

May 2022



### **SPOTLIGHT**

***Mental Health Awareness Month (1)***

***May Donation Drive : My Sisters Place (2)***

***NVHD 2022 Distinguished Service Award (2)***

***April 2022 American Red Cross Blood Drive (2)***

***COVID-19 Vaccine Clinic Schedule (2)***

**Contact Us At  
NVHD**

98 Bank Street  
Seymour, CT 06483  
Phone: (203) 881-3255  
[www.nvhd.org](http://www.nvhd.org)

**Are you following us on  
SOCIAL MEDIA?**

**@naugvalleyHD  
#naugvalleyHD**



# Naugatuck Valley Health District

Proudly Serving: Ansonia, Beacon Falls, Derby, Naugatuck, Seymour and Shelton



## Newsletter

### May is Mental Health Awareness Month

**Did you know that 1 in 5 Americans live with a mental health condition?**

Each year, millions of Americans face the reality of living with a mental illness. The Naugatuck Valley Health District is joining the national movement to raise awareness about mental health. We will fight the stigma, provide support, educate the public, and advocate for policies that support people with mental illness and their families!

Mental health is an incredibly important part of overall health. With a growing number of Americans experiencing mental health symptoms, we need to join together to advocate for improving our nation's mental health care system.

Together, we can realize our shared vision of a nation where anyone affected by mental illness can get the appropriate support and quality of care to live healthy, fulfilling lives.



**Mental Health  
FIRST AID**

from NATIONAL COUNCIL FOR  
MENTAL WELLBEING

During the month of May, NVHD staff will be participating in a Mental Health First Aid training. Mental Health First Aid helps someone experiencing a mental health or substance use-related crisis. Our staff will

learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help. Future dates for the public to participate in this training will be released at a later date.



In addition to First Aid Mental Health training, NVHD will be hosting a QPR Gatekeeper Training Course for suicide prevention. In this training, QPR will teach participants the warning signs and common causes of suicidal behavior while empowering them to safely question, persuade, and refer (QPR) someone who may be thinking about suicide. Two dates and times are being offered. The courses are as follows:

- **ONLINE (VIA ZOOM):** Thursday, May 12th, 2022, 5-6:30 pm
- **IN-PERSON @ NVHD:** Thursday, June 23rd, 2022, 6-7:30 pm

**Registration is required!** Please call Gabrielle at (203) 881-3255 ext. 108 to register for either course.

For more information on mental health awareness month or how you can join the movement, please check out [www.nami.org/home](http://www.nami.org/home).

## May Donation Drive: My Sister's Place



Are you spring cleaning? Donate all of your new or gently used clothing and accessories during the month of May! All donations collected will be given to My Sister's Place in Ansonia, CT. Their most needed items are as follows: Summer items, houseware and household goods, 4th of July decorations, new gifts and toys, sporting goods, musical instruments, books, and new or gently used clothing, jewelry, shoes, outerwear, and accessories.

Stuffed animals, baby equipment, or any broken or dirty items will not be accepted. All donations can be delivered to NVHD or My Sister's Place directly. With any questions, please contact Amanda at (203) 881-3255 ext. 117 or amichaud@nvhd.org.

## COVID-19 Vaccine Clinic Schedule

*Tuesday, May 3, 2022 9:30-11:30 AM*

*@ Beacon Falls Sr. Center  
(57 N Main Street, Beacon Falls)*

*Pfizer (12+), Moderna (18+)*

*Thursday, May 12, 2022  
1-3 PM*

*@ Derby Sr. Center  
(293 Main Street, Derby)  
Pfizer (12+), Moderna (18+)*

*Friday, May 13, 2022 2-4 PM  
@ NVHD  
Pfizer (12+), Moderna (18+)*

*Friday, May 20, 2022 2-4 PM  
@ NVHD  
Pfizer (12+), Moderna (18+)*

*Friday, May 27, 2022 2-4 PM  
@ NVHD  
Pfizer (12+), Moderna (18+)*

*Please call  
(203) 881-3255 ext. 108  
for an appointment.*

## NVHD 2022 Distinguished Service Award Winner

Each year, NVHD honors one staff member to be awarded the NVHD Distinguished Service Award. The NVHD Distinguished Service Award is presented to an individual, voted on by other staff members, to award them in recognition of their dedication and service to the community and NVHD. Our 2022 Distinguished Leader Award winner is Melanie Dokla, Assistant Director of Environmental Health Services. Thank you Melanie for all of your hard work and dedication to NVHD!



## April 2022 American Red Cross Blood Drive



Did you know that every two seconds, someone in the U.S. needs blood? This past April, NVHD held a blood drive in partnership with the American Red Cross. Thanks to our community's participation, we had over 20 people donate which will help save the lives of those who need it most. Thank you to all who came out!

## We Want to Hear From You!

Do you know what NVHD does? Are there health topics of concern that you want us to know about? What services can we provide that we do not already? The Naugatuck Valley Health District is wanting to hear from you! Please fill out this quick and easy survey that should take no longer than five minutes to complete. Your feedback is essential to the future of our community's health!

To access the survey, scan the QR code with your cell phone's camera or copy the following link into your internet browser:

<https://forms.office.com/r/9fx9g2tWHk>.

