

Pembina County Public Health

Prevent. Promote. Protect. Winter 2024

We all know our mental health is just as important as our physical health. However, finding the time to make it a priority can be difficult in today's fast paced lifestyle. Thankfully, CredibleMind 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. Check it out today!



CredibleMind

THE ONE STOP SHOP FOR MENTAL WELLBEING RESOURCES



Public Health

Prevent. Promote. Protect.
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	Aging
	Sleep
	Anxiety

Don't know where to begin?

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

JOIN NOW



pembina.crediblemind.com



**Check out this opportunity
from our friends at Safe
Kids Grand Forks!**



Winter sports helmets are needed to protect your head. Have you gotten yours?



Protect yourself and children from a serious head injury this season! Wear a helmet when you and your family are skiing, sledding, ice skating or snowboarding. There are special helmets made just for these sports. They are made of a harder plastic, contain extra padding for protection and warmth and have a strap to affix ski goggles.

Safe Kids Grand Forks is taking orders for winter sports helmets for adults and children that are available at a greatly reduced price. Contact us at safekids@altru.org or call **701.780.1489** to place your order (some sizes and colors in stock and ready for pick up).
We can fit heads of most sizes!!

Winter sports helmets are available in a variety of sizes and colors to fit kids – adults!!

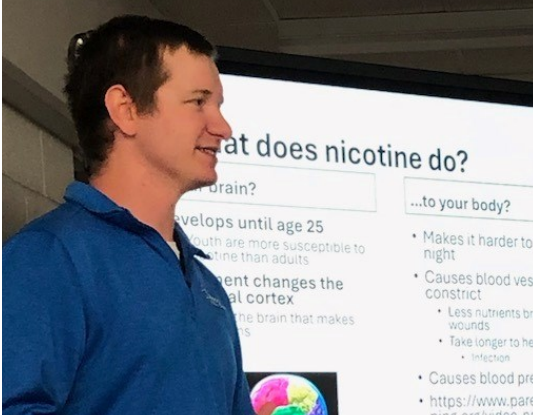
**SAFE
KIDS**
GRAND FORKS



Don't let smoking steal any more time away from your family.

Did you know? Smoking increases your risk of influenza and can worsen its severity. Protect yourself this respiratory illness season by quitting smoking, washing your hands regularly, and getting vaccinated. Get ready for the new year and take control of your health this season! Visit NDQuits.com for support to quit smoking.

Give the gift of making memories this season!



Tobacco Free North Dakota came to Pembina County to educate school personnel at North Border and Drayton schools on the dangers of tobacco products affecting our students!

Public Health staff out and about!



Staff member, Rachelle, has been making her rounds to Pembina County daycares to do educational handwashing activities.



Staff members, Rachelle and Sara, enjoyed visiting 6th graders in the county. The topics included the dangers of all forms of tobacco/nicotine and medication safety.





Travis Jacobson, a retired Grand Forks police officer presented to area middle and high school students on drugs, their affects on the human body, and good decision making. Students learned how addiction can set in quickly, especially in adolescents. This event was hosted by the Cavalier school and sponsored by Pembina County Public Health.





Adult Home Visiting

Assistance with medication set up?
Call 701-265-4248 to inquire or
make a referral.



Public Health
Prevent. Promote. Protect.

Pembina County Public Health

Keep your eyes open for a new billboard graphic on the outskirts of Cavalier! Whether your child is 2 or 20, parentslead.org offers a wide variety of tools and resources addressing a wide variety of topics. Visit their website today!



Look. 
Listen. 
Love. 

BEHAVIORAL HEALTH
STARTS AT HOME

PARENTS LEAD.ORG



Upcoming Events:

December 18th: Drayton Outreach at Tisdale by appointment only

December 24 & 25th: Office closed for Christmas

January 1st: Office closed for New Years Day

January 8th: Walhalla Outreach at St. Boniface by appointment only

January 20th: Office closed for Martin Luther King Day

January 22nd: Pembina Outreach at Larry Wilwant Center by appointment only

February 5th: Walhalla Outreach at St. Boniface by appointment only

February 17th: Office closed for Presidents' Day

February 26th: Drayton Outreach at Tisdale by appointment only

Among U.S. middle and high school students:

E-cigarette use declined from **7.7%** in 2023 to **5.9%** in 2024



Nicotine pouch use remained low (**1.8%**) in 2024



Youth use of any tobacco product is unsafe

Talk with youth about the harms of tobacco product use



bit.ly/mm7335a3

SEPTEMBER 5, 2024

* Data from the 2024 National Youth Tobacco Survey



Come see us!

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

THERE'S STILL TIME!

**GIVE OUR OFFICE A
CALL TO SCHEDULE
YOUR YEARLY
INFLUENZA AND
COVID-19 VACCINE!**



PCPH Staff

Rachel Ramsay, RN
Public Health Director

r Ramsay@nd.gov

Sara Carter, RN

sacarter@nd.gov

Rachelle Puppe, RN

rpuppe@nd.gov

Kallie Christenson,
RN

kcchristenson@nd.gov



PCBHC
EMPOWERING BEHAVIORAL
HEALTH TOGETHER

If you or someone you know would like to join the Pembina County Behavioral Health Coalition, call 265-4248 to join the email list and attend monthly meetings on the last Tuesday of most months!



 facebook



Pembina County Public Health

301 Dakota Street W #2

Cavalier, ND 58220

Phone: (701) 265-4248

Prevent. Promote.

NDQuits

1-800-QUIT-NOW (1-800-784-8669)

hhs.nd.gov/ndquits