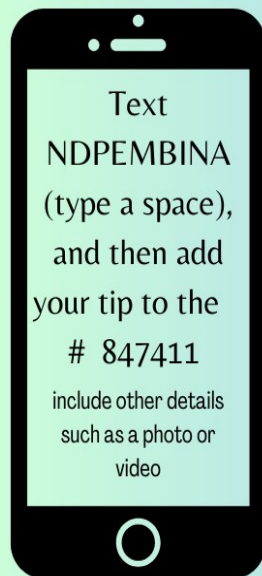



Pembina County Public Health

Prevent. Promote. Protect.
Spring 2024

NDTip is one of many efforts to address and prevent substance misuse in Pembina County and North Dakota as a whole. NDTip is an anonymous, easy to use app that is designed to protect people from unsafe situations. You can download the NDTip app from the App Store or Google Play and submit anonymous tips about suspicious activity to the Pembina County Sheriff's Department. You can also text the number 847411 and begin the text body with, NDPEMBINA, followed by the tip and other details such as a photo or video. Without law enforcement supporting prevention strategies and policies we can't make significant progress.

Help keep your friends and family safe. If you see something you can say something. As a reminder, this is not an emergency service. For immediate assistance, dial 911. Need guidance using this program? Stop at the Public Health office located in the basement of the courthouse in Cavalier, we'd be happy to help! Together we can help protect our youth and our community.



 If you witness a crime in progress or have an emergency, call 911. The NDTip system is NOT monitored 24/7.



To Submit a Tip Through NDTip App

1. Download the NDTip app on Google Play or App Store
2. Click "SUBMIT A TIP" on home screen
3. Select the agency you wish to notify
4. Enter the subject of your submission
5. Provide the location of the event or activity
6. Include other details such as a photo or video
7. Once your information has been entered, select the "Submit" button.
8. You should receive confirmation your tip was sent, and an officer may respond for more information.

IT'S FREE



IT'S ANONYMOUS



IT'S CONFIDENTIAL



IT'S FOR EVERYONE





Public Health was invited back to participate in the Scrubs Camp held at Pembina County Memorial Hospital. We enjoyed speaking to the area students about a few services that our local public health office provides. It is a great opportunity for students to learn about healthcare careers through many hands on activities.



Teen Maze is scheduled for April 18th at the Cavalier school gymnasium. The Behavioral Health Coalition is excited to bring this event back after having to cancel last year due to weather. If you have any questions about the Teen Maze don't hesitate to reach out to Public Health's office at 701-265-4248!

TEEN MAZE

THE BEHAVIORAL HEALTH COALITION OF PEMBINA COUNTY IS PARTNERING WITH CAVALIER PUBLIC SCHOOL TO HOST THE TEEN BEHAVIORAL HEALTH MAZE, THE CLOTHESLINE PROJECT, VISION ZERO'S DISTRACTED AND IMPAIRED DRIVING GOGGLES, AND A PRESENTATION ON HEALTHY RELATIONSHIPS FROM CVIC.

WHAT IS TEEN MAZE?

IT IS AN EVENT DESIGNED TO EDUCATE AND REDUCE THE STIGMA OF MENTAL AND BEHAVIORAL HEALTH ISSUES THAT YOUTH OR THEIR PEERS MAY BE EXPERIENCING.

WHO IS INCLUDED?

ALL PEMBINA COUNTY 7TH AND 9TH GRADERS AT THE CAVALIER SCHOOL ON APRIL 18TH, 2024

WHAT TOPICS WILL THE STUDENTS BE COVERING?

YOUTH WILL RECEIVE PREDETERMINED SCENARIOS THAT COVER TOPICS SUCH AS DOMESTIC VIOLENCE, SUBSTANCE ABUSE/USE, SOCIAL MEDIA, BULLYING, ANXIETY, AND OTHER DIAGNOSABLE BEHAVIORS THAT PERTAIN TO BEHAVIORAL HEALTH.

WHAT WILL HAPPEN?

THE STUDENTS WILL BE ASKED TO PUT THEMSELVES IN THE SHOES OF THE PERSON IN THE SCENARIO AND VISIT DIFFERENT AGENCIES TO LEARN ABOUT HOW THE DECISIONS BEING MADE COULD HAVE LONG LASTING EFFECTS ON THEIR LIVES AND PEOPLE AROUND THEM.

IF YOU OR SOMEONE YOU KNOW WOULD LIKE TO LEARN MORE ABOUT THE BEHAVIORAL HEALTH COALITION OR TO JOIN, PLEASE GIVE PEMBINA COUNTY PUBLIC HEALTH A CALL @ 701-265-4248.



Synthetic nicotine sales on the rise!

With cigarette smoking on the decline, tobacco companies have shifted focus to “smokeless” tobacco products, including oral nicotine pouches. Oral nicotine pouches are used similarly to snus – an oral pouch containing shredded tobacco leaf – but unlike snus, they contain a nicotine powder instead of tobacco leaf. Nicotine pouches contain nicotine which is harmful to young people in any form. Due to the absence of tobacco leaf, the Food and Drug Administration does not classify oral nicotine pouches as a smokeless tobacco product. Advertisements for oral nicotine pouches highlight flavors and emphasize the “freedom” of using nicotine pouches anywhere, according to new research co-authored by Truth Initiative. Oral nicotine pouches come in an array of youth-friendly flavors, including fruit, mint, and other flavors. Flavors play a significant role in drawing youth to tobacco products – nearly 85% of young e-cigarette users choose a flavored product, according to 2022 NYTS data. While specific long-term health effects of nicotine pouches like Zyn remain unknown, youth use of nicotine in any form is unsafe. Nicotine use during adolescence can disrupt the formation of brain circuits that control attention, learning, and susceptibility to addiction. Research has shown early age of nicotine use is correlated with daily use and lifetime nicotine dependence. Nicotine use can also intensify symptoms of depression and anxiety.

April is Alcohol Awareness Month, a time to raise awareness and understanding of alcohol abuse. Over time, excessive alcohol consumption can lead to the development of chronic diseases and other serious issues that affect your quality of life, physical and mental health.

In adults, drinking alcohol can impair decision-making and impulse control. For youth, drinking alcohol makes it even more difficult to control impulses and make healthy choices. Be a positive role model – provide wisdom, not alcohol!

*Influence your kids.
Before alcohol does.*

PARENTS LEAD.ORG



2024 Car Seat Check up Events



June 26th, 2024
10:30am-1:30pm
Drayton, ND
Between Tisdale Manor and the school

July 17th, 2024
10:30am-1:30pm
Cavalier, ND
Leevers parking lot

July 24th, 2024
10:30am-1:30pm
Pembina, ND
Larry Wilwant Center

August 7th, 2024
10:30am-1:30pm
Walhalla, ND
St. Boniface parking lot



Public Health
Prevent. Promote. Protect.

Pembina County Public Health

GET YOUR SEAT CHECKED AND A CHANCE TO WIN A BIKE!

Pembina County Public Health

301 Dakota Street W #2
Cavalier, ND 58220
Phone: (701) 265-4248

Prevent. Promote.



MAY
IS MENTAL HEALTH AWARENESS MONTH
#breakthestigma