



Public Health
Prevent. Promote. Protect.

Cavalier County Health District

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MARCH 2020

Save a Life, Carry Narcan

Did you know that there is a medication that safely, rapidly reverses opioid overdose and that having this medication on hand to promptly administer can be the difference between life and death for someone suffering from opioid overdose?

Opioids are powerful pain relieving medications which have valid prescription medical uses in treating serious types of pain. They also have high potential for addiction and misuse, often following a legitimate prescribed use. Both the prescribed use of opioids and misuse of opioids can result in the risk of overdose.

In recent years the instances of death from opioid overdose have risen dramatically. These deaths can be prevented by having Narcan nearby for lay people to administer buying the overdose victim time for emergency medical services to arrive. This medication is easily administered nasally and does not cause harm if inadvertently given to someone not having an overdose.

Cavalier County Health District offers brief Narcan training and free Narcan kits (while supplies last) to individuals wanting to be prepared to treat someone having an overdose and potentially save their life. Call or stop in to schedule an appointment to be trained and receive your free kit.



Surgeon General , Vice Admiral Jerome Adams, M.D., M.P.H. demonstrates how to administer Narcan while encouraging attendees of the Main Street Initiative to carry Narcan in Bismarck October 30 2019.



Cavalier County Health District was listed on the North Dakota Department of Health Immunization Honor roll for meeting or exceeding the Healthy People 2020 Goal of 80% coverage for the complete 4:3:1:U:U:1:U (4 DTaP, 3 polio, 1 MMR, hepatitis B up-to-date, Hib up-to-date, 1 varicella, PCV up-to-date) vaccine series and of 85% coverage for 5 doses of DTaP, 3 doses of hepatitis B, 2 doses of MMR, 4 doses of polio and 2 doses of varicella vaccine for kids 6 years of age. **CCHD's rates for these vaccines for quarter 4 were 100%.**



Benefits of Responsible Beverage Service Training

This training assists employees and managers in understanding North Dakota state and local laws surrounding alcohol use, consequences for failing to comply with laws, and prepares servers for situations in which these laws apply. This type of training provides a line of liability defense for alcohol sales and service providers and can even result in a discount in liability insurance for establishments (contact your insurance carrier for more information).

RBS Training programs for servers focus on knowledge and skills that enhance their ability to prevent excessive alcohol consumption among patrons and minimize harms from excessive drinking that has already occurred.

Server training may address:

- Checking IDs
- Service practices that reduce the likelihood of excessive consumption
- Identifying and responding to early signs of excessive consumption (e.g., rapid consumption)
- Identifying intoxicated patrons and refusing service to them
- Intervening to prevent intoxicated patrons from driving

For more information about RBS training contact Cavalier County Health District at 256-2402 or Cavalier County Sheriff's Department at 256-2555.



Rita Uhrich and Greg Fetsch

Take Back Event Held

Cavalier County Health District in cooperation with Cavalier County Sheriff's Department held a drug Take Back event in at Langdon Senior Meals and Services February 19, 2020.

The event allowed individuals to bring unwanted, unused and expired medications to be disposed of in a secure, environmentally friendly manner. Deterra bags were provided for persons who did not or could not bring medications to this event to safely inactivate the medications at home. Individuals who have medications which they would like to dispose of but were unable to attend the Take Back event can use Take Back sites at Langdon Drug and Cavalier County Sheriff's Department at no cost anytime of the year.

Two Options for Responsible Beverage Service Training Available

Cavalier County Health District in cooperation with Cavalier County Sheriff's Department and the North Dakota Safety Council are pleased to offer 2 options for Cavalier County alcohol establishment owners, operators and servers to complete responsible beverage server training. A **no cost**, in person training at the alcohol establishment can be scheduled by calling Greg Fetsch with Cavalier County Sheriff's Department. In addition, an online training is offered through the North Dakota Safety Council at www.ndsc.org/rbs/establishments_servers/training/ for a cost of \$20 per individual completing the training. Cavalier County Health District will reimburse each Cavalier County server, manager or owner \$50 to cover the cost of the course and their time to take it upon providing proof of completion of the North Dakota Safety Council online course. Both trainings require around 2 hours to complete. Following either training participants will receive a certificate of completion which is good for 3 years and is transferrable.

For more information about this training or to schedule attendance at a class contact Greg Fetsch at 256-2555 or Cavalier County Health District at 256-2402.

Know Your Drink Booth at Canola Show

Cavalier County Health District had a booth at the recent Northern Canola Growers Association Canola Show December 3, 2019 educating on the effects of adult binge drinking and the importance of knowing how much alcohol is in the drinks you consume.





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Our Mission...Cavalier County Health District is committed to promoting healthy lifestyles, preventing disease and protecting the environment.

Our Vision... Healthy Choices, Healthy People, Healthy Community.



Pictured McKenzie Blumhagen, Mrs. Northern Plains, Barb Boesl, LPC with Catholic Charities North Dakota, Jennifer Hoffarth, Pys.D with Devils Lake Psychological Services, David with Our Hope Support Group, Steph Welsh with Cavalier County Health District, Linda Economy with TEARS Support Group, Nancy Kram with Grief Share

Documentary: "SUICIDE - THE RIPPLE EFFECT" Shown

A free showing of the movie "Suicide: The Ripple Effect" was held on February 12, 2019 at 6:30 PM at the Roxy Theater in Langdon with 110 in attendance. The movie was free and popcorn and pop were provided by Choice Financial.

The film is a feature length documentary film focusing on the devastating effects of suicide and the tremendous positive ripple effects of advocacy, inspiration and hope. The film highlights the journey of Kevin Hines, who at age 19, attempted to take his life by jumping from the Golden Gate Bridge. Today Kevin is a world-renowned mental health advocate, motivational speaker and author who travels the globe spreading a message of hope, recovery and wellness.

Following the movie a panel of local mental health professionals were available to answer questions and share information about suicide/prevention resources.

To learn about this film more go to www.SuicideTheRippleEffect.com.