Community Health Education & Outreach

PRESENTATION MENU

Supporting the health, safety and well-being of all community members, schools, businesses and organizations.
Public Health Services

Public Health 101: The invisible health care field

(Senior High & Adults) - 1 hour presentation

This class reviews the various functions and services the local public health department provides. Learn about the science of protecting and improving the health of families and communities through promotion of healthy lifestyles, research for disease, injury prevention & detection and control of infectious disease.

Million Hearts Initiative: An Overview of Heart Health Fundamentals & Resources

(Adults or Community) - 1 hour presentation

The Million Hearts® Initiative was launched by the Centers for Disease Control (CDC) and the Centers for Medicare and Medicaid Services (CMS) in an effort to address the number one cause of death in our nation, state and in St. Clair County. This presentation provides a broad overview of the initiative and the many resources, guides and tools available to assist professionals from various backgrounds, community groups and individuals in an effort to prevent one million heart attacks by 2017.

Also, a review of basic heart anatomy and physiology is provided to assist those without medical backgrounds to understand what occurs during a heart attack and stroke and how to reduce the risk of heart disease and stroke.

Healthy Lifestyles

Heart Health Series

Each heart health session may serve as a standalone presentation or may be presented as a series. Take them all or select a few - it’s up to you!

Blood Pressure & Cholesterol

(Adults or Community) - 1 hour presentation

Do you know your heart numbers? High blood pressure is known as the "silent killer" and high cholesterol can contribute to high blood pressure, heart disease and stroke - so get informed! Learn the basic concepts of these health conditions; identify your risk factors and what you can do about them.
Stress & Exercise

(Adults, Community or Professional Staff) - 1 hour presentation

We all have stress in our lives, but how we handle it can mean the difference between wellness and illness. Stress can have a huge impact on our health and happiness, so this class uses a bit of humor to make learning about this serous topic more fun!

Conquer the all too common barriers to getting and staying healthy! This class will inspire you to add exercise and healthy behaviors into everyday life so you can regain balance—at home and on the job.

*Also includes helpful resources to help smokers quit.

Taking Control of Your Health

(Adults, Community or Professional Staff) - 1 hour presentation

This session addresses the common attitudes and beliefs that contribute to the lack of patient involvement in their healthcare. Taking control of your health requires you to balance all areas of your health and to do that, will require developing a good partnership not just a relationship with your doctor.

Learn about the Wellness Wheel to help you balance the many areas of health and life. Learn prevention techniques that will help you expect the unexpected, get organized and make the best of your doctor’s visits.

Healthy Living:
For You-For Your Family

(Adults/Parents) - 1 hour presentation

Striving to live a healthy lifestyle is easier said than done, but don’t let fast-paced schedules drive your lifetime choices. Learn how you and your family can enjoy your journey to health as St. Clair County Health Department’s Health Education division shares easy, fun, kid-friendly strategies to help you succeed.

Lifestyles

(Junior & Senior High) - Four to six (1) hour sessions

The program’s holistic approach teaches that everything we eat, drink, breathe and participate in impacts our health. Lifestyles empowers today’s teens to identify individual strengths, weaknesses and barriers to change. The program supports reasonable goal setting skills utilizing University of Michigan’s Shield of Strength and Worksheet for Change. Lifestyles helps youth incorporate healthy nutrition, exercise, stress management skills and overall healthier choices into everyday life.
The Virtual Shopping Tour
(Shoppers of All Ages) - 1 hour presentation

Striving to live a healthy lifestyle on a budget is easier said than done, but don’t let pricey times drive your health choices at the grocery store. Learn strategies to help you plan and select healthy, yet affordable meals aisle by aisle as you take a tour through the virtual grocery store!

The Road to a Healthier You-On a Budget
(Adolescents & Adults) - 1 hour presentation

Striving to live a healthy lifestyle on a budget is easier said than done, but don’t let pricey times drive your health choices. Learn how to make healthy, yet affordable choices and receive tips on meal planning, grocery shopping & even how to extend the life of fresh produce & perishables.

Healthy Families
Lead
(Parents & Caregivers) - 1 hour presentation

Lead is a serious health threat which can, if left undetected, cause learning disabilities, impaired visual and motor functioning, stunted growth, behavioral problems, chronic renal disease, adverse neurological effects and hearing loss. Learn about lead exposures, prevention strategies, testing and treatment.

Safe Sleep:
Back to Sleep & Sudden Unexpected Infant Death
(Parents & Caregivers) - 1 hour presentation

Sleep is not only essential to your health & safety, but also important to the health and safety of those around you! Develop strategies to help you tackle those “sleep robbers” of life, such as shift work, jet lag and parenting! Learn sleep hygiene tips that may help you or someone you love be rested, look, feel and live better!

Unsafe sleep can lead to Sudden Unexpected Infant Death(SUID). In Michigan, sleep related infant death is the leading cause of death among infants less than 1 year of age. Learn the ABC’s of Safe Sleep and why they are important.

Ready to Learn-
Tips for Busy Parents
(Parents & Caregivers) - 1 hour presentation

Every parent wants their child to be successful in school, so taking a closer look at what children need before they are able to learn helps parents focus their time on what really counts. Receive tips on how to create an atmosphere that will inspire and empower your child to take on responsibilities at school and at home-making parenting a lot easier and much more rewarding!
Prevention & Management

Common Childhood Diseases: An Overview

(Parents, Caregivers, Students & Professionals) - 1 hour presentation

This class is a must for early childhood employees! Review the clinical presentations, signs and symptoms of common childhood illnesses, their modes of transmission and prevention such as hand-washing, cough etiquette and vaccination against vaccine preventable illnesses. Learn the difference between a cold, the flu and when to exclude a child from school or daycare.

L.E.A.D.S.:
Linking Education and Awareness of Depression and Suicide

(Senior High) - Three (1) hour presentations

The future depends on today’s youth, so keeping them healthy and safe is a top priority. Suicide is the 2nd leading cause of death among 15-24 year olds and depression is the greatest risk for it. This evidence-based program for high school youth includes information about depression and suicide and is designed to help students identify risk factors, early signs and symptoms and what to do about it.

Blood Borne Pathogen Training for the Medical & General Workforce: Protect yourself while on the job

(Employees with Risk of Exposures) - 1 ½ hour training - certificate provided upon course completion

Learn about blood borne pathogens (BBP), the diseases they cause, symptoms, how they are spread and what you can do to prevent them. This class satisfies the requirements for high risk of exposure to BBP. Test and certificate are included.

Sexually Transmitted Infections- Think about them now or worry about them later

(Junior, Senior High & Adults) - 1 hour presentation

Learn how to prevent and protect yourself from Sexually Transmitted Infections (STIs), HIV, Hepatitis, lice and other fungal and parasitic infections/infestations. This course covers the most commonly occurring communicable infections, how they are spread and reviews personal and intimate behaviors and environmental considerations that increase risk of infection. Risk reduction and prevention options are reviewed.
Allergies & Asthma: what schools should know

(Caregivers & Professional Staff) - 1 hour presentation

No one expects an emergency, but should always be prepared for one. Help students identify and avoid triggers, follow action plans and prevent allergic reactions by learning about the signs and symptoms of allergic reactions, asthma attacks and anaphylaxis emergencies. This class also provides hands on practice using an epinephrine auto-injector.

Asthma 101: Take action, take control:

(Caregivers & Professional Staff) - 1 hour presentation

Learn the basic steps and actions necessary to keep asthma controlled. No one expects an emergency, but should always be prepared for one. Learn about peak flow monitoring, asthma action plans, triggers, allergic reactions, asthma attacks and anaphylaxis emergencies. This class provides many visual props and hands on practice using an epinephrine auto-injector.

Second Chance Naloxone Program

(Adults age 18 and up) 1-1.5 hour presentation

A free confidential Naloxone rescue kit training and distribution program for those who use opioids or family/friends of users. Monthly trainings are available onsite at the Health Department. Offsite community trainings are also available.

What You Should Know About Prescription and Opiate Abuse

(Adults/Parents & Professional Staff) - 1 hour presentation

Prescription drugs are an area of concern nationwide. In this presentation, we discuss how prescription drug abuse came to be, why it’s a major concern in our county, what the Health Department and community agencies are trying to do about it. Learn what you can do in your own home and life to decrease, safely store and dispose of prescription drugs and where to find help if needed.
Taking Care of Yourself: Tips on how to talk to your doctor

(Senior High & Young Adults)

Many people do not establish a relationship with their doctor and are uncertain how to access medical services until an illness, crisis or emergency occur causing financial, career, school or health related consequences. Prioritizing basic health care needs is presented as part of responsible, healthy living. Learn the importance of planning a healthy future by obtaining health insurance, a Primary Care Physician (PCP), preventive immunizations, screenings, exams and dental care. Receive tips on how to develop a better relationship.

Contraception 101: Family Planning

(Young Adults) - 1 hour presentation

One of the life’s most important decisions young men and women face is deciding which birth control /family planning method to use. Choosing the right option for you is crucial because not choosing means you are planning a family! Learn about the different types of birth control methods and devices, what they look like, how they work, how effective they are and where to go to receive confidential family planning services. This class will help you decide what choice is best for you so you can take control and responsibility of your health.

Hygiene: Family Feud Style

(Pre-puberty, Puberty & Up)

Learn about a sensitive topic while having fun! This unpopular subject has been rated “most popular” by students, parents, teachers and faculty alike. Learn the basics about communicable disease, infection prevention and the importance of personal healthy habits that promote improved social environments at work, school or play!

Now What? - The mandatory prerequisite to enlisting, enrolling or employment

(Senior High & Young Adults)

This presentation stresses preventive health care as a prerequisite to success. It discusses the importance of preventing illness, planning ahead and encourages anticipatory thinking to ensure success; because new hires and college students don’t get “sick” days!

Bed Bugs

or

Head Lice: Practical Prevention, Detection & Treatment

(Senior High, Adults & Professionals) - 1 hour presentation

These little critters can turn into big problems fast! Safeguard your family and your home against these uninvited guests by learning to prevent, identify and treat them early.
Healthy Relationships

Making connections: How to communicate better with youth

(Parents, Caregivers & Professionals) - 1 hour presentation

Talking to kids is not easy, especially during the teen years. Receive tips, tools, and best practices on how to build a healthy relationship with your child by looking at adolescent development, risk and protective factors, and a new technique called Motivational Interviewing. Learn what approaches work and which ones don’t. Take a look at life from a teen’s perspective and start building stronger, healthier relationships with the child in your life!

Safe Dates: An overview of an evidence based program to help youth make healthy relationship choices

(Parents, Caregivers & Professionals) - 1 hour presentation

Considering the Safe Dates Program for the young person in your life, but have questions about the curriculum? This presentation will provide a broad overview: review the sessions and program objectives that will help you decide if this program is for the teen in your life.

Safe Dates: An Adolescent Dating Abuse Prevention Curriculum

(Junior & Senior High) - Four to six (1) hour presentations

Safe Dates is an evidence-based curriculum that teaches teens to recognize the difference between caring, supportive, healthy relationships and controlling, manipulative, or abusive dating relationships. The interactive format uses case scenarios and role playing to not only recognize unhealthy relationships, but learn communication and conflict resolution skills that can be applied in everyday life to not only romantic, but any relationship.

Let’s Talk About Sex: The what, where, when & how to talk to youth about sex

(Parents, Caregivers & Professionals) - 1 hour presentation

This class incorporates a little life humor to help adults relate to today’s teen! Learn why it’s important to talk to the youth in your life about puberty, sex and relationships before and during the “wonder years.” The What & How you communicate with the child/teen in your life impacts the outcome and quality of future conversations. Learn various strategies that will help prepare you for those difficult conversations with youth at various ages and stages of life.
Additional Presentations Available Upon Request

Additional educational programming is available through various interagency contracts and/or agreements. For more information, please contact the Health Education Division at the St. Clair County Health Department at (810) 987-5300.

Effective January 1, 2017, a $125.00 per hour presentation fee is applicable to all non-grant related programming.

A 24-hour cancellation notice is also required to avoid being charged.