



# 2023-2024

# ANNUAL REPORT

# FROM THE HEALTH DIRECTOR

There is nothing more rewarding than leading the agency charged with protecting the public's health and collaborating with partners to create communities where people can thrive! This has been a year of partnership and collaboration. Given the multitude of factors that affect people's health, including the environment, housing, access to healthy foods and healthcare, and safe and walkable neighborhoods, partnerships are crucial to the work we do.

This year we convened community members, subject matter experts, organizations, and agencies that share our goal of exceptional health and wellbeing for all in the communities we serve to develop our Community Health Improvement Plan (CHIP). The CHIP will serve as the blueprint for our work over the next five years. Through a collaborative process, grounded in the findings of our 2022 Community Health Assessment, our CHIP focuses on four priority areas: healthy eating and active living, mental health, optimal wellbeing for older adults, and emerging environmental health concerns. If you know of an agency or organization dedicated to these issues, please send them our way!

Other notable partnerships from this past year include work with schools, law enforcement, and social and senior services, especially as we address mental health challenges. Through the CredibleMind online resource, our partners can direct individuals, families, and friends to fully vetted resources that support mental wellness. Many of our partners are taking advantage of our suicide prevention and mental health trainings, and schools are implementing our Resilience Grows Here curriculum to foster the development of resilient attributes that support good mental health among youth.

As the demographics of our communities shift, partnering with our first responder community and senior and social services allow us to address the leading cause of emergency room visits, hospitalizations, and deaths in our older adult population: falls. Through this collaboration, individuals at risk for falls are offered fall prevention programming, home assessments, and other wrap-around services, all to support independent and safe living.

As we celebrate the completion of our first ever Community Health Assessment and Community Health Improvement Plan, we give thanks to our many partners.

Yours in Health,



Jennifer C. Kertanis, MPH  
Director

# THE FARMINGTON VALLEY HEALTH DISTRICT TEAM

## ADMINISTRATION

Jennifer C. Kertanis, MPH  
*Director of Health*

Stephanie Johnson, MT  
(ASCP), MPH  
*Assistant Director*

Samantha Carter  
*Office Manager*

## ENVIRONMENTAL PROTECTION

Dianne Harding, RS  
*Chief Sanitarian*

Patricia Gigliotti, RS  
*Senior Sanitarian*

Kristin Kula, RS  
*Registered Sanitarian*

## COMMUNITY HEALTH

Justine Ginsberg, BSN, RN  
*Community Health Coordinator*

Amanda Hubbard, MSN, RN  
*Public Health Nurse*

Jamie Dudyak, LMSW, MPH  
*Community Health Associate*

Olivia Morris, BS  
*Epidemiologist*

Anna Larson, MPH  
*Community Health Associate*

## FOOD PROTECTION

Jason Brown, RS  
*Food Program Coordinator*

Kristin Olsson, RS  
*Registered Sanitarian*

Miranda Arnold, BS  
*Sanitarian*

Deidra James, BS  
*Sanitarian*

## EMERGENCY PREPAREDNESS

Kristin Kelley  
*Public Health Emergency  
Response Specialist*



Not pictured: Kristin Olsson, Anna Larson

# PREVENTING

Disease outbreaks and conditions that give rise to poor health outcomes.

The Farmington Valley Health District is responsible for inspecting restaurants, salons, bathing areas, and childcare centers in our towns to ensure the health and safety of the public. We also inspect and permit work done on wells and septic systems to protect the public water supply.

**328**

Salon Inspections  
Conducted



**1,342**

Restaurant  
Inspections  
Conducted

**234**

Temporary Food  
Permits Issued

**274**

Public Swimming  
Pool Inspections  
Conducted

**26**

Water Samples  
Collected at Town-  
Owned Swimming  
Areas



**92**

Vaccines  
Administered



## New Septic Evaluations

**147**

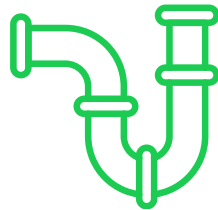
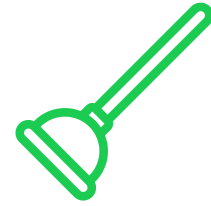
Inspections  
Conducted

**130**

Plans Reviewed

**89**

Lots Tested



## Septic Repair Evaluations

**512**

Inspections  
Conducted

**172**

Sites  
Evaluated

**244**

Lots Tested

**206**

Permits Issued

**84**

New Well Permits  
Issued

**462**

Building Additions  
Reviewed



# PROMOTING

Health programs & policies that support good health.



## Question Persuade Refer & Mental Health First Aid

*Teaching community members to recognize signs of a mental health crisis.*

**15**

QPR Classes Taught

**18**

Mental Health First Aid Classes Taught

**464**

Participants Trained

**325**

Narcan Dispensed

The Farmington Valley Health District runs community health programs aimed at promoting physical, mental, and emotional well-being in our communities.



## RESILIENCE GROWS HERE

*Building a foundation for lifelong mental wellness for children and teens.*

**5**

School Districts Participating

**3000+**

Students Participating



## A Matter of Balance

*Helping seniors build strength and confidence to prevent falls.*

**11**

Courses Taught

**135**

Participants Reached

**Try CredibleMind  
for yourself!**



[fvhd.crediblemind.com](https://fvhd.crediblemind.com)

## CredibleMind

*A free, evidence-based self-help  
platform for mental wellness*

**1,468**

Visits Made

**36**

New Accounts  
Created

## Communications

**4**

Health Matters  
Newsletters  
Released

**29**

Newsletter  
Articles  
Published

**570**

Social Media  
Posts Made

**171**

New Facebook &  
Instagram  
Followers



# PROTECTING

Members of our community from health threats—the everyday and the exceptional.

The Farmington Valley Health District is charged with monitoring and investigating disease outbreaks and environmental hazards that may threaten the health of our community. This includes routine monitoring of health data and responding to reports of new outbreaks.



**38**

Reportable Illness Follow-ups Conducted

**98**

Healthcare-Associated Infection Consultations

**44**

Childhood Lead Cases Managed

**29**

Updates to Viral Respiratory Disease Data Dashboard



**150**

Radon Test Kits Distributed

**98**

Housing Complaints Investigated





# NOTABLE ACHIEVEMENTS

## LAUNCHED NEW SCHOOL MENTAL HEALTH CURRICULUM

Resilience Grows Here is free to use and has thus far been implemented in 5 school districts.

## ESTABLISHED STEPS TO SAFETY COLLABORATIVE

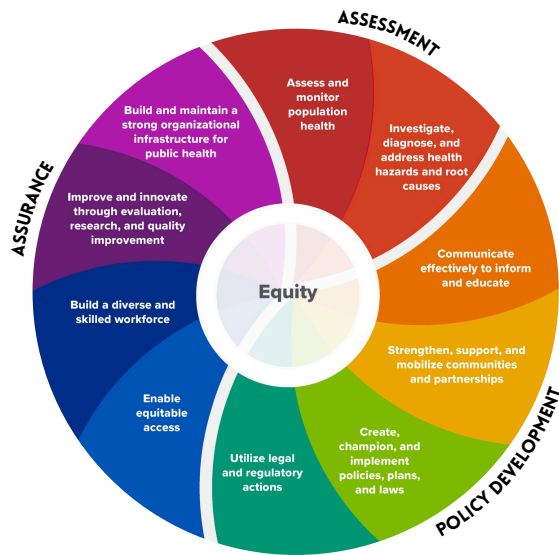
Simsbury's safety net for fall prevention that brings together emergency services, social services, and other community partners.

## DEVELOPED COMMUNITY HEALTH IMPROVEMENT PLAN

In response to issues identified in the Community Health Assessment, we gathered community leaders and began to develop an action plan.

# 10 ESSENTIAL SERVICES OF PUBLIC HEALTH

The Farmington Valley Health District is responsible for delivering the 10 Essential Services of Public Health. The Essential Services outline the functions that should be expected of a local health department to improve and protect the health of the public.



## MISSION

**PREVENT** disease outbreaks and conditions that give rise to poor health outcomes,  
**PROMOTE** health programs and policies that support good health, and  
**PROTECT** community members from health threats.

## VISION

Exceptional health and well-being for all people who work, live, learn, and play in the Farmington Valley.

## VALUES

Equity  
 Excellence  
 Data-Driven  
 Professionalism  
 Collaboration  
 Integrity

# BOARD MEMBERS

## AVON

Brandon Robertson, Chair  
Erin Barthel

## BARKHAMSTED

Debra Brydon

## CANTON

Warren Humphrey  
Tim Murphy

## COLEBROOK

Christopher Johnstone (2023)  
Bradley Bremer (2024)

## EAST GRANBY

Angela Ciottone

## FARMINGTON

Jadwiga Gocłowski  
Mary Jane Parlow  
Anna Savastano

## GRANBY

Sandy Yost  
Joan Kuhnly

## HARTLAND

Lynette D. Robitalle

## NEW HARTFORD

Daniel V. Jerram

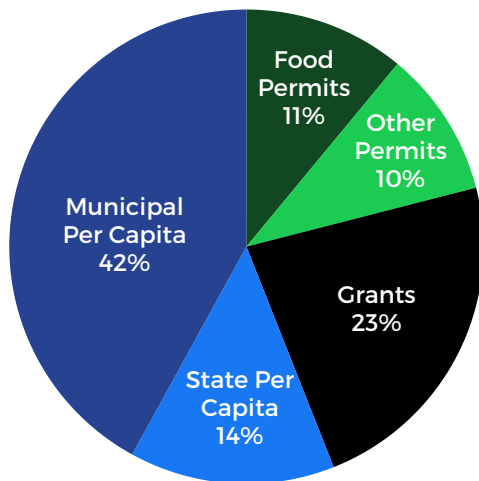
## SIMSBURY

Suzanne Sinacori  
Tom Fitzgerald  
Melissa Appleby

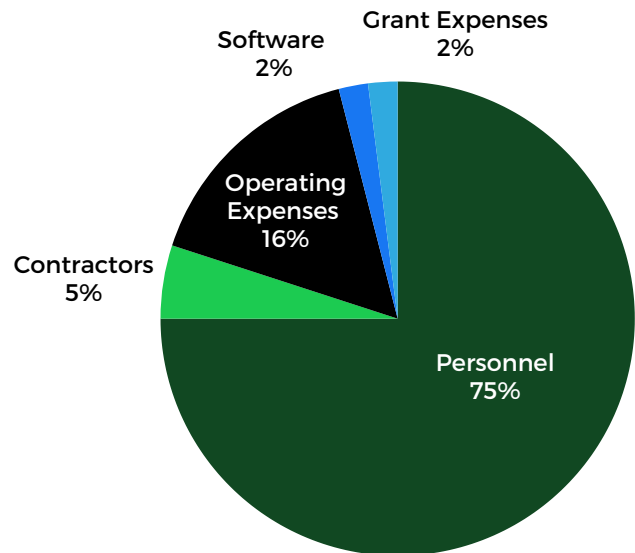
# BUDGET

## FISCAL YEAR '23-'24

**REVENUE**  
\$1,968,638



**EXPENDITURES**  
\$1,976,116





**Farmington Valley Health District**  
**95 River Road, Canton CT 06019**  
**(860) 352-2333**



**FVHD.ORG**



**FarmingtonValleyHealthDistrict**



**FarmValleyHD**