

Rolette County Wellness Coalition

Rolette County Public Health District

Tuesday, February 17, 2026

12 (Noon) P.M.

In-person at the RCPHD Office in Rolla or via TEAMS



Members Present:

Sara Hendrickson, RN-Rolette County Public Health District

Sarah Senger-Rolette County Public Health District

Madison Peterson, BSW-Bismarck/Burleigh Health Unit

Jennifer Tandeski, LPN-Rolette County Public Health District

Chelsea Ridge, BHS, TTS, Community Health Coordinator-Upper Missouri District Health Unit

Rolette County Wellness Coalition meeting notes were reviewed with no concerns voiced.

Introductions were made by stating their name.

Presentation

Madison Peterson, BSW at Bismarck-Burleigh Public Health District presented at the February coalition meeting. The presentation was very informative. Kratom is from a tropical tree that is native to Southeast Asia. Kratom can produce stimulant effects like a caffeine boost and sedative effects similar to an opioid sedation. Kratom can be found in drinks, powders, and capsules. Other names for Kratom are O.P.M.S, OPiA-7-OH, OMHZ, Feel Free, Mitra-9, White Rabbit, and K-Shots. Kratom is addictive and can be hard to get kick the habit. The addiction is similar to someone trying to get off opioids like heroin and oxycodone. Costs are around \$15-40 for single doses. Products can be purchased at smoke shops and gas stations. In January of 2025 a bill was introduced to relate Kratom to scheduled controlled substance. HB 1101 failed. Kratom is unregulated and uncontrolled in North Dakota. There are no age restrictions at this time.

Updates

Sara Hendrickson, RN-Rolette County Public Health District

Sara continues to do Health Track screenings. Offering Health Track Screenings to children between the ages of birth to 20. Doing Health Track screenings on Tuesday and Thursday. Sara attended Safe Sleep Instructor Training. Sara is a certified Safe Sleep instructor. Working on planning the Community Baby Shower.

Sarah Senger-Continue to work with students in the school on vaping cessation. Using *Too Good For Drugs* curriculum in Rolette for grades 7-9.

Jennifer Tandeski, LPN-Rolette County Public Health District

Syring exchange program is available. Tuesday in Rolla and Thursday in Dunseith. Working on getting foot clinics going. Look for more information. Going into the Rolette School for *Too Good for Drugs*.

Chelsea Ridge, BHS ,TTS ,Community Health Coordinator-Upper Missouri District Health Unit

Chelsea joined our coalition meeting to hear the presentation. Thank you for joining us!

The next Rolette County Wellness Coalition meeting will be on Tuesday, March 17, 2026, at 12 (Noon) p.m. via TEAMS or in-person.