

**STRATEGIC & SUSTAINABILITY PLAN**  
**SUBLETTE PREVENTION COALITION**  
**2022**

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The Sublette Prevention Coalition is funded through the Wyoming Department of Health Community Prevention Grant program. The purpose of the grant is to build and strengthen community partnerships that focus on preventing suicide, alcohol and drug abuse, and tobacco use in Wyoming communities. Our overall goal is to create community level change that benefits the health and wellbeing of all Sublette residents.

## **COUNTY PROFILE:**

Overview: Sublette County's economy and culture is a mix of oil and gas industry, historic ranches, tourism, and government. The U.S. Forest Service, Bureau of Land Management, Wyoming Game, and Fish all have regional offices here. Schools, medical clinics, and county and town governments are large employers. The population of Sublette County was 8,800 in the 2020 Census, down from 10,000 in 2010. The loss in population reflects the loss in oil and gas drilling jobs, which provided many high-paying jobs. 80% of the county is public land. The Census regards Sublette County as "frontier", a class of population less dense than rural.

Norms and attitudes on drugs and alcohol: Like most of Wyoming, alcohol is a big part of the work hard, play hard culture. Many people report being handed their first beer at cattle branding events, when they were in their early teens. Chewing tobacco can start soon after, if not before. There were 68 total DUI arrests in 2021. 20% of all 2021 arrests involved marijuana (illegal in Wyoming) and 28% of all arrests involved one or more drugs.

Suicide: Between 2010 and 2020 Sublette County experienced an average of 2.8 deaths by suicide per year. There has been a slight decrease in the last 2 years. There is significant stigma in the "cowboy up" culture attached to seeking help for common and preventable mental health problems. Alcohol plays a role in most suicides.

The political environment varies from town to town. In 2019 the Pinedale Town Council passed an ordinance banning flavored vapes while the Marbleton Town Council discussed a flavor ban and agreed to seek a voluntary approach from local businesses.

Community readiness: Overall, the Sublette County community and lawmakers are very receptive to hearing about prevention issues when those issues affect children's health and safety. The community culture is more receptive to voluntary participation than ordinance approaches. Example: Rather than pursuing town or county smoke free ordinances, the coalition chose to promote and celebrate restaurants and bars that choose to operate smoke free.

Schools & Education: Sublette County has 2 school districts serving north and south county. Sublette #9 has 2 elementary schools, 1 middle school and 1 high school with a total enrollment of 474 students. Sublette #1 has 2 elementary schools, 1 middle school and 2 high schools with a total enrollment of 1,044. Sublette #1 has a 90% graduation rate; the minority enrollment rate is 20%. 95% of Sublette residents over 25 years old are high school graduates; 28% report a bachelor's degree or higher. (2020 Census)

There are a total of 417 businesses in Sublette. 65% of county residents over 25 years of age report employment; The unemployment rate in May 2022 was 3.5% (doe.state.wy.us).

**WHO WE ARE:**

The Sublette Prevention Coalition is a group of caring and concerned citizens, organizations, and agencies working together to bring positive change to our community.

**OUR PARTNERS**

Our partners include, but are not limited to:

- High Country Behavioral Health
- Teton Behavior Therapy
- Sublette County Sheriff’s Office
- Sublette School District #9
- Sublette School District #1
- SAFV – Sexual Assault and Family Violence Task Force
- St. Andrew’s-in-the-Pines Church
- Church of Jesus Christ of Latter Day Saints
- Boulder Roll Poker Run
- Church of the Resurrection
- St. Hubert the Hunter Church
- Sublette County Public Health
- Sublette County Hospital District
- Recovery Community
- County Attorney’s Office
- County Commissioners
- Pinedale Visitor Center
- Southwest Sublette Pioneers Senior Center
- Rendezvous Pointe Senior Center
- Altitude Drug
- Pinedale Dental
- 4-H
- VFW
- Rebel Auto parts
- Community members

**MISSION STATEMENT:** To enhance community health and wellbeing with a focus on substance abuse and suicide prevention for Sublette County youth, family, and adults.

**VISION:** A safe, healthy, and caring community.

**Specific to Sustainability:**

**MISSION FOR SUSTAINABILITY:** The coalition is a supporting framework for community prevention of substance abuse and suicide.

**VISION FOR SUSTAINABILITY:** Provide the community with healthy opportunities for connection, information, and action.

## **METHODOLOGY**

We follow the Strategic Prevention Framework (SPF) model as outlined by the Substance Abuse and Mental Health Services Administration (SAMSHA). This 5-step planning model has been shown to be effective in prevention, and includes the following steps:

- Assessment – Identify local prevention needs based on data.
- Capacity – Build local resources and readiness to address prevention needs.
- Planning – Find out what works to address prevention needs, and how to do it well.
- Implementation – Deliver evidence-based programs and practices as intended.
- Evaluation – Examine the process and outcomes of programs and practices.

Additionally, the SPF is guided by 2 principles that are integrated into each of the steps.

- Cultural Competence – The ability to understand and interact effectively with people who have different values, lifestyles, and traditions based on their distinctive heritage and social relationships.
- Sustainability – The process of building an adaptive and effective system that achieves and maintains desired long-term results.

Through this process we work to develop inclusive practices, policies, and programs to provide individuals, families, and the community with the necessary support to minimize the misuse of alcohol, tobacco, and other drugs, and maximize overall well-being.

## **PREVENTION GOALS**

This strategic plan will outline 6 priority areas/goals that align with the state’s prevention priorities. These include:

1. Prevent Underage Alcohol Use
2. Prevent Youth and Young Adult Marijuana Use
3. Prevent Adult Overconsumption of Alcohol
4. Prevent and Reduce Tobacco Use
5. Prevent Opioid/Prescription Drug Misuse/Abuse and the Use of Other Drugs
6. Prevent Suicide

Through the application of the Strategic Prevention Framework, we will develop strategic initiatives and goals under each of the priority areas, and will work to carry out these initiatives over the next 5 years.

## UNDERAGE ALCOHOL USE

**Problem Statement:** Alcohol use in the Sublette culture is widely accepted as a social norm.

\*Important Note: The Prevention Needs Assessment Survey (PNA) is used to assess and report youth substance use and attitudes. No high school data was collected in 2020 due to covid. All high school data reported here is from the 2018 PNA.

### Supporting Data:

- Adults Drunk at Community Events: 59.8% of Sublette 10<sup>th</sup> graders reported being at a community event in the past year where adults were drunk or intoxicated. (PNA 2018)
- Alcohol Lifetime Use: ○ 50.8.% of Sublette 10<sup>th</sup> graders reported drinking alcohol on at least one occasion in their lifetime (PNA 2018). ○ 5% of Sublette 10<sup>th</sup> graders reported drinking alcohol on at least 40+ occasions in their lifetime (PNA 2018).

- Alcohol Past 30 Day Use: ○ 20% of Sublette 10<sup>th</sup> graders reported drinking alcohol on at least one occasion in the past 30 days (PNA 2018).
- Alcohol Binge Drinking in Last 2 Weeks: ○ 19.8 % of Sublette 10<sup>th</sup> graders reported that they have had 5 or more alcoholic drinks in a row on at least one occasion in the last 2 weeks (PNA 2018).

### Goal(s):

- Reduce the number of students reporting seeing adults drunk or intoxicated at community events from 59.8 % to 55% by 2027.
- Misuse of alcohol among youth. ○ Reduce lifetime use from 50.8% to 45% by 2027.
  - Reduce past 30 day use from 20% to 18% by 2027.

**Objectives:**

- Prevent initiation among youth and young adults.
- Reduce access and availability of alcohol to youth and young adults.
- Educate the community about the problems and harms of underage drinking.
- Enhance policies and enforcement.
- Provide evidence-based strategies to increase protective factors and decrease risk factors.

**Intervening Variables and Contributing Factors:**

- Community Norms ○ 59.8% of Sublette high school youth reported attending a community event in the past year where adults were drinking and/or intoxicated (PNA 2018).
- Ease of Access ○ 27.47% of Sublette high school youth reported that it would be very easy to get alcohol (PNA 2018). This reflects a downward trend: In 2002 53% reported it would be very easy to acquire alcohol.
- Parent/Adult Approval ○ 16% of Sublette high school youth reported getting their most recent drink of alcohol from their parents (PNA 2018).
  - 21% of Sublette high school students surveyed reported getting their most recent drink of alcohol from another adult aged 21 or over (PNA 2018).
- Perception of Harm ○ 6% of middle school students surveyed reported that they feel having 5 or more alcoholic beverages once or twice a week causes no, or only slight risk of harm (PNA 2020).

**Outputs/Strategic Activities:**

- Youth/Family Programs
  - Continue to advocate for Sources of Strength Peer Support program in all county schools.
- Campaigns
  - Talk They Hear You
  - Parent Education
  - Social Norms Campaigns
- Enhanced enforcement through partnership with Law Enforcement
- Community Events Toolkit
  - Tips Training
- Educate the Community About the Problems and Harms
  - Information dissemination through social media, printed handouts, posters, newspaper articles/ads, etc.

**Outcomes:**

- Increase youth perception of consequence and harm from alcohol use.
- Enhance youth refusal and decision-making skills.
- Increase advocacy to impact community norms and availability of alcohol.
- Expand community standards around youth alcohol use.
- Age of onset of alcohol use is increased.
- Adult/parental disapproval of youth alcohol use is increased.
- Youth use of alcohol is reduced.

**Capacity Needs:**

- Workforce
  - We currently have trained leaders/instructors in TIPS. We will support recertification and additional training, if needed.
  - We will continue to build our school partnerships and relationships to pursue every avenue to educate educators on Sources of Strength or equivalent peer mentoring program in county schools. Partner with schools in funding SoS.
- Community Engagement
  - We will improve community engagement and involvement.
  - We will keep the community updated on our underage alcohol prevention programs, activities, and campaigns.



## YOUTH MARIJUANA USE

**Problem Statement:** Low perception of harm from marijuana use among youth. Lack of knowledge at the leadership and policy level of the changing face of high potency THC products, lack of knowledge of harms and impacts of commercial high potency THC on youth and adults.

**Supporting Data:**

- Marijuana Perception of Harm: ○ 27.68 % of Sublette middle schoolers report perception that there is slight to no risk from marijuana use. (2020 PNA)
- Marijuana Perception of Use: 19.75 % of Sublette middle schoolers report believing that their peers are using marijuana at least once a month.
- 80% of lawmakers and leaders reported an increase in knowledge of current THC industry and products and harms to youth after prevention trainings.

**Goal(s):**

- Increase perception of harm from 27.68% to 35% by 2027.
  - Reduce perception of use #s from 19.75% to 15% by 2027.
  - Youth prevention is incorporated into all legislative session conversation around THC legalization.

**Objectives:**

- Prevent initiation of marijuana use among youth and young adults.
- Educate the community about the problems and harms of marijuana use among youth and young adults. Educate the community about the changing face of THC products.
- Provide evidence-based strategies to increase protective factors and decrease risk factors.

**Intervening Variables and Contributing Factors:**

- Social Norms ○ 8% of Sublette middle school youth report that they have 1- 4 friends who has used marijuana in the past 12 months (PNA 2020).
- Perception of Harm ○ 19.75% of middle school youth reported that they believe there is no risk to using marijuana once or twice a week (PNA 2020).
- Ease of acquiring ○ 12% of Sublette middle school students surveyed reported that it would be sort of easy, or easy to get marijuana (PNA 2020). 23% of Sublette High School students surveyed reported it would be very easy to sort of easy to acquire marijuana.

**Outputs/Strategic Activities:**

- Continue to advocate for Sources of Strength or equivalent peer mentoring programs that focus on trusted adults as protective factors, in county schools ○ partner with youth serving organizations to assess and fill gaps in youth programming.
- Campaigns ○ Learn About it. Talk About it. Know the Risks. Talk They Hear You ○ Social Norms Campaigns
- Maintain media literacy curriculum on website for area educators. Fund media literacy curriculum upon request.
- Educate the Community and lawmakers about harms and impacts ○ Information dissemination through social media, printed handouts, posters, newspaper articles/ ads; booths at school sports events.

**Outcomes:**

- Increase youth perception of consequences and harm from marijuana use.
- Increase advocacy to impact community norms and decrease the availability of marijuana.
- Youth use of marijuana is reduced.

**Capacity Needs:**

- Workforce ○
  - Community Engagement ○ We will improve community engagement and involvement.
  - We will keep the community updated on our youth/young adult marijuana prevention programs, activities, and campaigns.

**Problem Statement:** High Alcohol Use among Adults

**Supporting Data:**

- 19% of Sublette County adults reported binge or heavy drinking (County Health Rankings 2019)

- 49.38% of all arrests in Sublette County involve alcohol (Alcohol and Crime in Wyoming 2021).
- 38.75% of all arrests were DUI alcohol arrests (Alcohol and Crime in Wyoming 2021).
- The average BAC at time of DUI arrest in Sublette County was .1807 in 2021. This is the second highest average BAC at DUI arrest in the state. (Alcohol and Crime in Wyoming 2021)

**Goal(s):**

- Change the norms around binge drinking and promote safe alcohol consumption.
  - Reduce number of arrests involving alcohol from 49.38% to 45% by 2027.
  - Reduce the number of men and women who report binge drinking from 19% to 15% by 2027.
  - Reduce the average BAC at time of arrest from .18 to .15 by 2027.

**Objectives:**

- Minimize on-premise over-service of alcohol to adults.
- Improve alcohol restrictions at community events.
- Enhance enforcement of impaired driving laws.
- Educate the community about the problems and harms of adult overconsumption of alcohol. Educate the community on harm reduction.
- Provide evidence-based strategies to increase protective factors and decrease risk factors.

**Intervening Variables and Contributing Factors:**

- Community Norms ○ Adults Drunk at Community Events: 59.8% of Sublette 10<sup>th</sup> graders reported being at a community event in the past year where adults were drunk or intoxicated. (PNA 2018)
- 19% of Sublette County adults reported binge or heavy drinking (County Health Rankings 2019)

**Outputs/Strategic Activities:**

- Promote harm reduction
- Community Events Toolkit
- Tips Training ○ Enhance Tips training policies
- Campaigns: Educate the Community About the Problems and Harms ○ Information dissemination through social media, printed handouts, posters, newspaper articles/ ads, etc.

**Outcomes:**

- Increase community norms in favor of alcohol-free social settings (County Fair)
- Decrease in adult binge and heavy drinking.
- Reduced social availability of alcohol at community events.
- Reduced number of alcohol related arrests.
  - Decrease in Average BAC at time of arrest

**Capacity Needs:**

- Workforce ○ We currently partner with the Sublette Sheriff's Office to coordinate and provide 4 TIPS trainings per year. We will support all recertification and TIPS logistics (promotion, mailing tests, ID checking guides). We will support training to teach TIPS, if necessary.
- Community Engagement ○ We will improve community engagement and involvement. We will work actively to recruit representation from these missing sectors: oil and gas workers; youth, the Hispanic community, alcohol vendors.
  - We will keep the community updated on our adult overconsumption prevention programs, activities, and campaigns.

## TOBACCO PREVENTION AND CONTROL

**Problem Statement:** High tobacco and/or vaping use among youth and adults.

(Note: We will not have current high school youth vaping data until PNA data is released later in 2022)

### **Supporting Data:**

- 17 % of Sublette adults report using tobacco every day. (WYSAC Adult Tobacco Survey 2017; County Health Rankings 2019)
- 23.5% of Sublette middle school students surveyed reported that 1-4 of their closest friends have vaped in the past 12 months. (PNA 2020).
- Youth Lifetime Use ○ 16% of Sublette middle schools students surveyed reported they had “vaped, juuled, or used a vape product” at least once in their lifetime (PNA 2020).

### **Goal(s):**

- Reduce tobacco and vaping use among youth and adults. ○ Reduce adult cigarette use from 17% to 12% by 2027.
- ○ Reduce middle school lifetime vape use from 16% to 10% by 2027.
  -
- Improve health equity. ○ Hold free tobacco cessation classes, including offering free Nicotine Replacement Therapy, 2 6 week classes per year at the Behavioral Health clinic intensive out patient treatment groups for a total of 8-10 classes by 2027.
- Offer 2 free public cessation classes per year through the medical clinics for a total of 8-10 classes by 2027.



**Objectives:**

- Prevent initiation among youth and young adults.
- Strengthen policies for underage tobacco use and vaping.
- Promote quitting among youth and adults.
- Increase referrals to Wyoming Quit Tobacco and My Life My Quit.
- Promote local cessation services to all residents with classes at the behavioral health clinic and the medical clinic.
- Train 1 mental health clinician and 1 medical provider to facilitate cessation groups.
- Eliminate exposure to secondhand smoke.
- Identify and eliminate tobacco-related health disparities.
- Provide evidence-based strategies to increase protective factors and decrease risk factors.
- Educate lawmakers on cigarette tax increase as a youth prevention strategy.

**Intervening Variables and Contributing Factors:**

- Community Norms ○ Tobacco use is normalized in the adult cowboy and roughneck culture and all tobacco products are widely used: cigarettes, chew (smokeless tobacco) and vape products.

- 23.5 % of Sublette middle school students surveyed reported that in the past year, at least one of their best friends has juuled, vaped, or used an electronic vapor product (PNA 2020)
- Ease of Access ○ 21% of Sublette middle school students surveyed reported that it would be sort of easy, or easy to get vape products if they wanted to (PNA 2020).
  - 15% of Sublette middle school youth reported that it would be sort of easy, or easy to get smokeless tobacco if they wanted to (PNA 2020).
- Perception of Harm ○ When asked about the risk of harming themselves by vaping everyday, 32.22% of all Sublette students reported that there is no to slight risk (PNA 2018).

**Outputs/Strategic Activities:**

- Youth/Family Programs
  - Advocate for Sources of Strength or equivalent youth peer mentoring program when opportunities arise.
- Campaigns
  - Social Norms Campaigns
- Support Tobacco Compliance Checks
- Promote Wyoming Quit Tobacco Program to adults
  - EHR integration (one-click referral to WQT)
- Promote My Life My Quit to youth
- Promote and provide free local cessation services for youth and adults
  - Provide Nicotine Replacement Therapy (NRT) for local cessation services.
- Recruit and train 1 counseling clinician and 1 medical provider to facilitate future cessation classes and embed the cessation classes in medical and behavioral health settings.
- Support enhanced policies including alternatives to suspension for youth
- Provide nicotine free campus signage to the schools with cessation information.
- Educate the Community About the Problems and Harms and resources
  - Information dissemination through social media, printed handouts, posters, newspaper articles/ads, etc.

**Outcomes:**

- Adult perception of harm from tobacco use increased.
- Youth perception of harm from tobacco and vaping use increased.
- Increased community norms in favor of smoke-free settings.
- Decrease exposure to secondhand smoke.
- Decrease in tobacco and vaping use among youth and adults.
- Reduced availability of tobacco and vaping products to youth.
- Increase in referrals to cessation services.

**Capacity Needs:**

- Workforce
  - A priority of the '23-24 grant cycle is to get cessation class facilitators embedded in the behavioral health clinic and medical clinic.
  - .
- Readiness for Change
  - We will continue to strengthen relationships with our healthcare stakeholders, and work towards healthcare buy-in for ERH integration (Wyoming Quit Tobacco One-Click Referral).
  - We will continue to strengthen our relationships with our schools, and work towards youth cessation and alternatives to suspension.
  - We will provide nicotine free signage to all schools
  - We will invite and involve the school SRO's in coalition decision making
- Community Engagement
  - We will improve community engagement and involvement.
  - We will keep the community updated on our tobacco prevention programs, activities, and campaigns.

## OPIOID/PRESCRIPTION DRUG MISUSE/ABUSE & OTHER DRUGS

**Problem Statement:** More than 25% of all Sublette County arrests involve drugs.

### **SUPPORTING DATA:**

- 28% of all arrests in Sublette County involve drugs (Alcohol and Crime in Wyoming 2021).
  - 20% involve marijuana.
- 16% of all arrests were DUI + drug arrests (Alcohol and Crime in Wyoming 2021).
- 23.9% of Sublette youth surveyed reported having friends that used prescriptions not prescribed to them in the past year. (PNA, 2018)
- Perception of Harm
  - 29% % of Sublette HS students surveyed between 2014 and 2018 reported that there is no risk to moderate risk of harming themselves by using prescription drugs not prescribed to them.

### **Goal(s):**

- Reduce opioid misuse/abuse
  - Decrease youth prescription drug misuse from 11.4% to 9% by 2027.
  - Increase perception of harm from using prescription drugs not prescribed to you - from 29% to 35% by 2027.
  - Collect at least 600 pounds of expired or unused medications by 2027.

### **Objectives:**

- Educate the community about the problem and harms of drug misuse/abuse.
- Reduce access to opioids by promoting safe storage and safe disposal options.
- Increase safe storage and disposal of prescription drugs by distributing free drug disposal bags to senior centers, clinics, pharmacies, and at public events.
- Educate the coalition to educate lawmakers on the harms and impacts of commercial high concentrate THC ahead of every legislative session 2022- 2027.

**Intervening Variables and Contributing Factors:**

- 23.9% of youth reported having friends that used prescriptions not prescribed to them in the past year.
- Perception of Harm ○ 29% % of Sublette HS students surveyed between 2014 and 2018 reported that there is no risk to moderate risk of harming themselves by using prescription drugs not prescribed to them.

**Outputs/Strategic Activities:**

- Youth/Family Programs
  - Advocate for Sources of Strength or equivalent peer mentor program when opportunities arise.
  - Campaigns ○ Talk They Hear You ○ Social Norms Campaigns
  - Promote drug disposal boxes and distribute safe disposal bags at public events.
  - Educate the Community About the Problems and Harms, Information dissemination through social media, printed handouts, posters, newspaper articles/ads, etc.
  - Educate lawmakers with brief Q&A sessions scheduled before every legislative session between 2023 and 2027 on harms and impacts and changing face of commercial high concentrate THC.
  -

**Outcomes:**

- Adult and youth perception of harm from opioid misuse/abuse increased.
- Reduced availability of opioids and other prescription drugs.
- Decrease in opioid and other drug misuse in youth and adults.

**Capacity Needs:**

- Workforce ○ We will continue to work towards a Sources of Strength or equivalent peer mentoring program in our county schools.
- Community Engagement
  - We will improve community engagement and involvement.
  - We will keep the community updated on our opioid and other drug prevention programs, activities, and campaigns.





## SUICIDE PREVENTION

**Problem Statement:** High rate of suicide in the general population.

**Supporting Data:**

- According to the Wyoming Injury and Violence Report, Sublette County experienced an average of 2.8 suicides per year from 2010-2020.

- 16 % of Sublette middle schools students surveyed in 2020 reported considering suicide in the past 12 months. (PNA 2020).
- 7.5 % of Sublette youth surveyed reported attempting suicide in the past 12 months (PNA 2018).
- 12.44% of Sublette students surveyed in 2018 reported they do not have a trusted adult they can talk to about their problems.

**Goal(s):**

- Reduce stigma related to mental health, increase help seeking behavior, increase access to mental health services, decrease suicide rate.
  - Decrease average death from suicide from 2.8 per year to 2 per year by 2027.
  - Decrease youth suicide attempts from 7.5% to 5.5% by 2027. ○ Decrease youth thoughts of suicide (seriously considered) from 16% % to 10%. By 2027.
  - Continue to offer small group QPR to increase the community safety net. Provide 1-2 ASIST trainings per grant cycle for a total of 4 trainings by 2027.
  - Provide CIT and Pain Behind the Badge training to minimum 50% of all law enforcement officers by 2027.
  - Distribute 1000 free gun locks by 2027.
  - 10 full time counselors will be serving Sublette, and
  - No wait times for counseling services by 2027.
  - The Community Mental Health Fund will have enduring and sustainable funding by 2027 so every Sublette resident can afford counseling if they choose.

**Objectives:**

- Upstream prevention.
- Enhance support to community to address suicide.
- Decrease stigma related to mental health.
- Decrease availability and access to lethal means.
- Improve care and support to suicide survivors.
- Expand effective programs that increase protective factors and decrease risk factors.

**Intervening Variables and Contributing Factors:**

- Feelings of hopelessness and/or depression ○ 53% of our middle and high schoolers surveyed reported feeling hopeless in the last 30 days (PNA 2018).

**Outputs/Strategic Activities:**

- Campaigns to reduce stigma and increase help seeking
  - Coordinate the Community Mental health fund which supports counseling services for all residents
  - Free gun locks, gun cases, and medication lock boxes
  - Crisis Intervention Training for Law Enforcement Officers
  - Pain Behind the badge training for Law Enforcement Officers
- 
- Continue to offer QPR training for all residents
  - Promote suicide prevention lifeline and other helplines
  - Information dissemination through social media, printed handouts, posters, newspaper articles/ads, etc.

**Outcomes:**

- Increased access to mental health services
- Increased coping
- Increased help seeking behavior.
- Decrease in suicide rate.
- Cultural awareness of safe storage for lethal means
- Decrease in suicide ideation.
- Decrease stigma

**Capacity Needs:**

- Workforce
  - We currently have trained leaders/master trainers in QPR. We will support QPR recertification and additional training, when needed.
- We have access to state ASIST trainers. We have 2 community members eager to get trained to teach ASIST locally and regionally. We will have 2 ASIST trainers teaching 1 ASIST class per year by 2027.
  - Our Crisis Response Team has been absorbed by the Suicide Prevention Task Force in the past year. The CRT will continue to actively facilitate the International Survivors of Suicide Loss Day in November each year. The CRT continues to respond to suicide and provide support and referrals for survivors of suicide loss.
  - The Suicide Prevention Task Force coordinates the Sublette Community Mental Health fund which offers financial support to all seeking counseling so cost is not a barrier to counseling services. We will continue to work with all fundraisers to keep the fund user friendly and sustainable.
  - Good relationships between the coalition and school staff are critical to the mission to bring evidence based peer mentor and other social emotional learning to our schools. Continue to strengthen the existing schools relationships we have and build new partnerships. Support Sources of Strength whenever the opportunity arises.
- Community Engagement
  - We will improve community engagement and involvement.
  - We will keep the community updated on our suicide prevention programs, activities, and campaigns.

## **CAPACITY ENHANCEMENT**

Capacity is the second step of the Strategic Prevention Framework, and involves how to engage diverse community stakeholders, develop and strengthen a prevention team, and identify opportunities to raise community awareness about issues.

Capacity building is the ongoing process of acquiring and improving the necessary skills and resources for addressing the problem. Over the next 5 years, our coalition will be working to enhance our capacity in the following areas:

### **WORKFORCE**

- Continue to identify and recruit stakeholders and community members from missing sectors: Youth, the Hispanic community, oil and gas (energy) workers, medical workers.
- Enhance understanding of cultural characteristics of coalition members, leaders, stakeholders, and the community we serve.
- Offer relevant and evidence-based prevention trainings to all community members; CIT, QPR, ASIST, MHFA, TIPS. Promote Sources of Strength or equivalent peer support/mentor school programs.

### **RESOURCES**

- Resource Wish list: Reach more parents by building relationships with school social media and IT staff.
- Resource Wish list: Embed quit tobacco classes in existing behavioral health and medical clinics.

### **EFFECTIVE COMMUNICATION**

- Continue to schedule monthly coalition meetings with agendas and minutes. Store all minutes and agendas on the website. Store all media and resources on the website for easy access. Keep website calendar current.
- Continue the monthly newsletter highlighting prevention news and successes and sharing the schedule of meetings and events.
- Continue to prepare an annual report/grant report to the County Commissioners that can be used to recruit new members.

### **ACTIVE LEADERSHIP**

- The coalition has a sustainable structure for decision making, independent of grant funding. The coalition holds annual elections for Chair, Vice-Chair, and Secretary. The Chair runs all full coalition meetings.
- The coalition has bylaws, reviews the bylaws and makes changes to the bylaws by vote, when necessary.
- There are 3 meetings per month: The full coalition meets the 2<sup>nd</sup> Thursday of the month, the Suicide Prevention task force meets the 1<sup>st</sup> Monday of the month and the ATODS Task Force meets the 4<sup>th</sup> Monday of the month. Each task force has co-chairs that run the meetings. The co-chairs approve the agendas and the minutes.
- The leadership and governance structure make the coalition sustainable over time, independent of grant funding.

### **READINESS FOR CHANGE**

- Coalition members consider cultural norms and cultural readiness for change in all prevention efforts, in order to effectively include all residents in a respectful dialogue in all our task areas.

### **SUSTAINABILITY**

Building sustainable prevention strategies involves long-lasting prevention infrastructure, skills, and capacity. To ensure a sustainable Sublette prevention Coalition we will build on our current relationships and work towards:

- Community-wide collaboration.
  - We will share resources and knowledge across many organizations and sectors in our community. We will continue to build and strengthen partnerships, as we believe our partnerships provide the foundation for sustainability.
- Building ownership among stakeholders.
  - The more invested our stakeholders become, the more likely they will be to support prevention activities for the long term. Our meetings expect that coalition members will step up, learn data, learn about evidence based strategies, and make decisions based on their understanding of our unique community culture. We involve the coalition early on and keep them involved in meaningful ways.
- Investing in capacity, at both the individual level and the systems level.

- We will teach our coalition members, stakeholders, and the community how to assess needs, build resources, and effectively plan and implement prevention programs, and create the systems necessary to support these activities, over time. We will be intentional in building capacity at all levels to help ensure that successful programs are sustained within a larger community context.
- Ensuring our prevention efforts fit with the local needs, capacity, and culture.
  - The better the cultural fit, the more likely our efforts are to be both successful and sustainable.
- Coalition Organization
  - Keep an up-to-date list of coalition members.
  - Create a written history of our coalition.
  - Create a Community Prevention Specialist handbook.
  - Review and update bylaws annually.
- Ongoing assessment of who we are missing: Active coalition members talk about the mission and vision of the coalition in their networks and workplaces to continually recruit new members from all missing sectors.