

## JMH-A New Chapter in Community Wellness: A Place to Heal



As we embrace January as a month of new beginnings and holistic health, the opening of the new Behavioral Health Center at Johnson Memorial Health stands as a beacon of hope for Franklin and the greater Johnson County area. This facility isn't just a building; it is a promise kept to our community.

### The Patient Comes First: A Holistic Approach to Recovery

At the heart of the new 29-bed inpatient unit is a steadfast commitment to the principle that the patient comes first. This philosophy is woven into every detail of the center's design and care model:

- **Healing by Design:** Moving away from traditional clinical environments, the center features natural light, a serene color palette, and curated artwork. This "trauma-informed" design ensures that every patient is treated with the dignity and peace they deserve during their most vulnerable moments.
- **Comprehensive Care:** Patients aren't just "admitted"—they are immersed in a wellness ecosystem. With 30 to 35 hours of structured care weekly, the program integrates medical stabilization with holistic therapies like mindfulness, yoga, and art therapy. By treating the "whole person"—body and mind—JMH ensures that recovery is sustainable and deeply personal.

### A Vision for the Future: Redefining Mental Health

Dr. David Dunkle and the JMH leadership view this center as more than an expansion; it is a vision for the future of Indiana healthcare.

- **Ending the Wait:** For years, residents in crisis faced long waits or travel to distant counties. This local facility closes that gap, ensuring that high-quality mental health care is as accessible and trusted as physical health care.
- **A Continuum of Care:** The vision extends beyond the hospital walls. By integrating behavioral health into the primary care network, JMH is building a future where mental wellness is destigmatized and supported at every stage of life.
- **Community Resilience:** As Dunkle reflects, this center is proof of what happens when a community collaborates for the greater good. It marks a shift from reactive crisis management to a proactive future where mental health is a fundamental pillar of our collective well-being.

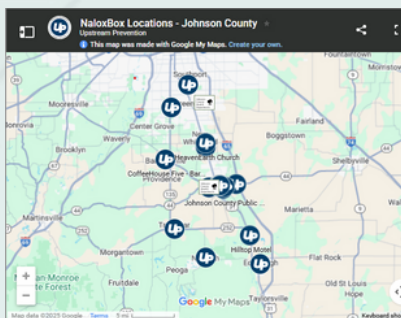
## Health Education

Physical activity serves as a biological reset for the brain, helping to reduce stress and burnout without needing a strenuous workout. Key strategies include:

- **5,000-Step Goal:** Achieving this daily milestone can alleviate depression and seasonal anxiety.
- **Stretching:** Just three minutes of stretching helps shift the nervous system to a calming state.
- **Micro-Breaks:** A 10-minute walk reduces cortisol and boosts mood with endorphins.
- **Nature Therapy:** Exercising in local parks is more effective for mental clarity than indoor workouts.
- **Mindfulness in Motion:** Focusing on breath and movement while walking helps disrupt stressful thought patterns.

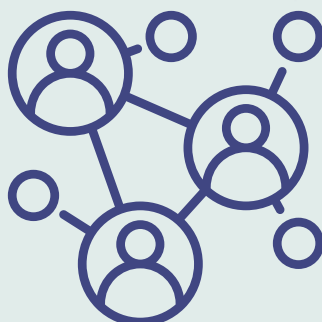
### Key Benefits of Learning CPR:

- **Save Lives:** 70% of cardiac arrests occur at home; knowing CPR can help loved ones.
- **Increase Survival Rates:** Immediate CPR can double or triple survival chances by maintaining blood flow to the brain.
- **Bridge the Gap:** CPR provides crucial support until emergency services arrive.
- **Boost Confidence:** Knowing CPR techniques helps you stay calm in emergencies.
- **Community Defense:** A community trained in CPR creates a safer environment for all.



### Naloxone Locations in Johnson County

A Naloxone holds free, readily available intranasal (sprayed through the nose) Naloxone.



### Community Resources

We are here to support your health and wellness needs. Click the link to find information about our local resources available to you.



### Employment Opportunity

Looking for a Summer Internship? The Johnson County Health Department seeks enthusiastic interns to explore public health. Apply now!



## DREAM DINNER

On October 3, 2025, Upstream Prevention hosted its 3rd Annual DREAM Dinner, a celebration of the potential, diversity, and joy inherent in the journey of recovery. The Johnson County Health Department participated in this uplifting event, where Jaycie Miller, health educator from JCHD, delivered an inspiring speech that resonated profoundly with all attendees.

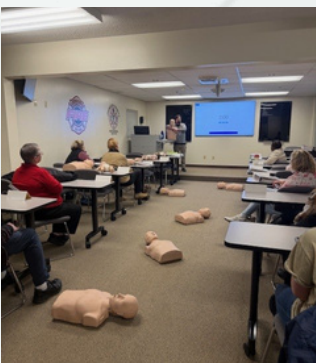
## MENTAL HEALTH SYMPOSIUM

On December 12, 2025, Mental Health America of Indiana successfully hosted the 2025 Mental Health and Addiction Symposium, bringing together behavioral health professionals from across the state. Centered on "Innovation to Implementation," the event provided meaningful learning and connection, and staff from the Johnson County Health Department were grateful for the opportunity to attend, reflect, and engage in conversations that will help strengthen behavioral health services in our community.



## CPR CERTIFICATION/EDUCATION CLASS

On January 13, 2026, the Johnson County Health Department successfully hosted a CPR Hands-on education class in collaboration with the Greenwood Fire Department. The training provided participants with hands-on instruction in adult, child, and infant CPR, as well as practical experience using automated external defibrillators (AEDs). Certified instructors led participants through realistic emergency scenarios, ensuring attendees met BLS certification requirements and gained confidence in delivering lifesaving care.



# Employee Spotlight: Cheryl Snider

Vital Registrar: Cheryl Snider

Page 3

## **How has your role changed since you first started, and what keeps you motivated every day?**

"I started with the Vital Records Department in 2008. When I started, documents were handwritten and I had to call doctors' offices and funeral homes for information. I would make sure death certificates were correct and when everything was signed, I would mail them into the State Department of Health. I had to keep physical copies of birth and death records. Now everything is stored in computer programs. The hospital, doctors, and funeral homes all enter a statewide system called DRIVE and records are, for the most part, stored in computer programs. Very few things are kept in filing cabinet drawers anymore. In 2008, it was only me and one other full-time person. Our county has grown so much in the last 18 years that there are now 4 of us who do the vital records portion of the Health Department."

## **What has been the most rewarding part of your career?**

"I love my job and the people I work with. We really are a family. We take up for each other, laugh with each other, and sometimes cry with each other. I really enjoy working with the public by helping them get what they need, whether it be our county or another. We are a wealth of information for the public, and we do everything we can to help when needed."

## **How have the needs of Johnson County changed since you began your career?**

"Birth and death record needs have not changed much. The process has, as I covered earlier. There will still be deaths, there will still be births, and the public can still come here and get what they need. I can say there is a greater need for birth certificates now. Everything that needs to be done in life needs a birth certificate. From the time we are born until the time we die, we need our birth certificate for everything, such as entering school, getting a driver's license, and showing our insurance at doctors' office visits."

## **What is one thing about Vital Records that would surprise people who don't work here?**

"When doing genealogy, there is a lot of research that goes into a genealogy search. Some bring in all their information while others just begin a search. For genealogy, the birth record must be at least 100 years old, and a death record must be 75 years old."

## **What hobbies or activities do you enjoy most outside of your work at the Health Department?**

"I have played the piano my entire life or at least it seems like that. I also have played the organ since I was a teenager. I like to garden though I'm not good at it. I used to sew, but since I've gotten older, it's harder for me to see the stitches and small details."

## **If you could give one piece of advice - whether about health for Johnson County residents and life in general to your younger self - what would it be?**

"Work a job you like. Don't waste your time on something you don't. You will be much happier and healthier physically and mentally."



Thank you, Cheryl, for sharing your journey and insights. Your years of service, teamwork, and dedication to supporting our community are greatly appreciated.

# Department Update

## Number of monthly inspections

	Food	Pool	Tattoo
October	110	2	6
November + December	129	10	15

## Number of monthly tests

	October	November	December
HIV	6	10	3
TB Skin Test	32	5	19
Blood Lead	4	0	1
QFT (TB Blood Draw)	15	18	25

## # Monthly Births and Deaths Report

	Birth	Death
October	42	101
November	36	124
December	44	136

## Asthma Program

- The Asthma Referral Program supports individuals with asthma by reducing triggers and minimizing hospital visits.
- A completed referral form (by the individual or guardian) is required to schedule a home visit.
- Home visits aim to equip families with resources and knowledge to better manage asthma triggers.
- Form can be access via this [link](#)

## Mobile Integrated Health

Public service in Johnson County's White River Township and Greenwood aims to reduce Emergency Department visits and 911 calls. Key points include:

- Community outreach to connect individuals to resources.
- Services offered:
  - Home medical equipment assistance
  - Medication education
  - Fall prevention and home safety checks
  - Home modifications (e.g., wheelchair ramps, grab bars)
  - Assistance with hoarding or unsafe living conditions
  - Transportation assistance
  - Housing assistance
  - Food assistance
- Peer support and recovery services available

**464-240-6425**

**[paramedicine@co.johnson.in.us](mailto:paramedicine@co.johnson.in.us)**

## Community Partners and Organizations



# Upcoming Community Events

## Upcoming Events

Page 5

### January 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Jan 13<sup>th</sup> - Community CPR Training

Jan 15<sup>th</sup> - JMH Behavioral Health Opening Day

### February 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

Feb 12<sup>th</sup> - Public Health Day

Feb 24<sup>th</sup> - Purdue University's 5th Annual Health Empowerment Summit

### March 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

### Johnson County Public Library Events

Mar 4<sup>th</sup> - CPR & AED Training at Franklin Branch

Mar 30<sup>th</sup> - Royal Tea at Trafalgar Branch

Stay safe and well,  
**Johnson County Health Department**

95 S Drake Rd  
Franklin, IN 46131  
Phone: (317) 346-4365



Follow us on  
**FACEBOOK**