

Addressing Community Priorities Beyond COVID-19

Mental Health & Opioid Overdose Prevention

Oswego County Health Department

Matthew Goodsell

Meghan Tice

Hilary Wilton

The data we collected

and how we used it.



Community Health Assessment

- Summary of current community health
- Comparisons with region and state
- Identified priorities, disparities and areas for improvement



Community Health Improvement Plan

- Using health assessment and survey, the CHIP prioritized four of the Prevention Action Plans from the New York State Prevention Agenda
- The plan targets seven focus areas: Physical activity, tobacco prevention, chronic disease preventive care and management, maternal and women's health, perinatal and infant health, mental and substance use disorders prevention, and sexually transmitted infections

Community Health Assessment Survey

- Collaboration between Health Education and Preventive Divisions
- Inspired by surveys distributed by other regional health departments
- Experience with outreach in the County

Oswego County Health Assessment Survey 2022

INFORMED CONSENT

This survey was created, reviewed, and distributed by the Oswego County Health Department. The purpose of the questions being asked is to gather data and community feedback that will inform the priorities of Health Department programs going forward. It also helps us reach goals for our Community Health Assessment and Community Health Improvement Plan.

This survey is anonymous, and no personally identifiable information is collected without your knowledge. We will NOT ask you for information like your name, address, telephone number, or date of birth. You will have an option to include your ZIP Code for data mapping purposes and your email address to subscribe to our newsletter. **Neither of these fields are required to submit the survey, and how you answer the survey questions will NOT in any way be connected back to you.**

You must be **18 years old or older** and a **resident of Oswego County** to complete this survey.

This survey will take about 15 minutes to complete. Thank you for your participation!



Focus areas

IMPACT OF COVID-19

The COVID-19 pandemic has impacted many aspects of health and quality of life in our community.

When it comes to COVID-19, what are you most concerned about moving forward? (Please select three (3) responses) *

Back

Next

Clear form

Demographic Information

- Age
- Ethnicity and Race
- Gender identity
- Educational attainment
- Estimated household income
- Chronic condition
- ZIP code of residence
- Social media platform usage



Distribution

- **Online distribution**
 - Social media
 - OCHD website
 - County employees
- **Hard-copy**
 - Flyers at vaccine clinics
 - Press releases to media agencies
- **Survey was made available from August 1st through October 17th**

Limitations

- 177 total respondents
- Reaching marginalized populations
 - Rural households
 - Aging population
 - Lower socioeconomic status households
 - Persons of color and (especially with our migrant workers) people whose primary language is not English



Data Analysis

The screenshot displays the RStudio environment with the following components:

- Source Editor:** Contains R code for data analysis, including chi-square tests and data summarization. The code is as follows:

```
924 chisq.test(has.data.age$HealthCost, has.data.age$Age)
925 # STATISTICALLY SIGNIFICANT - People 50+ are more likely to identify cost of healthcare as a concern
926
927 # Household Income
928 has.data.HHIncome %>%
929   group_by(HealthCost, HHIncome) %>%
930   summarize(freq.n = n()) %>%
931   spread(key = HHIncome, value = freq.n)
932
933 chisq.test(has.data.HHIncome$HealthCost, has.data.HHIncome$HHIncome)
934
935 # Chronic Disease
936 has.data.ChronicDis %>%
937   group_by(HealthCost, ChronicDis) %>%
938   summarize(freq.n = n()) %>%
939   spread(key = ChronicDis, value = freq.n)
940
941 chisq.test(has.data.ChronicDis$HealthCost, has.data.ChronicDis$ChronicDis)
942
943 # Residence
944 has.data.Residence %>%
945   group_by(HealthCost, Residence) %>%
946   summarize(freq.n = n()) %>%
947   spread(key = Residence, value = freq.n)
948
949 chisq.test(has.data.Residence$HealthCost, has.data.Residence$Residence)
950
951
```
- Environment Pane:** Lists loaded data objects:
 - has.data.2022: 177 obs. of 77 variables
 - has.data.age: 172 obs. of 36 variables
 - has.data.ChronicDis: 165 obs. of 36 variables
 - has.data.dl: 177 obs. of 36 variables
 - has.data.HHIncome: 152 obs. of 36 variables
 - has.data.Residence: 162 obs. of 36 variables
- Console:** Shows the output of the last command, including a chi-square test result:

```
10891 DATA ANALYSIS: Other analyses and demographics - R Script
R 4.30
> has.data.Residence %>%
+ group_by(HealthTransport, Residence) %>%
+ summarize(freq.n = n()) %>%
+ spread(key = Residence, value = freq.n)
'summarise()' has grouped output by 'HealthTransport'. You can override using the '.groups' argument.
# A tibble: 2 x 3
# Groups:   Healthtransport [2]
  Healthtransport City Rural
  <fct>           <int> <int>
1 Prioritizes transportation to appointments as a healthcare system concern 20 19
2 Does not prioritize transportation to appointments as a healthcare system concern 77 46
>
> chisq.test(has.data.Residence$HealthTransport, has.data.Residence$Residence)

Pearson's Chi-squared test with Yates' continuity correction

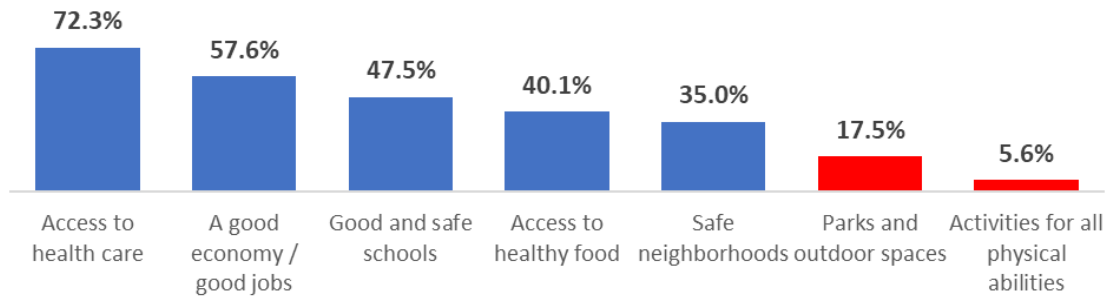
data:  has.data.Residence$HealthTransport and has.data.Residence$Residence
X-squared = 1.1433, df = 1, p-value = 0.285

> # Not as drastic as we might've expected
>
> # DATA ANALYSIS: Other analyses and demographics #####
>
> # Adverse appointment experiences defined as anyone who answered affirmatively to any of the following items:
```
- Files Pane:** Shows the RStudio home page with links to R Resources, RStudio, Manuals, Reference, and Miscellaneous Material.

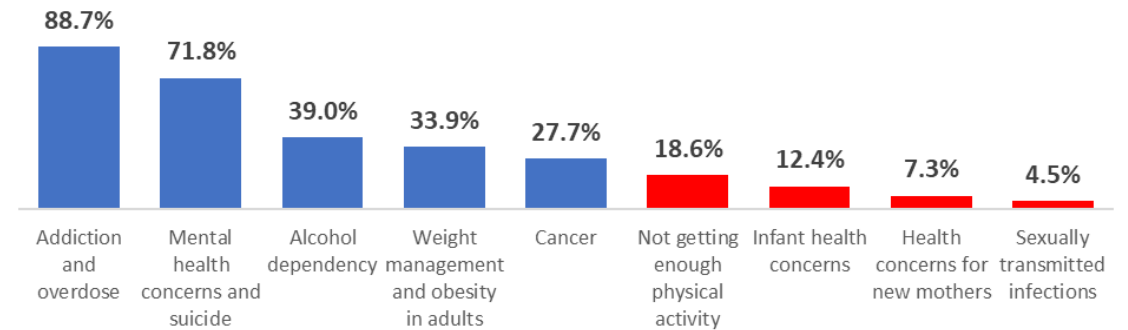


Descriptive Data | Community Priorities

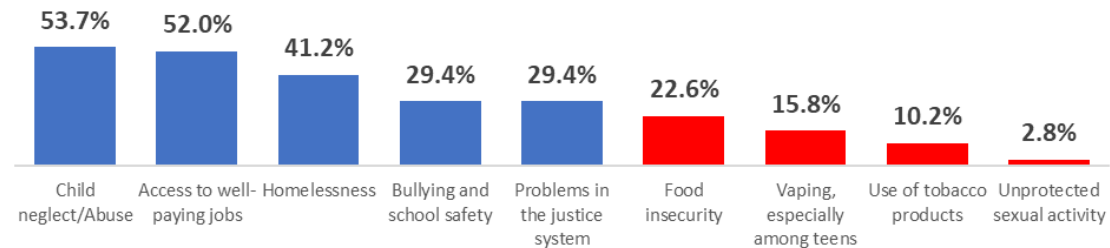
"Please select the five (5) things you believe are the most important for a healthy community." n=177



"Please select the five (5) biggest health problems you believe our community is currently facing." n=177

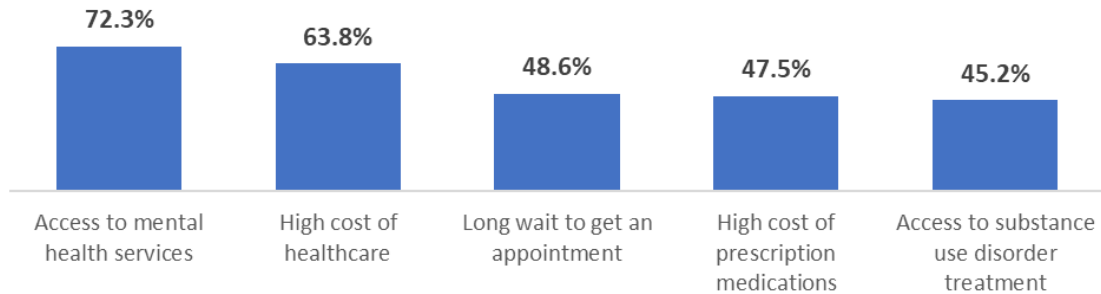


"Please select the five (5) health behaviors or social factors you believe are the biggest problems for our community." n=177

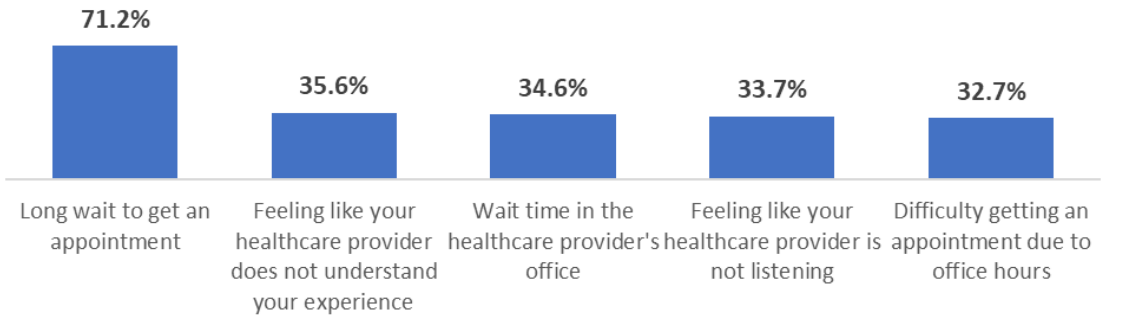


Descriptive Data | Community Priorities

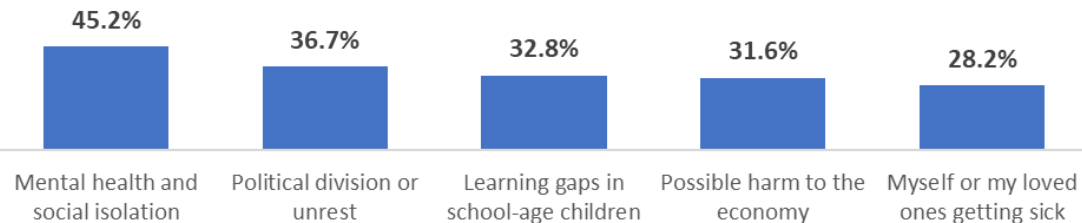
"Please select the five (5) healthcare system issues you believe are the biggest problems in our community." n=177



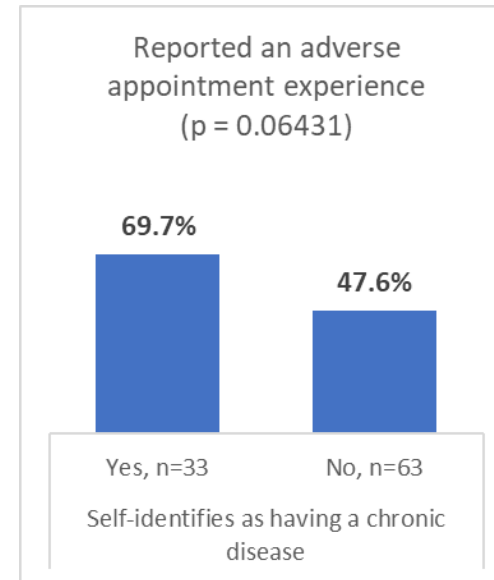
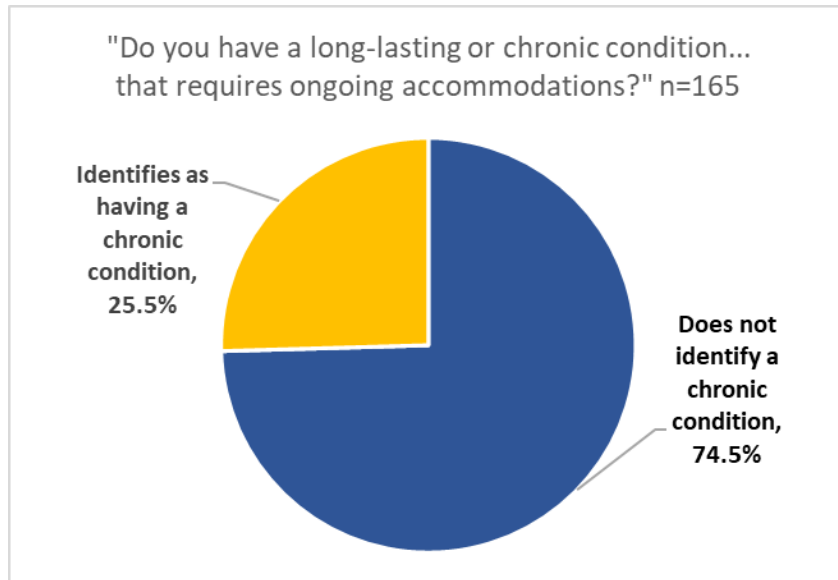
Among participants who indicated they had experienced difficulty seeking medical care: "Which of the following have you, or your family, experienced when seeking medical care in the last 3 years? (Select all that apply.)" n=104



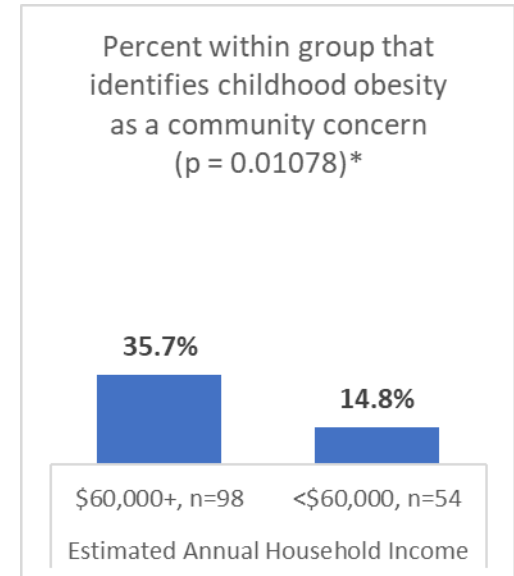
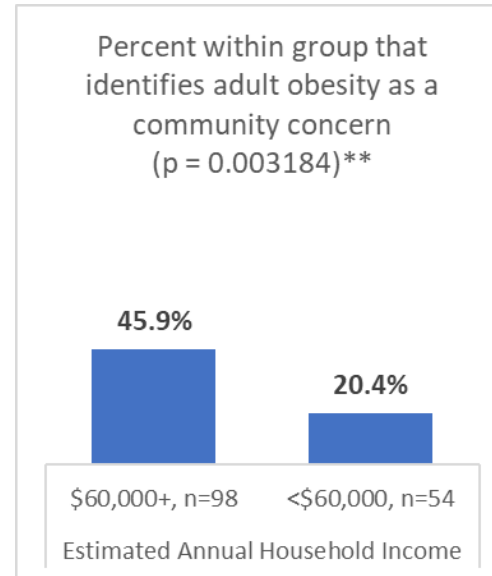
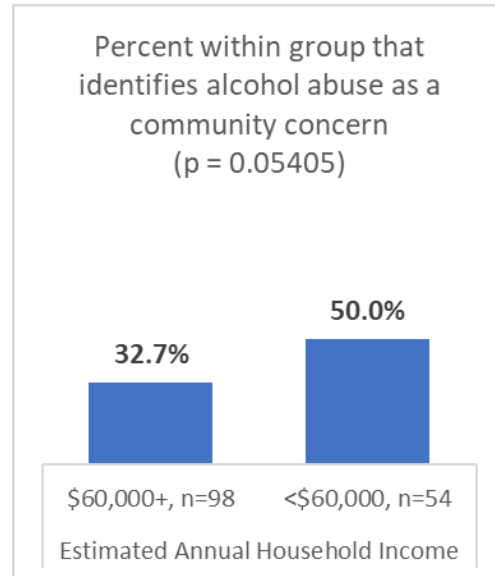
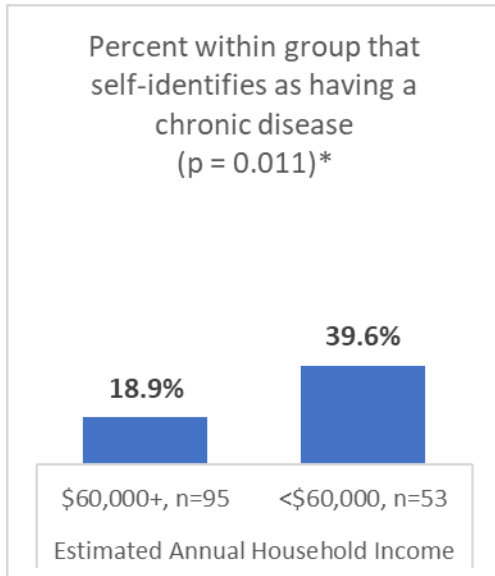
"When it comes to COVID-19, what are you most concerned about moving forward? (Please select three (3) responses)" n=177



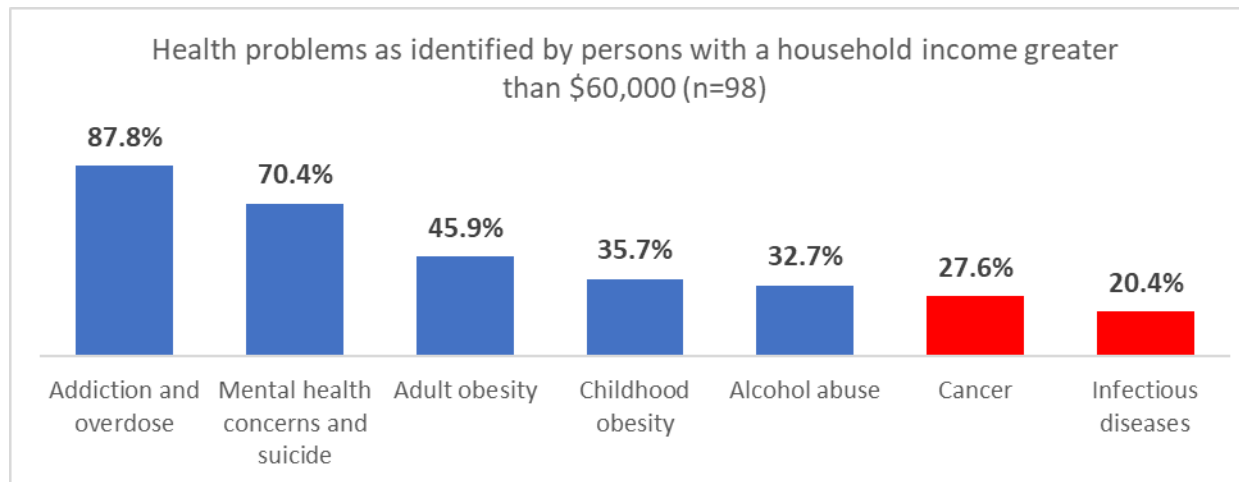
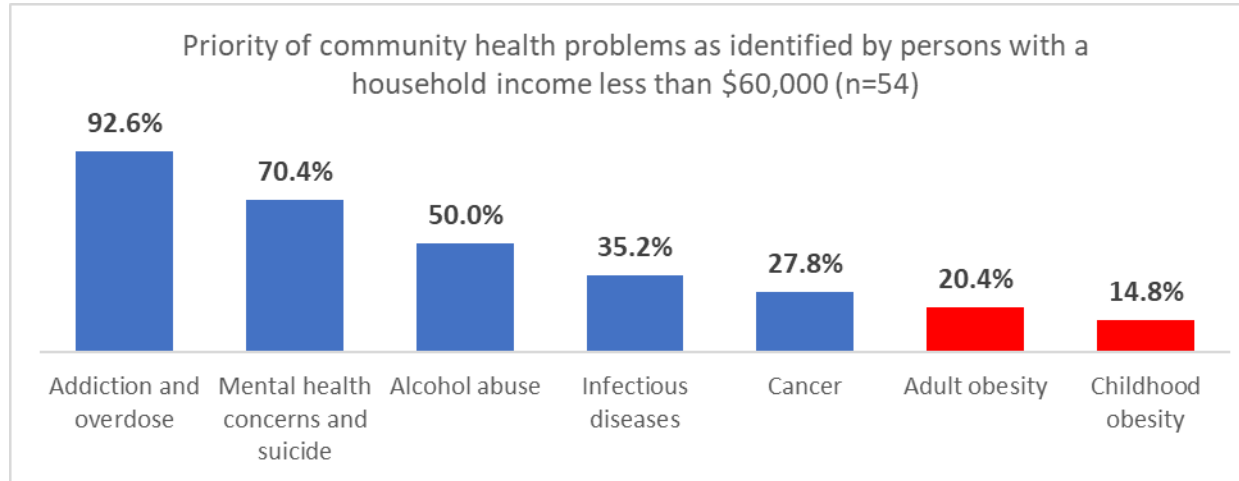
Inferential Data | Chronic Disease



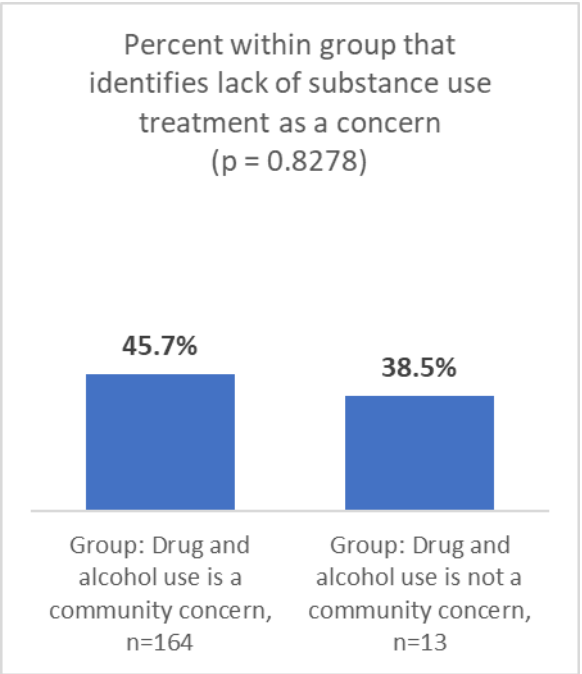
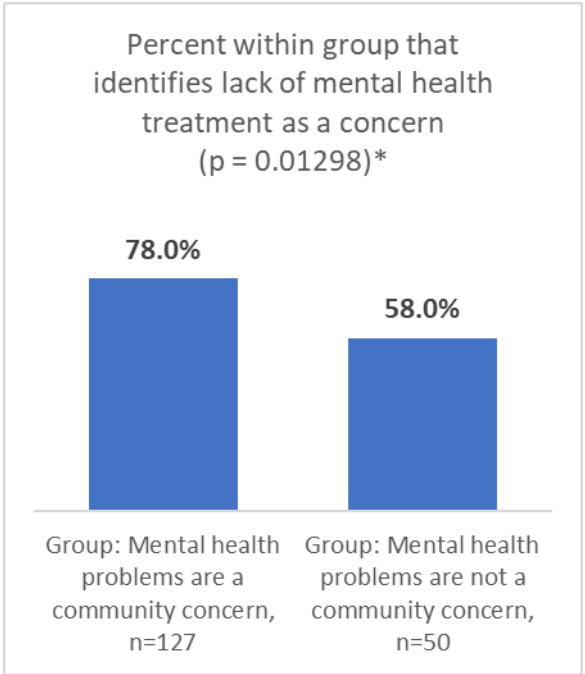
Inferential Data | Socioeconomic Status



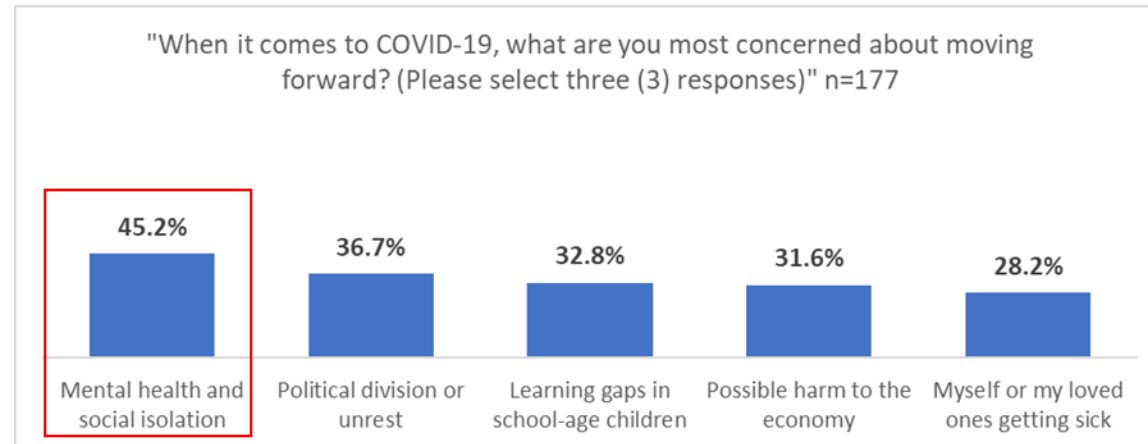
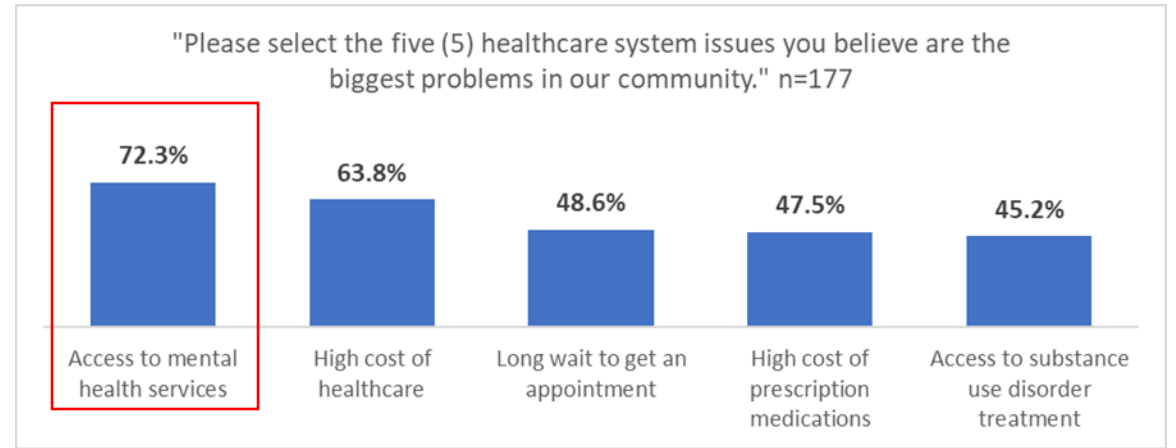
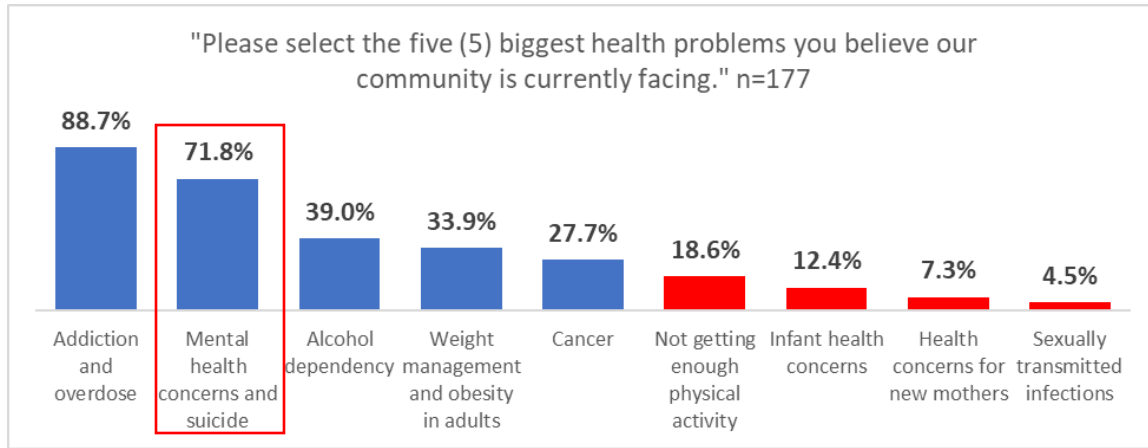
Inferential Data | Socioeconomic Status



Inferential Data | Mental Health



Inferential Data | Mental Health



Health Education | Opportunities



Health Education | Vaping

MYTHS AND FACTS ABOUT VAPING

Oswego County Health Department
January 2020

- Original presentation from the Upstate New York Poison Center
- Redesigned the presentation with CATCH My Breath
- Changed with feedback from students and teachers

1/12/2024



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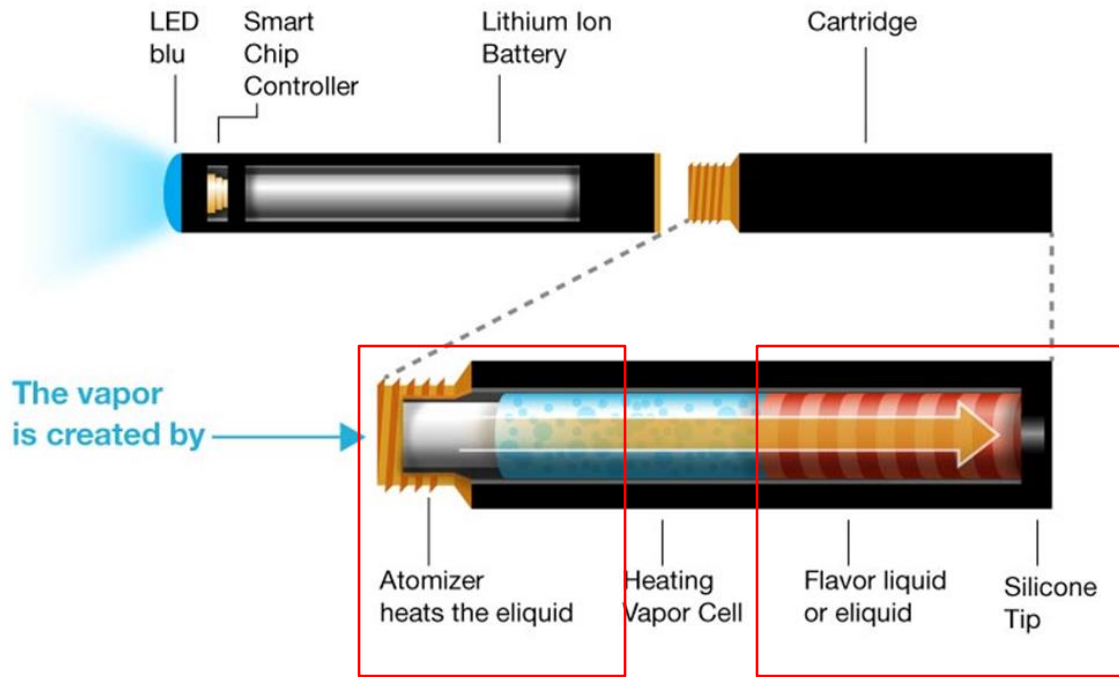


HEALTH DEPARTMENT
OSWEGO COUNTY

42.3%

65%



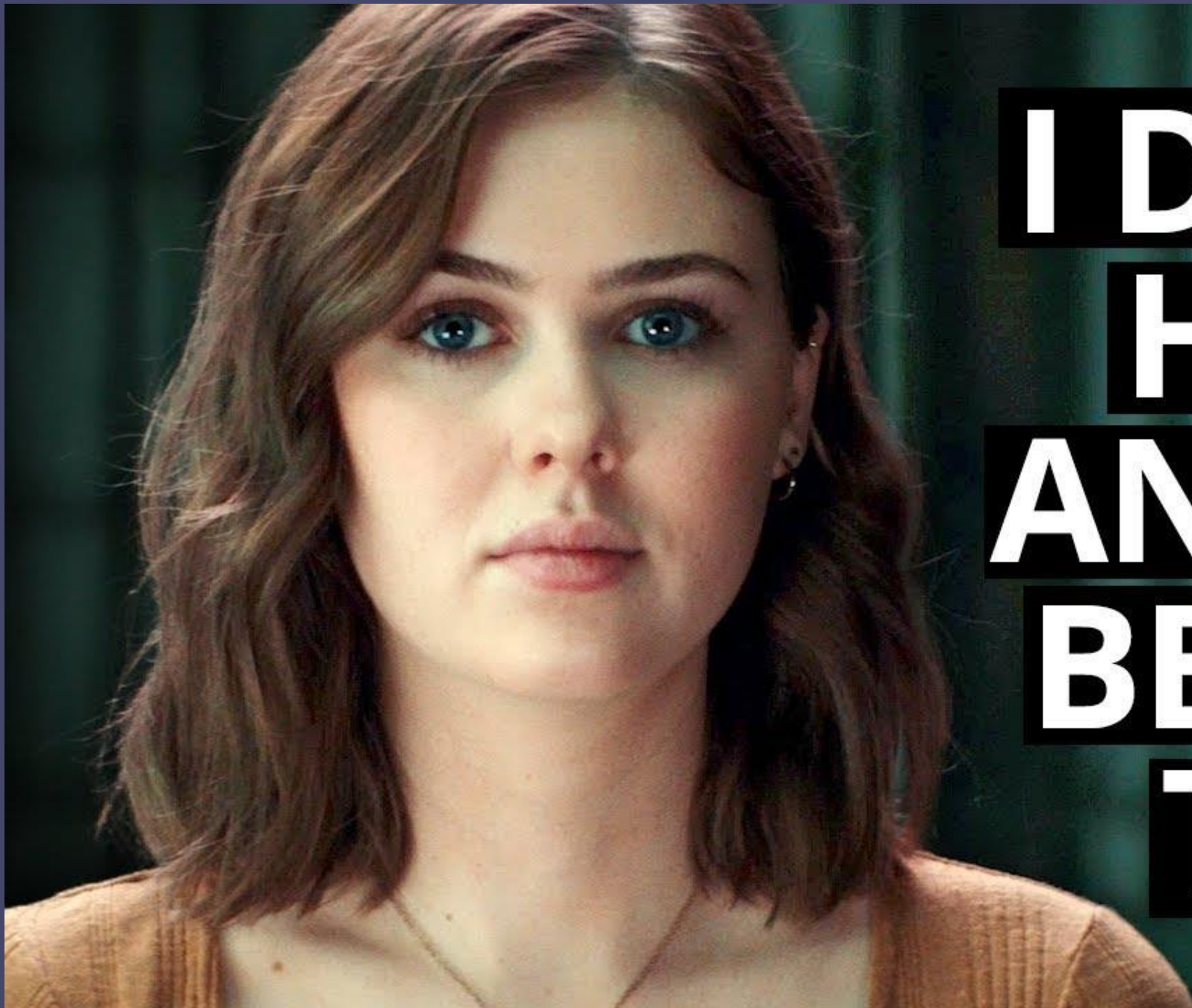


Each puff may also include:

- Formaldehyde
- Nickel
- Cadmium
- Tin
- Acrolein
- Lead



THERE'S NO SUCH THING AS A "HEALTHY VAPE"



**I DIDN'T
HAVE
ANXIETY
BEFORE
THIS**

Health Education | Vaping

Understand the Choice

In the left column, write "T" for statements you think are True and "F" for statements you think are False. If you don't know, take a guess! At the end of class, you'll do the same thing on the right.

Start of Session	True / False Statement	End of Session
	1. The "cloud" from an e-cigarette/vape is water vapor	
	2. Some e-cigarettes/vapes are safe	
	3. Most e-cigarettes/vapes contain nicotine, the addictive chemical found in other tobacco products	
	4. You have to be at least 18 years old to buy or use tobacco products	
	5. Nicotine harms healthy growth and development of the brain	
	6. Fruit, mint, and candy flavored e-cigarettes/vapes are less dangerous than tobacco flavored e-cigarettes/vapes	
	7. You can't get addicted to nicotine unless you use it every day	
	8. If I had a friend or family member who wanted to quit vaping, I know where I could go to get help	
	9. If I was offered a vape at a party or hangout and didn't want to use it, I know how I would say "No"	

How much did you learn from this presentation? (Circle one)

I didn't learn anything new
 I learned some new things
 I learned a lot of new things

A reminder that this survey is completely **ANONYMOUS** and cannot be tied back to you... Do you think you would try vaping?

I would never try vaping
 If my friends were doing it, I might try it
 I don't think it's that bad for me, so I might try it
 I already vape and I don't plan to stop
 I already vape and I would like to stop

Understand the Choice

In the left column, write "T" for statements you think are True and "F" for statements you think are False. If you don't know, take a guess! At the end of class, you'll do the same thing on the right.

Start of Session	True / False Statement	End of Session
T	1. The "cloud" from an e-cigarette/vape is water vapor	F
F	2. Some e-cigarettes/vapes are safe	F
F	3. You have to be at least 18 years old to buy or use tobacco products	Sometimes 21?
F	4. You can't get addicted to nicotine unless you use it every day	F
T	5. If I had a friend or family member who wanted to quit vaping, I know where I could go to get help	T

How much did you learn from this presentation? (Choose one)

I didn't learn anything new
 I learned some new things
 I learned a lot of new things

What part of the presentation do you think was **most important**?

The facts about what is actually in a vape because I actually thought it was water vapor and my parents are pretty strict on it and they even think its that.

What part of the presentation do you think was **least important**?

The sources, most of us at this age know that Google lies and we wouldn't look up things like that I'd hope.

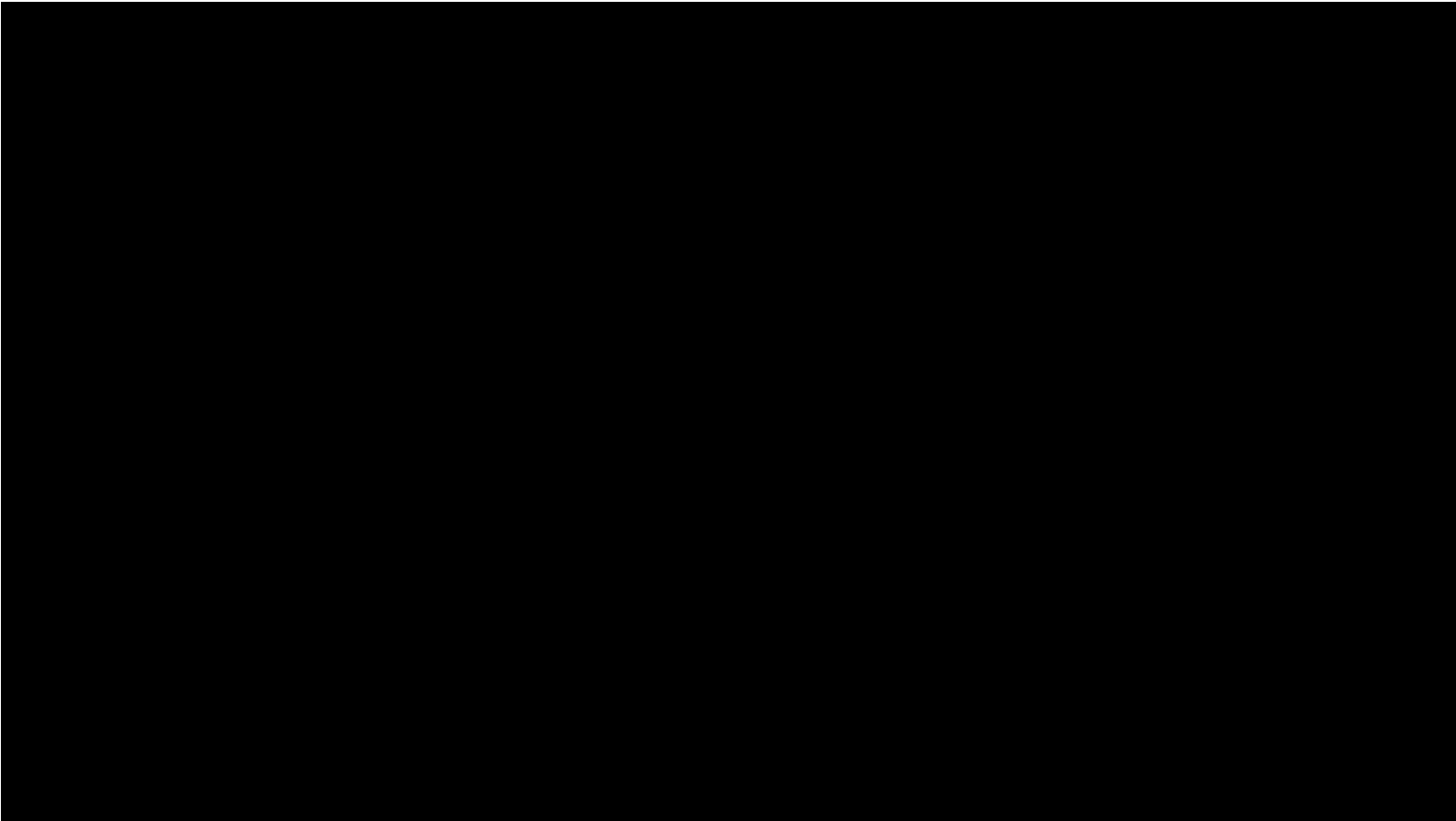
A reminder that this survey is completely **ANONYMOUS** and cannot be tied back to you... Do you think you would try vaping?

I would never try vaping
 If my friends were doing it, I might try it
 I don't think it's that bad for me, so I might try it
 I already vape and I don't plan to stop
 I already vape and I would like to stop
 I already vape and I feel like I can't stop

Mr Goodsell presented very well because as a student, he is the type of energy and person and realistic person that we really listen to.



Health Education | Mental Health





An Introduction to Suicide Prevention

IT'S REAL:
TEENS AND MENTAL HEALTH





American
Foundation
for Suicide
Prevention

MORE

THAN SAD

Suicide Prevention
Education for Teachers and
Other School Personnel

Health Education | Mental Health

- Vaping partners
- Word of mouth
- Sign-up form on our website

[HOME](#) > [DIVISIONS](#) > [HEALTH EDUCATION](#) > [REQUEST A HEALTH EDUCATION PRESENTATION](#)

Request A Health Education Presentation

The Oswego County Health Department has public health educators available to provide training and education. The topics below are a sample of programs available, if you are interested in a topic and don't see it, ask. We may be able to provide it or know someone who can. Please fill out the form below and someone will get back to you.

Request a Health Education Presentation

Name:*

Workplace / Organization / School District*

Contact phone number:

Contact email address:

I prefer to be contacted by:

Phone

Email

Please write the estimated number of participants:



Health Education | Mental Health

- “Start the Conversation”
- Listen to community feedback
- Understand that this is a sensitive issue that a lot of people are very passionate about



Demographic Information

- To date we have provided
 - Vaping presentations to 647 community members, including 600 students
 - Mental health presentations to 1,025 community members, including 411 students
- We have been receiving requests from repeat districts and some new teachers organically!



Mental Health on our Website

- Each Mental Health presentation is broken down into key demographics:
 - Age groups
 - Profession
 - Relationship (Parent, peer-to-peer, etc.)
- Mental Health Programs separate for SEO
 - More searchable on google, website.
 - Directives

Related Pages

Car Seat Program

Community Wide Programs

Health Related Data

Mental Health Programs

Hot Topics

Request a Health Education Presentation

HOME > DIVISIONS > HEALTH EDUCATION > MENTAL HEALTH PROGRAMS

Mental Health Programs In Oswego County

Start The Conversation

Mental Health is a critical component of overall health and well-being. It has become increasingly crucial that we pay attention to our mental health. Oswego County has the second highest number of people who reported having severe depression per 100K, in New York State, [130.40](#). Mental health issues can affect anyone, regardless of age, gender, ethnicity, or socioeconomic status, and they can have a significant impact on a person's quality of life. Unfortunately, mental health problems are often stigmatized, and people may be reluctant to seek help or talk openly about their experiences. By talking about mental health, we can break down these barriers and create a more supportive and understanding environment. It can help reduce stigma, encourage people to seek help when they need it, and promote a greater understanding of the challenges faced by those with mental health conditions. Listed below are some of the services and programs offered in Oswego County to start the conversation. If you would like to request a presentation on mental health by a public health educator, click [here](#).

Programs For Students

Erika's Lighthouse



Mental Health on our Social Media

- Each presentation encourages partners and participants to share on social media for cross promotion.
- Cross promotion used to advertise availability of programs to public through word of mouth, increasing audience reach.
- Normalizes talking about Mental Health with consistent posts.



Mental Health

The Oswego County Trauma Informed Collaborative (OCTIC) was formed in 2018 by 19 different agencies, including the OCHD. Trainings and presentations on how to provide trauma-informed care were based on the Trauma and Trauma Informed Care at the University of Buffalo School of Social Work and Buffalo Center for Social Research.

All meetings, trainings, and presentations from OCTIC were paused due to COVID-19 in 2020. This effectively disbanded OCTIC.

In 2022, OCTIC was rebuilt to now include 22 different agencies, some returning and some new.

- Preventive
 - Maternal Child Health
 - Healthy Families
 - Communicable Disease
 - Lead Poisoning Prevention
 - Sexual and Reproductive Health
 - Trauma-Informed Collaborative
 - Immunization Clinics
 - Safe Sleep
 - Oswego County Child Fatality Resource Center

Creating A Trauma Resilient Community



Vision: Create a Trauma Resilient Community.

Mission: Raise awareness on the impact of trauma and promote trauma-informed practices in Oswego County.

Recognizing the impact of trauma on health and social outcomes, the health departments [Healthy Families](#) team focused efforts on obtaining funding to bring training on trauma-informed care to Oswego County. The agency applied to the [Health Foundation of Western and Central New York](#) for funding supporting trauma work to improve maternal and child health outcomes. In conjunction, [Integrated Community Planning of Oswego County, Inc.](#) presented the opportunity to further expand the reach of the project in Oswego County. Through this partnership, the **Oswego County Trauma Informed Collaborative** was born. In September 2018, 28 individuals from 19 different agencies and organizations began a learning collaborative, facilitated by the Institute on Trauma and Trauma Informed Care at the University of Buffalo School of Social Work and Buffalo Center for Social Research. Champion training led to the development of a cross sector collaboration of key-stakeholders, invested in providing education on the impact of trauma and promoting trauma-informed practices and approaches in Oswego County, with a vision of creating a trauma resilient community.

Contact the OCTIC

Contact us for more information on Trauma Informed resources, trainings, or for more information about OCTIC meetings and initiatives.



Mental Health

OCTIC received an update and overhaul to include COVID-19 related traumas in their training, presentations, and resources.

In October 2023, OCTIC held their first event since reforming.

Partnering with SUNY Oswego's Counseling Services, the documentary film "Resilience" was shown with 6 panelists from experts from DSS, school representatives, law enforcement, and healthcare.

This event was used to promote and kick off a series of new trainings now available for free, with updated resources and data included for the public.

Introducing Our Panelist

Rob Wells is a Sergeant with the Oswego County Sheriff's Office and currently sits on the OCTIC collaborative. He is currently a Road Patrol Sergeant and Certified Peer Support member.

Rob Wells
Sergeant with Oswego County Sheriff's Office

“Trauma Informed Care is the process and knowledge to actively avoid re-traumatization.”

Introducing Our Panelist

Geri Geitner has over 25 years of experience as an educator, and prior to becoming a school administrator, worked as a school social worker. She also serves as an adjunct professor of educational leadership and has facilitated professional development on trauma responsive practices, social emotional learning and restorative practices. Geri is a native of Fulton, NY and attended school K-12 in the Fulton City School District where she currently serves as the Deputy Superintendent.

Geri Geitner (She/Her)
Deputy Superintendent,
Fulton City School District

“It is critically important that community members and educators understand the impact of trauma on child development, not so we focus solely on the harm that has occurred, but so we can foster the resilience that will help our children and community heal and thrive.”

FREE TRAUMA-INFORMED TRAINING OFFERING

counseling services **octic**
Oswego County Trauma Informed Collaborative

The Oswego County Trauma Informed Collaborative (OCTIC) will be hosting a screening of the 2016 documentary "Resilience" followed by a discussion panel with local mental health and social work experts.

"Resilience" is an engrossing study of how adverse childhood experiences (ACEs) can be linked to destructive behavior and medical diseases and details the growing movement to treat and prevent toxic stress.

After the panel discussion, participants will be able to schedule a training session with OCTIC on how to provide trauma-informed practices within the workplace.

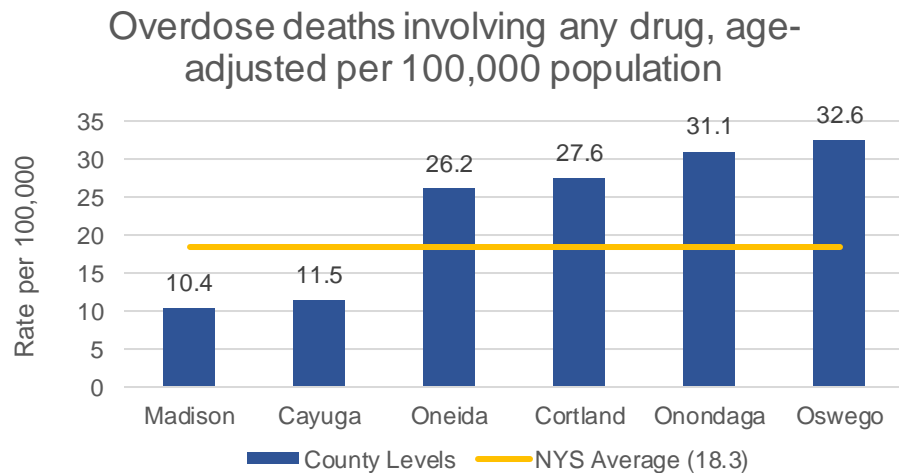
Scan to register or visit tinyurl.com/OCTICScreening

October 17th 1:30 PM - 4:00 PM
Cost: FREE
SUNY Oswego Marano Campus
Center Room 114, Parking Lot E18
For more information, call 315.349.3497 or visit health-oswegocounty.com

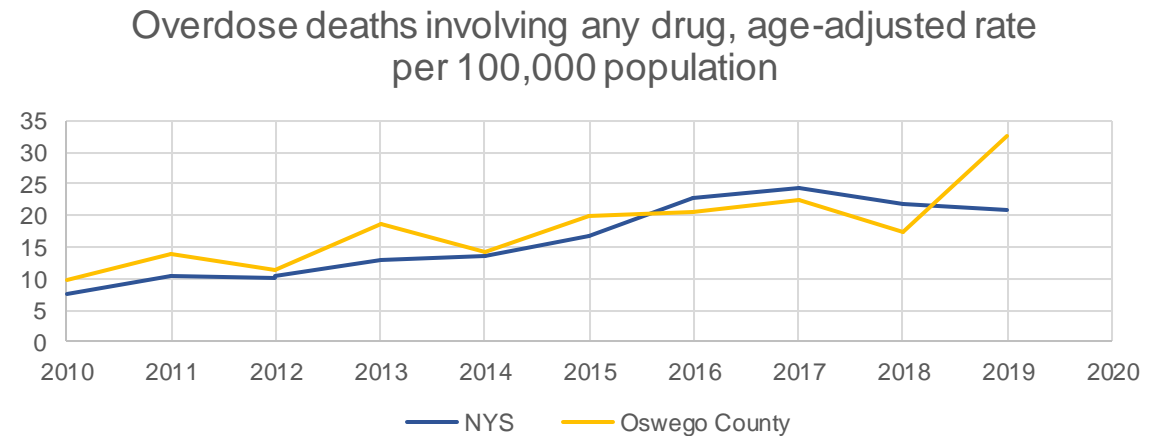
Overdose Prevention

Community Health Priority: Addiction and Overdose

- The age-adjusted rate of overdose deaths involving any drug is 32.6 per 100,000 population.



Source: NYS Overdose Data Dashboard

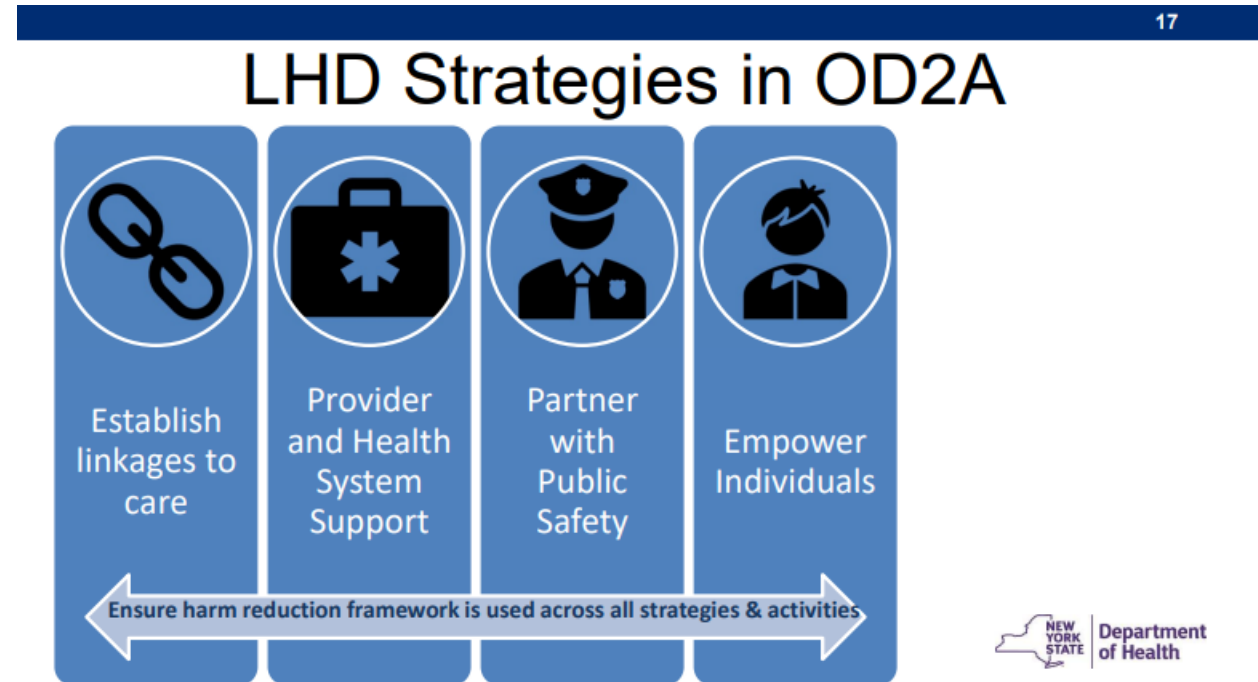


Source: NYS Opioid Overdose Dashboard



Overdose Prevention

- Overdose Data to Action



Collaboration in Overdose Prevention



Opioid Overdose Prevention Program

Trainings conducted at community events, academic settings, restaurants, healthcare offices and social clubs.

Distributed over 500 units of naloxone

Signs of an Overdose

1. Unresponsive
2. Blue around lips*
3. Eyes with pinpoint pupils
4. Nail beds lose pink color*
5. Breathing is not normal
6. Your gut tells you "This is an overdose"

*May be harder to detect on individuals with darker skin

Overdose Risk Factors

- Reduced tolerance ++
- Mixing different drugs ++
- Using alone ++
- Risk of Fentanyl in drug supply ++
- Injecting a drug verses other methods of use

Public Health and Safety Team

April 2023

Oversight of OFR

4 jurisdictions law enforcement

Treatment and Recovery Services

Health system

EMS

Education

Coroner's Office

Social Services

Mental Hygiene

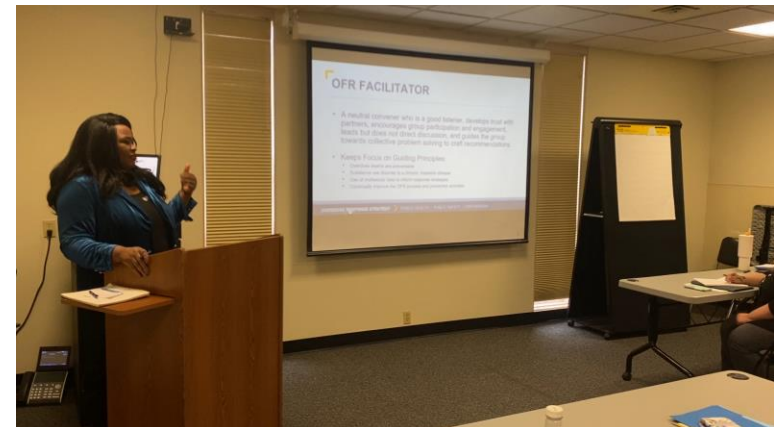
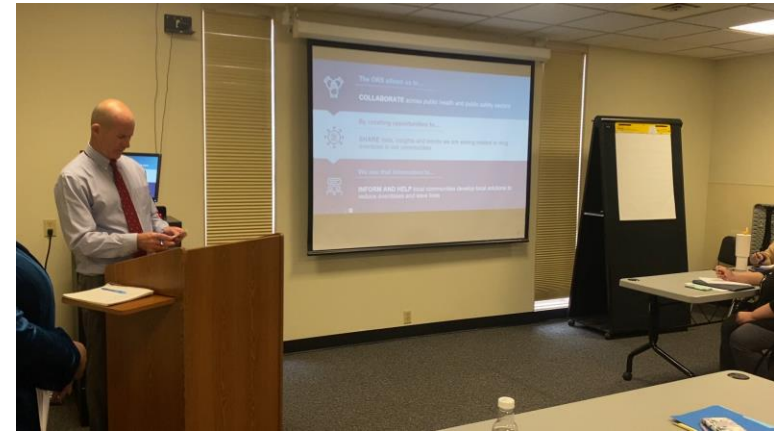
Veterans Services



Overdose Fatality Review Team

Co-chaired by OCHD and Coroner

Coordinator and data manager housed within the health department



Harm Reduction & Awareness Public Event

Partnered with HIDTA to host author and speaker Matt Griffin.

Special guest speaker included Deanna Axe, a local activist who spoke on personal experiences of losing someone to overdose.

Separate viewing open to police force and first responders.

"THERE'S LIGHT AT THE END OF THE TUNNEL."

FIGHTING FENTANYL: TRAUMA & SUICIDE AWARENESS



Fentanyl is quickly becoming one of the most dangerous and challenging drug-related threats to communities and law enforcement officials across the United States. Matt Griffin is a six-year US Navy veteran and 15-year law enforcement veteran specializing in narcotic-related investigations.

Today Griffin is a national speaker, mentor and consultant who wants to change the culture around mental health and police, members of the military, Emergency Services, and Fire Fighters.

Learn why Fentanyl is on the rise, current Fentanyl trends, symptoms of exposure and how to spread recognition and awareness.

Following Griffin will be a speech from Deanna Axe of Syracuse, NY. Axe has spoken publicly about the dangers of heroin and the epidemic's devastating effects since the passing of her daughter, Morgan Axe in 2015.

**PRESENTED BY
BEST SELLING AUTHOR**
Matt Griffin

**FULTON HIGH SCHOOL
AUDITORIUM**
6 William Gillard Dr. Fulton, NY 13069

MAY 31, 2023 | **1PM - 3:30PM**
Session for health and human services providers.

MAY 31, 2023 | **6PM- 8:30PM**
Session for community and parents.



**HEALTH DEPARTMENT
OSWEGO COUNTY**

**HEALTH DEPARTMENT
OSWEGO COUNTY**

The OCHD website includes a Naloxone (Narcan) Training request form to make the training more accessible to residents.

As of November 2023, the OCHD has completed 35 Narcan Trainings for the 2023 year.

Each Narcan Training participant receives their own Overdose Response Kit with two doses of Narcan and instructions.

Related Pages

Naloxone (Narcan) Training

Fentanyl & Xylazine Test Strips

Additional Harm Reduction Resources

HOME > PROGRAMS & SERVICES > OVERDOSE PREVENTION > NALOXONE (NARCAN) TRAINING

Naloxone (Narcan) Training

Naloxone (Narcan) Training

Naloxone (Narcan) is a lifesaving medication that can reverse the effects of an overdose. Naloxone is given as a spray up the nose, and we encourage anyone that uses drugs, lives with someone who uses drugs, or knows anyone that uses drugs to get trained. The training is short and flexible, to fit your schedule, and the naloxone itself is free! Fill out the form below to request a training; we will contact you by phone or email to schedule!


Request FREE Naloxone (Narcan) Training

Who are you requesting the training for?*

Myself

What is a good phone number where we can contact you about scheduling? (Please write N/A if you would prefer not to answer)*

What is a good email address where we can contact you about scheduling? (Please write N/A if you would prefer not to answer)*

I'm not a robot  reCAPTCHA
Privacy Terms

SUBMIT



The OCHD website also includes a Fentanyl & Xylazine Test Strips request form to promote harm reduction.

As of November 2023, the OCHD has mailed 150 Fentanyl test strips.

Related Pages

Naloxone (Narcan)
Training

Fentanyl & Xylazine Test
Strips

Additional Harm
Reduction Resources

HOME > PROGRAMS & SERVICES > OVERDOSE PREVENTION > FENTANYL & XYLAZINE TEST STRIPS

Fentanyl & Xylazine Test Strips

[REQUEST MAIL-ORDER FENTANYL AND/OR XYLAZINE TEST STRIPS HERE](#)

Fentanyl and Fentanyl Testing Strips

Synthetic fentanyl is an incredibly dangerous opioid that is 50-100x more potent than morphine. It only takes an amount the size of three grains of salt to cause a lethal overdose. Fentanyl is being added to many drugs (including non-opioids) to make them more powerful and addictive, often without the end user's knowledge. Fentanyl test strips will indicate if there is fentanyl in your drugs to reduce the risk of overdose.

For how to use fentanyl test strips:



Or check out [this document](#)

Future Projects

and what we learned.

Future Projects – Mental Health

- Expand Suicide/Death Data
- Post-partum Mental Health Resources
- Continue rebuilding OCTIC



Future Projects – Overdose Prevention

- Post-overdose response team
- Overdose education and naloxone distribution for jail



Other Future Projects

- Continue rebuilding partnerships/relationships with members of the community.
 - National Public Health Week led to creation of Event Planning Committee.
 - Lead to partnerships with other community organizers, other local government departments, and private organizations.
 - Mental Health Art Show with High School and College students.

Other Future Projects

- **Streamlining communications for emergency use.**
 - Annual Press Release Schedule
 - Social Media Ready-to-Use Templates
 - Rehaul of OCHD Website
 - Advertising to increase presence & awareness of services

Other Future Projects

- **Epidemiology**

- To identify and do our best to address social determinants of health
 - Improve accessibility of data with literacy/numeracy in mind
- Data collaborative with local partners, using a lot of existing connections from health education and overdose prevention programs
- Using access to death certificate data to identify disease burden and population health disparities
- Building new methods of data collection for challenging areas
 - Mental health indicators
 - Non-reportable communicable diseases
 - Defining measurable outcomes to evaluate Health Education programs



Thank you, any questions?



Connect with Us

- **Matthew Goodsell**
Communicable Disease Epidemiologist
Matthew.Goodsell@oswegocounty.com
315-349-8655
- **Meghan Tice**
Health Education Epidemiologist
Meghan.Tice@oswegocounty.com
315-349-3598
- **Hilary Wilton**
Public Information Specialist
Hilary.Wilton@oswegocounty.com
315-349-3497
- **William Beaudry**
NYSPCH Fellows Oswego County Coordinator
William.Beaudry@oswegocounty.com
315-349-8273

