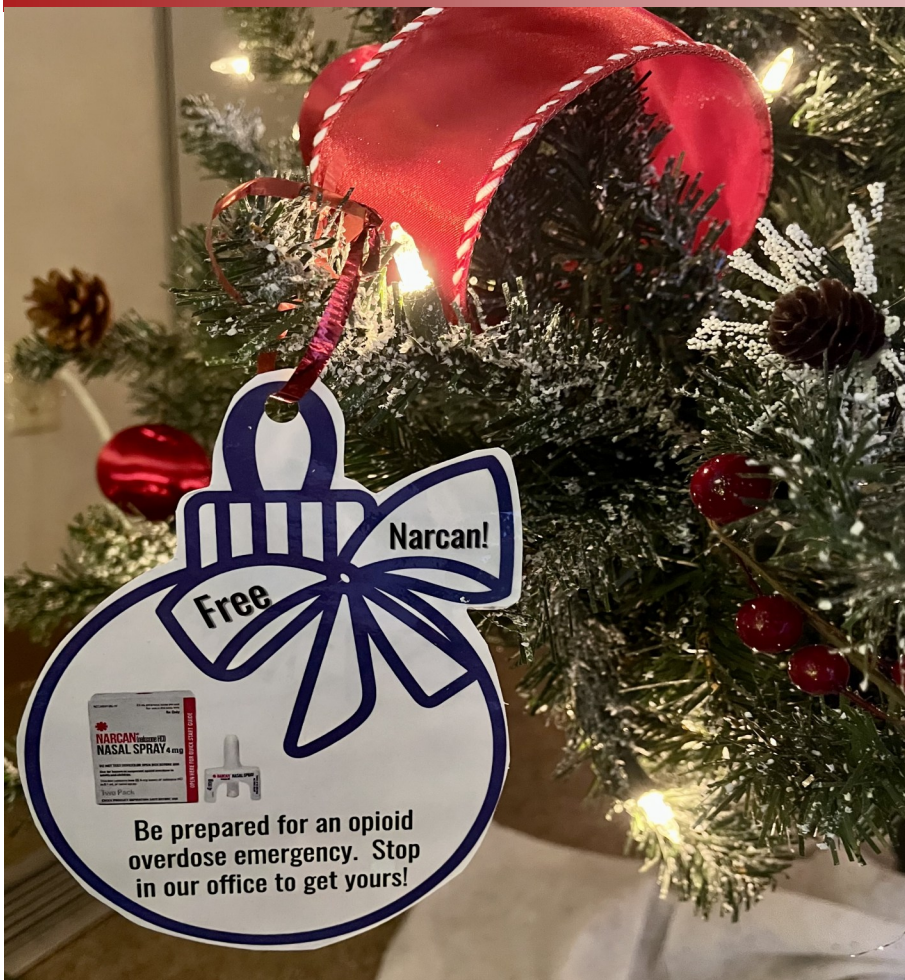


# Pembina County Public Health

**Prevent. Promote. Protect.**  
**Winter 2025**



Having Narcan on hand can be a lifesaving measure during an opioid overdose emergency. It's easy to use, fast-acting, and can quickly restore breathing while waiting for medical professionals to arrive. Because overdoses can happen unexpectedly—even to people prescribed opioids—having Narcan available empowers bystanders to take immediate action. It also helps reduce fear and stigma by promoting a proactive, compassionate approach to community safety and preparedness.

*Did you know you can get free Narcan? PCPH has a small quantity on hand. Stop in or give our office a call at 701-265-4248. You can also order from this website:*

<https://www.hhs.nd.gov/opioids>



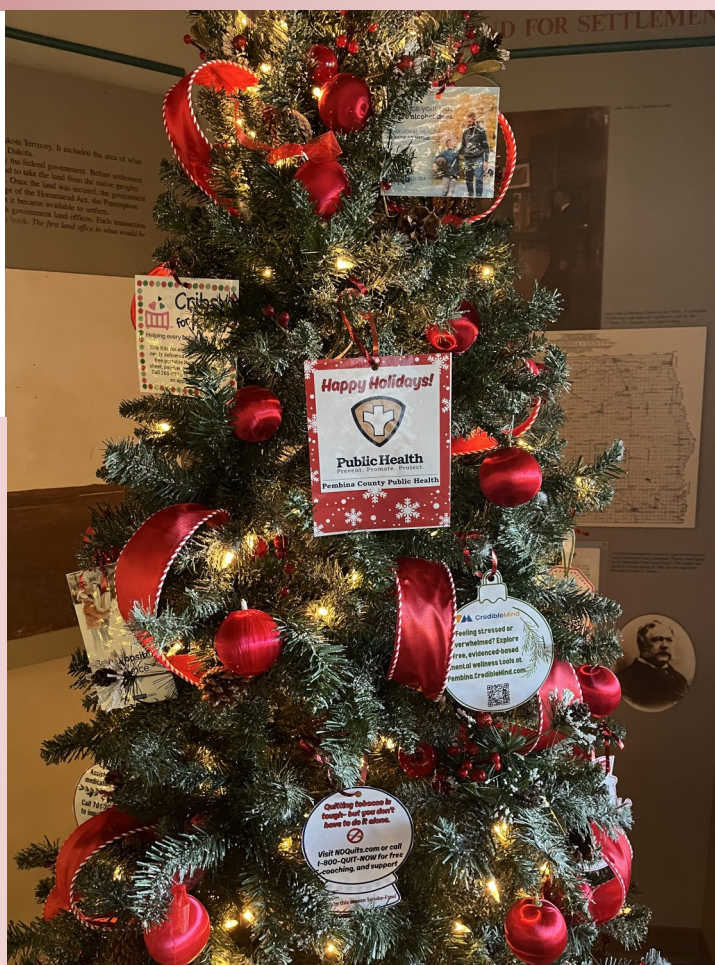




*Left to right: Rachelle Puppe, Kallie Christenson, Rachel Ramsay, and Sara Carter*

**Merry Christmas from  
the staff at Pembina  
County Public Health!**

*Right: Christmas tree PCPH staff decorated for Icelandic State  
Park on display in their Visitor Center.*







The North Dakota Bureau of Criminal Investigation (ND BCI) provided age-appropriate educational presentations designed to help students navigate the digital world safely and responsibly. They were at our local schools the first week of December. These sessions addressed key topics such as cyberbullying, sexting, and sextortion, explaining the real-world risks and legal consequences in terms youth can understand. They also emphasized practical strategies for staying safe online, including protecting personal information, recognizing unsafe or manipulative behavior, and avoiding contact with strangers or unsolicited friend requests on social media. The goal of the program was to empower students with the knowledge and confidence to make safe choices, seek help when needed, and contribute to a positive online environment.

This opportunity was made available to local schools through the Pembina County Behavioral Health Coalition. The schools that benefited from this education were Cavalier, North Border-Walhalla, North Border-Pembina, and Drayton.

*Jib, the K9 dog, is an electronic device detection dog that sniffs out the chemical triphenylphosphine oxide which is used in the making of all electronic storage devices such as phones, SD cards, and jump drives* **Above:** AI was used to create a picture of a fake person using a staff member's school photo. Can you tell which one is real?





There's a lot of misinformation circulating about vaccines, so it's important to rely on trusted, science-based sources. Established public health organizations provide clear, evidence-driven guidance to help you make informed decisions. Visiting these reputable sources can help you stay informed and make confident decisions about vaccination.

**For general information:**

<https://www.vaccineinformation.org/>

**For a comprehensive, research-driven explanation of vaccines:**

<https://www.cidrap.umn.edu/vaccine-integrity-project>

**For a clear, accessible explanation of the facts that debunk vaccine myths and misinformation:**

<https://www.voicesforvaccines.org/>



## Opioids. Fill with awareness

Be responsible with your medication.

*47% of people who misused prescription pain relievers in the past year obtained the pain relievers from a friend or relative*

NSDUH National Findings, 2020



### Lock

Keep medication out of sight and in a safe and secure place.



### Monitor

Keep track of medication and take only as directed.



### Take Back

Drop off unused medication at local Take Back locations.

TO LEARN MORE ABOUT THE TAKE BACK PROGRAM OR  
TO FIND A LOCATION NEAR YOU, GO TO [WWW.TAKEBACK.ND.GOV](http://WWW.TAKEBACK.ND.GOV).

FIND OUT MORE AT  
[WWW.HHS.ND.GOV/OPIOIDS](http://WWW.HHS.ND.GOV/OPIOIDS)



NORTH  
**Dakota** | Behavioral Health  
Be Legendary. HEALTH & HUMAN SERVICES



TAKE THE  
**FIRST STEP**  
TOWARD A  
NICOTINE-FREE LIFE

**NDQuits**  
1-800-QUIT-NOW (1-800-784-8669)  
[hhs.nd.gov/ndquits](http://hhs.nd.gov/ndquits)



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**Pembina County Public Health**





Rachelle and Sara provided educational sessions in all county schools, delivering important lessons to 6th graders on medication safety and the health risks associated with tobacco and nicotine. At this age, students are beginning to encounter more independence, so understanding how tobacco harms the body and why medications should only be used as directed builds strong decision-making skills. Education also empowers them to resist peer pressure, recognize risky situations, and feel confident asking trusted adults for help. By learning these lessons early, students gain a foundation for lifelong health and well-being.

For the past couple of years, Sara and Rachelle have used the Throw & Know ball during their educational sessions. It's become a great way to wrap up each presentation, keeping students engaged while reinforcing important information.







Deterra bags offer a simple, safe, and environmentally friendly way to dispose of unused or expired medications. Using plant-based activated carbon, the bags neutralize drugs so they can't be misused or harm the environment. By helping remove excess medications from homes, Deterra bags reduce the risk of accidental ingestion, misuse, and contamination of waterways, making them a valuable tool for community safety. Free kits are available while supplies last at Pembina County Public Health!

**Get help dealing with substance use or a mental health crisis.**

Talk to trained professionals 24/7 who can offer support and connect you with local help for mental health issues, suicidal thoughts or substance use.

**988**  
SUICIDE & CRISIS LIFELINE

**North Dakota**  
HEALTH

Substance Use  
Mental Health

**FirstLink**

**Suicide &  
Crisis Lifeline**

**988**

**CALL, TEXT OR CHAT**

**988Lifeline.org**

**Need hope?**  
**988 is here.**



# All Welcome!



Learn how Positive Childhood Experiences build resilience, strengthen health, and buffer adversity.

This session will highlight the four building blocks of HOPE– Relationships, environments, engagement, and emotional growth.



**Jason McCoy, MPH**



**27 January, 2026**



**At 01:30 PM**

**FARMER'S ROOM**  
(basement of courthouse)

[jasonamccoyauthor@gmail.com](mailto:jasonamccoyauthor@gmail.com)

[@jasonmccoy\\_author](https://www.instagram.com/jasonmccoy_author)

Interested in joining the coalition's monthly meetings? email [rpuppe@nd.gov](mailto:rpuppe@nd.gov)

## Adult Home Visits

### Overview

Clients are accepted into the program based on the reasonable expectation that their medical, nursing, and social needs can be adequately met in their place of residence. A nurse will visit clients every 2 to 4 weeks.

#### POTENTIAL CLIENTS



Reside in Pembina County



Struggles to safely manage and take medications



Has a PCP and trusted individual close by



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**+701-265-4248**

**301 DAKOTA STREET WEST #2**

**CAVALIER, ND 58220**

### Upcoming Events:

**December 24th, 25th, & 26th:**  
Office closed for Christmas

**January 1st:** Office closed for New Years Day

**January 7th:** Walhalla Outreach at St. Boniface by appointment only

**January 19th:** Office closed for Martin Luther King Day

**January 27th:** Behavioral Health Coalition Meeting @ 1:30pm

**January 28th:** Pembina Outreach at Larry Wilwant Center by appointment only

**February 4th:** Walhalla Outreach at St. Boniface by appointment only

**February 16th:** Office closed for Presidents' Day

**February 25th:** Drayton Outreach at Tisdale by appointment only

**Come see us!**

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





### ***PCPH Staff***

**Rachel Ramsay, RN**  
**Public Health Director**

[rramsay@nd.gov](mailto:r Ramsay@nd.gov)

**Sara Carter, RN**

[sacarter@nd.gov](mailto:sacarter@nd.gov)

**Rachelle Puppe, RN**

[rpuppe@nd.gov](mailto:rpuppe@nd.gov)

**Kallie Christenson,**  
**RN**

[kcchristenson@nd.gov](mailto:kcchristenson@nd.gov)

**You can help  
prevent unsafe  
situations.**

Report tips to local law  
enforcement anonymously.



Scan Me.



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](https://hhs.nd.gov/ndquits)**