

What's in This Month's Issue:

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- Grief Recovery Method Support Group
- WCHD 2022 Annual Report
- Food Safety Tips
- Talking Points Content Survey

Williams County Community Health Improvement Plan

Using the 2022 Williams County Community Health Assessment data, the Williams County Health Partners, a coalition of community agencies across Williams County, worked to develop the Community Health Improvement Plan (CHIP).

A community health improvement plan (CHIP) is a community-driven plan that addresses issues identified by data in the community health assessment (CHA). The purpose of the CHIP is to describe how organizations will work to improve the health of the county. Priorities for the plan are developed by community members and local organizations based on the results of four assessments. The results for the assessments are shown in the report.

The 2023-2025 Williams County CHIP priorities align with state and national priorities and focus on mental health and addiction, health behaviors and built environment, and access to care. Various agencies across the county have agreed to work on the strategies together to improve healthy opportunities for Williams County residents. Strategies include the following:

Access to Care

- Transit Advocacy (advocate to improve or expand transportation services)
- Raise Awareness, Improve, or Expand Telehealth Services
- Cancer Education & Outreach

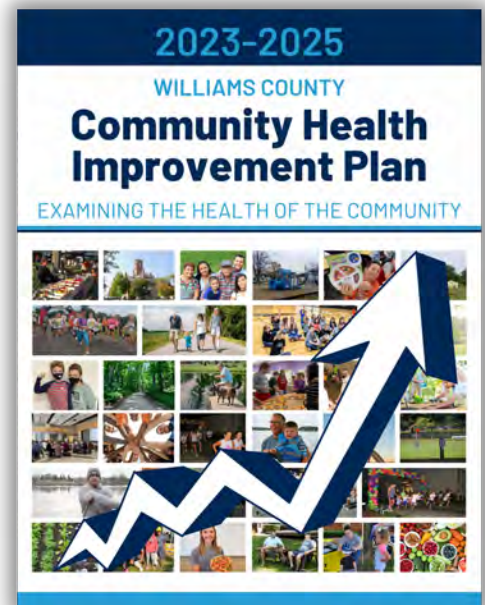
Health Behaviors & Built Environment

- Complete Streets Policies (to enable safe access for all users including bicyclists, pedestrians, motorists, etc.)
- Green Space and Parks/Bike and Pedestrian Master Plans (improve access to green spaces, parks, and other active transportation opportunities)
- Community Fitness Programs (inventory and raise awareness of physical activity opportunities in the county & look for new opportunities)
- Community Gardens
- Healthy Food Initiatives and Nutrition Education
- Health In All Policies (consider health implications when developing new policies)

Mental Health and Addiction

- School-based Alcohol/Other Drug Prevention programs
- School-based Social and Emotional Instruction
- Mental Health First Aid
- Suicide Prevention Initiatives

The community will work to implement these strategies over the next 3 years. To learn more, read the plan at bit.ly/CHIPWC



The Adolescent Brain

Source: drugfree.org

"Don't you trust me?" your child asks. When it comes to decision making about the use of alcohol, tobacco and other drugs, it's not about trust. It's about understanding adolescent brain development.

There is a reason so many of our teens and pre-teens behave as if they are immortal and acting on impulse without considering the consequences. Blame it partially on the brain.

The part of the brain that promotes impulsivity and risk-taking develops early in teens, while the brain area responsible for thinking, planning, good judgment, decision making, and impulse control, is undergoing the most change (and will continue to develop well into the mid-twenties). Because of the brain development process, teens and preteens lack the ability to control impulses. This increases the probability of engaging in risky behavior, like smoking, drinking and illegal drug use.

In this critical stage of development, your child needs an informed parent to step in, to set clear boundaries and to serve as that impulse control.

How You Can Help Your Child:

- Explain the risks of alcohol, tobacco and other drug use
- Talk early and often
- Set clear non-use rules
- Know your child's friends (and their parents)
- Know where your child is at all times
- Play an active role in your child's daily life

For information about how to talk to your kids about drugs and alcohol, visit our website at echocoalition-wc.com. You can also register for the Be In The Know event at Montpelier schools to learn more about prevention for students:

bit.ly/BeInTheKnow2023

Be In The Know

Using your influence to protect Montpelier's youth.

Is Coming Up On:
Thursday, March 23rd, 2023
6:00 to 7:30pm at Montpelier Schools

Grief Recovery Method Support Group

Grief Support Group



Our support groups offer a safe, evidence-based environment for grievers to take effective and lasting action, no matter the type of loss experienced. These groups are led by Grief Recovery Method Specialists, trained and certified by the Grief Recovery Institute. The group meets once per week for 8 weeks. There is no cost for participating in these group support sessions.

For more information about the group, please email Brittany at brittany.spotts@williamscountyhealth.org.



Public Health
Williams County Health District



The Grief Recovery Method[®]
by The Grief Recovery Institute[®]

REGISTRATION REQUIRED

Scan the QR code or visit
bit.ly/GriefSupportSpring2023
to register by Wednesday, March 15th.



Williams County Health Department funds free Grief Support Groups. Our support groups offer a safe, evidence-based environment for grievers to take effective and lasting action, no matter the type of loss experienced. These groups are led by Grief Recovery Method Specialists, trained and certified by the Grief Recovery Institute. The group meets once per week for 8 weeks. There is no cost for participating in these group support sessions.

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| Monday, March 13 | Monday, April 10 |
| Monday, March 20 | Monday, April 17 |
| Monday, March 27 | Monday, April 24 |
| Monday, April 3 | Monday, May 1 |

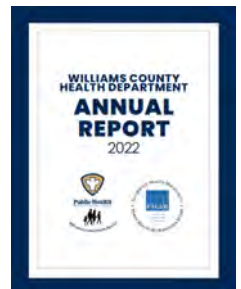
Time: 2:30 - 4:30pm

Location: Williams County Public Library
107 E High St #1702, Bryan, OH 43506

Visit bit.ly/GriefSupportSpring2023 to register.

WCHD 2022 Annual Report

The Williams County Health Department released its 2022 annual report. The report can be found on the Williams County Health Department's website at bit.ly/WCHD2022AR



Food Safety Tips

Source: CDC.gov

Each year in the United States, over 48 million people get sick as a result of food-borne illnesses. Food-borne illnesses can make you and your family severely ill and could lead to long-term health conditions. It is important for individuals in Williams County to follow four steps: Clean, Separate, Cook, and Chill to practice food safety at home.

Clean

- Wash hands, utensils, counter/top throughout the cooking process.
- DO NOT wash meat, poultry, or fish as it can spread bacteria through the sink and splash-back.

Separate

- Germs can spread from one food item to the next. Keep raw poultry, meat, seafood, and eggs from each other as well as other food items.
- Prepare food separately, do not use the same cutting board for different food items.

Cook

- Food needs to reach the correct temperature and stay hot to reduce the risk of food-borne illness. Germs from raw foods are killed when heat is applied. To be safe, a food thermometer should be used to ensure food is cooked thoroughly.
- Use the following temperatures as a guide:
 - Beef, Pork, Lamb, Fish - 145 °F
 - Ground Lamb, Pork, Beef - 160 °F
 - Chicken, Turkey, Duck - 165 °F

Chill

- Never thaw food by leaving it out on the counter. You can thaw food safely by using:
 - the microwave defrost button
 - cold water until completely thawed
 - the fridge for multiple hours until food is completely defrosted
- Perishable foods need to be refrigerated within 2 hours of cooking or buying from the store. This is known as the "2-Hour Rule".

Additional information can be found at [FDA.gov](https://www.fda.gov) and [FoodSafety.gov](https://www.foodsafety.gov).



Talking Points Content Survey

We would like to hear from you. What would you like to learn about in future Community Talking Points? Share your feedback by taking the following survey: bit.ly/CTPInputSurvey.



WCHD Community Talking Points are published on a monthly basis and posted on our website and social media. If you would you like to receive the community talking points directly, sign up by completing this form: bit.ly/WCCCommunityTalkingPoints

For more information on WCHD programs and services, visit: williamscountyhealth.org


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