

# BARREN RIVER RUNDOWN

OCTOBER 2023

## CONTENTS

- National Prevention Month
- Cybersecurity Awareness Month
- Fire Prevention
- HANDS
- Job Openings
- New Faces
- September Snapshots
- Employee Spotlight
- Committees
- Upcoming Meetings/Events

## October is National Prevention Month!

October is Youth Substance Use Prevention Month and Substance Misuse Prevention Month. Prevention strengthens protective factors and reduces risk factors – in individuals, families, schools, communities, and across society. Prevention science, and decades of community-based experience and scientific research, shows that prevention works.



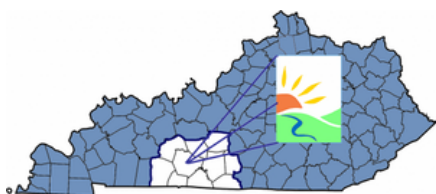
[Click here for Prevention Month resources!](#)

Thank you, Emily Barnes,  
for submitting a request for  
in our facilities!

# AIR PURIFIERS

IS THERE AN IMPROVEMENT YOU  
WANT TO SEE AT BRDHD?

**SUBMIT A QI FORM!**



**Barren River**  
DISTRICT HEALTH DEPARTMENT

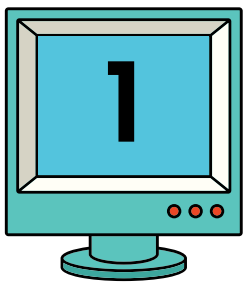
Please submit articles for the newsletter to Olivia Harden at [olivia.harden@barrenriverhealth.org](mailto:olivia.harden@barrenriverhealth.org)  
Submissions will be reviewed for approval.

# DISASTER PREPAREDNESS

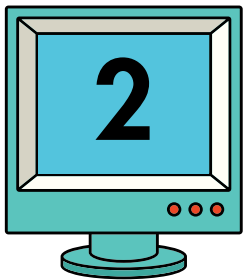
## OCTOBER IS CYBERSECURITY AWARENESS MONTH!

*Since 2004, the President of the United States and Congress have declared the month of October to be Cybersecurity Awareness Month, a dedicated month for the public and private sectors, and tribal communities to work together to raise awareness about the importance of cybersecurity. The Cybersecurity and Infrastructure Security Agency (CISA) and the National Cybersecurity Alliance (NCA) are partnering to create resources and messaging for organizations to use when they talk with their employees, customers, and memberships about staying safe online.*

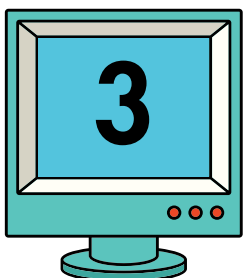
*2023 marks the 20th annual Cybersecurity Awareness Month and this year CISA is launching a new awareness program that will encourage 4 simple steps every American can take to stay safe online. Simple actions we should all take not only during Cybersecurity Awareness Month, but every day throughout the year.*



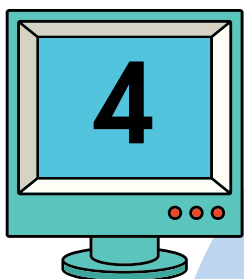
**USE STRONG PASSWORDS  
& A PASSWORD MANAGER**



**TURN ON MULTIFACTOR  
AUTHENTICATION (MFA)**



**RECOGNIZE & REPORT  
PHISHING**



**UPDATE SOFTWARE**

# DISASTER PREPAREDNESS

## FIRE PREVENTION

### HOME FIRE ESCAPE PLANNING & PRACTICING

It is important for everyone to plan and practice a home fire escape. Everyone needs to be prepared in advance, so that they know what to do when the smoke alarm sounds. Given that every home is different, every home fire escape plan will also be different.

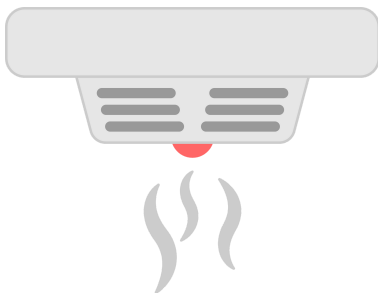
*Have a plan for everyone in the home. Children, older adults, and people with disabilities may need assistance to wake up and get out. Make sure that someone will help them!*

### SMOKE ALARMS

Smoke alarms sense smoke well before you can, alerting you to danger. Smoke alarms need to be in every bedroom, outside of the sleeping areas (like a hallway), and on each level (including the basement) of your home. Do not put smoke alarms in your kitchen or bathrooms.

Choose an alarm that is listed with a testing laboratory, meaning it has met certain standards for protection.

For the best protection, ***use combination smoke and carbon monoxide alarms that are interconnected throughout the home.*** These can be installed by a qualified electrician, so that when one sounds, they all sound. This ensures you can hear the alarm no matter where in your home the alarm originates.





## **HANDS is accepting new referrals!**

*Contact [Tammy.Drake@barrenriverhealth.org](mailto:Tammy.Drake@barrenriverhealth.org)  
to learn more about the HANDS Program.*

---

## **BRDHD JOB OPENINGS**

### **HEALTH ENVIRONMENTALIST I**

Barren River District Health Department has an opening for a Health Environmentalist I Grade 15 to work at the Barren County Health Department. The minimum hourly wage is \$20.30 per hour. Employees are under probationary period for 6 months. Once the probationary period is completed, the employee's salary will increase 5%. Requirements are a bachelor's degree from a college or university with a minor or equivalent course work (24 semester hours) in environmental health, biological, or physical science or registration as a Kentucky Environmental Specialist/Sanitarian under KRS 223.

***Email Haley Hines if interested!***

# NEW FACES



**Brittany McBee**  
HANDS Specialist  
Warren



**Adeline Hornsby**  
Family Support Worker  
Warren

**NEXT TIME YOU SEE THEM,  
INTRODUCE YOURSELF!**

**WELCOME TO THE TEAM,  
BRITTANY & ADELINE!**

*Do you have pictures from BRDHD or wellness-related events?  
Email Olivia at [olivia.harden@barrenriverhealth.org](mailto:olivia.harden@barrenriverhealth.org) !*

# SEPT. SNAPSHOTS



The Hive made bell pepper pizzas with BRDHD health educators! The class is a program that came from a BRIGHT Coalition grant.



Health educators Samantha and Alissa representing BRDHD at a Fruit of the Loom event.



Additional photos from The Hive cooking class.



Do you have pictures from BRDHD or wellness-related events?  
Email Olivia at [olivia.harden@barrenriverhealth.org](mailto:olivia.harden@barrenriverhealth.org)!

# EMPLOYEE SPOTLIGHT

## Beth G. & Kayla P.

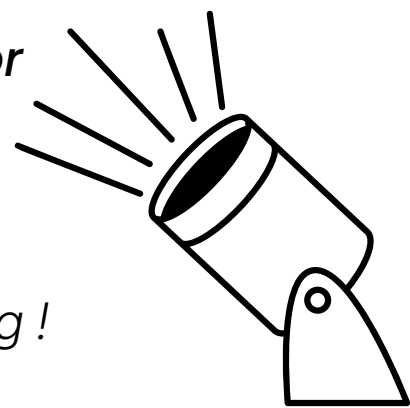


Beth & Kayla were nominated for going above and beyond in caring for clinic patients! After skipping lunch to make sure patients were seen in a timely manner, a kind client bought their lunch! Next time you see them, tell them “You rock!” Their hard work is very much appreciated at BRDHD.



*Want to nominate a coworker for employee spotlight?*

*Email Olivia at  
olivia.harden@barrenriverhealth.org !*



# COMMITTEES

For more opportunities to work across branch and county lines, all staff are encouraged to join a committee!

## **WELLNESS - CONTACT KATHY THWEATT**

- Wellness Works
- Encourage healthy behaviors for staff
- Promote insurance perks

## **SAFETY - CONTACT MIKE BAXTER**

- Incident review
- Ergonomics
- Building safety
- Identify needed trainings and support

## **SOCIAL - CONTACT OLIVIA HARDEN**

- Birthdays
- Special events
- District-wide meeting activities
- Explore ways for staff to connect

## **RETENTION - CONTACT KIM FLORA**

- Explore ways to improve employee satisfaction
- Incentives, acknowledgement, etc.
- Identify needed trainings and support

## **EQUITY - CONTACT INDIA MARTINEZ**

- Promote ways to reach vulnerable populations
- Spread details of important community events
- Identify opportunities for equity within our policies and processes

## **QUALITY IMPROVEMENT - CONTACT SUSIE WILLIS**

- Identify and work on agency-wide QI projects
- Learn new QI tools
- Spread the word about QI and current projects
- Teach new processes
- Identify needed trainings and support

## **DISASTER PREP - CONTACT JANARAE CONWAY**

- Review, update and give input on preparedness plans
- Support accreditation (PPHR)
- Promote drills and update trainings
- Identify needed trainings and support





# UPCOMING MEETINGS!

Local Board  
of Health

Logan: Oct.  
19th @ 12  
PM

District  
Board of Health

Oct. 30th  
@ 5 PM  
BRADD Office

BRIGHT Coalition

Oct. 10th  
@ 11:30 AM  
BRADD

## OPEN HOUSES

***Metcalfe County Health Department***

Oct. 24th  
10 AM to 11 AM  
Ribbon Cutting at 10:30 AM



Have you seen this year's  
*Community Impact Report?*

[CLICK  
HERE!](#)

Follow BRDHD on social media!



**Barren River**  
DISTRICT HEALTH DEPARTMENT



*BRDHD Website*



Please submit articles for the newsletter to Olivia Harden at [Olivia.Harden@barrenriverhealth.org](mailto:Olivia.Harden@barrenriverhealth.org)  
Submissions will be reviewed for approval.