

PUBLIC HEALTH NEWSLETTER

MAKING CONNECTIONS



Hello Supportive Organizations,

Welcome to the second edition of our Public Health Newsletter! Following our initial organizational introduction, I'm excited to share the heart behind this communication. As dedicated organizations serving our community, this resource empowers you to uncover and provide essential services that are currently underutilized. Together, we can identify and refer individuals to our county services and state-funded programs.

In the past, we relied on traditional channels to share our message. Now, we look to our partners to forge connections and identify those who can benefit from our wide array of services. Please pass this information on to your staff and field personnel, so we can inspire our community to reach out and embrace these success-driven services.

In Community Service,
Dr. Timothy Lynch

Clinic

Coos Health & Wellness, through our clinic, offers a variety of services to the community and our partners.

We provide immunizations, including vaccines for both children and adults. For uninsured children, we offer "Shots for Tots and Teens." Most vaccines are available at no cost for uninsured adults. We also accept the Oregon Health Plan (OHP) and most private insurances. Vaccines play a crucial role in reducing the incidence of communicable diseases in our community. To schedule an appointment, please call Coos Health & Wellness at 541-266-6700.

Additionally, we offer Tuberculosis (TB) testing as well as testing and treatment for Sexually Transmitted Diseases (STDs). Testing for TB and STDs is important for identifying diseases within the community. Once identified, Public Health can implement prevention strategies to reduce further spread. If you need TB or STD testing, please call Coos Health & Wellness at 541-266-6700.

Public Health Emergency Preparedness

The Public Health Emergency Preparedness (PHEP) program provides essential services to enhance community readiness and resilience during emergencies. These services include educational materials, health fairs, and workshops designed to promote preparedness and equip individuals and families with the knowledge to respond effectively to Public Health threats. The program also supports personal preparedness by assisting families and individuals in creating emergency kits, family communication plans, and first aid kits.

Additionally, I, Cynthia Rodriguez coordinate the Coos County Medical Reserve Corps (MRC) volunteers, who receive specialized training in areas such as CPR, psychological first aid, emergency shelter operations, and disaster response. These trainings ensure volunteers are prepared to provide vital support during Public Health emergencies. If you're interested in joining the MRC, please contact us or visit <https://aspr.hhs.gov/MRC/Pages/index.aspx> for more information and to sign up. Volunteers of all backgrounds are welcome, and no prior medical experience is required!



Prevention

Our Prevention Team hosts several community events that we would like to share with you.

Story Sharing Event:

Every Third Thursday we gather at So It Goes Coffee House at 6pm to share stories of recovery and hope. We talk about recovery from substance use, mental health, or parenting someone who is facing these challenges. We aim to reduce stigma in our community by sharing our experiences and the hope we have in building a community where safety and compassion are second nature to all. February 20th will be the next Story Sharing event.

Family Films with the Pharaohs:

Family Films with the Pharaoh's is a free film hosted on second Saturdays of the month at 1pm at the Egyptian Theatre. These films are designed for ages 12 to 16 to enjoy but they are open to all.

Free Popcorn and Water/ Juice is included in the FREE admittance to the movie! Plus door prizes and giveaway items on our resource tables in the lobby. This year we are giving away a PS5 at all movie events that have more than 200 attendees!

Join us on February 8th at the Egyptian Theatre for "The Beasts of the Southern Wild."

Future Film Series Dates: March 8th & April 12th.

W.I.C. (Women, Infants & Children)

The WIC Supplemental Program supports pregnant women throughout their pregnancy and after delivery, as well as infants and children up to the age of five. WIC provides nutrition education on topics such as eating during pregnancy, breastfeeding support, infant feeding, and child nutrition. In addition to a nutrient-dense food package, WIC offers formula and supplements tailored to meet the specific nutritional needs of participants. We also provide access to the services of a Registered Dietitian at no cost to our WIC families. Our services are available to infants and children who are under the guardianship and care of fathers, grandparents, relatives, and resource families. WIC helps connect families with community resources that they may qualify for.

To apply for WIC, please fill out the WIC enrollment form on the Coos Health & Wellness website at <https://tinyurl.com/mwcrw2vy>.

After the enrollment form is processed, the applicant will be contacted with an appointment date and time, along with information on what to bring.



Home Visiting

As an educator inspiring the next generation, a doctor caring for patients, a community coalition acting on large-scale initiatives, a law enforcement officer maintaining the safety of the community, or anywhere in between or adjacent, you are making a difference toward positive change in our county.

Coos County's Babies First! and CaCoon home visiting programs are here to support you and the families that you encounter in your work and personal lives.

Babies First: From pregnancy to preschool, our Babies First guides families through the early years with personalized support and resources.

CaCoon: From birth up to the age of 21 years, CaCoon partners with families to empower children and youth with special health needs to grow, thrive, and reach their fullest potential.

Our in-home services are designed to meet families where they are at and individualized to meet their needs and goals. Some of the ways that we can support the children and families that you engage with include:

1. Helping create and enhance healthy and safe relationships between parents and their children
2. Helping families identify and build on their strengths
3. Helping families create and maintain safe and stable environments to live, learn, work and play

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4. Helping families develop healthy social support networks

5. Building and strengthening a child and family's protective factors such as:

- Increasing parental resilience to general life stressors as well as parental stressors
- Increasing social connections to help provide emotional, informational and spiritual support and reduce feelings of isolation
- Increasing parenting skills and knowledge relating to child development
- Providing concrete support in times of need including helping parents and youth navigate through service systems and accessing resources to meet basic needs
- Strengthening the social and emotional competence in enrolled children and youth (and their caregivers)

6. Providing care coordination to ensure that health, educational, and social support services are in place including referring to local community resources outside of the medial setting

7. Promoting positive childhood experiences (such as attending public library events, community events, and extracurricular school and spiritual activities)

8. Offering screenings to identify possible areas of concern such as depression and to monitor that a child's development is on track

9. Evaluating and intervening as needed, including referring to education and prevention programs that may be of additional support to families.

Home Visiting, Cont.

Making a referral to our in-home programs is easy.

You can call: 541.266.6726

email: kathy.cooley@chw.coos.or.us

Submit a referral through Unite Us, or complete the Universal Referral Form through the QR code below.

Thank you for helping us make positive changes in our county.



Environmental Health

Did you know that our Environmental Health Specialists (EHS) are more than just "Restaurant Inspectors"? The Coos Health & Wellness EH staff invests a lot of time keeping the 250 Coos County food establishments safe for all who visit.

A few of the behind the scenes things, other than inspections, that the EH staff does regarding food safety:

- Provides code information consultations to review potential sites for food establishments.
- ServSafe Manager Certification course.
- Training around food handling if requested.

There are two primary food inspection agencies working in Coos County. Coos Health & Wellness inspects restaurants and mobile food units. The Oregon Department of Agriculture primarily inspects grocery stores and delis. All food service inspections are public record. Here is a link to see a synopsis of each Coos County food establishment inspected by Coos County.

<https://cooshealthandwellness.org/public-health/environmental-health/inspection-reports/>

