



# SCHOOL NURSE *Newsletter*

## BACK TO SCHOOL

Welcome Back to School!

The beginning of the school year can be a challenge for both you and the students. The Chautauqua County Health Department is here to assist with community needs.

Please don't hesitate to reach out to us!

[Email Us!](#)

## Resources

Did you know that we have saved all of our resources that we've shared with you over this last year?

You can access them online on our school nurse resource page!

[Access Resources](#)



## MOBILE HEALTH

### FREE:

- **Immunizations**

Call 716-753-4491 for an appointment.  
Immunizations are free to those who qualify.

- **Narcan & Fentanyl Test Strips**

- **STD Education**

- **Condoms**

- **Breastfeeding Support**

- **Child Development Screenings**

- **Blood Pressure Screenings**

and other Health Department program information



## Overdose Awareness Week

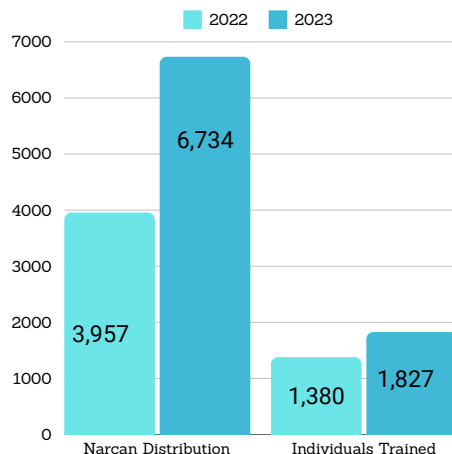
August 25 - 31 marks Overdose Awareness Week here in Chautauqua County lining up with International Overdose Awareness Day on August 31st.

### Together We Can End Overdose!

Join the community in celebrating on August 31st from 5-8:30pm at Point Gratiot Park for the Inaugural Be The Light: Anyone Can Save a Life Event. [Visit their Facebook page](#) for complete details.

#### Narcan in Chautauqua County:

**FREE Narcan** is available at all Health Department Mobile Health Clinics.



## International Overdose Awareness Day



# Be the Light

August 31, 2024  
Point Gratiot Park  
Lower Pavilion

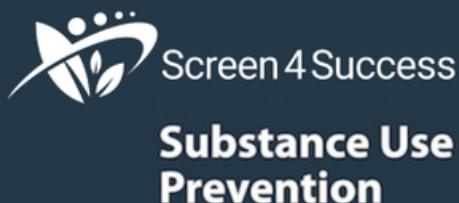
5PM FREE music, snacks, keynote speakers, resources, & more

8PM purple glow stick vigil

together we can end overdose



Chautauqua County  
Department of  
Mental Hygiene



### Talk with Students:

There are several things a teacher or school staff member can do if they suspect a student is using alcohol or other drugs, but the first step is always to talk to the student. Use the following tips to talk to students about alcohol and other drug use.

- **Be a Good Source of Information**— Provide students with the facts about the harmful effects of underage drinking and drug use. Being open and honest about the dangers of alcohol, marijuana, and opioids can help students make safer decisions.
- **Show Them You Care**— Let students know that you care about their health, wellness, and success and tell them how alcohol, marijuana, and other drugs can impede those things.
- **Use Personal Stories**—Statistics are useful, but they are sometimes hard to understand. Consider telling students relatable stories about making smart decisions when it comes to alcohol and other drugs. These could be stories that show the consequences of engaging in risky behavior.
- **Help Them Build an Exit Plan**—Some students may not have an interest in alcohol or other drugs, but will still feel like they need to partake in order to fit in. Explain that it's okay to say no, and help them think through an exit strategy in case a friend or family member tries to pressure them in the future.

[Learn More about Talk the Hear You School and Educator Resources](#)



## CDC Youth Risk Behavior Trends Report

On August 22, 2024, The CDC released the Youth Risk Behavior Survey Data Summary & Trends Report: 2013–2023 which provides the most recent Youth Risk Behavior Survey (YRBS) data on health behaviors and experiences of high school students in the U.S.



## YOUTH RISK BEHAVIOR SURVEY

DATA SUMMARY & TRENDS REPORT

2013–2023

In this report you will find 2023 YRBS data, changes from 2021 to 2023, and the latest 10-year trends in adolescent sexual behaviors, substance use, experiences of violence, and mental health, including suicidal thoughts and behaviors. This report also includes new data on adolescent experiences with:

- Social media use
- School discipline
- Racism at school
- Unstable housing
- School connectedness
- Parental monitoring

[Download YRBS Report](#)

## CDC What Works In Schools Program

The CDC's What Works In Schools program helps promote adolescent health and wellbeing.

The program supports the implementation of quality health education, increases connections to needed health services, and improves the safety and supportiveness of school environments for middle and high school students.

Schools that implement What Works In Schools see improvements in health behaviors and mental health among their students.

CDC funding helps schools implement 3 key strategies



**Improves**  
Mental Health

**Lowers**  
Sexual Risk  
Substance Use  
Suicidal  
Violence

[Learn More](#)

REMOTE AREA MEDICAL'S

**FREE POP-UP**

DENTAL, VISION, MEDICAL  
**CLINIC**

Sept. 14-15, 2024

NO ID NECESSARY • FIRST COME, FIRST SERVED • 2 DAYS ONLY

Jamestown, N.Y.

Jamestown Community College  
525 Falconer Street, Jamestown, NY 14701



- Free dental, vision, and medical services are provided on a first-come, first-served basis. Due to time constraints, be prepared to choose between DENTAL and VISION services. Medical services are offered to every patient attending the clinic.
- All services are free and open to the public. No ID required.

[RAM Website](#)

## Focus on Healthy Families Symposium

Maternal and Child Health Improvement Strategies for a Post-Pandemic World



 **Health Foundation**  
for Western & Central New York



WESTERN NEW YORK  
PUBLIC HEALTH ALLIANCE, INC.  
Regional Partnership for Public Health

 **HEALTHY COMMUNITY**  
ALLIANCE  
INCORPORATED

**When:**  
September 17th, 2024  
9:30AM-3:00 PM

**Where:**  
Holiday Valley  
Fairway Room, Ellicottville NY

**FREE EVENT**  
Registration  
Required

[More Info](#)

## Free Training for School Staff



This 8-hour course offered in Lakewood, NY on two separate dates, teaches how to help an adolescent (age 12-18) who is experiencing a mental health or addiction challenge or is in crisis. The training is designed to teach adults who regularly interact with young people how to help them through these situations.

Participants will learn how to identify, understand, and respond to signs of mental health issues, providing early support to those in need.


[More Info](#)

## FOOD ACCESS SURVEY

Cornell Cooperative Extension | Chautauqua County

The Cornell Cooperative Extension of Chautauqua County invites Chautauqua County residents to participate in a free online survey to help them better understand food access needs within our community.

By sharing your name or contact information (optional), you will be **entered to win a FREE \$100 gift card from Brigiotta's** Farmland Produce & Garden Center in celebration of their 100th anniversary!

The USDA's Network funds this program for a Healthier New York, Eat Smart New York, and the Supplemental Nutrition Assistance Program (SNAP). For more information, please contact the Cornell Cooperative Extension of Chautauqua County.

[Take the Survey](#)

## Back to School Vaccines

You can help students stay up to date on routine vaccines!

### Helpful resources:

- [Ways Schools Can Support Routine Vaccination Catch-Up Among School-Aged Children](#)
- [CDC Vaccine Info](#)

Please encourage parents to visit one of our mobile health clinics. Clinic schedules are on our website at [HealthyCHQ.com](http://HealthyCHQ.com)



## PLEASE SHARE THE:

# QUICK TIPS for parents

**BACK TO  
SCHOOL  
EDITION**

In this issue, parents will receive tips on how they can get their kids into healthy back to school routines to start students on a pathway to a successful school year!

[Download and Share](#)

*We are excited to continue our work with you! Please contact us with questions or ideas on how we can effectively assist you in your very important role serving our community as a school nurse.*



[LHDSchoolSupport@chqgov.com](mailto:LHDSchoolSupport@chqgov.com)



716-753-4491