



2023 NORTH SHORE HEALTH DEPARTMENT HEALTHY HIGHLIGHTS

Serving the communities of Bayside, Brown Deer, Fox Point, Glendale, River Hills, Shorewood and Whitefish Bay

February 8, 2023: Real Talks



What are Real Talks?

Real talks are frequent conversations on substance use. They happen between family members, friends, coworkers, and neighbors. They happen anytime, anywhere people feel safe and comfortable being open about what's happening in their lives.

Substance use is common. [Be prepared to understand the difference between substance use, substance misuse, and substance use disorder.](#)

Substance misuse and substance use disorder can happen to anyone. [Be prepared to understand why people use substances.](#)

A substance use disorder is treatable. [Recovery can happen for everyone. Be prepared to offer support and wellness resources.](#)

Use these simple and proven techniques to have effective real talks:

1. Ask open-ended questions
2. Listen with empathy
3. Problem solve with them
4. Watch your words

[Learn more about Real Talks](#)

BLACK HISTORY MONTH

Black History Month is observed each year from February 1 – March 1 to recognize the generations of Black and African Americans who struggled with adversity and to celebrate their many contributions to the United States.

Check out [Black History Month events in Milwaukee](#)

WHAT HAS NSHD BEEN WORKING ON?

NARCAN is available at North Shore Health Department

NARCAN® Direct Program

Naloxone (NARCAN) is a life-saving medication that can reverse an overdose from opioids—including heroin, fentanyl, and prescription opioid medications—when given in time (CDC).

NARCAN is available at our Brown Deer office

4800 W Green Brook Dr.
Open Mon-Fri 8AM-430PM

We provide a brief training along with the NARCAN Nasal Spray.



Follow us on social media for updates on future community NARCAN trainings and distribution events.



[Learn more about Narcan and how to respond to an overdose](#)

READ THE

NORTH SHORE HEALTH DEPARTMENT

MONTHLY REPORT

JANUARY 2023

THIS REPORT HIGHLIGHTS THE WORK DONE IN EACH OF OUR FOUR PRIORITY AREAS OVER THE PAST MONTH, AS WELL AS OTHER IMPORTANT WORK AND ACTIVITIES DONE BY OUR DEPARTMENT.

OUR 4 PRIORITY AREAS



The goal of these monthly reports is to showcase the work being done at the North Shore Health Department and to increase transparency with community leaders, partners, elected officials, and the public.



[Read our January 2023 Monthly Report](#)

#FIGHTTHEFLU

If you or your family have not yet received your flu shot, call your doctor or pharmacy today and make an appointment for your flu shot.

#fighttheflu with a flu shot

Stay well this winter by getting your family vaccinated against flu.

Call a doctor or pharmacy to make flu vaccine appointments today.

Find a flu vaccine near you at vaccines.gov

NORTH SHORE HEALTH DEPARTMENT PUBLIC HEALTH

HEALTH HIGHLIGHTS **BE HEALTHY. STAY SAFE 2023**

COMMUNITY SAFETY EQUITY HEALTHY AGING COMMUNICABLE DISEASE CONTROL & PREVENTION

POPULATION HEALTH EDUCATION

MATERNAL & CHILD HEALTH ENVIRONMENTAL HEALTH WELL BEING PUBLIC HEALTH NURSES EPIDEMIOLOGY MENTAL HEALTH CHRONIC DISEASE PREVENTION NUTRITION & PHYSICAL WELLBEING INJURY PREVENTION EMERGENCY PREPAREDNESS

EQUALITY

BLOOD PRESSURE CLINICS

Please visit our website for up-to-date BP Screening information: www.nshealthdept.org/Clinics

COMMUNITY HEALTH SERIES

NSHD is excited to present our Winter-Spring 2023 Community Health Series!

An account with WFB Rec or your local rec department is needed to register.

- Register for a WFB Rec Department account: <http://ow.ly/xyqu50MIKpj>
- To register for a session, visit Whitefish Bay Recreation: <http://ow.ly/3iXG50MIKpk>.
- Part of the Shorewood Rec Department? Sign up at: <https://shorewoodrecreation.org/CourseActivities.aspx?id=37>.

NORTH SHORE HEALTH DEPARTMENT COMMUNITY HEALTH SERIES



Health topics that matter to the North Shore Community. LYDELL COMMUNITY CENTER, ROOM 17 | 5205 N LYDELL AVE, WHITEFISH BAY, WI 53217

WINTER-SPRING 2023 TOPICS

- +++ FEBRUARY 15, 2023: Small Talks: Youth Alcohol
- +++ MARCH 15, 2023: Vaping 101: Introduction
- +++ APRIL 22, 2023: Spring Into Safety: Bike Rodeo (11:00a-2:00p)
- +++ MAY 17, 2023: E-Waste

FREE

JOIN US!

PRE-REGISTRATION REQUIRED

In partnership with Whitefish Bay, Nicolet, and Shorewood Recreation Departments and Brown Deer Park and Recreation

To learn more, or register visit [Whitefish Bay Recreation](#) or [local park and rec department website](#).

Thank you Whitefish Bay Recreation for hosting the series.



nshealthdept.org • (414) 371-2980

Follow us on social media and visit our website for health information and updates



RESOURCES AND REFERENCES

1. <https://dhs.wisconsin.gov/real-talks/index.htm>
2. <https://dhs.wisconsin.gov/opioids/overdose.htm>