

PREVENT DISEASE AND INJURY. PROMOTE HEALTH AND WELLNESS. PROTECT YOU AND YOUR COMMUNITY.

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## Mental Health Awareness Month



May is Mental Health Awareness Month, a time dedicated to spotlighting the importance of mental health in our overall well-being and combating the stigma surrounding it. In Williams County alone, 14% of adults had a period of two or more weeks when they felt so sad or hopeless nearly every day that they stopped doing usual activities. Mental health also effects youth with 30% of youth in Williams County and 38% of females under the age of 18 experiencing a period of 2 or more weeks of hopelessness (2022 Williams County Community Health Assessment).



### Seeking Support & Resources:

- **4YourMentalHealth:** For tips on improving mental health that you can incorporate into your daily life, visit [4yourmentalhealth.org](https://4yourmentalhealth.org).
- If you or someone you know is thinking about suicide or self-harm, call the **Local Crisis Call Center** at 800-468-4357 or text the Crisis Text Line (text 4HOPE to 741 741). You can also text or call 988, a national number. All services are free and confidential, available 24/7.
- Explore more mental health resources in the four-county area at [fourcountysuicideprevention.org](https://fourcountysuicideprevention.org).

Want to get involved in mental health initiatives? Check out the **Four County Suicide Prevention Coalition** and join an upcoming meeting. Meetings are held the fourth Thursday of each month: [fourcountysuicideprevention.org](https://fourcountysuicideprevention.org).

By prioritizing our mental wellness and fostering a supportive community, we can pave the way for a brighter future where mental health is valued, and everyone has access to the assistance they need.

## Staff Spotlight: Sara Casper



Meet Sara Casper, our dynamic Health Education Specialist who has been at WCHD for just under 1 year.

Sara thrives in our collaborative environment, working alongside dedicated professionals to develop innovative solutions to complex public health challenges. She finds fulfillment in knowing that her efforts contribute to improving the health and well-being of individuals and our community.

Inspired by the opportunity to implement evidence-based programs, Sara pursued a career as a health education specialist. Sara assists with social media, MyPlate, Handle with Care, child passenger safety, and other community programs. Her passion lies in positively influencing behaviors and improving health outcomes through education. Committed to achieving health equity, Sara advocates for change through education, outreach, and policy advocacy.

Sara holds a Bachelor of Science in Public Health from the Ohio State University and is currently working towards her CHES certification.

Originally from Cleveland, Sara finds joy in painting, reading, outdoor walks, spending time with her cat, and hitting the gym. Fun fact: she can juggle!

We're grateful to have Sara's expertise and enthusiasm on our team as we work towards a healthier Williams County. Stay tuned to learn more about the incredible individuals driving positive change in our community!

## Food Safety Outdoors



It's officially picnic and barbecue season! While these warm weather events can be fun, they are also perfect opportunities for foodborne bacteria to thrive. Safe food handling while spending time with loved ones outdoors is important to keeping everyone safe. Some simple guidelines to follow are:

### Pack and transport food safely.

- Place cold food in a cooler with ice, and try to limit the amount of times it is opened. Keep raw meat, poultry, and seafood wrapped and separate from foods they could contaminate.

### Keep cold foods cold and hot foods hot.

- Keeping food at proper temperatures is important in preventing foodborne illness. Never let your food get to the "Danger Zone", which is between 40 degrees and 140 degrees, for more than an hour. Foods should not be left out for more than 1-2 hours after serving.

### Follow safe grilling.

- Always marinate foods in the refrigerator, and never reuse marinade as a sauce. Don't use the same platter/utensils for raw food as cooked food. Make sure you cook food thoroughly, and keep "ready" food hot.

## School Vaccine Clinics

As summer approaches, the WCHD is partnering with local schools to host vaccine clinics for students.

### Health Department Clinics:

- **Montpelier office:** Tuesdays, 9am-4:15pm.
  - Extended hours on 8/27, 9/3, and 9/10 with walk-ins accepted from 3-5:30pm.

- **Bryan office:** Thursdays, 9:30am - 3:45pm

- **In-School Clinics** - WCHD will be hosting clinics at the school for incoming 7th and 12th grade students. This will be by appointment only and parental consent must be sent to the school.

- **Montpelier Schools** - May 8, 2024, 1:30-3:00pm
- **North Central Schools** - May 24th, 1:30-3:00pm

### Open House Clinics at Schools:

- **Stryker Schools** - August 13th, 4:00-6:00pm
- **Edgerton Schools** - August 12th, 5:30-7pm
- **North Central Schools** - August 15th, 5:30-7pm

## Fight the Bite: Mosquito & Tick Season

As warmer weather approaches, there is an increase in mosquito and tick activity. To help you stay safe and enjoy the outdoors this mosquito and tick season, here are some essential tips to keep in mind:

### Mosquitoes:

- Use insect repellent containing DEET, Picaridin, or Oil of Lemon Eucalyptus (OLE).
- Wear long sleeves, long pants, socks, and closed-toe shoes to minimize exposed skin.
- Avoid spending time outdoors during peak mosquito activity, which is typically during dawn and dusk.
- Eliminate standing water around your home where mosquitoes can breed.

### Ticks:

- Wear long sleeves, long pants, and tuck your pants into your socks or boots to prevent ticks from reaching your skin.
- Apply an insect repellent containing DEET or Picaridin before heading outdoors.
- After spending time outdoors, conduct a thorough tick check, paying attention to areas like the scalp, armpits, and behind the ears.
- Use tick prevention products for your pets to protect them from tick bites and tick-borne diseases.
- Keep your lawn well-maintained by mowing regularly and removing leaf litter and tall grass.

## Reaccreditation Filed



The WCHD submitted documentation to apply for national reaccreditation through PHAB (Public Health Accreditation Board) in early April. Health departments apply for reaccreditation every 5 years; WCHD was accredited in 2018. The goal of reaccreditation is to ensure that accredited health departments continue to evolve, improve, and advance their public health practice to serve the public and promote a healthier population.






Learn more about the measures that health departments are required to meet for reaccreditation through PHAB: [bit.ly/PHAB2022](https://bit.ly/PHAB2022)

## Being Physically Active in Williams County

May is Physical Activity and Sports Month!

There are many great benefits of staying active and engaged in sports for our health and well-being. walking in or enjoying your local park provides a holistic approach to health and wellness, offering physical, mental, social, and environmental benefits for everyone!

Discover the benefits of your local park:

-  Boosts mood
-  Promotes exercise
-  Reduces stress
-  Encourages socializing
-  Provides Vitamin D

& more!  
Check out a list of our local parks here:

<https://bit.ly/WCParks>

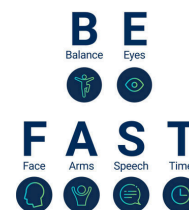


## American Stroke Month

May is American Stroke Awareness Month! Strokes can happen to anyone, at any age. Stroke is the fifth leading cause of death in the US, but 80% of them are preventable. By doing things like managing blood pressure, controlling your cholesterol, being active and eating nutritious foods, and avoiding tobacco products, you can make yourself much less likely to experience a stroke.

When it comes to strokes, timing is **everything**. Know the signs of stroke by remembering BE FAST:

- B** - Balance issues
- E** - Eyesight changes
- F** - Face drooping
- A** - Arm Weakness
- S** - Speech Difficulty
- T** - Time to call 911



## Recycling Events: Save the Dates



**Hazardous Waste Event:** June 12, 2-6pm at Edon Farmers Co-Op Montpelier Branch. Collecting aerosols, automotive fluids, oil-based paints, pesticides, batteries, fluorescent bulbs, cleaners, etc.

**Tire Event:** September 19th, 9am-5:30pm at the Williams County Engineer's Office.

Learn more on our website: [bit.ly/WCHDRecycle](https://bit.ly/WCHDRecycle)

## ECHO Coalition: Youth Led Program

Do you know a student who is interested in leading positive change in their school, neighborhood or town? Students can join their school's youth-led club and help inform & improve things that could be causing problems for peers. Learn more about YLC and upcoming summer events: [bit.ly/YLCLetter](https://bit.ly/YLCLetter)

## Customer Satisfaction Survey

At WCHD, we care about providing excellent service. Please take a moment to share your feedback about our programs and services. Take our survey: [www.surveymonkey.com/r/WCHDServices](https://www.surveymonkey.com/r/WCHDServices)



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/WCCommunityTalkingPoints](https://bit.ly/WCCommunityTalkingPoints)

For more information on WCHD programs and services, visit:  
[williamscountyhealth.org](https://williamscountyhealth.org)

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