

HEALTH NEWS YOU CAN USE

THE OFFICIAL NEWSLETTER OF PUBLIC HEALTH SAUK COUNTY



A Foreword from Public Health Sauk County

SOCIAL DETERMINANTS OF HEALTH

Neighborhood & Built Environment

What does housing and where you live have to do with health? More than you might think. Where you live can determine your health—that's why it is called a social determinant of health (SDOH).

Some places may put people's health and safety at risk, like those with vermin, mold, water leaks, and heating or cooling systems that may not work properly.

Overcrowding (meaning more than 2 people living in the same bedroom) can also be bad for your health. Overcrowding may affect mental health, stress levels, relationships, and sleep, and it may increase the risk of disease.

How much you spend on housing is also important. Those that spend 30% or more of their paycheck on housing are "cost-burdened"—meaning they may not have enough money left over to afford everyday expenses.

Join us in our efforts to improve housing in Sauk County.



Home is where the health is

Listed as one of the social determinants of health by the Centers for Disease Control and Prevention (CDC), a lack of housing can have a major impact on people's health, well-being, and quality of life.



Affordability is key

28% of households in Sauk County spend 30% of their income on housing costs.



Behind closed doors

"My community has enough safe and affordable housing" was the worst performing indicator on Sauk County's 2021 Community Health Needs Assessment survey.



Won't you be my neighbor?

Join us in our efforts to make housing more affordable and secure in Sauk County.

Contact Jodie Molitor at 608-355-4315 or jodie.molitor@saukcountywi.gov.

Sauk County Response Teams

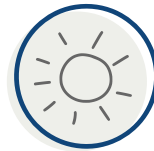


What are Sauk County Response Teams?

In Sauk County, if you are seen by EMS for anything substance use-related (drinking too much or an accidental or intentional overdose, for example), you receive a follow-up visit from Response Teams.

A collaboration between Public Health Sauk County, WisHope, and local EMS agencies, Response Teams are composed of EMS and a WisHope Peer Recovery Coach.

The Teams make in-home or in-facility visit attempts to streamline a connection to substance use disorder treatment, harm reduction, and other needed services.



Resources Provided in 2022

35 Narcan kits

8 harm reduction education kits

6 fentanyl test strip kits

Unused needles and other supplies



Warm hand-offs in 2022

10 to treatment, including upon release from jail

10 to continued services with Peer Recovery Coaches

Withdrawal medication advocacy health and mental health care appointments, food assistance, health insurance, housing, and more. *(Continued...)*

Sauk County Response Teams

Linda's Story*

When Response Teams met Linda after an overdose, she was in need of financial, medical, and mental health services. The first step was to enroll her in peer support, Medicaid and FoodShare. Next, help Linda connect to psychiatry, psychotherapy and primary care. Soon after, Linda found she was pregnant, so Teams made a warm handoff to Public Health's Nurse Family Partnership, an intensive home visiting program for first-time, at-risk moms.

Unfortunately, Linda miscarried, but she was able to process this trauma with her therapist. Now ready to work, Linda went with her Peer Recovery Coach to get a new ID and social security card, and then to the Job Center, where she created a resume and applied for employment. Six months after meeting Response Teams, Linda is employed and in active recovery, seeing a therapist regularly.

**Not her real name*

Program Contact

Sara Jesse, Public Health Sauk County: 608-355-4308
Sara.Jesse@saukcountywi.gov



Tom's Story*

When Response Teams knocked on Tom's door, he had many unaddressed medical needs. He was in the depths of a severe, multi-year cycle of depression and anxiety and was using drugs to self-medicate. On the verge of homelessness, Tom had not been able to keep his previous job due to his disabling mental health and medical conditions. Response Teams helped him get his life back on track.

After signing up for Medicaid and FoodShare, Tom was connected to mental health services, comfort meds for opiate withdrawal, and Medication Assisted Treatment (MAT) for substance use disorder. Thanks to the support he received, Tom's mental health has stabilized, and he is applying for disability benefits with the help of his Peer Recovery Coach and the Aging and Disability Resources Center.

**Not his real name*

Breastfeeding is Beautiful



Welcoming a little one can be exciting and exhausting, all at the same time. Whether you choose to breastfeed exclusively or not, know that every ounce of breastmilk you give your baby is a wonderful gift that helps with his or her growth and development. The benefits will last a lifetime.

Breastfeeding Benefits

Helps baby grow and develop.

Breastfeeding is the best source of nutrition for most babies.

Feed baby anytime, anywhere.

Moms can feed their babies on the go without worrying about having to mix formula or prep bottles.

Good for mom, too!

Some cancers, type 2 diabetes, and high blood pressure are less common among women who breastfeed.

Dear Dad... you play an important role, too!

Help take care of baby.

You can soothe, bathe, change, dress, cuddle, and burp your baby to give mom time to rest.

Be encouraging.

Keep your partner company during feedings and make sure that she has plenty to eat and drink.

Defend your choice.

Not everyone will understand your and your partner's decision to breastfeed. You can be the first line of defense against negative comments and anyone who tries to discourage your partner from breastfeeding.

Equity Corner: Pool Party

Imagine being invited to a pool party in the summer.

You love to swim, cool off, and splash around, but the pool is wide and very deep.

EQUALITY

In this example, everyone has equal access to the same swimming pool. However, not everyone has the same opportunity to enjoy the swimming pool because they may not be strong swimmers.

EQUITY

By providing supports for all swimmers (like a ladder and floaties), everyone has a chance to enjoy the pool with what works best for them.

WHAT THIS MEANS FOR HEALTH

Moving towards health equity means that we value everyone in our community and we are constantly working towards removing barriers to health.

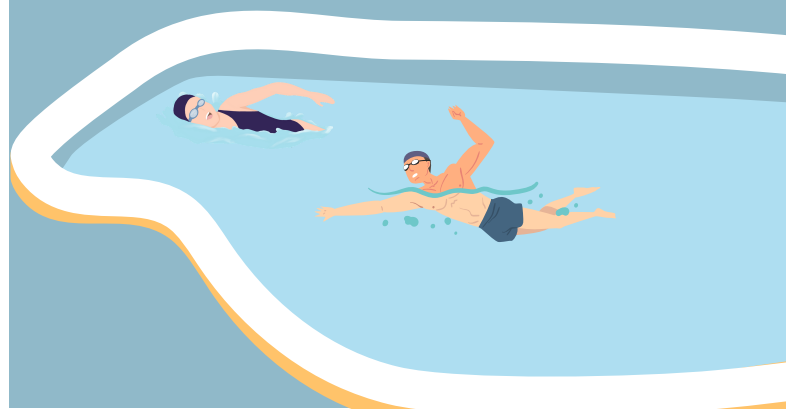
This means helping people get the resources they need, including healthy foods, social support, health insurance, safe housing, and dental care (to name a few).

When these barriers are removed, everyone will have a better chance of living their healthiest life.

EQUITY



EQUALITY



NEED URGENT RESOURCES?

24 Hour Crisis



211 Wisconsin (Dial 2-1-1)

Hope House of South Central Wisconsin
(Domestic Violence & Sexual Assault Help)
(608) 356-9123

National Suicide Prevention Lifeline
Dial 988

Sauk County Crisis Line
1-800-533-5692

Aging & Disability

Sauk County Aging & Disability
Resource Center
608-355-3289 OR 1-800-482-3710



VARC, Inc
608-524-3716

Clothing

St. Vincent de Paul
608-356-4649

Living Hope Church
608-356-7979

Families in Transition Support Program
608-253-6405



Utilities

Emergency Assistance
608-448-3814

Energy Services for Sauk
608-356- 8887

Wisconsin Home Energy Assistance
Program (WHEAP)
1-866-432-8947



Vaccine Resources

Call 1-800-232-0233
TTY 1-888-720-7489



Veteran's Services

Veteran's Service Office
608-355-3260

VA Baraboo Outpatient Clinic
608-356-9318



Food

Beyond Blessed Food Pantry
(608)844-0052

Central Wisconsin Community Action
Council
608-697-4612

Feeding Wisconsin/FoodShare
1-877-366-3635

Second Harvest Foodbank of Southern
Wisconsin
(608) 223-9121



Health & Well-Being

House of Wellness
(608) 355-1240

Worksite Wellness Center
608-768-3333

Family Planning Health Services
1-800-246-5743



Infant & Children

Sauk County Head Start/ Family Resource
Center
608-356-3328

Public Health Sauk County
(608) 355-3290



Shelter

Baraboo Area Homeless Shelter
(608) 355-4812

Central Wisconsin Community Action
Council
608-254-8353

Sauk County Housing Authority
(608) 356-3986





**PUBLIC HEALTH
SAUK COUNTY
WISCONSIN**

Together we thrive

608-355-3290 | co.sauk.wi.us/publichealth

505 Broadway, Suite 372, Baraboo, WI 53913