



TAKING INITIATIVE

What's Happening at the St. Lawrence Health Initiative

Connecting communities. Improving well-being. Getting healthy.

February is Teen Dating Violence Awareness Month

Each February, we have the opportunity to [raise awareness around teen dating violence](#). This annual, month-long effort focuses on advocacy and education to promote healthy teen relationships and stop dating abuse before it starts.

Teen dating violence can include physical violence; mental, emotional, and psychological abuse; sexual abuse and reproductive coercion; economic abuse; digital abuse, and stalking. It can occur between anyone in a dating relationship, regardless of their sex, gender, gender identity, or sexual orientation, and takes place in person and online.

Teen dating violence is more common than you may think. Studies show that 1 in 3 U.S. teens will experience some form of physical, sexual, or emotional abuse from a dating partner before becoming adults. Teens who experience dating violence may experience emotional trauma, depression, anxiety, and difficulties in future relationships. In severe cases, it can lead to substance abuse, academic problems, and even suicide.



As a community, we need to raise awareness about teen dating violence and provide support to anyone who may be experiencing it. If you suspect that a teenager you know may be experiencing dating violence, don't hesitate to reach out for help.

What You Can Do to Support Young People During Teen Dating Violence Awareness Month

COMMUNICATE

Talk with teens about healthy relationships based on respect, trust, and equality. Encourage them to speak about their feelings and experiences without fear of judgement.

EDUCATE

Provide teens with resources and educational programs that teach about respect, consent, and communication. Learn more at www.loveisrespect.org.

SUPPORT & REFER

If you think or know a teen is experiencing dating violence, provide information on counseling services, hotlines, and support groups.

[Renewal House](#)
315-379-9845

[National Teen Dating Violence Hotline](#)
Call: 1-866-331-9474
Text: "LOVEIS" to 22522



February's Health Insurance Navigator Calendar

HEALTH INSURANCE NAVIGATOR SITE SCHEDULE FEBRUARY 2024

Mondays	Tuesdays	Wednesdays	Thursdays	INFORMATION
FEBRUARY 5, 2024 Massena Neighborhood Ctr. 61 Beach Street Dave - (315) 261-2338 Ogdensburg Dept. of Labor 1031 Paterson Street CALL (315) 261-4760, x-229	FEBRUARY 6, 2024 Hammond Town Hall 24 South Main Street Lucy - (315) 261-2175	FEBRUARY 7, 2024 Gouverneur Public Library 60 Church Street Lucy - (315) 261-2175 One Stop Career Center 80 State Highway 310 Jodi - (315) 261-2947	FEBRUARY 1, 2024 Colton Hepburn Library 84 Main Street CALL (315) 261-4760, x-229 Massena Dept. of Labor 35 Glenn Avenue Dave - (315) 261-2338 FEBRUARY 8, 2024 Colton Hepburn Library 84 Main Street Jodi - (315) 261-2947 Massena Dept. of Labor 35 Glenn Avenue Dave - (315) 261-2338 FEBRUARY 15, 2024 Colton Hepburn Library 84 Main Street Jodi - (315) 261-2947 Massena Dept. of Labor 35 Glenn Avenue Dave - (315) 261-2338 FEBRUARY 22, 2024 Colton Hepburn Library 84 Main Street Jodi - (315) 261-2947 Massena Dept. of Labor 35 Glenn Avenue Dave - (315) 261-2338 FEBRUARY 29, 2024 Colton Hepburn Library 84 Main Street Jodi - (315) 261-2947 Massena Dept. of Labor 35 Glenn Avenue Dave - (315) 261-2338	Our Health Initiative Navigators are here to assist you with Medicaid, Child Health Plus, and the Essential Plan enrollment. We offer in-person appointments at various locations throughout the month. Our services are completely free and confidential, so give us a call to schedule an appointment. Walk-ins are welcome on a limited basis, but calling ahead is preferable. If you prefer to enroll by phone, our Navigators will guide you through the entire application process. Contact us at (315) 261-4760, ext. 237 to schedule a phone appointment today.
FEBRUARY 12, 2024 Massena Neighborhood Ctr. 61 Beach Street Dave - (315) 261-2338 Ogdensburg Dept. of Labor 1031 Paterson Street Lucy - (315) 261-2175	FEBRUARY 13, 2024 Hammond Town Hall 24 South Main Street Lucy - (315) 261-2175	FEBRUARY 14, 2024 Gouverneur Public Library 60 Church Street Lucy - (315) 261-2175 One Stop Career Center 80 State Highway 310 Jodi - (315) 261-2947	FEBRUARY 19, 2024 Company Observed Holiday CLOSED	
FEBRUARY 20, 2024 Hammond Town Hall 24 South Main Street Lucy - (315) 261-2175	FEBRUARY 27, 2024 Hammond Town Hall 24 South Main Street Lucy - (315) 261-2175	FEBRUARY 21, 2024 Gouverneur Public Library 60 Church Street Lucy - (315) 261-2175 One Stop Career Center 80 State Highway 310 Jodi - (315) 261-2947	FEBRUARY 28, 2024 Gouverneur Public Library 60 Church Street Lucy - (315) 261-2175 One Stop Career Center 80 State Highway 310 Jodi - (315) 261-2947	

St. Lawrence County Health Initiative | Navigator Program | P.O. Box 5069 | Potsdam, NY 13676 | Phone: (315) 261-4760, ext. 237 | Secure Fax: (855) 938-3328

National Condom Week

Our TeensHELP Comprehensive Adolescent Pregnancy Prevention (CAPP) team would like to remind everyone that February 14th-21st is National Condom Week. Aside from abstinence, condoms are the only form of birth control that help to prevent both unintended pregnancy and STI transmission. Check out these condom resources for tweens and teens:

- [AMAZE Video - Condoms: How to Use them Effectively](#)
- [AMAZE Video - Condom Negotiation](#)
- [Planned Parenthood - External Condoms](#)
- [Planned Parenthood - Internal Condoms](#)



February is Heart Health Month

February is Heart Health Month, and what better way to celebrate than with a delicious, "heart smart" recipe?! This [beet hummus](#) recipe from Love and Lemons is fresh, flavorful, and full of antioxidants. Its bright pink color makes it the perfect addition to any Valentine's Day celebrations.



Shout Out to Our Lifestyle Program Volunteer Peer Leaders



Ellen Nichols, Master Trainer
Volunteer Peer Leader, Lifestyle Coach

Lifestyle Program Training and Technical Assistance Center

The Lifestyle Training and Technical Assistance Center proudly oversees 13 Volunteer Peer Leaders that are empowering communities through Chronic Disease Self-Management Education workshops and the National Diabetes Prevention Program. These evidence-based programs are made possible by our network of generous Volunteers and Peer Leaders.

Volunteer Peer Leaders are often members from their local communities, making them relatable to participants. These workshops are highly interactive and help participants build self-management skills, provide peer support, and leave lasting fingerprints in the lives of those they touch.

Since 2018, the Volunteer Peer Leaders have been instrumental in running 19 programs, whether virtually, in-person, or telephonically. Their efforts have reached a total of 179 participants, from 11 counties all across the North Country region, with 10 workshops completed from **January - December 2023**, and 1 workshop which concluded in **January 2024**. Here's a summary of their accomplishments so far:

- 10 - (6 weeks each) Chronic Disease Self-Management Programs, serving 104 participants
- 3 - (6 weeks each) Diabetes Self-Management Programs, serving 27 participants
- 2 - (6 weeks each) Chronic Pain Self-Management Programs, serving 21 participants
- 1 - (6 weeks each) Cancer: Thriving and Surviving Program, serving 4 participants
- 3 - (12-months each) National Diabetes Prevention Programs, serving 23 participants

Starting in **January 2024**, the Training and Technical Center began recognizing the volunteers for their selfless efforts. Each volunteer will receive an Artisan decoupaged keychain made from a recycled Scrabble game tile. One side of the tile has the volunteer's initial, and the other side has the word "volunteer" with the definition.

Additionally, they will receive a beautifully-crafted card embedded with seeds for planting, expressing our profound gratitude for their tireless efforts; a living symbol of our appreciation for their hard work and dedication.

There are currently 3 volunteers attending the Chronic Disease Self-Management Program Peer Leader Training ending February 15, 2024.



Julie Cooke
Lifestyle Program Director



Jerome James
Lifestyle Program Educator



LPTTAC is funded by the NYS Office for the Aging/Administration for Community Living, Office of Rural Health, and the North Country Healthy Heart Network

Health Initiative Welcomes New CPiA Program Coordinator

Please give a warm welcome to Morgan Whitman, our new Cancer Prevention in Action (CPiA) Program Coordinator. Morgan is a graduate of Stony Brook University with a bachelor's degree in environmental studies. She is excited to serve the community and work to prevent cancer.

Welcome to the Health Initiative family, Morgan!



Help Us Celebrate 25 Years with a Gift of \$25

Did you know the Health Initiative is celebrating our 25th Anniversary this year?

Since 1999, the Health Initiative has worked tirelessly to advance health equity. We do this by coordinating and maximizing services, filling gaps, and convening community members to fulfill our mission: to measurably improve the health of St. Lawrence County residents, and the residents of the North Country region, through collaborative community effort.

In 2022 alone, our staff assisted 952 health insurance navigation clients, trained 38 peer leaders, partnered with 10 municipalities and 14 school districts, and co-facilitated 20 coalition meetings. We couldn't do this without support from our partners and community!

Please consider making a gift of \$25 to the Health Initiative in celebration of our 25th Anniversary. Scan the QR code or [click here](#) to contribute via PayPal. Thank you!

Did you know that the Health Initiative is turning 25 this year?!

Help support the work we do in the North Country by giving \$25 for our 25th.

Celebrating
25 YEARS

SCAN ME TO DONATE!

Stay in Touch with the Health Initiative

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