



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.

HEALTH AND ACADEMICS: What the Research Says

Compared to students who received mostly As, those who reported receiving mostly Ds and Fs were:

 More than 11 times more likely to have injected illegal drugs	 More than 4 times more likely to have had four or more sexual partners	 5 times more likely to miss school because of safety concerns	 2 times more likely to feel sad or hopeless
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Read the report at www.cdc.gov/mmwr/volumes/66/wr/mm6635a1.htm.
Learn more at www.cdc.gov/HealthyYouth/health_and_academics.



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.



CATCH UP ON CHECKUPS AND ROUTINE VACCINES

As your family gets back to routines, it's important for your child to catch up on checkups and recommended vaccines to help protect their health now and in the future.

The Centers for Disease Control and Prevention (CDC) recommends children stay on track with routine vaccinations to help protect them from serious diseases like measles and whooping cough.

Healthier Students Are Better Learners

Research on health & academic achievement


OVER **25** YEARS OF RESEARCH

70+ LITERATURE REVIEWS & OVER **800** UNIQUE STUDIES DEMONSTRATE THE ASSOCIATION

Schools are an ideal place for students to practice healthy behaviors

OVER **130,000** SCHOOLS IN THE U.S. REACH OVER **78 MILLION** STUDENTS

Together we can improve the health of children and adolescents



Centers for Disease Control and Prevention
National Center for Chronic Disease Prevention and Health Promotion

257450-B



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

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 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 passionate about all things public health, including health as a human right, health equity, food security, substance misuse and women's reproductive health and education.

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.

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 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...

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.
- ✓ Anyone who lives, works, attends school, plays, or prays in the North Shore.

Your name and personal information are not collected.



[TAKE THE SURVEY](#)

MCSAP PRESENTS

2022 OVERDOSE AWARENESS DAY

MEMORIAL EVENT



Featuring

Recovery Speakers
Community Resource Fair
Free Food
Memorial Board & Poster Making
Open Mic
& more...

www.mcsapcoalition.org

WEDNESDAY 4PM AUG 31 6PM



Humboldt Park MKE
3000 S Howell Ave 53207

[Learn more about this event](#)

988
SUICIDE & CRISIS
LIFELINE

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



MENTAL HEALTH RESOURCES

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)

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 [Conversations in Equity](#) blog.

Looking for substance and mental health resource? Visit Detox Local [AAPI Addiction and Mental Health Resources](#) and [Live Another Day: Substance Abuse & Mental Illness Recovery Support](#) for additional resources and referrals.

BLOOD PRESSURE & 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.

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. – 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



**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. [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. [Wisconsin DHS Minority Health Program](#)
8. [Wisconsin Women's Health Foundation](#)
9. [Conversations in Equity](#)