



**HOUSATONIC VALLEY
HEALTH DISTRICT**



FY22-23

**ANNUAL
REPORT**

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A Message from the Director of Health

It is my privilege to present the FY22-23 Annual Report for the Housatonic Valley Health District (HVHD). As the newly appointed Director of Health as of February 2023, I am excited to provide an overview of our efforts to increase service quality, and meet the individualized and collective needs of all six towns within our jurisdiction.

Efficiency and Effectiveness:

When stepping into the role of Director of Health, one of my primary goals was to improve the efficiency and effectiveness of our district's operations. To accomplish this, we implemented various strategies, including streamlining administrative processes, fostering collaborations with town and community partners, expanding our workforce through the use of grant funds, transparently sharing data regarding our services, and optimizing resource allocation through redesigning our website. By enhancing our internal systems and procedures, we have been able to provide more timely and comprehensive services to the residents of our towns.

Meeting the Needs of All Six Towns:

Each town within our jurisdiction has its own set of health challenges and requirements. Recognizing this diversity, our department has made significant strides in tailoring our programs and initiatives to address the needs of each community. Through community engagement and ongoing dialogue with local stakeholders, we have enabled the development of targeted interventions and health promotion campaigns to effectively meet the demands of the population we serve.

Looking Ahead:

As we move forward, we remain committed to our mission of safeguarding the health and well-being of all residents in our jurisdiction and providing the utmost quality of service. We will continue to work diligently to enhance our services, respond to emerging health challenges, and adapt to the evolving needs of our towns. Through innovation, collaboration, and a strong community-focused approach, we aim to make a lasting positive impact on the health outcomes and quality of life for all HVHD towns.

In closing, I would like to express my gratitude to the dedicated staff members of HVHD, our community partners, and all the stakeholders who have supported us throughout the year. Together, we will continue to strive for excellence and build healthier, more resilient communities.

In health,



Amy Bethge, MPH
Director of Health



**AMY BETHGE, MPH,
DIRECTOR OF HEALTH**

MISSION

To create better health outcomes in our communities and promote the highest attainable standard of health.

VISION

- To promote a culture of health
- To enable accessibility to all services for the community
- To provide the highest quality of public health leadership and services
- To create better health outcomes through the prevention of disease & injury
- To promote policies that enable longer and healthier lives

VALUES

- Community First
- Professional Service
- Inclusion, Equity, and Accessibility

TOWNS SERVED

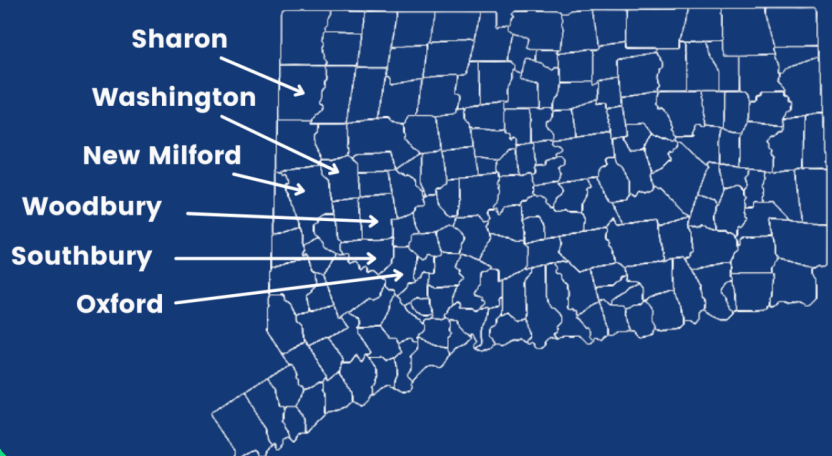
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SQUARE MILES

271.9

POPULATION SERVED

76,815



10 Essential Services of Public Health

1

Assess and monitor population health status, factors that influence health, and community needs and assets

2

Investigate, diagnose, and address health problems and hazards affecting the population

3

Communicate effectively to inform and educate people about health, factors that influence it, and how to improve it

4

Strengthen, support, and mobilize communities and partnerships to improve health

5

Create, champion, and implement policies, plans, and laws that impact health

6

Utilize legal and regulatory actions designed to improve and protect the public's health

7

Assure an effective system that enables equitable access to the individual services and care needed to be healthy

8

Build and support a diverse and skilled public health workforce

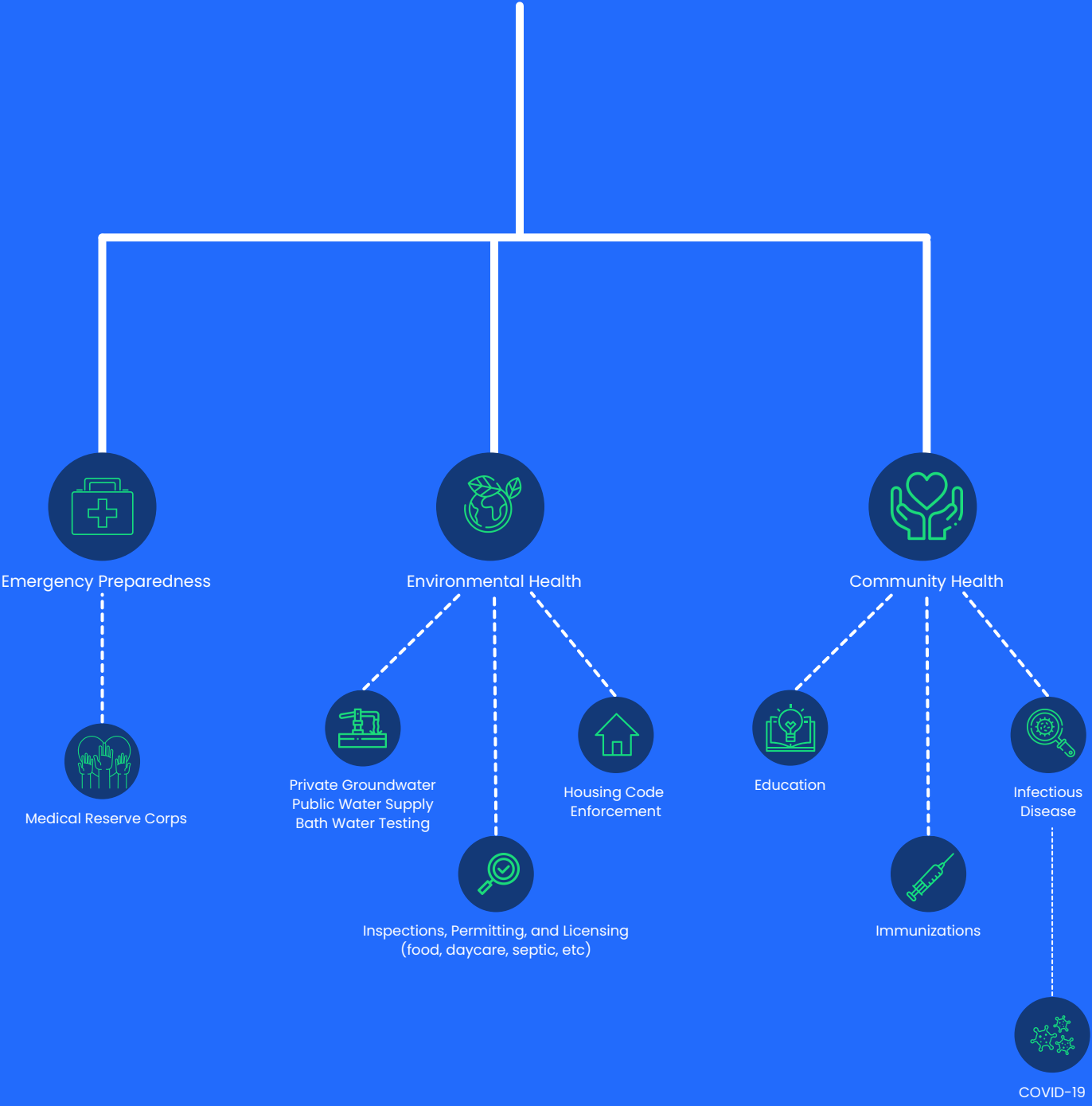
9

Improve and innovate public health functions through ongoing evaluation, research, and continuous quality improvement

10

Build and maintain a strong organizational infrastructure for public health

HVHD Public Health Services



Division Highlights

A look back at the accomplishments of each HVHD division for FY22-23



**Administrative
Division**



**Communications
& Data
Visualization
Division**



**Environmental
Health Division**



**Community
Health Division**

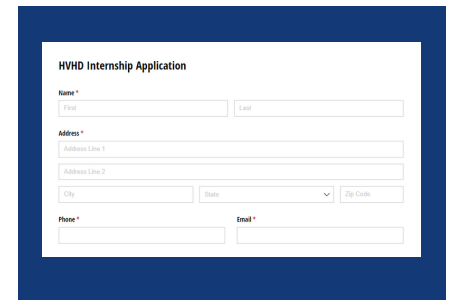
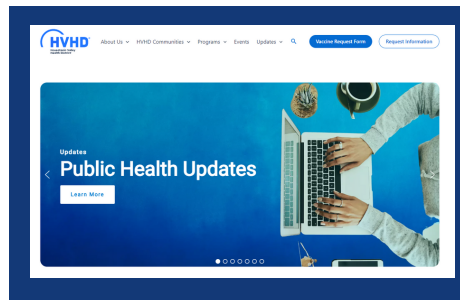
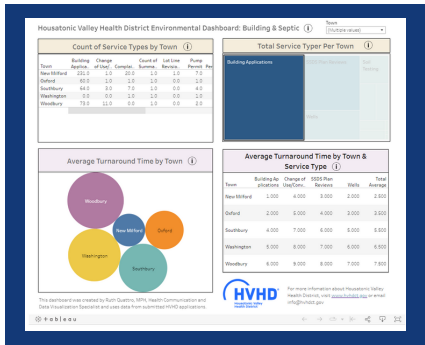
Administrative Division



The Administrative Division consists of the Operations Manager, Environmental Administrator, Office Administrator, and Public Health Client Specialist. The team supports the daily activities of the district which include, but are not limited to, providing personnel support, fielding questions from community members, intaking applications from the community, process FOIA Requests, collecting tick and bat submissions, accounting, payroll. Customer service, timeliness, and quality are paramount.

During FY22-23, the Administrative Division accomplished:

- Maintained District budget and all accounts payable and receivables
- Implementation of monthly financial reports
- Maintained personnel files and new onboarding and exiting procedures for staff
- Managed the Board of Directors meeting agendas and minutes
- Streamlined procedures for the community and staff
- Worked with each division to ensure quality of service for each community
- Distributed annual licensing documentation to all food establishments, salons, tattoo parlors, daycares and pools
- Provided licensing for various facilities as appropriate
- Maintained and organized Environmental Health databases
- Worked with the Community Health team to organize and carryout Flu and COVID-19 Clinics
- Updated Emergency Preparedness plans
- Worked with the MRC volunteers to assist at the District's Flu and Covid-19 Clinics
- Created programs to train the community in CPR and First Aid
- Established of process for reporting and tracking key performance indicators



The Communications & Data Visualization Division handles internal and external communications and consists of the Data Visualization and Communication Specialist. Duties include communicating with stakeholders, the media, and staff. This division works closely with other departments to ensure the adequate promotion of services, accomplishments, and sharing of accurate information to the community.

The Communications & Data Visualization Division is responsible for enhancing, developing, and promoting the HVHD brand across multiple platforms. This is accomplished through web programming, multimedia development, public relations, media outreach, social media management, graphic design, and print production.

During FY22-23, the Communication & Data Visualization Division accomplished:

- Created and disseminated a HVHD Environmental Health Dashboard
- Increased social media following by **40%**
- **Redesigned the HVHD website** to accommodate all people, including those with accessible disabilities
- Grew email distribution lists by **15%**
- Wrote and distributed **7** press releases
- Distributed **37** weekly COVID-19 reports and **10** monthly reports to key stakeholders
- Converted environmental health applications to **fillable PDFs** for ease of use
- Created and distributed **7** video tutorials to staff
- Launched the **HVHD Internship application**
- Designed and implemented **routine vaccination and office service satisfaction surveys**

Community Health Division: Activities



The Community Health Division provides communicable disease prevention services, routine immunizations, travel immunizations, and more. This division aims to improve patient care and clinical outcomes as well as provide timely and accurate information to the community.

During FY22 -23, the Community Health Division:

- Implemented monthly health educational roundtable discussions for community senior centers.
- Blood Pressure screenings have increased by double the amount of participants this year.
- Implemented a new process for lead cases in our community and educational materials being sent to homes of high risk children.
- Insurance is all up to date with name changes and new electronic funding transfers for updated bank accounts.
- Participated in an instructor 6 week course on Chronic Disease Self Management to offer to our community members.
- Continued to monitor the community infectious disease outbreaks and work with healthcare teams in our community on mitigation strategies.
- Administered over 2,500 flu vaccines to the community members in our district this year.
- Enhancement of communication between towns and stakeholders



Community Health Division: Program Overview



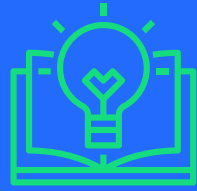
Community Programs

Blood Pressure Clinics (12/month)

Healthy Chats (3/month)

School and Community Health Fairs

Medication Administration & Epi-Pen Training session



Education

28 COVID-19 Reports

12 Public Health updates

500 Blood Pressure Screenings and pamphlets distributed



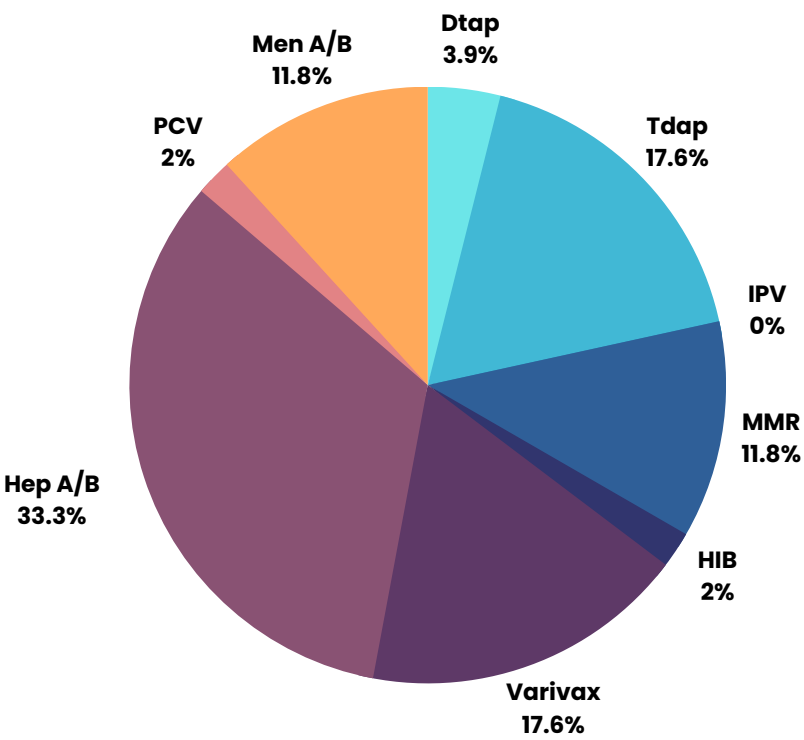
Community Health Division: Immunizations

COVID-19 and Flu Vaccines

May 11th, 2023 marked the end of the Public Health Emergency declared in response to COVID-19. In order to ensure appropriate continuation of public protection against the virus throughout this new era of normalcy and to continue to meet the needs of our community members, HVHD shifted COVID-19 vaccination efforts from mass vaccination and testing clinics to appointments upon request. HVHD administered over **400 COVID-19 vaccines** during FY22-23. HVHD also offered Flu vaccine clinics in all five towns as well as in Newtown, CT and administered over **2,500 flu vaccines**.

Routine Immunizations

HVHD offered upon request routine immunizations, primarily for children. HVHD administered over **50 routine immunizations** during this reporting period.



Type of Vaccine	Number Administered	% Across Vax Administered
Flu*	2,968	85.5%
COVID*	430	12.5%

*Not included in the chart above

Type of Vaccine	Number Administered	% Across Vax Administered
Dtap	2	0.06%
Tdap	9	0.26%
IPV	0	0%
MMR	6	0.17%
HIB	1	0.03%
Varivax	9	0.26%
Hep A/B	17	0.5%
PCV	1	0.03%
HPV	0	0%
Men A/B	6	0.17%
Shingles	1	0.03%

Environmental Health Division

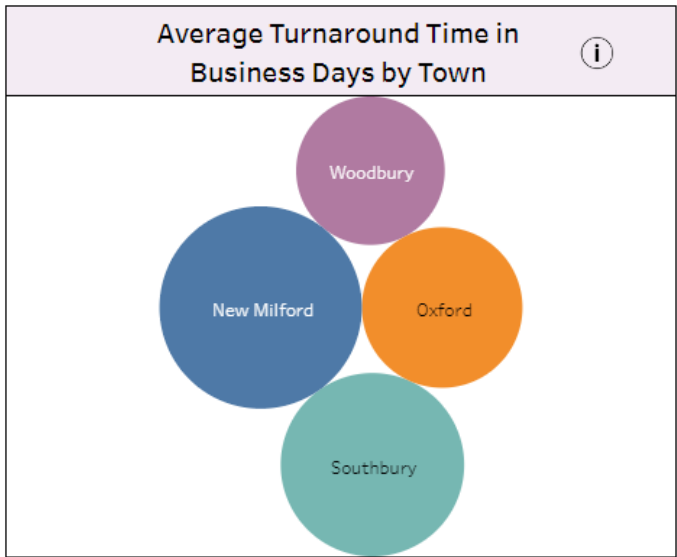
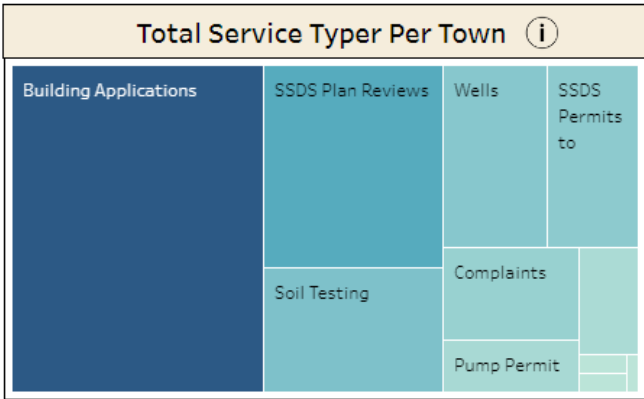
The Environmental Health Division focuses on the interrelationships between people and their environment, promotes human health and well-being, and fosters healthy and safe communities. This includes providing services such as:

- Food service establishment plan review and inspection.
- Septic plan review and related inspection.
- Plan review for wells, building additions, change of uses, subdivisions, and lot line revision applications.
- Water testing for potability (through the CT DPH Laboratory) of public swimming areas.
- Public swimming pool code compliance and inspection.
- Inspection of salons, body care centers, massage parlors, and tattoo shops.
- Engagement of town employees to ensure appropriate workflows and service quality
- Streamlining of processes and workflows to optimize performance

Housatonic Valley Health District Environmental Dashboard: Building & Septic (i)

Select a town
(All) ▼

Town	Building Applica..	Change of Use/..	Complai..	Count of Summa..	Lot Line Revisio..	Pump Permit P
New Milford	69.0	1.0	19.0	1.0	1.0	8.0
Oxford	38.0	2.0	1.0	1.0	0.0	1.0
Southbury	40.0	3.0	7.0	1.0	0.0	4.0
Washington	0.0	0.0	1.0	1.0	0.0	1.0
Woodbury	37.0	8.0	0.0	1.0	1.0	2.0
Total	184.0	14.0	28.0	1.0	2.0	16.0



Town	Building Ap plications	Change of Use/Conv..	SSDS Plan Reviews	Wells	Total Average
New Milford	5.26		11.07	2.86	6.40
Oxford	2.67		5.67	3.75	4.03
Southbury	0.30	0.50	9.33	10.90	5.26
Woodbury	1.46	3.25	6.33	2.75	3.45

This dashboard was created by Ruth Quattro, MPH, Health Communication and Data Visualization Specialist and uses data from submitted HVHD applications.



For more information about Housatonic Valley Health District, visit www.hvhdct.gov or email info@hvhdct.gov

Environmental Health Division (cont.)

Number of Building/Septic Applications by Town and Category from January - June 2023

Town	Building Applica..	Change of Use/..	Complai..	Count of Summa..	Lot Line Revisio..	Pump Permit	SSDS Permits..	SSDS Plan Re..	Soil Testing	Subdivisi on Revi..	WTW	Wells
New Milford	69.0	1.0	19.0	1.0	1.0	8.0	10.0	27.0	18.0	0.0	0.0	14.0
Oxford	38.0	2.0	1.0	1.0	0.0	1.0	6.0	10.0	3.0	0.0	1.0	7.0
Southbury	40.0	3.0	7.0	1.0	0.0	4.0	11.0	23.0	16.0	1.0	0.0	14.0
Washington	0.0	0.0	1.0	1.0	0.0	1.0	0.0	0.0	4.0	0.0	0.0	0.0
Woodbury	37.0	8.0	0.0	1.0	1.0	2.0	10.0	12.0	9.0	0.0	1.0	7.0
Total	184.0	14.0	28.0	1.0	2.0	16.0	37.0	72.0	50.0	1.0	2.0	42.0

HVHD receives and processes 12 different applications for building and septic. The table above highlights the number of building and septic applications received by town and category from January to June 2023.

Average Turnaround Time in Days for Select Building/Septic Applications by Town from January - June 2023

Town	Building Applications	Change of Use/Conversion	SSDS Plan Reviews	Wells	Total Average
New Milford	5.26		11.07	2.86	6.40
Oxford	2.67		5.67	3.75	4.03
Southbury	0.30	0.50	9.33	10.90	5.26
Woodbury	1.46	3.25	6.33	2.75	3.45

Average turnaround times are calculated for select services (building applications, change of use/conversion, SSDS plan reviews, and wells) to gather how long it takes from start to finish. These select services lend themselves to calculating turnaround times because they have distinct start and finish times.

*Data for Sharon and Washington will be available in FY23-24.



Partners & Stakeholders



Community Partners

Housatonic Valley Health District recognizes all the partnerships and support we receive from numerous outside agencies. We would like to take a moment to recognize these valuable partnerships.

Town of New Milford	Heritage Village
Town of Oxford	Grace Meadows
Town of Sharon	New Milford Volunteer Corps
Town of Southbury	Washington Volunteer Corps
Town of Washington	Medical Reserve Corps Volunteers
Town of Woodbury	New Milford CERT
Town of Roxbury	Southbury CERT
Town of Sharon	New Milford Youth Agency
Town of Newtown	Nuvance Health
Town of Kent	Griffin Health
Brookfield Health Department	RVNA Health
New Fairfield Health Department	Waterbury Hospital
Newtown Health District	Community Health Center (CHC)
Sherman Health Department	Connecticut Institute for Communities (CIFIC)
Naugatuck Valley Health District	CT Department of Public Health
Torrington Area Health District	CT Department of Energy & Environmental Protection
New Milford Senior Center	CT Department of Mental Health & Addiction Services
Oxford Senior Center	CT Office of Early Childhood (OEC)
Southbury Senior Center	Western CT Council of Governments
Washington Senior Center	Northwest Hills Council of Governments
Woodbury Senior Center	Naugatuck Valley Council of Governments
New Milford Social Services	
Oxford Social Services	
Southbury Social Services	
Washington Social Services	
Woodbury Social Services	
New Milford Public Library	
Oxford Public Library	
Southbury Public Library	
Gunn Memorial Library	
Woodbury Public Library	
New Milford Public Schools	
Oxford Public Schools	
Pomperaug Regional School District 15	
Regional School District 12	
Region 14 Schools	

HVHD Staff & Board of Directors

Housatonic Valley Health District recognizes that none of this work could be done without the support of the HVHD team.

HVHD Staff:

Director of Health:

- Amy Bethge, MPH, *Director of Health*

Administrative Division:

- Jennifer Luis, *Operations Manager*
- Liana Rodriguez, *Public Health Client Specialist*

Communications & Data Visualization Division:

- Ruth Quattro, MPH, *Data Visualization and Communications Specialist*

PHEP/MRC Division:

- Megan McClintock, MS, *PHEP/MRC Coordinator*
- Kariny Silva, MPH, *PHEP/MRC Coordinator*

Community Health Division:

- Heidi Bettcher, RN, BSN, *Community Health Nursing Supervisor*
- Daniel Sibio, *Medical Biller*

Environmental Health Division:

- Joe Kmetz, *Chief Sanitarian*
- Michelle Laguerre, *Sanitarian II*
- AJ Cresci, *Sanitarian I*

HVHD Board of Directors:

Fred D'Amico, Chair, *Oxford*

Larry Ellis, Vice Chair, *Oxford*

Chris Cosgrove, *New Milford*

Michael Crespan, *New Milford*

Dr. Jeremy Levin, *New Milford*

Vacant, *Sharon*

Jack Kelly, *Southbury*

John Michaels, *Southbury*

Dean Sarjeant, *Washington*

Deborah Fuller, *Woodbury*



Housatonic Valley
Health District

New Milford

10 Main Street
New Milford, CT 06776
203.264.9616

Oxford

486 Oxford Rd
Oxford, CT 06478
203.264.9616

Sharon

63 Main St,
Sharon, CT 06069
203.264.9616

Southbury

77 Main Street N #205
Southbury, CT 06488
203.264.9616

Washington

2 Bryan Plaza
Washington, CT 06794
203.264.9616

Woodbury

275 Main Street S
Woodbury, CT 06798
203.264.9616

www.hvhdct.gov



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@hvhd_ct



Housatonic Valley Health District