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Fresno County Wellness December 2016 Mental Health



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PREVENT HOLIDAY STRESS & DEPRESSION

While intended to be joyful, the holiday season is often a hurried and complicated time. Managing stress effectively can help you maximize the joy in your holidays this year. The Mayo Clinic provides 10 suggestions for preventing and minimizing stress:

Click [HERE](#) to learn more about these 10 holiday wellness tips.

1. Acknowledge your feelings.
2. Reach out if you feel lonely or isolated.
3. Be realistic about holiday activities, traditions, and rituals.
4. Set aside differences.
5. Stick to a budget.
6. Plan ahead.
7. Learn to say no.
8. Don't abandon healthy habits. Eat healthy, sleep well, and be physically active.
9. Take a breather; make some time for yourself.
10. Seek professional help if you need it.



5 Tips to Beat the Winter Blues

Shorter days, reduced light, and colder weather make some people feel particularly down, irritable, or tired in winter. If these feelings recur each year, make it tough to function, and subside in spring or early summer, you may be suffering from seasonal affective disorder.

If you feel this way and the feelings last for several weeks, talk to your health care provider. Below are 5 tips to help support your mental health in winter months. Click [HERE](#) to learn more.

Tip #1: Get as much natural sunlight as possible

Tip #2: Exercise regularly

Tip #3: Reach out to family, friends, and other social supports

Tip #4: Eat right with small, well-balanced meals throughout the day

Tip #5: Take steps to deal with stress by making time for fun

Do You Need Support or Assistance?

Remember that our County of Fresno Employee Assistance Program (EAP) is a confidential service with resources, including professional counseling, available to support employees.

Click the CHECKMARK to learn more about our EAP.



Employee Assistance Program

The Department of Behavioral Health, in partnership with nearby counties, provides a suicide prevention hotline. This service is available 24/7 to keep people safe who have suicidal thoughts or for those in crisis. Click the CHECKMARK to learn more.



Central Valley Suicide Prevention Hotline 1-888-506-5991

The Department of Behavioral Health provides a Crisis Stabilization Unit (CSU) for urgent intervention in a mental health crisis. This program provides a recovery focused environment where any youth or adult in crisis can be assessed for stabilization services, medication evaluation and management, or hospitalization if necessary. The program is contracted with Exodus Recovery. Click the CHECKMARK to learn more.



Exodus Crisis Stabilization Unit

Summary of Behavioral Health Benefits

Find your Fresno County health plan below to view your behavioral health benefits for in-network services.

Anthem HMO

Mental/Behavioral health or substance use disorder
Outpatient services: \$15 Copay/Visit, No Cost Share
Inpatient services: No Cost Share

[Click Here for List of Anthem PPO Behavioral Health Providers](#)

Anthem PPO 250

Mental/Behavioral health or substance use disorder
Outpatient services: \$20 Copay/Visit, 0% Coinsurance (once deductible met)
Inpatient services: 0% Coinsurance (once deductible met)

Anthem PPO 1000

Mental/Behavioral health or substance use disorder
Outpatient services: \$45 Copay/Visit, 20% Coinsurance (once deductible met)
Inpatient services: 20% Coinsurance (once deductible met)

Anthem HDPPO 1500

Mental/behavioral health or substance use disorder
Outpatient services: 20% Coinsurance (once deductible met)
Inpatient services: 20% Coinsurance (once deductible met)

Anthem HDPPO 3000

Mental/behavioral health or substance use disorder
Outpatient services: 0% Coinsurance (once deductible met)
Inpatient services: 0% Coinsurance (once deductible met)

Kaiser

Mental/behavioral health or substance use disorder
Outpatient services: \$15 per individual visit; \$7 per group visit
Inpatient services: No Cost Share

Wellness Recipe: Roast Chicken Breasts with Spiced Cauliflower



Ingredients

2 Tbsp olive oil	1 tsp ground coriander
1 tsp ground turmeric	1/2 tsp ground cumin
3/4 tsp kosher salt, divided	1/2 tsp black pepper, divided
1/8 tsp cayenne pepper	2 sprays cooking spray
1 Tbsp cilantro, finely chopped	1/2 medium fresh lime
1 lb uncooked boneless skinless chicken breast, two 8 oz pieces	
1 lb uncooked cauliflower, cut into bite-size pieces	

Instructions

1. Heat the Preheat oven to 450°F. Line a large baking sheet with parchment paper.
2. In a large mixing bowl, combine oil, coriander, turmeric, cumin, 1/2 tsp salt, 1/4 tsp pepper and cayenne.
3. Place chicken in center of prepared pan; brush each piece with 1/2 tsp oil mixture.
4. Add cauliflower to bowl; toss to coat. Place cauliflower around chicken; lightly coat chicken and cauliflower with cooking spray. Sprinkle chicken with remaining 1/4 tsp each salt and pepper.
5. Roast until chicken is just cooked through, 15-20 minutes; let rest. Toss cauliflower with chicken juices in pan; continue roasting until browned and tender, about 10 minutes more. Add cilantro; toss.
6. Thickly slice chicken across grain; fan over serving plates. Divide cauliflower among plates; squeeze 1/2 lime over top and serve with additional lime wedges.
7. Serving size: 3 oz chicken and 3/4 c cauliflower

Courtesy of Weight Watchers

Live Wellness Webinar

Attend training from the convenience of your workstation.

Holiday Stress

Date/Time: Thurs., Dec. 8, 2016, 11 a.m. to 12 p.m.



Description: Stress may not be the first thing that comes to mind when we think of Thanksgiving and winter holidays, but we feel its effects through January. Too often, holidays are accompanied by the emotional whiplash of anticipatory stress followed by post-holiday letdown. It can take the rest of the winter to recover.

How to register for this training: Ask your supervisor to email HR-Training with your name, employee ID, and County email address.

Live webinar presented by: ACI Specialty Benefits

Contact: HRTraining@co.fresno.ca.us

Live Wellness Webinar

Attend training from the convenience of your workstation.

Healthy Choices for Men




Date/Time: Thurs., Dec. 15, 2016, 11 a.m. to 12 p.m. (next month)

Description: Whatever your age, it's never too late to learn how to live healthier. This class focuses on the biological changes that occur at different ages and stages of a man's life.

How to register for this training: Ask your supervisor to email HR-Training with your name, employee ID, and County email address.

Live webinar presented by: ACI Specialty Benefits

Contact: HRTraining@co.fresno.ca.us



Food choices that work

with you, not against you

Discount: Pay only
\$132.60 at the Open
House on December 14.

County of Fresno

Weight Watchers at Work

Payment: The amount due for participating in this 12 week program is \$156. Members can pay via cash, check, or credit/debit card. They can also take advantage of the three check split payment method: write three upfront checks for \$52. If 20 or more people join, the session will be 17 weeks for \$186.

Payment is due during the open house meeting on Wednesday, December 14, 2016.

Late Registration: If you cannot attend the registration meeting, but wish to enroll, contact wellness@co.fresno.ca.us.

Logistics: Meetings will be held every Wednesday at the County Plaza Building (2220 Tulare St.) from 12pm-1pm in the 21st floor training room.

Participation: County of Fresno employees are invited. Seats will be filled on a first come, first served basis.

Contact wellness@co.fresno.ca.us with any questions!

Open House

**Wed., December 14, 2016
12pm - 1 pm
Plaza Building
21st Floor Training Room
2220 Tulare Street**

Any County of Fresno employee can attend this free, no obligation, open house meeting.

You will have the opportunity to meet our Weight Watchers leader and have your questions answered. There will be no weigh ins for new members.

For those interested in enrolling, full payment of the program is due Wednesday, December 14.

The first meeting of the program is scheduled for Wednesday, December 21, 2016.



Attention County of Fresno Employees:

Did you know you and your family members* can get free, confidential, professional counseling through ACI?

You and your family members are each eligible for six free counseling sessions per year (three sessions every six months).

Counseling Services

Stress, anxiety and depression
Relationships, marriage and single life
Parenting and blended family issues
Substance abuse and addictive disorders
Workplace challenges
Grief and loss

*Family members can access the same services offered to employees and need only to provide the name of the County of Fresno employee to be eligible.

To access the
Affinity™ Online
Website:

1. Go to www.affinity-online.com
2. In the login page, enter the company user name: **cof**
3. Enter the company password: **aci**



For assistance, contact ACI Specialty Benefits at
800.932.0034 or askaffinity@acispecialtybenefits.com