



Public Health
Prevent. Promote. Protect.
Naugatuck Valley
Health District

Board of Directors
Monthly Public Health Report: July 2025

Jessica Kristy, MPH
Director of Health
July 2025

Miscellaneous

Public Health Accreditation

The Public Health Accreditation Board (PHAB) reviewed our annual report submission and gave us very positive remarks!

CT Association of Directors of Health (CADH)

CADH Member; Elected to Board of Directors; Emergency Preparedness Committee Chair; Environmental Health Subcommittee

The CADH Board of Directors met on July 22nd. I also attended a CADH discussion on public water/beach closures, advisories and sampling. We will continue to work on this topic through the CADH Environmental Health Subcommittee over the fiscal year.

Statewide DPH & Local Health Meetings

I continue to attend the monthly meeting held for local health and DPH staff (co-hosted by CADH). NVHD staff also attend if their schedule permits. The meeting was held on July 9th.

Workforce Development

Lisa continues to chair the NVHD Workforce Development Committee. The Committee has updated and launched the new fiscal year staff virtual training plan that aligns with the 8 Core Competencies for Public Health Professionals. While there is also alignment with the 12 Essential Services of Public Health, PHAB requirements, and NVHD Strategic Plan objectives, the training plan is best organized according to the 8 Core Competencies, which are:

1. Data Analytics and Assessment Skills
2. Policy Development and Program Planning Skills
3. Communication Skills
4. Health Equity Skills
5. Community Partnership Skills
6. Public Health Science Skills
7. Management and Finance Skills
8. Leadership and Systems Thinking Skills

I attended a key stakeholder Public Health Training Academy of Connecticut (PHTAC) meeting on July 21st.

Air Quality and Climate Change

Grant: EPA Air Quality Monitoring Grant

Status: Contract is fully executed!

The contract period is May 2025 through March 31, 2027, and the total contract is \$113,608.44. Intern Liliana Restrepo has returned to NVHD to complete her summer 2025 internship. Liliana will be working with me on completing some of the grant deliverables over the summer while we await the other partners' contracts to be executed.



Naugatuck Valley Overdose Prevention & Education (NOPE) Program

Grant: Overdose Data to Action: Limiting Overdose through Collaborative Actions in Localities (OD2A)

Status: Year 2 Sub-contract Executed with New Haven Health Department; Carryover funds approved

Austin participated in a series of outreach events focused on addressing food insecurity in the Valley region, including Derby, Shelton, Beacon Falls, and Ansonia. These events provided valuable opportunities to engage directly with his target demographic and connect with community members he might not have otherwise met.

One notable new partnership established was with a local organization, Traveler on A Mission, that supplies hygiene products to residents in need. Together, Austin and Lisa took part in their “Christmas in July” event, which helped strengthen our community presence and allowed Austin to distribute over 40 resource kits to attendees. Read more about this event in the Community Health section of this report.

Additionally, Austin attended an opioid education presentation hosted by the Western CT Coalition at the Heritage Hotel in Southbury on August 17th. This session provided important updates on current opioid and overdose trends, both statewide and nationally, enhancing his understanding of the issue and informing future outreach efforts.

Austin also met with a member of Senator Murphy’s team on July 30th to see how our offices can work together or support each other in the future.

Public Health Emergency Preparedness (PHEP)

The local health PHEP workgroup meeting was held on July 8th.

ESF 8: Public Health & Medical Services, Chair

I facilitated the Region 5 ESF #8 meeting on July 11th. I attended the virtual REPT Steering Committee meeting for Region 5 on July 14th.

I attended the Statewide ESF #8 Workgroup meeting facilitated by CT DPH on July 31st.

Medical Reserve Corps

The ASPR MRC Well Check Webinar this month featured a presentation on Legal Issues in Emergency Preparedness and was held on July 8th. I attended the Region 5 CERT/MRC Leaders meeting on July 22nd and provided the MRC updates for Region 5.

CT Healthcare Coalition (HCC)

Public Health Representative & Voting Member; Elected to the Executive Committee

I attended the Special Executive Committee Meeting on July 22nd which focused on the budget for fiscal year 2025-2026.

NACCHO Preparedness Policy Advisory Group (PPAG)

Connecticut Representative

There was no PPAG meeting in July due to conflict with a national public health conference.



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Medical Reserve Corps

ORA Grant Status: Contract Executed

ASPR MRC held a webinar on July 8th that covered legal issues in emergency preparedness, including declarations, HIPAA, volunteer liability, and more presented by Rachel Lookadoo, Assistant Professor, Department of Environmental, Agricultural, and Occupational Health and Director of Public Health Policy College of Public Health at the University of Nebraska Medical Center.

Surveillance & Outbreak Response

NVHD has COVID-19 test kits back in stock! While we re-organize our Surveillance and Outbreak Response Team/Program, you can contact the main line to request a COVID-19 test kit (203-881-3255 x 100).





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COMMUNITY HEALTH SERVICES
Carissa Caserta, MPH
July 2025

Community Health Assessment: The Valley Index (CHA)

The Valley Community Index launch was held July 18th, 2025, at Scinto Towers in Shelton. The launch consisted of panelists presentations and Q&A session with 115 stakeholders, community partners, and Valley residents in attendance. The event was moderated by Nancy Hamson, Executive Director of the Valley Council for Health and Human Services (VCCHS). Lisa Trupp, NVHD and Kayleigh Mihalko, VCCHS helped plan and with day of registration/greeting. The panelists included:

- Jessica Kristy, Director of Health, Naugatuck Valley Health District
- Patrick Charmel, CEO, Griffin Health Services Inc.
- David Morgan, CEO, TEAM, Inc.
- Dr. Joseph DiBacco, Superintendent, Ansonia Public Schools,
- Melissa Lang, Director, Agency on Aging of South Central CT
- Mark Abraham, CEO, DataHaven

The 2025 Index was very well received by those in attendance, sparking robust discussion about economics, health and wellness, education and aging in the Valley. Our health assessment covers Ansonia, Beacon Falls, Derby, Naugatuck, Oxford (Housatonic Valley Health District), Seymour, and Shelton. The main chapters include:

- Community Overview and Demographic Shifts
- Economic Security and Basic Needs
- Health and Mental Wellbeing
- Children, Youth, and Education
- Seniors and Aging

We appreciate all of the community partners and community members who volunteered their time to help review the data and content of the assessment over the last few months. A digital copy of the Index and the video recording of the launch event can be accessed on our website at <https://www.nvhd.org/cha-chip/>.



Pictured left to right: Patrick Charmel, Mark Abraham, Nancy Hamson, Jessica Kristy, David Morgan, Joe DiBacco



NVHD Staff Pictured left to right: Lisa Trupp, Austin Telford, Jessica Kristy, Vanessa Lopez, Kristie D'Averso, Carissa Caserta

Community Health Programs

Diabetes Self-Management Program (DSMP)

A phone based DSMP at 6:00 in the evening started on July 16th, with Kristie and Lisa taking turns leading the one-hour class over the next six weeks. There are 3 participants in that program.

Chronic Disease Self-Management (CDSMP)

Kristie and Lisa began hosting a Chronic Disease workshop at the Naugatuck Senior Center on July 1st. There are eight participants in the program.

Matter of Balance (MOB)

On Wednesday, July 9th and Thursday, July 10th, Naugatuck Valley Health District's Health Educator, Lisa Trupp, conducted a two-day, Matter of Balance Falls Prevention Lay Leader Training for local public health professionals and volunteers. The training provided certification to fourteen new program leaders, who can now offer the evidence-based Matter of Balance (MOB) Falls Prevention program in their respective areas. NVHD would like to thank all of the new leaders for taking the time to become certified in Matter of Balance Falls Prevention, helping us to expand this important program across the State of Connecticut!

Pictured from left to right are:

Back row: Douglas Lobl MPH - Housatonic Valley Health District, Yaideliz M Romero Ramos, MPH - Quinnipiack Valley Health District, Stephanie Schillat- East Shore District Health Department, Christine Santos-Bridgeport Health Department, Alicia Mulvihill- Quinnipiack Valley Health District Valley Health District, Cheyanne Wirtz- Housatonic Valley Health District, Lauren Kelly- Central Connecticut Health District, Carol W. Slajda - Naugatuck Valley resident and volunteer, Leily Ayala- Bridgeport Health Department, Jennifer Clarke-Lofters, MPA, Milford Health Department



Front row: Vanessa Lopez, MPH - Naugatuck Valley Health District, Barbara Naclerio - East Shore Health District, Theresa Heier - East Shore Health District, Elisabeth Matuska, MPH, CHES - East Shore Health District, Lisa Trupp - Naugatuck Valley Health District





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Mental Health Programs

Mental Health First Aid (MHFA)

Austin will be trained to teach MHFA over the summer. Once he is certified, Lisa and Austin will schedule a training.

QPR (Question, Persuade, Refer Suicide Prevention)

An evening QPR was held on July 24th.

Immunization Grants & Clinical Services

Clinical Services

Kristie ran a Tdap vaccine clinic on Sunday, July 20th at APEX in Derby where she vaccinated 29 international students. She also continues to vaccinate children at our office clinic. In July, she administered 41 vaccines to 34 children and two vaccines to two adults.

We continue to schedule flu clinics in the Fall and will be starting clinics at the end of September this year to help space them out.

Infection Prevention & Control (IPC) & Healthcare-Associated Infections & Antimicrobial Resistance (HAI-AR)

There was no HAI-AR for LHD's interested in IPC meeting in July or August; the next meeting is in September.

Tuberculosis (TB)

Kristie is actively monitoring and performing daily Directly Observed Therapy (DOT) for 2 cases of TB.

Immunization Action Plan (IAP) Grant Program

Nothing new to report for July.

Miscellaneous

Lisa and Austin joined Travelers On A Mission for their Christmas in July event at Clinton African Methodist Episcopal Zion Church in Ansonia. The event provided the community with an opportunity to pick up materials and giveaways from NVHD, BHCare and the State of Connecticut transportation team, who raffled off bikes during the event. The attendees were also able to "shop" for donated items ranging from clothes to household goods and games for children. This was a wonderful event, and we hope to be asked to join them next year, as this is an annual event.





ENVIRONMENTAL HEALTH SERVICES
Melanie Dokla, BS, RS
July 2025

Food Service Establishments

Seasonal permit applications are being reviewed and scheduled for an inspection.

Staff continue to conduct routine inspections, plan views and inspections for food service establishments that are new or changing ownership.

Glenda Buenaventura, per diem food inspector, continues to assist in conducting food service inspection after hours and on the weekend, up to 20 hours a week.

Public Pools

Outdoor/ seasonal public swimming pool inspections and follow-up inspections were completed.

Body Care

Staff continue to conduct plan views and inspections for body care establishments that are new or changing ownership.

Subsurface Sewage Disposal Systems (SSDS)

Staff continue to conduct SSDS inspections, B-100 visits, soil testing, B-100 plan reviews, new SSDS plans reviews, and have issued permits to discharge. Laurel continues to train staff in the SSDS program.

Housing Complaints

Environmental staff continue to investigate housing code violations and complaints.

Lead Education & Action Program (LEAP)

As expected, we have seen an increase in elevated blood lead (EBLL) cases, which require a comprehensive lead inspection. This inspection consists of X-ray fluorescent (XRF) readings of all components in each room and components on the exterior of the property, dust wipe samples in each room, 2 water samples and any bare soil on the exterior of the property. If the residence is a multifamily dwelling the other units are required to be tested if there is a child under the age of six.

Lead abatement plans submitted by lead abatement contractors are reviewed and property owners are issued written orders from this office. Once the project has received approval and work is completed, a final inspection is conducted to ensure work was done as specified in the plan.

Lead case management continues to be up to date, with no new cases requiring comprehensive inspections. There were two new cases added that had levels below the 5v required for comprehensive inspections, which were handled through discussion with parents about remediation, cleaning and nutrition as solutions. We also closed three cases, as levels dropped below 3.5v so we are now monitoring 53 cases.



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Lead Stats

Open environmental lead cases (properties)	20
New environmental	-
Active case management (children)	53
New child case management	-

Fresh Water Sampling

Water sample collections from the Derby Recreation Camp on the Housatonic River have been taken weekly since June 18th. The swimming area did not need to be closed due to water quality issues.

Miscellaneous

The Environmental Health staff regrettably bid goodbye to Laurel Shaw. She accepted the position as the Director of Health with the Monroe Health Department; her last day was July 9th. We wish her all the best in the future.

The sanitarian position remains vacant; the position is posted on our website, social media accounts, and through professional public health associations and academic networks. All staff continue to do their best to keep up with the increased workload and we will continue to prioritize inspections based on needs (i.e., SSDS work, plan review, complaints and known “problem” establishments).

After-Hours Emergency Responses

	Date/Time	Location	Description of Event
1.	None		

After-Hours Temporary Events

	Date/Time	Description of Event	Location
1.	Thursday 7/3/25	Fire Works	Shelton
2.	Friday 7/25/25	Downtown Sounds	Shelton

