



# Annual Newsletter

July 1, 2015 – June 30, 2016



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Cynthia Ravanales  
Erin Kopietz  
Esmeralda Hernandez  
Evelyn Martinez  
Karmen Dickes  
Melissa Poessnecker  
Sofia Toben  
Terra Uhing

## Board Members:

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Linda Wardell, Vice President  
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Dan Weddle  
Dr. Adam Lamprecht  
Dr. Angela Sukstorf  
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Mary Le Arneal  
Ron Hinline  
Scott Sukstorf

## Message from the director

Welcome to the Three Rivers Public Health Department's (3RPHD) annual report for 2015-2016.

This report focuses on the work of 3RPHD and what partnerships, collaboration and change can do within a health jurisdiction. I have the privilege of working with and learning from some of the most intriguing individuals and am excited about what we have accomplished this past year.

One of the biggest happenings this last year was the opening of a Federally Qualified Health Center within the 3RPHD district. Good Neighbor-Fremont opened in September 2015, this has been something that we along with many community partners had been working on for over five years. I am excited to report that it has come to fruition and is seeing patients. Services offered at this time include: Primary care, dental care, and behavioral health services. Access to care was the #1 issue in the district and with Good Neighbor-Fremont opening a satellite clinic this is helping to address that issue.

We sincerely appreciate everyone's engagement in our efforts over the past year. Achieving our mission "to empower and educate families while promoting healthy living for the improvement of our communities" is something that we focus on daily so that we can help make a difference in the lives of others.

Thank you for your continued support.

Sincerely,

Terra Uhing, MS  
Executive Director



**Public Health**  
Prevent. Promote. Protect.

## Three Rivers Staff



**Terra Uhing, MS**  
Executive Director



**Alison Shanahan, RN**  
Manager of Nursing  
Services



**Erin Kopietz, APRN**  
Nurse Practitioner



**Sofia Toben**  
Manager of Business  
Operations



**Celeste Reker, MPH**  
Disease Surveillance-  
Emergency Response



**Courtney DiGiorgio**  
Health Educator



**Karmen Dickes, MPH**  
Health Educator-CRI  
Coordinator



**Melissa Poessnecker,  
LPN**  
Public Health Nurse



**Evelyn Martinez**  
Medical Assistant



**Cinthia Ravanales**  
Receptionist

## Three Rivers by the numbers

3,643

- Number of influenza immunizations given at flu clinics

50, 23, & 3

- Number of schools, long-term care facilities, and hospitals participating in weekly flu reporting

435

- Number of STI tests performed at our Title X clinics

218

- Number of car seat inspections performed

335

- Number of children participating in Healthy Kids Healthy Bodies

132

- Number of at home colon cancer testing kits provided

186

- Number of reportable diseases investigated

424

- Number of radon kits distributed

216

- Number of bicycle helmets distributed

Three Rivers Public Health Department's Mission is to empower and educate families while promoting healthy living for the improvement of our communities.

Three Rivers Public Health Department's Vision is that in cooperation with our communities, we will always be compassionate and respectful in all our public health endeavors.



## Giving people info they need to make healthy choices

**102** Three Rivers staff participated in 102 outreach events in the past year. These outreach events included health fairs, bike rodeos, community presentations, home and builder's expo, food pantries, and drivers education courses. At these events, we discuss reproductive health, immunizations, child safety, colon cancer, heart disease, nutrition, emergency preparedness, environmental health, radon, and distracted driving.

**488** Three Rivers Public Health Department has 488 "likes" on Facebook. We strive to provide health information on platforms that will reach many different groups of residents in our area. While we continue to utilize established media such as radio and newspaper to release information to the public, we are also focusing on reaching a more diverse population through our Facebook page. Our Facebook audience is comprised of approximately 85% women & 15% men. 65% of the users are women aged 18-44, our target Title X demographic.



**Flu on Call™ logo and image**

**Flu on Call™** was a demonstration project funded by the National Association of County and City Health Officials (NACCHO) in which 3RPHD was chosen to participate. 3RPHD and the City of Milwaukee Health Department were the two health departments chosen to pilot a toll-free number for the public to call if they had questions about the flu. This number, which was advertised across multiple media outlets, triaged callers to home care, their physician, or the emergency room. The trained nurses who answered the calls were also able to provide resources for callers who might need them, such as phone numbers for providers and transportation assistance. Importantly, this project allowed us to collaborate with our local schools to send out information about the helpline to parents through

text, email, and recorded voice messaging systems. The ability to utilize existing infrastructure like these messaging systems is imperative in spreading the word about any public health events or emergencies. Overall, **Flu on Call™** was a tremendous learning opportunity for the health department, and it was an honor to complete the project.



## Developing public health policies and plans

This year, 3RPHD focused on updating our Community Health Assessment (CHA) and Community Health Improvement Plan (CHIP), holding several community focus groups. Several staff were also trained in TOP Facilitation Methods this year, and portions of a quality improvement plan have begun to come together informally. Three Rivers is in the process of planning a QI plan for the upcoming year. QI continues to grow in importance for the department, and will continue to be included in work done at all levels of the department.





*Arlington Schools were one of several schools to participate in Bike to School Day*



## Enforcing public health laws and regulations

Three Rivers Public Health Department has made efforts to educate members of the community on public health laws, policies, and regulations is through working with local law enforcement agencies on unsafe and unhealthy housing properties and through Safe Kids Three Rivers.

Three Rivers Public Health Department was contacted by the Nebraska State Patrol about a hazardous property in Washington County that was used to produce the drug methamphetamine. Three Rivers staff has worked with the City of Blair Building Code department, and the land owner on regulating this property to keep the public safe. Contamination and Keep Out signs have been posted on the property and the area has been taped off. Three Rivers is continuously working with law enforcement and the regulating agencies in these types of ways.

Another major effort to educate members of the community on public health laws, and regulations is through the Safe Kids program. Three Rivers operates car seat inspection stations 5 days a week through appointments with any of our 4 Certified Passenger Safety Technicians. This year we have inspected 218 car seats, and have provided 144 new car seats for qualifying low-income families. During our car seat inspection stations, parents and caregivers are educated on Nebraska's state law that children up to the age of 6 years must be in an approved child safety seat, and violations of this law can result in a citation. However, installing a child safety seat can be challenging, which is why our certified technicians work with parents and caregivers to educate them on the laws and how to safely follow the ordinance every time a child is in the vehicle. Additionally, parents and caregivers are educated on Nebraska's seat belt laws for drivers and passengers.

## Evaluating and improving programs and interventions

At Three Rivers, we are always trying to improve by assessing our programs and interventions throughout the implementation phase and beyond. This year, we completed our second year with the Title V Maternal Child Health program. We sent out a survey via Survey Monkey to all the teachers who had participated in the program, to allow them the opportunity to evaluate the program and the Health Teacher curriculum that was used.

Additionally, we focused on standardization of documents across the health department this year by updating documents to include the department logo, date created, date updated, and initials of the staff member updating the document.

## Emergency Preparedness

Three Rivers Public Health Department has completed numerous exercises, activities, and plans this year, all supporting our roles as they pertain to Cities Readiness Initiative (CRI) and Bio-terrorism (BT) preparedness. In March as part of CRI we conducted a three day full scale exercise to actively practice receiving materials and dispensing medication in the event of a bio-terrorism attack.

The full scale exercise required over a year of planning, and coordination with other local, state, and federal partners. The first day modeled the opening of a Public Health Command Center and request of materials from the Strategic National Stockpile to dispense at our mock dispensing site. Day two focused on the distribution of those requested materials to our site, with focus on inventory and logistics. The third day, several volunteers attended the event to learn about the dispensing process and actively participated in the dispensing drill. Wahoo High School students volunteered to walk through our dispensing site, which allowed us to calculate how many individuals and families we could dispense medication to within one hour. In the event all three POD locations (Blair High School, Fremont High School, and Wahoo High School) were open we could dispense medication to 2,700 individuals in an hour amongst all three sites.



*Above: Photos from the Full Scale Exercise in March.*

## Maintaining a competent public health workforce

Each staff member plays a critical role in insuring we are providing quality public health services. Employees are provided the opportunity to develop their public health competencies through trainings and conferences. Here is a glimpse of some of our favorite trainings from the past year:

NACCHO Annual Conference  
Public Health Association of Nebraska Conference  
Nebraska Association of Translators & Interpreters Conference  
Family Planning Conference  
No Wrong Door Training  
Bridges out of Poverty Training  
Child Passenger Safety Technician Update  
Preparedness Summit  
TOP Facilitation Training  
CSTE Annual Conference

## Applying the evidence base of public health

One evidence-based program we participate in is called Countdown 2 Drive through Safe Kids Worldwide. Car crashes are the leading cause of death in teenagers across the U.S. and teens are at risk as either the passenger or the driver. Safe Kids created this program in 2010 as a national education program to teach teens and preteens about safe driving before they actually start driving. The key component of this program is a parent-child Passenger Agreement. Parents and their kids go on to the free web tool to establish guidelines and create rewards and consequences for following their agreement. The agreement reinforces important safety behaviors such as always wearing a safety belt, reducing driver distraction and checking in with parents regularly.

This year, staff began using a new presentation at the driver's education classes that is evidence-based called End Distracted Driving (EndDD). The core mission of EndDD is to preserve life and promote safety on a large scale through advocacy, education, and action. EndDD is sponsored by the Casey Feldman Foundation and is dedicated to inspiring individuals and communities to take action to end distracted driving.



*Children pose for a photo after K.L.A.S.*



## Protecting people from health problems and hazards



Students learn about safety at K.L.A.S



### 1 Surveillance

Investigated reportable communicable diseases, reported weekly influenza, and identified trends in disease.

### 2 Flu Shots

Provided 109 off-site flu shot clinics, immunized over 1,000 uninsured or underinsured children.

### 3 Clinic Services

Provided 435 STI and 103 HIV tests, treated individuals who tested positive, and educated many more.

### 4 Healthy Kids

Taught 335 children about physical activity and nutrition, assisted school administration with improvement plans.

### 5 Radon

Provided 424 radon testing kits to residents, educated the public on radon risk in the area.

### 6 Colon Cancer

Distributed 132 colon cancer testing kits to aging residents, used media to encourage cancer screening.

### 7 Safe Kids

Performed car seat checks, reduced car seat misuse, educated driver's education students, and held bike rodeos to increase bicycle safety.

## Monitoring community health status

This year, we completed a Community Health Assessment and Community Health Improvement Plan that identified and addressed our community health priorities and challenges, as seen below:



Community Health Priorities

- Access to health/well-being knowledge, awareness
- Mental health



Community Health Challenges

- Aging population
- Birth Defects
- Motor Vehicle Deaths
- Obesity
- Youth drug use



A mosquito trap used for West Nile Virus surveillance



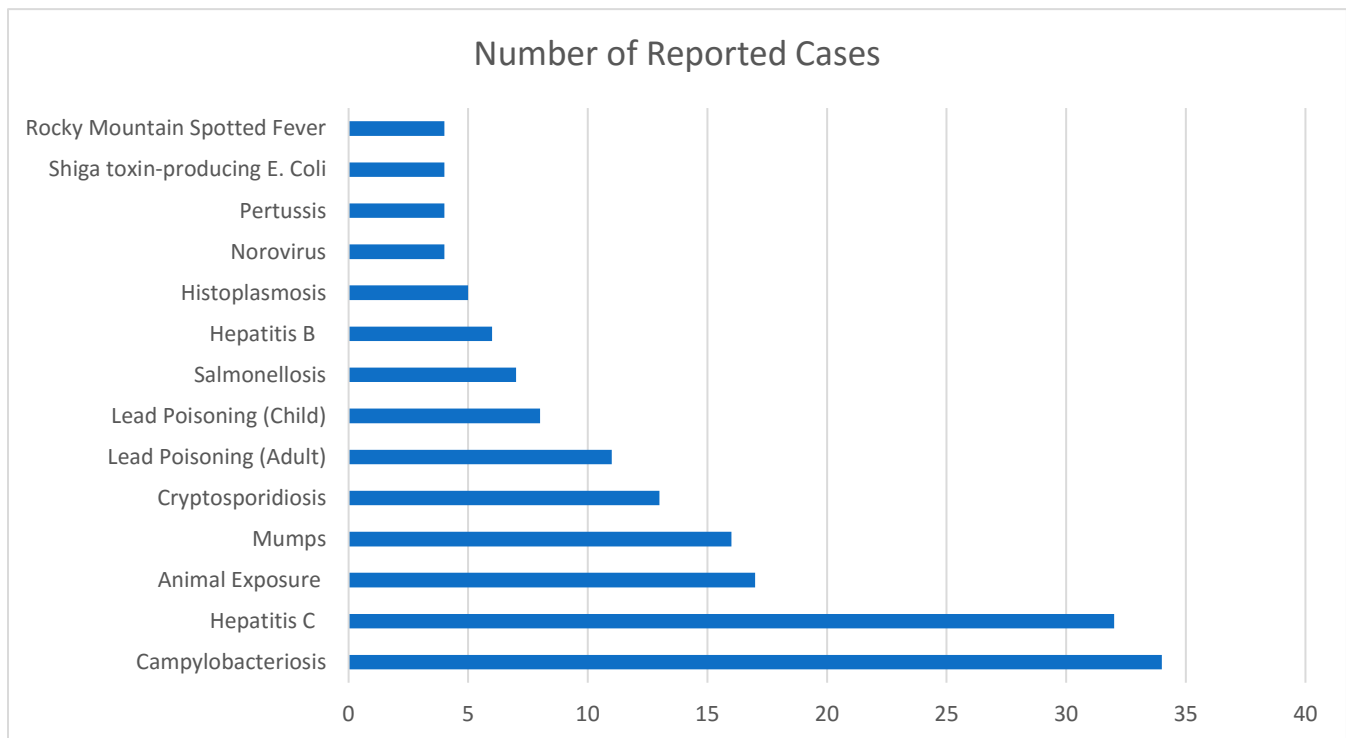
## 3RPHD Tackles Mumps

During May and June 2016 Three Rivers Public Health Department (3RPHD) investigated a mumps outbreak that occurred in the 3 Rivers district and across the state. The first case was reported during mid-May, and additional cases throughout the state were identified in the following weeks. 3RPHD identified 14 cases of mumps in the district. Several other cases were identified outside 3RPHD, totaling 43 confirmed and probable mumps cases statewide. As with other outbreaks across the country the mumps spread among others with MMR vaccination is likely due to waning immunity, decrease of herd immunity across communities, and close contact in certain settings.

With guidance from Nebraska Department of Health and Human Services, 3RPHD also participated in vaccination clinics among closed populations who were at very high risk of exposure, providing over 375 vaccines. The outbreak and subsequent clinics strengthened 3RPHD's partnership with NE DHHS, Sarpy Cass Department of Health and Wellness, and involved local businesses. Through these strengthened partnerships, 3RPHD and partners were able to inform the public on the health risks associated with mumps, and potentially prevent dozens of additional cases through the vaccination clinics.

3RPHD is constantly evolving in response to the needs of communities and populations that we serve. The underlying mission of public health is to improve the conditions and behaviors that affect health so that all people can attain it. Public health has a real and lasting positive effect on people, helps promote a healthy environment and is a moral and ethical imperative.

## Most Common Reportable Diseases



## Engaging the community to solve health problems

Below:  
Technology of  
Participation  
(TOPs) facilitator,  
leading  
discussion at  
Fremont Health

Community members of the 3RPHD district joined forces in February 2016 to answer the question, “What will we choose to focus on over the next 3-5 years to improve the health of all who live, work and play in our communities?”

Health data was presented for each county highlighting the strengths and challenges facing each of our counties. Following the data presentation, a Forces of Change exercise was facilitated to identify key trends, events, and factors currently impacting the health and well-being of 3RPHD residents. Then the participants prioritized key strategic focus issues that can guide decisions over the next 3-5 years.

These topics became our priorities as a health department and they include: education/awareness/participation/motivation, mental health/behavioral health/substance abuse, and obesity/cardiovascular disease/diabetes. The final Community Health Improvement Plan (CHIP) was completed in March 2016.



Community members  
participating in the Health  
Improvement Plan at Blair  
Memorial Community  
Hospital



## Helping people receive health services

Three Rivers Public Health Department strives to make our services more accessible to the public. Several strategies to increase access to health care and health promotion services include: increasing the number of outreach clinics we provide, and collaborating with area partners to bring preventative health services to the community.

First, 3RPHD increased the number of days we are in the public libraries in Saunders County and Washington County providing adult immunizations, the Vaccine for Children program, and car seat installations and inspections. Second, we increased access to the flu vaccine by holding 109 on-site flu clinics at local business and organizations within our district, and administered 3,643 flu shots. Third, 3RPHD partnered with Fremont Health to bring preventative health education to children between grades 3-6 through an all-day training called KLAS (Kids Learning Safety and Awareness).





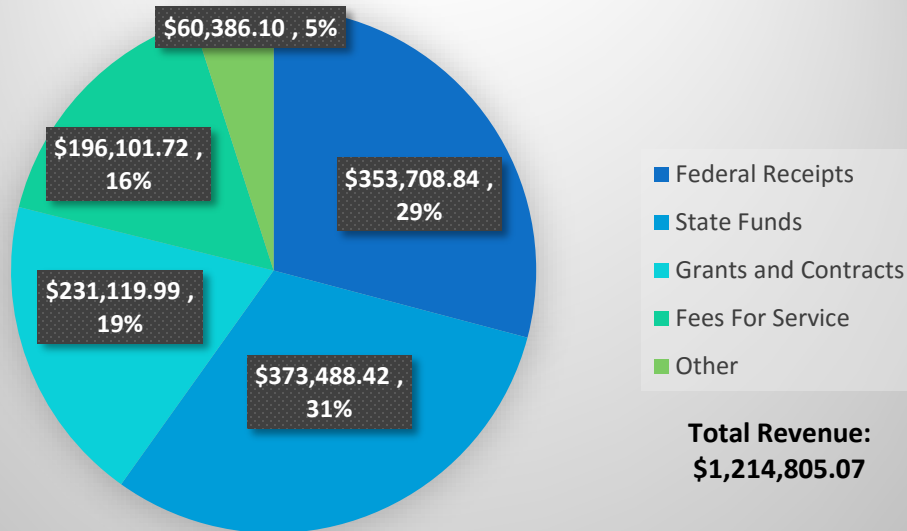
**Clockwise from top left:** Booth at Washington County Fair, Dodge County Car Seat Event, Vet Set Program Coordinator, Know Your Numbers event, staff working together, and Human Trafficking seminar





# Financial Report

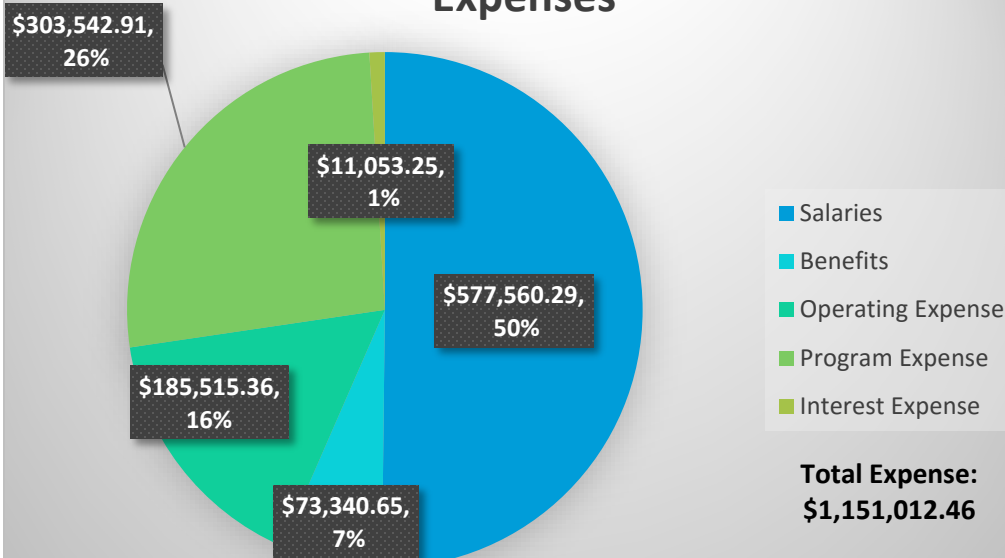
## Revenue



## Grants funded this year:

- Accreditation Support
- Safe Kids
- Maternal Child Health
- Distracted Driving
- Vaccine For Children
- Title X
- Emergency Response
- Cities Readiness Initiative
- West Nile Virus
- Nebraska of Office Highway Safety
- Colon Cancer
- Health Literacy
- Radon
- VetSet
- Flu On Call
- Susan G Komen
- Zika Support

## Expenses



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