

2015



*Public Health ~ From the Wild West
To Striving for Best*



Public Programs... Personal Service

Compiled by Becky Holley & Jennifer Steiger

*Cochise Health and
Social Services
Legacy Project*

Cochise Health & Social Services

Cochise County's Health and Social Services Department thrives as a service based public health organization. Our mission is to promote health and quality of life for all Cochise County residents through education, service and leadership. Through our many **free**, reduced rate and other standard County Health Department services, we hope to promote healthy living throughout the county.

We are a client focused organization that holds the health and well being of our clients and County residents as our top priority. Our Client Services Charter states: We at Cochise Health & Social Services are committed to being an open and accountable organization with a strong client-focused culture.

Our Service ethos is about generosity of spirit that calls us to enthusiastically go beyond what might be expected... That is our commitment to you!

Our values of health, well being, compassion, respect, justice, and excellence promote a unique and affirming approach to public health.

Our commitment To Our Clients

- *Every encounter matters to us.*
- We will provide the needed services to our clients promptly.
- We will be kind, courteous, respectful and caring to our clients for every encounter.
- We will respect the privacy of our clients and ensure all personal information is stored confidentially, in accordance with all HIPAA and privacy laws.
- We will investigate any incident or complaint regarding our services.
- We will look for answers when clients are having difficulty with services or situations, to provide them with options and choices.
- We will refer our clients to other services



Come visit our Open House at all five clinic locations, July 29, 2015 from 10:00am to 1:00pm!

Cochise Health and Social Services Main Office in Bisbee, AZ



Our Locations

Main Office

1415 Melody Lane, Bldg. A
Bisbee, AZ 85603
Ph: (520) 432-9400

Benson Clinic

126 W. 5th Street
Benson, AZ 85602
Ph: (520) 586-8200

Douglas Clinic

1012 North G Avenue, Suite 101
Douglas, AZ 85607
Ph: (520) 805-5600

Sierra Vista Clinic

4115 E. Foothills Drive
Sierra Vista, AZ 85635
Ph: (520) 803-3900

our department has available, in order to enrich their lives and the lives of their family members.

- We will always do our best to provide our clients with high quality service, like they were our own families.
- We will seek and welcome feedback to evaluate and improve our service.

Our Service Standards

- **Impartial**—we are a Public Health Organization, focused on improving the health and well being of Cochise County residents. We strive to do this with honest and timely advice which is based on the best evidence available.
- **Committed to Service**—we are professional, objective, innovative and efficient. We work collaboratively to achieve the best results for the community and Government.
- **Accountable**—we are open and accountable to the Community, County and State of Arizona under the law and within our framework of responsibility. We take this responsibility seriously and hold ourselves to a higher standard of accountability as a result.
- **Respectful**—we respect all people, including their rights and heritage.
- **Ethical**—we demonstrate leadership; we are trustworthy and act with integrity in all we do.

We encourage our staff to strive for high quality client services with every interaction. The clients we serve are also our friends, family, neighbors and community partners.

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Sierra Vista - Office of Vital Records

4001 E. Foothills Dr.
Sierra Vista, AZ 85635
Ph: (520) 803-3925

Willcox Clinic

450 S. Haskell Avenue
Willcox, AZ 85643
Ph: (520) 384-7100



About Us

Since its inception into the county as its own department in the early 1900's, CHSS has grown to include several programs from across the healthy living spectrum. Today, we have a wide range of programs that cover many aspects of public health and public services.

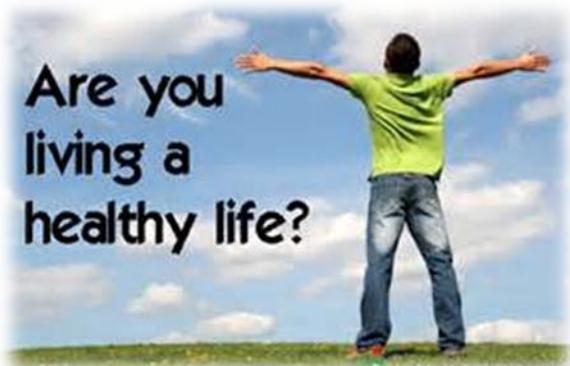
The departments and programs include:

- Public Health Emergency Preparedness
- Area Agency on Aging
- Environmental Health
- Nursing and Community Health Services
- Office of Vital Records
- Prevention Services
- Public Fiduciary
- Adult & Juvenile Detention Medical & Mental Health Services
- Medication Disposal Program
- Sharps Disposal Program
- Naco Discount Prescription Program
- Office of the Medical Examiner

Each department has its own director and staff that specialize in their individual fields. However, if you visit CHSS, you may be referred to another department for further assistance in helping you and your family to maintain a healthy lifestyle or to receive the specific service you need.

To date, there are nearly 80 employees working in CHSS to keep Cochise County safe and healthy. Our programs are a mixture of services, some are state mandated services and some are services we have voluntarily opted to provide. We will provide a detailed description of our services below.

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Public Health Emergency

Preparedness

Cochise Health & Social Services PHEP program is a mandated grant funded program, and responsible for community outreach, preparedness planning, and exercising those preparedness plans.

In order to ensure a rapid and coordinated response to public health threats or emergencies in Cochise County, this program prepares specific plans which include various topics stretching from Pandemic Influenza, Risk Communications and the Strategic National Stockpile.

The Program places an emphasis on coordinating with regional public health partners, local emergency response agencies, and community stakeholders in preparing for local emergencies through training and education and by exercising preparedness plans.

How To Prepare For A Public Health Emergency

The PHEP Program wants the citizens of Cochise County to be prepared for an emergency or disaster. Most people don't like to think about disasters or emergencies, but being prepared can make all the difference.

Each family has similar needs when it comes to preparation. There are numerous resources available to get emergency preparedness information.

To contact us for more tips or if you have any questions, please call 1-800-423-7271 toll free or 520-432-9430 during normal business hours.



ARE YOU READY?



Crews practice for emergency response situations in case of an epidemic or other widespread emergency.



The 2011 Monument Fire burned more than 29,000 acres and destroyed more than 60 homes in Cochise County.

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Area Agency on Aging

CASE MANAGEMENT PROGRAM

A variety of services are provided to elderly and disabled individuals through this program. This is a mandated program for which we also receive grant funded assistance.

Our dedicated Case Managers work with individuals, their families, and support systems to help find resources for elderly and disabled people. When a Case Manager receives the name of someone who would like to discuss available programs and resources, that person is contacted to set up an appointment for an assessment. The Case Manager and the person will discuss the situation, attempt to identify areas where assistance may be needed, and work with that person to find the most appropriate assistance.

Case Managers may be able to authorize the services named below for individuals who have a need for one or more of these services and who have no other person or agency to provide these services. Low income individuals with the greatest physical, emotional and social needs receive the highest priority for services available through the program. These services are provided by local agencies, under contract with South East Arizona Government Organization (SEAGO). If any services are were authorized, ongoing case management services are provided to monitor client's well being and to assist as needed and appropriate.

- Home delivered meals
- Housekeeping
- Shopping and laundry service
- Personal care (help with bathing, grooming, etc.)
- In home respite services

As well as State of Arizona funds. Cochise County also provides funding for the Case Management program. Six Case Managers are located in the Cochise Health & Social Services locations throughout Cochise County.

The Case Management program also provides information and referral services and assists individuals to obtain services from a number of other programs or agencies. These include utility discounts, safety devices, home weatherization and repairs, Telephone Assistance Program, durable medical equipment or home adaption, nutrition and food programs, information on local housing options, Veteran's services, prescription discount programs, benefit programs such as SSI, ALTCS, AHCCCS, QMB & SLMB, MEDICARE, heating & cooling assistance, immigration and naturalization programs, support groups and consumer credit assistance.



Assistance, Advocacy, Answers on Aging

In addition, Case Management is provided to informal caregivers as a part of the National Family Caregiver Support Program. This program provides case management support, monthly workshops, caregiver training sessions, information and referral services, assistance to caregivers in gaining access to supportive services, access to a comprehensive video library on care giving issues, monthly newsletter and respite services for individuals over 60 years of age who meet the program criteria.

There is no charge for any of these services or for Case Management services, although donations are welcome. Funding is provided through a contract with SEAGO that utilizes Older Americans Act funding. For further information call:

- Benson: (520) 586-9183
- Bisbee: (520) 432-9680
- Douglas: (520) 364-7575
- Sierra Vista: (520) 803-3903
- Willcox: (520) 384-4662

Office of the Medical Examiner

Transportation & Examinations - In July of 2012, Cochise County entered into a contract with the Pima County Office of the Medical Examiner to provide Medical Examiner services within Cochise County. As a result of this contract, in cases such as these, Cochise County is required to transport the individual to the Pima County Office of the Medical Examiner, located at 2825 E. District Street, Tucson, AZ, for the needed examination(s).

In order to ensure that Cochise County residents are not impacted by this contract financially, Cochise County has established contracts with five area funeral homes to provide for the transportation of medical examiner cases to and from Pima County and Cochise County, free of charge to all County residents. Funeral homes are selected to transport cases based on a monthly rotating schedule and on the location of the death.

Cochise Health & Social Services is assisting with this transportation effort. In these cases immediate family members will be receiving a call from a CHSS representative within 24 - 48 hours to help them with making final transportation arrangements to the funeral home of their choice.

If family members have any questions, and would like to speak with someone about this process, or have already determined which funeral home they will be using, call the Medical Examiner Transport Line at (520) 803-3948, leave a message with a name, the name of the deceased, and phone number(s). Calls are returned within 24 hours.

Environmental Health

To ensure a safe and healthy environment for the residents of Cochise County, the Environmental Health Division (EHD) provides many services to the general public and the regulated community. These services are summarized in the following programs.

- Food Safety - Provides education and routine inspections of a variety of food facilities in the County. Reports of food borne illness are promptly investigated
- Recreational Health - To ensure the safety of public and semi-public swimming pools EHD provides education and routine sanitation inspections of these facilities.
- Public Accommodations - EHD ensures proper sanitation of hotels/motels and at trailer/RV parks by conducting routine inspections.
- Vector Control - Provides surveillance and public education of insects and animals that could pose public health threats.
- Complaints - EHD investigates citizen complaints and nuisance situations to ensure a safe and healthy environment for all residents.
- Smoke Free Arizona - In conjunction with Arizona Department of Health Services EHD provides complaint investigation for violations of the Smoke Free laws.



Nursing & Community Health Services

Mission Statement

The mission of the Nursing & Community Health Services Division is to promote and protect the health of Cochise County residents by providing quality health care. This is accomplished through clinics, screening programs, home visits consultations and other procedures, which not only provide care but also educate the public about of good health practices.

Our Philosophy

The Philosophy of our division is based on the dignity and value of the individual, the family unit and the place of each other in society. We believe that each person and each family has the right to attain optimal personal fitness and to participate as fully as possible in the gift of life as a member of the Cochise County Community. Therefore, we believe that each one is entitled to receive effective nursing care and assistance based on his or her needs.

Since professional community-oriented nursing is also prevention oriented, we share the responsibility of promoting health, preventing disease, and establishing a sense of health and well being within the community. This belief directs us to seek every opportunity to advance the health knowledge of both staff and clients by every available means. Hence, while providing care, we advance knowledge by instruction and example. This leads to our goal of optimal health for all clients within Cochise County.



Our Programs

The Nursing & Community Health Services Division offers a wide variety of programs. Some of the programs and services we currently offer are:

Immunization Program for Children & Adults

Our Objectives

The primary mission of the Cochise County Immunization Program is to provide for complete immunization services for children and the most common immunizations for adults. We offer all childhood vaccinations free of charge through the [Federal Vaccines for Children Program](#). In addition we strive to promote vaccination throughout the lifespan by offering a variety of Adult Vaccines at a reasonable cost.

The Cochise County Immunization Program collaborates with other providers, both private and public, including concerned citizens in the Cochise County Immunization Coalition. The coalition works to educate the public and health care providers of the most current immunization strategies, guidelines and recommendations to continually improve immunization services throughout the county.



Cochise Health and Social Services provides free walk-in vaccination clinics for all school-age children in need of required immunizations in order to attend school. All vaccines required for school attendance will be available. *Parents or guardians are reminded to be sure to bring the child's immunization record and, if applicable, the child's insurance card to the clinic.* Shots will be given on a walk-in (first-come, first-served) basis.

Remember, everyone benefits from having all the county's children immunized against deadly diseases. Prevention is the key to eradicating them from our community.

All vaccinations will be administered with no fees assessed at the time of service. For children with current insurance coverage under AHCCCS or private insurance plans, those insurance plans will be billed directly. No child will be turned away due to lack of insurance coverage or inability to pay. For parents interested in obtaining optional but recommended vaccines, appointments may be made for regularly scheduled immunization clinics by calling your local Health Department location.

There is no charge for the child's flu shot vaccination if all VFC eligibility requirements apply. Children between the ages of 6 months and 18 years can get the vaccination at any of our clinics above with an appointment.

TB Control Program TB Testing and Treatment

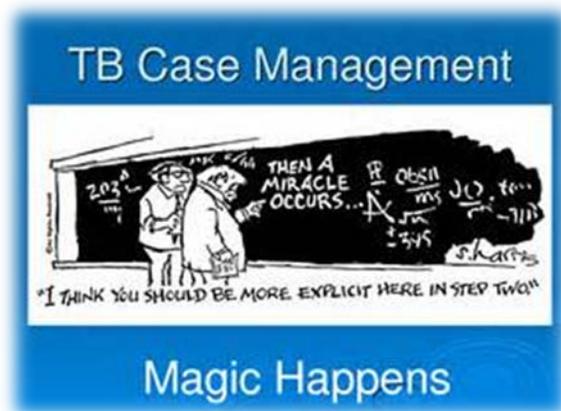
The Cochise County Tuberculosis Program works in conjunction with the Arizona Department of Health Services Tuberculosis Program. Notification is received from the AZDHS Tuberculosis Program of any Active TB Cases in Cochise County, whether newly diagnosed, relocated from another county in Arizona or from another state or country. A face to face in depth interview and assessment is completed on all Active TB Cases and those who are suspected of having Active TB. Comprehensive testing, treatment, and follow up care are provided through the duration of the illness.



Contact investigations resulting from the client interview are completed. This involves assessing and testing the different people the Active TB client has been in contact with based upon pre-determined criteria and how infectious the patient is.



Assessments, testing, and treatment are also provided to persons with Latent Tuberculosis Infection (LTBI). In house TB skin testing and reading is provided at different facilities such as an Assisted Living Center or a college when there is a large number of people or it is difficult for them to come to the Health Department during regular business hours.



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Family Planning Services

What is Reproductive Health/Family Planning? The Reproductive Health/Family Planning Program is a statewide clinic-based primary care program that provides complete reproductive health/family planning services to promote optimal health. Services include education, counseling, medical, and referral services that enable people to make voluntary, informed decisions about the quantity and spacing of their children.

Why is the Program needed? Family planning clinics play a key role in health care delivery. The clinics often are the entry point into the health care system, and may be the only source of health care for the young, for those with low incomes, for the uninsured, and the underinsured.

What are the goals of the Program? Reproductive Health/Family Planning Program services provide individuals with the information and means to exercise personal choice in determining the number and spacing of their children. Research indicates that women who can plan and space their pregnancies are likely to have healthier babies. Improved birth outcomes include a reduction of birth defects, decreases in infant mortality, and decreases in the incidence of low birth weight babies. An important social statistic also indicates that children born to individuals who are prepared for them are less likely to be abused and/or neglected. The program promotes responsible and healthy lifestyles by providing accurate information, education, counseling, and medical services to people regarding their reproductive health and family planning options.



Program services also help prevent:

- The spread of sexually transmitted infections by providing screening.
- Unintended pregnancy by providing access to a range of safe and reliable contraceptive methods.
- Education regarding the correct use of those methods.
- Disease by screening for breast and cervical cancers.



What has the Program achieved? The Reproductive Health/Family Planning Program continues to increase access to health care for individuals who might otherwise not be served.

***All of our services are STRICTLY CONFIDENTIAL!
TEENS ARE WELCOME!***

How much do Family Planning Services cost? For clients 18 years old or younger, the following services are always 100% free:

- Pregnancy Tests
- Birth Control
- STD Treatment
- Education Services

For clients over the age of 18 a sliding scale is used to see if they qualify for free Family Planning Services. These services range in cost from free to \$50.00.

STD Testing & Treatment Services

STD testing and treatment is available at all sites. Services are provided at no cost to individuals under age 19. Charges for services for those 19 & over include \$40 for testing and \$10 for treatment.

STD testing is done during regular clinic hours, on an appointment only basis. STD testing is also provided as part of the Family Planning Program's services. Currently, the Health Department tests for Gonorrhea, Syphilis, Chlamydia, and HIV. Please call any of our service centers to schedule an appointment.

In addition to STD Testing and Treatment, all Health Dept. Offices give out FREE Dick Tracy Bags. Any person of any age can come to the Health Dept. and request a "Dick Tracy Bag". Dick Tracy Bags include three condoms and instructions on use. One will be given to that person, no questions asked. Limit one per person per day.

HIV Testing & Education

The HIV Prevention Services Program offers confidential HIV antibody testing at no cost to all Cochise County residents age 13 and older. We also provide information and referral services to HIV infected individuals, their families and significant others. All HIV testing sessions are in accordance with Arizona Department of Health Services HIV-CTR policies and procedures and the most recent version of CDC HIV-CTR Standards and Guidelines.

Blood Pressure & Blood Sugar Screenings

We offer FREE blood pressure and blood sugar screenings for all Cochise County residents, during regular business hours. Please call the Health office nearest you to learn more.

Adult & Juvenile Detention Medical Services

Health care services are made available to all Cochise County Jail & Juvenile Detention Center inmates. These services include physical examinations, lab studies, emergent dental care, necessary primary care and treatment, first aid, medication dispensing, health education and counseling, hospitalization and emergency services as needed. For information, call the Cochise County Jail medical office in Bisbee at (520) 432-7582, or the Juvenile Detention Center in Sierra Vista at (520) 803-3016.



Office of Vital Records

We at the Office of Vital Records are happy to provide you with the information you need to acquire certified copies of birth and/or death certificates. We provide birth and death certificates to Cochise County and Arizona residents. We provide services to all funeral homes within Cochise County and others outside of Cochise County.

Obtaining a Birth or Death Certificate

In PERSON:

1. Applicant must provide a valid ID (see identification requirements).
2. Check proof of eligibility to see if additional documents are required.
3. Bring the appropriate fee (\$15 each)
4. Come in the lobby fill out an application form available by the reception desk. Please be aware that you may have to wait some time for the request to be processed depending upon the number of customers being serviced at that time.

By MAIL:

1. Pick up an application form at our office or print a form out from the internet at <https://www.cochise.az.gov/health-and-social-services/office-vital-records>.
2. Please provide a valid notary signature and seal on the application form OR a copy of applicant's valid ID (see identification requirements).
3. Check proof of eligibility to see if additional documents are needed.
4. Mail the appropriate fee. Please allow 2 weeks from the time you mail your application for requests to be processed.

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ONLINE and EXPEDITED ORDERS:

[VitalChek](#) is your direct connection to order certified copies of Arizona vital records (with government seal) for your immediate family - order online and receive them by express mail. VitalChek is an independent vendor that assists persons with applying for birth and death certificates online. These orders are still processed by CHSS staff, in an expedited manner. To obtain information and instructions for ordering Arizona vital records on VitalChek: Visit the Arizona [VitalChek website](#).



Note: Expired, cracked, broken, taped or faded identification documentation cannot be accepted.



ON IN THE COMPLETELY (PLEASE PRINT)
FORM ON TOP BE SURE TO MAKE ONLY ONE PER EACH SIDE OF BOX

ALL OUT ORDER FORM COMPLETELY (PLEASE PRINT)

Name John Q Public

Name of Wearer (if different)

Address 123 Any street State Zip

City Anytown

Telephone 123-555-1212 Date

Mens Womens - Shoe Size

Insole Type: Full Length of Shoe 3/4 Length

Shoe Style: (Circle One) Athletic / Work

Do you currently or have you previously worn this shoe for performance and provide your name and license number

Prevention Services Division

Mission Statement: The mission of the Prevention Services Division is to promote, with community involvement, a healthy lifestyle and to prevent disease and injury through culturally respectful programs of education, outreach and intervention.

Maternal & Child Health Home Visiting

Our programs promote healthy pregnancies and births, and support children to be fully prepared to start school, by bringing program services to county residents in the comfort of their own home. Trained Community Health Workers guide women through their pregnancy and the first three years of their child's life using evidence-based home visitation models including *Partners for a Healthy Baby* (funded through Arizona Department of Health Services).



Home visitors support families in times of need and connect families to other resources in the community as needed. They also provide assistance to access those services.

Home visiting is *FREE* and *CONFIDENTIAL*

We serve county residents in all county communities and areas. For further information please contact us at homevisiting@cochise.az.gov or call (520) 803-3923.

WIC – Women, Infants & Children Special Supplemental Nutrition Program

WIC is a special supplemental nutrition program for women, infants and children. Services include nutritional and bio-chemical assessment to determine health risks, assistance with obtaining nutritious food packages, nutrition education and counseling, and referrals to other pertinent programs. Peer support is also provided to breastfeeding women or pregnant women interested in breastfeeding.

Arizona Women, Infants, & Children (WIC) Program

WIC is a federally funded health program which provides nutrition education, breastfeeding support, community referrals and nutritious foods. It is **NOT** an entitlement or welfare program. After a complete nutrition assessment, participants are provided an individualized food package to achieve and maintain a healthy lifestyle.



Pregnant and post-partum women, infants and children up to age five are screened and assessed as to their nutritional risk, residency and income level. Families are eligible up to 185% of the Federal Poverty Guideline are eligible for the WIC Program.

DO YOU:

- Need a little extra help purchasing healthy foods for your family?
- Have nutrition questions or concerns about your picky toddler, preschooler or fussy infant?
- Want information about community resources for you and your family?
- Want to ensure a healthy pregnancy?
- Need breastfeeding information and support?

If you answered 'YES' to any of these questions then..... **WIC IS FOR YOU!**

WIC services are **FREE** and **CONFIDENTIAL**

For further information please call us TOLL FREE at 877-942-2477 or email us at nutrition@cochise.az.gov

Teen Pregnancy Prevention Services

Trained Health Educators offer a menu of evidence-based curricula upon request by schools, youth programs, parent groups and other venues. These programs are designed for teens 12-18 years of age. All curriculums emphasize the importance of healthy lifestyles by providing teens with the knowledge to make informed decisions. *All components provide an abstinence-based message. These programs can include:*

- *Draw the Line/Respect the Line*
- *Making a Difference*
- *Making Proud Choices*
- *Cuidate (Take Care of Yourself)*
- *Promoting Health Among Teens*
- *Reducing the Risk*
- *Active Parenting of Teens*

Please call (520) 432-9493 or contact us at healthyliving@cochise.az.gov.

ASHLine

The **Arizona Smokers HelpLine** is a phone-based tobacco quit line that offers FREE cessation services as well as FREE nicotine replacement therapy.

- We are always looking for Lay Leaders volunteers who want to develop, recruit and conduct Healthy Living and/or Tomandos classes in their own community, neighborhood, or housing development.
- We offer training for businesses and health care providers in effective ways of making ASHLine referrals for employees and customers. The referral process called: "Ask,

- *Advise, Refer"* or AAR, is a quick, easy way to incorporate smoking cessation into your health care benefits and/or your worksite wellness program.

For further information please contact us at healthyliving@cochise.az.gov or at (520)432-9493



Tobacco Prevention Services

Our Tobacco Prevention services include a comprehensive prevention and education program



that addresses tobacco use and the impact it has on health. We are working to reduce tobacco use and involuntary exposure to second and third hand smoke for all county residents. Trained Health Educators provide a variety of services to the community to encourage and support reduction of tobacco use and sales. Our services include comprehensive prevention and education programs for both adults and youth to reduce/eliminate tobacco use in our communities.

Our approaches include:

- **Tobacco Vendor Compliance Checks** – Our health staff and youth coalition volunteers participate in tobacco sales compliance checks with the Attorney General’s office.
- **Tobacco Retailer Education** – A FREE two-hour training is provided to any tobacco retailer interested in learning about tobacco use and purchasing practices, Arizona tobacco retail laws and enforcement, strategies for retailers to avoid tobacco sales to minors, and tips for clerks to avoid selling to minors.
- **Youth Tobacco Diversion Education** – Tobacco education and prevention provided to high school youth who are caught using tobacco at school.
- **Technical assistance** for businesses wanting to implement a smoke free workplace and campus.



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♥ **The Million Hearts Campaign** ♥

Commit to the initiative in helping prevent 1 million heart attacks in the United States by 2017!

Cochise Health & Social Services partnered with the Million Hearts campaign to help promote heart health in Cochise County.

With personal pledges and employee wellness initiatives, we hope to educate the community on the importance of heart health at home and at work.

♥ **Take the pledge today** ♥

Healthy Arizona Policy Initiative

This program is designed to assist and train organizations on how to enhance their existing wellness policy or fully develop a policy. We can offer ideas on how to improve student/employee health. Our staff can provide the following:

- School Health Index and Advisory Assistance
 - We encourage everyone to be a part of your SHI/SHAC committee
 - School health resources
- Worksite Wellness Policy Assistance
 - Wellness Policy development
 - A wide variety of Worksite Wellness Resources

Please call (520) 432-9493 or contact us at healthyliving@cochise.az.gov for more information or schedule a training event for your organization.

Youth Health Coalition

If you're an Arizona teenager who wants to raise awareness of the dangers of tobacco and addiction in your community, your school, even your circle of friends—this place is for you!



- Youth Coalition members promote tobacco prevention messaging to their peers, focus on community-wide policy change and assist at school and community events.
- Tobacco Vendor Compliance Checks otherwise known as “Counter Strike” <http://www.counterstrikeaz.com/> – Youth work alongside the Attorney General’s Office to conduct checks at any tobacco vendor throughout the county.
- <http://www.standaz.com/>, [Students Taking a New Direction](#)



For further information please contact us, healthyliving@cochise.az.gov or (520)432-9493.

Healthy Living Workshop – Chronic Disease Prevention

The Healthy Living Program is a series of workshops led by facilitators that help adults with chronic illnesses and their caretakers learn ways to self-manage their condition and take charge of their life. Participants who complete the program feel better, are less limited by their illness and may spend less time at the doctor or hospital.

The Healthy Living Program in Arizona is sponsored by the Arizona Living Well Institute. It is based on the Chronic Disease Self Management Program developed by by Dr. Kate Lorig at Stanford University.

Healthy Living Workshops (or CDSMP – Chronic Disease Self Management Program) is a series of 6 FREE classes that help individuals or their care givers manage their chronic illnesses. Anyone with a chronic condition such as diabetes, arthritis, heart disease, asthma, or any other on-going health condition can participate. Caregivers for those with chronic illnesses are also encouraged to participate.

- Workshops are FREE and conducted in all county communities.
- Workshop materials are provided to participants.
- **Tomandos Control de la Salud** – Healthy Living classes designed for Hispanic communities and conducted in Spanish are also offered in select locations.
- Training and mentoring is provided.

Come visit our Open House at all five clinic locations, July 29, 2015 from 10:00am to 1:00pm!

Public Fiduciary



The Cochise County Public Fiduciary is the state mandated office established to serve as Guardian and/or Conservator for those persons who are in need of such services and for whom there is no one else who is willing or able to serve in such capacity.

Conservator: A Conservator may be appointed for someone who is determined by the court to be unable to manage his or her own finances or property. As a Conservator, the Public Fiduciary is not only responsible for managing all of a person's finances or property, but to secure benefits for clients, as needed. The Conservator manages the assets of the person for his or her benefit under the court's supervision and must file with the court an annual accounting of all receipts and disbursements to receive the court's approval.

Guardian: A Guardian may be appointed for someone who is determined by the court to be incapacitated or unable to communicate responsible decisions, usually as a result of physical or mental illness or dementia. As a be

guardian, the Public Fiduciary is responsible for managing all aspects of a person's life including personal and medical care. When a client has made his/her wishes known, it is the responsibility of the Public Fiduciary to see that those wishes are followed. When a client's particular wishes are unknown, the Public Fiduciary is mandated to use "substituted judgment" to make decisions on behalf of clients that they would have made for themselves had they been able to do so. It is the obligation of the Public Fiduciary to act in the best interest of the client at all times.

Once the Public Fiduciary has determined that a Guardianship/Conservatorship is necessary for a person's well being and survival, a petition is made to the court. At that time, an attorney is appointed for the prospective client. A court investigator is also appointed to visit with the prospective client and makes an independent report to the court as to his/her findings in regard to the petition. Upon review of all the evidence, it is the Judge who makes the final decision as to the appointment of a Guardian/Conservator.

The Cochise County Public Fiduciary also investigates the need for a Probate action to handle estates for deceased persons and may be petitioned by the Court to administer a decedent's estate when there is no family member or friend willing to serve in that capacity.



Probate: A Personal Representative may be appointed to administer the estate of a person who died (a "decedent") where there is no one else named in a will or able to act on the decedent's behalf.

As the administrator/personal representative of a decedent's estate, the Public Fiduciary is required to inventory, collect and preserve the assets of an estate. The Public Fiduciary is responsible to make an accounting to the Court of the decedent's assets; provide notice to creditors; pay any outstanding debts; find and distribute assets to any potential heirs. If there is a Will, the Public Fiduciary will administer the estate in accordance with the decedent's wishes and consistent with Arizona law.

Yearly Reporting: Each year the Public Fiduciary is required to make a report to the Court for each client. In the case of a Conservatorship, an initial inventory is performed and presented to the court within 90 days of appointment. Every year after that, an accounting is made documenting all income and expenditures for that year. A report is also made to the court each year when a Guardian has been appointed.

Fees: The Public Fiduciary is authorized to make a claim to the court every year for the collection of fees. Fees will vary each year and for each client depending upon the amount of services provided. The Public Fiduciary only collects fees that are court-approved.



Referrals: If it is believed that a person in Cochise County may be in need of a Guardian or Conservator and there is no one else able or willing to serve in that capacity, the Cochise County Public Fiduciary's Office can be contacted. The information will be kept confidential, and the

referral will be investigated. Should it be deemed that a Guardian/Conservator is necessary for an incapacitated person or a person in need of financial protection, then a petition will be made to the court as described above. For more information, call 432-9660.

NACo Prescription Discount Card Program

Cochise County **NACoRX** Contact Information

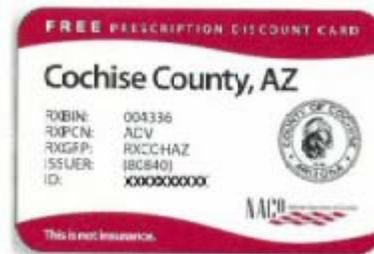
Email: **NACoRX@cochise.az.gov**

Phone: 1-877-NACO-RX2 or 520-432-9457

FREE to ALL Cochise County Residents! Americans are paying more for prescription drugs than ever before. With or without prescription coverage, staying healthy can come at a high price.

With the Cochise County Prescription Discount Card provided to you in a joint effort with the National Association of Counties (NACo), you can save money on many of your prescription purchases! Any county resident with or without prescription coverage can use this program.

Even if you have insurance for prescription drugs, you may still benefit from the discount card, since it may save you money on prescription drugs your existing plan does not cover. All County Residents Are Eligible! No income requirements, no age requirements, unlimited use for the whole family.



The Cochise County Prescription Discount Card is...

- **Valuable** - Save an average of 20% off the pharmacy's regular price on all commonly prescribed prescriptions and an average savings of 50% on 90-day supplies of select generics through mail service. Savings are also available on high-tech and injectable drugs through their specialty pharmacy.
- **Easy** - There are no claim forms to fill out and no annual fee to pay.
- **Convenient** - More than 59,000 participating pharmacies nationwide!

Discount Card Pick-Up Locations: 

You can pick up a card at any Cochise County Health Department location, participating pharmacy or public library.

[Cochise County Participating Pharmacies](#)

Find a Pharmacy Near You - Locate a participating pharmacy by calling 1-800-516-1873 or just **CLICK HERE** to go directly to the Caremark website. (Once you are there click on "Locate Pharmacy Link" on right menu - see example)



Frequently Asked Questions:

Q. What do I do if I lose my card? A. Not to worry. There is no personal information connected to the actual card. Just stop by any local pick up location, or call toll free 1-877-NACO-RX2 to obtain your new card and start using it right away.

Q. Do the discount cards expire? A. No, the same card can be used for the whole family and does not expire.

Q. Are pets eligible? A. Yes, if your pet has been prescribed a medication, you may receive a discount on the medication by taking the prescription to a participating retail pharmacy.

For more information call Customer Care Service toll free **1-877-321-2652**. Discounts on dental and medical services are also available.

Medication Disposal Program



This new program was implemented in 2014 throughout Cochise County. As many are aware, the impacts of improper medication disposal into water supplies and trash is becoming an issue nationwide. In light of this public health issue Cochise Health & Social Services, the Cochise County Sheriff's Office and Fire, Police and Hospital partners in Cochise County are now providing our community with a comprehensive medication disposal program.

Our program provides free, disposal locations for all Cochise County residents. We currently have twelve drop off locations conveniently located throughout Cochise County.



Cochise County Locations:

- Fry Fire Department - 4817 S. Apache Ave., Sierra Vista
- Tombstone Fire Department – 315 E. Fremont St., Tombstone
- Huachuca City Fire Department - 500 N. Gonzales Blvd., Huachuca City
- Bisbee Police Department - 1 W. Highway 92, Bisbee
- Douglas Fire Department - 1400 E. 10th St., Douglas
- Sunsites Fire Department - 105 Tracy Rd., Pearce
- Elfrida Fire Department - 10293 N. Central Hwy, Elfrida
- Willcox Police Department - 320 Rex Allen Dr., Willcox
- Northern Cochise Community Hospital - 901 W. Rex Allen Dr., Willcox
- Whetstone Fire Department - 2422 N. Firehouse Ln., Huachuca City
- Benson Hospital - 450 S. Ocotillo Ave., Benson
- Palominas Fire Department - 10202 S. Highway 92, Palominas



Got drugs?

Dispose of Your Excess Medication

Now you can **safely dispose** of **unused prescription** and **over-the-counter medications**



<u>Accepted Items:</u>	<u>Non-accepted items:</u>
prescription medications and ointments	hydrogen peroxide
over-the-counter medications	Inhalers
vitamins	aerosol cans
medication samples	liquids
pet medications	medications from doctors' offices or clinics
written prescriptions	needles
prescription pads.	thermometers

For further information on the Cochise County Medication Disposal Program, please contact CHSS at 520.432.9400 or the CCSO at 520.432.9500.

Dispose to protect:
Our families
 community
 environment

Community Used Sharps Disposal Program



collectprotectrespect

A new program, added in 2015, Cochise Health & Social Services offers the [Community Used Sharps Disposal Program](#). Residents may drop off acceptable sharps containers at any CHSS location daily, between 8a.m. and 5p.m.



Program Features:

- Free used sharps disposal at all CHSS locations, in approved containers.
- 1 gallon sharps containers available for purchase to residents at \$5 per container for assistance with proper disposal. You may also seal your sharps in an approved container as described in this section.
- All program participants can sign up to receive free "Wellness Briefs" and Health Related Newsletters from CHSS on a wide variety of chronic disease and health topics, as well as our services and any upcoming events. To sign up for the "Wellness Briefs" [click here](#), or download the registration form and bring it with you. [CHSS Wellness Briefs](#)



HELP PRESERVE OUR ENVIRONMENT BY PROPERLY DISPOSING OF NEEDLES/SHARPS WHICH ARE HAZARDOUS WASTE.

The handling and disposal of used home generated medical sharps such as needles, syringes, and lancets, are exempted from regulation in Arizona's Medical Waste Regulations (Arizona Administrative Code (A.A.C.) R18-13-1401 et seq.). However, these materials still need to be handled safely. We need your help in ensuring that medical sharps are disposed of in a manner that minimizes health risks to garbage haulers, landfill personnel and the community.

Approved Containers:

- Sharps must be in a sharps disposal container or in a hard sided PLASTIC container like a bleach or laundry detergent bottle or metal container with a secure lid.
- Containers that held a food product are not appropriate for use.
- The sharps container must have a label that states "Biohazard" with a secure lid OR Household container, such as plastic detergent bottles, can be used if heavy duty tape is used to secure the lid to the container and the words "Do Not Recycle" are written on the container with a permanent marker.
- The container should also be puncture-proof with a tight-fitting lid.
- Please refrain from using a clear or glass container.



- ☑ Please do not overfill the containers.
- ☑ Medical sharps should be fully encapsulated prior to disposal in the solid waste receptacle. You can add quick drying cement, plaster, or similar materials to the container of sharps. Allow the container to dry before disposing in the solid waste receptacle.
- ☑ Residents will not be allowed to keep their containers; it must be placed whole into the barrel.
- ☑ Go to www.cochise.az.gov/health-and-social-services/sharpsdisposal/sharpslabels to download an acceptable Sharps Container Label if you do not have one, or ask one of our staff members to provide one to you. Residents must secure it to their container on their own as described in the guidelines above.

For more information please call (520) 432-9407 or email: sharpsdisposal@cochise.az.gov.



Come visit our Open House at all five clinic locations, July 29, 2015 from 10:00am to 1:00pm!

Active Adults Program

Active Adults is a worksite wellness program designed for *Cochise County employees* who have risk factors for chronic disease, including heart disease, stroke, diabetes and cancer. Our trained Exercise Specialist provides the following services for county employees at no charge:

- ☑ Individual assessments of physical health, nutrition and lifestyle.
- ☑ Personalized fitness plan and individual coaching to achieve change.
- ☑ Workplace wellness activities including walking groups, Zumba, Yoga classes and monthly educational topics.



The Bisbee, Sierra Vista and Benson CHSS sites each have a Fitness Room with exercise equipment so employees can pursue their fitness goals on their own. Employees can also use their wellness Benefit to register and use the gym facilities offered by Cochise College.

Family Support Rooms

In 2015, CHSS developed and began offering Family Support Rooms at each clinic location. We have begun offering these rooms for our families that visit our locations to receive any service. This gives breastfeeding mothers, parents and other clients a quiet, private

waiting area to use as they need. They are a great place for mom's and kids. They have toys to keep the children entertained and comfortable couches for the adults. Each room has an Occupied sign for breastfeeding privacy and a changing table for infants.



Health & Wellness Committees – CHIP

CHSS conducted a Community Health Assessment in 2012. As a result of this assessment and the identified Health needs of the County and the communities within, CHSS has proceeded down a path to addressing these issues through community partnerships dedicated to addressing the important public health issues in the County.

This formal assessment led to the establishment of a CHIP (Community Health Improvement Planning). Our CHIP has been meeting since 2013 and is comprised of several community health and service providers as well as CHSS staff members. The CHIP workgroup has assisted with the establishment of localized Health & Wellness Committees to promote collaborative CHIP efforts within the County and State.

Along with the Cochise County Board of Health, CHSS and the local Health & Wellness Committees will implement a multi-pronged, collaborative approach to recognize public health priorities through creating a Cochise Health

Advisory Council and localized Health Advisory Committees.

In partnership with ADHS, the Health Board, CHSS, the CHIP committee and the local Health Advisory Committees have begun the process of identifying public health priorities, defining objectives for each priority and further assessing the capacity to address these priorities in the designated areas/regions of Cochise County.

The members of the Committees assist with policy development, prevention and quality care assurance, and community engagement.

The Committees are responding to challenges in the areas/regions by engaging and involving the local community. The Committees are also serving as a liaison to communicate with leadership and the general public in each region.



For more information or to read current media releases from Cochise Health & Social Services, visit us online at:

<https://www.cochise.az.gov/health-and-social-services/home>

or follow us on Facebook



Come visit our Open House at all five clinic locations, July 29, 2015 from 10:00am to 1:00pm!