

Be Well Coalition

MEETING NOTES – January 13, 2023

Noon - Sundance - Public Health

Coalition members present: Katie Allen; Kayleigh Gould; Wendy DePina; Patty Cox; Betty Breen; Teresa Sutton-Tenke; Johnnie Ronco; Melissa Jones; Kelsey Scholoredt; Anne Highmore; Courtney Reynolds; Cheryl Wales; Phil Dinsmoor; Anthony Vopat; Sandy Stevens; Trisha Habeck; Travis Sylvester.

Prevention 101 Training: Workplan and Budget

Katie reviewed an outline of all the work plan items in this current funding cycle and provided an overview of each area of interest and how the plan is developed as well as how changes are made when needed. As it is a living document, this one is not on the website, but if anyone in the coalition would like to see the spreadsheet, please let Katie know. Sylvestri Media is creating a document that can be shared with our stakeholders.

Prevention across all areas

Sylvestri Media provided a brief update on current media. Coalition members are free to use the materials from the Google Drive, just click here: [CROOK](#)

More LifeSkills materials purchased for Moorcroft Elementary - an example of an item that required a small update to the work plan and budget. Before the prices increased, 50 additional Middle/High Parent Handbooks were purchased (www.operationparent.org)

The Wyoming Prevention Action Alliance has 2023 Legislative Session updates that Katie will share if you are interested, please email her and she will distribute them when received. Currently there are several bills that are being monitored that affect prevention. Please keep in mind that when we as a coalition reach out to our legislators, we are advocating, not lobbying.

Capacity Enhancement

Wendy, Katie & Travis gave an update on the progress for the first focus group that is happening at the end of the month. Fifteen basic computer tablets have been purchased and Moorcroft school staff are helping to recruit participants.

As discussed previously, we need to continue to focus on growth and sustainability. Looking at resources beyond our WDH funding will help ensure the continued success of prevention activities here in the county. One option to consider is applying for the Drug Free Communities (DFC) Grant. The coalition was in favor, Travis will work with Katie on this. More to report on this next meeting.

Adult Overconsumption

Sundance Winter Festival is Saturday, February 18th (<https://www.sundancewinterfestival.com/>). We need at least 4 volunteers to staff the ID check/wristband areas using our new equipment.

Katie and Trish will be attending the Chamber of Commerce meeting on January 17th and will gather more details which will be sent out in a follow-up email. If you can volunteer, please let Katie know.

Tobacco

An objective in our work plan is to eliminate exposure to secondhand smoke, this is a CDC Required Activity, the associated strategy we will focus on is Nicotine-free parks. A draft ordinance will be developed and presented to our elected officials.

Opioid and Other Drugs

The Wyoming Prevention Action Alliance (WPAA) has developed a handbook called “The Impact of Cannabis High-Potency THC on Wyoming.” It is available electronically on the web at <https://wywetalk.org/the-impact-of-cannabis-booklet/> and will be distributed throughout the state. Please look through it and feel free to share.

Suicide Prevention and Mental Health Promotion

Please mark your calendars for May 12, we will have safeTALK training (time TBD)
<https://www.livingworks.net/safetalk>

Katie will be working with residents Bruce Brown and Nate Schommer to record a conversation about mental health and suicide that will be shared with the local radio station. It is hoped for it to be the first of these kinds of conversations and perhaps future “ask the therapist” events.

Meeting ended at 1:00 pm.

NEXT MEETING: February 10th at Noon (11:30 lunch) location TBD

Articles or videos of interest:

Mental Health Blog:

<https://wellexcel.com/blog/why-mental-health-is-not-the-opposite-of-mental-illness>

Impact Series: A Conversation with FDA’s Center for Tobacco Products Director Dr. Brian King
https://youtu.be/6N6rb3Ej_nc