

**NEWS RELEASE****FOR IMMEDIATE RELEASE**

To: Local Media and Press Release Subscribers

From: Katrina Harwood, Health Officer

Date: May 1, 2024

A New Tool for Rock County Residents to Improve Mental Health and Well-Being

Rock County, WI – May is Mental Health Awareness Month, a great time for people to reflect on their overall well-being. Everyone can benefit from taking steps towards better mental health and wellness and now there is a free tool to help.

Mental health has been a focus of Rock County Public Health's most recent [Community Health Improvement Plan](#) after the [Community Health Assessment](#) indicated residents were having difficulty accessing mental health care services in Rock County. This new tool can help meet the need by offering proven self-help strategies to intervene earlier, provide support for people waiting for appointments, and build skills to maintain wellness. Rock County Public Health (RCPH) partnered with the National Association of County and City Health Officials (NACCHO) and [CredibleMind](#) to bring free and confidential access to a large library of mental health and well-being resources.

With CredibleMind, users will have 24/7 access to:

- Scientifically proven assessments that help users understand their mental health, covering topics like anxiety, depression, meditation, burnout, and substance use.
- Thousands of expert-reviewed apps, podcasts, books, articles, and videos across hundreds of mental health topics.
- Tools that focus on building skills to thrive mentally and emotionally at work, with family and friends and in the community.

Start with the brief "Mental Health Check-In" or more in-depth "What's Your Mental Health Profile" assessment and specific tools will be recommended. Whether someone is experiencing anxiety or depression, wants to tackle that "blah" feeling, or wants to maintain their current level of well-being, CredibleMind is for everyone! It has thousands of different resources including podcasts, apps, articles, and videos to help with start a personal self-care journey.

Anyone can access the tools anonymously or create a confidential account to track progress and receive email updates. Everyone who creates an account and takes the Mental Health



Helping Rock County Reach Its Full Health Potential

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Check-In in the month of May will be entered into a drawing for a \$100 gift card from CredibleMind! RCPH encourages all residents to check it out. Get started today at <https://rockcounty.crediblemind.com/>.

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Rock County Public Health serves Rock County residents by improving population health outcomes and removing barriers through community partnerships to provide everyone the opportunity to reach their full health potential. Visit the Rock County Public Health [website](#) and follow them on [Facebook](#) and [Instagram](#).

Please send all media inquiries to:

Molly Mueller, Communications Specialist
Rock County Public Health
(608) 247-1755
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From: Katrina Harwood, Health Officer
Date: May 8, 2024

Rock County Public Health Recognizes BigShot Awards and Increases in Local Vaccination Rates

Rock County, WI – Wisconsin Department of Health Services (DHS) recently recognized over 200 clinics for their high immunization coverage levels through their [BigShot Awards](#), including three of our own in Rock County: Edgerton Hospital – Milton Clinic, SSM Health Dean Medical Group Edgerton, and SSM Health Dean Medical Group Evansville. BigShots is an annual award given to healthcare providers who show excellence in protecting children and teens against vaccine-preventable disease through strong immunization practices and high immunization rates.

“We are thrilled to see three of our local clinics recognized through the BigShot Awards. Vaccinations continue to be one of the best ways to prevent disease in Rock County, and we’d like to thank each clinic for their outstanding service and commitment to providing vaccine for Rock County residents,” said Katrina Harwood, Rock County Public Health (RCPH) Health Officer.

Locally, Rock County has seen recent increases in routine vaccination rates among infants and children 0-24 months old, including the [4:3:1:3:3:1:4 vaccine series](#). This vaccine series protects against infection from various diseases, including tetanus, pertussis, diphtheria, and polio. As of 2023, 67% of Rock County infants and children 0-24 months old received the full 4:3:1:3:3:1:4 vaccine series, the highest percentage in over a decade.

Infants and children 0-24 months old also saw increases in vaccination rates for the measles-mumps-rubella (MMR) vaccine. With the ongoing [national measles outbreak](#), and a recent [confirmed measles case](#) in Dane County, the MMR vaccine is more important than ever. Help prevent measles in Rock County by checking your vaccination status in the [Wisconsin Immunization Registry](#), and using [common respiratory virus prevention](#) like practicing good hygiene, or wearing a mask and physical distancing if you are sick. If you or your child are due for vaccines, contact your healthcare provider.

RCPH continues to provide free or low-cost vaccine for those who are uninsured or underinsured, including the MMR vaccine. Visit our [website](#), call (608) 757-5440, or [email us](#) for more information on available vaccine and appointments.



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From: Katrina Harwood, Health Officer

Date: May 20, 2024

Rock County Board of Health Recognized as Board of Health of the Year

Rock County, WI – The Rock County Board of Health has been 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, which has been demonstrated by actions that include:

- Supporting the adoption of Rock County’s [Opioid Settlement Implementation Plan](#) to address the opioid crisis locally through prevention, treatment, and support.
- Supporting increased access to harm reduction supplies, including NARCAN® and fentanyl test strips through a partnership with the Beloit Public Library.
- Ensuring the sustainability of medical, dental, and behavioral health services to uninsured individuals by supporting a resolution to provide ARPA funding to HealthNet.
- Supporting public health tools to prevent the spread of communicable diseases.
- Championing innovative public health approaches to addressing violence and adverse childhood experiences.

“We are transforming health challenges into opportunities for a brighter, healthier future in Rock County for health is truly one of our greatest treasures,” said Lou Peer, Rock County Board of Health Chair.

“The support we have received from our Board of Health enables us, as a department, to focus on improving population health outcomes and removing barriers to health,” confirmed Katrina Harwood, Rock County Public Health, Health Officer.

The Rock County Board of Health is a committee of the Rock County Board of Supervisors and has policy supervision and oversight of Rock County Public Health. The Board of Health is responsible for ensuring the enforcement of state public health statutes and public health rules, assessing public health needs, and advocating for reasonable and necessary public health services.

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