



The San Francisco Department of Public Health

Post-Election

Supporting DPH patients, clients, and staff

Update #2, December 7, 2016

12/12/2016





Overview of this update

Policy update: Appointments to key federal and state positions

Political discussions in the workplace

Tips and resources for self-care

Responding to your feedback

What we are doing

What you can do

Director Garcia's message to patients and clients

Key Federal Appointments

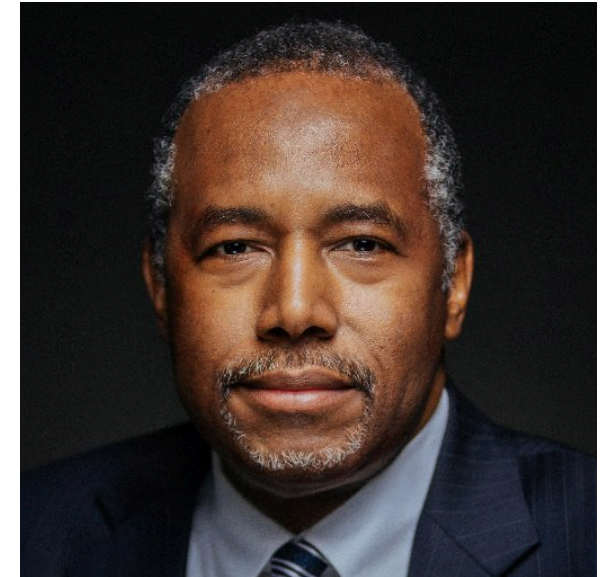
Secretary of Health &
Human Services:
Representative Tom Price



Administrator of the Centers
for Medicare and Medicaid
Services:
Seema Verma



Secretary of Housing and
Urban Development:
Dr. Ben Carson



California Appointment

Attorney General of California: Xavier Becerra

Appointed by Governor Brown to fill the position vacated by newly-elected Senator Kamala Harris

Congressman representing the district that includes downtown Los Angeles since 1992

Has supported increasing opportunities for working families, improving the Social Security program, combating poverty among the working poor, and strengthening Medicare

Previously represented Los Angeles in the California Legislature and Former Deputy Attorney General with the California Department of Justice

Political discussions in the workplace

- The best practice is to keep political discussions out of the workplace.
 - Political discussions in the workplace can be sensitive and cause stress among colleagues and clients.
 - Staff may wish to decline participation in political conversations.
- All workplace speech, political or otherwise, should be respectful of the views of others.
- If employees feel uncomfortable about a workplace conversation, they should discuss it with their supervisor. Additional resources are:
 - Human Resources labor relations staff (for ZSFG: 415-206-8425 / for other areas: 415-759-3550);
 - DPH's Compliance & Privacy Hotline 1-855-729-6040; or
 - The Employee Assistance Program at 1-800-795-2351.

Common Reactions to Stressful Events

- Disbelief, shock, and numbness
- Feeling sad, frustrated, and helpless
- Fear and anxiety about the future
- Feeling guilty
- Anger, tension, and irritability
- Difficulty concentrating and making decisions
- Crying
- Reduced interest in usual activities
- Wanting to be alone
- Loss of appetite
- Sleeping too much or too little
- Nightmares or bad memories
- Reoccurring thoughts of the event
- Headaches, back pains, and stomach problems
- Increased heart rate, difficulty breathing
- Smoking or use of alcohol or drugs

Caring For Yourself - Recommendations

- Connect with friends and family.
- Keep normal routines.
- Relax.
- Practice Deep Breathing – “4-1-5” technique
- Eat well, exercise, and get enough rest.
- Keep a journal.
- Refrain from using drugs and alcohol.
- Limit caffeine.
- Help others.
- Limit TV watching.
- Practice gratitude.

Caring For Yourself – Skills

Resourcing: Imagine you're in a place where you feel very safe.

Grounding: Feel your feet on the ground, feel gravity.

Tracking: Place your attention on the sensations in your body.

Gesturing: Perform movements that are self-soothing, joyful or powerful, like placing a hand on your heart.

When More Than Self-Care is Needed – For You & Others

- Symptoms of stress (e.g., fear, sadness) for more than two weeks
- Not being able to take care of yourself or family
- Not being able to do your job or go to school
- Alcohol or drug use
- Feeling hopeless
- Thinking about harming yourself or others

San Francisco and the Department of Public Health have resources and programs that can help care for our workforce and our community.

Resources For Mental Health and Wellbeing

- Employee Assistance Program (EAP) resources are available to staff
(800) 795-2351
- DPH's Mobile Crisis Team can help facilitate workplace conversations to reduce stress and improve wellness
(415) 970-4000

Responding to your feedback

- [Post-election website](#) has approved materials and other resources
- New flyers available in Arabic
- Please download and print the flyers yourself for distribution
- Website contains links to external resources where staff and clients can find trusted information
- Message from Barbara Garcia postcards are being sent to clinic sites and are also available on the website

What we are doing

Developing communications tools for patients, clients, and staff

- Office of Policy & Planning – Colleen Chawla, Nicki Sandberg
- Communications Office – Rachael Kagan, Linda Acosta

Representing DPH in city/community conversations regarding Sanctuary City

- Director of Interdivisional Initiatives – Ayanna Bennett
- Office of Policy & Planning – Sneha Patil

Tracking and analyzing policy developments

- Office of Policy & Planning – Colleen Chawla, Nicki Sandberg

Conducting a risk assessment and leading budget planning activities


- Finance – Greg Wagner, Jenny Louie

What you can do

- Continue to support your patients, your clients, and your colleagues.
- Use only SFDPH-approved communication materials (available on the [Post-Election website](#))
 - You're Safe Here! Flyer
 - Message from Barbara Garcia postcard
 - PowerPoint presentations for staff
- Email questions or topics you would like covered in future updates to post-election@sfdph.org

Worried since the election? Here are the facts.

You're Safe Here!



Your health coverage has not changed.

You can continue to receive care here.

San Francisco is and will always be a sanctuary city.

We are here for you.



San Francisco Department of Public Health



Director Garcia's message to patients & clients

- The election has not changed our commitment to you to provide quality health care.
- Please continue to seek services with your San Francisco Department of Public Health providers, including care at our clinics and hospital services at Zuckerberg San Francisco General and Laguna Honda.
- We will continue to provide health care to all San Franciscans in need, regardless of immigration or insurance status.