

3 June – Saratoga Town Council – Prevention updates



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

Community Meetings

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

June's theme

This month we are emphasizing the importance of community resources. These resources play a vital role in fostering well-being, support, and connection within our neighborhoods.

Access to local resources, such as libraries, community centers, support groups, and educational programs, can significantly enhance the quality of life for individuals and families. They provide opportunities for learning, social interaction, and assistance during challenging times.

CCPN encourages exploring the resources available in our community and consider how they can be of benefit to yourself and others.

Here are some great local and on-line resources to check out:

Public Health - <https://carboncountypublichealth.org/about/contact/>

Higher Ed - <https://www.cche.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.



<https://allonehealth.com/resource-library/#parenting-family>



<https://www.wyohelp.com/>



<https://988lifeline.org/>



<https://afsp.org/>



<https://wyoming211.org/>



<https://1n5.org/>

Valley Opportunities:

CONNECT - *We are still looking for people to join the Connect Team in Carbon County! An introduction meeting is June 16th, 5:30 p.m. at PVCC; Contact **Rachel @ 307.329.3172** if you'd like to know more!*

Connect helps our community during times of tragedy, specifically traumatic deaths. This team truly makes connections in the community for families. More than "just training", Connect fosters relationship building and the exchange of resources among participants. Connect has developed protocols for educators, community members, faith leaders, hospital emergency departments, law enforcement, mental health and substance abuse providers, military, primary care providers, and social services.



Sources of Strength is a youth suicide prevention and mental health promotion program that 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.

Amazing & encouraging news!

- A sizable donation was made by the Jeep – Go Topless group from an event they hosted in May
- St. Barnabas donated money to cover costs for background checks



Training Plan

Adult Advisor & Peer Leader training – We'll announce firm dates & times at next Town Council meeting, on Facebook and keep an eye out for flyers around town!

Currently, we have approximately 12 Adult Advisors, 3 Peer Leaders and 10 local businesses and organizations interested in participating in Sources of Strength. **If you'd like to participate or if you'd like to nominate an adult advisor or peer leader, please contact Rachel at 307.329.3172**