

NEWSLETTER



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CONTENTS

Welcome to Washakie Prevention's
WINTER 2024 Newsletter

EVENTS.....	1
MEMBER SPOTLIGHT.....	2
Chawna Wiechmann, Coalition Member Youth Spotlight Sector Spotlight, Mental Health	
Winter 2024 HIGHLIGHTS.....	3-5
Vision - Mission	5

WINTER 2024 PREVENTION ACTIVITIES

DECEMBER

- (November) 30th – WPC and W-Club at West Side Elementary STEM Night
- 5th - Ten Sleep Task Force Meeting at 6:30 p.m. in the library
- 14th - WPC Meeting 12 – 1 p.m. at the Worland Community Center
- 19th – WPC Meeting 6 – 7 p.m. at the Worland Community Center

JANUARY

- Mental Wellness Month
- Every Wednesday – Mental Health & Fitness Planning Meetings at 5:30 p.m. in the 2nd floor library conference room
- 3rd – Ten Sleep Task Force Meeting at 6:30 p.m. in the library
- W-Club lessons in Worland elementary schools
- Guidance lessons in Ten Sleep School
- 18th – WPC Meeting 12 - 1 pm at the Worland Community Center
- 20th – Prevention Night at Ten Sleep School
- 25th – Prevention Night at Worland High School
- 28th – February 2 – Youth at National Leadership Forum in Washington, D.C.

FEBRUARY

- Every Wednesday – Mental Health & Fitness Planning Meetings at 5:30 p.m. in the 2nd floor library conference room
- 6th - Ten Sleep Task Force Meeting at 6:30 p.m. in the library
- 15th – WPC meeting 12 – 1 pm at the Worland Community Center
- 27th – WPC meeting 6 – 7 pm at the Worland Community Center



“The best time to plant a tree was 20 years ago. The second best time is now.”

- Chinese Proverb



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

MEMBER SPOTLIGHT



CHAWNA WIECHMANN
Coalition Member

Chawna Wiechmann is the school counselor for Ten Sleep School. She is a vital member of the Washakie Prevention Coalition and is the reason there is a Ten Sleep Task Force. Chawna has established a Sources of Strength club in Ten Sleep schools to address growing mental health concerns among our youth. She heads up events in Ten Sleep like Prevention Night and the mental health walk in May. Chawna is a driving force for prevention in her community and school. Thank you, Chawna, for all you do!



**SHAE WHITLOCK, KAYDENCE MOSELY,
ISABEL ACCURSO, JACE ERICKSON**

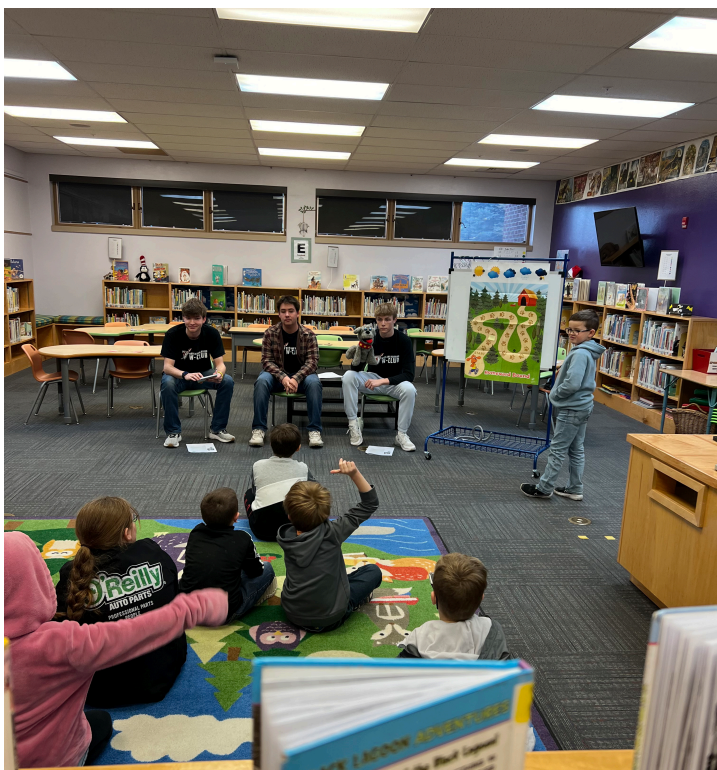
Thanks to funding through the Drug Free Communities grant, four Washakie County youth leaders had the opportunity to travel to Washington, D.C. January 28 – February 2 for the 2024 National Leadership Forum. Led by the Community Anti-Drug Coalitions of America (CADCA), the forum offers four days of training from the nation's top leaders in substance use prevention and policy. Pictured: Shae Whitlock, Kaydence Mosely, Isabel Accurso and Jace Erickson.

MENTAL HEALTH

A team of individuals and organizations from throughout Washakie County are teaming up to put on a mental health fitness fair on Saturday, March 16. Led by event organizer Kayla Ware, the event will be from 10 a.m. to 3 p.m. in the Worland Community Center and will focus on mental health fitness and ending the stigma of talking about mental health. Speakers will include a panel discussion and Q&A session featuring local counselors, as well as sessions on meditation, dealing with stress, recovery and more. Cloud Peak Counseling Center will also bring a team to provide counseling on site for anyone who needs to talk to someone. A variety of vendors and organizations that support mental health and wellbeing will also be part of the fair.

WINTER 2023/2024 HIGHLIGHTS

W-Club students leading lessons at East Side Elementary.



Youth at National Leadership Forum



While in Washington, D.C., student leaders had a chance to meet with the offices of Representative Hageman and Senators Barrasso and Lummis.

Ten Sleep Prevention Night 2024



WINTER 2023/2024 HIGHLIGHTS

Worland Prevention Night 2024



WASHAKIE WELLNESS

20
24

Whole Body Health Fair

MENTAL FITNESS AND WELL BEING



Join us to learn and engage with community members and resources. The event is intended to share information, tools and create connection to;

- Support mental fitness and well being.
- Help your neighbors and community
- Learn life hacks for your mental health

**SATURDAY
MARCH 16TH**

10AM - 3PM

*Worland
Community Center*

all ages welcome

For more information contact 307-347-9025
wcprevention@washakiecounty.net

Thank you to our sponsors



Worland
Community Center



WPC



RANGE™

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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WashakiePreventionCoalition.org

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Washakie Prevention Coalition is not affiliated or does not endorse any of the listed services or resources. WPC is providing this gathered information as a community service and resource.