

# City-County Health BULLETIN

FALL 2017



**Public Health**  
Prevent. Promote. Protect.

A QUARTERLY PUBLICATION OF YOUR CITY-COUNTY PUBLIC HEALTH DISTRICT

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**City-County Health District**

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## Electronic Health Records

City-County Health recently adopted a new electronic health record system. The new system allows the clinic to easily schedule appointments, keep more complete patient records and ensure the highest

levels of patient care and safety.

A patient portal which will allow patients to view their records, manage their appointments, and communicate with staff will be available later this year.



## CCHD Awarded Opioid Prevention Funds

City-County Health District (CCHD) recently applied for and received a \$180,000 State Targeted Response to the Opioid Crisis grant, with potential additional funding of \$720,000 over the next 4-5 years. Our community is one of five in ND receiving this funding.

The new Community Opioid Prevention Education and Support (COPES) program is one answer to preventing the rapidly evolving public health crisis related to the abuse and misuse of opioids from devastating Barnes County.

"Our neighbor, Cass County, has already seen a rise in opioid deaths this past year," said Theresa Will, CCHD director. "We want to be proactive before this nationwide epidemic really begins to infiltrate our area."

City-County Health will be leading the discussions and the planning required to increase access to clinically appropriate, evidence-based practices for opioid use disorder treatment (including peer support and recovery services,

The project requirements lean heavily on educating the public on this issue. A strong community awareness campaign will center on providing training in Adverse Childhood Experiences (ACEs) and Mental Health First Aid within our county and providing face-to-face presentations. STR grant monies will also go toward educating our local providers and the community on alternative methods for pain management, and encouraging providers to utilize the ND Prescription Drug Monitoring Program to its full potential. This portion of the program will be undertaken with assistance from Clark Kruta, CRNA, CHI Mercy Health, who has completed a fellowship in non-surgical chronic pain management.



### Lock.

Keep medication out of sight and in a safe and secure place.



### Monitor.

Keep track of medication and take only as directed.



### Take Back.

Drop off unused medication at local Take Back Locations.



There is **no safe level** of **secondhand smoke exposure**.

Secondhand smoke **can travel within multi-unit housing** and common areas **through doorways, cracks in walls, electrical lines, ventilation systems and plumbing.**

**Make your home smoke-free.**

Contact **Tobacco Prevention and Control** at 845-8595.



## Local Leaders Attend Training

Adverse Childhood Experience (ACE) is one of today's biggest public health issues. Until recently, it has been hidden from view. But its effect on our population can be lifelong.

Society has treated the abuse, maltreatment, violence, and chaotic experiences of children as an oddity that is adequately dealt with by emergency response systems – child protective services, criminal justice, foster care, and alternative schools – to name a few. These services are needed, but they are a dressing on a greater wound.



(l to r): Theresa Will, Rhonda Knodle, Barb Bjorum, Travis Peterson

The Adverse Childhood Experience Study, the largest study of its kind with more than 17,000 participants, confirmed, with scientific evidence, that adversity early in life increases physical, mental and behavioral problems later in life. Children who deal with prolonged high stress, sometimes known as “toxic stress,” tend to exhibit fight, flight or freeze behavior, a survivalist skill. Without understanding, or learning positive coping skills, these children may eventually fall into substance abuse, bullying, criminal behavior, or incarceration.

The ACE training was sponsored by Prevent Child Abuse ND. The four local trainers are available to deliver this enlightening presentation to area organizations, businesses or schools. For more information or to arrange a presentation call City-County Health at 845-8518.

## R.N. Celebrates 25 Years

Lori Thompson, R.N., received her 25-year service award the end of 2016. She currently serves as the immunization coordinator at City-County Health and is responsible for overseeing the vaccine program and keeping staff updated on immunization policies, procedures and requirements.

Lori also lends some of her time to the tobacco prevention program, helping Coordinator Heather Schwehr check on smoke-free signage at area businesses, providing tobacco information to schools in the county, and attending statewide conferences and meetings.



Lori Thompson

## CCHD Health Board

City-County Health District's health board governs policies, building improvements, and finances for the local public health unit. It is composed of five individuals: Sharon Buhr, chair, representing Valley City Public Schools; Dr. James Buhr, medical officer; Tom Overn, vice chair, at-large representative; Cindy Schwehr, representing the Barnes County Commission; and Mike Bishop, representing the Valley City Commission. The health board generally meets the fourth Tuesday of each month at 3:30 p.m. in the CCHD conference room. The meetings are open to the public.



CCHD Health Board (l-r): Sharon Buhr, James Buhr, M.D., Tom Overn, Mike Bishop and Cindy Schwehr

## Healthy Heart Joins CCHD

The Young People's Healthy Heart program has made the move from CHI Mercy Health to City-County Health District at 415 2nd Ave. NE in Valley City. ON THE MOVE is now a program operating under the CCHD umbrella. Andrea Winter, RD, LRN; Teresa Garrahy, Finance; and Sharon Buhr, LRD, MPH will continue to provide leadership, and carry out community events and initiatives.

## Flu Shot Clinics

City-County Health District holds flu immunization clinics throughout Barnes County each year. See dates below to find out when we will be near you.

### Schools

09/29/17 Jefferson  
10/03/17 Litchville  
10/03/17 St. Catherine  
10/04/17 VCSU  
10/10/17 BCN  
10/13/17 Washington  
10/17/17 VCHS  
10/17/17 VCSU  
10/18/17 Oriska

### Community

09/21/17 Optimist Club  
09/25/17 BC Senior Center  
09/25/17 Drug Plastics  
09/25/17 Concept Dentistry  
09/26/17 BCBS  
10/01/17 Faith Lutheran  
10/03/17 Litchville Community  
10/05/17 Drug Plastics  
10/05/17 Bank Forward  
10/05/17 Dakota Plains  
10/05/17 KOVC  
10/05/17 Bridge City Dentistry  
10/09/17 BEK  
10/09/17 Miller Motors  
10/09/17 Stoudt Ross  
10/09/17 Valley Plains Equipment  
10/10/17 Wimbledon Sr Ctr  
10/11/17 BC Wildlife  
10/12/17 Courthouse  
10/12/17 DOT  
10/12/17 Malach  
10/15/17 Our Savior's  
10/16/17 Tri W-G  
10/16/17 Head Start  
10/17/17 Dacotah Bank  
10/19/17 KLJ  
10/20/17 Epworth United Methodist  
10/20/17 VC Service Center  
10/20/17 City Hall  
10/20/17 Ag Country

### CCHD

Each Wednesday in October  
City-County Health District is offering  
seasonal immunization clinics  
during extended office hours.

**Wednesday, Oct 4, 3:30pm-5:30pm**  
**Wednesday, Oct 11, 3:30pm-5:30pm**  
**Wednesday, Oct 18, 3:30pm-5:30pm**  
**Wednesday, Oct 25, 3:30pm-5:30pm**

### Residential

09/29/17 Rudolf Square  
10/05/17 Legacy Place  
10/13/17 Maryvale  
10/20/17 Skyline Villa

*Would you like to schedule a flu clinic at your business, residential facility, or other work site? Call 845-8518 for more information.*

### CDC FLU FACT

Flu vaccination can reduce flu illnesses, doctors' visits, and missed work and school due to flu, as well as prevent flu-related hospitalizations.

#FIGHT FLU

[www.cdc.gov/flu](http://www.cdc.gov/flu)

## Youth Alcohol Prevention

Research has shown a key risk period for underage drinking or drug use is during times of transition.

While the start of school may bring new experiences and new friends, it may also bring stress, anxiety, or unfamiliar social situations.

You can help your child by engaging in meaningful conversation about what to expect and how to confront situations when they become uncomfortable or dangerous.



## Be Prepared for Emergencies!

Oftentimes, one type of severe weather can lead to another type of emergency. High winds may lead to hail or a tornado; heavy rain may lead to flash flooding; blizzard conditions can emerge quickly. In the event of a weather-related emergency, a siren will sound in a steady tone in Valley City.

It is a good idea to create a family emergency communication plan. Planning starts with 3 steps:

- Collect relevant contact information.
- Share this information with your family.
- Practice. Have meetings to review & practice.

It is also important to compile an emergency supply list. You can find this list at [www.ready.gov](http://www.ready.gov). Remember, it's too late to make a plan once an emergency exists. Think ahead. Be prepared.

### TOOLS FOR HEALTH

*These topics and others are available for presentation at groups throughout the community; please call (701) 845-8518 for more information.*

Breastfeeding

Safe Sleep

Carseat Safety

Immunizations

Diabetes Prevention & Control

Personal Emergency Preparedness

Worksite Wellness

Alcohol Prevention

Living Smoke Free