

SPA 7 Regional Health Office LA County DPH Monthly Newsletter

January 2025

[Lea este boletín en Español!](#)

Welcome 2025

SPA 7 wishes you a Happy New Year! The New Year is often a time where we reflect on the previous year, and look forward to what is to come. This can be exciting to some, and stressful to others. If you find yourself feeling overwhelmed, please remember to give yourself the time and space to cope with this stress. If you need additional support, the LA County Department of Mental Health has got you covered. To find mental health resources, please visit their website here: <https://dmh.lacounty.gov/get-help-now/>



Cervical Health Awareness Month

While cervical cancer rates in the United States have dropped over the past few decades, it has been estimated that approximately 13,820 individuals were diagnosed with cervical cancer in 2024, and over 4,360 died from the disease.

For the most part, cervical cancer is a preventable disease. Nearly all cases of cervical cancer are caused by infections with high-risk strains of the human papillomavirus (HPV). Fortunately, the HPV vaccine currently used in the United States, Gardasil 9, can protect against nine of the 12 high-risk HPV strains.

The HPV vaccine is approved for males and females ages 9 to 45, with recommendations that they should get the first dose at age 11 or 12.

In addition to preventative vaccines, we have screening tests that can detect cancer at an early stage, when treatment is more effective than at a later point. Even precancerous conditions can be detected and treated. Screening includes the well-known “Pap test” or “Pap smear.”

Most health insurances cover the cost of all recommended vaccines, including the HPV vaccine. If you are interested, please speak to your medical provider. If you are uninsured or underinsured, there are programs available to help cover the cost of vaccines.

Children who are 18 years of age or younger are eligible to receive vaccines at no cost through the Vaccines for Children (VFC) Program if they are:

- Eligible for or are enrolled in Medi-Cal
- American Indian or Alaskan Native
- Uninsured (do not have health insurance)
- Underinsured (private health insurance does not cover the full cost of vaccines)

Click to see if your child is eligible to receive VFC vaccines: [English](#) | [Spanish](#)

Uninsured or underinsured adults can access free or low cost vaccines at select clinics enrolled in the [Vaccines for Adults](#) (VFA) program. For more information on who is eligible, read [VFA Eligibility Based on Insurance Status](#). You can use the following resources for more information on locating clinics:

- [A list of free and low-cost clinics](#) in Los Angeles County.
- [Interactive county map](#) to locate free and low-cost vaccine clinics.
- [LACDPH Vaccines website](#) for patients and their families to get more information on vaccines.

Stalking Awareness Month

January is Stalking Awareness Month. It is critical that we raise awareness about the violating nature of stalking and its warning signs. Stalking often occurs in many different forms, including making repeated unsolicited phone calls, sending unwanted letters or other items, and following victims or showing up at their workplaces or homes.



Cyberstalking is another form of threatening behavior including, but not limited to unwarranted e-mails, instant and direct messaging, or liking and commenting on social media posts. The fear, stress, and anxiety that is endured can be debilitating to a person.

If you or someone you know is in immediate danger, please stop and call 9-1-1. If you are looking for stalking resources, please visit or call the [National Domestic Violence Hotline](#), or the [Rape, Abuse, and Incest National Network](#).



Healthy Weight Awareness Month

Being physically active is very important to your health and well-being. People who are inactive can improve their health by becoming active on a regular basis, mixed with healthy eating habits.

To learn more about programs aimed at helping you stay physically active and maintain a healthy weight, please visit the Los Angeles County Department of Public Health Nutrition and Physical Activity Program website here:

<http://publichealth.lacounty.gov/nut/index.htm>.

Community Prevention and Population Health Task Force

The Los Angeles County Department of Public Health (Public Health) is now accepting applications to serve on the **Community Prevention and Population Health Task Force (Task Force)** for a three-year term from June 1, 2025 – May 31, 2028.

The Task Force is responsible for providing recommendations to the Board of Supervisors and the Department of Public Health on population health priorities, initiatives and practices to advance health equity and healthy communities. Additionally, the Task Force serves as an advisory body to Public Health [Center for Health Equity](#) and provides leadership and strategic direction for community health planning and other public health efforts in Los Angeles County.

Since its inception in the Spring of 2016, the Task Force has elevated opportunities to improve health equity by providing input on critical policy decisions, including public health protections for people living near neighborhood oil drilling sites, an equitable response to COVID-19, and addressing racial inequities through alternatives to incarceration. For more information about the Task Force, please go to www.TaskForce.ph.lacounty.gov.

If you are interested in being considered to serve on the Task Force, please complete the application questions and attach your resume at: <https://www.surveymonkey.com/r/L6C6X8Y>. **Applications are due Friday, January 31, 2025.**

If you have any questions, please email dphplanning@ph.lacounty.gov.

Job Opportunity - Mental Health Consultant

Help Me Grow LA is growing and expanding its navigation services to better assist families with children with special needs or other early childhood development concerns. If you or someone you know has experience in social work, psychology or a related field, Help Me Grow LA's Mental Health Consultant role may be for you. See requirements and other information below:

MENTAL HEALTH CONSULTANT ROLE

- Provides DPH/Help Me Grow LA clients and staff with mental and behavioral health expertise and diagnostic assessment as it pertains to early childhood development practices
- Provides diagnoses, evaluation, psychoeducation, treatment plan modification, and design of Individualized Education Plans (IEPs).
- Participate in and/or lead Parent Café and HMG LA Coalition meetings
- Recruit parent leaders for the Parent-to-Parent program and promote the development of emerging parent advocates and leaders

JOB REQUIREMENTS

- Master's degree or higher in social work, psychology, or related field (e.g., LCSW, PhD)
- Licensure in social work, psychology, or related field (e.g., LCSW, PhD) or expected licensure within 3 months of hire
- Experience and extensive knowledge of mental health practices in families of children with special needs
- Coordinate with the Department of Mental Health to assess current referral pathways between DPH and DMH to make recommendations for improvement and sustainability
- Specialization in child development and early childhood mental health
- Excellent interpersonal, written and verbal communication skills
- Empathy for families from diverse race/ethnic backgrounds and experiences
- Ability to establish trust with partners across different sectors serving families
- Valid Class C California Driver's License or the ability to utilize an alternative method of transportation

APPLY NOW--CLICK HERE!

bit.ly/HMGmentalhealthconsultant

- ✓ Full-time position (40 hours/week)
- ✓ Flexible shifts
- ✓ Salary: \$56.84/hr
- ✓ Benefits: Comprehensive package
- ✓ Location: 600 S. Commonwealth Ave, Los Angeles, CA, 90005/Telework available

Community Health Worker (CHW) Academy

Are you between the ages 18 – 24 and looking for **PAID** training with **FREE** tuition to advance your skills in the healthcare field? **This program is for you!**

Starting Monday, January 6th, 2025

What does a Community Health Worker do?

- Help people understand health services and save money
- Help people access preventive and medical care services
- Learn skills to assist the healthcare team and improve patient care

How can I be part of the Community Health Worker Academy?

- Complete and submit the Application
- High school diploma or GED required
- Bilingual English/Spanish highly preferred
- Reliable transportation to arrive at internship site Monday through Friday
- Commitment of 4 months, 40 hours per week

Being part of the Community Health Worker Academy will allow you to connect your community with healthcare services to improve their well-being.

To apply, visit: <https://forms.office.com/r/ZTCqM1yQFh>
For questions, email: Lucero.Silva@providence.org



Revised 09/27/24

SPA 7 Resources and Upcoming Events

Free Produce Distribution - January 8th

Free produce distribution will be held on the **second Wednesday** of the month at the Whittier Wellness Community.



The upcoming distribution is on **Wednesday, January 8th at 8 a.m.**

For more information visit: [WWC Produce Distribution](#)

CORE Center

[The Whittier Wellness Community's](#) CORE Center offers a variety of substance abuse resources such as disorder screenings, referrals for prevention and treatment, and educational presentations. To find out more about our CORE center in SPA 7 and view our full list of presentations, please click here: <http://tinyurl.com/yzx7fm7a>.



Resource Navigator



SYSTEMS NAVIGATION SERVICES

Need Resource Assistance?

WE ARE HERE TO HELP

| | | | | |
|----------------------|-------------------|--------------------------|------------------|------------|
| FOOD | HOUSING | HEALTHCARE | EMOTIONAL HEALTH | CHILDCARE |
| FINANCIAL ASSISTANCE | DOMESTIC VIOLENCE | SUBSTANCE USE & RECOVERY | LEGAL AID | ELDER CARE |
| EDUCATION | EMPLOYMENT | TRANSPORTATION | UTILITIES | AND MORE |

FOR MORE INFORMATION CONTACT:

SCAN ME 

CHRIS HAYES
SYSTEMS NAVIGATOR
(323) 597-6053

DPH-NAVIGATOR@PH.LACOUNTY.GOV

California Community Reinvestment Grants Program (CARGP) is funded by Governor's Office of Business and Economic Development (300-842)

County of Los Angeles Public Health

CCC WELLNESS COMMUNITY

The Department of Public Health (DPH) aims to assist communities affected by past drug policies and connect you to resources. Please fill out the form completely as you wish so we can help serve your needs.

Please complete the intake form here:

<https://tinyurl.com/2s35iwuz>

For more information contact:

dph-navigator@ph.lacounty.gov

Free Hands Only CPR Classes



The Critical Care Training Center is offering CPR classes. If you're interested in earning a CPR certification, please click this link to find the classes closest to you:

<http://tinyurl.com/mrxpj9t5>. All classes are free and are in both English and Spanish.

Free Gun Locks



In 2024, OVP is committed to distributing more than 60,000 cable gun locks – free of charge and no questions asked – across Los Angeles County. This unprecedented effort is designed to keep children safe from firearms, limit the possibility that a person intent on harming themselves or others can quickly secure a loaded, unlocked weapon, and guard against the theft of guns. To secure a lock from OVP, please fill out this form (limit of two locks per person): <https://tinyurl.com/5n8tvddz>

Free gun locks are also available at [these](#) Los Angeles County Medical Centers and [these](#) LA County Libraries.

LA Health Portal E-Visits

Need care now? An eVisit is a quick, convenient online care choice for common medical concerns. An eVisit gives patients access to care from a provider who can order tests and/or medicines without a trip to the doctor's office. eVisits are a great choice for common medical concerns like:

- Cold or Flu
- Headache
- Muscle Aches
- Skin Rash
- Sore Throat
- Urinary Problems
- Vaginal Problems

How it works

- Sign in to LA Health Portal and fill out an eVisit form.
- Get a response email from a provider within 1 hour from 8 am to 8 pm, 7 days a week.*
- The provider will answer your questions and order tests and/or medicines if needed.

*E-visits sent after 8 pm will receive an answer the following day.

For questions, call [844-804-0055](tel:844-804-0055), select Option 3, or text [844-804-0001](tel:844-804-0001).

For more information, [watch a video about eVisits](#).



Not enrolled in LA Health Portal?

Enrolling is quick and easy for LA Health Services patients.

Click [here](#) to enroll online or download the app from your app store.

Community Public Health Teams

Community Public Health Teams (CPHT) is a project that brings together community-based organizations, health care partners, and Public Health staff. These teams work at the household level, conducting home visits to gather health needs and connect people to care and also works at the community level, inviting people to participate in creating community action plans.

This is a new approach to public health and health care in LA County. Public Health is investing public health infrastructure dollars to implement this pilot project for five years, beginning August 2023. The goal is to build long-term relationships with households, empower communities to define the health priorities that matter to them, and demonstrate that this new way of engagement can support better health outcomes.

5 CORE STRATEGIES
Each CPHT implements five core strategies:

- Visit each household annually to conduct household assessments
- Ensure households are connected to health care and social services
- Analyze data on health, mental health, and social determinants of health
- Convene community and develop community action plans
- Mobilize partners to advance health equity and improve conditions

To learn more about the CPHT project and find a CPHT near you, visit: <http://publichealth.lacounty.gov/pie/CommEngage/cpht.htm>.

Free or Low Cost Full-Scope Medi-Cal

In January 2024, a new California law allowed those in a lower income bracket to get free or low cost full-scope Medi-Cal.

Full scope Medi-Cal covers:

- Doctor visits
- Hospital visits
- Dental care
- Vision care
- Mental health care
- Emergency services
- And much more



To find out if you qualify, or to apply, click here: <http://tinyurl.com/5s6sz4ef>.

DPH Resources

**LOS ANGELES COUNTY
PUBLIC HEALTH INFOLINE
1-833-540-0473**

8 AM - 8 PM / 7 Days a Week
Real People. Reliable Information.

Los Angeles County Public Health InfoLine

The Los Angeles County Public Health InfoLine's goal is to expand the resources Public Health can provide over the phone, strengthen community trust by having a live person to talk to, and being a vital line of communication for future public health emergencies. All calls from the community are answered by health education assistants. Here are some of the topics the InfoLine can cover:

- COVID-19

- Mpox
- Insurance/Coverage
- Domestic Violence
- HIV & Sexually Transmitted Infections/Diseases
- Vaccinations
- Women's Health
- Nutrition
- Oral Health
- And much more!

Immunization Coalition of LA County

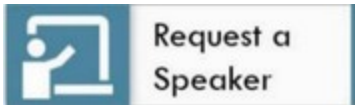
The Immunization Coalition of Los Angeles County (ICLAC) is a diverse, grassroots, community-based partnership of Los Angeles County hospitals, schools, clinics, health department programs, pharmacies, health plans, vaccine companies, and non-profit organizations with a mission to work together to improve access to the medically recommended immunizations for adults and adolescents, especially among groups at highest risk for vaccine preventable diseases in Los Angeles County.



If you are interested in getting vaccinated, looking for vaccination records, or reading up on the latest ICLAC news, please visit:

<https://immunizelac.org/>

Need a Presentation on the COVID-19 Vaccine, Hands Only CPR, or other Health Topics?



The Los Angeles County Department of Public Health offers an array of presentations, including COVID-19, COVID-19 vaccines, and Mpox. If you would like to schedule a presentation for your organization, see:

<http://tinyurl.com/562dad3e>.

Angelenos in Action

Join Angelenos in Action, a voluntary public health survey that takes less than 1-minute each week and helps the Los Angeles County Department of Public Health monitor respiratory illness throughout the County.

Here's how it works:

1. Text "@PROTECT" to (833) 228-3056 to volunteer for our survey or sign up online using this link: <http://tinyurl.com/ys6se6we>.
2. Answer 5 quick questions to sign up.
3. You will be randomized to receive surveys one day a week.
4. Every week on that day, the LA County Department of Public Health will text or email you one YES/NO question to ask how you're feeling.
5. If you feel unwell, you will be asked two more YES/NO questions about symptoms of respiratory illness.



All data is kept completely private. To read more about Angelenos in Action, please click

<http://tinyurl.com/bdhjuyje>.

Office of Violence Prevention - GVRO's (Gun Violence Restraining Orders)



A Gun Violence Restraining Order, or GVRO, is a law that was approved by the State of California in 2016. The GVRO allows family members, household members, some employers, colleagues, teachers, and law enforcement to take action to prevent a person who poses a significant risk of harming themselves or others from having or purchasing a gun, ammunition, or magazine for a specified length of time, between 21 days and five years. To find out more on who can request one, and how to request one, please see: <http://tinyurl.com/y3hfb575>.

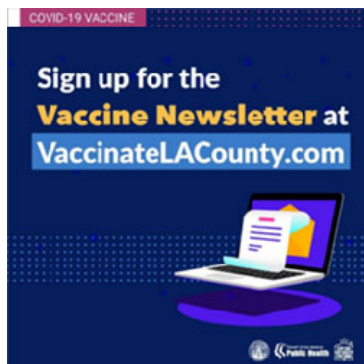
Free Naloxone Clinics

A number of Los Angeles County public libraries are hosting FREE Naloxone Clinics. Naloxone is a lifesaving medication that can reverse the effects of an opioid overdose.

No identification or proof of insurance is required. To find the clinic closest to you, please visit this website: <http://tinyurl.com/y5z2edu3>



Vaccinate L.A. Newsletter



Sign up for the COVID-19 Vaccine Newsletter to stay updated on COVID-19 related facts. Visit VaccinateLACounty.com to learn more about:

- [In Home Vaccines](#)
- [Vaccine Schedule](#)
- [Vaccine Data](#)
- [Vaccine Records](#)
- Vaccine Facts - [English](#) | [Español](#)
- Vaccine Side Effects - [English](#) | [Español](#)

Useful Links and Resources

[iPrevail Online Mental Health Resource](#)
[COVID-19 Post-Surge Dashboard](#)
[COVID-19 Vaccination Distribution Dashboard](#)
[COVID-19 Vaccine Information](#)
[COVID-19 Vaccination Records](#)
[COVID-19 Surveillance Dashboard](#)
[COVID-19 Testing](#)
[Flu Vaccines](#)

[Free Tax Preparation Services](#)

[Free Snack Program](#)

[Get Ahead LA Financial Resources](#)

[Headspace: Free Mindfulness App](#)

[LA County America's Job Center of California](#)

[LA County's COVID-19 Tenant Protections Resolution](#)

[LA County's Office of Immigrant Affairs](#)

[LA County's Office of Emergency Preparedness and Response Program](#)

[LA County Youth Suicide Prevention Project](#)

[LA Department of Water & Power Bill Credit](#)

[LA Public Health Podcast](#)

[Laptop and Hotspot Loans from LA County Libraries](#)

[Masks – Free N-95](#)

[Mental Health Support](#) (800) 854-7771 or text "LA" to 741741)

[Metro LIFE Program](#)

[National Suicide Prevention Lifeline](#)

[Opportunity LA: Child Savings Account for LAUSD Students](#)

[Request a Mobile Vaccination Team](#)

[Report a violation](#) (888) 700-9995, Monday – Friday from 8:00AM to 5:00PM

[SoCalGas Assistance Fund](#)

[Southern California Edison Assistance](#)

For additional resources, please dial 2-1-1

For more information on COVID-19, please [visit our website](#)

Follow LA County Public Health on Instagram, Facebook, and Twitter: @lapublichealth



Update your subscriptions, modify your password or email address, or stop subscriptions at any time on your [Subscriber Preferences Page](#). You will need to use your email address to log in. If you have questions or problems with the subscription service, please visit subscriberhelp.govdelivery.com.

This service is provided to you at no charge by [County of Los Angeles](#).

This email was sent using GovDelivery Communications Cloud to Email Address on behalf of: County of Los Angeles, California · 500 W. Temple St. · Los Angeles 90012