

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

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Child Passenger Safety Month



September is Child Passenger Safety Month!

One of the most effective ways to protect your child while traveling is by using the proper car seat and making sure it's installed and used correctly. Research shows that when car seats are used the right way, they can lower the risk of death in a crash by up to 71%. Unfortunately, more than half of car seats are used or installed improperly.

With so many different brands, seat types, and vehicle styles, it's easy to see why car seats can be confusing. That's where the WCHD can help. Our certified Child Passenger Safety Technicians (CPSTs) have gone through extensive training to provide FREE, hands-on guidance and support to caregivers right here in Williams County.

Through the WCHD Child Passenger Safety Program, CPSTs can:

1. Offer free car seat checks and education - Technicians will work with caregivers to choose the right seat, install it correctly, and ensure it's used safely every time.
2. Provide free car seats for eligible families - Thanks to the Ohio Buckles Buckeyes (OBB) program, families who qualify for WIC or Medicaid can receive a free convertible or booster seat, along with installation help and safety education.

Interested in learning more about the Child Passenger Safety Program?

Call us at (419) 485-3141 to schedule an appointment or get answers to your car seat questions!

Staff Spotlight: Katie Brown



Katie is the Director of Health Education & Preparedness at WCHD. She has been with us for 3 years total, spending the past 9 months in her current role.

Katie's days are full of planning, coordinating, and responding to public health needs. She is committed to helping build a healthier community through education, preparedness, and collaboration.

What she loves most about working at WCHD is the wonderful, dedicated, and caring staff. She finds it incredibly fulfilling to work with a team that cares so deeply about the community they serve.

Katie was drawn to public health because of her passion for working with communities and empowering people to make meaningful changes in their lives. She believes it is essential that public health work truly reflects what communities need, not just what agencies assume they need, and she uses data and evidence-based strategies to help guide those decisions.

Katie holds a Bachelor of Public Health from The Ohio State University, a Master of Public Health from the University of Toledo, and is a Certified Health Education Specialist (CHES) as well as a Child Passenger Safety Technician (CPST).

Outside of work, Katie enjoys crocheting, spending time with family and friends, and planning her upcoming wedding. If she could have any superpower, she'd love to teleport, so she could skip the hassle of plane rides and visit faraway friends and family anytime.

Katie's favorite health tip? "Waking up at your first alarm makes you feel less tired throughout the day. Snoozing always makes it worse!"

One fun fact about Katie: she has met Taylor Swift!

Farm Safety



National Farm Safety and Health Week will be observed September 21-27, 2025, an annual event initiated by the National Safety Council to raise awareness about the importance of farm safety and health. Farming is one of the most essential but also one of the most dangerous industries, and this week shines a light on protecting farmers, families, and rural communities.

Each day focuses on a different safety theme:

- Mon, Sept. 22 - Equipment & Rural Roadway Safety
- Tue, Sept. 23 - Health & Wellness
- Wed, Sept. 24 - Generations of Farming
- Thu, Sept. 25 - Confined Spaces
- Fri, Sept. 26 - ATV/UTV Safety

From safe machinery use to mental health awareness, generational safety education, and the prevention of accidents in confined spaces and on rural roads, the week is a reminder to put safety first on every farm.

By raising awareness and practicing safe habits, farm families can continue to thrive while protecting the health and well-being of those who keep our nation fed.

Suicide Prevention Month



September is Suicide Prevention Month, giving us the chance to raise awareness, remember those we have lost to suicide, spread hope, and spark meaningful action around one of the most urgent mental health issues of our time.

Suicide impacts millions of people each year. Between 2017 and 2023, there were 46 suicide deaths in Williams County, highlighting the importance of spreading awareness, leaning on each other, and ensuring available resources are known to our community.

This month, we would like to highlight the warning signs of suicide and encourage open conversations about mental health. No one has to face this alone - help is available, and healing is possible.

What are some of the warning signs of suicide?

- Talking about wanting to die or being a burden
- Feeling empty or hopeless
- Withdrawing from friends, giving away important items
- Engaging in risky behaviors, such as driving extremely fast, having extreme mood swings
- Using drugs or alcohol more often

If these warning signs apply to you or someone you know, **there is help**. Call or text **988**, a free suicide and crisis lifeline. The Four County area also now has access to the

CredibleMind platform, a free site with local mental health resources, self-care tools, and trusted information. To learn more, visit 4ymh.crediblemind.com



24/7 CALL, TEXT, CHAT



CredibleMind

Food Safety Education Month

September is Food Safety Education Month!

Every year, millions of people get sick from foodborne illnesses, many of which can be prevented with simple safety steps in the kitchen. Safe food handling is essential for everyone—whether you're cooking at home, packing school lunches, or preparing meals for family gatherings.



The four key rules of food safety are:

Clean: Wash your hands, utensils, and surfaces.

Separate: Keep raw meat, poultry, and seafood separate from ready-to-eat foods.

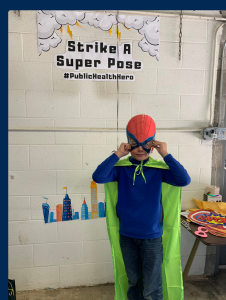
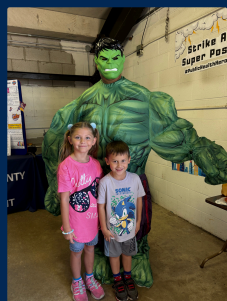
Cook: Use a food thermometer to ensure foods reach safe internal temperatures.

Chill: Refrigerate leftovers and perishable foods promptly.

By practicing these steps, you can reduce your risk of foodborne illness and help keep your family healthy. This month is a great opportunity to refresh your knowledge, share tips with others, and make safe food practices a part of your everyday routine!

WCHD Fair Booth

Thank you for stopping by to see us at the 2025 Williams County Fair!



National Recovery Month



**NATIONAL
RECOVERY
MONTH**



September is National Recovery Month, a time to raise awareness about mental health and substance use recovery, and to celebrate the strength of individuals and families in the journey toward healing.

In Williams County, recovery is not a path that needs to be walked alone. From Drug Court to local support groups like NA and AA, our community offers many paths to healing. Some local resources include:

- Recovery Services of Northwest Ohio
- Shalom Counseling and Mediation Center
- Maumee Valley Guidance Center
- Never Let Go Ministries
- Ohio Guidestone

If you or someone you know is struggling, reach out. Support is available; you are not alone.

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



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

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

Main Office
310 Lincoln Ave.
Montpelier, Ohio 43543
Phone: 419-485-3141
Fax: 419-485-5420

WIC Satellite Office
1010 E. Wilson St.
Bryan, Ohio 43506
Phone: 419-636-8754
WIC Services Only

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