



Public Health
Prevent. Promote. Protect.

Walsh County Health District & WIC
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WINTER 2024



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Walsh County Health District & WIC

Upcoming Events:

~Immunization Days:
Jan 10th, Feb 14th,
and Mar 13th. All other
days, please call for
an appointment.

~Car seat checks:
Please call for an ap-
pointment.

MENTAL HEALTH & CHEMICAL DEPENDENCY SERVICES

The following is a list of local services to treat mental health and dependency problems. Also included are some state and national resources available to help individuals. This list is also included in the Walsh County Resources Guide, which can be found on our website. If you are aware of additional providers that should be listed or corrections, please contact our office.

WALSH COUNTY HEALTH DISTRICT HOURS:

~Monday – Friday
8:00 am to 4:30 pm.

Mental Health/Chemical Dependency Services

Suicide and Crisis Lifeline (call or text)	988
Crisis Help - Referral & Resources	211
First Care Health Center	701-284-7555
Unity Medical Center	701-352-2000
Senior Life Solutions (60 plus)	701-284-4569
Outpatient @ FCHC	
Lipp, Carlson, Witucki (MH only)	701-746-8376
Northeast Human Services	701-795-3000
Toll free Crisis	800-845-3731
24/7 Crisis Line	701-775-0525
Agassiz Associates	701-746-6336
Recovery Talk/Peer Supp (Call/text)	701-291-7901
Alcoholics Anonymous Hotline	701-330-4339
Quinn Counseling (Alcohol)	701-352-9622
Spectra (Opioid & Alcohol)	701-757-2100
Community Health (Alcohol & Opioids)	
Grafton Office	701-352-4048
Celebrate Recovery Grafton:	701-352-0307
Community Connect:	
https://www.hhs.nd.gov/community-connect/apply	
Better Together ND	701-404-9180
Recovery Housing Asst. Program	701-328-8999
Free Through Recovery	701-298-4672
(Criminal justice system involved people)	
ND Quits (Tobacco Quit Line)	800-784-8669

Find a Mental Health Program

People often don't get the mental health help they need because they don't know where to start. Search North Dakota's Mental Health Directory at hhs.nd.gov/behavioral-health/directory to find help for you, your family or friends, or other loved ones. Services are listed by location, specialty and more.

RECOVERY SUPPORT
Available 24-7
701.291.7901

For individuals struggling or in recovery from a substance use disorder, call or text Recovery Talk at (701) 291-7901 to talk with a trained peer support specialist. This is a free and confidential service that offers a safe and supportive environment to individuals struggling with addiction.

The North Dakota Department of Health offers the following best practices when transporting children in vehicles:

Children younger than 13 should ride in the back seat.

Contact our office at 352-5139 for assistance.

Rear-Facing Children should ride rear-facing as long as possible.

Two types of car seats are available for rear-facing:

Infant Seats – Most of these seats can be used until 22-35 pounds. Use them until the highest size limits or until the child's head is within one inch of the top of the seat.

Convertible Seats – These seats can be used rear-facing and forward-facing. Most can be used rear-facing up to 30-40 pounds. Use them rear-facing until the highest size limits allowed by the manufacturer.

Forward-Facing When children have outgrown the highest rear-facing size limits of their car seat, they may ride forward-facing in a car seat with a harness. Use the seat until the child reaches the highest size limits allowed by the manufacturer. Car seats with harnesses can be used up to 40-100 pounds.

Boosters When children have outgrown the harness in their forward-facing car seat, they may be moved to a belt-positioning booster seat. Keep children in boosters until they are about 4'9" tall or until the seat belt fits correctly over the body. Most boosters can be used up to 80-120 pounds.

Seat Belt When children have outgrown their booster seat, they may use a seat belt when it fits over the body correctly. For a seat belt to fit properly, the lap belt must lie snugly across the upper thighs and be snug across the shoulder and chest. It should not lie on the stomach or across the neck.

IMPORTANT TIPS:

SELECT a car seat based on your child's age, size, development and maturity. Size information will be on labels attached to the car seat and in the instruction manual.

SECURE your child in the seat snugly, following the car seat instructions.

INSTALL the seat tightly in your vehicle using the seat belt OR lower anchors and tether (LATCH) system. Follow the car seat instructions and vehicle owner's manual.

REGISTER your car seat with the manufacturer, check for recalls and monitor the expiration date of the seat.



WIC HOURS:

~Monday-Thursday
9:00 am to 4:30 pm

CLOSED FRIDAYS.

For information on Public Health services provided to Walsh County residents visit our Public Health & WIC page at: www.walshcountynd.com/health. Or call us at 701-352-5139.

Here to listen. Here to help.

988 Call, text or chat anytime.



For those experiencing a behavioral health crisis, call or text the 988 Suicide and Crisis Lifeline anytime, day or night. Or chat at 988lifeline.org/chat.

Infant-Friendly Businesses

What is an infant-friendly business?
An infant-friendly business is a business that supports their employees breastfeeding.

Why should employers provide lactation support for their employees?
The employees *and* employers both benefit.

Overall Cost Savings - Breastfed babies are healthy babies. Health insurance claims for breastfeeding mothers and their infants are up to 3x less. *Employers that provide lactation support services save \$3 for every \$1 spent.* This saves \$400 per baby in the first year of life.

Decreased Absenteeism - Employees who breastfeed their babies are less likely to miss work with a sick child.

Increased Employee Retention - Workplaces with lactation support programs have a retention rate for all employees of 94% compared to the national retention rate of 59%.

Increased Employee Job Satisfaction - Mothers who participate in employer sponsored lactation support programs report having an overall positive work experience and less stress due to fewer child illnesses.

Employee Recruitment Incentive - Female employees value businesses that provide lactation support.

Positive Business Image - Employees, customers, and the community view businesses that support breastfeeding as “family-friendly”. Many workplaces receive local, state, and national recognition for supporting breastfeeding.

If your business is interested in being designated as infant-friendly, please reach out to Carly at costenrude@nd.gov.



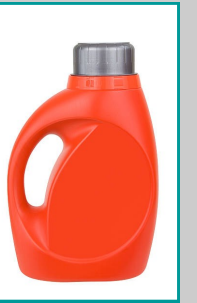
PARENTS LEAD.ORG

Parents Lead is an evidence-based prevention program that provides parents and caregivers with a wide variety of tools and resources to support them in creating a safe environment for their children that promotes behavioral health. The Parents Lead website has a wealth of information for parents and professionals to utilize to help support children and families.

One such example is the 30-day parenting challenge. Go to <https://prevention.nd.gov/materials> to find this challenge and other useful materials.



Sharps Containers in ND



What are “sharps”? Sharps is a medical term for devices with sharp points or edges that can puncture or cut skin.

Examples of sharps: Needles, syringes, lancets (used to prick finger to get a drop of blood for testing), auto injector (pre-filled syringe designed to be self-injected into the body), infusion set (tubing system with a needle that delivers drugs to the body), and connection needle/set.

be thrown in the garbage. They need to be disposed of properly, and there is currently not a program in our county that will accept these containers.

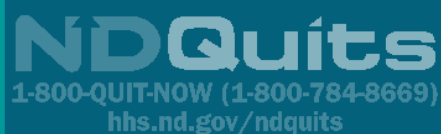
A great alternative is to dispose of used sharps in a strong, plastic container like a laundry detergent or bleach bottle. The container should be leak-resistant, remain upright during use, and have a tight-fitting, puncture-resistant lid. When the container is about 3/4 full, duct tape the container shut and dispose of it in the regular garbage.

Disposing of sharps: The FDA recommends that used sharps be placed in FDA approved sharps disposal containers. While this is the best place for sharps to be disposed, *these containers cannot*

NDQuits Adds A Texting Option

Beginning in December 2023, NDQuits has a new way to engage in treatment. If you are ready to begin your tobacco-free lifestyle, text ‘start’ to 300500. You may also enroll via 1-800-QUIT-NOW or at hhs.nd.gov/ndquits. NDQuits provides free coaching to all North Dakotans and nicotine replacement therapy may be provided.

Our office also offers free tobacco and nicotine dependence treatment and refunds up to \$200 in NRT’s.



NDQuits Pregnancy Postpartum Program One Option to Utilize as the Maternal Tobacco Program Ends

The Maternal Tobacco Program will end June 30, 2024. This decision was made based on data-driven outcomes and being fiscally responsible. However, pregnant women who smoke still have resources available to help them quit. This includes NDQuits and our local public health office.

Because pregnant women are at high risk for relapse postpartum, the NDQuits Pregnancy Postpartum Program is a great option. By offering pregnant women access to additional evidence-based treatment resources, this increases the chance of a successful recovery attempt. Eligibility and Incentives include:

- ◆ Currently pregnant (cannot enroll in the program if postpartum, but could enroll in general NDQuits program).
- ◆ Receives \$20 per completed call during pregnancy (up to \$100).
- ◆ Receives \$30 per completed postpartum call (up to \$120).

Smoking during pregnancy can cause babies to be born too small or too early, or cause certain birth defects and stillbirth. Quitting smoking can be hard, but it is one of the best ways a woman can protect herself and her developing baby. Call 1-800-784-8669 to enroll in NDQuits or contact our office at 352-5139.

Naloxone is a medication designed to rapidly reverse opioid overdose.

It is available for free at all three Walsh County pharmacies.

Nearly 40% of overdose deaths occur while a bystander is present. Naloxone access for bystanders can help save lives. See CDC #VitalSigns.



OPIOIDS
FILL with CARE



45 PEOPLE died each day from a prescription opioid overdose in 2021.

