



Prevention Services of Carbon County Public Health

The Carbon County Prevention Network is dedicated to fostering healthy and thriving communities within Carbon County through a comprehensive range of prevention services. Our primary focus areas include suicide prevention, underage drinking prevention, and addiction support, particularly in the realms of substance use and gambling. We are committed to promoting responsible alcohol consumption and providing effective tobacco and vaping cessation programs. By addressing these critical issues, we aim to create a supportive environment that empowers individuals to make positive choices and enhances the overall well-being of our community.

Why Attend?

Voice Your Concerns: This is your opportunity to express what prevention topics you believe should be prioritized in our community.

Learn About Prevention Efforts: Get insights into the planned initiatives and how they aim to make a difference in our community.

Collaborate and Connect: Meet like-minded individuals who are passionate about making a positive impact in Carbon County.

Who Should Attend? Educators, students, parents, community leaders, and all residents of Carbon County who are interested in contributing to a safer and healthier community.

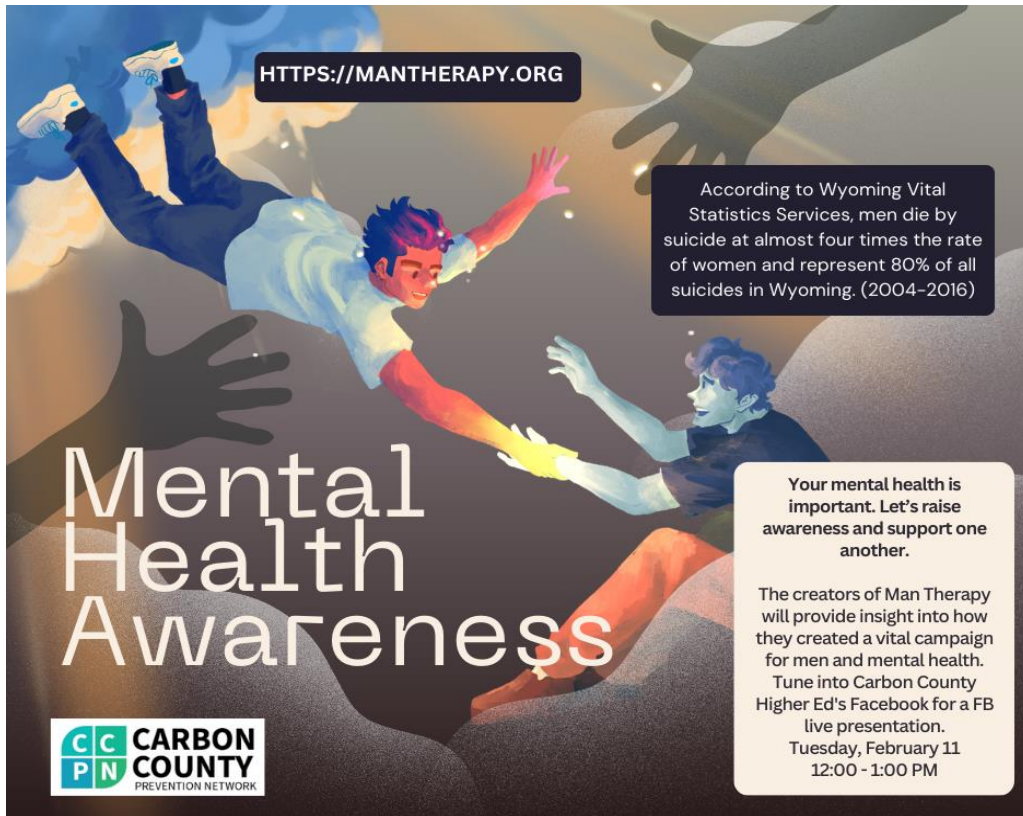
Find out more at <https://carboncountypublichealth.org/prevention/>

Monthly Meetings are the second Monday of the month (in person: January, March, May, July, September, November; alternating months are virtual:

- Rawlins-Carbon County Higher Ed 12-2 p.m.
- Saratoga-Community Center 5:30-6:30 p.m.

If you'd like to know more about how you can help with prevention initiatives, please contact Carbon County's Director, Rachel Swanson at 307.329.3172 (email: Rachelam1999@gmail.com) or Kathy Beck at 307.248.2302 (email: kathyabeck1970@gmail.com)

Upcoming CCPN Opportunities:



[HTTPS://MANTHERAPY.ORG](https://mantherapy.org)

According to Wyoming Vital Statistics Services, men die by suicide at almost four times the rate of women and represent 80% of all suicides in Wyoming. (2004-2016)

Mental Health Awareness

CCPN CARBON COUNTY PREVENTION NETWORK

Your mental health is important. Let's raise awareness and support one another.

The creators of Man Therapy will provide insight into how they created a vital campaign for men and mental health. Tune into Carbon County Higher Ed's Facebook for a FB live presentation.
Tuesday, February 11
12:00 - 1:00 PM

SOURCES OF STRENGTH



SOURCES OF STRENGTH IS...

"A best practice youth suicide prevention project designed to harness the power of peer social networks to change unhealthy norms and culture, ultimately preventing suicide, bullying, and substance abuse. The mission of Sources of Strength is to prevent suicide by increasing help seeking behaviors and promoting connections between peers and caring adults. Sources of Strength moves beyond a singular focus on risk factors by utilizing an upstream approach for youth suicide prevention. This upstream model strengthens multiple sources of support (protective factors) around young individuals so that when times get hard they have strengths to rely on." (<https://sourcesofstrength.org/>)

Carbon County is looking for businesses & community organizations (church youth groups, extra-curricular programs, volunteer organizations) interested in being Mentors for our local youth.

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