

Be Well Coalition

MEETING NOTES – May 12, 2023

Noon - Sundance - Public Health

Coalition members present: Katie Allen, staff; Kayleigh Gould, Crook County Family Violence [Youth Sector]; Wendy DePina, Juvenile Services Officer [Local gov't agency with substance use expertise]; Patty Cox and Carol Stutzman, Public Health; Betty Breen, Senior; Kelsey Scholoredt, Public Health Nurse [Other Sector]; Courtney Reynolds, Impact Mentorship, [Volunteer Organization]; Cheryl Wales, LCSW Healthcare Professional [Healthcare Sector]; Trisha Habeck, [Parent Sector]; Travis Sylvester, Media Consultant.

Capacity Enhancement

- 1) Blended Virtual Meetings: The conversation started with an idea presented previously by coalition member, Courtney Reynolds. She suggested expanding on our virtual option whereby each community could have a gathering together and join virtually together. Katie could travel around to the different towns and facilitate the meeting from there. This would allow us to grow more participation without the need for people to drive out of town.

The group brainstormed several ideas on how to grow participation in the coalition.

In addition to building capacity ideas, the group also talked about possible different times for meetings, perhaps an evening. Also discussed recording meetings and having them on our website, or perhaps hosting it on Facebook Live. Katie will develop a survey to go out to everyone on our email list to generate feedback on meetings.

- 2) Youth Focus Groups: Now that summer break for school is here, we will take the summer to work on recruitment for participation. The group brainstormed various ideas on how to reach out to get interest. For example, perhaps a booth at Fair with sample media and surveys the youth can take; reach out to principals to see about participating in an assembly; identify teachers that teach art, graphic design and science, these might be a good fit. A year long contest could be developed with the youth and have prizes at the end of the year. These are all things we will work on over the summer.
- 3) Wyoming Prevention Action Alliance (WPAA): Katie is the northeast WY preventionist representative and provided an update regarding changes in leadership and funding. The main funding right now is through a grant from the Department of Health to support the WY We Talk campaign (<https://wywetalk.org/>) This website and the material is being developed and re-focused. Katie is on the subcommittee working on this. A few of the items will be removed and more tools and help for parents are being added.
- 4) OMNI is a contractor with the state to manage the program that focuses on underage alcohol and drug prevention. Sam from OMNI will be coming to WY for a site visit and will be here in Crook County on June 9th. This will be an opportunity to show her our communities and talk about our programs in person.

ATODS (Alcohol, Tobacco, Other Drugs & Suicide)

Opioid Settlement Funds Update: Katie will be submitting an application to the Commissioners for funding that will support continuing the Botvin Lifeskills program in the schools. She has received information from each of the school counselors for the number of books needed and will put that together with the amount requested.

North East WY Prevention Summit: **Save the dates September 21 & 22!** It will be held at the CamPlex in Gillette. It will be two days again, one day focused on marijuana and the other on mental health. As soon as we have the Save The Date graphics, Katie will share.

Sylvestri Media update: Travis shared May graphics. Many questions came up on how people see these in their feeds. We will add extra time on the agenda in June and Travis will show us how algorithms work and how much engagement is happening.

Moorcroft Safety Day: This event was postponed due to weather, but we hope to participate in the future as it would be an ideal opportunity to share information and tools such as gun locks and pill bottle lock as well as the Parent Handbooks.

Minor in Possession (MIP) update: Wendy reported that she has been working with the judge and attorney to identify better options than just a \$25 fine. Katie will be renewing her INDEPTH certification and together with Wendy will be looking at some new ways to address this issue.

Adult Overconsumption

The coalition covered the cost of three virtual TiPS training for Keyhole Marina. We received copies of their completion certificate for our records. This summer we'll work on getting more businesses to do this.

Please remember we have our Community Event Toolkit for use for events where alcohol is served. If anyone knows of an event where this would be ideal, please reach out to Katie.

Underage Tobacco and Alcohol

Drug Free Communities Grant Application was completed and submitted on April 11. A huge thank you to Travis and his team for all their hard work on this with Katie. We won't know the award status until late summer.

Moorcroft High School education activities: Science teacher Lark Durnell reached out to our office to see if we could help with the freshman health classes that focused on alcohol, tobacco, and drugs. Katie put together presentations and met with the 50 9th graders. The students were very receptive to all of the sessions, participated and engaged. Wendy attended the final session where we talked about drugs and she highlighted the legal consequences. Katie will reach out to the teachers in the other schools to offer this opportunity each year to the freshman. It was an excellent opportunity to get to know the students and put positive social norming information and proper information about how substances affect their growing brain and body.

Suicide Prevention and Mental Health Promotion

307 Teen Challenge Report: Katie and Wendy participated in this year's 307 Teen Challenge, it took place at Newcastle High School. We had six sessions that lasted 25 minutes each and we talked with the 9th graders about mental health and suicide. We made the presentation more like a conversation and were able to elicit a lot of feedback and participation (throwing candy at them didn't hurt either). We provided Safe2Tell items as well as business cards with 988 on one side and questions to ask someone they are worried about, on the other side. There were 240 kids in total. Katie and Wendy will meet to debrief and plan for next year.

Mental Health First Aid classes: Katie has focused on scheduling upcoming classes on Saturdays in the hopes of getting more people to participate that perhaps couldn't due to work schedules. The first class will be in Sundance on June 17th. She worked with the coordinators for the community education programs and scheduled classes in each community this fall. They will be:

September 30: Hulett

October 21: Moorcroft

November 4: Sundance

If this works out using Community Education as an avenue we will continue to do that. Travis and team will get the sign-up forms on the website as well as all the promotional materials.

Mental Health Month: May is Mental Health Month and the Crook County Board of County Commissioners generously adopted a proclamation recognizing it. Thank you to Brenda Robbins from VOA as well as Linda Rogers & Randy Leinen representing NAMI for being there for the presentation. A copy of the proclamation is included with these meeting notes.

Meeting ended at 1:10 pm.

Respectfully submitted by Katie Allen, Prevention Specialist

NEXT MEETING: June 9th at Noon (11:30 lunch).