

“COMMITMENT TO COMMUNITY”



Notes From Emergency Management

Apache County has several ways to stay informed during emergency situations. Warnings and alerts may take place by using the following methods:

Ready Apache County:

This is a reverse 911 system. You will need to sign up to receive notifications through this system. Simply go to www.apache.co.az.us, and in the informational links select Ready Apache County. You will be taken to the Ready Apache County site. Select Sign-up, then create your user name and password and follow the step by step instructions. More information is available on the last page of this newsletter.

Northeastern Arizona Public Information System (311info):

For daily up to date information go to www.311info.net. This site is used by both Apache and Navajo County. There is no need to sign up, simply go to the site for information that has been verified by an official source such as Law Enforcement, Fire Departments, ADEQ, Health Department, or other trusted agencies that provide the information to us. We do not post any information that has not been verified first. You may also call into the 311 hotline by dialing 928-333-3412 from a landline or from a cell phone dial 311. You will be prompted to make a selection for what county and what type of information you would like. A recorded message will be provided.

Social Media Sites:

Social media has become the way most people get information. Therefore, Emergency Management has a couple of sites for you to go to. Apache County Emergency Management on Facebook, 311info on Facebook, and Apache County Emergency Management Twitter. The information posted on these sites are the same information that is put on the 311info website. Using our social media sites is always a quick way to receive information that has been verified. If the site you are getting your information is not from a vetted source, you cannot be sure it is the correct information. Keep in mind, we are not a 24/7 operation. We will post new information as soon as we get it, and/or when we are back on line. There may be many night owls out there posting all night, but consider the source of information, and where it is coming from. There is a huge difference between rumors and facts.

We want you to be well informed because, **“if we can’t reach you, we can’t alert you”**.



July 2017

Apache County Emergency Management

Apache County Public Health Services District Office of Emergency Preparedness

Little Colorado Behavioral Health



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DID YOU KNOW?

You may check the Arizona Department of Environmental Quality (ADEQ) website for information on open burning. Be fire wise, by keeping clear the dead vegetation away from your home and fences before we enter our fire season. Also keep in mind these tips:

- Never leave a burn site unattended.
- Remain at the site until the fire is completely extinguished and have equipment available to control the burn.
- Maintain a clearance of 50 feet from any structure
- Adhere to all local fire restrictions.

Mental Health Matters

Learn About Minority Mental Health Month

"Once my loved ones accepted the diagnosis, healing began for the entire family, but it took too long. It took years. Can't we, as a nation, begin to speed up that process? We need a national campaign to destigmatize mental illness, especially one targeted toward African Americans...It's not shameful to have a mental illness. Get treatment. Recovery is possible." –Bebe Moore Campbell, 2005

Bebe Moore Campbell National Minority Mental Health Awareness Month

In May of 2008, the US House of Representatives announce July as Bebe Moore Campbell National Minority Mental Health Awareness Month.

The resolution was sponsored by Rep. Albert Wynn [D-MD] and cosponsored by a large bipartisan group to achieve two goals:

- Improve access to mental health treatment and services and promote public awareness of mental illness.

Name a month as the Bebe Moore Campbell National Minority Mental Health Awareness Month to enhance public awareness of mental illness and mental illness among minorities.

About Bebe Moore Campbell

Bebe Moore Campbell was an author, advocate, co-founder of NAMI Urban Los Angeles and national spokesperson, who passed away in November 2006.

She received NAMI's 2003 Outstanding Media Award for Literature. Campbell advocated for mental health education and support among individuals of diverse communities.

In 2005, inspired by Campbell's charge to end stigma and provide mental health information, longtime friend Linda Wharton-Boyd suggested dedicating a month to the effort.

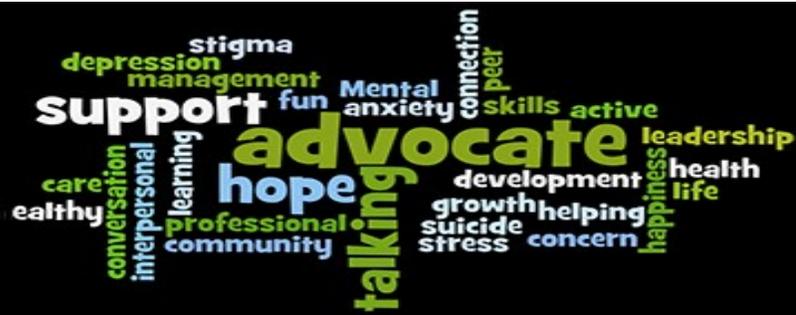
The duo got to work, outlining the concept of National Minority Mental Health Awareness Month and what it would entail. With the support of the D.C. Department of Mental Health and then-mayor Anthony Williams, they held a news conference in Southeast D.C., where they encouraged residents to get mental health checkups.

Support continued to build as Campbell and Wharton-Boyd held book signings, spoke in churches and created a National Minority Mental Health Taskforce of friends and allies. However, the effort came to a halt when Campbell became too ill to continue.

When Campbell lost her battle to cancer, Wharton-Boyd, friends, family and allied advocates reignited their cause, inspired by the passion of the life of an extraordinary woman.

The group researched and obtained the support of Representatives Albert Wynn [D-MD] and Diane Watson [D-CA], who co-signed legislation to create an official minority mental health awareness month.

The information provided concerning minority mental health awareness month is from the following website: <https://www.nami.org/Get-Involved/Awareness-Events/Minority-Mental-Health-Awareness-Month/Learn-About-Minority-Mental-Health-Month>



Ways to Reduce Stigma and Become a Mental Health Advocate

Education is the key to advocacy. The more you know, the more you can be of service to yourself and to your community.

According to the Substance Abuse and Mental Health Services Administration, 1 in 5 Americans struggle with their mental health and about 5 percent of Americans have suffered from such severe mental illness that it interfered with day-to-day school, work or family.

The rate of mental illness is more than twice as likely in young adults (18 to 25) than people older than 50.

Negative attitudes about mental illness often underlie stigma, which can cause affected persons to deny symptoms, delay treatment, be excluded from employment, housing, or relationships, and interfere with recovery.

Nationally, we lose one life to suicide every 15.8 minutes. Suicide is the 11th-leading cause of death overall and is the third-leading cause of death among youth and young adults (15 to 24)

According to the CDC, mental illness is associated with increased occurrence of chronic diseases such as cardiovascular disease, diabetes, obesity, asthma, epilepsy, and cancer.

Mental illness is associated with lower use of medical care, reduced adherence to treatment therapies for chronic diseases, and higher risks of adverse health outcomes.

Mental illness is associated with use of tobacco products and abuse of drugs and alcohol.

Many mental health conditions can be managed successfully, and increasing access to and use of mental health treatment services could substantially reduce the associated morbidity

Many chronic illnesses are associated with mental illnesses, and it's been shown that treatment of mental illnesses associated with chronic diseases can reduce the effects of both and support better outcomes.

The economic burden of mental illness in the United States is substantial—about \$300 billion annually.

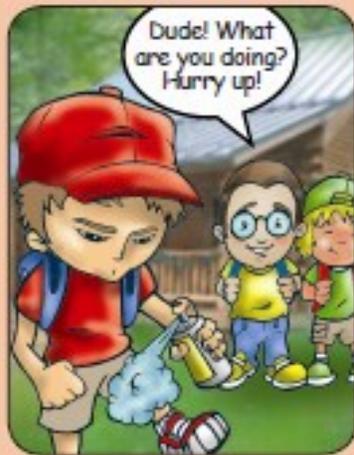
According to the World Health Organization, mental illness results in more disability in developed countries than any other group of illnesses, including cancer and heart disease.

Published reports state that nearly 50% of U.S. adults will develop at least one mental illness during their lifetime.

(Sources: World Health Organization, Center for Disease Control, Substance Abuse and Mental Health Services Administration, Report of the Surgeon General's Conference on Children's Mental Health: A National Action Agenda, National Institute of Mental Health, "Suicide in the U.S.: Statistics and Prevention,")

The information provided concerning ways to reduce stigma and become a mental health advocate is from the following website:<https://trilliumfamily.org/advocacy/allytoolkit/ways-to-reduce-stigma-and-become-a-mental-health-advocate/>

Don't Let a Tick Make You Sick!



Keep ticks away!

- Wear repellent on your bare skin or wear clothes that have repellent built-in.
- Check for ticks at the end of each day.
- Take a shower too! It will help wash off the ticks you can't see.
- Change clothes. Don't put on your old clothes that might have ticks still crawling on them.
- Avoid taking short cuts through thick brush and grass.

Hey Grown-Ups!

- Make sure that the repellent you're using contains 20% or more of the active ingredient (like DEET).
- Help younger kids apply repellent and keep it away from eyes, mouth and hands.

Illustrations courtesy of: Jerome Mayo

Apply Pesticides Outdoors to Control Ticks

Use of acaricides (tick pesticides) can reduce the number of ticks in treated areas of your yard. However, you should not rely on spraying to reduce your risk of infection.

If you have health concerns about applying acaricides:

- Check with local health or agricultural officials about the best time to apply acaricides in your area.
- Identify rules and regulations related to pesticide application on residential properties (Environmental Protection Agency and your state determine the availability of pesticides).

Consider using a professional pesticide company to apply pesticides at your home.



Diagram by Kelley Monahan, Atlantic Pest Solutions Companies

Create a Tick-safe Zone to Reduce Ticks in the Yard

For preventing tick bites, here are some simple landscaping techniques that can help reduce tick populations:

- Remove leaf litter.
 - Clear tall grasses and brush around homes and at the edge of lawns.
 - Place a 3-ft wide barrier of wood chips or gravel between lawns and wooded areas to restrict tick migration into recreational areas.
 - Mow the lawn frequently.
 - Stack wood neatly and in a dry area (discourages rodents).
 - Keep playground equipment, decks, and patios away from yard edges and trees.
 - Discourage unwelcome animals (such as deer, raccoons, and stray dogs) from entering your yard by constructing fences.
- Remove old furniture, mattresses, or trash from the yard that may give ticks a place to hide.

** information found on the Center for Disease Control website





Ready Apache County! Self Registration Portal

Apache County's Emergency Notification System attempts to contact local residents and businesses via recorded phone messages, text messages or e-mail messages when there is an emergency or disaster in their area. An Emergency Services Organization will attempt to inform the residents and businesses of the emergency and provide information about necessary actions, such as evacuations. The Emergency Notification System is intended solely for individuals who live, work, or go to school in the Apache County area.

The registration allows a person to specify a location and phone number that will be called if the Ready Apache County system is activated in that area. The person registering for the emergency notification system is able to select how they receive their notifications, such as cell phone, text message, land line, or email.

To sign up for Ready Apache County, go to www.co.apache.az.us and under informational links, click on Ready Apache County.

Steps to register for Ready Apache County:

Click on Sign up

Sign Up: You will then be asked to select a username and password, and to complete the user account setup. Remember to write down your user name and password and answers to your security questions, and keep them in a safe place.

My Profile: You will need to select two options, such as text and email, save and continue registration.

My Locations: When asked for location name, type in where you will be receiving the notifications; such as home, or work. When typing in address, do not use a PO Box. Type in a physical address.

My Information: If you or a member of your family has access/functional needs, please select which need applies. This will assist the first responders to better assist you during an emergency.

My Alert Subscriptions: Choose what you want to be informed about by clicking the box.

My Profile: This will be a summary of your successful registration.
Review the information you entered: You may edit your information if you found any errors.

For updates and other information find us on:

www.311info.net

www.co.apache.az.us

[www.facebook.com/Apache County Public Health Services District](http://www.facebook.com/ApacheCountyPublicHealthServicesDistrict)

[www.facebook.com/Apache County Emergency Management](http://www.facebook.com/ApacheCountyEmergencyManagement)

