



Rock County Public Health staff, February 2024

PUBLIC HEALTH HIGHLIGHT: CREDIBLE MIND

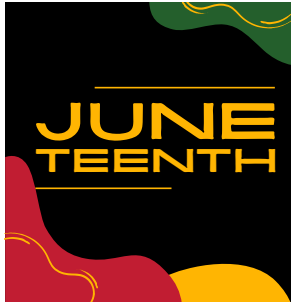
Mental health concerns, and challenges to accessing mental health support, were high priorities in our 2022-2024 Community Health Improvement Plan. Recently, Rock County Public Health (RCPH) partnered with the National Association of County and City Health Officials (NACCHO) and [CredibileMind](#) to bring free and confidential access to a large library of mental health and well-being resources to Rock County residents.



CredibileMind

CredibileMind is for everyone! Whether someone is experiencing anxiety or depression, wants to tackle that “blah” feeling, or wants to maintain their current level of well-being, CredibileMind has resources available. The website has thousands of different resources including podcasts, apps, articles, and videos to help with start a personal self-care journey. Get started today at <https://rockcounty.crediblemind.com/>.

IN THE COMMUNITY



Juneteenth

Juneteenth is the oldest nationally celebrated commemoration of the ending of slavery in the United States. On Saturday, June 15, RCPH staff participated in [Beloit's Juneteenth event](#). Staff shared information about RCPH's programs and services, and our Maternal, Child, & Family Health team provided a safe sleep demonstration.

Food for Thought

Don't miss your chance to participate in the Food for Thought series! Join the Nutrition Collaborative of Rock County for their last Beloit session on Tuesday, June 25 from 5:30-7:30 p.m. at the Stateline YMCA. Scan the QR code to reserve your spot or [fill out this form](#).

Visit the [Nutrition Collaborative's website](#) to learn more about the group's work!

Come Join Us!

Join the Nutrition Collaborative of Rock County for our "Food for Thought" Series where you can come share your thoughts and experiences related towards food access while helping to create solutions for your community!

Food for Thought Series
Location: Stateline YMCA Beloit

Session 1: Stateline YMCA
Wednesday, June 5th
5:30 to 7:30 P.M.

Session 2: Stateline YMCA
Tuesday, June 25th
5:30 to 7:30 P.M.

Community members will receive a gift card for participation!

Scan the QR Code to Save your spot!

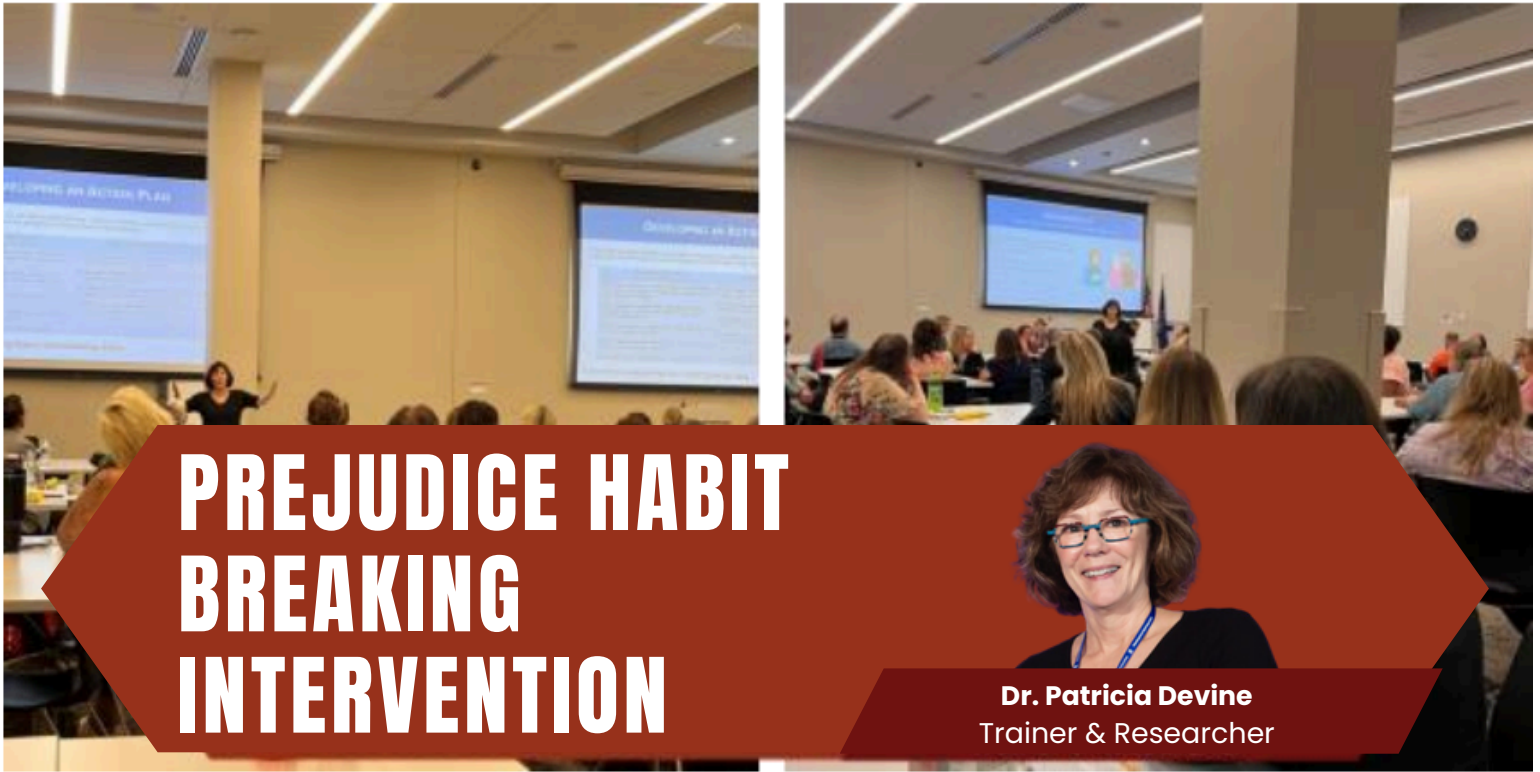
IN THE MEDIA



Rock County Board of Health

Congratulations to our Rock County Board of Health, which was recognized as the 2024 Board of Health of the Year by the Wisconsin Association of Local Health Departments and Boards (WALHDAB). Rock County's Board of Health was recognized for its commitment to protecting and promoting public health. Thank you to the Janesville Gazette for [covering the story](#)!

(Pictured left to right: Board of Health Chair Supervisor Lou Peer and RCPH Health Officer Katrina Harwood.)



PREJUDICE HABIT BREAKING INTERVENTION

Dr. Patricia Devine
Trainer & Researcher

On June 10, RCPH and the [Health Equity Alliance of Rock County \(HEAR\)](#) hosted a Prejudice Habit Breaking Intervention training at the Daniel Hale Williams Resource Center (DWRC). This training, presented in partnership with UW-Madison trainer and researcher Dr. Patricia Devine, is the first and only intervention proven to show long-term effectiveness at changing behaviors for up to two-three years after the training.

The interventions learned can be applied to all types of biases including, gender, race, physical appearance, sexual orientation, socio-economic status, age and more! Over 90 people were in attendance. Participants reported enjoying the speaker's presentation style and appreciating how the training applied to all types of bias. Thank you to UW-Madison and Dr. Devine for their partnership!

Questions or feedback? We would love to hear from you! [Send us a message](#) on our website.

GET CONNECTED!