

UNDERAGE DRINKING & YOUTH MARIJUANA

Long Term Objective: Reduce the percentage of high school students reporting alcohol use in the past 30 days.

Strategy 1 Project Alert

Short term outcome is to see a 5% increase in perception of risk and knowledge of refusal skills. [Data:34.64% of students think there is "no risk" to a "slight risk" if people have 5 or more alcohol beverages once or twice a week. 74.5% of students believe most students used alcohol in the past 30 days yet only 18.63% report past 30 day use]

Strategy 2 Prime for Life

Program for students with MIPs - goal to see 5% reduction in regular drinking & no more than 12 MIPs annually.

[Data:25.95% of high school students report drinking regularly starting from 12-16 years old. 28.74% report their first drinks were between the ages of 10 and 13. 11.33% of high school students report binge drinking in the last two weeks. In 2023, 17 MIPs were issued for alcohol. 13.39% of high school students reported being drunk or high at school.]

ADULT OVERCONSUMPTION

Long-term Objective is to reduce the percentage of Wyoming male adults reporting consuming 5 or more drinks on an occasion at least once in the last 30 days and 4 or more for females.

Strategy 1 Social Norms Campaign

Educate with “Rethinking Drinking” and “Drink Less Be Your Best” to see a 2% reduction in binge drinking and a 10% reduction in alcohol-related traffic crashes.

[Data:16.8% of adults report excessive drinking in the last 30 days. In 2023, 11 of 12 traffic crashes involved alcohol with an average BAC of 1.6.]

Strategy 2 Media Advocacy

Promote “Rethinking Drinking” by providing information and tools to support people currently drinking alcohol to reduce or quit alcohol. This will be done at events, and via media and more TBD. The goal is a 15% reduction of students reporting being events at where adults were drunk. [Data: 70% of high school students report being at community events where alcohol was sold & adults were drunk. In 2023, 49 of the 83 arrests of adults involved alcohol and 57.75% of arrests had alcohol involved.]

Strategy 3 Responsible Beverage Service Training

Provide this online training for area businesses/employees that sell alcohol at no cost to them. Investigate/develop/promote policies and/or ordinances to require this training for all liquor license holders.

NICOTINE

CDC Goal 1: Prevent Initiation of Commercial tobacco use among youth & young adults

Long-term objective is to reduce the percentage of Wyoming high school students reporting vaping in the past 30 days.

Strategy 1 Comprehensive nicotine-free school policies to see a 7.5% reduction in perception of peer substance use. [Data: 54.92% believe at least one friend has vaped]

Strategy 2 Educate students with the “Vaping, Know the Truth” program to see a 5% reduction in 30-day use. 4% increase in perceived risk. 4% increase in peer perception of disapproval.

[Data: 21.62% vaped in the past 30 days. 36.27% report there is "no risk" to "slight risk" in vaping every day or nearly every day. 39.95% report they feel their friends would find their vaping to be a little bit wrong to not wrong at all.]

Strategy 3 Information dissemination on Nicotine Harms, Access, and/or Policy to educate parents/legal guardians to maintain the percentage of students reporting their parents would find it wrong for them to vape.

[Data: 92.14% of students report that their parents would find it wrong to very wrong if they vaped.]

CDC Goal 2: Eliminate exposure to secondhand smoke

Long-term objective is to Reduce the percentage of Wyoming adults reporting exposure to secondhand smoke at their workplace and the number of adults reporting exposure to secondhand smoke in public places, indoors and outdoors.

Strategy 4 Nicotine-free park policy initiatives in municipalities & the county.

CDC Goal 3: Promote quitting among adults and youth

Long-term objective is to reduce the percentage of adults currently using nicotine/tobacco measured by the percent of adults reporting any tobacco use and the percent of adults reporting current e-cigarette use.

Strategy 6 Youth - Alternatives to Suspension Curriculum to see a 10% reduction of Minor in Possession Charges.

Strategy 7 Adult - Promote Wyoming Quit Tobacco through media and events to see a 2% reduction of adults reporting any tobacco use.

OPIOIDS & STIMULANTS

Long term objective is to reduce the rate of all drug-involved overdose deaths through primary prevention efforts.

Strategy 1 Information dissemination on the dangers of substance use to see a 10% increase in students talking to their parents about substance use and to increase their perception of harm. [Data: 50.41% students have not spoken to parents about dangers of substance use. From 2018 to 2022, 15.76% less reporting students felt it was a great risk to use someone else's prescription drugs.]

SUICIDE

Long term objective is to reduce the suicide rate.

Strategy 1 Support Group - Create a group to run grief/Survivors of Suicide Loss support group.

Strategy 2 Gatekeeper training - Mental Health First Aid training for residents.

Strategy 3 Reduce mental health stigma for men with mental health issues and to reduce suicide rate for men using Man Therapy tools.

SHARED RISK & PROTECTIVE FACTORS

Long term objective is to strengthen protective factors and reduce risk factors that impact substance use and mental health outcomes

Strategy 1 Northeastern Wyoming annual Prevention Summit to increase knowledge of professionals in prevention-related fields.

Strategy 2 Increase social skills with the Botvin LifeSkills program in schools.

Strategy 3 Information dissemination on how to talk to youth to increase the number of youth that talk with their parents on mental health and substance use issues.

