

NORTH SHORE

HEALTH DEPARTMENT HEALTHY HIGHLIGHTS 2022

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

August 24, 2022: Transition Back to School

River Place Apartments Fire Response and Ways to Help

A multi-agency resource center (MARC) will open on Thursday, August 25 from 1:30 to 7:30 p.m. at Brown Deer Elementary School, 5757 W. Dean Road, for people displaced by a fire Saturday afternoon at a residential apartment complex at 4130 W Hawthorne Trace Road.

The American Red Cross, Goodwill Industries of Southeastern Wisconsin and Metropolitan Chicago, the Brown Deer School District, the North Shore Fire/Rescue, the North Shore Health Department, the Brown Deer Foundation, and the Village of Brown Deer are partnering together to ensure that families and residents in the recent apartment complex fire can acquire the necessary resources they need to overcome this tragic incident. Meals will be provided.

Wondering how you can help support the residents impacted by the fire? Click Here

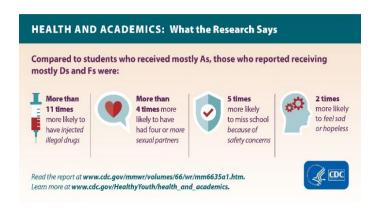
MARC August 25, 2022, PRESS RELEASE

Healthy students are better learners.

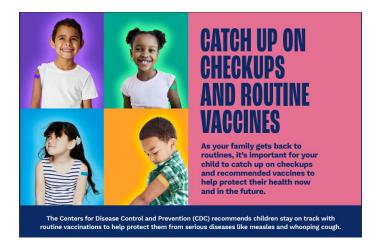
Are you or your children heading back to school? Here are some tips to help ease the transition from summer vacation back to the classroom.

- Mental health is important to the learning process. Significant stress and trauma can impact children, adolescents and families. Some nationwide, statewide and Milwaukee area resources, from our Mental Health Resources section, include:
 - MentalHealth.gov
 - ❖ NIMH » Help for Mental Illnesses
 - Mental Health | Wisconsin Department of Health Services
 - Free Mental Health Resources (Milwaukee)
 - Rogers Behavioral Health
- Routine vaccinations save lives. Keep your children up to date on school required vaccines.
- Washing hands with soap and water stops germs, including the common cold.
- Eat well, be active, and get enough sleep. For children 60 minutes or more of daily physical activity is recommended. Getting enough sleep is important too, and it is recommended, for:

 Teens: at least 8 hours of sleep per night,
 Youth: least 9 hours of sleep per night.
- Be tobacco free. E-cigarettes are the most commonly used tobacco product among U.S. middle and high school students. Tobacco products contain nicotine which is highly addictive and can harm the developing adolescent brain – specifically the areas of the brain that are responsible for learning, memory, and attention.



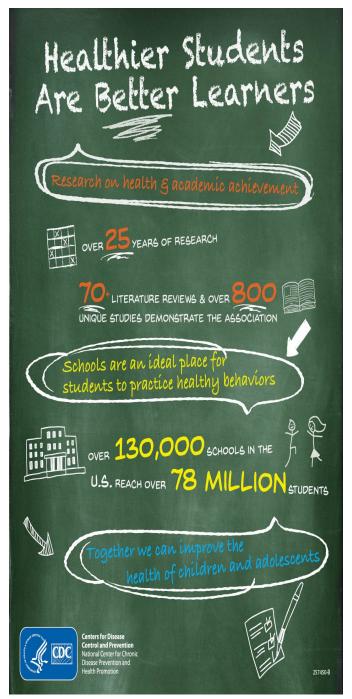
The North Shore Health Department (NSHD) maintains an immunization program to prevent and control vaccine-preventable diseases. Under this program, NSHD provides immunizations to residents without medical insurance, those on Medicaid and those whose insurance does not cover vaccines. Please contact our office to check availability and make a vaccination appointment by calling 414-371-2980 or emailing: nshd@nshealthdept.org. Health insurance typically covers vaccinations, so check with your child's physician about getting them immunized.



Visit the CDC to learn more about <u>Healthy</u> <u>Schools</u> and <u>Adolescent and School Health</u>

Wisconsin Student Immunization Law Age/Grade Requirements:

www.dhs.wisconsin.gov/publications/p44021.pdf





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, until October 26, 9:00 AM-5:30 PM
- Fox Point: Saturdays, until October 15, 8:00am-12:00pm
- Shorewood: Sundays, until October 30, 9:30am-1pm
- Whitefish Bay: Saturdays, until October 15, 8:30am-12:30pm

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WHAT HAS NSHD BEEN **WORKING ON?**

NORTH SHORE HEALTH DEPARTMENT

CONGRATULATIONS! TANYA BOHACHEFF, MPH

PUBLIC HEALTH STRATEGIST



Tanya is a recent May 2022 Master of Public Health graduate from the UW-Milwaukee Zilber School of Public Health with a concentration in Epidemiology. She is also a resident of the UW-Madison School of Nursing: New to Public Health Program (Cohort 2). She received her Bachelor of Business Administration degree in Production and Operations management from the Lubar School of Business at UW-Milwaukee.

Tanya has been with the North Shore Health Department since March 2021, as a Public Health Assistant, transitioning into different roles throughout the pandemic response, including the the North Shore Overdose Fatality Review (OFR) team. She excited to step into her new role as Public Health Strategist and support the residents and their health in the North Shore.

As a strategist, her work will focus on applying strategy, leadership and expertise, to lead population health-based activities, advance community engagement, systems improvement, equity and equality and policy strategies.

Tanya blends experiences in operations, continuous improvement and corporate quality with public health policies and practices, while using an equity lens to guide community data analysis, program planning and implementation and strategy. She is possionate about all things public health, including health as a human right, health equity, food security, substance misuse and women's reproductive health and

Tanya, is local to the area, growing up in the Milwaukee Metro area, Her family includes her fiancé, who is a fourth generation firefighter/paramedic, her step-daughter to be, who makes the best spaghetti and is studying culinary arts, her stepson-to-be, a Marine, and cats.

Tanya is an avid reader (she has read 125 this year alone!), supporter of farmers markets and local libraries, and proponent of self-care. With graduate school completed, Tanya is excited to resume traveling. She visited Mackinaw Island this past spring, and has plans to visit New Orleans this fall.

WELCOME TO THE NORTH SHORE HEALTH DEPARTMENT TEAM!

READ THE

NORTH SHORE HEALTH DEPARTMENT

MONTHLY REPORT

JULY 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.









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 JULY 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...

TAKE IT ON YOUR PHONE



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

WWW.NSHEALTHDEPT.ORG

TAKE THE SURVEY?



WHO CAN 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



Learn more about this event



988 is able to accept calls, texts, or chats. For TTY Users: Use your preferred relay service or dial 711 then 988.

MENTAL HEALTH

A list of resources including nationwide, statewide and Milwaukee area.

- MentalHealth.gov
- NIMH » Help for Mental Illnesses
- Mental Health | Wisconsin Department of Health Services
- Free Mental Health Resources (Milwaukee)
- Rogers Behavioral Health

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

Interested in learning more about health inequities? Visit the CDC's new <u>Conversations in Equity</u> blog.

Looking for substance and mental health resource? Visit Detox Local <u>AAPI Addiction and Mental Health Resources</u> and <u>Live Another Day: Substance Abuse & Mental Illness Recovery Support</u> for additional resources and referrals.

& IMMUNIZATION CLINICS

IMMUNIZATIONS (APPOINTMENT REQUIRED):

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

Please call 414-371-2980 to find out what vaccines we have available and 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.

<u>UPCOMING BLOOD PRESSURE SCREENING</u> (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.
 next one is on August 24th.
- Lydell Community Center: There will be no blood pressure clinic at Lydell in 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
 August. They will resume in the fall: Sep 7, Oct 5, Nov
 2, Dec 7.
- Congregation Shalom: 7630 N Santa Monica Blvd, Fox Point. Next clinic is on Monday, September 13 from 12:30 p.m. - 1:00 p.m.

Please visit our website for up-to-date information about BP Screenings:

www.nshealthdept.org/Clinics

COVID-19 INFORMATION

COVID-19 VACCINATIONS AT NSHD

Check our website for updates:
www.nshealthdept.org/CommunicableDisease
s/COVID-19/VaccineInformation



nshealthdept.org • (414) 371-2980

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









RESOURCES AND REFERENCES

- CDC Offers Health Tips for Back to School During COVID-19
 CDC Online Newsroom | CDC
- 2. Student Immunization Law Age/Grade Requirements
- 3. Wisconsin DHS LGBTQ Health Resources
- 4. Milwaukee LGBT Community Center
- 5. PRISM Peer Support
- 6. The Trevor Project | For Young LGBTQ Lives
- 7. <u>Wisconsin DHS Minority Health Program</u>
- 8. Wisconsin Women's Health Foundation
- 9. Conversations in Equity