



June

2023



Kearney County Courthouse



## TRPHD'S Mission!

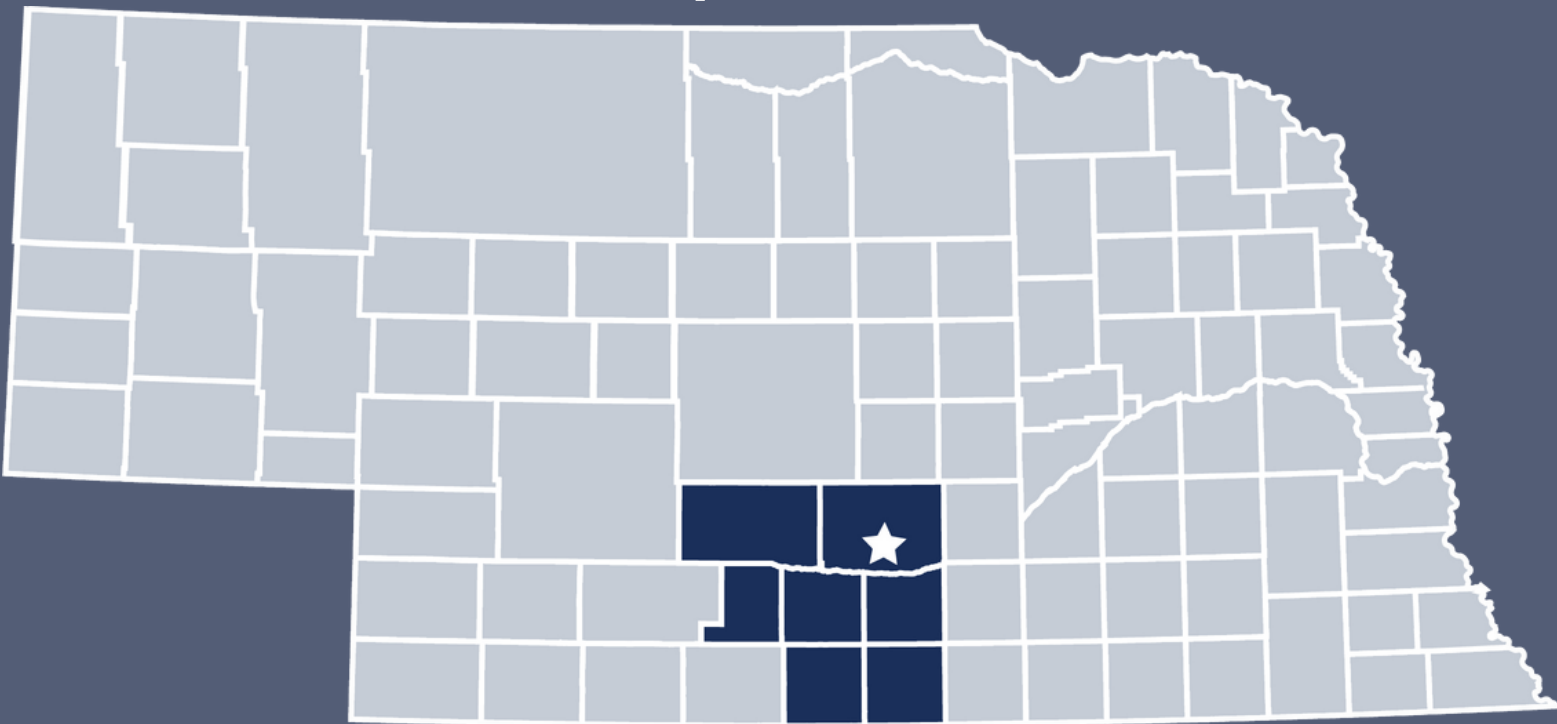
Two Rivers Public Health Department engages collaborative partners, community leaders, and the public to promote healthy lifestyles, provide preventative education, assure environmental quality, and create more healthy and safe communities for all who live within the district.

## TRPHD'S Vision!

Two Rivers Public Health Department envisions a health district where all are able to safely and actively live, learn, work, and play in their communities. Two Rivers Public Health Department facilitates collaboratives, partnerships, and unique approaches that educate, empower, and engage local community partners, health providers, political decision-makers, community leadership, and the public.

**7 Counties (~4,624 square miles)**

**Total Population: 97,519**



### Counties and Population:

Buffalo: 50,114

Dawson: 23,510

Phelps: 9,006

Kearney: 6,652

Harlan: 3,311

Franklin: 2,940

Gosper: 1,986



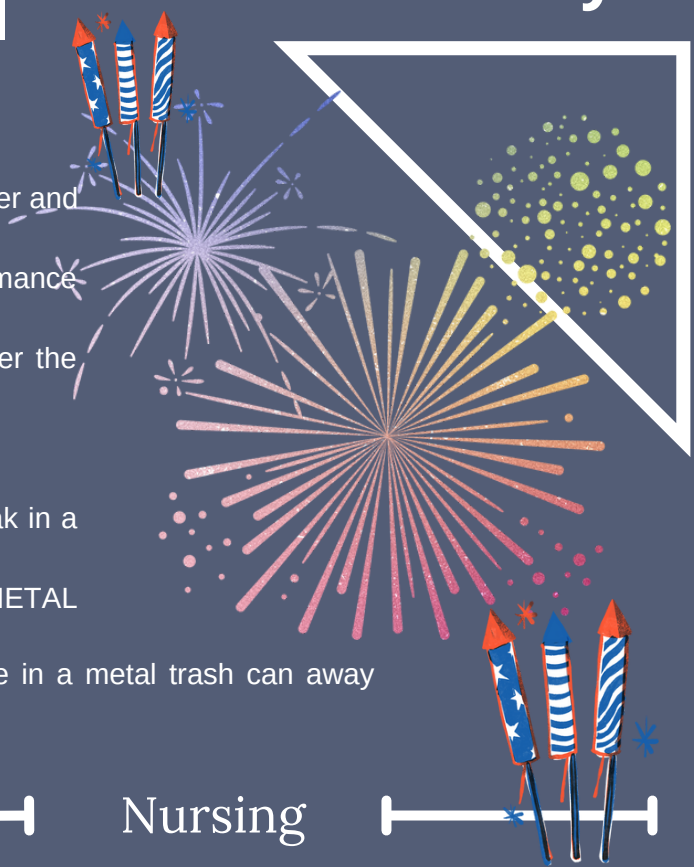




# 4th of July & Firework Safety

It's that time of year again! The 4th of July is just around the corner and TRPHD wants you to be safe! Take these safety tips to heart!

- Know your fireworks; read the cautionary labels and performance descriptions before igniting.
- Alcohol and fireworks do not mix. Save your alcohol for after the show.
- Wear safety glasses when shooting fireworks.
- Light one firework at a time and then quickly move away.
- Never relight a "dud" firework. Wait 20 minutes and then soak in a bucket of water.
- Never carry fireworks in your POCKET or shoot them into METAL or GLASS containers.
- Dispose of spent fireworks by wetting them down and place in a metal trash can away from any building or combustible materials until the next day.



## Nursing

# Not All Scars Are Visible: Post Traumatic Stress Disorder

Post Traumatic Stress Disorder (PTSD) is a disorder that can develop in any person who has experienced a shocking, dangerous, or scary event. PTSD can develop at any age and can occur in a person who has a family member or close friend who experiences a dangerous or traumatic event.

June 27th was National PTSD awareness day. According to the Department of Veteran Affairs, about 12 million people in America are diagnosed and living with PTSD in America.

According to the National Institute of Mental Health, if you know someone who may be experiencing PTSD, the most important thing you can do is to help that person get the right diagnosis and treatment. Some people may need help making an appointment with their healthcare provider; others may benefit from having someone accompany them to their healthcare visits.



Fireworks can be a trauma reminder for individuals who have PTSD. Here are some quick tips to support someone with PTSD:

- Ask the person if you can help
- Offer support
- Help keep the person present at the moment

## Employee Highlight



Left: Haleigh Eschliman, Right: Brent Roemmich

Haleigh is Two Rivers Home Visitation Supervisor. In this position, she oversees the Family Support Specialists and helps provide direct services to families. Haleigh has held many roles throughout her time at Two Rivers.

In 2020, Haleigh graduated from Hastings College with her bachelor's in Education. Haleigh is passionate about helping connect those in need with resources to guide them in developing positive relationships and healthy lifestyles. In her free time, she loves to travel and be outdoors boating, fishing, or hiking.

Brent Roemmich is a Billing Specialist for Two Rivers Public Health Department. He has been a part of the Two Rivers team for the last year and a half. In his role, he schedules clinics for the immunization program, including flu, COVID-19, and vaccines for children. He also helps at the front desk and in the finance department when needed.

He has been deemed the tall guy when things need to be reached from the top shelves and the source of much comedic relief and has a son, with whom he spends much time. Brent is a Music Junkie, singing, discovering new music, and anything related to music. He sings in local church choirs and an up-and-coming Christian rock band, Again For The First Time! You can find them on Facebook.

## Ticks

TRPHD staff collected approximately 110 ticks during two rounds of tick collection in the district. Ticks were collected at Gallagher Canyon State Recreation Area and Fort Kearny State Recreation Area. Only two species were collected; American Dog Tick and Lone Star Tick.



Photos from CDC.GOV

## How to Remove Ticks Safely

1. Use fine-tipped tweezers to grasp the tick as close to the skin as you can.
2. Pull upward with steady, even pressure. Don't twist or jerk the tick.
3. After removing the tick, clean the bite area and your hands with rubbing alcohol or soap and water.
4. Dispose of the tick by flushing it down the toilet. If you would like to bring the tick to your healthcare provider for identification, put it in rubbing alcohol or place it in a sealed bag/container.

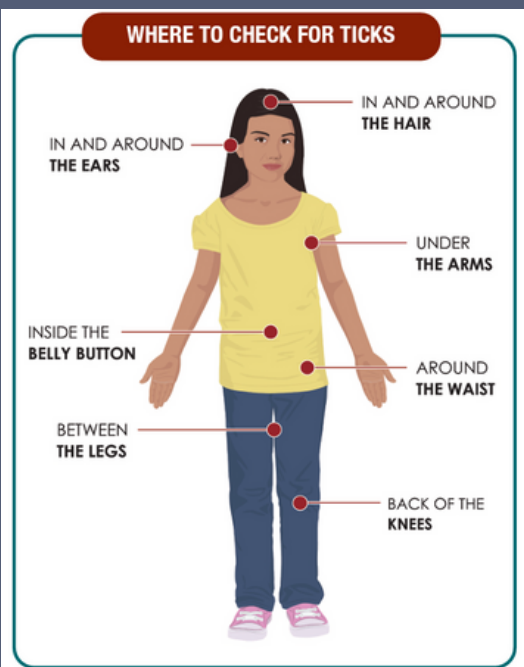
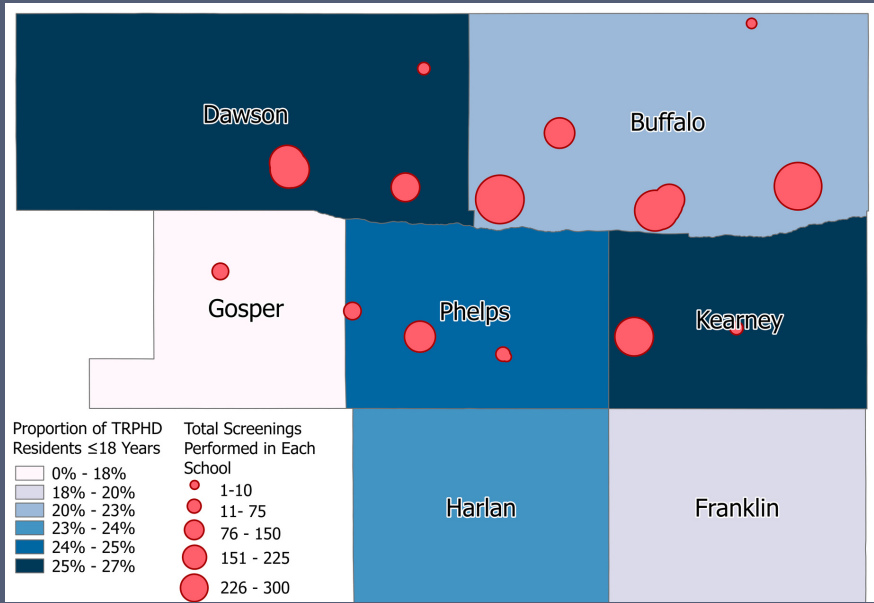


Photo from CDC.GOV



## Clinical Services

# Impact of LifeSmiles Dental Program!



This map represents all schools TRPHD has served in its LifeSmiles Dental Program from August 2022 through May 2023. The size of each red circle is proportional to the number of screenings performed at each school.

Each county is shaded to represent the proportion of individuals who are 18 years old or younger by the total population. Darker shades represent a higher proportion of individuals aged 18 years or younger, while lighter shades show a higher proportion of individuals older than 18 years.

Since 2012, TRPHD has run the LifeSmiles Dental Program in partnership with community-based groups to provide preventive dental services through preschools, Head Start, schools, and WIC clinics in the 7 counties served by TRPHD.

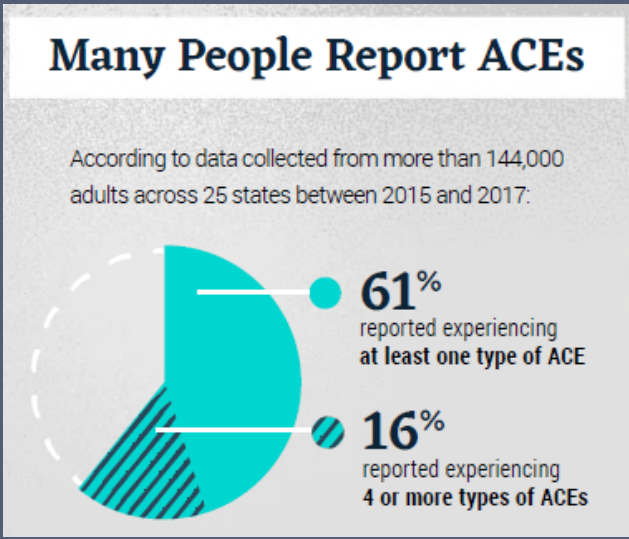
- 100% of TRPHD Staff donate to the LifeSmiles Program
- TRPHD is actively seeking methods to bill through Medicaid and other insurance programs

## Planning

# Be A Part of Our Team!

With a dynamic and innovative crew, TRPHD is comprised of individuals that strive to eliminate barriers to health. We are looking for a couple of **Family Support Specialists!**

Family Support Specialists will implement the Healthy Families America program. The goal of this program is to create a safe and healthy home environment for families. Healthy Families America affiliate sites use an evidence-based program to empower families and communities to grow great kids. This program will prevent Adverse Childhood Experiences (ACEs). A 10% reduction in ACEs could equate to an annual savings of \$56 billion.



Graphic from CDC.gov

## TRPHD's Home Visitation Program

The Nebraska-Maternal, Infant, and Early Childhood Home Visiting Program. This program will offer support for pregnant or parenting families of children birth to age 5 who may struggle with significant life stressors such as poverty, exposure to violence or substance abuse, teen parenting, or military families with one or both parents in service.



## Fun Health Fact of the Month.

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IT IS NOT POSSIBLE TO  
TICKLE YOURSELF. WHEN  
YOU TRY YOU ARE  
AWARE OF THE EXACT  
TIME AND MANNER IN  
WHICH THE TICKLING  
WILL OCCUR, UNLIKE  
WHEN SOMEONE ELSE  
TICKLE... YOU JUST TRIED  
IT, DIDN'T YOU?