



NORTH SHORE

HEALTH DEPARTMENT

HEALTHY HIGHLIGHTS 2022

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

March 30th, 2022: Small Talks Underage Drinking

April is Excessive Alcohol Use Awareness Month. Parents and other caring adults in the life of children and adolescents have a power impact and influence on choice's made, particularly about underage drinking.

Think kids won't listen? Think again.

Wisconsin Department of Health Services (WDHS): Small Talks is a great resource on ways to talk to children and adolescents regarding underage drinking.

Short small talks with your child or adolescent will help you connect with them, especially when it comes to important topics like underage drinking. WDHS recommends "lots of small talks over time helps build trust and set expectations as kids change and grow. Luckily, there's no big production necessary. Just choose the alcohol-free moment that feels right to you. You can have a small talk anytime, anywhere".



65% of Wisconsin teens have tried alcohol. Talking with kids early makes a big impact on their future choices about alcohol. Get talk tips at SmallTalksWI.org. #SmallTalksWI

Different age groups have different approaches. WDHS provides some suggestions on small talk opportunities and questions:

Kids (Ages 5-7): Focus on the way alcohol affects a person's motor skills, judgment, and behavior.

- ✓ "When do you think someone is ready to try alcohol?"
- ✓ "Why do you think it's illegal for kids under the age of 21 to drink alcohol?"

Tweens (Ages 8-12): Explain how underage drinking can put kids their age in danger, and practice how to deal with peer pressure.

- ✓ "Have you ever seen an adult drink too much? What did you think or feel?"
- ✓ "What could you say if you were offered a drink and you didn't want to look foolish?"

Teens (Ages 13-17): Talk about the risks, their future, and making safe choices.

- ✓ "What happens at parties you go to?"
- ✓ "Are you at all worried about becoming addicted to alcohol or drugs?"

Openings can include:

- Watching a show or movie: "Why do you think the character drinks?"
- Listening to music: "Do your favorite bands ever sing about using drugs?"
- Playing video games: "How do you and your friends have fun?"
- At the store: "What's a good reason to buy alcohol?"

At the bowling alley or ball game, or when out to eat or celebrating with friends and family... what other opportunities for small talk conversations focused on underage drinking come to mind?

WHAT HAS NSHD BEEN WORKING ON?

We are excited to announce our new Health Officer - Becky Rowland, MPH, MBA

Public health work is Becky's life's work. She adopts a relational approach in her practice, building strong relationships with clients, constituents, and teams. She is deeply committed to supporting individuals to live their best lives, while mindfully stewarding resources to make the most impact. Her career, although always rooted in her desire to serve, has moved from the nighttime streets (harm reduction, and youth outreach) to clinical settings (HIV, clinical research, and LGBT+ Health) to local government health departments (City of Evanston, City of Milwaukee).

Born and raised in Chicago, Becky currently lives in Cedarburg, Wisconsin. She earned her Master's of Public Health in 2016 and her Master's of Business Administration in 2020. She is married to her best friend (Camm), loves sewing, reading, gardening, her huge extended family, and getting her butt kicked in all games by her kiddos—Wynn (age 9) and Calla (age 7.5).

[READ OUR SPRING NEWSLETTER](#)

FOR SPRING HEALTH & WELLNESS INFORMATION, TO LEARN ABOUT LOCAL EVENTS, AND TO STAY UPDATED ON THE WORK OUR DEPARTMENT IS DOING IN THE COMMUNITY.

NOTABLE APRIL HEALTH DAYS

Among the notable health observances coming up in April are [National Minority Health Month](#), [National Public Health Week](#), [STD Awareness Week](#) and [World Immunization Week](#).



Stress, Anxiety, and Resilience: Thriving in Uncertain Times

THURSDAY, APRIL 7, 2022 | 7:00-8:15 PM
UNIVERSITY SCHOOL OF MILWAUKEE
2100 WEST FAIRY CHASM ROAD
RIVER HILLS, WI



RSVP at
redgen-damour.eventbrite.com

[Register for this REDgen event.](#)

MEMORY SCREENINGS

Tuesday, April 5 | 12:00-4:00 p.m.

North Shore Library | Community Room

REGISTRATION REQUIRED:

<https://www.eventbrite.com/e/memory-screenings-tickets-211448075887>

Sign up for a free memory screening with a Dementia Care Specialist from the Aging and Disabilities Resource Center of Milwaukee County! Memory screenings are designed to detect and identify early signs of memory loss and cognitive changes and are great for brains at all health levels! A Dementia Care Specialist will work with you to address your concerns about memory loss and connect you to any resources you may need, such as a memory clinic or brain health doctor. Space is limited, so sign up early! Masks required.



IMMUNIZATIONS (NON-COVID, APPOINTMENT REQUIRED):

We provide vaccinations for individuals who are underinsured or uninsured, including infant and child routine immunizations and those required for school. Please call us at 414-371-2980 to find out what vaccines we have available and to make an appointment during our immunization clinic hours:

Brown Deer Office

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

Shorewood Office

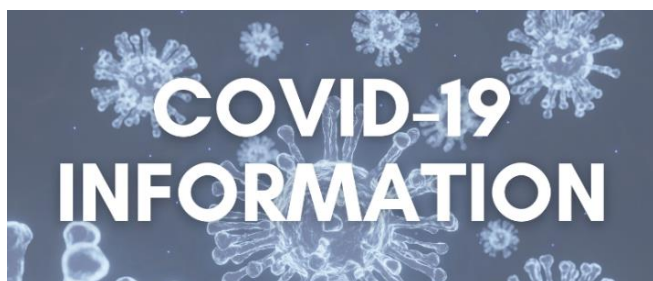
2nd Wednesday of the month • 3:30-5pm
4th Wednesday of the month • 7:30-9am

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.
- **Lydell Community Center:** 5205 N Lydell Ave, Whitefish Bay. 1:00 p.m. – 2:00 p.m. April 20
- **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.

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



COVID-19 VACCINATIONS:

The [FDA authorized](#) a second booster dose of either the Pfizer-BioNTech or the Moderna COVID-19 vaccines for older people and certain immunocompromised individuals.

We need to wait for additional authorization from [ACIP](#) and WI DHS before we are able to begin administering second booster doses at the North Shore Health Department. Please continue to [check our website](#) for updates.



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



RESOURCES

1. [Wisconsin Department of Health Services \(WDHS\): Small Talks](#)
2. [National Minority Health Month 2022 \(hhs.gov\)](#)
3. National Public Health Week: nphw.org
4. STD Awareness Week: [Talk. Test. Treat. \(cdc.gov\)](#)
5. [World Immunization Week 2022 \(who.int\)](#)