

# NEWSLETTER



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## FALL 2022 PREVENTION ACTIVITIES

### SEPTEMBER: Suicide Prevention Month

- 6th –Ten Sleep Task Force Meeting | 6:30 p.m.  
Ten Sleep library
- Start of W-Club Meetings
- QPR Trainings at Ten Sleep Schools
- 15th – WPC Meeting | 12:00 pm  
Worland Community Center
- 16th – Worland Homecoming Parade



### OCTOBER: Take Back month (*safe disposal of medication*)

- 4th - Ten Sleep Task Force Meeting | 6:30 p.m.  
Ten Sleep library
- W-Club lessons at Worland elementary schools
- 20th – WPC meeting | 12:00 pm  
Worland Community Center
- Prevention Night Planning Meeting

### NOVEMBER

- 4th - Ten Sleep Task Force Meeting | 6:30 p.m.  
Ten Sleep library
- 17th - WPC Meeting | 12:00 pm  
Worland Community Center
- WPC at West Side  
Elementary STEM Night
- 17th - Cloud Peak Counseling  
event - Speaker: Ryan Leaf

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Fall 2022 Newsletter

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“Prevention is better  
than cure”

-Desiderius Erasmus



See this icon in our  
newsletter? This means there  
is a clickable link available  
to view more information!

## MEMBER SPOTLIGHT



**TONI CASDORPH**  
Coalition Member

Toni Casdorff has been a faithful member of the Washakie Prevention Coalition, bringing her valuable perspective as a parent and community member. She joined other coalition members at the Meth and Substance Abuse Conference this past spring and presented on the information at the April WPC meeting. She is a meticulous note taker and has volunteered to take minutes for the coalition meetings. As a busy mom and passionate supporter of the coalition's mission, Toni and her family actively participate in WPC events, such as the Drug Free Community Walk.



**W-CLUB 2022 - 2023 NEW INDUCTEES**

There were fourteen new inductees to the 2022-2023 W-Club!

*Top row left to right; Ivan Thomas, Canton Green, Trey Bennet, Creedon Newell. Front row left to right; Sarai Matamoros, Yaharia Aguayo, Nayelli Aguayo, Adisyn Rollins, Samantha Keller, Manaia Peterson. Not pictured; Jack Bishop, Rivers Carrell, Ira Croft, Jasmin Espinoza.*

## MENTAL HEALTH

September was Suicide Prevention Month, a time to raise awareness of this stigmatized and often taboo topic. During this month, Washakie Prevention was asked to train Ten Sleep students from 7th grade to 12th grade in QPR suicide prevention training. QPR stands for question, persuade, and refer, which are three simple steps anyone can learn to help save a life from suicide. Washakie Prevention offers this training all year; please call to schedule a training: 307-347-9025.

Washakie Prevention has also helped implement the Sources of Strength program in Worland Middle School and all grade levels in Ten Sleep School. Sources of Strength is a strength-based wellness program that focuses on suicide prevention but impacts other issues such as substance use. We are excited about the progress in suicide prevention we are making in Washakie County.

Please remember to ask for help if you are experiencing any mental health distress. If you or someone you know is experiencing suicidal ideation, you can call the Suicide and Crisis Lifeline by calling or texting 988. Washakie County also has great resources which can be found on our website [washakiepreventioncoalition.org](http://washakiepreventioncoalition.org).

## Youth attend CADCA in Orlando, FL

Two Worland High School Youth, Reece Sanford and Carly Venable, accompanied WPC staff members to the Community Anti-Drug Coalitions of America (CADCA) training in Orlando July 18-21.



## WASHAKIE COUNTY FAIR PARADE & HOMECOMING PARADE

WPC participated in the Fair Parade in July and the Homecoming Parade in September. Thanks to the volunteers who drove and handed out popcicles and candy!



## WPC VOLUNTEERS AT BACK TO SCHOOL NIGHTS

Special Thank you to the WPC members who have volunteered to be available at Ten Sleep and Worland's back to school nights. WPC had a table at each of the events and offered informational handouts to attendants.

# OCTOBER IS TAKE BACK MONTH

## Be Responsible with your Prescriptions!

SHOW YOUR  
SUPPORT OF  
A DRUG FREE  
COMMUNITY

Prescription drug abuse and accidental poisoning is on the rise in the US. It is important to properly store and safely dispose of your unused prescription drugs!

**Specialized Drug Disposal Bags - Deterra bags - are available FREE of charge at your local pharmacy. They are safe and easy to use.**

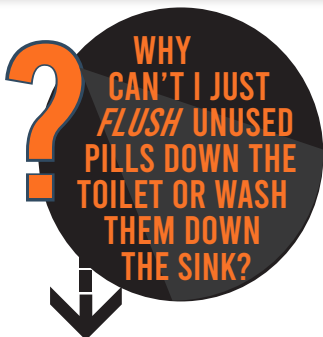
There is also a local drug drop-off located at the Washakie County Sheriff's office. Just enclose your unused medications in a ziplock bag before inserting them in the drop box and they will be disposed of free of charge.

**For questions on drug disposal in Washakie County visit [www.washakiepreventioncoalition.org](http://www.washakiepreventioncoalition.org)**



**Remember to store all medications up and out of sight with lids tightly closed!**

## SAFE DISPOSAL OF UNUSED PRESCRIPTION DRUGS IS SO IMPORTANT!



**DON'T FLUSH UNUSED PILLS DOWN THE TOILET, SINK, OR DRAIN!**



Medications in pipes can damage your plumbing! Prescription drugs in our water systems, lakes and streams can have negative effects on humans, animals, and plants.



**DON'T THROW UNUSED PILLS OR MEDICATION IN THE TRASH!**



Prescription drugs in our landfills are affecting our environment in very negative ways. Animals or even humans can be exposed to deadly chemicals in our landfills.



**DON'T CRUSH UNUSED PRESCRIPTION DRUGS!**



Crushing any prescription can expose you and/or loved ones to harmful fumes or can provide a medium easier to ingest for children or pets.



**DO PROPERLY DISPOSE OF UNUSED MEDICATIONS!**

Unused prescriptions can allow for accidental poisoning or theft of Rx drugs. Drugs have an expiration date - when prescribed they are for a specific reason, you should never self medicate with rx drugs.

## QPR Trainings

QPR stands for Question, Persuade, and Refer - the three simple steps anyone can learn to help save a life from suicide. Just as people trained in CPR help save lives, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. QPR can be learned in as little as one hour.



## OUR MISSION:

*To prevent and reduce youth substance abuse in Washakie County by working together with parents, youth, educators, law enforcement, health and mental health professionals, youth serving organizations, local businesses, and many others who believe in the goal of a drug free community.*

## OUR VISION:

*Washakie County will be a safe and healthy, drug-free community for our youth.*



Washakie Prevention Coalition is a community wide group dedicated to the goal of a drug-free community!

**JOIN US!**

**We are here to help. You can too!**

**CONTACT US!**

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**GET IN TOUCH!**

**Find us on Social Media!**



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