

## COVID-19 Testing Available at SMF

Sacramento International Airport has partnered with City Health Urgent Care to offer on-site COVID-19 testing.

Testing is by appointment only and will be conducted in the parking lot between AMPM and the East Economy Lot (formerly the taxi waiting area). Participants must make an appointment 48 hours in advance and anyone with a valid travel itinerary will receive priority booking. Testing appointments can be made by passengers and non-traveling community members via the City Health website at [solvhealth.com](https://solvhealth.com). Proof of identity is required as well as the appointment confirmation.

"Partnering with City Health to provide convenient no-cost COVID-19 testing for passengers, airport employees and community members is another layer of health safety for those traveling through SMF and the Sacramento community," says Airport Director Cindy Nichol.

City Health Urgent Care will conduct PCR testing, which has a projected turnaround time for results of 48-72 hours after the sample has been received by the lab. There is no out-of-pocket



cost for testing. Those being tested for travel to Hawaii will be required to pay an administration fee of \$20 as part of Hawaii's pre-travel testing program. Details of Hawaii's pre-travel testing program along with answers to Frequently Asked Questions (FAQs) can be found on the State of Hawaii's COVID-19 website at [HawaiiCOVID19.com](https://hawaiiCOVID19.com).

## Information and Tips:

### Sign-up for Emergency Alerts

This system alerts residents about emergency events and other important public safety information quickly in a variety of situations, such as severe weather, unexpected road closures, missing persons and evacuations of buildings or neighborhoods. [www.Sacramento-Alert.org](https://www.Sacramento-Alert.org)



### Visit the County's COVID-19 website

for the latest news and updates, testing locations, vaccine info, guidance and resources for businesses and more: [covid19.saccounty.net](https://covid19.saccounty.net)

### Sac County 311 Connect is Your Link to County Services



Where do you report an abandoned vehicle or broken street light? Or get information about County services? Get the information you need by submitting a request on the web at [www.311.SacCounty.net](https://www.311.SacCounty.net), through our mobile app or by calling 311. (916-875-4311 if calling from out of the area.) Friendly and knowledgeable customer service representatives are available 24/7, 365 days a year to answer questions, route calls, and resolve issues.

## Home is Where You Make it – Re-Housing Success

Rising rents, increased cost of living and a shortage of affordable housing – among other factors – have caused homelessness to increase across California communities, including Sacramento. For people already living paycheck-to-paycheck, a rent increase threatens housing stability. Victoria Deal, who relies on disability and Social Security, was evicted and found herself homeless.

“I had nowhere to go ... I was sleeping on my daughter’s couch, in my car, here, there and everywhere. So I called my navigator at Sacramento Self-Help Housing (SSHH) and I told her about my situation and my health problems,” she says. “I have a lot of health issues already and I can’t deal with people getting COVID-19 and being (unhoused). So they helped me.”

The organization Deal reached out to – Sacramento Self-Help Housing – is one of several nonprofits working with the County of Sacramento to alleviate homelessness. Funded through the county’s Full Service Rehousing Shelter Program (also known as the Scattered Site Shelter Program), SSHH master-leases 23 multi-bedroom homes



**Victoria Deal**

throughout the county and provides small-group housing settings, as opposed to large congregate shelters.

SSHH works with Sacramento County Department of Human Assistance to not just get people off the streets and under a roof, but to integrate them back into a healthy living situation by identifying what is keeping them in homelessness. It is different for each person; it’s not always mental health or drug addiction. Sometimes it’s something as simple as help with a deposit.

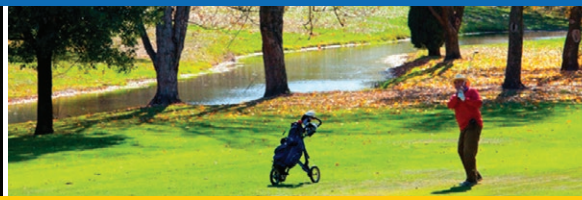
Deal, who lives with multiple physical and mental health conditions, was able to

move into one of SSHH’s homes where they helped with all basic living expenses such as food and utilities. That allowed her to pay off debts, including back rent related to her eviction. With help from her case manager and housing coordinator, she was able to find permanent housing after four months. When she moved into her apartment in September 2020, County Full-Service Rehousing Shelter Program also helped with moving costs, the rental deposit and helped furnish her home with some basic furniture.

“I didn’t know of any other way in the world that I would be able to do it with my income,” she says. “I am thankful because ... they help me keep my stability, my mental stability and they helped me keep my (possessions) together. I’ve worked a long hard way to get to where I am today. They help me maintain that and my dignity.”

For more information on housing opportunities, visit Sacramento Self-Help Housing at [sacselfhelp.org](http://sacselfhelp.org).

Contact 2-1-1 for Homeless Services.



## There's a New Pest Detection Pup on the Block

To protect against possible crop contamination from the interstate and international shipping of fruits, vegetables and plants, tight controls have been established among trading partners for product inspection and certification. But for those who do not follow the rules, California has K9 detectors on the front-line, and Sacramento County has a new pup on the block.

Like most of the Agricultural Detector K9's in California, "Kernul" was rescued from an animal shelter and given a very important job: to protect the California economy and environment from devastating agricultural pests.

Kernul's handler is Michelle King, who worked hard for the opportunity to become a K9 Handler. After a few years of excellent performance as an Inspector

for the [Sacramento County Department of Agriculture Pest Exclusion program](#), she landed this very exclusive role.

King's first task was to attend a 10-week course at the United States Department of Agriculture (USDA) National Detector Dog Training Center, where she was matched up with Kernul, who was certified through AKC Canine Partners as a "Canine Good Citizen."

When the team returned to Sacramento at the beginning of November 2019, they began their on-the-job training. Kernul's first few months were spent memorizing the scents of target items such as nursery plants, flowers, bulbs, seeds, roots and a large variety of fruits and vegetables. Michelle worked on strengthening relationships with parcel shipping facilities and strategized the best places to intercept contraband.



The two are now an expert team; one of 13 Agricultural Detector K9 pairs in California. Almost daily, the unit discovers unmarked packages containing non-native pests and diseases, harmful to our environment and agricultural systems. The good news is that Kernul has a nose for this type of work! When he's not working, he likes to snuggle, swim, jog and play ball.

## Disposing of Treated Wood Waste

Due to changes in state law starting January 1, 2021, treated wood waste will be managed as a hazardous material, which means it will no longer be accepted at Kiefer Landfill. Residents who receive curbside garbage collection from Sacramento County will no longer be able to include treated wood in their Bulky Waste Pick Up service. Treated wood waste has never been accepted at Sacramento County's North Area Recovery Station.

To dispose of this material, contact a hazardous waste company that specializes in the management of hazardous waste material or store it onsite.

Treated wood, or pressure-treated wood, has been treated with a chemical preservative to protect it from bugs, fungi and environmental conditions that can lead to decay. Indicators that wood has been treated include:

- » An ink stamp on the wood or an end tag
- » Small, closely spaced cuts that resemble staple holes on the surface of the wood.

Wood fencing and decking are the most common treated wood waste materials generated by homeowners. Other examples of



treated wood are creosote-treated lumber that is used for guardrail posts, railroad ties and pilings.

Surface-applied coatings such as paint, varnish and oil stain are not considered chemical preservatives. Painted wood will continue to be accepted at Kiefer Landfill, the North Area Recovery Station and in your residential Bulky Waste Pick Up.

For more information, visit the [SacGreenTeam website](#) at [SacGreenTeam.com](#) or email [SacGreenTeam@SacCounty.net](mailto:SacGreenTeam@SacCounty.net).



## A Range of Behavioral Health Services Offered



It's now more important than ever to address the Behavioral Health needs in our communities. The stress of COVID-19 and sheltering at home have increased anxiety and depression. We all need to be monitoring our own behavioral health and the behavioral health of our friends and family.

It's normal to feel stressed right now. However, if you experience behavioral health challenges for more than two weeks, reach out for help. If you have insurance, contact your insurance for a referral. If you have Medi-Cal, call the County for an assessment (916-875-1055). Behavioral Health services are essential services and are available by telephone or video telehealth.

Every year, more than 40,000 people are served in Sacramento County's **Mental Health** and **Substance Use Prevention Treatment** programs and more than 170,000 are served by the County's **Prevention and Early Intervention programs**. Programs continue to deliver services during the COVID pandemic.

An array of opportunities are available through Sacramento County Behavioral Health Medi-Cal programs and services for all ages and are available in multiple

settings including clinics, schools, hospitals, and care homes among others.

### Mental Health Services

- » **ACCESS Team** – 916-875-1055 or 888-881-4881: Youth under 18 years of age.
- » **The Source** – 916-SUPPORT (787-7678): 24-hour call/chat/text for individuals up to age 25 years old. For details, visit [thesourcesacramento.com](http://thesourcesacramento.com).
- » **Consumer-Operated Warm Line** – 916-366-4668
- » **The Community Support Team** – 916-874-6015
- » **Crisis Text Line** – Text "Home" to 741741
  - Youth Help Network: Call 833-333-2946 or 711, text 916-860-9819, or visit [starsyouth.net](http://starsyouth.net).
- » **Mental Health Urgent Care Clinics**
  - Mental Health Urgent Care Clinic – 2130 Stockton Boulevard, Building 300, Sacramento, CA 95817, 916-520-2460.
  - Turning Point: [www.tpcp.org](http://www.tpcp.org), 916-364-8395.
- » **Mental Health Court:** [www.sacda.org/mental-health-court/](http://www.sacda.org/mental-health-court/)

» **Sacramento County Mobile Crisis Support Team:** For emergencies, call 911. For non-emergency assistance, call 211.

» **StopStigmaSacramento.org**

» **SactoBullyPrevention.org**

» **Hope Cooperative's Peer Navigators** – 1-855-502-3224 (Monday-Friday, 8:00 p.m. – 5:00 p.m.)

A list of all Sacramento County **Mental Health Plan Medi-Cal Providers** and **Prevention and Early Intervention & Mental Health Respite Services Providers** is also available online at [dhs.saccounty.net/bhs](http://dhs.saccounty.net/bhs).

### Substance Use Prevention and Treatment Services

- » Adult System of Care for Substance Use Treatment (Adults 18 years of age and older) – 916-874-9754
- » Youth System of Care for Substance Use Treatment (Youth under the age of 18 years) – 916-875-0185
- » **Collaborative Courts and Programs** include:
  - Outpatient Treatment
  - Residential Treatment
  - Withdrawal Management/Detox
  - Medication-Assisted Treatment
  - Recovery Residences/Sober Living

Sacramento County Behavioral Health urges everyone to take their health seriously and is here to guide you through a culturally competent system of care that promotes holistic recovery, optimum health, and resiliency. Interpreters will be provided at no cost to the consumer, and more details can be found online at [dhs.saccounty.net/bhs](http://dhs.saccounty.net/bhs) or by calling 916-875-7070.