

Health Happenings

"Some old-fashioned things like fresh air and sunshine are hard to beat."

- Laura Ingalls Wilder

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Director's Message

Are you wearing a face covering when out and around others? Research shows that when face coverings are used properly, they reduce transmission of the novel coronavirus which causes COVID-19.

The perfect example:

In Missouri, two hair stylists tested positive for COVID-19 after working in close contact with **140 clients and six coworkers**. Local officials feared it would be the start of a major outbreak, but it wasn't. One reason health officials believe an outbreak did not occur is because employees and patrons at the Great Clips salon were required to wear a mask. The fact that none of the exposed people became ill "is something we need to think about, and there are lessons we can learn from this example."



There may have been some luck involved in this circumstance, but also smart choices in the form of physical distancing, sanitizing tools and surfaces, and requiring masks made a difference. Physical distancing and other measures don't offer 100% protection from COVID-19, but they do help.

The coronavirus that causes COVID-19 spreads when infected persons expel the virus in airborne droplets while talking, laughing, or coughing. When people wear a mask, fewer droplets are released, and the ones that are released don't travel as far. Face coverings are important because people can have COVID-19 and transmit the virus, **but not have any symptoms**. Since we can't be sure who is contagious, the best protection is to have everyone two years old and older wear a face covering.

This is about protecting our community. When you wear a face covering, you protect those around you. When others use a face covering, they protect you.

Muriel DeLaVergne-Brown
Public Health Director



*Advancing
public health
performance*

PHAB is a nongovernmental, nonprofit organization that administers the national accrediting program for local health departments. Their goal is to improve and protect the health of the public by advancing and transforming the **quality and performance** of governmental public health agencies in the United States and abroad. On June 15th, three local health departments in the U.S. received accreditation for another 5-years, and **Crook County Health Department was one of the three!**

To receive national accreditation through PHAB, a health department must undergo a rigorous, multifaceted, peer-reviewed assessment process to ensure it meets nationally established public health quality standards and measures.

"Maintaining accreditation through PHAB is steadfast proof that these health departments have demonstrated a consistent and continued commitment to collaborative efforts to keep their communities safe from diseases and injuries, promote good health, and protect them from hazards. We applaud them and congratulate them for their tireless work to assure that their communities will continue to reap the benefits of being served by a nationally accredited health department." - PHAB



Meet our new AmeriCorps VISTA!

Tre Madden



Tre was born into an active military family in Bossier City, Louisiana. In 2010, they graduated with an International Baccalaureate (IB) Diploma and a full-ride scholarship to Vassar College in the Hudson Valley of New York. After a rigorous and humbling four years of studying psychology, sociology, and theatre in the midst of the Great Recession, they graduated in 2014 and entered the workforce. With a passion for LGBTQIA2S+ resilience, collective healing, liberation theology, ethical herbalism, public radio, and tea, Tre decided to move to Oregon in early 2016 to meet new challenges and new mountains.

They were drawn to committing to a year of service after working in Salem this past winter with Legislative Research and Policy Office, where they heard the concerns of

representatives, citizens, and tribes from around the state. Struck by the needs of rural and otherwise marginalized Oregonians, Tre decided to become an AmeriCorps VISTA so they could get away from the hustle-n-bustle of Portland, get back to their rural roots, and help build capacity at a local health department in the process.

Their goal this year is to guarantee that all of Crook County has access to the services they need to ensure healthy futures. They can't wait to build up the Living Well classes, strengthen coalitions with community partners, and push for conversations about how to make health equity a health reality.



We would like to wish the entire LGBTQ+ community a healthy and happy Pride season! While we know that the current health crisis is taxing for everyone, we also know that the LGBTQ+ community, especially Black, Indigenous People of Color (BIPOC), are no strangers to the trauma, isolation, and health inequity made worse under COVID-19. That's why we echo Out Central Oregon's message: **You Are Welcome Here.** And if you know a young LGBTQ+ person to be struggling extra hard this summer, a reminder that Trevor Project provides hope, community, and free resources, 24/7.



Congratulations to our Seniors!



Zoe

We have had the pleasure of working with Zoe for many years. She has helped educate her peers about tobacco, vaping, and alcohol's impact on mental and physical health. She has also aided in promoting positive messaging throughout CCHS and spent time teaching middle schoolers about forming positive and healthy personal relationships. Zoe's dedication to creating inclusive and safe spaces for her peers was shown in the work she did with the Students Against Destructive Decisions (SADD) chapter and the Gay Straight Alliance (GSA) group at CCHS.

Stormie



Stormie worked as one of our Youth Liaisons. During her time with us, she advocated and promoted smoke free environments. She spoke at City Council meetings to advocate for local tobacco policy, and helped provide information to businesses in our community about how to create smoke-free workplaces.



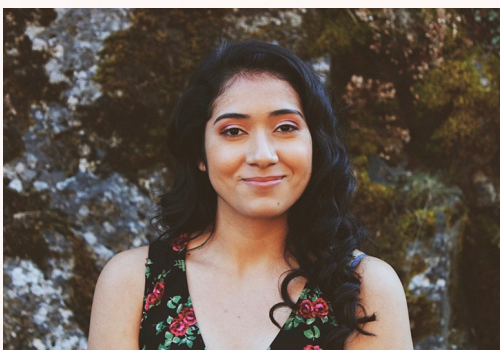
Miranda

Miranda was the President for the Students Against Destructive Decisions (SADD) Chapter for the 2019/2020 school year. She fearlessly led SADD meetings and helped organize events at the high school. Miranda also went to the Crook County Middle School Health Fair to educate her younger peers about the risks of vaping.

Cindy



Cindy worked as a Youth Liaison for two consecutive years. She worked specifically on Mental Health Promotion and Suicide Prevention. One of Cindy's projects included a wellness social media campaign and promoting the School Based Health Center as a resource to her peers. For National Public Health Week, Cindy was nominated as the *Youth Public Health Champion of the Year*. She has been a leader among her peers and an advocate for mental health.



Deicy

Deicy also worked as a Youth Liaison. Throughout her position, she has championed tobacco prevention efforts and mental health awareness. Deicy took interest in doing community outreach to teach other young adults about the risks of smoking and vaping products. She even presented in front of the Prineville City Council to advocate for Tobacco Retail Licensing (TRL)!

The Prevention team receives national recognition from NACCHO and the CDC!



NACCHO Recognition for Model Practice

In May, Crook County Health Department was recognized by the National Association of County and City Health Officials (NACCHO) for their practice of working with youth to improve public health policy and systems level change. Our application on *Students for Public Health Policy and Systems Change*, was officially recognized by NACCHO as a **Model Practice**.

As a result, CCHD will be presenting the model practice at their National Conference to local and city health officials from across the U.S.

The presentation will focus on the innovative approach CCHD uses to prevent tobacco use among youth. Our presentation aims to share strategies on how to engage young people in public health policy and systems change, while

also communicating to other public health professionals the impact and rewarding experience of partnering with dedicated and passionate youth to advocate for public health policy.

We hope our experience and model of practice will inspire other county and city health departments across the U.S to see the benefit of investing in youth partnerships and cultivating positive youth development in order to initiate policy changes that impact the health of youth and young adults.



Diabetes Prevention Program receives recognition from the CDC



Kylie Loving, Diabetes Prevention Coordinator

Crook County Health Department achieved a milestone in its delivery of a national program for preventing diabetes in our community. The Centers for Disease Control granted full recognition to the department for their Diabetes Prevention Program. According to the letter to CCHD from the CDC:

“This designation is reserved for programs that have effectively delivered a quality, evidence-based program.”

Crook County calls their diabetes prevention program **Weigh-In Crook County**. This year-long class is currently being offered online because of the COVID-19 pandemic. Plans for next year’s classes are being developed and information about them will be shared as it becomes available.

Nurse Home Visiting Programs

*Supporting parents. Helping children and youth with disabilities stay healthy.
Connecting families to resources. Preparing children to start school.*

CaCoon (CareCOOrdination)

CaCoon: A service that *surrounds* families with services and resources to increase help and support for families caring for children and young adults with special needs (ages 0-21).

CaCoon nurses meet parents and caregivers where they are at: in their home. This makes it easier and more comfortable for children and youth, as well as those caring for them.



CaCoon has been helping families for over 20 years and is proven to:

- Lower emergency room visits
- Increase well-child and dental visits
- Increase immunizations



Kat, CaCoon Nurse

Kat has been a CaCoon nurse for 2 years. She is passionate about supporting pregnant women and their families on their journey through parenthood.

“I’ve always loved working with children. It is fun watching them grow and develop their unique personalities. I also like supporting parents. I’m a parent myself and have welcomed any extra support.”

Who can get CaCoon Services?

If you are caring for a child or young adult (ages 0-21) with a chronic health or developmental condition who gets care from a variety of services, we can help!

How can I sign up?

Fill out a **referral form** (this can also be found on our website). This confidential form will be sent to Kat, our CaCoon Nurse at Crook County Health Department, and she will contact you directly. Or give us a call and ask about CaCoon services 541.447.5165.

Healthy Families Oregon



Healthy Families of the High Desert is part of a national evidence-based program called *Healthy Families America (HFA)*. The program has existed for 25 years and is proven to bring families closer together and help children prepare for school.

The *Healthy Families* program exists in Crook County and they are looking for new clients! We invite you to take advantage of this **voluntary and free** home visiting program.

Our philosophy is that **YOU** are the expert when it comes to your child and that **WE** are here to provide help, support, and resources. We work with eligible families who are currently pregnant or just gave birth. We can serve your family until the child is 3 years old.

We can help:

- Create a safe and nurturing environment in your home.
- Make informed parenting choices that contribute to excellent family health and wellness.
- Learn activities to do with your child that foster brain development and attachment.
- Prepare your child to be school-ready.
- Access community resources and educational opportunities

Renee, Healthy Families Staff

"I think it is a great opportunity because it is a program that supports the parent-child relationship and builds on it. The parents learn about early attachment by learning to read (dis)engagement cues and how to respond with empathy. This is very important for early emotional growth. When babies experience healthy attachment to parents, they have better outcomes."



We are looking for new clients!

Call us at 541.447.5165 for more information
Or contact Candy Freiboth 541.977.6457 (cell/text);
541.749.2133 (office);
or Email Candy.Aumack-Freiboth@hdesd.org

**Fire Safety. Car Seat Safety. Stranger Danger.
Vaccinations to prevent disease.**

What about Water Safety?



Drowning is the second leading cause of injury death among those ages 1 to 4. It is estimated that about one child ages 1-14 die every 12 hours due to unintentional drowning.

Most drownings among children age 4 and younger occur at home swimming pools during non-swim times, but they can occur anywhere, such as the bath tub, a lake, a river, or the ocean.

Risk Factors: **Swimming ability, not having barriers around pools or other water access areas, and lack of undistracted supervision.**

These are the most common risk factors for children drowning. It is important to educate children on *why* they need to wear a life jacket or floaties while in the pool and to *not* go into the pool without supervision. It is equally important to put up barriers around water access areas like pools, no matter the size or depth and ensure children are being closely supervised when playing in the pool or taking a bath. **Drowning can happen quickly and silently among children.**

Swim Lessons!



Swim lessons are a great way to educate your child on water safety and improve their swimming ability. Crook County Parks and Recreation has swim lessons camp during the summer for only 10 dollars! Scholarships are also available through their Happy Healthy Hearts program. Give them a call or visit their website for more information!

Water Recreation and Alcohol Use

About 70% of water associated deaths among adolescents and adults involve alcohol use. Floating down the river, going out on the boat, or having fun with friends by the pool is a great way to have fun this summer. If alcohol is included, drink in moderation and never allow those 21 and under consume alcohol.

Alcohol impacts:

- Balance
- Coordination
- Judgment

Sun and heat can increase these side effects.



Crook County Food Distribution

Crook County Holiday Partnership, Crook County Sheriff's Search and Rescue, Facebook, and Fortis Construction came up with a total of **\$50,000** in donations to purchase food for households in Crook County.



We took a look at what was needed and realized that our community needed help right now and that it simply couldn't wait until December. Since we predict that we will not be able to do the Holiday Partnership this year due to the current pandemic conditions, we decided to purchase food and distribute it this June. Together, we purchased enough food for each household to ensure families had a week's worth of meals.

Over 1060 households received a week's worth of food!





Thank you volunteers!

Volunteers came together each day Monday – Friday of last week to make this project possible. In total, there was nearly **600 hours** of volunteer time contributed.



The remaining food that we did not distribute was donated back out to support the Crook County School Backpack Project to feed the children of our community – we donated roughly 3000 lbs. to them, as well as around 1800 lbs. back to NeighborImpact to support Central Oregonian communities.

In addition to the donors in this project, we partnered with NeighborImpact, who brought fresh, perishable foods to hand out so that our families could have even more. Overall, our biggest challenge was getting the groceries. Our grocer was challenged by securing both items they could not obtain and the sheer amounts we needed. It took 1 ½ months to meet our goal for the food drive.



NeighborImpact

Supporting People, Strengthening Communities.

Thank you for reading. Look out for our Fall 2020 Newsletter scheduled to come out in September!



For more information between now and September, like CCHD on Facebook or follow us on Instagram.



Or just visit our website!
co.crook.or.us/health

Questions or Concerns?
Contact Katie Plumb
kplumb@h.co.crook.or.us