



Highlands County Health Department

"To promote and protect the health and safety of all residents"

Director: Dr Paula Silverman-Thaqi

Your Highlands County Health Department is a state agency operated under a contractual partnership between the Florida Department of Health and the Highlands County Board of County Commissioners. Our main objective is to protect the health of our community through the regulatory duties we perform and the services that we offer.

Highlands County Health Department Locations

Sebring

Highlands County Health Department

7205 S. George Blvd.

Sebring, FL 33875

(863) 386-6040 Env Health: 386-6045 Vital Statistics: 386-6046

Hours: Monday – Friday 8:00 a.m. – 5:00 p.m.

Services Offered: All

Avon Park

Highlands County WIC Program

816 South Delaney St

Avon Park, FL 33825

(863) 452-6411

Hours: Monday – Friday 8:00 a.m. – 12:00 p.m. & 12:30 p.m. – 4:30 p.m.

Services Offered: WIC; Immunizations one day a week; limited Env Health

Lake Placid

Highlands County Health Department

107 North Main Street

Lake Placid, FL 33852

(863) 465-2252 WIC: 465-1943

Hours: Monday – Friday 8:00 a.m. – 5:00 p.m.

Services Offered: All; limited Env Health

All three sites have extended hours certain days of the month, for WIC, and may close at various times due to meetings. Please call the site in question for further information.

DENTAL SERVICES

Director: Dr Kera King, DDS

The Highlands County Health Department's Dental Department provides comprehensive oral health services for patients 2 to 20 years of age.

Services include preventive oral hygiene education, restorative and routine extractions. Specialty care is coordinated on a referral basis.

Emergency Dental care services are also provided to maternity, HIV/AIDS, at-risk teenagers in correctional facilities and some patients who are physically and mentally challenged.

Dental treatment is provided to patients from Central Florida to include Avon Park, Sebring, Lake Placid, Venus, and Lorida (Highlands County), as well as Hardee and Polk Counties. Indigent patients are also seen.

Highlights

- ✓ Our Dental Department is a dynamic team which includes: Dr Kera King, General Dentist; Diana Holton, Registered Dental Hygienist; Sylvia Sanders, Dental Assistant and Sofia Blakey, office support staff.
- ✓ The dental team treats an average of 200 patients per month.
- ✓ In the 1999/2000 Fiscal Year the dental department received grant money for equipment. Two new chairs and vital equipment greatly enhance patient care, and the treatment rooms and records areas have been renovated by staff.

Our motto is: "**Gentle dentistry for the young-at-heart**"

FAMILY HEALTH SERVICES

Nursing Director: Joan Endicott, RN

Medical Director: Dr Tai Duong

Integrated family health and communicable disease control services are provided to adults and children. Services include preventive health and primary care for acute and chronic conditions like heart disease, lung disease, and diabetes.

Anyone can be seen in the clinic, with the fees for the services provided being based upon the family's current income. Proof of income is required. Services are free of charge to Medicaid recipients.

At the Lake Placid clinic site, the American Cancer Society's "Fresh Start" program is offered. A straightforward program that contains all the elements that can help smokers quit smoking and stay off cigarettes, a new session starts the first Tuesday of each month. Contact the Lake Placid office for more information.

Immunizations:

Immunizations are available for childhood disease during infancy, and as required to start school. Immunization services are provided at both the Lake Placid and Sebring Clinic sites, as well as the WIC office in Avon Park. There are no eligibility requirements or fees for childhood immunization services.

Maternal Health:

Provide prenatal, delivery and postpartum services, which include medical examinations, pregnancy test, laboratory tests, counseling and education, high risk identification, Healthy Start screening, and free pregnancy testing. Fee based on current income

Child Health:

Provide comprehensive well-child care that includes medical exam. School and sports physicals are also performed. Home assessment provided to high risk clients. Rheumatic fever and epilepsy drugs are also available. Fee based on current income.

Family Planning:

Methods of birth control, including Depo-Provera, tubal ligation and vasectomies can be provided. Confidentiality is assured. There are no eligibility requirements for family planning. Any fees are based on current income.

Tuberculosis:

Tuberculin screening and x-rays are provided to individuals or groups as designated. Examination, treatment, referral and case management for diagnosed TB cases **or** contacts. are provided. There are no eligibility requirements. Fees are based on current income for screening test.

Sexually Transmitted Disease (STD):

Provide screening assessment, diagnosis, treatment and counseling for all types of venereal and other sexually transmissible diseases. Fee based on current income for screening tests.

Acquired Immune Deficiency Syndrome (AIDS):






Provide surveillance, investigation, identification and reporting. Confidential records are maintained and testing, education, counseling, medical evaluation and referrals are provided. Fee based on current income for screening test.

School Health

The Highlands County Health Department School Health Program mission is to “promote healthy bodies to produce healthy minds.” We work cooperatively with the Highlands County School Board using County Health Department (CHD) and Department of Education dollars to provide quality, comprehensive, school health services to every school in the county.

We have 5 Registered Nurses (RN) who are employees of the CHD. These RNs supervise 15 health support aides and technicians, one in each Elementary, Middle and High School. The School board also provides a Registered Nurse on a part-time basis.

School Health services provided by these nurses include:

-  First Aid
-  Screenings for: Vision, Hearing, Scoliosis, and Pediculosis
-  Health Education and Counseling
-  Nursing Assessment
-  Referral to medical providers when needed

In addition to these basic services provided at all schools, our School Health program offers special services at our three Full Service Schools: Avon Elementary, Fred Wild Elementary and Woodlawn Elementary. These services include school physicals, child health physicals and immunizations. These services are available to students as well as other children in the community.

Our School Health Aides and Technicians are specially trained in first aid and in providing services to children and adolescents. They provide many of the hands-on, day-to-day services in our health rooms, under the supervision of the nurse assigned to their school.

The School Health Nurses work closely with teachers to provide health education information, and often classroom presentations, on various health related topics. The nurse makes annual presentations to 4th through 8th grades about human growth and development as a part of the School Board’s Health curriculum.

School Health Staff

Vicki Canter, RN

Registered Nurse Specialist.

Full Service Schools Coordinator

Cracker Trail Elementary

Lois Miners Health Support Tech

Sue Graves, RN, BSN

Registered Nurse Specialist

Comprehensive Schools Coordinator

Sun N Lake Elementary

Donna Pletcher Health Support Tech

Sebring Middle School

Pat Lefiles Health Support Aide

Sebring High School

Donna Hedges Health Support Tech

Sherry Koehler, RN
Registered Nurse Specialist
Basic Schools Coordinator
Avon Elementary
Park Elementary
Hill Gustat Middle School

Darla Olsen Health Support Tech
Christine Soto Health Support Aide
Kim Bronstein Health Support Aide

Mollie Rodriguez, RN
Senior Registered Nurse
Fred Wild Elementary
Avon Park Middle School
Avon Park High School

Lorna Crafts Health Support Tech
Susan Prohaska Health Support Tech
Bertie Boyette Health Support Tech

Pam Allred, RN, BSN
Community Health Nurse
Lake Country Elementary
Lake Placid Elementary
Lake Placid High School
Lake Placid Middle School

Maria Gonzalez Health Support Aide
Julie Wadel Health Support Tech
Tonya Anderson Health Support Aide
Jennifer Haak Health Support Aide

Lisa Foster, RN (Highlands Co School Board)
Woodlawn Elementary

Sylvia Olguin Health Support Tech

WOMEN, INFANTS, AND CHILDREN (WIC) PROGRAM

Director: Amy Cober, RD, LD

The WIC Nutrition Program is a special supplemental food and nutrition education program for Women, Infants, and Children up to age 5. WIC provides supplemental foods, nutrition counseling, breast feeding counseling and support, and referrals for health care.

Who is Eligible for WIC?

To be eligible, you must be:

- ✓ a pregnant woman
- ✓ a breastfeeding woman
- ✓ a woman who has recently been pregnant
- ✓ an infant or a child under 5 years of age

You must also:

- ✓ have a low or moderate income
- ✓ have a special need that can be helped by WIC foods and nutrition counseling

WIC FOODS

If you are determined eligible for services you will be given WIC checks to use at the grocery store. Only WIC foods can be bought with these checks. These foods are listed on each check and include the following: Milk, cheese, eggs, cereal, juices, dry beans/peas or peanut butter, iron fortified infant formula (artificial baby milk).

Breastfeeding women who are not receiving WIC checks for infant formula will receive checks for extra foods. These foods include: Extra cheese and juice, peanut butter and beans, canned tuna fish and carrots.

General Nutrition Services

The Health Department has Licensed and Registered Dietitians on staff who provide Medical Nutrition Therapy. Nutrition assessment and counseling services are available on a sliding fee scale. Please call for appointment availability. This service requires a physician's diet order.

ENVIRONMENTAL HEALTH SERVICES

Director: Roger Christopher

The goal of Environmental Health is to prevent disease and illness through monitoring and regulating activities and facilities that impact the quality of the state's food, water, and soil. Building plan reviews, regular inspection and permits are required for the following Department of Health regulated facilities and activities to insure they are operating in a safe, sanitary manner and are in compliance with State Statutes and Codes

Services Provided:

New Septic Tank System and Septic Tank Repair permitting.

Institutional Food Service Inspections and Licensing.

Limited Use Drinking Water System Permitting.

Public Swimming Pool and Bathing Beach Inspections and Permitting.

Mobile Home and R.V. Parks and Recreational Camps Inspections and Permitting.

Migrant Labor Camp and Migrant Residential Housing Inspections and Permitting.

Food and Waterborne Illness Investigations.

Rabies Surveillance.

Laboratory Services for Drinking Water.

Group Care Facility inspections.

Sanitary Nuisance Investigations.

Response to Toxic Substances and Hazardous Materials Incidents.

Public Education on all Environmental Health Programs.

Drinking water samples from potable wells can be analyzed for bacteria in our State certified laboratory. We also offer a nitrate contamination-screening test. There are fees charged for these drinking water tests.

Public education is an important part of Environmental Health Programs. Our staff is available to answer questions and make recommendations regarding environmental hazards and safe, sanitary practices.

ADMINISTRATIVE SERVICES

Director: Hazel Ford

Vital Statistics

This office records all births and deaths occurring in Highlands County for both statistical and legal purposes. A certified copy of the record is available for a fee. Other assistance in correcting certificates, name changes, etc., and where to write for a copy of a death or birth certificate not filed in Highlands County is also available. Birth certificates are available electronically for persons born anywhere in the state of Florida back to 1963.

Personnel

Applications and information regarding employment with the state are available.

International Travel

Information regarding immunization requirements for travel abroad is provided.

HEALTH EDUCATION SERVICES

Director: Susan Altman, MS

Health Education provides health promotion and disease prevention information. Staff conduct presentations on many topics of interest, such as healthy eating, senior-fall prevention and drug abuse, to senior groups, youth groups and other community organizations. Staff also offer the state-required HIV/AIDS education update classes for local healthcare and cosmetology professionals.

HIV Outreach

Staff conduct confidential HIV testing at various outreach sites within the community.

Tobacco Prevention / SWAT

In 1998, the late Gov. Lawton Chiles and the State of Florida successfully negotiated a settlement with the Tobacco Industry for \$13 billion dollars. \$200 million dollars was authorized for "general enforcement, media, educational and other programs" to reduce the use of tobacco products by youth. Being that this is a public health issue, it was decided that a TOBACCO PREVENTION

COORDINATOR would be placed in each of the 67 County Health Departments in the State of Florida, who's primary job would be to establish **SWAT** teams for middle and high school aged youth.

SWAT, which stands for, "Students Working Against Tobacco", has been in existence for three (3) years. Membership in Highlands Co is presently around 300 youths and growing, with young people from Avon Park, Sebring and Lake Placid High Schools, and Sebring and Lake Placid Middle Schools. **SWAT** is a youth-led advocacy group with a simple mission: Expose the lies of the tobacco industry and defend their generation against tobacco. **SWAT** members are activists who spread the "truth" message as they advocate for change. Working with **SWAT** is the **HIGHLANDS COUNTY COMMUNITY TOBACCO-FREE PARTNERSHIP**.

Our activities throughout Highlands County include, but are not limited to:

Participation in school sporting events, parades, the Highlands County Fair, Sebring International Raceway "12 Hours of Sebring," YMCA "BMX Bicycle Racing Track," school and community health fairs, community shows and downtown events for all cities in Highlands County, after-school programs, Avon Park Youth Academy, Summer Recreation Programs, Lake Placid Highway Park Day, City Christmas Parades, Martin Luther King, Jr. Day Parade, Kick Butts Day, Relay for Life, Sebring Bike Rodeo, and many other activities.

In general, **SWAT** operates on a local level as a means by which teens can get involved in the fight against Big Tobacco, be an advocate for local tobacco policy change, and a messenger by which the "**SWAT**" and "**Truth**" message is spread, as we continue to "**DEFEND A GENERATION AGAINST TOBACCO**".

For more information about the Tobacco Prevention program, please visit:

Swat Website: www.wholetruth.com/asp/swat/fs_start.asp

Truth Website: www.wholetruth.com/asp/truth/truth.asp