

## WHY YOUTH MENTAL HEALTH FIRST AID?

By Belinda Ballah, Director, Hood River County Prevention Department  
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In the U.S., Suicide is the **second** leading cause of death for people ages 10-24.<sup>1</sup> In Oregon, suicide rates have increased almost 30% since 1999.<sup>2</sup> More teenagers and young adults die from suicide than from cancer, heart disease, AIDS, birth defects, stroke, pneumonia, influenza, and chronic lung disease **combined**.<sup>1</sup>

Youth Mental Health First Aid teaches family members, school staff, health and human services workers, friends, and other caring citizens how to help an adolescent who is experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is mainly designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, talks about how adolescents develop, and teaches a 5-step action plan for helping young people in crisis as well as non-crisis situations. Many topics are covered including anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders and eating disorders.

The course teaches you how to apply the **ALGEE** action plan:

**A**ssess for risk of suicide or harm

**L**isten nonjudgmentally

**G**ive reassurance and information

**E**ncourage appropriate professional help

**E**ncourage self-help and other support strategies

Prevention Department Director Belinda Ballah is now certified to teach Mental Health First Aid in our community! We are scheduling trainings for the fall. If you are interested in being trained, please contact the Prevention Department at 541.386.2500.

### SOURCES:

1. The Jason Foundation, 2019. Youth Suicide: Facts and Stats, <http://jasonfoundation.com/youth-suicide/facts-stats/>
2. CDC, 2016, Vital Signs, [www.cdc.gov/vitalsigns/suicide/infographic.html#graphic1](http://www.cdc.gov/vitalsigns/suicide/infographic.html#graphic1)

# TODDLERS TO TWEENS (T2T) BOOST CAMP

By Kathy Smith, HRCPD Office Manager

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Wasco County YouthThink received a grant from the Columbia Gorge Health Council for the Toddlers to Tweens (T2T) parenting project; to help parents learn to help their child(ren) develop the ability to 'bounce back' from difficulties. YouthThink partnered with the Hood River County Prevention Department to bring T2T to Hood River County. T2T encourages parents to increase their ability to understand and empathize with the emotions their child(ren) are experiencing and to build a healthy relationship with their child(ren).

T2T is a groundbreaking 2-hour one-time workshop in English and Spanish that encourages parents of children age 0-7 to develop a secure bond in their child(ren). T2T will help you understand that feelings come before behavior and provide a 'tool kit' to use with your child(ren). You get to 'play' with the

tool kit, talk about real like situations, and get practical help.

For more information contact the Hood River County Prevention Department at 541-386-2500 option 3 or email [kathy.smith@co.hood-river.or.us](mailto:kathy.smith@co.hood-river.or.us).



## HEALTH PARTNERS COME TOGETHER

By Jane Palmer, Contractor, Sustainable Relationships for Community Health (SRCH)

In June of 2019, Hood River County Public Health Department was granted one of three state-wide Sustainable Relationships for Community Health (SRCH) grants. This \$195,000 Oregon Health Authority, Public Health Division's Health Promotion and Chronic Disease Prevention Section one-year award will provide the opportunity for health system partners and community-based partners to develop and strengthen contacts, co-design plans to enact structure and activities, support the quality improvement process, and collect, study and share data in order to reduce some of the leading causes of death and ill health in Oregon.

Joint Leadership team partners in this work include: Columbia Gorge Health Council, Hood River County Health Department, Hood River County Prevention Department, Mid-Columbia Medical Center Outpatient Clinics, North Central Public Health District, One Community Health, Pacific Source Columbia Gorge, Reliance HIE, The Next Door, Inc., and YouthThink.

The SRCH Team projects include: developing a closed loop referral system for tobacco cessation, Screening, Brief Intervention and Referral to Treatment (SBIRT), and the growth and completion of evidence-based colorectal cancer screening and services to increase screening rates.

Results of this one-year grant project will be shared throughout the Columbia Gorge region and with state partners. For additional information, contact Hood River County Health Department or Hood River County Prevention Department.

## REFLECTING ON HEALTH MEDIA CLUBS

By Nadia Busekrus, HRCPD Jesuit Volunteer, Health Media Club Coordinator  
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Nadia Busekrus, the Hood River County Prevention Department Jesuit Volunteer, wanted to share what she did during her time with our Health Media Clubs. She ended her term of service with us July 31<sup>st</sup>. We will miss her.

This year, fifty students from Hood River and Wy'east Middle Schools and Hood River Valley High School were regularly-attending members of Health Media Club. Students spent time all school year learning about the effects of drug and alcohol use on the body, brain, and community. They also created flyers, PSAs, theater ads, stickers, wearable media (t-shirts and hoodies) and other media projects. Altogether, the participants in the Health Media Clubs put in more than 900 hours of service by attending club meetings and going on field trips.

Speaking of field trips, the Health Media Clubs took a total of 12 field trips this year including five different visits to the radio and three Sticker Shock campaigns. You can read more about these field trips in past newsletters which are available on our website ([www.hoodriverprevents.com/media](http://www.hoodriverprevents.com/media)). The Health Media Clubs also put on several school-wide events throughout the year including the Baile Para Todos at HRVHS and Cares Week at Wy'east and HRMS. You can see photos and stories from these events in our newsletters or on social media (@hoodriverprevents on Instagram and Hood River Prevents on Facebook).

To end the year, we asked students about what they liked about Health Media Club, what they would change, and why they joined. Here's what we heard: many students joined because their friends were in the club and / or they liked what we stand for as a club. They stayed because they enjoyed learning, creating media projects, making new friends, and going on field trips. Students said that they would like to go on more field trips and have more students join. We like the sound of that!

## WHAT WE KNOW ABOUT VAPING

By Ross McLeod, Prevention & Education Specialist  
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For the past three months there has been a near constant barrage of information on vaping. In late August the state of Oregon recognized its first death associated with vaping THC and Nicotine. Over the weeks new details have been emerged showing THC being a contributing factor in reported lung injuries. THC is present in most samples tested by the Food & Drug Administration (FDA).

Current products from informal sources (family, friends, non-conventional retailers) are linked to in the outbreak, however no specific chemical or product has been identified. The

FDA and the Center for Disease Control & Prevention (CDC) are continuing to investigate the exact cause. The CDC recommends that people should not use e-cigarettes or vaping products that contain THC.

For CDC information on the use of e-cigarettes and / or vaping products:

[https://www.cdc.gov/tobacco/basic\\_information/e-cigarettes/severe-lung-disease.html](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/severe-lung-disease.html)

For Oregon Health Authority 'Vaping and Your Health':

<https://www.oregon.gov/oha/PH/PreventionWELLNESS/SUBSTANCEUSE/Pages/vaping.aspx>

# UPCOMING EVENTS

## OCTOBER:

- 2 - Alcohol, Tobacco & Other Drug Coalition Meeting (China Gorge @3:30pm)
- 23 - Toddler 2 Tween (T2T) Boost Camp - English (FISH Food Bank @ 6pm)
- 31 - Immanuel Lutheran Church Halloween Family Fun Event

## NOVEMBER:

- 6 - Alcohol, Tobacco & Other Drug Coalition Meeting (China Gorge @3:30pm)
- 6 - The Harms of Vaping (Wy'east Middle School Rm 57 @ 6pm in English)
- 6 - The Harms of Vaping (Wy'east Middle School Rm 57 @ 6:45pm in Spanish)
- 13 - Toddler 2 Tween (T2T) Boost Camp - Spanish (FISH Food Bank @ 6pm)
- 20 - Toddler 2 Tween (T2T) Boost Camp - English (FISH Food Bank @ 6pm)
- 23 - International Survivors of Suicide Loss Day (Columbia Gorge Community College Hood River Campus 1<sup>st</sup> Floor Rm 1.202 @ 10-12pm)

## DECEMBER:

- 4 - Alcohol, Tobacco & Other Drug Coalition Meeting (China Gorge @3:30pm)
- 11 - Toddler 2 Tween (T2T) Boost Camp - Spanish (FISH Food Bank @ 6pm)
- 18 - Toddler 2 Tween (T2T) Boost Camp - English (FISH Food Bank @ 6pm)



**Please reach out to our office with any questions, comments, suggestions, or concerns. You can reach our main office line at 541-386-2500.**

**We look forward to connecting with you!**