

C O N N E C T I O N

Your Source for Employee Information

A little advice on vaccination

Vaccines are the best protection against a number of serious, and sometimes deadly, diseases.

Every year, the Centers for Disease Control and Prevention (CDC) and other medical experts update vaccine recommendations for children, teens, and adults.

It is important to work with your doctor to keep your immunizations up to date.

Here are just a few reasons why you should talk to your healthcare provider about recommended

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County employees meet during a *Fred Pryor Training* program earlier this year, sponsored by Human Resources. See article below for details.

HR can bring some added, professional training to your job

Human resources partnered with Fred Pryor Training to bring two seminars to Collin County employees this year. The classes taught participants strategies that will help them better manage interactions with others at work.

How to Handle Difficult People with Tact and Skill was presented in April by **Sharon TICK**, and *How to Manage Conflict and Confrontation* was presented in June by **Kelly MOORE**.

Attendees had this to say about their experiences:

"I very much enjoyed both the *How to Handle People with Tact and Skill* and the latest *How to Manage Conflict and Confrontation* seminar. Seminars on any relevant topic, especially in the area of communication, are very much appreciated."

"I really enjoyed learning about the four different personality types and identifying my own strengths and weaknesses. The instructor, Kelly Moore, made the training fun and meaningful! She was

excellent."

Classes like these offer employees the opportunity to become more well-rounded professionals, which in turn helps us bring better services to the citizens of Collin County. For this reason, Human Resources strives to bring two quality training classes per year to County employees.

If there is a topic you think would be well-received and beneficial, please feel free to contact **Julie RUTHERFORD** with your suggestion at JRutherford@collincountytx.gov.

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vaccines:

- ◆ Many vaccine-preventable diseases are still common in the U.S.
- ◆ Diseases that are not common here are still found in other parts of the world, and can still be a threat.
- ◆ Some of these diseases are very contagious.
- ◆ Any of these diseases could be serious, even for healthy people.
- ◆ Certain people may be at higher risk for getting some diseases or having more serious illness if they were to get sick, like young children, older adults, and those with health conditions.

Talk with your healthcare professional at your next visit about what vaccines are right for you.

— **Kaila COHEN**, *United-Healthcare Nurse Liaison*

... Speaking of vaccines, staff members of Employee Health have made two rounds of visits to various campus sites this fall, offering a variety of vaccines — tetanus, hepatitis and flu vaccinations.

If you missed out on your chance for any of these vaccines, Employee Health offers walk-in vaccinations during the work week, from 7-11 a.m., and from 1-4 p.m. No appointment is necessary.



A Sign of Support

County Commissioners **Cheryl WILLIAMS**, **Chris HILL**, County Judge **Keith SELF** and Commissioner **Duncan WEBB** presented **Lynn McCLEAN** (center), CEO of the Collin County Child Advocacy Center, a check for \$65,000 during Commissioners Court in early October to help support the CAC's efforts to protect children countywide.

Time's running out on wellness exams for insurance discount

Human Resources and Employee Health want to remind folks that completed **Wellness Discount Forms** must be submitted to the Human Resources Department by 5 p.m., Nov. 30.

The deadline is a full month earlier than in the past, and neither department want employees to miss out on the premium discount program for 2016 — or the \$200 lump sum payment for getting the forms in on time.

From the discount program perspective, we've posted a flyer with all the details, and the form to be submitted. These can be accessed and downloaded from MYCC in the Announcements section.

Remember, the program requirements include an annual physical; a well woman/man exam; cholesterol screening; height-weight-body mass index; and, complete the Rally Health Survey from **myuhc.com**. Again, all the details are on the flyer on MYCC.

Any questions should be directed to either **Abby SPENCE** (Ext. 4602) or **Jasmine**



RICHARDSON (Ext. 4687) in Human Resources.

For those who plan to get their physical exams through Employee Health, **Mike LANGFUS** cautions that available appointment times are beginning to fill up, fast.

He advises to lock in an appointment as soon as possible at **Ext. 5508**.

Securely Using Mobile Apps: some expert advice

Mobile devices, such as tablets and smartphones, have become one of the primary technologies we use in both our personal and professional lives. What makes mobile devices so versatile are the millions of apps we can choose from.

These apps enable us to be more productive, instantly communicate and share with others, train and educate or just have more fun. However, with the power of all these mobile apps come risks. Here are some steps you can take to securely use and maintain your mobile apps.

Obtaining Mobile Apps

The first step is making sure you always download them from a safe, trusted source. Remember, just about anyone can create a mobile app, so you have to be careful where you get them from. Cyber criminals have honed their skills at creating and distributing infected mobile apps that appear to be legitimate. If you install one of these infected apps, these criminals can take control of your mobile device to read your emails, listen to your conversations and harvest your contacts.

By downloading apps from only well-known, trusted sources, you reduce the chance of installing an infected app.

For Apple devices, such as an iPad or iPhone, you can only download mobile apps from a managed environment: the Apple App Store. The advantage to this is Apple does a security check of both the mobile apps and their authors. This managed environment helps to dramatically reduce the risk of you installing an infected app. In addition, if Apple does find an app in its store that it believes is infected, it will quickly remove the mobile app. Windows Phone uses a similar approach to managing applications.

Android mobile devices are different. Android gives you more flexibility by

being able to download a mobile app from anywhere on the Internet. However, you have to be careful about what mobile apps you download and install, as not all of them are being reviewed. Google does maintain a managed mobile app store similar to Apple's, called Google Play. The mobile apps you download from Google Play have had some basic checks. As such, we recommend you download your mobile apps for Android devices only from Google Play. Avoid downloading Android mobile apps from other websites, as anyone, including cyber criminals, can easily create and distribute malicious mobile apps and trick you into infecting your mobile device. Consider installing anti-virus on your mobile device.

To reduce your risk even more, avoid



apps that are brand new, that few people have downloaded or that have very few positive comments. Install only the apps you need and use. If you stop using an app, remove it from your mobile device.

Finally, you may be tempted to jail-break or root your mobile device. This is the process of hacking into it and installing unapproved apps or changing functionality. This not only bypasses or eliminates many of the security controls built into your mobile device, but often also voids warranties and support contracts.

Permissions

Once you have installed a mobile app from a trusted source, the next step is making sure it is safely configured and

protecting your privacy. Installing and/or configuring mobile apps often requires that you grant certain permissions. Always think before authorizing any access. For example, some apps use geo-location services. If you allow an app to always know your location, you may be allowing the creator of that app to track your movements. Apple devices allow some permissions to be changed in Settings or at runtime, such as access to geo-location information. Windows and Android mobile devices are different. They present you with an all-or-nothing approach. If you do not grant all of the specified permissions, you can't install the app.

Updating Apps

Mobile apps, just like your computer and mobile device operating system, must be updated in order to remain current. Criminals are constantly searching for and finding weaknesses in apps. They then develop attacks to exploit these weaknesses. The developers that created your app also create and release updates to fix these weaknesses and protect your devices.

The more often you check for and install updates, the better. Most platforms allow you to configure your system to update mobile apps automatically. We recommend this setting. If this is not possible, then we recommend you check at least every two weeks for updates to your mobile apps. However, when your apps are updated, always make sure you verify any new permissions they might require.

Article excerpted from *OUCH*, the monthly security awareness newsletter for computer users. *If you have any further questions about network security and your desktop computer system, please call the It Help Desk, Ext. 4540, or contact **Jon TIDWELL**, IT Security Officer, at Ext. 4556.*



District Clerk



▲ The District Clerk had three recent retirements in their office. Pictured from l-r are the following clerks and their length of service: **Deborah HILL**, 14 years; **Margaret MACK**, 30 years; and **Sylvia GREER**, 20 years. We're thankful for their years of dedicated service and we wish them fun and relaxation in their retirement.

Service Anniversaries for the District Clerk included:



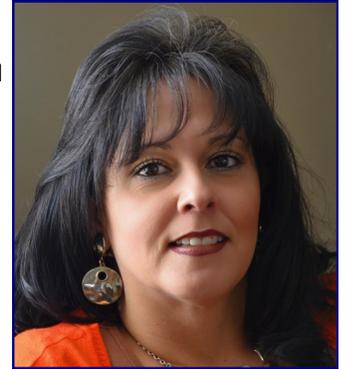
Amy MATHIS, 20 years, pictured above with District Clerk **Andrea THOMPSON**; **Mindi JOHNS**, 15 years; and, **Brian EDWARDS**, 15 years.

Budget & Finance

► **Marie CHACON-CRULL** celebrated 20 years' service with the county in September.

County Auditor

▼ **Jeff MAY**, County Auditor, celebrated his 20th anniversary with Col- lin County in late September.



▲ G.E.M. winners from the District Clerk's Of- fice included, above from left: **Brian ED- WARDS**, **Erica ARMENTA** and **Edward BULL- CALF**. These outstanding employees went the entire year without a single, unscheduled ab- sence, and without being late to work. That's quite an accomplishment, and we appreciate their dedication to being on time and ready to work every day.

Facilities Maintenance



▲ **Ken CONNELLY**, pictured here with Facilities Director **Dan JAMES**, retired at the end of September from Facilities Maintenance after 24 years of service. He started his employment as a Groundskeeper and through the years worked his way up to a Tech II.

Ken became our locksmith and provided signage for the County Buildings. He worked in grounds for a year, and was promoted to Maintenance Specialist for the next 2 years, then to Tech I taking care of locks and keys for three years, and finally to a Tech II specializing in keys, signs, detention locks and door hardware. Ken is looking forward to spending time with his family and enjoying his favorite hobby, fishing.

Although Facilities will miss Ken, we want him to enjoy his retirement to its fullest. Thank you, Ken, for your dedicated service and the memories that will last a lifetime.

Congratulations to the Facilities Maintenance employees who recently received service pins: **George KING**, 10 years; **Phillip TALLENT** and **Gerald RAGSDALE**, 15 years. Thank you for your service.

Facilities Management would like to introduce the new members of Facilities Maintenance. **Lorraine MARQUEZ** is our new Housekeeping Coordinator and **Matthew NIBBELIN** is one of our Groundskeepers. Welcome, Lorraine and Matthew.



Private Sector or public sector? A 'new hire' offers a fresh look

Sometimes, the grass isn't necessarily greener on the other side of the fence.

At least, it wasn't for **Casey KRAISINGER**.

He left Public Works in 2009 for better pay, driving trucks across the southwest: hauling flatbed trailers, tankers, freight — even hazardous materials.

And the pay was better, he says. Sometimes double what he makes now; sometimes more.

"If it had wheels on it, I probably drove it at one time or another."

And there were some benefits, mainly government-mandated medical insurance.

There was no retirement plan, and paid time off came to about half-pay.

"I was working 70 hours a week or more," he says. "I had no retirement, was living out of motels and truck cabs, and had worked for about 10 different trucking companies.

Some companies paid by the load, some by the mile, and he

stayed on the road for more than five years. But the lure of more money had worn thin.

"Paid time off was half of what I'd make driving, so I actually lost money taking any time off. I cashed it in, instead."

When he heard Public Works was hiring drivers, he came back on with the county in August, and says he has few regrets.

No more 1,000-mile hauls or 18-hour days. No more being docked for taking a day off now and then.

"Some folks might laugh, but I'm telling you there's more to living than just a paycheck," he said. "Retirement started to become important. I'm still adjusting to the change but I think this is going to work out."

He started back driving a dump truck, hauling dirt, sand, gravel, rock or anything else needed by county crews working on rural roads.

His biggest adjustment?

"Getting a full night's sleep, every single night. I'm not use to that — but that's not a complaint."



Recent Retirements

◀ Chief Rick **ALLEN** (left) presented **Mike TAYLOR** with his retirement plaque and thanked him for his many years of dedicated service with the Collin County Sheriff's Office.

▶ Sheriff Box presented **Doug TURQUETTE** (right) with his retirement plaque and congratulated him on his many years of dedicated service with the Collin County Sheriff's Office.



◀ **Rita COOK** (far left) received her retirement plaque from Sheriff Box for her many years of dedicated service with the Collin County Sheriff's Office.

◀ Sheriff Box presented **Sue BLAKEMORE** with her retirement plaque and thanked her for her many years of dedicated service with the Collin County Sheriff's Office.

Recent Promotions



◀ **Kelly BOLITER** was recently promoted from Detention Officer to Jail Case Officer, shown here with Sheriff Terry BOX.

▼ **Jaimie COOK** was recently promoted from Detention Officer to Food Service Supervisor.



National Drug Awareness Month

Heroin usage still a sobering statistic in Collin County

October is National Drug Awareness Month. One drug has made a strong come back in spades, heroin. Two years ago, of the 2,500 Collin County adults and juveniles served out of my office, a handful reportedly used heroin.

They averaged their use at that time as two to three times a week. Some reported more frequency in their use administering heroin intravenously.

This past fiscal year, the Collin County Substance Abuse Program (CCSAP) served more than 2,800 Collin County adults and juveniles.

The report of heroin use with mixtures of Xanax or other benzodiazepines or prescription opioids substantially increased, with an estimated one in three clients assessed through CCSAP -- both adult and juvenile -- who admitted to trying heroin.

This office is just one of many serving a small portion of our Collin County population. Other treatment providers have said the same of their client population.

CCSAP clients as young as 13 years of age reported a first use of heroin. The parents or other family members presenting their adolescent for an assessment show the obvious physical and emotional toll substance use can take on those who love you.

Both adult and juvenile clients in recovery from heroin and the many mixtures used with heroin seem to have a sort of supernatural fear behind their eyes when talking about the potential for relapse with heroin.

No one is immune to the risks and dangers of drug or alcohol addiction. It is

not only difficult for the person addicted but the family watching their loved one slowly kill themselves.

"... Collin County Substance Abuse Program (CCSAP) served more than 2,800 Collin County adults and juveniles [in FY2015]. An estimated one in three clients ... admitted to trying heroin."

So what can you do if your loved one isn't responding to your pleas or adult family member refuses help? Here is what family members of recovering addicts have done:

- ◆ Talk to a substance abuse professional (www.collincountytxgov/substance_abuse/ or www.findtreatment.samhsa.gov;
- ◆ One-on-one counseling for support, co-dependency, and enabling (www.psychologytoday.com)
- ◆ Families Anonymous (www.familiesanonymous.org, meetings in McKinney, Plano, and Dallas);
- ◆ Al-Anon/Alateen (www.dallasal-anon.org/meeting_list (meetings in Allen, Dallas, Frisco, McKinney, Plano and Prosper)

Educate yourself by knowing what's out there. What the substances are and

what they do:

- ◆ drugabuse.gov
- ◆ nida.nih.gov
- ◆ samhsa.gov
- ◆ drugfree.org
- ◆ streetdrugs.org

Symptoms and signs of substance use: www.drugabuse.com

- ◆ Increased aggression
- ◆ Lethargy
- ◆ Depression
- ◆ Sudden changes in a social network
- ◆ Dramatic changes in habits and/or priorities
- ◆ Financial problems
- ◆ Involvement in criminal activity

Whenever I have the opportunity to speak to parent groups or other helping organizations about drug trends in Collin County I urge them to seek out credible information from trusted government and medical websites and established sites dedicated to understanding and treating substance abuse.

For this October 2015 National Drug Awareness Month let us remember those who are struggling with addiction, those who have been lost by their addiction, and the families who love them.

-- **Grace J. RAULSTON**, LCDIC, Program Administrator, Collin County Substance Abuse Program



THE COLLIN COUNTY CONNECTION is published six times a year for county employees by the Public Information Office, with a lot of technical assistance from the good people in Information Technology's GIS department. Please submit your articles, anniversaries, announcements, classified ads, good deeds and kudos in plain text email to:

publicrelations@collincountytx.gov. We post deadlines for submissions on the Calendar at MyCollinCounty.com.

Announcements



Harper Leigh McQueen SINCLAIR: Born June 16, 2015; 7 pounds, 8 ounces. Proud parents are **Shamiya** (Tax Office) and **Ian SINCLAIR**.

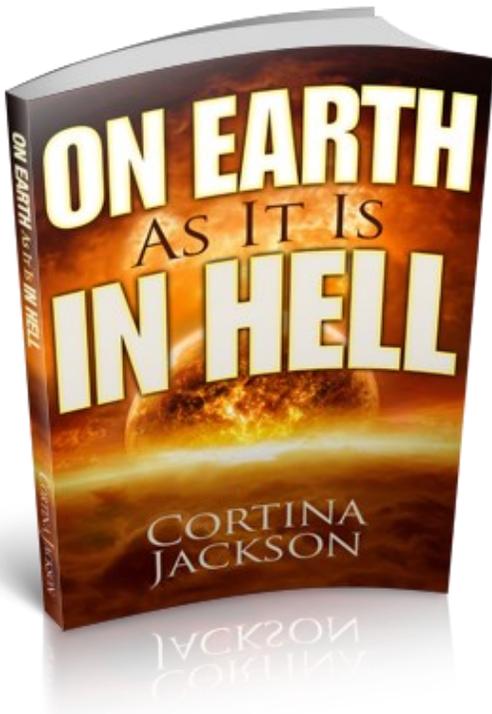
Classifieds

FEATURED

AUTHOR:

Cortina JACKSON, from Collin County's Juvenile Detention Department, will be a featured author at the upcoming, National Black Book Festival, Oct. 23-24 in Houston.

Cortina is the author of the compelling, fiction thriller novel, *On Earth As It Is In Hell*, and has conducted numerous radio interviews and book signings to promote her first published novel. She will be featured on the radio show, *Never Say Impossible*, hosted by Myra GOLDICK Oct. 20, and will also be featured on the Ronnie SHAW radio show on Nov. 9. Feel free to join Cortina in Houston (Fallbrook Church - 12512 Walters Rd., Houston, TX 77014), or you can stop by and visit her on her website at www.cortinajackson.com.



NOTARY SERVICE: Brazeal Notary Services will come to you for any notary need. Available evenings and weekends. Visit BrazealNotaryServices.com or contact **Carrie BRAZEAL** at 469-271-2377. We offer a 10% discount for county employees.

FOR SALE: Custom pine dresser with six deep rolling drawers. \$50 OBO. Call 469-734-4406, Cherish **CATTERALL**.



Working Lunch?

From left, **Tim NOLAN**, **Bret FENSTER**, **Gabriela VOICU** and **Mike BUSH**, all of Information Technology, take a lunch break down the hill from the Admin Building and just off the hiking trail on a breezy day in early October.