

Barren River RUNDOWN

July 2026



PHAB accreditation is a stamp of excellence for public health departments, showing they provide high-quality, effective, and equitable services to their communities. It's a way of saying, ***"We do public health well, and we're always striving to do better."***



UPCOMING MEETINGS

Board of Health Meetings are complete until August 17, 2026, when we will hold the next District Board of Health meeting.

All upcoming meetings can be found on our website: [View Events Calendar](#)

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SUBMIT AN ARTICLE

Have articles or information you'd like to submit for the rundown?

Email Amanda!

COMMITTEES

Wellness — Contact Kathy

Social — Contact Olivia

Workforce Culture

— Contact Amanda

Disaster Preparedness

— Contact Crystal

Ad Hoc — Contact Kim

HAPPY INDEPENDENCE DAY!

BRDHD offices will be closed on Friday, July 3 in observance of the July 4th holiday. We hope you enjoy a fun, safe, and relaxing holiday weekend with family and friends.

Barren River
DISTRICT HEALTH DEPARTMENT

Barren, Butler, Edmonson, Hart, Logan,
Metcalfe, Simpson, and Warren Counties



FIREWORKS & SUMMER SAFETY

July is a time for celebrations, vacations, and outdoor activities. While enjoying the season, it is important to stay mindful of fire risks and extreme heat to keep yourself, your family, and your community safe.

Fireworks Safety



- Unintentional actions are the leading cause of outdoor fires
- Sparklers can reach up to 1,200°F and cause serious burns
- Fireworks are dangerous to people, pets, and property
- The safest option is to attend a public fireworks display
- Keep a safe distance from any fireworks
- Never allow children to use fireworks or sparklers
- Keep pets indoors and away from loud noises

Summer Heat Safety

- Learn the signs of heat-related illnesses and how to respond
- Fans are not enough during high heat and humidity—seek air conditioning
- Visit public places like libraries, malls, or community centers to cool down
- Never leave children or pets in a vehicle—temperatures can rise 20 degrees in 10 minutes
- Check on neighbors, friends, and family without air conditioning
- Close curtains or blinds to reduce heat entering your home
- Use ovens less to keep indoor temperatures lower
- Stay hydrated and take breaks when spending time outside

July Awareness: Minority Mental Health

July is National Minority Mental Health Awareness Month, highlighting the importance of mental health awareness and access to care for minority communities. These communities may face unique barriers to mental health services, making outreach and awareness especially important.

Minority Mental Health Matters:

- ***At BRDHD, we are committed to supporting mental wellness for all through education, community partnerships, and connecting individuals to resources across our region.***

Simple Ways to Get Involved

- How you can help:
 - Share mental health resources with clients and community members
 - Encourage open, stigma-free conversations
 - Refer individuals to available services when needed
 - Refer individuals to available services and supports, including BRDHD's CredibleMind resource hub:

👉 [Explore CredibleMind Mental Health Resources](#)

- Support is available—dial or text 988 for the Suicide & Crisis Lifeline.

Closing Thought:

Mental health doesn't discriminate, and neither should access to care, compassion, and support.

Together, we can build healthier, more supportive communities.



PROCESS REVIEW: MOBILE CLINIC

Planning an event? Don't forget to reserve the Mobile Health Clinic through our REDCap scheduling system! This centralized tool helps prevent double-booking, ensures proper staffing, and keeps everyone on the same page.

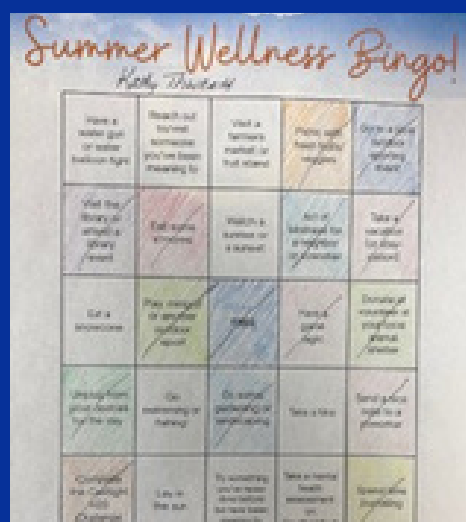
How it works:

- Staff should submit requests using their managed bookmarks or via the following link: [Submit Request](#)
- Once approved, the request will move forward for scheduling.

Be sure to include all required details (event description, location, and duration) to avoid delays. Using the REDCap system helps us improve coordination, reduce conflicts, and provide better service to our communities!

If you have any questions about this process, please contact Amanda:
amanda.reckard@barrenriverhealth.org

WELLNESS BINGO!



How many BINGOs do you have? Be sure to submit your card by July 15! Check the bottom of your card for point values, and don't forget,

KEHP prizes will be awarded too! Reach out to Kathy with any questions.
kathy.thweatt@barrenriverhealth.org

PHAB UPDATES:

Information from SQC Branch Manager, Amanda.

At BRDHD, we're using data to better understand and respond to community needs.

Recent examples include:

- A Food Resources Map to identify access gaps and connect families to services
- A Tornado Shelter Map to improve preparedness and safety across our region
- A Narcan Map to support overdose prevention efforts and increase access to lifesaving resources

These tools help us move beyond assumptions and make informed decisions about where services are needed most.

By identifying gaps and patterns, we are better able to: ☒ Target resources where they will have the greatest impact

☒ Improve access to critical services

☒ Strengthen community health outcomes

This is a great example of how our work supports continuous improvement and aligns with public health best practices.

Be sure to check out the maps on the BRDHD website.

Huge shoutout to Caitlin (made all maps) and the SQC Team for going above and beyond in their efforts to support data-informed decision making and enhance how we serve our communities!

For any updates regarding the resource maps, please contact Caitlin:
caitlin.meyer@barrenriverhealth.org

WORKFORCE CULTURE COMMITTEE UPDATE!

The Workforce Culture Committee is currently developing this year's employee culture survey. **If you are interested in getting involved with the committee, please reach out to Amanda.** Otherwise, watch for the survey to be distributed in September! Your feedback helps us continue building a positive workplace culture for all staff. 😊

EMPLOYEE SPOTLIGHT

This month's employee spotlight comes from our Support Services branch, Beth!

Beth has gone above and beyond by stepping outside of her regular duties to support Warren County with patient registration during a time of short staffing. While this temporarily put her own responsibilities behind, she quickly jumped back in and successfully caught everything up within just two weeks.

Beth is a true go-getter, and her willingness to step up and serve others does not go unnoticed. Please join us in thanking her for her dedication, flexibility, and commitment to our team and community!



Beth

We are thankful for you, Beth!

POLICY REFRESHER

As a reminder, BRDHD employees are expected to maintain a professional appearance that reflects our commitment to serving the community.

A few key points to keep in mind:

- Clothing should not expose the abdomen, chest, or buttocks.
- Tank tops, spaghetti straps, shorts, flip-flops, Crocs, and other revealing or overly casual attire are not permitted.
- Skirts and dresses must be no shorter than 2 inches above the knee around the entire circumference of the body.
- Capris are permitted; however, capri scrub pants are not allowed.
- Closed-toe shoes are required for clinic staff at all times and for employees providing home visits, environmental field visits, or direct patient services.
- If jeans are worn because of your position or on an approved jeans day, they must be free of holes, tears, cuts, and frays.
- BRDHD identification badges must be worn and visible at all times.
- BRDHD-branded apparel may be worn any day of the week.

Thank you for helping us maintain a professional image for our clients, partners, and communities.

BRDHD Dress Code Policy

NEW FACES



Cheryl
Clinic
Warren



Gracie
HANDS Specialist
Warren



Landin
Environmentalist
Warren



Next time you see one of our new team members, please take a moment to introduce yourself.
Welcome to BRDHD!

JUNE SNAPSHOTS!



Our Communicable Disease Supervisor, Bethany, recently attended the APIC 2026 Annual Conference in Nashville, a national gathering of infection prevention professionals focused on advancing patient safety and public health. The conference highlights the latest evidence-based strategies, emerging research, and innovative tools to reduce infections and improve outcomes across healthcare and community settings.



Madisyn and Ashley at the BRIGHT Lights Resource Event in Metcalfe County.



Lana, Kalee, and Elizabeth at Stand for Children Day!

Below: Jackie and Barbie at the Glasgow Farmers Market



Below: Angelia and Katie at the Metcalfe Farmers Market. Sharing WIC Vouchers for the market.



MORE JUNE SNAPSHOTS!



Above: BRDHD employees and interns who were a part of the Curbside Ministries event, providing resources, education, and smiles to the community at Lee Pointe.

As we begin a new month, we want to thank all BRDHD staff for your dedication, teamwork, and commitment to serving our communities. We truly have an amazing team, and your hard work continues to make a positive impact every day. Wishing everyone a wonderful month ahead! 🌟
— Your Leadership Team

**Thank
You,
BRDHD
Team!**



Emmi and Lisa representing the Population Health team at the AmeriCorps Seniors Resource Fair.