at Eastside or Westside: call Amalia del Carmen at 963-8566. For information in Isla Vista: call Sharon Rose at 968-1511 x126.

Make our Patient's time with you an experience.

You have but a few short moments with customers. You don't have time to complain about your day or anything else. Ask yourself, "How can I make their experience better?" Can I refer to them by name and how can I ask without being too aggressive? How can I control the environment in this company? How am I affecting their five senses? Exceed their expectations just a little with their senses and with your attitude to serve and please, and you will have created a memorable and compelling experience.





From Lupe Montero, HR Director.....

Please mark your calendar!

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Fax: 805-685-2467
Visit our website: www.sbclinics.com

Open Enrollment for Health Insurance Benefits will be

WEDNESDAY June 25th
11:30—1:00 pm
at SBNC Administration Conference room

If you have not enrolled or wish to make changes to your insurance plan or have questions please stop by between those hours.



In observance of July 4th, Independence Day all clinics will be closed on **Friday, July 4th.**

Please make sure to have you time sheets turned in by 10:00 a.m. on Monday June 30th.