

Health Education Programming from the Reno County Health Department



The goal of health education is to promote and protect the health of all who live, learn, work, and play in our community. Through our Health Education Department, we provide engaging, age-appropriate, and evidence-based programming designed to support healthy choices and lifelong wellness.

We offer a wide range of health education presentations and lesson plans for elementary, middle, and high school students, as well as tailored sessions for community groups, organizations, and professional partners.

Topics include mental health, substance use prevention, healthy relationships, nutrition, physical activity, sexual health, and more. All presentations can be customized to fit your specific audience, setting, and time frame—whether it's a short classroom lesson, a full staff training, or a community event.

If you don't see a topic you're looking for, let us know! We're happy to develop and add new, evidence-based presentations to meet the needs of our community.



Contact Us:

For scheduling, questions, or special requests, please reach out to the Reno County Health Department – Health Education Team at
620-694-2900





RCHD Health Education

Programming Guide 2025

Staff:

Candace Davidson, Health Education & Promotion Supervisor

Kara Bunce, Health Educator

Thomas Simmons, Health Educator

Presentations Available

Presentation Title:	Description:	Duration:	Target Audience:
Smart Choice, Bright Futures	Empowering youth to avoid the hidden dangers of nicotine products.	45-60 Minutes	Middle School/High School
Careers in Public Health	Explore the many career paths in public health and learn how professionals work to keep communities healthy, safe, and thriving.	30-45 Minutes	Middle School/High School
Don't Put Your Sexual Health in Jeopardy	This game-show format presentation focuses on sexual health.	45 Minutes	High School and Above
Myth Busters and Fentanyl	This presentation will debunk the myths surrounding fentanyl.	15 Minutes	High School and Above
Healthy Choices	Learn how the choices you make today can affect your health, energy, and future. This session covers nutrition, physical activity, sleep, and other daily habits that build a strong, healthy lifestyle.	45 Minutes	Middle School/High School

Presentation Title:	Description:	Duration:	Target Audience:
Healthy Relationships	This presentation focuses on the characteristics of healthy relationships (all kinds of relationships) and compares them to unhealthy/toxic relationships.	45-60 Minutes	Middle School/High School
From Clash to Compromise: Handling Conflict Resolution Like a Pro.	Learn how to handle conflict in healthy ways by turning disagreements into opportunities for understanding and compromise.	30 Minutes	Middle School/High School
Mindful Patterns: Exploring the Art of Zentangle	This hands-on presentation focuses on the art of Zentangle and Mindfulness as a tool for stress relief.	30 Minutes	Middle School/High School
Think Before You Drink: Protecting your Body, Brain and Future	This engaging, age-appropriate session explores the health risks of underage drinking, with a focus on how alcohol affects the developing brain and body. Students will learn the science behind alcohol's impact, practice refusal skills, and gain tools for making informed choices that support their long-term health and success.	45-60 Minutes	Middle School/High School
Sexual Health 101: Facts, Risks, and Responsibility	Learn the facts about sexual health, how to prevent STIs, and why taking care of your body starts with smart, responsible choices. This session offers honest, judgment-free information to help you stay safe and informed.	45-60 Minutes	High School and Above

Presentation Title:	Description:	Duration:	Target Audience:
Overdose Recognition and Naloxone Administration	This presentation explores the current trends and data on drug overdoses at both the local and national level. Participants will learn how to recognize the signs of an overdose, how to respond effectively in an emergency, and how to safely administer Naloxone, a life-saving medication that can reverse opioid overdoses.	45-60 Minutes	High School and Above
Recovery Through Knowledge: Understanding Substance Use and Safer Strategies	This presentation focuses on the substance use trends in Reno County. It also covers the neurological effects of those substances	60 Minutes	High School and Above
Healthy Choices-Diabetes	A how to guide for making healthy choices while living with diabetes.	30 Minutes	Adults with Diabetes
Know Your Numbers	A brief overview of numbers you should know for your health (i.e. blood pressure, blood sugar, etc.)	30 Minutes	Adults
Reno County Health Department	An informational guide to all of the services offered at Reno County Health Department	45 Minutes	Community Organizations/ Local Partners
Food Insecurity in Reno County	Explore what food insecurity means, how it affects individuals and families in our community, and what local efforts are underway to improve access to nutritious food for all.	45-60 Minutes	Community Partners/Local Organizations

Health Educator [helth ej-oo-kay-ter]

n. A trained professional who teaches individuals and communities about health and wellness. They provide important information, promote healthy choices, and support people in living safer, healthier lives.



Meet Your Health Educators

Candace Davidson, Health Education and Promotion Supervisor

Candace Davidson holds a Bachelor of Arts in Exercise Science from Washburn University. With a teaching career that began in 1996, she has instructed in various settings—from swim lessons and lifeguard training to personal and community health education. Candace is passionate about promoting healthy lifestyles and is excited to engage students in learning how to make informed, positive choices for their well-being.

Kara Bunce, Health Educator

Kara Bunce is a former classroom teacher and holds advanced degrees in Curriculum and Instruction. She brings a passion for education into every aspect of her work. She focuses on empowering youth and communities to make healthier choices through engaging, age-appropriate programs. Kara believes that knowledge is power—and that when we know better, we do better.

Thomas Simmons, Health Educator

Thomas began his path to recovery in 2019 and has since become an advocate for others seeking their own way—no matter the method. As a Health Educator at the Reno County Health Department, he is certified in Youth and Adult Mental Health First Aid, Opioid Education for Healthcare Providers, and Social and Behavioral Research through the Collaborative Institutional Training Initiative. Thomas champions equitable access to services and resources and actively participates in efforts like the Reno Recovery Collaborative and the Overdose Fatality Review to help make that vision a reality.



Additional Trainings/Programs Offered

Heartsaver® First Aid CPR AED Training

Instructor: Candace Davidson

The AHA's Heartsaver First Aid CPR AED course trains participants to provide first aid, CPR, and use an automated external defibrillator (AED) in a safe, timely, and effective manner. Reflects science and education from the American Heart Association Guidelines Update for CPR and Emergency Cardiovascular Care (ECC).

Contact Candace Davidson for more info or to schedule:

candace.davidson@renocountyks.gov

Suspenders4Hope: Promoting Mental Wellness and Preventing Suicide

Facilitator, Kara Bunce

The #WeSupportU Suspenders4Hope mental health awareness and suicide prevention program is a strategic, comprehensive approach to reducing mental health stigma, strengthening connections, improving emotional well-being, and encouraging help-seeking in our society. This training is tailored for those wanting to or needing to assist others who may be considering suicide. We'll walk you through how to ask the questions that is often hard to ask, "Are you considering suicide?" and how to support someone in need following.

This training is two hours in length and cannot be abridged.

Contact Kara Bunce for more info or to schedule for your group or organization:

kara.bunce@renocountyks.gov



Health and Wellness Lesson Plans for the Pre-K-5th Grade Classroom

Our Health Education Department offers engaging, age-appropriate health lessons for students in Pre-K through 5th grade. Each lesson is aligned with Kansas state health education standards and designed to support social-emotional development, safety awareness, and healthy habits. Lessons are taught by a licensed educator with years of classroom teaching experience, ensuring an effective and student-centered approach. Topics include things like managing big emotions, healthy eating using MyPlate, how to handle worry and anxiety, personal hygiene, outside/playground safety, and making healthy choices. Whether it's a one-time classroom visit or part of a series, we can work with your school's schedule and needs to provide meaningful, standards-based health education.