Health Expo XXII

Earlier in the week, the weather forecast for April 27 was 70 degrees and partly cloudy; however by Thursday that had changed to scattered showers with temperatures starting out in the morning around 50. As the chance of rain increased for the day of the Health Expo, so did the stress levels around the Partnership office. At any rate, the morning of the Health Expo, showers lingered and temperatures were cool. At least we did not have heavy rain and the fires in the barbecue grilles were steady enough to prepare four hundred hot dogs!

There is no doubt that the weather kept potential attendees away from the Expo; however, we still had between 350 and 400 that braved the elements and visited with the vendors on site at the MAC Field House. We had 60 vendors at the event with 12 setting up for the first time. Various health screenings were provided for attendees at no cost by Parkland Health Center, SFMC Farmington Physicians Assoc., Missouri Baptist Breast Health Center, and Americare Senior Living and Home Health. Although feedback is not complete, at least 50 individuals were referred for further medical follow-up due to these screenings.

In addition to the health screenings there was printed information on just about every healthcare issue affecting our community. The Partnership had a display board featuring the emerging healthcare controversy surrounding e-cigarettes and vaping. Various types of electronic devices were shown along with information about their usage. Data has shown that usage has nearly doubled for every age group 7th through 12th grades in Missouri. It is illegal for youth to possess or utilize e-cigarettes.

The St. Francois County Health Department sponsored an interactive display entitled, “Hidden In Plain View” through the organization Addiction is Real. This display was a set up like a typical teenager’s bedroom and contained a number of places where kids might hide contraband. This display room was off limits to kids and was intended to help parents monitor the activities of their children. It was very well received by all who participated in exploring the exhibit.

As part of BJC’s new Our World Made Better Exhibit, a 3-D printer simulation was conducted, which attendees found to be quite interesting.

Dozens of door prizes were given away by the Partnership and the Vendors, including the grand prize of four tickets for a Cardinal-Angels game in June.

(Continued on page 3)
BJC Behavioral Health

Hosts at No Cost

“Youth Mental Health First Aid” Training

Youth Mental Health First Aid provides the tools and skills to identify signs of mental illness and help youth in a mental health crisis.

Who: BJC Behavioral Health in collaboration with the St. Francois County Partnership and the St. Francois County Mental Health Board is offering this training to local citizens, police officers and community agencies. Classes are limited to 20 participants each.

What: FREE training on Youth Mental Health First Aid in St. Francois County. The monetary value of this class is $170 per participant. Each participant receives a manual to keep at the end of class.

When: Tuesday May 14 (RSVP by 5/07/19)
      Tuesday June 4 (RSVP by 5/30/19)
      Tuesday June 18 (RSVP by 6/11/19)

Time: Registration begins at 7:45 a.m., class is 8:00 a.m. to 5:00 p.m. (8 hour course) Lunch is on your own.

Where: Farmington Public Library-Dayse Baker Room (enter through Liberty Street door)
        101 North A Street
        Farmington, MO 63640

Why: Mental health problems—such as depression, anxiety, impulse control, and misuse of alcohol and other drugs, are shockingly common in the United States. In fact, more than 1 in 4 Americans will have a mental health problem in a year. The National Council on Community Behavioral Healthcare has begun working with communities throughout the nation, including BJC Behavioral Health, to implement Youth Mental Health First Aid to arm the public with skills to help individuals who are developing a mental health problem or experiencing a mental health crisis. The clinical and qualitative evidence behind the program demonstrates that it helps the public better identify, understand, and respond to signs of mental illness, thus improving outcomes for individuals experiencing these illnesses. For more information on Youth Mental Health First Aid, visit www.thenationalcouncil.org.

Space is limited - Please contact Melinda Griffin (573) 701-4687 or via e-mail at melinda.griffin@bjc.org to register.

BJC HealthCare

THE WORLD'S BEST MEDICINE. MADE BETTER.
COMMUNITY CALENDAR EVENTS

- **Youth Mental Health First Aid Training**: FREE! Provides the tools and skills to identify signs of mental illness and help youth in a mental health crisis. **Tuesday, May 14** (RSVP by May 7) at Farmington Public Library. Contact Melinda Griffin at 573-701-4687 to register. See article in this newsletter for more information.

- **Annual Golf Tournament**: Young Faith In Christ is holding their annual golf tournament on **Saturday, May 10th**. If you’re interested in joining in the competition or even being a sponsor, they are looking for hole sponsors $100 and teams $300. You can register at www.yfcevents.com.

- **2nd Annual Par-Tee Fore Kids Golf Tournament**: Brush up on your golf game and raise money for children in foster care during the Christmas season. **Saturday, May 11** at the Terre Du Lac Country Club in Bonne Terre. 4-person scramble, 18 holes, flighted, 50/50 raffle, prizes and giveaways! Registration at 11 a.m., shotgun start at noon. $60 pp. $240 per team includes swag bag, greens, car & dinner. To register or for hole sponsorship, call Kim Pate at 573-783-1445 or Pam Herzog at 573-518-2590 or email partee4kids@gmail.com.

- **Pharmacy Phridays**: Parkland Health Mart Pharmacy invites you to join them on the 3rd Friday of each month this year in the Farmington store for a series of special programs featuring fun, unique, and informative topics. It’s all FREE! Coming Friday, May 17th & starting at 9 a.m. is the ‘Resource Roundup’ featuring info from four local organizations: Habitat for Humanity, Kindred at Home, L.I.F.E. Center and Parkland Pregnancy Resource Center. Call 573-747-1191 for more information.

- **Darkness to Light’s Stewards of Children**: You’re invited to a training with Amber McCutcheon on **Thursday, June 13th** at the Farmington Chamber of Commerce. For information or to register visit www.yfcevents.com.

- **Living a Healthy Life**: A free program designed to assist you in developing a self-management program to help you stay active and enjoy doing the things that you love. It is for caregivers or people living with arthritis, asthma, lupus, fibromyalgia, heart disease, diabetes, COPD, emphysema and other chronic conditions. The next class is **Tuesday, July 9** at the Park Hills Senior Center at 10:30 a.m. Call to register: 573-431-1947, ext. 102 or 151.

- **Non-Profit Ministry Fair and Concert**: Do you have a non-profit ministry that reaches out to the community and you’d like to share that information? Here’s your chance on **September 14th**! Just $35 per booth and that includes two free tickets to the Adelaide concert. 1st 20 registrants receive VIP tickets! More info at www.yfcevents.com.

---

Health Expo Continued

(Continued from page 1)

Two bicycles were also given to lucky winners. A special service was provided by Attorney Joseph Goff, Sr. whose law firm distributed over 100 youth bicycle helmets.

As we are few in number at the Community Partnership, we want to thank all of the vendors, the public in attendance, and the many volunteers who contributed their time in making this event a success.

A special thank you goes out to the organizations that sponsored this event:

- Mineral Area College
- BJC Parkland Health Center
- Home State Health
- Prairie Farms
- Americare Senior Living and Home Health
- St. Francois County Health Center.

SFCCP was honored to be able to assist the Children’s Division Foster Program with some much needed car seats for some of the children in care. This is a constant need for the Foster Program, so if your organization or business would like to help, contact Liz Hartmann at Children’s Division at 573-518-2589.
If you would like to be removed from our mailing list, please call 573-760-0212 or email Tiffany@sfccp.org.

**SFCCP Board of Directors**

- Karen Adams - SEMO Mental Health - Retired
- Rob Baker - East Missouri Action Agency
- Cynthia Barton - Board of Probation & Parole
- Shelly Bess - Shared Blessings, Inc.
- Kim Buckley - Central School District
- Robert Bullock - Parish Minister
- Bill Bunch - Executive Director SFCCP (ex officio)
- Linda Fitzgerald - Division of Workforce Development
- Hilary Freeman - Bismarck School District
- Chuck Henson - First Baptist Church
- Donna Hickman - At Large
- Jessica McKnight - St. Francois County Health Center
- Patrick Mullins - Associate County Commissioner
- Marsha Petty - Farmington School District
- Dawn Phillips - Children’s Division
- Jeremy Ray - Vocational Rehabilitation
- Meg Reiner - At Large
- Teresa Ressel - Daily Journal
- Chris Saylor - BJC Behavioral Health
- Nicole Sprinkles Gregory - North County School District
- Al Sullivan - SFC I.D.A.
- Alan Wells - 9-1-1 Joint Commission
- Becky Yount - West County School District

**RECURRING CLASSES & SUPPORT GROUPS**

- **Childbirth & Breastfeeding Classes:** Offered by Parkland Health Center. Free to all participants.
  - Childbirth Classes are on the 2nd Saturday of each month, 8 to noon. Open to any expectant parents.
  - Breastfeeding Classes are on the 1st Monday of each month from 5-7 p.m. Open to any new or expectant mom.

  For more information on either of these classes, call 573-760-8500 or visit www.parklandhealthcenter.org/baby.

- **Diabetes Self-Management Class:** Free classes provided by Parkland Health Center on the **1st and 3rd Wednesdays of each month** from 1-3 p.m. at the Farmington Public Library. For more information, call 760-8396.

- **Diabetic Class:** Parkland Health Mart Pharmacy is offering a free class on the **3rd Thursday of each month** in Farmington at Midwest Health Group at 1 p.m. For more info, visit parklandrx.com.

- **Life After Loss Support Group:** Sponsored by Heart & Soul Hospice, the group is a safe place to process grief, learn healthy coping skills & connect with others. Open to public. **3rd Thursday each month**, 4:30-6:00 p.m. at 412 Cayce St., Farmington. Please call 756-7066 or email farmingtonhospice@pmma.org.

- **NAMI Connection Recovery Support Group & Family Support Group:** Both meetings are on the **2nd Thursday of each month** at 7 p.m. at the LIFE Center for Independent Living, 725 E. Karsch Blvd., Farmington. Call 573-701-4185 for more information. www.nami.org.