



HOPKINS COUNTY HEALTH DEPARTMENT

Annual Report Fiscal Year 2016



Denise Beach, RN, BSN, MS
Public Health Director

Dan A. Martin, MD
Medical Director

VISION STATEMENT

To obtain the highest level of health status possible for citizens of Hopkins County.

MISSION...

To promote physical and mental health by:

- ◆ Assessment of health needs of the county
- ◆ Detection of congenital and acquired illnesses and conditions
- ◆ Provisions and promotion of access to health care
- ◆ Promulgation of policies and regulations to improve health

The Hopkins County Health Department does not discriminate on the basis of race, color, national origin, sex, age, religion, or disability.

UNDUPLICATED PATIENTS SERVED	
July 1, 2015—June 30, 2016	
Services	Participants
Dental	231
Cancer	367
Adult	1609
STDs	334
TB	419
WIC	2034
Maternity	22
Family Planning	623
Pediatrics	7243

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Environmental Health

July 1, 2015–June 30, 2016

Programs	Services Activities
Food Related Services/ Activities	1064
Bed & Breakfasts	5
Food Borne Disease	1
Retail Food Stores	81
Produce and Farmers Market	5
Food Safety Training Attendees	87
Hotel or Motels	20
Mobile Home/ RV Parks	88
Tattoo Studios	32
Body Piercing Studios	12
Ear Piercing Studios	16
Schools	53
Youth Camps	5
Nuisance Control	391
Onsite Sewage Disposal	948
Private Sewage	336
Swimming Areas	158
Rabies**	326
Onsite Installer Retraining	53
Other	101
Total	3782

**Animal heads submitted for rabies testing.....6
Public Plan Reviews.....10
Classes:
Food Service Classes14



Teen Suicide Prevention Committee

Hopkins County

The Health Department is required to serve on the Child Fatality Review Committee. This Committee, which also consists of law enforcement and the Coroner, reviews all deaths of those under the age of eighteen. A Manager at the Health Department serves on this committee. A trend was noticed in 2015 that Hopkins County had a high rate of teenage suicides. Between 2012 and 2015, five area youth had taken their own lives. After noting this data, it was decided by the Health Department Staff that a community approach to look at this issue was desperately needed.

In the spring of 2016, the Hopkins County Teen Suicide Prevention Committee was formed. This team is a multi-disciplinary team that consists of: the Hopkins County Schools Superintendent, a Pennyroyal Center counselor, a high school nurse, Health Department administration, a Board of Health Physician, UK extension agents, a youth minister, a court designated worker, Dawson Springs Independent Schools counselor, the West AHEC director, the Hopkins County sheriff, Hopkins County Schools counselors, and the Madisonville police chief.

This team reviewed studies on teen suicide including statistics, reason, and prevention recommendations. Each group discussed what they are currently doing so that a baseline could be established, and committee ground rules were set. The committees' mission was decided to be:

Teenage suicide is a preventable cause of death. The mission of the Teen Suicide Committee of Hopkins County is to increase awareness of suicide prevention, support life-skills training, and promote safe storage of guns and drugs/alcohol.

Health Department staff met with Dr. Hatim Omar on April 12, 2016. Dr. Omar is the head of Adolescent Medicine at the University of Kentucky. He also is the founder of StopYouthSuicide.com. He has been working in youth suicide prevention since 2000, and is a resource for communities wanting to start teen suicide prevention initiatives. Dr. Omar came to the Health Department BOH meeting and presented, then presented at the Baptist Health noon conference for providers. This is important to get the word out to providers about suicide signs and symptoms that may be concerning in teenagers and adults.

The Sheriff and Health Department Director did an interview with a local radio station concerning teens and suicide. This talk included signs to look for in teens, and how to listen to a teen and assist them in receiving help. Another important issue discussed was gun safety.

In order for someone to commit suicide it takes desire and means. If someone has the desire, then a gun is a very successful means. Eighty-five percent of those using a firearm in a suicide attempt are successful. Since teens are often impulsive, the decision to commit suicide may be an immediate one and they may or may not have mental health issues. Therefore, it is important that guns and ammunition be locked and stored separately, and that teens or children do not have access to the key, or know where the key is located. If someone knows that a teen or adult in the home has mental health issues such as depression, anxiety, or prior suicide attempt, guns should not be accessible. In fact, it is best if guns are never in the homes with teens or anyone with mental health concerns. Also, all medications should be locked up, even medications like acetaminophen, and other over the counter drugs.

The Hopkins County Teen Suicide Prevention Committee promotes new initiatives being started, as well as shares initiatives that are ongoing, so that others are aware of opportunities for help in the community. There are several initiatives that have been started or are ongoing in the Hopkins County Community in regard to suicide prevention.

These are:

- Question, Persuade and Refer (QPR) training for Health Department nurses, school nurses, school counselors, and family resource centers. This is also planned to be added to the annual coaches' training in Hopkins County.
- Annual suicide prevention conference attended by four Health Department members
- Tip line information at all schools in Hopkins County and Dawson Springs
- Bully prevention programs in schools
- Green Dot Program for violence prevention at Central High School
- Pennyroyal Mental Health Center has a text line for teens and adults
- QPR training available for any groups that are interested
- Hopkins County Schools and Pennyroyal Mental Health have a counselor assigned to every school that can be dispatched in a crisis
- Dawson School Counselor works with every classroom
- The Sheriff's office has free gun locks upon request
- All school orientations are manned with a member of the Teen Suicide Prevention Committee to distribute information and answer questions.
- A Valentine's initiative is being planned for all middle school students in the county.

Teen Suicide Prevention Committee

Hopkins County

There have been some important community-led initiatives in the last year. The Central girls' and boys' soccer teams hosted a Yellow Out for suicide awareness at a soccer game. There was also an Out of Darkness Walk; this raised money for suicide awareness. All money raised was donated to the American Foundation for Suicide Prevention. A Pennyroyal Center Counselor spoke at the walk.

It is important to remember these facts concerning teens and suicide prevention:

- Suicide is the 2nd leading cause of death for young teens and 3rd for older teens
- Spring has a high rate of suicide attempts
- Impulsive attempters need to be stopped until the impulse passes
- 85% of gun related suicide attempts are successful
- The adolescent brain is not fully developed; the prefrontal cortex which deals with functions such as managing emotions, handling risks, thinking ahead and controlling impulses is still forming
- Keep guns and ammunition locked up separately
- Don't ever minimize a teen's feelings if they are upset or distraught. They feel love, loss, and anxiety just like an adult.
- Teens are 5 times more likely to commit suicide if a gun is available
- 1 in 6 teens have thought about suicide
- 1 in 8 teens have a plan
- 1 in 12 teens have attempted suicide

According to Dr. Omar one of the most important ways to prevent teen suicide is to let the teen know he/she has someone with whom to talk and share! The Health Department is so thankful for our Community Partners and their commitment of time, work and ideas for this initiative!

Board of Health

Local Health Departments are governed by a Board of Health (BOH) under the Administrative Regulation 902 KAR 8:150. The daily management and operation is provided by the Public Health Director who serves as the Administrator and Appointing Authority. The BOH's primary function is to establish policies that govern the operations of the local health departments. The agency's Director is responsible for presenting the policies, regulations and standards of the Department of Public Health to the Board for their information and action, and to keep the BOH informed and aware of the activities of the Health Department.

The Director must report certain activities to the BOH on a regular basis. These include a program report, a financial summary and a personnel update. The BOH is charged with assuring that the services meet the needs of the local citizens, and protect and promote public health.

The priorities of the Health Department and the BOH should be based on a community assessment and the resources of the agency. The Board will evaluate the Director annually.

Another important Board of Health function is establishing and maintaining a taxing district and taxing district account. The BOH will set the local public health tax rate in accordance with KRS 212.720 and KRS 212.750. Additionally, the minimum tax rate will be set annually by the Commissioner of the Department of Public Health per 902 KAR 8:170 Section 3 (2). These taxing district funds are used for maintenance, improvement or construction of facilities, and for operations and initiatives which are designed to improve the public health of Hopkins County citizens.

Nominations for the BOH are sent to the Commissioner of Public Health, and the Secretary of the Cabinet appoints members to the Board. Membership is for 2 years, with no term limits. Those included on the BOH are the County Judge Executive, a fiscal court appointee, physicians, a dentist, a pharmacist, a nurse, an engineer, an optometrist, a veterinarian and a layperson. Members of

the BOH do not receive compensation for their services. BOH members must reside in the county in which they serve. Those who are filling a professional role must maintain a current license in Kentucky in their respective professions.

The BOH shall elect a Chairman annually from its membership, and that Chairman may serve more than one term. Officers will be elected or appointed members of the BOH, except that the agency director may serve as secretary to the Board. When a director serves as secretary, the director has no voting powers.

A quorum must be present in order to conduct business. A simple majority qualifies as a quorum for this purpose. Vacant positions are counted when determining a quorum.

Boards of Health must comply with the Kentucky Open Meetings' Law, and be held at a time and place which is convenient for the public. The meetings must be regularly scheduled, and be published in a local newspaper. BOH meetings must be held at least quarterly. Minutes must be taken at these meetings, and a permanent copy must be made and maintained by the agency.

More detailed information, and KRS regulations related to BOH operations, may be found by visiting the Department of Public Health's website at chfs.ky.gov/dph under the Administrative Reference in the Boards of Health/Agency Functions section.



Hopkins County Board of Health



Pictured Left to Right: Paul Walter, DVM, Tom Wortham, RPh, Jennifer Jackson, MD, Jan Shelton, RN, Emily Brown Taylor, OD, LeAnn Langston, RN, Tristan Lineberry, MD, Rick Lee, MD

Not Pictured: Donald Carroll, Judge, Alejandro Soriano, MD, John Roy, DMD

Richard B. Lee, MD

I am a physician representative on the board. I am a lifelong resident of Hopkins County and have also served on the Hopkins County Board of Education. My wife Susanna and I have three grown children and eight grandchildren, six of whom live in Hopkins County. One of my passions in healthcare is public health, where often a small improvement can have a positive impact on many people.

Jennifer Jackson, MD

Graduate of the University of Kentucky College of Medicine and family practitioner for more than 32 years. Member of the BOH since 2013 after working in the family planning clinic, STD clinic and with the TB program at the Hopkins County Health Department for several years. Working at the Health Department gave me a huge appreciation for the excellent, professional and cost-effective care provided at the Health Department. I have 2 grown daughters and enjoy reading, traveling and walking with my dog.

Tom Wortham, RPh

I've been a member on the Board for 10 years and a retired Pharmacist. I'm a UK graduate and was a pharmacist in the Air Force for 3 years. I'm married to a former nursing instructor and have 3 sons and 3 grandchildren. I worked in retail pharmacy for 40 years. My hobbies are photography and genealogy.

John Roy, DMD

Dr. Roy has been a member on the Board of Health for 40 years and is a dentist here in Madisonville, KY. Dr. Roy is the longest serving member on the Board of Health.

LeAnn Todd Langston, RN

LeAnn has been on the board for 4 years and is a fiscal court appointee. She is an RN and works at Health First.

Alejandro Soriano, MD

Dr. Soriano has been on the board for 23 years and is a neonatologist.

Tristan K. Lineberry, MD

I have been a resident physician since 1980, initially in Madisonville from 1980-1983 and in Providence since 1983. I have had a long association with Health Departments working with the Jefferson County Health Department between college and medical school and have been on the Hopkins County Board of Health since the late 1980's. I strongly feel that the Health Department is integral in the life of the community and necessary for overall health.

Emily Taylor, OD

I am an optometrist and have practiced in Madisonville for the past 28 years. I have one daughter who is in her first year of optometry school and my husband of 28 years is a retired game warden. My passion is scrapbooking and going to scrapping retreats. I've been with the board of health since January 2003.

Jan Sullivan Shelton, RN

I've been on the board for 15 years and am a registered nurse. I graduated from the LPN program in Madisonville then returned to school and graduated from the UK Community College in Madisonville's RN Program. I worked for RMC in the ED for 23 years and have been with Owensboro Health at Multicare for 20 years. I'm married and have one daughter.

Donald Carroll, Judge

My wife Judy and I have two children and four grandchildren, all of whom live in Hopkins County. I presently serve as Chairman of PADD Water Council and Chairman of Kentucky Mineral and Coal Council. I also serve on the PACS, PADD and ED Board of Directors. I have been on the Hopkins County Board of Health and served as Hopkins County Judge Executive for past nine years. Prior to that, I had the honor of serving as Hopkins County Sheriff and Hopkins County Jailer.

Paul Walter, DVM

I've been on the board for 16 years. I have been a veterinarian since 1980 at the Pennyrile Animal Clinic.