



NORTH SHORE

HEALTH DEPARTMENT

HEALTHY HIGHLIGHTS 2022

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

July 20th, 2022: You are not Alone: 988

In 2020, the U.S. had one death by suicide every 11 minutes. Suicide is a leading cause of death for people aged 10-34 years.

You are not alone.

988 Suicide & Crisis Lifeline provides help to individuals in emotional distress, or mental health, and/or substance abuse crises or those helping a loved one, through a national network of 200 crisis centers.

Know the risk factors and warning signs.

Risk factors are attributes that make it more likely a person considers, attempts, or dies by suicide.

- Mental disorders, particularly mood disorders, schizophrenia, anxiety disorders, and certain personality disorders
- Alcohol and other substance use disorders
- Hopelessness
- Impulsive and/or aggressive tendencies
- History of trauma or abuse
- Major physical illnesses
- Previous suicide attempt(s)
- Family history of suicide
- Job or economic loss
- Loss of relationship(s)
- Easy access to lethal means
- Local clusters of suicide
- Lack of social support and sense of isolation
- Stigma associated with asking for help
- Lack of healthcare, especially mental health and substance abuse treatment
- Cultural and religious beliefs, such as the belief that suicide is a noble resolution of a personal dilemma
- Exposure to others who have died by suicide (in real life or via the media and Internet)

988 will be able to accept calls, texts, or chats.

Warning signs may help determine if a person is at risk for suicide, especially if the behavior is new, has increased, or seems related to a painful event, loss, or change. If you or someone you know exhibits any of these, seek help.

- Talking about wanting to die or to kill themselves
- Looking for a way to kill themselves, like searching online or buying a gun
- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated, behaving recklessly
- Sleeping too little or too much
- Withdrawing or isolating themselves
- Showing rage or talking about seeking revenge
- Extreme mood swings

For TTY Users: Use your preferred relay service or dial 711 then 988.



MENTAL HEALTH RESOURCES

In need of mental health resources or help? Below find a list of resources including nationwide, statewide and Milwaukee area.

- ❖ [MentalHealth.gov](https://www.mentalhealth.gov)
- ❖ [NIMH » Help for Mental Illnesses](https://www.nimh.nih.gov/help-for-mental-illnesses)
- ❖ [Mental Health | Wisconsin Department of Health Services](https://www.wisconsin.gov/health-services)
- ❖ [Free Mental Health Resources \(Milwaukee\)](https://www.milwaukee.gov/free-mental-health-resources)
- ❖ [Rogers Behavioral Health](https://www.rogersbehavioralhealth.com)

Village of Brown Deer Blood Drive
Wednesday, July 27, 2022 | 9 am to 2 pm

The Village of Brown Deer, in collaboration with Versiti Blood Center of Wisconsin, is hosting its first blood drive on Wednesday, July 27, 2022!

Let's help the community by donating and meeting the event goal of 11 pints of blood and 20 donors. Two appointments are already committed!

To donate please register @ <https://bit.ly/bd072722>



**Meet
 Brad Simerly,
 Deputy Health
 Officer**

Through the course of the pandemic, the NSHD leadership experienced transitions that made apparent the unclear plan for succession in the department. To avoid this, looking forward, NSHD has created a Deputy Health Officer position. **NSHD has a unique opportunity to promote long-time public servant, Brad Simerly, REHS, into the role. Brad has been with a consistent leader at the NSHD for over 12 years.**

He will continue to operate in his role as Senior Environmental Health Specialist (EHS) at 80%, while adding some management, public health preparedness, workforce, and professional development responsibilities to his role. With training and mentoring, the Deputy will be poised to provide coverage and serve in the Health Officer role, as needed. This critical investment in staffing sends a clear message throughout the department, and Village, that we are invested earnestly in the growth, development, and most importantly, the retention of our loyal and high-performing personnel.

In his spare time, Brad enjoys smoking meats, taking family vacations and playing Animal Crossing, with his daughter. In 2022, his family adopted a new puppy into their home from a local humane society. He has a background in improv and is our go-to for dad jokes and puns.

"What do you call a factory that makes okay products?" "A satisfactory."

We are very grateful for Brad's service and congratulate him on his new role!

Beach Monitoring

Our department monitors the water quality at Atwater, Klode and Doctors Parks throughout the summer by testing the water at least twice weekly for the presence of *E. coli* bacteria. Based on test results, beaches are considered:

- **Green**: Open with no advisory,
- **Yellow**: Open with an advisory indicating people should use the beach with caution because of elevated bacteria levels,
- **Red**: Beach may be closed due to highly elevated bacteria levels.

[Visit the DNR for up-to-date Beach advisories or closures](#)



It's farmers market season! Farmers markets are local, community sources of fresh and nutritious foods, and seasonal fruits and vegetables. *Many farmers markets accept WIC, FMNP Senior vouchers and/or EBT/SNAP.*

- ❖ Brown Deer: Wednesdays, June 15 to October 26, 9:00 AM-5:30 PM [Brown Deer Website](#)
- ❖ Fox Point: Saturdays, June 18 to October 15, 8:00am to 12:00pm [Fox Point Website](#)
- ❖ Shorewood: Sundays, June 19 to October 30, 9:30am-1pm [Shorewood Village Calendar](#)
- ❖ Whitefish Bay: Saturdays, June 11 to October 15, 8:30am to 12:30pm [Whitefish Bay Website](#)

NOTABLE HEALTH DAYS

Among the notable health observances in July are:

- ❖ [HIV Awareness Month](#)
- ❖ [Minority Mental Health Awareness Month](#)
- ❖ [National Drowning Prevention Day - July 23, 2022](#)

HEALTH DEPARTMENT SERVICES

Did you know? In addition to vaccines, we provide multiple services at the Health Department? Some services include:

▪ Radon Kits	▪ Lead Testing	▪ Childhood Immunizations
▪ Child Safety Car Seat Checks	▪ Maternal Child Health Lactation Consultation	▪ Newborn Home Visits
▪ Bike Helmet Fittings	▪ Tuberculosis Testing	▪ Population health information and resources

WHAT HAS NSHD BEEN WORKING ON?

Community Collaboration and Engagement

In collaboration with our Community Health Survey (CHA), we have been in the community, including our many wonderful farmers markets. This past Sunday, June 17, 2022 we were at the Shorewood Farmers Market. In addition to talking with shoppers, we gave out chalk to children and wanted to share chalk drawing artwork from one of our littlest residents!

COMMUNITY ENGAGEMENT



North Shore Community Events

SHOREWOOD FARMERS MARKET SUNDAY JULY 17, 2022

READ THE

NORTH SHORE HEALTH DEPARTMENT

MONTHLY REPORT

JUNE 2022

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



MENTAL & EMOTIONAL WELLBEING
for a Healthy North Shore



SUBSTANCE-FREE LIVING for a Healthy North Shore



INJURY PREVENTION
ACROSS THE LIFESPACE
for a Healthy North Shore



PHYSICAL ACTIVITY and NUTRITION
for a Healthy North Shore

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.



NORTH SHORE
HEALTH DEPARTMENT

READ OUR JUNE 2022

MONTHLY REPORT

TAKE THE NORTH SHORE COMMUNITY HEALTH SURVEY

FROM THE NORTH SHORE HEALTH DEPARTMENT

We are conducting a Community Health Assessment (CHA) to identify key health problems & needs in the community.

YOUR INPUT IS ESSENTIAL & HELPS US TO DEVELOP GOALS & PROGRAMS THAT MEET THE NEEDS OF OUR NORTH SHORE COMMUNITIES.

TO TAKE THE SURVEY, YOU CAN...

SCAN THIS QR CODE & TAKE IT ON YOUR PHONE



FOLLOW THE INCLUDED LINK OR FIND THE SURVEY LINK ON OUR WEBSITE:

WWW.NSHEALTHDEPT.ORG

WHO CAN TAKE THE SURVEY?

- ✓ You must be 18 or older. *Your name and personal information are not collected.*
- ✓ Anyone who lives, works, attends school, plays, or prays in the North Shore.



TAKE THE SURVEY

LGBTQ+ HEALTH

LGBTQ+ people continue to show disparities in mental health, even though they are more likely to use mental health services.

- ❖ [Wisconsin DHS LGBTQ Health Resources](#)
- ❖ [Milwaukee LGBT Community Center](#)
- ❖ [PRISM Peer Support](#)
- ❖ [The Trevor Project | For Young LGBTQ Lives](#)

MINORITY HEALTH RESOURCES

Advocating for minority health and health equity is critical. Minority health is affected by social and structural factors that drive disparities in our society.

Did you know? According to the [2020 US Census](#), 46.9 million US citizens are Black or African American alone or in combination. Promoting equitable access to health promoting resources, including quality housing, healthy food, stable employment, etc., can help decrease gaps in health between racial and ethnic groups.

- ❖ [Wisconsin DHS Minority Health Program](#)
- ❖ [Wisconsin Women's Health Foundation](#)

COVID-19 INFORMATION

COVID-19 VACCINATIONS AT NSHD

Check our website for updates:

www.nshealthdept.org/CommunicableDiseases/COVID-19/VaccineInformation

BLOOD PRESSURE & IMMUNIZATION CLINICS

IMMUNIZATIONS (APPOINTMENT REQUIRED):

We provide vaccinations for underinsured or uninsured individuals, including infant, child routine immunizations and required for school.

Please call 414-371-2980 for available vaccines and/or to make an appointment:

Brown Deer Office

1st Tuesday of the month • 7:30-9am
3rd Tuesday of the month • 3:30-5pm

Shorewood Office

2nd Wednesday of the month • 3:30-5pm
4th Wednesday of the month • 7:30-9am

If these days/times do not work for you, we will do our best to accommodate you at another time.

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

UPCOMING BLOOD PRESSURE SCREENING

(WALK-IN – NO APPOINTMENT):

- **NSHD Shorewood Office:** 2010 E Shorewood Blvd. 4th Wednesday of the month from 3:30 p.m. to 4:30 p.m.
- **Lydell Community Center:** There will be no blood pressure clinics at Lydell in July, or August. They will resume in the fall: Sep 21, Oct 19, Nov 16, Dec 21.
- **Lois & Tom Dolan Community Center:** 4355 W. Bradley Rd, Brown Deer. 1st Wednesday of the month from 12:30 p.m. - 1:15 p.m. There is no clinic in July or August. They will resume in the fall: Sep 7, Oct 5, Nov 2, Dec 7.



NORTH SHORE
HEALTH DEPARTMENT

nshealthdept.org • (414) 371-2980

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



RESOURCES AND REFERENCES

1. [988 America's Suicide Prevention and Crisis Lifeline](#)
2. [SAMHSA 988 Find Help](#)
3. [Beaches | Wisconsin DNR](#)
4. [HIV | CDC](#)
5. [National Minority Mental Health Awareness Month](#)
6. [Prevention | Drowning Prevention | CDC](#)
7. [MentalHealth.gov](#)
8. [NIMH » Help for Mental Illnesses](#)
9. [Mental Health | Wisconsin Department of Health Services](#)
10. [Free Mental Health Resources \(milwaukee.gov\)](#)
11. [Rogers Behavioral Health \(rogersbh.org\)](#)
12. [LGBTQ Health: General Resources](#)
13. [Milwaukee LGBT Community Center](#)
14. [Mental Health America of Wisconsin - PRISM Program](#)
15. [The Trevor Project | For Young LGBTQ Lives](#)
16. [US Census Bureau](#)
17. [Minority Health Program](#)
18. [Minority Mental Health Resources \(wwhf.org\)](#)