

5 May – Saratoga Town Council – Prevention updates



Learn more about CCPN - <https://carboncountypublichealth.org/prevention/> OR
Follow us on Facebook - <https://www.facebook.com/CarbonCountyProjectPrevention/>

CCPN Next *Virtual* Meeting - Monday, May 12th

CCPN Next *In-Person* Meeting - Monday, June 9th; 5:30 pm at PVCC

May's theme

May is Mental Health Awareness Month, a time to highlight the importance of mental well-being and reduce the stigma surrounding mental health issues. This activity has been recognized since 1949. It's crucial to recognize that mental health is an integral part of our overall health, and that seeking help is a sign of strength.

We encourage everyone to take this month as an opportunity to educate themselves, support others, and prioritize their own mental health. There are numerous resources and activities available that can help us learn more and contribute to a more supportive environment.

Please see below for some information on how you can get involved and resources for mental health support:

Resources:

SAMHSA Toolkit for Mental Health Awareness Month:

<https://www.samhsa.gov/about/digital-toolkits/mental-health-awareness-month/toolkit>
NAMI

<https://www.nami.org/Get-Involved/Awareness-Events/Mental-Health-Awareness-Month/>

Man Therapy

<https://mantherapy.org/>

QPR (Question, Persuade and Refer) - Please contact Rachel Swanson at 307.329.3172 if you or your organization would like to hold a training.

A 90-minute training that gives anyone the basics to help in a crisis.

CALM-Conversations/Collaborations on Access to Lethal Means

A 90-minute training about lethal means and how we can work together to decrease access to these means.

Monthly Coalition Meeting: (May will be our combined coalition meeting on Zoom.)

Monday, May 12th at 12 pm

Presenters: Tracy Rassley from Wyoming American Foundation for Suicide Prevention (AFSP) and Tiffany Herring from Wyoming National Alliance on Mental Illness (NAMI)

Join Zoom Meeting - <https://us02web.zoom.us/j/2523352078>

Meeting ID: 252 335 2078

Passcode: 634142

Meeting ID: 981 867 7712

SOURCES OF STRENGTH

Sources of Strength is a youth suicide prevention and mental health promotion program that aims to prevent adverse outcomes by increasing help-seeking behaviors, promoting connections, and boosting resilience. It uses a strengths-based approach, focusing on strengthening protective factors like social support and healthy coping, rather than solely addressing risk factors. The program leverages peer leaders and adult advisors to change norms and behaviors, fostering a more positive and supportive environment for young people.

- We had a great turnout (15 people) for our first community engagement gathering from businesses, school district and community members April 25th
- Rachel will be holding another gathering to share the purpose of Sources of Strength in Encampment/Riverside Monday, May 12th- 5:30pm in the lobby of the Pine Lodge in Encampment.

Valley Opportunities:

CONNECT!

We are still looking for people to join the Connect Team in Carbon County. Connect helps our community during times of tragedy, specifically traumatic deaths. This team truly makes connections in the community for families. If you feel like you could help, please contact Tracy. We are forming teams in Baggs, Rawlins, and the Valley.