

# Barren River RUNDOWN

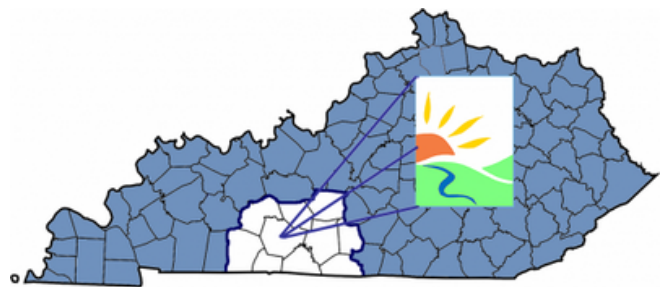
May 2025

- Child Abuse Prevention
- Continuing Education
- Upcoming Meetings
- Annual Report/CHIP
- Financial Safety
- April Snapshots
- Employee Spotlight
- Holiday Schedule
- Committees
- Word Search

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Have articles or information you'd like to submit for the rundown?

Email Olivia at  
[olivia.mcgee@barrenriverhealth.org](mailto:olivia.mcgee@barrenriverhealth.org)

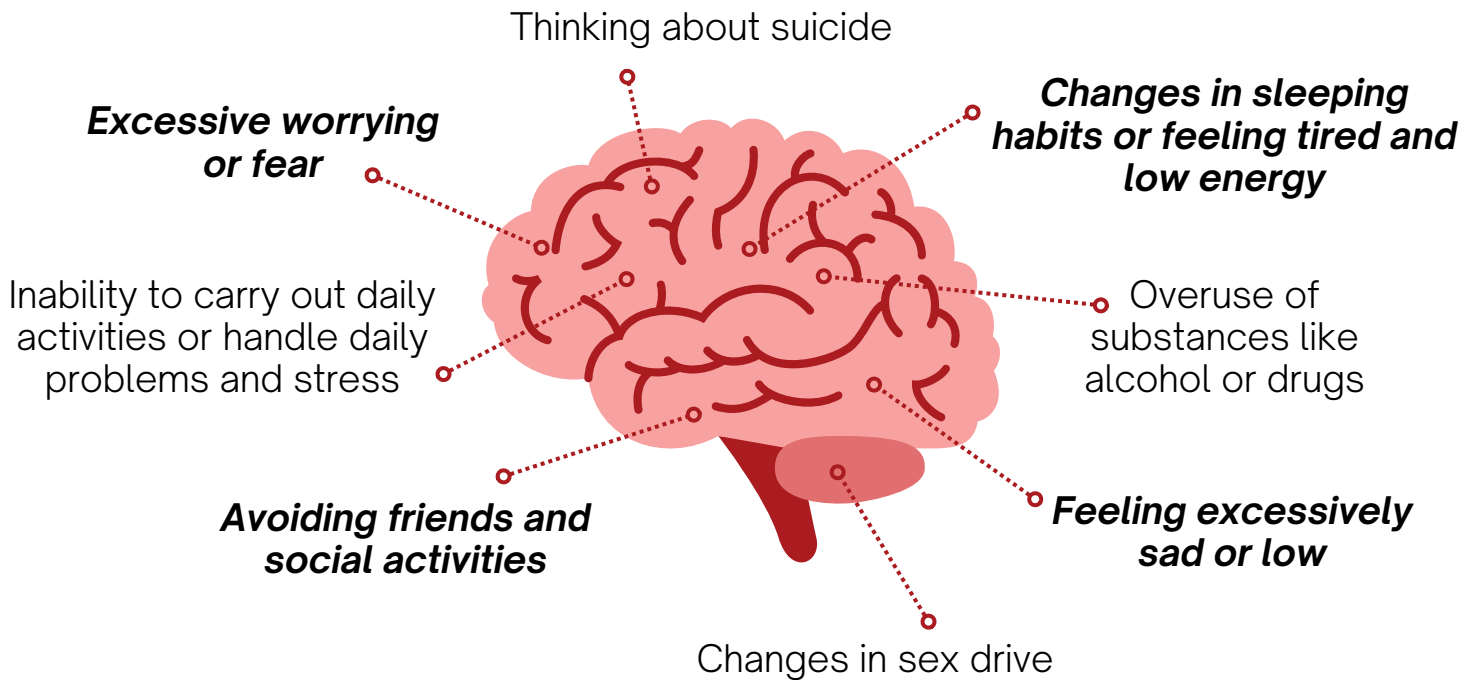


**Barren River**  
DISTRICT HEALTH DEPARTMENT



# Mental Health MONTH

## Common Signs of Mental Illness



If you'd like to learn more about different mental health conditions, support, and education, visit [www.nami.org/](http://www.nami.org/).

## Upcoming MEETINGS!

“

**Barren River**  
DISTRICT HEALTH DEPARTMENT



Edmonson Co. Board of Health  
May 8<sup>th</sup>, 2025  
12PM, Edmonson Co. HD

”

“



**BRIGHT**  
Coalition

May 6th  
11:30AM to 1PM  
Warren Co. HD

”

“



**BRIGHT**  
Coalition

Recovery Ready Open House  
11:30AM to 1PM  
Warren Co. HD

”

# Continuing Education **SPOTLIGHT**

If you're looking to grow in your knowledge of public health, sharpen your skills or simply stay informed on public health news,

***subscribe to the American Public Health Association!***

APHA's mission is to "Build public health capacity and promote effective policy and practice."



AMERICAN PUBLIC HEALTH ASSOCIATION  
*For science. For action. For health.*



**Click logo to  
visit their site!**

**Fun Fact:** APHA has a wide variety of public health topics you can read about!

## **ANNUAL REPORT IS COMING SOON!**



The "Annual Report" is a check-up to see if BRDHD is reaching its accreditation requirements. Contributing to the Annual Report will make reaccreditation less stressful and instill your department with confidence when BRDHD seeks reaccreditation in 2026!

**Be on the lookout for emails from Amanda R. regarding the Annual Report.** Allow yourself plenty of time to respond to any questions she may have, regarding your department-specific accreditation requirements.

## **THE CHA/CHIP IS**

 *complete!*

The Community Health Assessment and Community Health Improvement Plan is complete!

View the finished product at — [www.BRIGHTCOALITION.org](http://www.BRIGHTCOALITION.org)

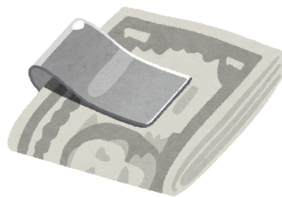
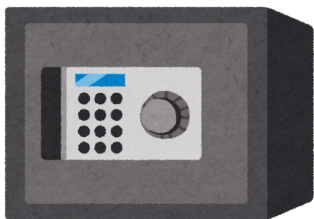
# Disaster **PREPAREDNESS**

## Financial Safety Tips .....

Information from Ready.gov

*“Americans at all income levels have experienced the challenges of rebuilding their lives after a disaster or other emergency. In these stressful times, having access to personal financial, insurance, medical and other records is crucial for starting the recovery process quickly and efficiently.”*

1. Gather financial and critical personal, household and medical information.
2. Consider saving money in an emergency savings account that could be used in any crisis. Keep a small amount of cash at home in a safe place. It is important to have small bills on hand because ATMs and credit cards may not work during a disaster when you need to purchase necessary supplies, fuel or food.
3. Obtain property (homeowners or renters), health and life insurance if you do not have them. Not all insurance policies are the same. Review your policy to make sure the amount and types of coverage you have meets the requirements for all possible hazards. Homeowners insurance does not typically cover flooding, so you may need to purchase flood insurance from the National Flood Insurance Program.
4. For more helpful financial preparedness tips, download the Emergency Financial First Aid Kit (EFFAK) to get started planning today.



**[Click here for more information about being financially prepared!](#)**



# April SNAPSHOTS



The HANDS Program has been very active at local events and community baby showers this spring.

***Thank you, HANDS, for serving our communities so well! You rock!***



Kathy T., Samantha H., Alissa S., and Selina B. representing BRDHD at the Nicotine Prevention Conference.





# April SNAPSHOTS

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(Left) Selina B. representing the BRIGHT Coalition at the Logan County Community Baby Shower.

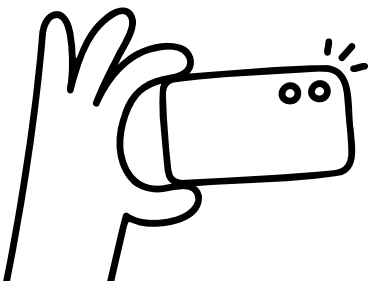
(Below) Jeanna P. and Janarae C. representing BRDHD at the Logan County Community Baby Shower.



(Above) Selina B. pictured with smoothies made at a nutrition event at Logan County High School.



(Right) Selina B. pictured leading an exercise class at the Auburn Senior Center.



# Employee SPOTLIGHT

## IT Team



Charles G.



Kent Z. & Chris W.

This month's spotlight is the entire Information Services (IT) Team, based at our District office! The IT team has nominated for their work in improving technology processes with our dental program, implementing a new agency-wide software, and responding to daily IT needs.

They ensure everyone is able to do their jobs efficiently and effectively. Next time you see them, tell them, "You're the best!" Their hard work is very much appreciated at BRDHD.

**New  
nominations for  
employee  
spotlight are  
currently OPEN!**





*Holiday*

# **SCHEDULE 2025**

**Jan. 20** - Martin Luther King Jr. Birthday

**Apr. 18** - Good Friday (half day)

**May 26** - Memorial Day

**July 4** - Independence Day

**Sept. 1** - Labor Day

**Nov. 11** - Veterans Day

**Nov. 27-28** - Thanksgiving

**Dec. 25-26** - Christmas

**Jan. 1-2** - New Year's Day

*New*  
**FACE!**



Alecia A.  
Mobile Health Unit Coordinator  
District



**Next time you see  
Alecia, introduce  
yourself and give her a  
warm welcome! We're  
so glad she's on our  
team here at BRDHD!**





# COMMITTEES

For more opportunities to work across branch and county lines, all staff are encouraged to join a committee!

## **Wellness - Contact Kathy T.**

- Wellness Works
- Encourage healthy behaviors for staff
- Promote insurance perks

## **Safety - Contact Mike B.**

- Incident review
- Ergonomics
- Building safety
- Identify needed trainings and support

## **Social - Contact Olivia M.**

- Birthdays
- Special events
- District-wide meeting activities
- Explore ways for staff to connect

## **Retention - Contact Kim F.**

- Explore ways to improve employee satisfaction
- Incentives, acknowledgement, etc.
- Identify needed trainings and support

## **Workforce Culture**

### **- Contact Amanda R.**

- Promote respect and belonging
- Support positive culture initiatives
- Encourage open communication
- Use data to drive improvements

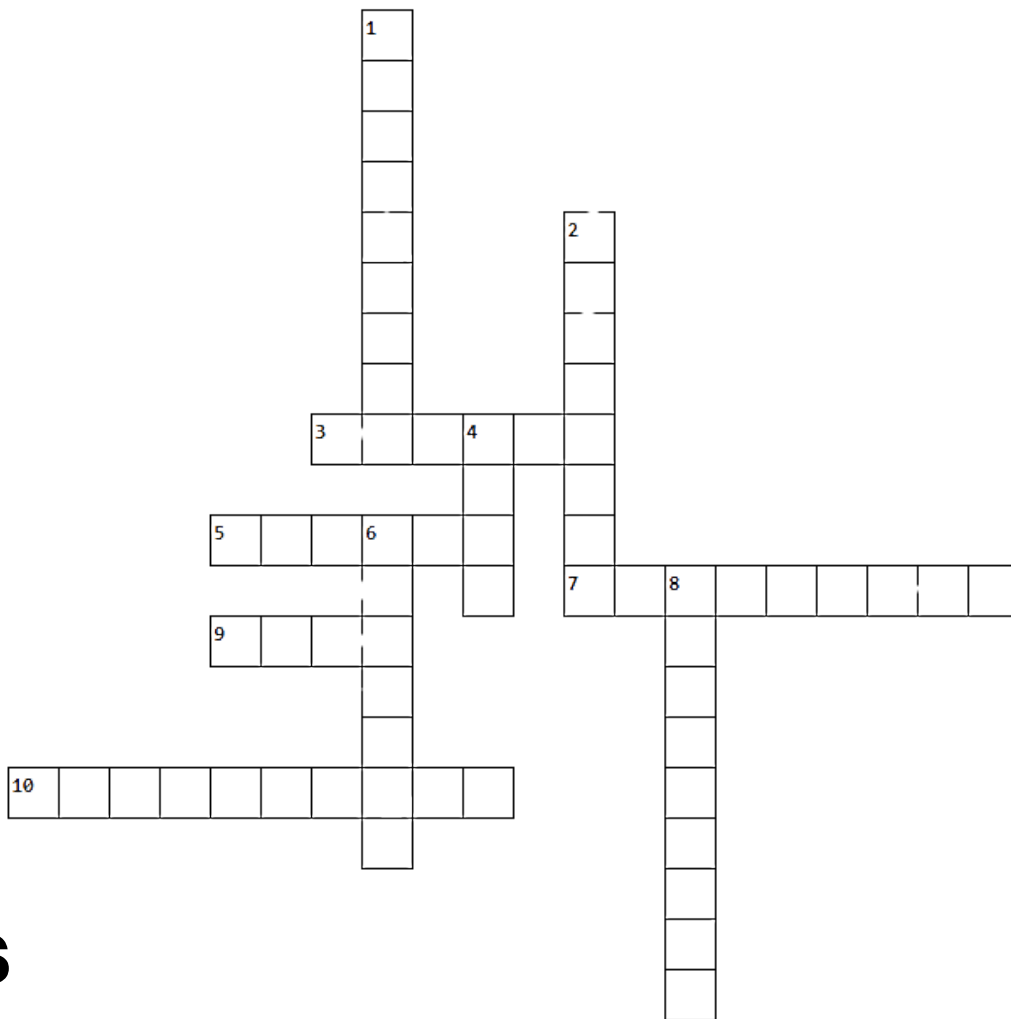
## **Disaster Prep - Contact Janarae C.**

- Review, update and give input on preparedness plans
- Support accreditation (PPHR)
- Promote drills and update trainings
- Identify needed trainings and support



# CROSSWORD PUZZLE

The first to complete and submit the puzzle to Olivia M.  
will receive a treat!



## CLUES

### Across

3. May is \_\_\_\_ Health Month.
5. BRDHD's new Mobile Health Unit Coordinator!
7. Consider saving money in an \_\_\_\_\_ savings account that could be used in any crisis.
9. The \_\_\_\_ (American Public Health Association) is a resource for reading about a variety of public health topics.
10. \_\_\_\_\_ insurance does not typically cover flooding.

### Down

1. If you want to join a committee that promotes respect and belonging, join the \_\_\_\_\_ Culture Committee!
2. The CHA/CHIP is \_\_\_\_\_!
4. The entire IT \_\_\_\_ was nominated for the employee spotlight.
6. \_\_\_\_ in sleeping habits or feeling tired and low energy, are a common sign of mental illness.
8. A common sign of mental illness is \_\_\_\_ worrying or fear.