

Pembina County Public Health

Prevent. Promote. Protect.
Summer 2024

We would like to extend a big **THANK YOU** to everyone who volunteered their time to make the Teen Maze event possible and successful this year. Your time and dedication to educating the county's youth is appreciated!

This event was not only a success for our Pembina County students, but also for all the agency and volunteer members involved. The Pembina County Behavioral Health Coalition hopes to continue to bring events like this to the county to aid in the overall goal of increased awareness and reduced stigma regarding behavioral health issues. 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 at 701-265-4248. We would love to hear from you and grow our coalition!

Summer is here! Although we are not ready to think about back to school yet, we want to remind you there are certain vaccinations required for children entering Kindergarten, 7th grade (after 11 years old), and 11th grade (after 16 years old). Summer is an opportunity to get this done to prevent worrying about fitting it in this fall. Take note of our outreach dates and locations. Give our office a call to make an appointment!



Teen Maze was held April 18th at the Cavalier school gym.



Public Health sponsored Frank White to come speak to the North Border 7-12th graders about the importance of making healthy choices, character building and education on vaping including the health consequences on mental and physical health.



CredibleMind
THE ONE STOP SHOP FOR MENTAL WELLBEING RESOURCES

Public Health
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Pembina County Public Health

CredibleMind is the free online platform that brings together expert rated and vetted videos, podcats, apps, online programs, books and articles all in one easy to use place.

Over 200 topics are covered including-



Your Privacy Matters:
Personal information including your name, email address, and responses will not be shared with PCPH.

Stress	Happiness
Burnout	Sleep
Depression	Parenting
Relationships	Grief
Mindfulness	Flourishing
Resilience	Substance Use
Time-management	Ageing
	Sleep
	Anxiety

Don't know where to begin?

- The Mental Health Check-in assessment is a good starting point!

JOIN NOW →



pembina.crediblemind.com

In May we announced our new partnership with the CredibleMind platform which is available for all individuals in Pembina County! This is a free, fully confidential, online and available 24/7 platform that will allow members of our community to gain knowledge and skills to work independently on their mental health.

Have you driven south on I-29 lately? Check out our latest billboard! It is located just south of Drayton on the west side of the interstate.

"The latest vape flavor...Addiction!"



May 13th was the start of National Prevention Week! Staff member, Rachelle, completed the Substance Use Prevention Skills Training in Bismarck May 14th-17th. Way to go Rachelle!



Upcoming Events:

June 26th: Drayton Outreach and Car Seat Checkup Event at Tisdale 10:30am-1:30pm

July 3rd: Walhalla Outreach at St. Boniface by appointment only

July 4th and 5th: Office closed for Fourth of July holiday

July 11th and 12th: PCPH at PC Fair in Commercial Building

July 24th: Pembina Outreach and Car Seat Checkup Event at Wilwant Center 10:30am-1:30pm

July 24th: Faith in Action Cookout and Car Seat Checkup Event at Leevers 3pm-6pm

August 7th: Walhalla Outreach and Car Seat Checkup Event at St. Boniface 10:30am-1:30pm

August 28th: Drayton Outreach at Tisdale by appointment only

Come see us!

Give our office a call to set up an appointment at 701-265-4248.

Bike Safety Tips

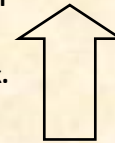


Use Your Head, Wear That Helmet!

- Have your child wear their helmet every time they ride their bike
- Make sure your child's helmet is the right size and is fit properly to their head
- Model good behavior - if you don't wear a helmet while riding a bike, your child will think it's ok to ride without theirs too
- Scan the QR code to learn how to properly fit your child's helmet



Rachel, Sara, and Rachelle were surprised with teas from Vantage Point Nutrition for Nurses' Week by United Valley Bank. Thanks UVB!



Parents serve as the primary influence on their children's decisions about drinking, making it essential to model responsible behaviors and teach effective refusal skills. By prioritizing communication, resilience and healthy habits, parents and caregivers play a vital role in safeguarding their children's well-being. Visit ParentsLead.org for additional resources.

PARENTS LEAD.ORG

PARENTS: REDUCING YOUTH Access to Alcohol

As a parent, you play a critical role in whether or not your child drinks alcohol underage. You control the availability of alcohol in the household, serve as role model for alcohol use, influence family norms on alcohol use, and set alcohol-related household expectations. Nevertheless, the efforts of even the most conscientious parents can be challenged by easy youth access to alcohol throughout the community.



Lanterns by the Lake Walk & Run

Join us for the 2nd annual walk/run for Suicide Awareness
at Icelandic State Park – Cavalier, ND.
September 11th, 2024.

Register through
RecDesk-



SCAN ME

cavalier.recdesk.com



Will be present
with resources!

Bouncy house!

Bikes Welcome!



Registration/fellowship starts – 5:15pm

Walk/Run – 7pm

Fee \$25, age 10 and under – free

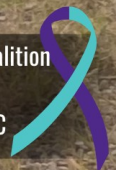
Must have valid park pass per vehicle

Register before August 14th to receive a t-shirt!

Hosted by: Pembina County Behavioral Health Coalition

Contact : 701-265-4248

Proceeds will be donated to TEARS and the PCBHC



September marks National Suicide Prevention Month – a month to remember the lives lost to suicide, the millions of people who have struggled with suicidal ideation, and acknowledge the individuals, families, and communities that have been impacted. It is also a time to raise awareness about suicide prevention and share messages of hope.

Come early enough to give yourself time for fellowship, learn resources available from TEARS and a 5-in-1 bouncy house for the kiddos! Registration opens *June 10th*.

If wanting to pay by cash/check, please drop off or mail to Cavalier City Administration office and choose the 'Pay Later' option.

301 Division Ave N, Cavalier, ND 58220

Cash or checks made payable to Cavalier RecDesk

Unable to attend, but want to donate \$ to the coalition? Absolutely!

Drop off or mail to the Public Health office- 301 Dakota Street West #2 Cavalier, ND. Checks made payable to Pembina County Behavioral Health Coalition.

Contact us at (701) 265-4248 or rpuppe@nd.gov

2024 Car Seat Check up Events



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

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

July 24th, 2024
3pm-6pm
Cavalier, ND
Leever's parking lot

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

PCPH Staff
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Public Health
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**GET YOUR SEAT
CHECKED AND A
CHANCE TO WIN A
BIKE!**

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



IT'S QUITTING TIME

QUIT WEEK IS JUNE 9-15, 2024

NDQuits

**Tobacco Free
North Dakota**