



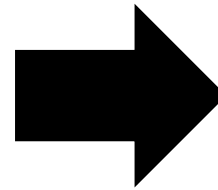
**Public Health**  
Prevent. Promote. Protect.

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**Kanabec County Community Health**

*Presentation created by:*

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**Health Promotion Coordinator**



Kanabec County Community Coalition  
Promoting Community Health through Prevention and Collaboration

Began as a Methamphetamine Task Force in 2002. Kanabec County Community Health SACK established in 2006 expanded the mission to include alcohol, tobacco and other drug use.

10 year Drug Free Community Grant Funding (Federal) 2009 - 2019

In 2021 the coalition changed its name to Better Together to promote substance use, mental health/wellness, resiliency, and recovery.

Coalition meets on the first Friday of each month from 9am – 1030am at the Jail Training Room.

**All are welcome to attend.**



**Community partners include:**

- Kanabec County Sheriff's Office
- Welia Health
- Recovering Hope Treatment Center
- Mora Public Schools
- Ogilvie Public Schools
- Kanabec County Family Services
- City of Mora
- Kanabec County Probation Office
- Kanabec County Attorney
- Local community members

**Coalition Work Includes:**

- Prescription Drug Drop Box and bi-annual national drug take back day.
- Community Opioid Taskforce w/Welia Health
- Responsible Beverage Server Training – offered at no cost to all establishments and their employees two times annually.
- Opioid Education and Awareness Events
- Vaping Education Series for Community and Educators
- Stigma Prevention (Mental Health, Substance Use)
- Building Self Healing Communities & ACEs training
- Compliance Checks – Alcohol & Tobacco
- Mora Rocks the Park

## LEVELS OF PREVENTION

**Tertiary** – Intervening on a disease process before there are significant consequences.

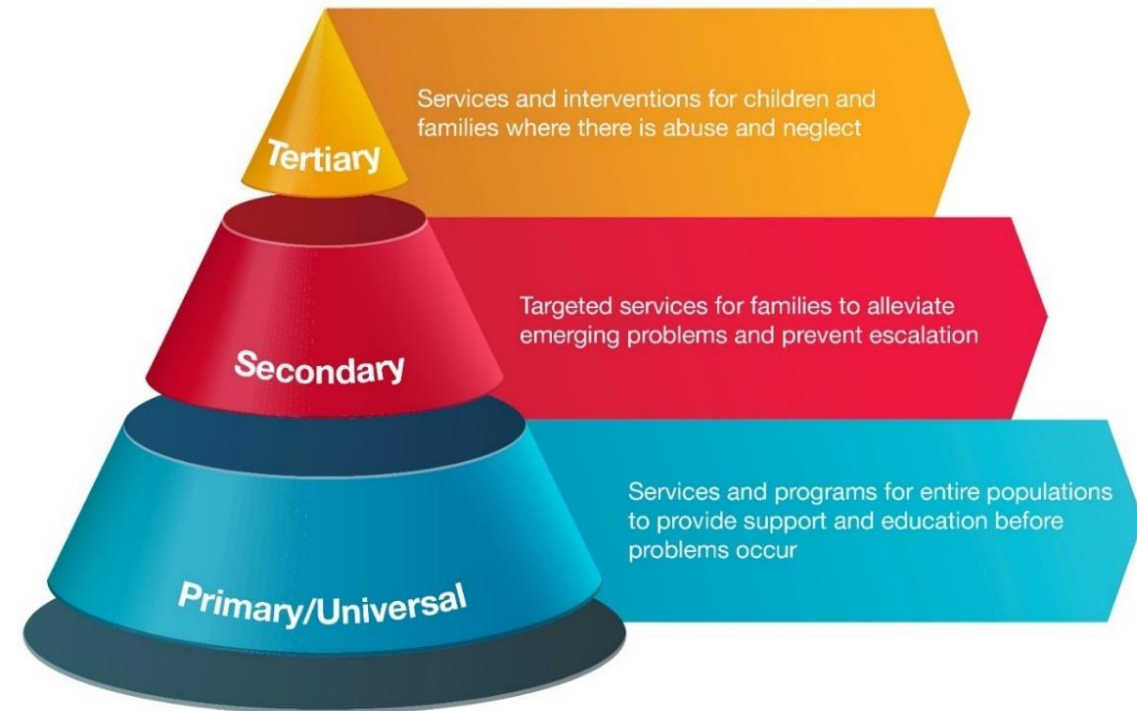
- *Example:* Recovery/Treatment from Substance use

**Secondary** – Identifying negative consequences of behavior or risk before significant progression or harm.

- *Example:* Substance use in youth; increase the perception of harm of using substances.

**Primary** – Improving **protective factors** and decreasing **risk factors** before negative health effects occur.

- *Example:* Encouraging healthy relationships, healthy behaviors, positive choices; reducing access to substances; implementing programming in schools and community to increase connections



## PUBLIC HEALTH: PREVENTION AND PROMOTION

Public health professionals try to prevent problems from happening or recurring through implementing educational programs, recommending policies, administering services and conducting research.

Often these strategies include identifying:

- **Protective factors** that contribute to well-being (mentoring, reducing access, programming)
- **Risk factors** that interfere with well-being (ease of access, lack of community activities/support, low parental support, low socio-economic status).
- Following those *assessments* we can begin to *build capacity* (resource, gathering data), *planning strategies*, *implement strategies* (education, policy) and then *evaluating the outcomes* in the community.



*The Strategic Prevention Framework (SPF) shown above is another tool public health uses to more effectively address their substance abuse and related mental health problems.*



## CURRENT WORK AND OUTREACH



Reducing the stigma of mental health by offering resources (local, regional, national), understanding language, sharing messages of hope, healing and ways to support others.

Mora Rocks the Park (formerly Positivity in the Park) entered its 5<sup>th</sup> season. Kids Kingdom was added this year to utilize the new gaga ball pit, and expand our reach to increase community protective factors (relationship, connections). Each event generally brings in 20 -50 children and families. Partnerships with Welia, Recovering Hope, Kanabec County Sheriff's Office, City of Mora/Mora Area Fire Department helps community members and kids make positive connections to increase community protective factors. The coalition received a small grant to further bolster some of these events this year from Pokegama Lake Association Charitable Gambling fund.

### National Drug Take Back Day

Prevent accidental poisoning, overdose, and abuse. Drop off any unused, unwanted, or expired medication.



**Saturday, April 30**  
**Drive Thru Drop Off | 10 am - 2 pm**  
**Kanabec County Jail Parking Lot**  
100 North Vine | Mora

Too often, unused prescription drugs find their way into the wrong hands. This is an opportunity to clean out your medicine cabinet and turn in unused, expired and unwanted medications - safely and anonymously.

Sponsored by:



Over the past 10 years over 5000 lbs. of medication have been collected and discarded safely. The drive-thru drop off has proven to be effective.

The City of Mora and the Better Together Coalition of Kanabec County presents...

## MORA ROCKS the parks!

**LIBRARY PARK L** or **KIDS KINGDOM K**

**3:00 PM | ALL AGES WELCOME | FREE**

**JUNE 29 | POSITIVITY ROCKS L**

Rock Painting and FREE ice cream treat

**JULY 13 | BIKE SAFETY & BIKE WASH L**

Learn about Bike Safety and Wash & Shine your Bike!

**JULY 20 | GAGA BALL K**

There is a new game & place to play it in town. Learn how to play Gaga Ball from the Mora Boy Scouts!

**AUGUST 3 | COLORING CONTEST K**

All ages welcome! Prizes for winners.  
Enjoy snacks while you color your masterpiece.

**AUGUST 10 | SCAVENGER HUNT K**

Follow the clues to find all the hidden treasures.  
Enjoy an ice cream treat too!

**AUGUST 17 | MEET K-9 RIP L**

Meet the newest 4-legged member of the Kanabec County Sheriff's Office, K-9 Rip!

**AUGUST 24 | WATER WORKS L**

Be prepared to get wet with the Mora Area Fire Department

Sponsored by:



Funded in part by a donation from Pokegama Lake Association

## CURRENT WORK AND OUTREACH CONTINUED...



In many states where cannabis has been legalized for recreational use, counties and cities are given an Opt-In or Opt-Out clause that can be adopted. This framework helps maintain local control of the cannabis issue. **The new Minnesota law does not provide for such an option**, which makes edibles legal in every city and county throughout the state. *The intent of the ordinance is to give Kanabec County time to adopt a permanent ordinance that will apply some common sense measures to provide for the health, safety and welfare of its community. It is not about banning marijuana or cannabis.*

The coalition and local partners will work over the next several months to make recommendations for a permanent ordinance, that will best protect our community, in particular our youth.

We will continue outreach to the other municipalities in Kanabec County to encourage them to adopt similar interim or permanent ordinances.

## UPDATING



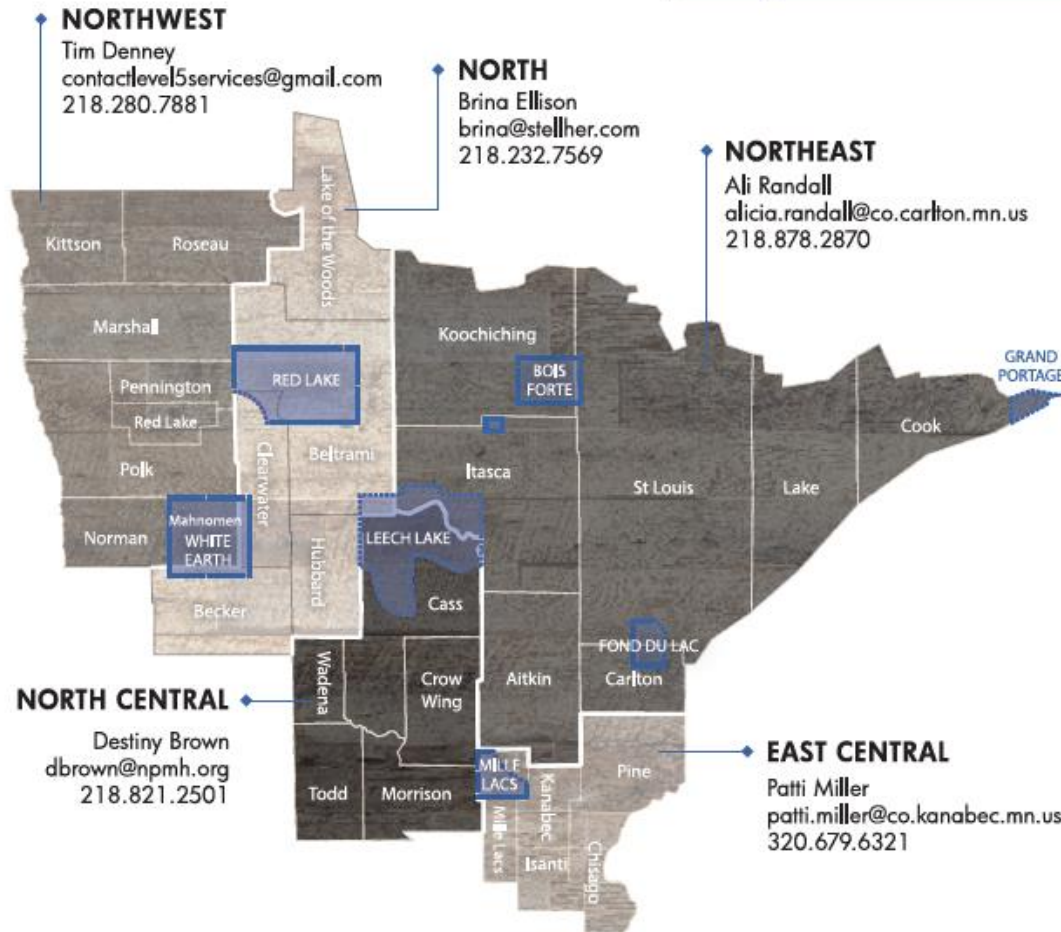
## TOBACCO ORDINANCE

Working collaboratively with the Statewide Health Improvement Partnership (SHIP) health educator, Lori Swanson, the Better Together Coalition is working on updating the Tobacco Ordinance that is outdated and in need of new language.

Updates will include the 2019 State of Minnesota law that prohibits sale of tobacco to anyone under age 21, and tobacco diversion programs vs. monetary fines.

# Northern Minnesota Suicide Prevention

## Regional Coordinators



**988** SUICIDE & CRISIS  
**LIFELINE**

NORTHERN MINNESOTA SUICIDE PREVENTION  
TRIBAL-COUNTY PARTNERSHIP

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**988** SUICIDE & CRISIS  
**LIFELINE**

Northern Minnesota Suicide Prevention  
TRIBAL-COUNTY PARTNERSHIP

## Regional Coordinator Role

- Provide resources to community, schools, other organizations
- School and community presentations
- Regional trainer for several Suicide Prevention and Mental Health programs:
  - *Adult, Youth, and teen Mental Health First Aid*
  - *QPR (Question, Persuade, Refer)*
  - *Changing the Narrative*
- Collaborate with regional partners with to promote suicide prevention.
- Provide promotional products to communities/schools at fairs, outreach events, etc.



**988** SUICIDE & CRISIS  
**LIFELINE**

Northern Minnesota Suicide Prevention  
TRIBAL-COUNTY PARTNERSHIP

## CURRENT WORK AND OUTREACH



### Teen Mental Health First Aid Program

- 2020, 2021, 2022 Taught in Mora Schools 10<sup>th</sup> grade health classes (120 kids each year)
- 6 session/45 minutes each
- Teaches peer to peer understanding of Mental Health and Substance Use issues with age appropriate curriculum.
- Encourages supporting peers, recognizing the signs of mental health issues, reducing stigma, and finding help from a trusted (school counselors, teachers, coaches, parents, other community supports).
- NOT training them to be counselors but support systems for their friends so they can recover from a mental health challenge.
- Working with Ogilvie Schools to incorporate this program into their 10<sup>th</sup> grade health class this school year.



### Youth Mental Health First Aid

This program can be taught to anyone who works with youth. It compliments the teen Mental Health First Aid by training teacher in how to help recognize warning signs, how to approach students, encourage self help and coping strategies and seeking appropriate professional help.

### Adult Mental Health First Aid

This program can be taught to anyone who is interested in furthering their knowledge about mental health, mental health challenges, and ways in which to provide appropriate support.

These classes are generally offered through partners – schools, community businesses, or others looking to provide additional training to staff or others.

**These are offered at no cost to participants. Funding provide through grant dollars.**

These are some words I think of related to public health and my role in prevention.

Public Health is commitment to promoting health, wellness, helping to prolong life and disease prevention. These goals directly impact the our communities. Prevention measures can be translated to reducing the costs of healthcare, increasing individual and community wellness. Education and outreach improves protective factor within the community



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