

# B A R R E N R I V E R R U N D O W N

## B A R R E N R I V E R

SEPTEMBER 2024

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### *September is National Recovery Month...*

National Recovery Month (Recovery Month), which started in 1989, is a national observance held every September to promote and support new evidence-based treatment and recovery practices, the nation's strong and proud recovery community, and the dedication of service providers and communities who make recovery in all its forms possible.

### *...and Suicide Prevention Month!*

Suicidal thoughts, much like mental health conditions, can affect anyone regardless of age, gender or background. In fact, suicide is often the result of an untreated mental health condition. Suicidal thoughts, although common, should not be considered normal and often indicate more serious issues. September is Suicide Prevention Month — a time to raise awareness and discuss this highly stigmatized topic.

[Click here for Suicide Prevention Month resources!](#)

[Click here for Recovery Month resources!](#)



**Barren River**  
DISTRICT HEALTH DEPARTMENT 

Please submit articles for the newsletter to Olivia M. at [olivia.mcghee@barrenriverhealth.org](mailto:olivia.mcghee@barrenriverhealth.org)  
Submissions will be reviewed for approval.

# Fill out the Community Health Assessment!



*Tell us about health needs in your community and enter for the chance to win a...*

- *\$25 gift card OR*
- *Half-day off certificate*

**Email Amanda R. a photo of the survey thank you page to enter!**

Survey ends Oct. 31st.

**SCAN OR CLICK!**



# Disaster Preparedness

## National Preparedness

Month Information from Ready.gov.

### Build a kit. Your basic emergency kit should include...

- Water (one gallon per person per day for several days, for drinking and sanitation)
- Food (at least a several-day supply of non-perishable food)
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert
- Flashlight
- First aid kit
- Manual can opener (for food)
- Local maps
- Cell phone with chargers and a backup battery
- Extra batteries
- Whistle (to signal for help)
- Dust mask (to help filter contaminated air)
- Plastic sheeting, scissors and duct tape (to shelter in place)
- Moist towelettes, garbage bags and plastic ties (for personal sanitation)
- Wrench or pliers (to turn off utilities)

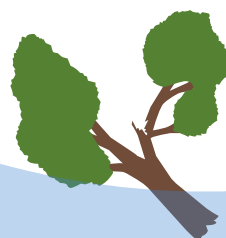
### Have an evacuation plan.

- Whether it's the home of a friend or family member or a pre-designated shelter, know your evacuation destination.
- Having these plans in place can save valuable time and, most importantly, lives.
- Many states have designated evacuation zones and predetermined evacuation routes. Learn your state and local plans by visiting your state and county emergency management websites.

### Sign up for local weather alerts.

- Have more than one way for receiving alerts.
- Start with...
  - Purchasing a NOAA Weather Radio
  - Downloading local weather apps
  - Have a communications plan with your household

# The time to prepare is now!





# August Snapshots



Janarae C. representing disaster preparedness at the Passport Health Back to School Bash.



Health Educator, Lisa J., at the Warren County Library Summer Reading Finale.



Stacy B. and Sara C. representing the dental program at the Butler Co. Schools Back to School Bash.



Janarae C. and Crystal K. representing disaster preparedness at the Butler Co. Schools Back to School Bash.

**Do you have pictures from BRDHD or wellness-related events?**  
Email Olivia at [olivia.mcghee@barrenriverhealth.org](mailto:olivia.mcghee@barrenriverhealth.org) !



# August Snapshots



Samantha H. at the State Fair educating the public on smoking cessation resources.



The Warren County WIC team working diligently offsite during the electric shutdown.

The Communicable Disease team smile for a photo during a TB program day.



Michelle D., Beth G. and Nina R. hosting the Warren County clinic in the mobile unit.



**Way to serve your community, BRDHD!  
Your hard work is greatly appreciated.**

*Do you have pictures from BRDHD or wellness-related events?  
Email Olivia at [olivia.mcghee@barrenriverhealth.org](mailto:olivia.mcghee@barrenriverhealth.org)!*

# Congratulations!

## Congrats to Haley H. for completing the Supervisor Certificate Program!



*The Bowling Green Chamber of Commerce describes this program as, “This program enhances supervisory skills and introduces leadership behaviors across 18 courses. It aims to improve employee performance, refine processes and boost organizational productivity and morale.”*

## Congrats to Bethany K. for passing the CBIC exam!



*The Certification Board of Infection Control and Epidemiology conducts the certification process to protect the public by: “Providing standardized measurement of current basic knowledge needed for persons practicing infection prevention and control in all healthcare settings.”*

## New Faces!



Emily B.  
Cleaner, Edmonson



Haley B.  
Nurse, Warren



John E.  
Maintenance, District



ShaDonna Y.  
HANDS Specialist, Warren



Seth B.  
Health Educator, Warren

**Next time you see them, introduce yourself!**



# Employee Spotlight

**Shelly B.**



*Shelly!*

Shelly was nominated for this month's spotlight for her work as a HANDS Specialist! Shelly always goes above and beyond for her team and HANDS families. She also helps wherever, whenever she's needed. Next time you see Shelly, tell her "You rock!" Her expertise and dedication are very much appreciated at BRDHD.

**Thank you to everyone who nominated coworkers for the spotlight!**  
**New submissions are currently closed.**



# Committees

For more opportunities to work across branch and county lines, all staff are encouraged to join a committee!

## **Wellness** - Contact Kathy T.

- Wellness Works
- Encourage healthy behaviors for staff
- Promote insurance perks

## **Safety** - Contact Mike B.

- Incident review
- Ergonomics
- Building safety
- Identify needed trainings and support

## **Social** - Contact Olivia M.

- Birthdays
- Special events
- District-wide meeting activities
- Explore ways for staff to connect

## **Retention** - Contact Kim F.

- Explore ways to improve employee satisfaction
- Incentives, acknowledgement, etc.
- Identify needed trainings and support

## **Equity** - Contact India M.

- Promote ways to reach vulnerable populations
- Spread details of important community events
- Identify opportunities for equity within our policies and processes

## **Disaster Prep** - Contact Janarae C.

- Review, update and give input on preparedness plans
- Support accreditation (PPHR)
- Promote drills and update trainings
- Identify needed trainings and support





# Meetings!

## Local Board of Health

**Logan** — October 17th @ 12PM

**Metcalfe** — Sept. 10th @ 12PM

**Simpson** — Sept. 9th @ 5PM

**Warren** — Sept. 12th @ 12PM

## BRIGHT Coalition

October 1st  
11:30AM to 1PM  
Warren Co. HD

## District Board of Health

October 21st  
@ 5PM

Have you seen this year's  
*Community Impact Report?*

[CLICK  
HERE!](#)

Follow BRDHD on social media!



**Barren River**  
DISTRICT HEALTH DEPARTMENT



*BRDHD Website*



Please submit articles for the newsletter to Olivia M. at [Olivia.McGhee@barrenriverhealth.org](mailto:Olivia.McGhee@barrenriverhealth.org)  
Submissions will be reviewed for approval.

# WORD SEARCH

The first to complete and submit the puzzle to Olivia M. will receive a treat!

D	Y	M	H	A	N	D	S	T	V	T	C	C	G
E	R	G	E	E	O	N	B	O	W	P	R	E	L
W	E	I	P	V	O	E	U	D	E	R	H	R	T
E	V	F	A	A	O	N	I	E	A	E	T	T	I
O	O	T	N	C	E	O	L	M	T	V	T	I	N
H	C	C	R	U	V	I	D	C	H	E	I	F	T
I	E	A	Y	A	H	T	O	O	E	N	A	I	R
I	R	R	E	T	R	A	M	M	R	T	H	C	O
R	T	D	S	I	E	N	I	M	E	I	E	A	D
C	V	R	H	O	G	I	I	I	S	O	R	T	U
T	V	T	E	N	R	T	E	T	R	N	N	E	C
A	I	R	L	A	R	S	C	T	I	T	I	N	E
D	A	T	L	R	I	E	A	E	M	T	E	N	S
I	I	R	Y	N	V	D	T	E	T	E	C	O	T

## CLUES

1. If you fill out the Community Health Assessment, you have a chance to win a \_\_\_\_\_ or half-day off \_\_\_\_\_.
2. September is National \_\_\_\_ Month and Suicide \_\_\_\_\_ Month.
3. \_\_\_\_ an emergency kit to be prepared for natural or other disasters.
4. Have an \_\_\_\_\_ plan. Know your evacuation \_\_\_\_\_.
5. Have more than than one way for receiving \_\_\_\_\_ alerts.
6. This month's employee spotlight.
7. Which department does the employee spotlight work?
8. Next time you see a new employee, \_\_\_\_\_ yourself!
9. Join a \_\_\_\_\_ to work across county and branch lines!