

2020 – 2021

COMMUNITY

HEALTH

IMPROVEMENT PLAN
PROGRESS REPORT

CELEBRATING 8 YEARS OF WORKING TOGETHER

Suicide | ACEs & Trauma | Opioids

DAVIS **4**
HEALTH



Davis
COUNTY

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Prepared February 2022

Background

Davis4Health

Davis4Health is Davis County's health improvement collaboration with partners from many organizations and sectors working together to improve population health in our community. Partners follow the steps of the County Health Rankings and Roadmaps Take Action Cycle, a model to guide community health improvement processes. The five steps are: 1) Assess needs and resources; 2) Focus on what's important; 3) Choose effective policies and programs; 4) Act on what's important; and 5) Evaluate actions.



Community Health Improvement Plan

The purpose of the 2020-2021 annual progress report is to document progress toward county health priorities included in the 2019-2023 Davis4Health Community Health Improvement Plan, also known as the CHIP.

The three priorities are:

1. **Suicide**
2. **Adverse Childhood Experiences & Trauma**
3. **Opioids**

Partners work together to implement the community health improvement plan. Objectives and outcomes are reviewed each year to determine if any revisions or updates are needed. Progress is monitored throughout implementation and this annual report is prepared to document partners' cumulative effort. This report documents that we are acting on what's important and evaluating our actions.

Annual CHIP Progress Celebration

Each year an annual celebration is held for community leaders and partners. It is an opportunity to acknowledge partners for their contributions and recognizes the community's progress toward improving health. Partners are proud of their accomplishments.

Annual Davis4Health progress reports can be found at this link: daviscountyutah.gov/health/reports-and-assessments

COVID-19 Impact: Due to the COVID-19 pandemic, the 2020 Davis4Health CHIP annual progress report was delayed and is included in this progress update. The CHIP Celebration was not held in 2021.

Priority 1: SUICIDE

Davis HELPS

Davis Health Education and Law Enforcement ProgramS (HELPS) is a coalition dedicated to helping Davis County be a healthy place to live. This long-standing coalition takes the lead on coordinating prevention efforts throughout the county. The coalition's current focus is on preventing suicide. Davis County Health Department provides administrative support to the coalition.

Outcome Goal

Reduce suicide deaths in Davis County from 14.5 (2014-2016) deaths per 100,000 to 10.2 deaths per 100,000 by the year 2030. (National Healthy People 2020 Target)

Meeting Schedule

The group meets on the first Thursday of each month in Farmington. Meetings were postponed from April to July 2020 due to COVID-19. They began virtually in July 2020. In-person meetings with a virtual option began in August 2021.

Community Partners

- ◇ Blue Star Families
- ◇ Centerville Cares
- ◇ Children's Service Society—Grandfamilies
- ◇ Communities That Care (CTC)
- ◇ Continue Mission
- ◇ Davis Behavioral Health
- ◇ Davis County Domestic Violence Coalition
- ◇ Davis County Health Department
- ◇ Davis County Sherriff's Office
- ◇ Davis Hospital & Medical Center
- ◇ Davis School District
- ◇ Head Start
- ◇ Hill Air Force Base
- ◇ Intermountain Healthcare
- ◇ Juvenile Court
- ◇ Layton Community Action Council
- ◇ Live Strong House
- ◇ MountainStar Healthcare
- ◇ NUHOPE
- ◇ Safe Harbor
- ◇ Survivors
- ◇ The Church of Jesus Christ of Latter-day Saints
- ◇ USU Extension
- ◇ YMCA



Partner Responsibility for Suicide Strategies

Strategies/Activities	Agencies with Responsibility
1. Maintain capacity/trainers to offer evidence-based suicide prevention programs in the community (QPR, SafeTalk, Working Minds, Connect, ASIST, YMHFA, MHFA)	Davis Behavioral Health, Davis County Health Department, Davis HELPS, Davis School District, Davis Technical College, Intermountain Healthcare, USU Extension
2. School-based suicide prevention efforts (SOS, Botvin LifeSkills Training, Mindful Schools, Learning to Breathe, Hope Squads)	Centerville Cares, Davis Behavioral Health, Davis Education Foundation, Davis Head Start, Davis School District, Intermountain Healthcare, NUHOPE, YMCA
3. Reduce access to lethal means (prescription drug take back events, safe storage of firearms).	Centerville Cares, Davis Behavioral Health, Davis County Health Department, Davis Head Start, Davis HELPS, Davis School District, Intermountain Healthcare, NUHOPE
4. Healthy relationships initiatives (bullying prevention, bystander intervention, smart dating, relationship attachment model)	Davis HELPS, Davis School District, Davis Technical College, Layton Community Action Council, Livestrong House, Open Doors, Protective Factors for Utah Families, Safe Harbor, USU Extension, YMCA
5. Safe messaging to promote hope & healing & reduce shame. Targeted messaging for high risk populations	Centerville Cares, Davis Behavioral Health, Davis County Health Department, Davis HELPS, Davis School District, Davis Technical College, Hill Air Force Base, Layton Community Action Council, Open Doors, YMCA,
6. Increase access to quality behavioral health services & treatment (See Access Strategies)	Davis Behavioral Health Network, Davis County Health Department, Davis Technical College, Intermountain Healthcare, Lakeview Hospital, Davis School District, Livestrong House, YMCA
7. Zero Suicide in health & behavioral healthcare—continuous quality improvement initiative to prevent suicides for individuals under the care of health & behavioral health systems (See Access Strategies)	Centerville Cares, Davis Behavioral Health, Davis Behavioral Health Network, Davis County Health Department, Davis School District, Intermountain Healthcare, Lakeview Hospital, Livestrong House

Suicide Prevention Objectives Progress

Short-term Objectives	Target Date	Status
Maintain database to track evidence based suicide prevention courses and trainers.	Annually	On Track
Implement Botvin LifeSkills curriculum in DSD secondary health classes.	12/31/2019	Complete 5/2019
Identify LifeSkills champions in the DSD and the community that can share success stories.	12/31/2023*	On Track
Complete Hope Squad evaluation.	12/31/2023*	On Track
Promote Counseling on Access to Lethal Means (CALM) training to at least 200 Davis County Healthcare professionals.	12/31/2019	Complete 6/2019
All Davis County Human Services providers offering in-home services will be informed about appropriate Firearm Safety Campaigns to implement within their agency.	12/31/2023	On Track
Conduct a healthy relationship initiative assessment to identify evidence-based curriculum and programs be implemented and which Davis County agencies are involved. (Use findings to establish baselines and set targets for healthy relationship programs).	12/31/2023*	On Track
Pilot a public education campaign (online print ads) targeting suicide prevention in men.	12/31/2019	Complete 12/2019
Conduct focus groups or use other methods to gather feedback from men to guide suicide prevention efforts.	12/31/2020	Complete 2/2020
Additional outreach and education targeting men.**	12/31/2023*	On Track

* Target date extended until 2023 to give additional time needed due to the impacts of COVID-19.

** Changed language to broaden objective. Original objective: Addition of podcasts to the public education campaign targeting men.

Suicide Prevention Objectives Progress

Long-term Objectives	Target Date	Status
15% increase in DSD school and student participation in mindfulness initiatives.	12/31/2023	On Track
Review the state suicide Postvention Toolkit helping to ensure quality care for our community and serve as a pilot community to share and distribute the toolkit.	12/31/2022	On Track
Advocate for funding for the assessment/evaluation and parent components of Botvin LifeSkills program in schools.	12/31/2023	On Track

Population Measures	Baseline	Current Measure***	Target Measure
Decrease the percent of Davis County youth experiencing feeling sad or hopeless for more than two weeks in the past year from 26.0% (2017) to 23.4%** by 2023. (SHARP)	26.0% (2017)	29.3% (2021)	23.4% (2023)
Decrease the percent of students that experience family conflict in Davis County from 30.5% (2017) to 27.45%** by 2023. (SHARP)	30.5% (2017)	27.0% (2021)	27.45% (2023)
Decrease bullying on school property in Davis County in past 12 months from 25.0% (2017) to 22.5%** by 2023. (SHARP)	25.0% (2017)	12.8% (2021)	22.5% (2023)
Decrease cyber bullying in Davis County in the past 12 months from 25.7% (2017) to 23.13%** by 2023. (SHARP)	25.7% (2017)	25.0% (2021)	23.13% (2023)
Decrease the percent of youth suicide attempts in Davis County from 7% (2017) to 6.3%** by 2023. (SHARP)	7.0% (2017)	5.9% (2021)	6.3% (2023)
Decrease adult suicide attempts in Davis County. (Waiting for ICD 10 code data to establish baseline and target.)	—	—	—
Reduce suicide deaths in Davis County from 14.5 (2014-2016) deaths per 100,000 to 10.2* deaths per 100,000 by the year 2030. (IBIS)	14.5 deaths per 100,000 (2014-2016)	18.8 deaths per 100,000 (2018-2020)	10.2 deaths per 100,000 (2030)

* Healthy People 2020 Target

** A 10% reduction from baseline

*** Consider the influence of the COVID-19 Pandemic on behaviors and health when interpreting 2021 data

Suicide Prevention Highlights

Training and Awareness

Evidence-based suicide prevention trainings were conducted and tracked in the Redcap database as well as reported through community agencies.

- ◇ 351 participants trained in Question, Persuade, Refer (QPR)
- ◇ Monthly Online QPR by NAMI; 3rd Thursday at noon; Register at <https://form.jotform.com/202467179133153>
- ◇ 1,320 participants trained in the Working Minds: Suicide Prevention in the Workplace curriculum
- ◇ 300 staff at the Davis County Sherriff's Office trained in Mental Health First Aid (MHFA) to help first responders better serve those who are experiencing mental health challenges



- ◇ 23 participants completed Counseling on Access to Lethal Means (CALM) course, link: <https://www.train.org/utah/course/1081014/?activeTab=contacts>
- ◇ 2,475 gun locks distributed through Intermountain Layton Hospital
- ◇ 100 gun locks distributed by Davis County Health Department

Support Groups, Davis Behavioral Health

- ◇ Suicide Loss Grief Support Group, 2nd and 4th Mondays at 7 pm
- ◇ EVERYMAN, Men's Group; master your emotions, transform your life, 1st and 3rd Thursdays at 7 pm

Free **SUICIDE LOSS GRIEF SUPPORT GROUP**

A safe place where you can grieve the loss created by suicide

WE UNDERSTAND THAT:

- Grief is a natural reaction to death
- Each individual has a natural capacity to heal from loss
- Duration and intensity of grief are unique to each individual
- Each individual can learn to carry their grief with compassion
- Caring and acceptance assist in the healing process

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2nd & 4th Monday of Every Month

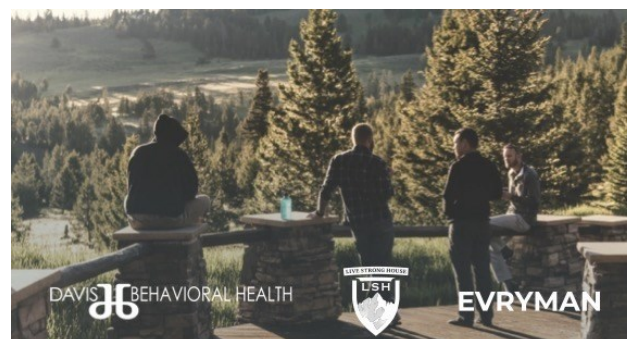
7:00-9:00PM

Adults 18+

Davis Mindfulness Center
476 Heritage Park Blvd
Layton, #120

To register: www.dbh.utah.gov/groups/grief-support

For any questions regarding Grief Support Group Call Jill Hayes - (801) 259 - 7747



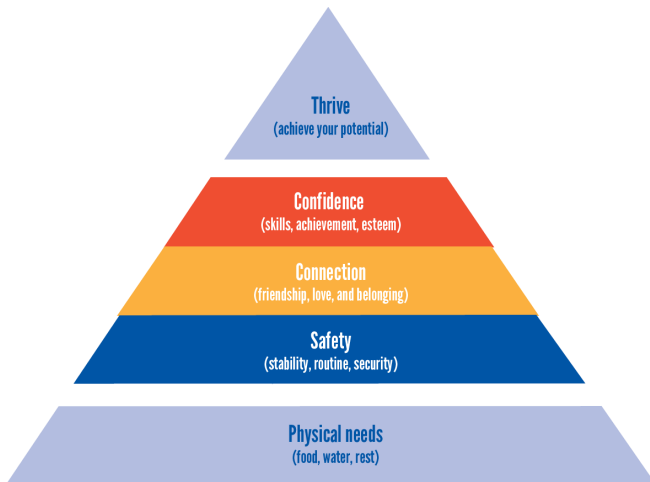
Join A Bi Weekly **EVERYMAN** Men's Group

**MASTER YOUR EMOTIONS,
TRANSFORM YOUR LIFE**

Suicide Prevention Highlights

Healthy Relationship Initiatives

- ◇ Multiple agencies host and conduct evidence-based programs throughout the county addressing healthy relationships
- ◇ Over 625 participants were trained through Davis County healthy relationship classes
- ◇ A rack card was created to link residents to agencies and classes that foster healthy relationships (see image to the right)
- ◇ Everyday Strong—a United Way curriculum to build resilient kids and strong communities (see image below) was taught throughout the county by Davis Behavioral Health instructors; 33 were trained as instructors; 38 community presentations were delivered; instruction was provided for 851 community members



Healthy Relationship Initiatives

Evidence-based curriculum & programs are implemented by multiple agencies in Davis County **DAVIS 4 HEALTH**

CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

churchofjesuschrist.org/topics/family/strengthening-marriages-and-families

Curriculums: Strengthening Marriage, Strengthening the Family, Marriage and Family Relations, Parents Guide

DAVIS BEHAVIORAL HEALTH

More Information: dbhprevention.org

Classes: Fearless Marriage, Managing Emotions, Strengthening Families, Emotion Coaching, Incredible Years, Mindful Motherhood, Everyday Strong, and more

DAVIS COUNTY DOMESTIC VIOLENCE COALITION

More Information: debbiecomstock7@gmail.com

Training: Bystander Intervention

DAVIS COUNTY HEALTH DEPARTMENT

More Information: jcardall@co.davis.ut.us

Classes: Making Proud Choices, Teen Outreach Program, Families Talking Together

SAFE HARBOR

More Information: safeharborhope.org/services/prevention-education/ or 801-444-9161

Classes: Healthy Relationship, Seeking Safety, Beyond Trauma, Teen Sexual Assault & Recovery, Domestic Violence 101, Parenting After Trauma

UTAH STRENGTHENING FAMILIES NETWORK

More Information: debbiecomstock7@gmail.com

Classes: Strengthening Family Support 5 Protective Factors, National Standards of Family Support Practice

UTAH MARRIAGE COMMISSION

More Information: extension.usu.edu/strongermarriage/

Services: webinars (dating, marriage, communication, etc.); relationship assessment; ePREP online relationship course

UTAH STATE UNIVERSITY EXTENSION

More Information: healthyrelationshipsutah.org

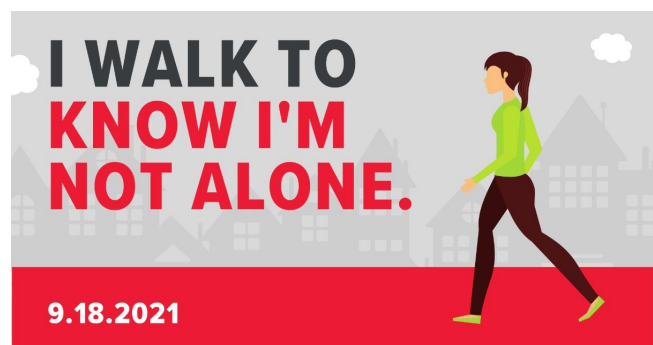
Classes: Smart Steps for Stepfamilies, Home Run Parents, Parenting the Love & Logic Way, Fatherhood Education, Smart Dating, Avoid Falling for a Jerk & Jerkette, & Couple Links.

(This is not a comprehensive list of all programs in Davis County)

Suicide Prevention Highlights

NUHOPE

- ◇ 141 school suicide prevention presentations (3,839 students reached)
- ◇ NUHOPE caregivers provided multiple trainings such as QPR, Working Minds, Mental Health First Aid, Everyday Strong, etc.) throughout the community
- ◇ Participation in all Davis School District Parent Nights and Davis County town hall meetings
- ◇ Support to Davis School District HOPE Squads
- ◇ NUHOPE 14th Annual Suicide Awareness Walk (over 3,020 registered) with Ed Smart as the keynote speaker



Continue Mission (CM) - No Veteran Left Behind 2020-2021

Continue Mission has been serving Veterans, Service Members, and their family/support members since August 2014. The program has grown significantly since then, serving 774 participants in 2015 to 3,045 in 2021.

- ◇ 4,769 veterans and support members served with over 300 events in 2020-2021
- ◇ 87 meetings and events attended in support of suicide prevention and mental health awareness
- ◇ Find upcoming events on the website: www.continuemission.org
- ◇ To learn more about the impact of Continue Mission see the CM Veterans Impact Inquiry Report: https://drive.google.com/file/d/1ptGJMSYEuucsFtAki_kEo4ISwfYM_v_g/view?usp=sharing

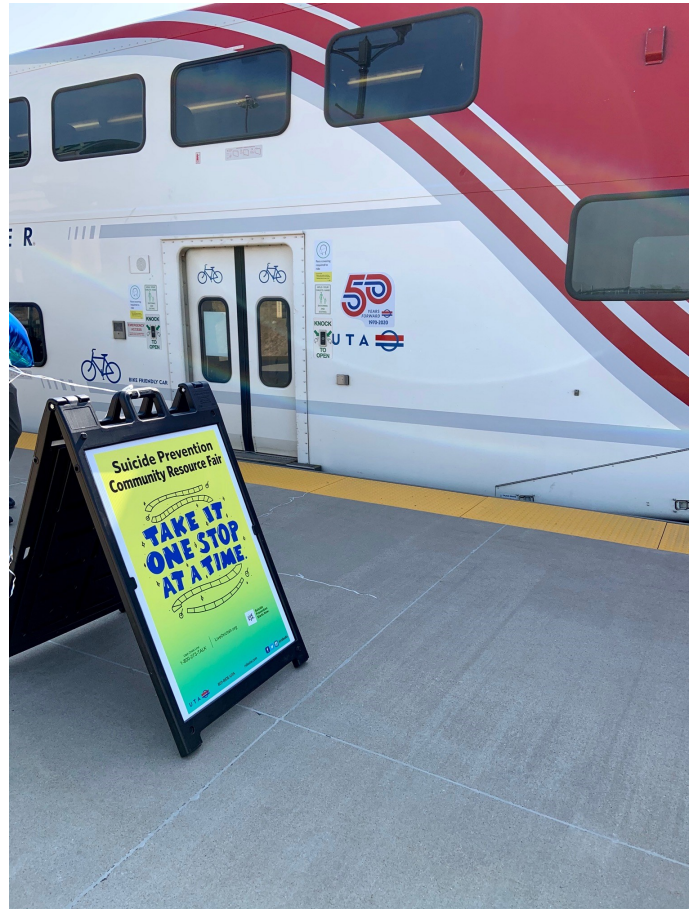


Suicide Prevention Highlights

UTA

Utah Transit Authority partnered with the Live On Campaign, Davis Behavioral Health and Davis County Health Department to prevent suicide.

- ◇ 1,000 ad boards with Live On messages at stations, stops, trains, and buses to educate riders on suicide prevention and mental health resources
- ◇ Streamed Live On videos and messages on social media platforms throughout September 2020 in commemoration of Suicide Prevention Month
- ◇ A Suicide Prevention Resource Fair was held at Clearfield FrontRunner Station on September 21st, 2020 where suicide prevention materials and mental health resources were distributed
- ◇ Hope Poles were installed in six locations in Davis County; they include motion activated light poles with the suicide prevention lifeline number
- ◇ Provided QPR training for staff



Live On Campaign

► SYSTEM SIGNAGE



Suicide Prevention Highlights

Youth Mental Health First Aid (YMHFA), USU Extension

2020

- ◇ 493 participants (First Aiders) trained
- ◇ 136 adolescents were referred by First Aiders to professional mental health services, self-help strategies, or other supports in their lives
- ◇ Evaluations show First Aiders were able to retain their knowledge, skills, and confidence in being able to reach out to young people who are experiencing mental health problems
- ◇ 71 youth received mental health and resilience education

2021

- ◇ 523 participants (First Aiders) trained
- ◇ 65 adolescents were referred by First Aiders to professional mental health services, self-help strategies, or other supports in their lives
- ◇ Evaluations show First Aiders were able to retain their knowledge, skills, and confidence in being able to reach out to young people who are experiencing mental health problems
- ◇ Latino Mental Health Awareness youth group "Mentes Sanas" met monthly (virtually and in-person) to participate in and plan mental health awareness activities.
- ◇ Mental health lessons were provided at Wounded Warrior Camp – a camp for Veteran dependents
- ◇ 46 youth received mental health and resilience education
- ◇ USU's YMHFA AWARE grant ended September, 2021



ALGEE, the Mental Health First Aid Action Plan

Assess for risk of suicide or harm

Listen nonjudgmentally

Give reassurance and information

Encourage appropriate professional help

Encourage self-help and other support strategies

Suicide Prevention Highlights

Youth Mental Health, Davis School District

Hope Squads

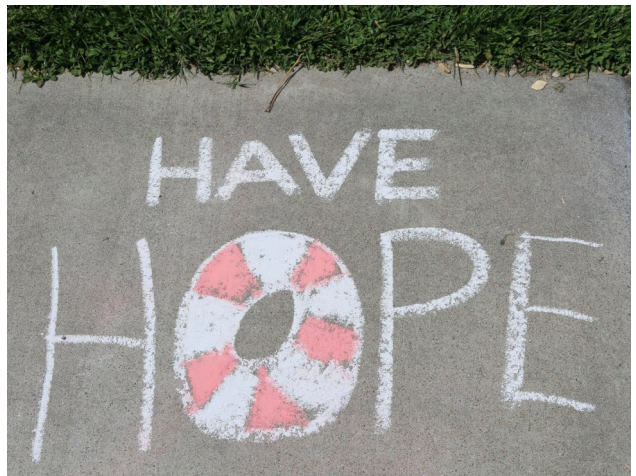
- ◇ Hope Squads in all 27 secondary schools; Junior Hope Squads in 47 elementary schools
- ◇ Jr. Hope Squad Conference (January 2020); 800+ students and advisors representing 30 schools gathered at Clearfield High School and learned how to reach out to others and create a safe school
- ◇ Statewide virtual Hope Squad Conference (October 2021)
- ◇ Hope Hope Week at Shoreline Jr. High (October 2020) Video: www.facebook.com/davisschools/videos/2749427445332472/
- ◇ Every Brilliant Thing Play performances (January 2020) - Held at high schools with community showings as well; goal to help address the problem of youth depression and suicide, Website: <https://www.bard.org/brillianttour-info>

Bullying Prevention

- ◇ Resources and presentations: <https://www.davis.k12.ut.us/departments/student-family-resources/preventioncommunity>

Botvin Lifeskills

- ◇ 14,000 students received Botvin Lifeskills; delivered to 4th, 8th, and 10th grade students
- ◇ 1st year in 62 elementary schools
- ◇ School counselors are supplementing the program by also teaching lessons in 5th and 6th grades.
- ◇ Principals, teachers, and students sharing the benefits of the program and how it has helped students



Suicide Prevention Highlights

Mindful Schools, Davis Behavioral Health

- ◇ Completed pilot sessions of Learning to Breathe in 6th grade classrooms
- ◇ Donated 171 sets of mindfulness cushions and yoga mats to 9 secondary schools
- ◇ Developed a mindfulness video for teens: <https://www.youtube.com/watch?v=Q0rNKC4790A>
- ◇ Received funding to broaden our reach with Learning to Breathe for the 2022-2023 school year to all interested 6th grade classrooms



STOP
TAKE A BREATH
OBSERVE *(what's going on inside)*
PROCEED *(in a helpful way)*

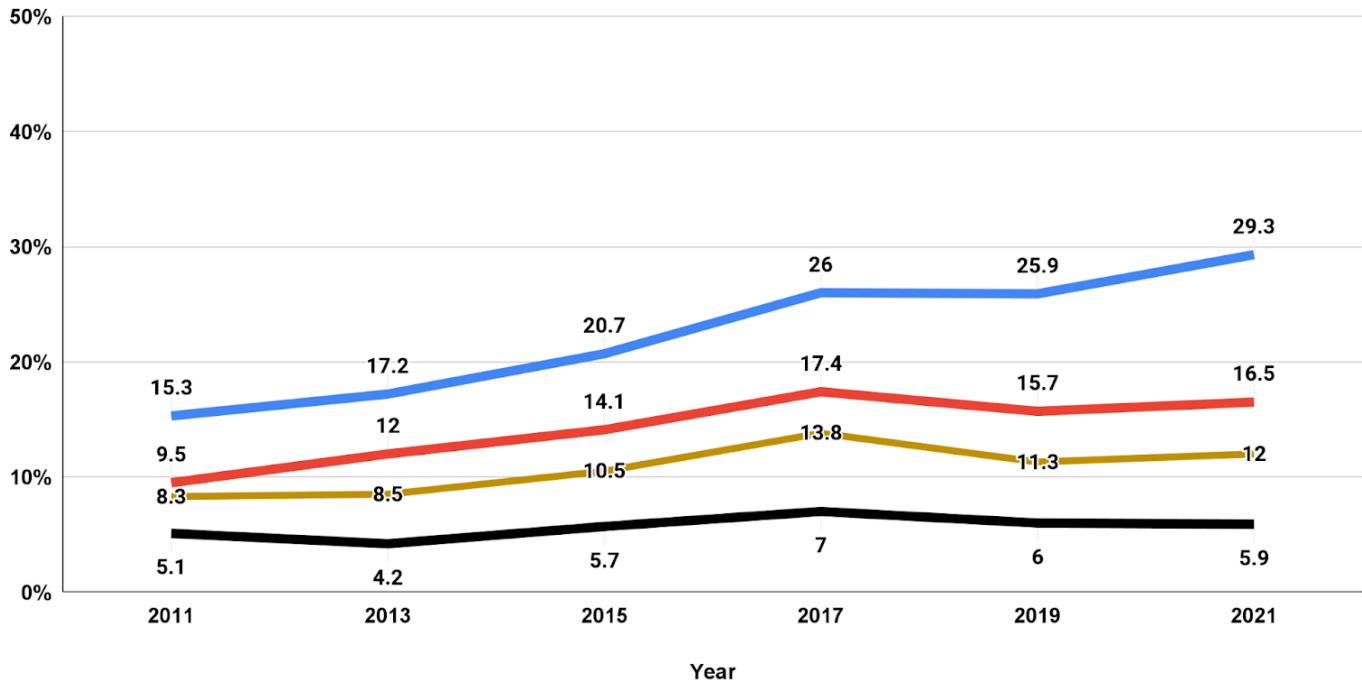
Source: Help for Stress and Anxiety: Teen Intro to Mindfulness Video

Suicide Prevention Highlights

Youth Suicide Indicator Trends, Davis County 2011-2021 (SHARP)

Suicide-Related Indicators, Percentage, 2011-2021, Davis County, Utah SHARP Survey

— Felt Sad/Hopeless (2+ Weeks in a Row) — Considered Suicide — Planned Suicide Attempt — Attempted Suicide



* When interpreting changes in 2021 data, consider the influence of the COVID-19 Pandemic on behaviors, health, and school settings Source: Davis County Student Health and Risk Prevention (SHARP) Survey

Suicide Prevention Highlights

Faith Leader Summit, NAMI

- ◇ 56 faith leaders participated from Davis County (8 in person, 48 virtual)
- ◇ Presented faith leader consensus statement
- ◇ Presentations available on YouTube; search for: 2021 Faith Summit Recording Ali Crandall Keynote: Countering Adversity with Positive Experiences; 2021 Faith Summit Recording Panel Discussion: Personal Examples of Resilience after Trauma; 2021 Faith Summit Recording Building Communities in Faith: Richard Ostler, Kathie Supiano, PhD, Pastor Logan Wolf
- ◇ Mental Health Resources for faith leaders found at this link: liveonutah.org/faith

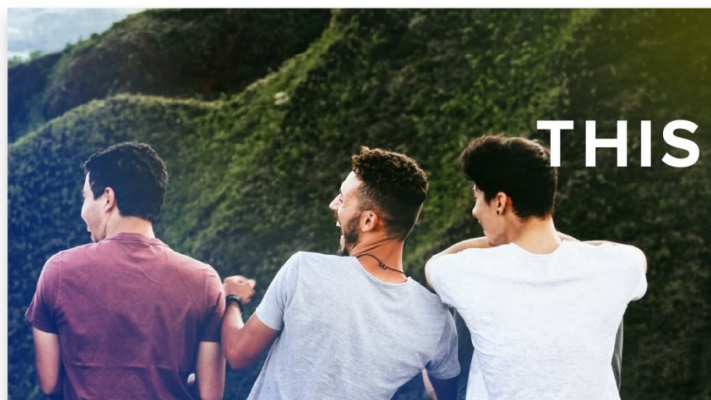
Live on

- ◇ Live On is a statewide effort to prevent suicide by promoting education, providing resources, and changing our culture around suicide and mental health. Together we can get through, reach out, lift up, look ahead, and Live On.
- ◇ Live On Billboards
- ◇ Find support, learn to reach out, find more coping skills, learn to connect
- ◇ Website: liveonutah.org

LGBTQ+ Suicide

Brene Brown has said that not belonging, or psychological isolation, is "the most terrifying and destructive feeling that a person can experience ... This is not the same as being alone. It is a feeling that one is locked out of the possibility of human connection and of being powerless to change the situation. In the extreme, psychological isolation can lead to a sense of hopelessness and desperation. People will do almost anything to escape the combination of condemned isolation and powerlessness. Embracing, valuing, empathizing, and including people communicates that they belong with us."

Source: 2021 Faith Summit Recording Building Communities in Faith



IS SUICIDE
PREVENTION.



Learn to connect at LiveOnUtah.org

Suicide Prevention Highlights

Utah Suicide Prevention Coalition

- ◇ The Utah Suicide Prevention Plan 2022-2026 guides the work: https://drive.google.com/file/d/1dEvRRJ8jvwJRpql3Sn9vsq_TcMrelmN2/view

Workplace Suicide Prevention

- ◇ Employee wellbeing is a top priority across the state. USPC created a resource to be implemented by business leaders human resources and others within the workplace.
- ◇ Youtube videos as well as an Employer toolkit are available. <https://liveonutah.org/workplace/>



Postvention Toolkits

- ◇ School Postvention Resources: <https://airtable.com/shrTLsYpg2ltro7sR/tblFvrOPTI6W03VdR?backgroundColor=cyan&viewControls=on>
- ◇ Community Postvention Resources: <https://airtable.com/shrh2HVEVbR4fe8Sx/tblFvrOPTI6W03VdR?backgroundColor=cyan&viewControls=on>
- ◇ Public Communications after a suicide: <https://airtable.com/shrxGwbSbgb01cqp6/tblFvrOPTI6W03VdR?backgroundColor=cyan&viewControls=on>



COUNTY, STATE & NATIONAL SUICIDE PREVENTION RESOURCES

Community Suicide Prevention Training www.dbhprevention.org/trainings

Continue Mission - No Veteran Left Behind 801-560-9889, continuemission.org

Davis Behavioral Health 24-Hour Crisis Response Line 801-773-7060, dbhutah.org

National Alliance on Mental Illness (NAMI) Utah 801-323-9900, Free education classes and peer support for those who struggle with mental illness, and separate education and peer support for family members. www.namiut.org

Safe UT Provides real-time crisis intervention to youth through texting and a confidential tip program right from a smartphone. Download the App. safeut.org

Utah Suicide Prevention Coalition, Live On Campaign
Dedicated to suicide prevention, the promotion of resiliency, and supporting those impacted by suicide. liveonutah.org

Zero Suicide Framework Framework for health systems shown to reduce suicide deaths for people in care. dsamh.utah.gov/zero-suicide-framework

The Church of Jesus Christ of Latter-Day Saints
Suicide Prevention and Ministering
churchofjesuschrist.org/get-help/suicide

The Trevor Project 1-866-488-7386, This free 24-hour service is geared toward LGBT teens in crisis. thetrevorproject.org

American Foundation for Suicide Prevention (AFSP) Resources for those who have lost a loved one to suicide. Training for survivors who wish to facilitate survivor support groups or to get involved in education and advocacy. www.afsp.org

#BETHEONETO Save a life from suicide campaign, bethe1to.com

Man Therapy Campaign mantherapy.org

National Action Alliance for Suicide Prevention The public-private partnership advancing the National Strategy for Suicide Prevention. theactionalliance.org

National Suicide Prevention Hotline 1-800-273-TALK (8255), A free 24-hour service, connects individuals to trained crisis workers from the University of Utah Neuropsychiatric Institute. suicidepreventionlifeline.org



Priority 2: ADVERSE CHILDHOOD EXPERIENCES & TRAUMA

Human Services Directors Committee

The Davis County Human Services Directors Committee provides direction and input for the Adverse Childhood Experiences (ACEs) & Trauma priority. The committee is chaired by a county commissioner. The Davis County Health Department provides administrative support.

Outcome Goal

Davis County is a trauma informed community that prevents ACEs; builds resilience in individuals, families and communities; provides a safe, supportive and connected environment; and provides access to treatment for those who have experienced trauma.

Meeting Schedule

Meetings are held every other month. Since March 2021, meetings have been held virtually.

Community Partners

- ◇ BADEYA US Citizenship and Civic Solutions
- ◇ Bountiful Food Pantry
- ◇ Children's Service Society

- ◇ The Church of Jesus Christ of Latter-day Saints
- ◇ Davis Behavioral Health
- ◇ Davis Community Housing Authority
- ◇ Davis Community Learning Center
- ◇ Davis County Commission
- ◇ Davis County Grant Coordinator
- ◇ Davis County Health Department
- ◇ Davis Hospital
- ◇ Davis School District
- ◇ Davis Technical College
- ◇ Davis County Domestic Violence Coalition
- ◇ Department of Workforce Services
- ◇ Friends for Sight
- ◇ Head Start
- ◇ Intermountain Healthcare
- ◇ Open Doors
- ◇ Pioneer Adult Rehab Center
- ◇ Roads To Independence
- ◇ Safe Harbor
- ◇ United Way of Salt Lake
- ◇ USU Extension
- ◇ Vocational Rehabilitation
- ◇ Weber State University - Davis Campus



Partner Responsibility for ACEs & Trauma

Strategies/Activities	Agencies with Responsibility
1. Raise awareness of the impact of childhood trauma on individuals, families & communities.	Bountiful Community Food Pantry, Children's Service Society, Davis County Domestic Violence Coalition, Davis County Health Department, Davis County Human Service Directors, Davis Head Start, Davis Technical College, Davis School District, Open Doors, YMCA
2. Build protective factors & resilience in individuals, families & the community.	Centerville Cares, Children's Service Society, Davis Behavioral Health, Davis County Domestic Violence Coalition, Davis County Health Department, Davis Head Start, Davis HELPS, Davis School District, Open Doors, Protective Factors for Utah Families, Safe Harbor, YMCA
3. Encourage organizations to become trauma informed.	Children's Service Society, Davis Chamber, Davis County Domestic Violence Coalition, Davis County Health Department, Davis County Resilience Symposium Planning Team, Davis Head Start, Davis School District, Open Doors, YMCA
4. Promote early identification of childhood trauma.	Children's Service Society, Davis County Domestic Violence Coalition, Davis Head Start, Davis School District, Open Doors, YMCA
5. Promote evidence-based treatment interventions for childhood trauma.	Children's Service Society, Davis County Health Department, Davis Head Start, Livestrong House, Open Doors, Protective Factors for Utah Families
6. Build capacity among professionals to qualify as trainers & instructors for ACES, trauma & resilience.	Davis County Health Department, Davis Head Start, Davis School District, Livestrong House, Open Doors, Protective Factors for Utah Families, YMCA
7. Identify funding for the prevention & treatment of trauma	Davis Behavioral Health Network, Davis School District
8. Increase access to behavioral health services & treatment (See Access Strategies)	Davis Behavioral Health Network, Davis County Health Department, Davis School District, Davis Technical College, Intermountain Healthcare, Lakeview Hospital, Livestrong House, YMCA

ACEs & Trauma Objectives Progress

Short-term Objectives	Target Date	Status
Complete a county violence, abuse, and trauma assessment.	12/31/2020	Complete May 2021
Organize an annual Community Resilience Symposium to address ACEs, trauma, and resilience.	Annually	Complete Jan. 2021
Develop a county resource directory for ACEs, trauma, and resilience.	12/31/2020	Complete May 2021
Assess the number of trauma-informed organizations in Davis County based on SAMHSA's six key principles of a trauma-informed approach.	12/31/2020	Complete Aug. 2020
Two grant applications will be submitted from Davis County organizations related to the prevention and treatment of trauma.	12/31/2020	On Track
Long-term Objectives	Target Date	
Assess the number of evidence-based interventions, programs, and promising practices currently being implemented in the community to prevent ACEs, build resilience, and treat trauma.	12/31/2023*	On Track
Increase the number of evidence-based interventions, programs, and promising practices currently being implemented in the community to prevent ACEs, build resilience, and treat trauma. (Establish baseline and target).	12/31/2023	On Track
Increase the number of trauma-informed organization based on SAMHSA's six key principles of a trauma-informed approach. (Establish baseline and target).	12/31/2023	On Track
Three organizations will pilot an ACEs and resilience screening tool.	12/31/2023	On Track

*Extended from 2019 to 2023 to give more time to ensure an accurate and useful final assessment report.

ACEs & Trauma Objectives Progress

Population Measures	Baseline	Current Measure***	Target Measure
Decrease prevalence of interpersonal violence in Davis County from 12.4% (2016) to 11.16%** by 2023. (IBIS)	12.4% (2016)	13.1% (2019)	11.16% (2023)
Decrease the percent of Davis County youth that have been hit or injured by a dating partner in the past 12 months from 5.3% to 4.77%** by 2023. (SHARP)	5.3% (2017)	4.2% (2021)	4.77% (2023)
Decrease the percent of students that experience family conflict in Davis County from 30.5% (2017) to 27.45%** by 2023. (SHARP)	30.5% (2017)	27.0% (2021)	27.45% (2023)
Decrease the percent of Davis County youth experiencing feeling sad or hopeless for more than two weeks in the past year from 26.0% (2017) to 23.4%** by 2023. (SHARP)	26.0% (2017)	29.3% (2021)	23.4% (2023)
Reduce suicide deaths in Davis County from 14.5 (2014-2016) deaths per 100,000 to 10.2* deaths per 100,000 by the year 2030. (IBIS)	14.5 deaths per 100,000 (2014-2016)	18.8 deaths per 100,000 (2018-2020)	10.2 deaths per 100,000 (2030)
Increase Davis County's 80.5 (2015-2017) year life expectancy at birth by 2023. (CHR)	80.5 (2015-2017)	80.7 (2017-2019)	Greater than 80.5 (2023)
Decrease child abuse victims in Davis County from 817.3 (2015-2017) victims per 100,000 children under 18 to 735.6** victims per 100,000 children under 18 by 2030. (DCFS)	817.3 victims per 100,000 children (2015-2017)	858.5 victims per 100,000 children (2019-2021)	735.6 victims per 100,000 children (2030)

*Healthy People 2020 Target

**A 10% reduction from baseline

***Consider the influence of the COVID-19 Pandemic on behaviors and health when interpreting 2021 data

ACEs & Trauma Highlights

Community Resilience Symposium

- ◇ Planned by a subgroup of the Davis County Human Services Directors Committee
- ◇ Three-fold purpose: 1) learn about the effects of adverse childhood experiences and trauma; 2) understand what it means to be trauma informed; and 3) recognize the importance of self-care
- ◇ The overwhelming majority indicated the symposium provided valuable information that benefited their work and personal lives

2020

- ◇ Friday, January 21, 2020 at the Davis Conference Center in Layton
- ◇ 300 people attended from various sectors
- ◇ Sponsors included Intermountain Healthcare (\$5,000), Davis County Health Department (\$3,000), Davis Hospital (\$2,500), Davis Technical College (\$2,500), Hailey Brooke Murray Philanthropist on behalf of the Blaine A. Randall Foundation (\$1,000) and ViewPoint Center

2021

- ◇ Virtual, free, three hours in length
- ◇ 520 people participated from across the state
- ◇ Recording has been viewed over 1,400 times
- ◇ Quote from symposium participant: "This was one of the best conferences I've ever attended and I've been in victim services for nearly 30 years. It was relatable personally and professionally."



Davis County's 3rd Annual
VIRTUAL
Community Resilience Symposium
Friday, January 29, 2021
8:45 a.m. - 12:00 p.m.
FREE | 3 SW CEUs

EVENT REGISTRATION LINK & QR CODE: 
<https://bit.ly/2Ss1jt5>

PURPOSE: BUILD ACES AWARENESS | BECOME A TRAUMA-INFORMED COMMUNITY | INCREASE SELF-CARE

 <i>Dr. Dave Schramm</i> Resilience Tips For Becoming Better After Experiencing the Bitter	 <i>Dr. Susan Madson</i> Strengthening Individuals, Families, and Communities: From Awareness to Action	 <i>Tyler Patrick, LMFT</i> What Children Teach Us About Being Shame Resilient
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BROUGHT TO YOU BY THE DAVIS COUNTY HUMAN SERVICES DIRECTORS COMMITTEE | 801.525.5072

ACEs & Trauma Highlights

Davis County Domestic Violence Coalition, 2020-2021

- ◇ Dave Cawley COLD Podcast Event, February 27, 2020: Dave Cawley, investigative reporter and host of the COLD Podcast, discussed Susan Powell's disappearance and domestic violence. An ACEs survey was conducted with those that attended. Around 250 people attended.
- ◇ Use Caution When Online Dating, June 18, 2020: The coalition spearheaded a Davis County Clipper article after a Layton woman's death by someone she had met through an online dating app. davisclipper.com/use-caution-when-online-dating-p7011-117.htm
- ◇ Promoted and attended Elizabeth Matthews art exhibit, Untold Aftermath, at the Bountiful Davis Art Center as part of Domestic Violence Awareness Month. Elizabeth's art depicts her experience with domestic violence and parental alienation. Coalition members participated in an art class taught by Elizabeth. davisclipper.com/exhibit-shines-a-light-on-domestic-violence-p7295-206.htm
- ◇ A pinwheel garden was displayed at the Family Enrichment Center in October to raise awareness that domestic violence in the presence of a child is child abuse.
- ◇ Virtual community awareness event entitled *Strangulation: A Deadly Form of Interpersonal Violence* presented by Jeanlee Carver, CEO of Northern Utah Sexual Assault Examiners. 28 people viewed the event.
- ◇ 14 people trained to teach Upstanding: A Bystander Intervention Approach. Training provided by the Violence and Injury Prevention Program from the Utah Department of Health.



ACEs & Trauma Highlights

Trauma Sensitive Schools Training, Davis School District, 2020-2021

- ◇ 486 teachers, administrators, counselors, and school psychologists receiving trauma training both in person and virtually. This training helps participants understand sources of trauma, its impact on brain functioning and behavior, and what it means for schools.
- ◇ 50 educators participated in trauma-informed yoga.

Safe Harbor Crisis Center, 2020

- ◇ The Trauma Informed Care Network trained and certified all staff as trauma informed.
- ◇ Created a Trauma Informed Committee that reviews policies, procedures, access points, marketing strategies, and approaches to ensure they're trauma-informed. Through this process they've changed their handbook, the questions they ask during client interviews, revamped intake paperwork and shelter guidelines for clients, changed the onboarding training for new staff, implemented ongoing trauma informed training, and created debriefing sessions for staff.

Utah's Trauma Informed Approach Survey, Davis County Data, 2020

- ◇ Davis County data was analyzed from Utah's Trauma Informed Approach Survey conducted by Resilient Utah a trauma subcommittee of the Intergenerational Welfare Reform Commission. Their survey was conducted in 2018-2019.
- ◇ 93% of Davis County agencies strongly agree/agree that implementing a trauma informed approach is appropriate in their agency.
- ◇ 78% of Davis County agencies strongly agree/agree they have already taken steps toward implementing a trauma-informed approach.

A program, organization or system that is trauma-informed:

- 1** **Realizes** the prevalence of trauma and takes a universal precaution position.
- 2** **Recognizes** how trauma affects all individuals involved with the program, organization, or system, including its own workforce.
- 3** **Responds** by putting this knowledge into practice.
- 4** **Resists** re-traumatization.

Source: Substance Abuse and Mental Health Services Administration, [Concept of Trauma and Guidance for a Trauma-Informed Approach](#)

ACEs & Trauma Highlights

Sexual Assault Prevention and Response, Hill Air Force Base, 2020

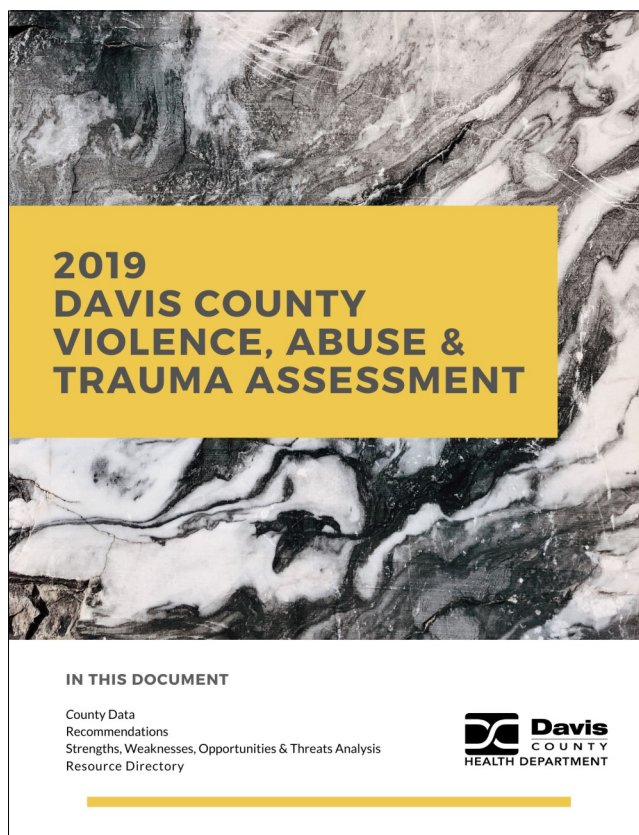
- ◇ Virtual presentation by Jeff Bucholtz, Director of We End Violence
- ◇ Nevertheless Sexual Harassment Stops Here Documentary virtual showing and discussion



- ◇ Can I Kiss You, Mike Domitrz, virtual presentation on consent through verbal communication, bystander intervention to stop someone from taking advantage of an intoxicated person at clubs and/or parties, and opening a door for sexual assault survivors to come forward and be properly supported
- ◇ October 16th, A Day of Action to bring awareness and support to sexual assault survivors
- ◇ Difference Makers LLC—10 Strong provided virtual and in-person presentation over two days. This group is passionate about ending sexual harassment and assault in communities
- ◇ #30daysofSAAPM on social media for sexual assault prevention and awareness month
- ◇ <https://www.hill.af.mil/Home/Sexual-Assault-Response-Coordinator/>

Violence, Abuse, and Trauma Assessment 2021

- ◇ Assessment was completed May 2021, contains 2019 and earlier data
- ◇ Includes county data, recommendations, SWOT (Strengths, Weaknesses, Opportunities, Threats) analysis and resource directory
- ◇ Assessment link: https://www.daviscountyutah.gov/docs/librariesprovider5/reports-and-assessments/other-reports/2019-vat.pdf?sfvrsn=be20453_5



ACEs & Trauma Highlights

HOPE (Healthy Outcomes from Positive Experiences) Workshop, 2021

- ◇ Drs. Robert Sege and Dina Bernstein from Tufts Medical Center taught a virtual HOPE workshop on positive childhood experiences, the science of HOPE, the evidence-informed building blocks of HOPE & how to translate HOPE into practice
- ◇ 142 people participated
- ◇ Website: positiveexperience.org

Our Mission

We aim to inspire a HOPE-informed movement that fundamentally transforms how we advance health and well-being for our children, families, and communities.

The Four Building Blocks

Through our work we have identified four building blocks that promote positive experiences that help children grow into healthy, resilient adults. We know that PCEs in these four areas can buffer against long term health outcomes associated with adverse childhood experiences, and we want to help increase access to these opportunities for all children and families.

- Relationships** within the family and with other children and adults through interpersonal activities
- Safe, equitable, stable environments** for living, playing, learning at home and in school
- Social and civic engagement** to develop a sense of belonging and connectedness.
- Emotional growth** through playing and interacting with peers for self-awareness and self-regulation



ACEs Assessment at Youth Mental Health Screening Events, 2020-2021

- ◇ 194 youth completed ACEs screening as part of participation in virtual Mental Health Screening events
- ◇ Of those screened, 10% had 4 or more ACEs (preschool-12th grade combined)

Of the statements in Section 1, HOW MANY apply to your child?

Section 1. At any point since your child was born...

- Your child's parents or guardians were separated or divorced
- Your child lived with a household member who served time in jail or prison
- Your child lived with a household member who was depressed, mentally ill or attempted suicide
- Your child saw or heard household members hurt or threaten to hurt each other
- A household member swore at, insulted, humiliated, or put down your child in a way that scared your child OR a household member acted in a way that made your child afraid that s/he might be physically hurt
- Someone touched your child's private parts or asked your child to touch their private parts in a sexual way
- More than once, your child went without food, clothing, a place to live, or had no one to protect her/him
- Someone pushed, grabbed, slapped or threw something at your child OR your child was hit so hard that your child was injured or had marks
- Your child lived with someone who had a problem with drinking or using drugs
- Your child often felt unsupported, unloved and/or unprotected

Source: Center for Youth Wellness, CYW Adverse Childhood Experiences Questionnaire (ACE-Q) Child

ADVERSE CHILDHOOD EXPERIENCES

DAVIS COUNTY

What are Adverse Childhood Experiences (ACEs)?

ACEs are major childhood trauma (before age 18) that includes neglect, abuse and household challenges. This trauma can result in changes in brain development and may affect a child's social skills and ability to learn. ACEs can also result in long-term health problems. Experts believe ACEs are a major health issue in the 21st century.

ACEs Include:

- Emotional abuse
- Physical abuse
- Sexual abuse
- Emotional neglect
- Physical neglect
- Mother treated violently
- Household substance abuse
- Household mental illness
- Parents separated or divorced
- Household member incarcerated

Other potential ACEs: The 3 Realms of ACEs

ACEs Are Linked To:

- Suicide
- Depression
- Early death
- Substance abuse
- Smoking
- Cancer
- Heart disease
- Intimate partner violence
- Unemployment
- Financial stress
- Stroke
- Sexually transmitted diseases
- Diabetes
- Sexual violence
- Poor academic performance
- Asthma
- Frequent headaches
- Obesity
- Autoimmune diseases
- Teen pregnancy

Source: 1998 CDC-Kaiser Adverse Childhood Experiences Study

% of Adults Who Report ACEs



	DAVIS COUNTY	UTAH
0 ACEs	38.4%	36.7%
1-3 ACEs	45.1%	46.1%
4+ ACEs	16.5%	17.2%

Source: Utah Behavioral Risk Factor Surveillance System 2016, 2018 & 2020

For more information contact the Davis County Health Department at 801-525-5072

ADVERSE CHILDHOOD EXPERIENCES (ACES), DAVIS COUNTY DATA

% of Adults Who Report Abuse



	DAVIS COUNTY	UTAH
Physical	20.3%	22.0%
Sexual	14.4%	14.7%
Emotional	38.1%	39.2%

Source: Utah Behavioral Risk Factor Surveillance System 2016, 2018 & 2020

% of Adults Who Report Household Challenges



	DAVIS COUNTY	UTAH
Mental Illness	26.6%	24.3%
Incarcerated Household Member	6.1%	8.2%
Domestic Violence	14.4%	16.2%
Substance Abuse	20.5%	23.8%
Parental Divorce/Separation	22.2%	22.3%

Source: Utah Behavioral Risk Factor Surveillance System 2016, 2018 & 2020

Updated January 2022

Definitions

Emotional abuse: A parent, stepparent, or adult living in your home swore at you, insulted you, put you down or acted in a way that made you afraid that you might be physically hurt.

Physical abuse: A parent, stepparent, or adult living in your home pushed, grabbed, slapped, threw something at you or hit you so hard that you had marks or were injured.

Sexual abuse: An adult, relative, family friend, or stranger who was at least 5 years older than you ever touched or fondled your body in a sexual way, made you touch his/her body in a sexual way or attempted to have any type of sexual intercourse with you.

Incarcerated household member: A household member went to prison.

Domestic violence: Your mother or stepmother was pushed, grabbed, slapped, had something thrown at her, kicked, bitten, hit with a fist, hit with something hard, repeatedly hit for over at least a few minutes or ever threatened or hurt by a knife or gun by your father (or stepfather) or mother’s boyfriend.

Household substance abuse: A household member was a problem drinker or alcoholic or a household member used street drugs.

Mental illness in household: A household member was depressed or mentally ill or a household member attempted suicide.

Parental separation or divorce: Your parents were ever separated or divorced.

Emotional neglect: No one in your family loved you or thought you were important or special. Your family didn’t look out for each other, feel close to each other or support each other.

Physical neglect: You didn’t have enough to eat, had to wear dirty clothes and had no one to protect you. Your parents were too drunk or high to take care of you or take you to the doctor if you needed it.

*While the validated BRFSS module addresses ACEs, no questions are included that measure physical or emotional neglect.

ACEs & Trauma Highlights

Trauma-Informed Utah

- ◇ Trauma-Informed Utah (TIU) Center created in 2021
- ◇ Proposal for center shaped and vetted by over 80 community stakeholders
- ◇ Center's purpose, mission, vision, values, guiding principles, and funding structure are outlined in proposal document found here traumainformedutah.org/final-proposal-pdf
- ◇ The center will be a public-private partnership
- ◇ They will provide coordination and technical assistance to help Utah become a trauma-informed state
- ◇ Website: traumainformedutah.org



TRAUMA-INFORMED
UTAH

ACEs Connection

- ◇ Website: www.pacesconnection.com

3 Realms of ACEs

Adverse childhood and community experiences (ACEs) can occur in the household, the community, or in the environment and cause toxic stress. Left unaddressed, toxic stress from ACEs harms children and families, organizations, systems and communities, and reduces the ability of individuals and entities to respond to stressful events with resiliency. Research has shown that there are many ways to reduce and heal from toxic stress and build healthy, caring communities.

1 HOUSEHOLD

- divorce
- incarcerated family member
- homelessness
- physical and emotional neglect
- parental mental illness
- bullying
- domestic violence
- alcoholism and drug abuse
- maternal depression
- emotional and sexual abuse

3 ENVIRONMENT

CLIMATE CRISIS

- record heat & droughts
- wildfires & smoke
- record storms, flooding & mudslides
- sea level rise

NATURAL DISASTERS

- tornadoes & hurricanes
- volcano eruptions & tsunamis
- earthquakes
- pandemic

2 COMMUNITY

- discrimination
- historical trauma
- violence
- lack of social capital and mobility
- substandard schools
- structural racism
- poor water and air quality
- lack of jobs
- food scarcity
- substandard wages
- poor housing quality and affordability
- poverty

Thanks to Building Community Resilience Collaborative and Networks and the International Transformational Resilience Coalition for inspiration and guidance. Please visit [ACESConnection.com](https://www.pacesconnection.com) to learn more about the science of ACEs and join the movement to prevent ACEs, heal trauma and build resilience.

Source: CDC

COUNTY, STATE & NATIONAL ACES & TRAUMA RESOURCES

Davis Mindfulness Center <https://davismindfulness.org/>

Mindfulness Utah www.mindfulnessutah.com

Prevent Child Abuse Utah pcautah.org

EveryDay Strong unitedwayuc.org/get-involved/everyday-strong

Uplift Families upliftfamilies.org

Trauma-Informed Utah Center www.traumainformedutah.org

Adverse Childhood Experiences (ACEs), CDC

cdc.gov/violenceprevention/aces/index.html

Preventing Adverse Childhood Experiences: Leveraging the Best Available Evidence Report

cdc.gov/violenceprevention/pdf/preventingACES.pdf

Resilience: The biology of stress and the science of hope (documentary, 60 min)

kjrfilms.co/resilience

Ted Talk: How Childhood Trauma Affects Health Across A Lifetime, Nadine Burke Harris

ted.com

PACEs Connection pacesconnection.com

Mindful Schools www.mindfulschools.org

VetoViolence Campaign and App vetoviolenace.cdc.gov

Center on the Developing Child developingchild.harvard.edu/science/key-concepts

Strong Parents, Stable Children ctf4kids.org/about-prevention/protective-factors-training/

Trauma Informed Approaches and Interventions, SAMHSA

www.samhsa.gov/nctic/trauma-interventions

HOPE—Healthy Outcomes from Positive Experiences positiveexperience.org

ACEs Aware www.acesaware.org

Priority 3: OPIOIDS

Opioid Prevention Workgroup

The Davis County Opioid Prevention Workgroup was formed in 2019 to bring together the many partners touched by and responding to the opioid epidemic. The Davis County Health Department provides administrative support to the group.

Outcome Goal

Reduce poisoning deaths in Davis County from 16.9 (2013-2015) deaths per 100,000 to 13.2 deaths per 100,000 by the year 2030. (National Healthy People 2020 Target)

Meeting Schedule

The group meets quarterly (January, April, July, October) on the second Thursday of the month. Meetings were conducted virtually in 2020 and 2021 due to the COVID-19 pandemic. Workgroup meetings will be held in a hybrid format in the future to allow for in-person and virtual attendance.

Community Partners

- ◇ Antelope Animal Hospital
- ◇ Bountiful Police Department
- ◇ Centerville Police Department
- ◇ CVS Pharmacy
- ◇ Davis Behavioral Health
- ◇ Davis County Dispatch
- ◇ Davis County Health Department
- ◇ Davis County Sheriff's Office
- ◇ Davis Hospital and Medical Center
- ◇ Davis School District
- ◇ Intermountain Layton Hospital
- ◇ Lakeview Hospital
- ◇ Midtown Clinic
- ◇ North Davis Fire Department
- ◇ Oral and Maxillofacial Surgeons of Utah
- ◇ Smith's Pharmacy
- ◇ South Davis District Dental Society
- ◇ South Davis Metro Fire Department
- ◇ South Weber Fire Department
- ◇ USU Extension
- ◇ Walmart Pharmacy



Partner Responsibility for Opioids

Strategies/Activities	Agencies with Responsibility
1. Increase community awareness to prevent opioid-related overdoses and deaths (opioid risks and Opioid Use Disorder, signs of overdose, non-opioid therapies for pain, stigma reduction, naloxone standing order, Use Only as Directed campaign).	Davis Behavioral Health, Davis County Health Department, Davis County Sheriff's Office, Davis Head Start, Davis HELPS, Fire Departments, Northern Utah Coalition, USU Extension-HEART, Walmart
2. Develop and distribute community opioid crisis response plan.	Davis County Health Department, Davis County Opioid Workgroup, Davis HELPS
3. Education for healthcare professionals (prescribers, pharmacies), promote use of controlled substance database.	Davis County Health Department, Davis Hospital and Medical Center, Davis Technical College, Intermountain Healthcare, Lakeview Hospital, Walmart
4. Increase naloxone availability and education.	Children's Service Society, Davis Behavioral Health, Davis County Health Department, Davis Health Start, Davis School District, Fire Departments, Intermountain Healthcare, Lakeview Hospital, Northern Utah Coalition, USU Extension-HEART, Walmart
5. Safe use, storage, and disposal initiatives.	Communities that Care, Davis Behavioral Health, Davis County Sheriff's Office, Davis HELPS, Davis Hospital and Medical Center, Intermountain Healthcare, Lakeview Hospital, USU Extension-HEART, Walmart
6. Increase access to behavioral health services and medication assisted treatment (See Access Strategies).	Davis Behavioral Health, Davis Behavioral Health Network, Davis County Sheriff's Office, Davis Hospital and Medical Center, Intermountain Healthcare
7. Engage partners to develop substance abuse prevention assessment and strategic plan.	Communities that Care, Davis Behavioral Health, Davis County Health Department, Davis HELPS, Davis School District
8. Actively participate in statewide Utah Coalition for Opioid Overdose Prevention (UCO-OP).	Bountiful Police Department, Davis County Health Department

Opioid Prevention Objectives Progress

Short-term Objectives	Target Date	Status
Distribute community opioid toolkit to community leaders, emergency responders, education/prevention partners, human services directors, and the public.	12/31/2020	Complete 12/2019
Engage residents, families, and service providers that have been involved in or affected by an opioid overdose in stigma-reducing community education campaigns. Share stories through a media campaign.	12/31/2020	Complete 01/2020
Complete opioid crisis response plan.	12/31/2019	Complete 8/2019
Develop opioid crisis response situational awareness communication process.	12/31/2023*	On Track
Conduct drill to exercise opioid crisis response plan.	12/31/2023*	On Track
Develop and conduct an assessment of education campaigns and healthcare system policies impacting prescribing practices.	12/31/2023*	On Track
Distribute Utah Opioid Toolkit for dentists to providers throughout the county.	12/31/2020	Complete 12/2021
Report number of residents, agencies, and groups trained to administer naloxone.	Annually	On Track
Report number of naloxone kits distributed by partner agencies in Davis County.	Annually	On Track
Report number of naloxone doses dispensed by pharmacies in Davis County.	Annually	On Track
Report naloxone administered/opioid overdose reversals in Davis County.	Annually	On Track
Support national and local drug/medicine take back events.	Annually	On Track
Complete Davis County substance abuse prevention strategic plan.	12/31/2023**	On Track
At least one city or CTC will complete a local substance abuse prevention plan.	12/31/2023**	On Track
Educate about availability and use of community and provider data dashboards.	12/31/2023**	On Track
Pilot substance abuse diversion program giving law enforcement the ability to divert those using drugs to a receiving center for treatment instead of issuing a charge or arrest.	12/31/2020	Complete 12/2019

* Extended from 2020 to 2023 due to delays caused by the COVID-19 pandemic.

** Extended from 2021 to 2023 due to delays caused by the COVID-19 pandemic.

Opioid Prevention Objectives Progress

Long-term Objectives	Target Date	Status
Increase number of providers authorized to treat opioid dependency with buprenorphine by 10% each year. (Baseline: 32, 2019)	12/31/2023	On Track
Provide recovery support following a crisis within 24 hours of an overdose.	12/31/2023	On Track
Establish county-wide diversion program for residents experiencing substance abuse crisis to receive treatment and services.	12/31/2023	On Track

Population Measures	Baseline	Current Measure	Target Measure
Decrease number of opioid prescriptions dispensed from 757.6 (2014-2016) opioid prescriptions dispensed per 1,000 population to 681.8** opioid prescriptions dispensed per 1,000 population by 2023. (Opioid dashboard) †	757.6 opioid prescriptions dispensed per 1,000 population (2014-2016)	646.6 opioid prescriptions dispensed per 1,000 population (2018-2020)	681.8 opioid prescriptions dispensed per 1,000 population (2023)
Reduce the average number of opioid tablets in each prescription from 63.1 tablets (2018) to 56.8** tablets by 2023. (DOPL)	63.1 tablets per prescription (2018)	57.9 tablets per prescription (2021)	56.8 tablets per prescription (2023)
Decrease high risk prescribing—daily MME \geq 90 from 124.7 (2014-2016) opioid prescriptions dispensed per 1,000 population to 112.2** opioid prescriptions dispensed per 1,000 population by 2023. (Opioid Dashboard)	124.7 opioid prescriptions \geq 90 MME dispensed per 1,000 population (2014-2016)	83.5 opioid prescriptions \geq 90 MME dispensed per 1,000 population (2018-2020)	112.2 opioid prescriptions \geq 90 MME dispensed per 1,000 population (2023)
Decrease opioid overdose deaths in Davis County from 14.4 (2014-2016) deaths per 100,000 population to 13.0** deaths per 100,000 population by 2023. (Opioid Dashboard) †	14.4 deaths per 100,000 population (2014-2016)	11.7 deaths per 100,000 population (2018-2020)	13.0 deaths per 100,000 population (2023)
Reduce poisoning deaths in Davis County from 16.9 (2013-2015) deaths per 100,000 to 13.2* deaths per 100,000 by the year 2030. (IBIS)	16.9 deaths per 100,000 population (2013-2015)	16.3 deaths per 100,000 population (2017-2020)	13.2 deaths per 100,000 population (2030)

* Healthy People 2020 target

** A 10% reduction from baseline

† Baseline & target measure changed due to availability of a more accurate source

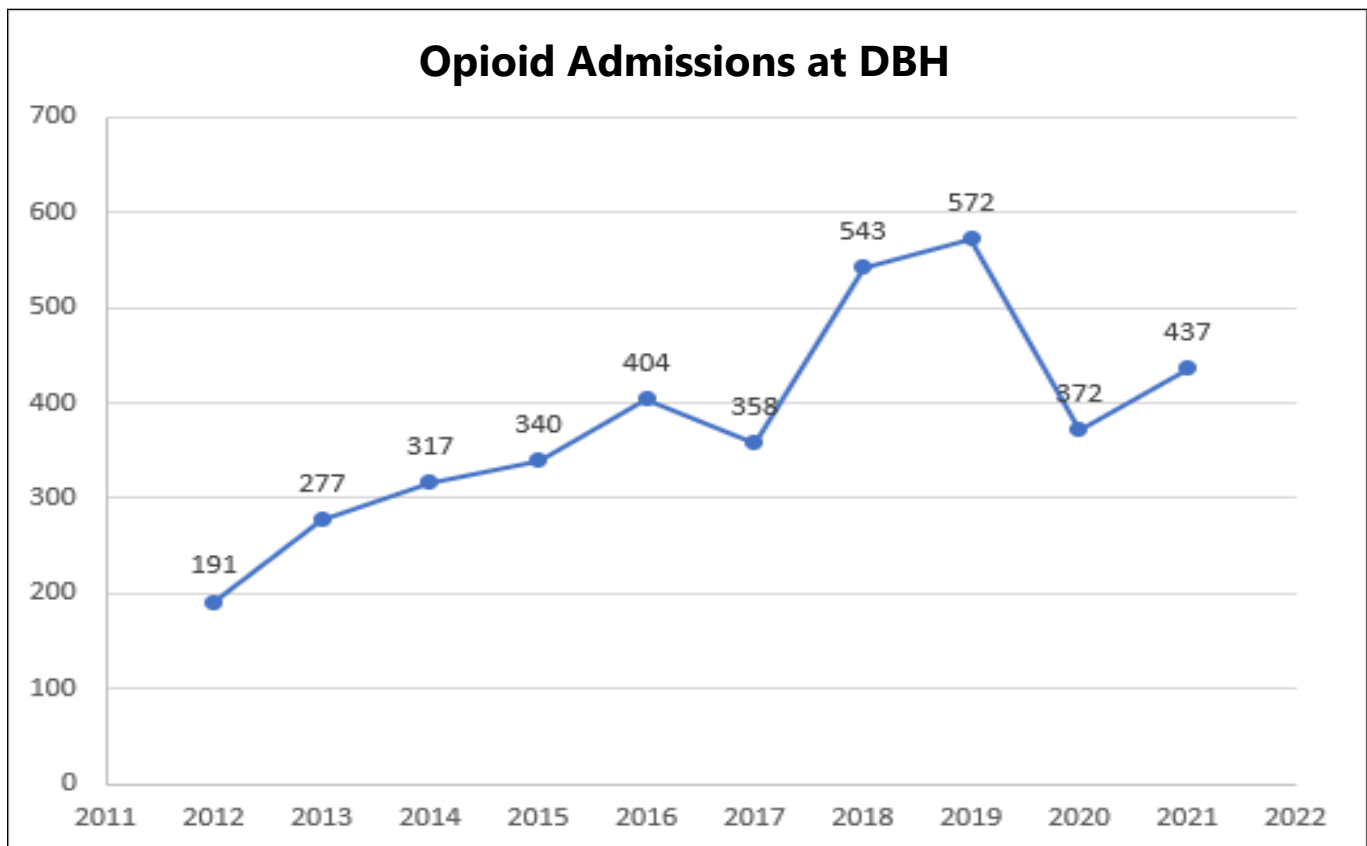
Opioid Death Prevention Highlights

Naloxone Efforts, Davis Behavioral Health, Davis County Sheriff's Office, Pharmacies

- ◇ In 2021, Davis Behavioral Health (DBH) distributed 1,400 naloxone kits and provided training to recipients.
- ◇ Naloxone was administered to over 100 people who received a kit from DBH in 2021.
- ◇ In 2020, all Davis County Sheriff's Office staff received naloxone training from Utah Naloxone and when possible, distributed naloxone kits to those in need upon discharge from the jail.
- ◇ From 2017-2020, 1,502 doses of naloxone were distributed by pharmacists in Davis County through the Utah Department of Health Standing Order.

Medication Assisted Treatment (MAT), Davis Behavioral Health, Other Providers

- ◇ DBH continues to offer case management, therapy, MAT, and recovery support peer services to those in need and had 437 opioid admissions in 2021.
- ◇ DBH continued to help those with an Opioid Use Disorder and received 190 new clients in 2020 and 197 new clients in 2021.
- ◇ There is a zero wait time for those going to the Davis County Receiving Center.
- ◇ As of December 2021, 23 organizations in Davis County have MAT providers.

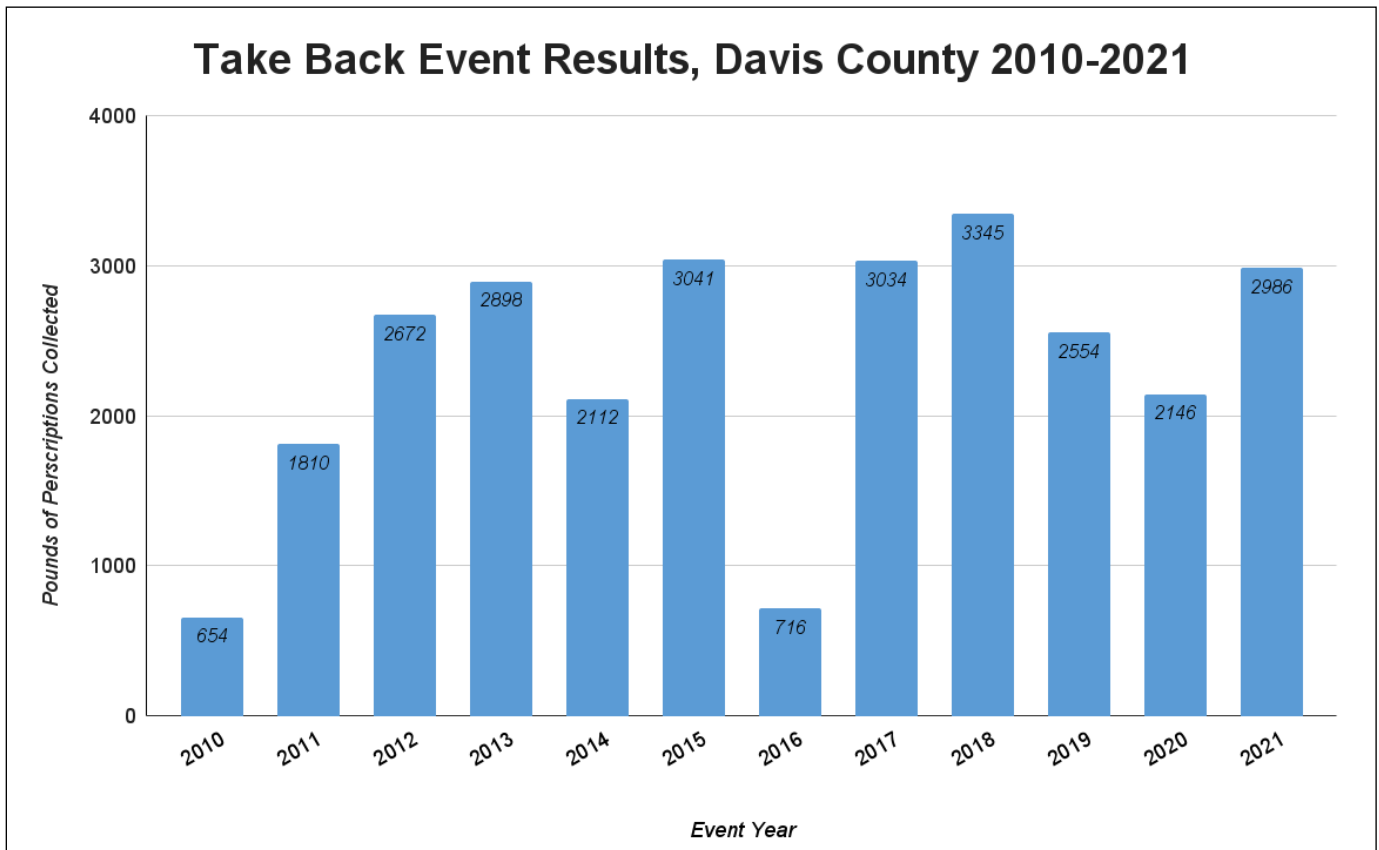


Source: Davis Behavioral Health

Opioid Death Prevention Highlights

Safe Use, Storage, and Disposal

- ◇ Despite interruptions from the COVID-19 pandemic, two prescription drug take back events were held in October 2020 and April 2021.
- ◇ Over 430 more pounds were collected at the 2021 take back event than were collected in 2019.
- ◇ Permanent prescription drug drop off locations in Davis County can be found at: useonlyasdirected.org

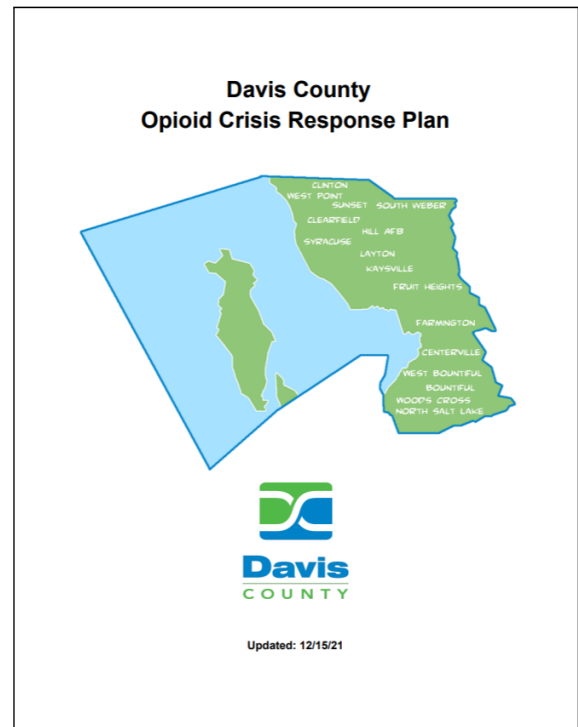


Source: Davis Behavioral Health

Opioid Death Prevention Highlights

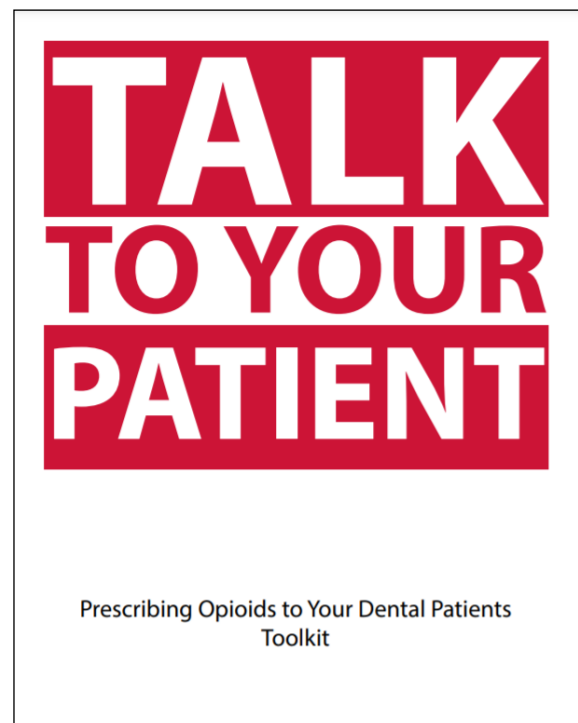
Crisis Response Planning, Davis County Health Department, Workgroup Partners

- ◇ At the end of 2019, the Opioid Crisis Response Plan was completed and shared with workgroup partners.
- ◇ The Opioid Crisis Response Plan was updated in 2019 and will be updated on an annual basis.
- ◇ Staff continued to participate in and support the Utah Coalition for Opioid Overdose Prevention (UCO-OP).
- ◇ Health Department staff were trained on how to use both internal and external Opioid Data Dashboards, made available through the Utah Department of Health (UDOH).
- ◇ Health Department staff provided workgroup partners with regular opioid data updates during workgroup meetings.
- ◇ The Opioid Data Dashboard can be accessed at: dashboard.health.utah.gov/opioid/



Dental Provider Education, South Davis District Dental Society

- ◇ Dental partners worked to decrease opioid prescribing amounts after wisdom teeth removal.
- ◇ The "Talk to your Patient" Toolkit was created by staff at Comagine Health, Utah Dental Association (UDA), and UDOH and was made available to all licensed dentists in Utah in 2019.
- ◇ 251 dentists in Davis County received the toolkit.
- ◇ The toolkit can be accessed at: www.uda.org/docs/librariesprovider49/default-document-library/talk-to-your-patient-dental-toolkit.pdf?sfvrsn=0



Opioid Death Prevention Highlights

Patient Education, Davis Hospital & Medical Center

- ◇ Staff distributed 3,000 opioid safety educational fliers a month to patients in the Emergency Room.
- ◇ One-on-one education was provided to patients prescribed opioids.
- ◇ Emergency Room leadership worked with medical providers to promote opioid safety.



Community Education Campaign, USU Extension HEART

- ◇ Four Davis County residents contributed to Informing the National Narrative: Stories of Utah's Opioid Crisis, a collection of thirty-one interviews from individuals in nine Utah counties who have had a personal connection to the opioid epidemic.
- ◇ Staff with USU Extension HEART and DBH conducted interviews took place between June and December 2019 and vetted transcripts were made available in January 2020
- ◇ Interview audio and transcript files can be found at: digital.lib.usu.edu/digital/collection/p16944coll134



A THREE PART SOLUTION

**SPEAK
OUT**

1
Talk to your doctor about the risk of addiction.

**OPT
OUT**

2
Ask for alternatives to opioids.

**THROW
OUT**

3
Safely dispose of your leftover or expired meds.

COUNTY, STATE & NATIONAL OPIOID RESOURCES

Davis Behavioral Health Opioid Community Collaborative, www.dbh.utah.org/services/medication-assisted-therapy-opioid-community-collaborative/

Davis County Health Department Davis County Opioid Overdose Prevention Information, <https://go.usa.gov/xVEQu>

Davis County Opioid Education and Misuse Prevention Toolkit bit.ly/opioideducationtoolkit

Davis County Receiving Center 380 South 200 West, Farmington 801-513-2800

USU Extension, HEART Program extension.usu.edu/heart/resources

Clean Slate Utah www.cleanslateutah.org

Stop the Opioid Campaign www.opioid.org

Utah Naloxone utahnaloxone.org

Use Only As Directed Campaign, permanent prescription drug drop off locator useonlyasdirected.org

Utah Opioid Data Dashboard dashboard.health.utah.gov/opioid

Talk to Your Patient Toolkit, resource for dental providers uda.org

The Church of Jesus Christ of Latter-Day Saints, Addiction Recovery Program addictionrecovery.churchofjesuschrist.org

Utah Controlled Substance Database dopl.utah.gov/programs/csdb/

Centers for Disease Control and Prevention CDC Guideline for Prescribing Opioids for Chronic Pain, www.cdc.gov/drugoverdose/prescribing/guideline.html

U.S. Department of Health and Human Services, The U.S. Opioid Epidemic hhs.gov/opioids/

**SPEAK
OUT**

**OPT
OUT**

**THROW
OUT**



**USE ONLY AS
DIRECTED**

Coordinated PREVENTION

Davis HELPS

Davis HELPS is the lead coalition working to implement the Davis4Health coordinated prevention plan. Davis HELPS purpose and partners can be found on page 2.

Outcome Goals

1. Move prevention efforts upstream
2. Ensure coordinated, effective, and targeted prevention programs
3. Advocate for the best prevention possible

SHARED PROTECTIVE FACTORS

	<p>Resilience</p>	<ul style="list-style-type: none"> ◇ Managing every day stress & significant adversity ◇ Recognizing emotions, values, strengths, & challenges* ◇ Managing emotions & behaviors to achieve goals* ◇ Making ethical & constructive choices about personal & social behavior* ◇ Seeking help when needed ◇ Overcoming childhood trauma ◇ Having a sense of purpose
	<p>Connectedness</p>	<ul style="list-style-type: none"> ◇ Connection to individuals, family, and community ◇ Strong neighborhood attachment ◇ Engaged with school, peers, athletics, employment, faith, & culture ◇ Inclusive environment ◇ Opportunities & rewards for being involved ◇ Showing understanding & empathy for others* ◇ Forming positive relationships, working in teams, & conflict resolution* ◇ Safe, stable, & nurturing relationships
	<p>Knowledge of Parenting & Child Development</p>	<ul style="list-style-type: none"> ◇ Social & emotional competence ◇ Bonding with children ◇ Monitoring, clear rules, & expectations ◇ Developmentally appropriate actions & expectations ◇ Being responsive to the signals & needs of children ◇ Letting children know they are loved through actions, words, time, & attention
	<p>Access to Care & Resources</p>	<ul style="list-style-type: none"> ◇ Services for families in crisis ◇ Residents have skills to connect to supports ◇ Coordinated resources & services among providers ◇ Community capacity to offer services ◇ Access to social & emotional health services & resources ◇ Access to substance abuse services ◇ Community has access to information about services
	<p>Economic Stability</p>	<ul style="list-style-type: none"> ◇ Financial literacy education ◇ Support for working families ◇ Increased economic opportunity & living wage jobs ◇ Affordable childcare ◇ Access to higher education ◇ Awareness of community themes (house poor, underinsured, living paycheck to paycheck, keeping up with neighbors, food insecurity, 1 crisis away from broke, & self-reliance)

Partner Responsibility for Prevention

Strategies/Activities	Agencies with Responsibility
1. Conduct prevention curriculum & program inventory assessment & evaluate effectiveness	Children's Service Society, Davis Behavioral Health, Davis County Health Department, Davis Head Start, Davis School District, Davis Technical College, NUHOPE, Open Doors, Protective Factors for Utah Families, Safe Harbor Crisis Center, YMCA
2. Engage partners to develop substance abuse prevention assessment & strategic plan	Davis Behavioral Health, Davis County Health Department, Davis HELPS, Davis School District, Intermountain Healthcare, USU Extension, YMCA
3. Conduct teen & young adult focus groups	Centerville Cares, Layton Community Action Council, Weber State University, USU Extension, Davis HELPS, Davis School District, YWCA, Livestrong House, Davis County Health Department, Children's Service Society
4. Develop youth prevention advocates & leaders	Davis County Health Department, Davis HELPS, Davis School District, Layton Community Action Council, Livestrong House, USU Extension, Weber State University, YWCA,
5. Increase community awareness & use of SAFEUT app	Children's Service Society, Davis Chamber of Commerce, Davis County Health Department, Davis HELPS, Davis School District, Davis Technical College, NUHOPE, Open Doors, Weber State University, USU Extension, YWCA
6. Advocate for SHARP data improvements & use (ensure questions accurately reflect community issues & risks, develop SHARP data experts, community & school data presentations)	Davis Behavioral Health, Davis County Health Department, Davis HELPS, Davis School District, YMCA
7. Develop prevention messaging & increase public awareness (include messages about shame, connectedness & stigma)	Centerville Cares, Davis Behavioral Health, Davis County Health Department, Davis HELPS, Davis School District, Protective Factors for Utah Families, Safe Harbor Crisis Center, YMCA
8. Incorporate media literacy, positive digital citizenship, screentime & use of technology in prevention efforts.	Davis County Health Department, Davis County Libraries, Davis Head Start, Davis School District, YWCA
9. Prevention education for community decision makers & religious leaders	Centerville Cares, Davis Chamber of Commerce, Davis County Health Department, Davis HELPS, Davis School District, NUHOPE, Protective Factors for Utah Families, Safe Harbor Crisis Center
10. Develop online prevention toolkit (ensure access via public libraries, etc.)	Davis Behavioral Health, Davis HELPS
11. Establish evidence-based community prevention coalitions	City Leaders, Davis Behavioral Health, Davis County Health Department, Davis School District, Layton Community Action Council, Parent Advocacy Councils

Prevention Objectives Progress

Short-term Objectives	Target Date	Status
Develop prevention curriculum and program evaluation plan. Conduct assessment and inventory to evaluate effectiveness. (Includes HOPE Squad evaluation. See suicide plan)	12/31/2023*	On Track
Provide SHARP (youth health survey) data training to partners in Davis County as updated measures become available. (2019, 2021, 2023)	Every Other Year	On Track
Complete Davis County substance abuse prevention strategic plan. (Also in Opioid plan)	12/31/2023*	On Track
At least one city or CTC will complete a local substance abuse prevention plan. (Also in Opioid plan)	12/31/2023*	On Track
Involve youth in community health assessment process.	12/31/2019	Complete 6/2019
Provide leadership and prevention training for youth.	Every Other Year	On Track
Establish Davis Youth Leadership Team.	12/31/2019	Complete 9/2019
Increase number of professionals trained as substance abuse prevention specialist. (Establish baseline and target)	12/31/2023*	On Track
Provide prevention education for decision makers.	1/31/2023	Complete 12/2021
Establish Davis Mindfulness Center.	12/31/2019	Complete 04/2019
Advocate for SHARP data improvements to ensure questions accurately reflect community issues and risk.	01/31/2021	Complete 12/2020
Establish at least one evidence-based community prevention coalition.	12/31/2019	Complete 12/2019

* Target date extended until 2023 to give additional time needed due to the impacts of COVID-19.

Prevention Objectives Progress

Long-term Objectives	Target Date	Status
Establish an additional 2 evidence-based community prevention coalitions.	12/31/2023	On Track
Develop and establish online prevention education toolkit.	12/31/2023	On Track
Develop methods to gather feedback from teens and young adults to dive deeper into adolescent health data themes including risk and protective factors.	12/31/2023	On Track
Develop county prevention messages and talking points.	12/31/2023	On Track
Advocate for app safety/ratings and safe tech initiatives.	12/31/2023	On Track
Establish a community based wellness center that focuses on mindfulness, prevention, and support services.	12/31/2023	On Track

Prevention Population Measures	Baseline	Current Measure***	Target Measure
Decrease the percent of students that experience family conflict in Davis County from 30.5% (2017) to 27.45%** by 2023. (SHARP)	30.5% (2017)	27.0% (2021)	27.45% (2023)
Decrease youth in need of substance abuse treatment in Davis County from 2.9% (2017) to 2.61%** by 2023. (SHARP)	2.9% (2017)	3.3% (2021)	2.61% (2023)
Decrease the percent of Davis County youth experiencing feeling sad or hopeless for more than two weeks in the past year from 26.0% (2017) to 23.4%** by 2023. (SHARP)	26.0% (2017)	29.3% (2021)	23.4% (2023)
Reduce suicide deaths in Davis County from 14.5 (2014-2016) deaths per 100,000 to 10.2* deaths per 100,000 by the year 2030. (IBIS)	14.5 deaths per 100,000 (2014-2016)	18.8 deaths per 100,000 (2018-2020)	10.2 deaths per 100,000 (2030)

*Healthy People 2020 Target

**A 10% reduction from baseline

***Consider the influence of the COVID-19 Pandemic on behaviors and health when interpreting 2021 data

Prevention Highlights

Educational Awareness (EA) Courses, Davis School District

- ◇ Vaping course - 334 students have participated during last 2 school years
- ◇ New course created to address sexting and pornography called "Safety in the Digital Age"; 128 students have participated
- ◇ Additional courses to address behavior concerns in: Discrimination and Harassment; Title IX Sexual Misconduct Harassment; Title IX Gender Bias and Discrimination
- ◇ Parent and Community Night (February 2020) - You Can't Stop What You Don't Know; awareness about youth substance use trends
- ◇ DSD Prevention Resources: davis.k12.ut.us/departments/student-family-resources/preventioncommunity



Substance Abuse Prevention, Davis Behavioral Health

- ◇ State partnership for Youth Marijuana Prevention Campaign
- ◇ Partnership with PTA for Red Ribbon Week
- ◇ Prime for Life Classes - motivational risk reduction program for youth
- ◇ Promotion of Parent Empowered Campaign: parentsempowered.org

Prevention Community Grants, Davis County Health Department

- ◇ Electronic Cigarette Substance and Nicotine Product Tax Restricted Account created during the 2020 General Legislative Session; Taxes collected from the sales of e-cigarette substances, e-cigarettes and nontherapeutic nicotine products generated revenue for local health departments to administer Electronic Cigarette, Marijuana & Other Drug Prevention Grant Program
- ◇ Proposal eligibility criteria: evidence-based or a promising practice as defined by the CDC; addresses one or more risk or protective factors associated with the use of electronic cigarettes, marijuana, and other drugs
- ◇ Four agencies funded in 2021: Drug Safe Utah, Inc., Big Brothers Big Sisters of Utah (BBBSU), North Davis CTC, South Davis CTC; awards totaling \$240,960
- ◇ Risk factors addressed: early initiation of, attitudes toward, family history of, and media portrayals of problem behaviors; attitudes favorable to antisocial behavior; low commitment to school; family conflict; perceived risk of drug abuse; academic failure by late elementary school; depressive symptoms
- ◇ Protect factors addressed: problem solving skills, perceived risk of drug use, prosocial involvement and behavior, opportunities and rewards for prosocial involvement, attachment to parents
- ◇ Evidence-based programs: Project Towards No Drug Abuse curriculum; Big Brothers Big Sisters mentorship program; Communities That Care; Parents Empowered Campaign

Prevention Highlights

Family Media Plan

- ◇ Simple media worksheet created to walk families through media use discussions
- ◇ Helps to identify and address areas of risk, youth/parent conflict and ways to improve
- ◇ Translated into Spanish
- ◇ Link: <https://go.usa.gov/xejak>



Family Media Plan

Gather your family together to discuss your media use.
Make a plan for improvement.



Discover What To Work On

1. What types of screens does your family use? How many?
2. What types of media do you participate in (social media, gaming, creative/movie making, research, etc.)?
3. How does each type of media make you feel, think or act while using the media? Longer-term, how do you feel after using each type of media?
4. About how many hours are screens used in your home?
5. When are screens used (e.g. before school, after school, after dinner, before bed, anytime)?
6. What times are screens not allowed?
7. Is screen time a privilege? Yes / No
If so, what needs to be done before screens can be used?
8. Where are screens used in the home? Where are screens not allowed?
9. Is screen time causing conflict in your home? Yes / No
10. Would you like to make adjustments? Yes / No

Be Intentional

- Be aware of the reason for your own technology use and share it with your kids (e.g. "I'm sending mom a text to let her know..."). When you fall into mindless scrolling or succumb to digital junk food, admit it and move on.
- Think about why your kids are on screens. Is the screen time really for them or you? Encourage them to play alone, with siblings or friends so that screens are not the only default.
- Be sure to discuss digital citizenship and safety. Digital citizenship is the ability to participate safely, intelligently, productively, and responsibly in the digital world. Check out the resource list for links to more information and discussion tips on this topic.

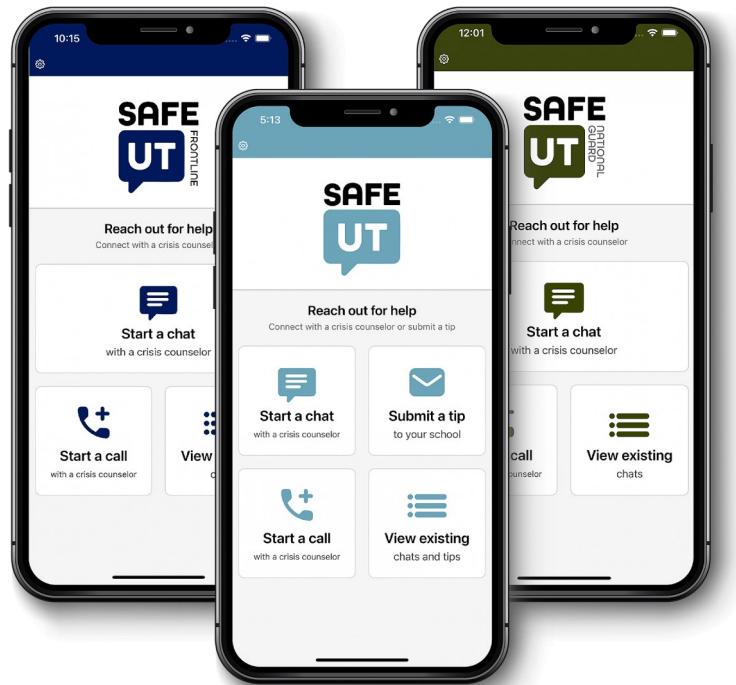
Page 1

Prevention Highlights

SAFEUT

SAFEUT Crisis Chat & Tip Line is a statewide service that provides real-time crisis intervention to youth through a live chat and confidential tip program right from a smartphone.

- ◇ Licensed clinicians in 24/7 Crisis Line call center respond to all incoming chats and calls by providing supportive or crisis counseling, suicide prevention, and referral services
- ◇ Will help anyone with emotional crises, bullying, relationship problems, mental health, or suicide-related issues
- ◇ Davis School District reporting period 7/1/2020-6/30/2021; 2025 Chats, 878 Tips, 2903 Total; top tip topics were suicide, bullying, crisis, and depression
- ◇ Specialized service for National Guard and "Frontline" workers (law enforcement, fire/EMS, health care personnel, and their families)



July 2020 - June 2021

Davis District Data



Prevention Highlights

Student Health and Risk Prevention (SHARP) Survey

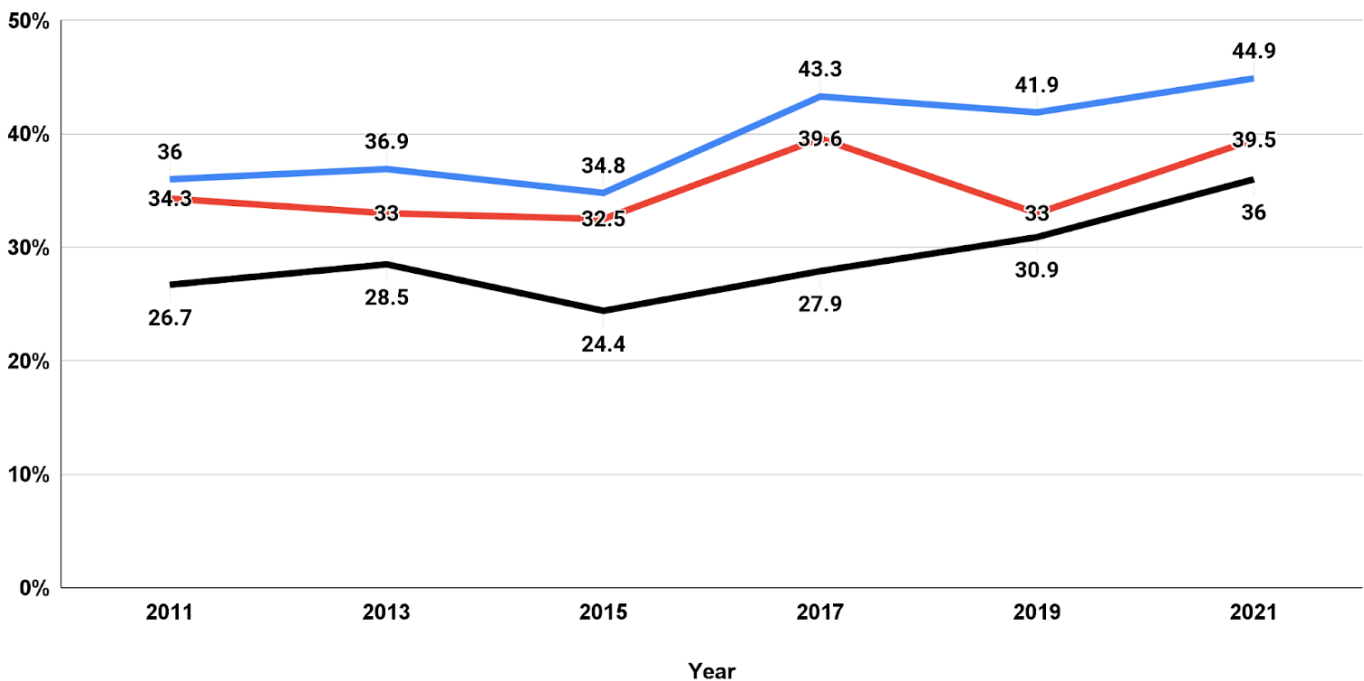
In 2020, Davis4Health partners advocated for additional SHARP survey questions to address current community youth issues including: screen-time, digital safety, pornography/sexting, sleep, and childhood trauma. Although survey participation was lower than 2019, it did not detract from the quality of the results for Davis County with a total of 11,614 completed surveys.

- ◇ Latest survey was administered Spring 2021, data released December 2021
- ◇ 135+ questions
- ◇ 80% online (at home/in school)

- ◇ New questions added about average amount of sleep students received as well as social, educational, emotional, and academic effects students may have experienced related to COVID-19
- ◇ 62 Davis County professionals from 13+ organizations participated in SHARP data training
- ◇ Davis report link: [dsamh-training.utah.gov/ documents/ SHARPreports/2021/ DavisCountyLSAAProfileReport.pdf](https://dsamh-training.utah.gov/documents/SHARPreports/2021/DavisCountyLSAAProfileReport.pdf)

Leading Risk Factor Trends, Percentage, 2011-2021, Davis County, Utah SHARP Survey

— Low Commitment to School — Depressive Symptoms — Attitudes Favorable to Antisocial Behavior



* When interpreting changes in 2021 data, consider the influence of the COVID-19 Pandemic on behaviors, health, and school settings. Source: Davis County Student Health and Risk Prevention (SHARP) Survey

Prevention Highlights

Youth Leadership Groups:

Multiple agencies conduct youth groups to lead prevention activities in Davis County. Many activities and meetings were postponed in 2020 and 2021 due to COVID-19 restrictions. Groups have begun to regroup and recruit members for 2022. Some of the groups include:

- ◇ Mentes Sanas—USU Extension Latino Mental Health Awareness Youth Group
- ◇ Davis County Health Department Youth Council
- ◇ Safe Harbor Youth Ambassadors
- ◇ Various local city youth councils



WHEN: There are four camp session options for youth:
July 27-31 | M W F | 10 am - 11am
July 27-31 | M W F | 2 pm - 3 pm
August 3 - 7 | M W F | 10 am - 11 am
August 3 - 7 | M W F | 2 pm - 3 pm

Choose One

And four options for the EveryDay Strong parent/guardian webinar:
Tuesday, July 28 | 10:00 am
Tuesday, July 28 | 7:00 pm
Thursday, August 6 | 10:00 am
Thursday, August 6 | 7:00 pm

Camp Thrive is going virtual for 2020!

This camp is for youth grades 7th - 10th to learn how important their physical, emotional, and social needs are for their mental health.

Youth will learn, through virtual meetings and independent activities, how to better understand their needs and get those needs met.

This camp includes a parent/guardian webinar called EveryDay Strong.* Adults will learn their role in helping youth meet their needs, which will strengthen their resiliency.

*EveryDay Strong is a framework developed by United Way of Utah County to address anxiety and depression in youth.



EXTENSION
UtahStateUniversity.

Utah State University is an affirmative action/equal opportunity institution and is committed to a learning and working environment free from discrimination. For USU's non-discrimination notice, see equity.usu.edu/non-discrimination.

VIRTUAL CAMP
Register at ut4honline.com
Not a member? That's ok!
Contact Kassie Lovan at (435)919-1322



Prevention Highlights

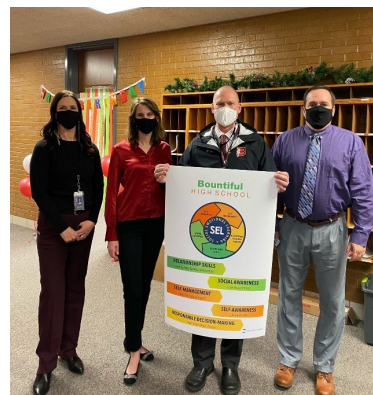
Social and Emotional Learning (SEL) Initiative, Davis School District

2020

- ◇ Re-tool Climate Survey to include school safety, environment, equity, SEL competencies, bullying, and other climate-related areas
- ◇ Developed SEL competencies and indicators for Pre-K-12 for the Teacher Toolkit with curriculum resources and integrated strategies
- ◇ Mindfulness training in partnership with Davis Behavioral Health; 55 employees trained in Mindfulness Based Stress Reduction (MBSR); 30 employees trained in Learning to Breathe
- ◇ Partnered with USBE and CASEL consultant to create Utah SEL framework and Portrait of a Graduate
- ◇ Curated and produced Adult SEL resources, Parent and Student resources for resilience, and Virtual Learning Resources to teach and support SEL during the soft closure of schools at home as well as a Roadmap to Reopening Tools for Educators, Administrators, and Parents
- ◇ SafeUT SuperUser Grant—13 schools partnered with USBE, SAFEUT and the Huntsman Mental Health Institute to implement Move This World curriculum and create a School Safety Student Advisory Board (SSSAB)
- ◇ SEL logo designed, included on posters provided to schools
- ◇ 91 school visits to connect with faculty and staff, deliver appreciation cards

2021

- ◇ Promoted Trauma Informed Yoga to employees Friday afternoons and Mindful Monday Zoom meetings in partnership with DSD Wellness Program and Davis Behavioral Health
- ◇ International SEL Day activities in March - 83 schools participated; provided schools and PTA leadership a SEL family activity link and added to website; 2 Davis County cities proclaimed SEL Day in their city
- ◇ Developed the All Learning is Social and Emotional Book Study and Intro to SEL Course
- ◇ Davis County Library System partnership to curate SEL book selections for community
- ◇ Partnered with USBE and Panorama for Early Warning System pilot project (15 schools)
- ◇ All secondary and 59 elementary schools completed the DSD Climate Survey (students and employees)
- ◇ 92 schools participated with a school team at the SEL Symposium (August) to develop school messaging strategies and a communication plan for their schools; Keynote speakers included Abby Cox (First Lady of Utah), Tami Pyfer (Unite.us), and Allison Hess (PR Director for Weber State University)



Prevention Highlights

Davis Mindfulness Center, Davis Behavioral Health

2020

- ◇ Learning to Breathe Train the Trainer
- ◇ Mindful Child Mindful Parent
- ◇ Learning to Breathe (Teens)
- ◇ Learning to Breathe (Adults)
- ◇ Mindfulness-based Stress Reduction
- ◇ Total mindful program participants = 306
- ◇ 100 days of Mindful Self care social media campaign
- ◇ Guided mindfulness practices on social media
- ◇ Developed and added mindfulness audio recordings to website

2021

- ◇ Learning to Breathe Train the Trainer
- ◇ Mindful Child Mindful Parent
- ◇ Learning to Breathe (Teens)
- ◇ Learning to Breathe (Adults)
- ◇ Mindfulness-based Stress Reduction
- ◇ Mindful Motherhood
- ◇ Mindful Self-Compassion
- ◇ Total mindful program participants = 451
- ◇ Mindful May, 31 day social media campaign
- ◇ Mindful Motherhood video: www.youtube.com/watch?v=bgbmUTFkIH4
- ◇ Mindful Book Club
- ◇ Community Mindfulness Presentations



Prevention Highlights

Communities That Care (CTCs), Davis Behavioral Health

- ◇ North Davis CTC communities served: Clearfield, Clinton, Sunset, Syracuse, West Point
- ◇ Layton CTC
- ◇ South Davis CTCs communities served: North Salt Lake City, Woods Cross, West Bountiful, Bountiful, Centerville
- ◇ Video highlighting coalitions efforts: vimeo.com/668065465
- ◇ Website: dbh.utah.org/ctc
- ◇ Follow CTCs on Facebook
- ◇ Central Davis CTC coming in 2022, communities served: Farmington, Kaysville, Fruit Heights



Prevention Highlights

Communities That Care (CTCs) cont.

2020

- ◇ Launch of South Davis CTC by forming a Key Leader Advisory Council
- ◇ Launch of Layton CTC by forming a Key Leader Advisory Council
- ◇ North Davis Illumination event
- ◇ Prescription Drug Take Back Day event participation



2021

- ◇ Formation of two coalitions in South Davis: Bountiful/Centerville and West Bountiful, Woods Cross, North Salt Lake
- ◇ Formation of one coalition in Layton City
- ◇ Hired a Diversity Coordinator
- ◇ North Davis CTC Events: Clinton Kickoff Event, West Point Easter Basket Event, Sunset We 'Made' It Kickoff Event, May Day 5K Event, and Illumination
- ◇ County-wide Prescription Drug Take Back event
- ◇ Parents Empowered Press Event at Bowman's Grocery Store in Kaysville
- ◇ Parents Empowered Event at Dicks Market in Bountiful and Centerville, Kent's Market Place in Clearfield, Lafavorita in Layton
- ◇ J & A Bakery Resource Day in Layton
- ◇ Parents Empowered Ice Skating Event at South Davis Recreation Center



- ◇ North Davis CTC offered the Strengthening Families Program
- ◇ Hired a CTC coordinator for Central Davis
- ◇ North Davis, South Davis and Layton CTC Coalitions completed their community profiles and are working on developing their community action plans

Prevention Highlights

Centerville Cares

◇ Website: centervillecares.org

2020

- ◇ January-February: Nedley Depression and Anxiety Recovery Program in person
- ◇ May: Powerful Brain, Healthy Body with Sinead Urwin, virtual
- ◇ September-November: Nedley Depression and Anxiety Recovery Program in person with Allison Rencher
- ◇ October: Walktober, walk to be eligible for a prize drawing

2021

- ◇ January-February and September-October: Nedley Depression and Anxiety Recovery Program in person and virtually with Allison Rencher
- ◇ July: 4th of July booth and service
- ◇ September: Suicide Prevention Walk
- ◇ October: Learning to Breathe with Davis Behavioral Health
- ◇ October: Walktober
- ◇ November: Everyday Strong with Davis Behavioral Health



<p>WE CARE...</p> <p>about sustaining a warm, welcoming, and supportive community; creating an environment that promotes both physical and mental well-being.</p>	<p>WE CARE...</p> <p>about helping each other through life's challenges and stresses, to eliminate isolation and encourage inclusiveness.</p>	<p>WE CARE...</p> <p>about the risk of self-harm, addiction, or abuse.</p>	<p>WE CARE...</p> <p>about the health and wellness of everyone in our community, young to senior, regardless of challenges.</p>	<p>WE CARE...</p> <p>about forging stronger support networks and interpersonal connections among those who call Centerville home.</p>
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COUNTY, STATE & NATIONAL PREVENTION RESOURCES

Centerville Cares www.centervillecares.org

Communities that Care communitiesthatcare.net

Davis Behavioral Health - Prevention Programs
dbhprevention.org

Davis County Communities that Care dbhutah.org/ctc

Davis County Health Department - Community Health Services
daviscountyutah.gov/health/landing-pages/health-education

Davis HELPS facebook.com/davishelps

Davis Mindfulness Center dbhutah.org/mindfulness/

Davis School District - Social and Emotional Learning
davis.k12.ut.us/departments/student-family-resources/social-emotional-learning

Davis School District - Student and Family Prevention Resources
davis.k12.ut.us/departments/student-family-resources/preventioncommunity

Davis4Health Resource Locator Davis4Health.org

Student Health and Risk Prevention (SHARP) Statewide Survey/Utah Prevention Needs Assessment Survey dsamh.utah.gov/reports/sharp-survey

Utah SHARP Web Tool www.bach-harrison.com/utahsharpwebtool

VIPP (Violence and Injury Prevention Program) Strategic Framework, 2021-2026
vipp.health.utah.gov/wp-content/uploads/Strategic-Framework-2021-2026.pdf

Collaborative for Academic, Social, and Emotional Learning (CASEL) casel.org

National Strategic Prevention Framework
samhsa.gov/sites/default/files/20190620-samhsa-strategic-prevention-framework-guide.pdf

Unleashing the Power of Prevention
nam.edu/perspectives-2015-unleashing-the-power-of-prevention



 Davis School District

Improving ACCESS to Behavioral Health Services

Davis Behavioral Health Network

The Davis Behavioral Health Network (formerly Community Access Committee) was formed in 2013 to bring service providers, community-based organizations and other interested partners together to work on improving access to behavioral health services in Davis County. The Davis County Health Department provides administrative support to the group.

Outcome Goal

Behavioral health services become more accessible in Davis County through promotion of existing resources, new screening and referral tools, an increase in effective prevention programs, and better trained helping professionals.

Meeting Schedule

This group meets quarterly on the 4th Monday of the month. The group had less frequent virtual meetings in 2020 and 2021 due to COVID-19.

Community Partners

- ◇ Davis Behavioral Health
- ◇ Davis Community Learning Center
- ◇ Davis County Health Department
- ◇ Davis School District
- ◇ Family Counseling Service of Northern Utah
- ◇ Head Start
- ◇ Intermountain Healthcare and Layton Hospital
- ◇ Live Strong House
- ◇ Midtown Community Health Center
- ◇ NAMI
- ◇ The Church of Jesus Christ of Latter-day Saints
- ◇ Turning Point Centers
- ◇ USU Extension

Partner Responsibility for Access

Strategies/Activities	Agencies with Responsibility
1. Coordinate & fund network to serve unfunded/underinsured individuals (Davis Behavioral Health Network)	Davis Behavioral Health, Family Counseling Service of Northern Utah, Intermountain Healthcare, Livestrong House, Midtown Community Health Center
2. Increase access to crisis services for mental health conditions (Stabilization & Mobile Response Team)	Davis Behavioral Health, Davis School District, 211
3. Youth mental health screening & treatment	Davis Behavioral Health, Davis Community Learning Center, Davis County Health Department, Davis School District, Davis Technical College, Davis Head Start, Intermountain Healthcare, Livestrong House, NUHOPE, USU Extension, YWCA
4. Networking events for behavioral health providers	Davis Behavioral Health, Davis Community Learning Center, Davis County Health Department, Diamond Tree Recovery, Intermountain Healthcare, LifeLine for Youth, Livestrong House, Mountainstar Healthcare, USU Extension
5. Zero Suicide in health & behavioral healthcare—continuous quality improvement initiative to prevent suicides for individuals under the care of health & behavioral health systems	Centerville Cares, Davis Behavioral Health Network, Davis County Health Department, Davis School District, Intermountain Healthcare, Lakeview Hospital, Livestrong House
6. Increase access to prevention messages, programs & activities (See Prevention Strategies)	Centerville Cares, Davis Behavioral Health, Davis County Health Department, Davis Head Start, Davis School District, Intermountain Healthcare, Livestrong House, Safe Harbor Crisis Center, USU Extension, YMCA, 211

Access Objectives Progress

Short-term Objectives	Target Date	Status
Establish referral process to serve unfunded/underinsured individuals through Davis Behavioral Health Network (DBHN).	12/31/2019	Complete 10/19
Develop referral form that can be sent electronically to refer patients into the DBHN.*	12/31/2020	Complete 12/2020
DBHN reports including number of individuals served, encounters, agencies referring, etc. will be provided to partners quarterly.	Quarterly	On Track
Conduct annual mental health screening events for youth.	Annually	On Track
Pilot a mental health screening events for elementary aged children.	12/31/2019	Complete 10/19
Provide technical assistance to other school districts, funders and communities interested in implementing mental health screening events for youth.	12/31/2019	Complete 3/19
Sponsor annual networking event for behavioral health providers in Davis County. (Discontinued due to COVID-19)	Annually	Off Track
Promote Utah Zero Suicide Summit as well as other healthcare and behavioral health system/provider training to at least 200 health professionals.	12/31/2020	Complete 07/2020
Long-term Objectives	Target Date	Status
Increase the number of clients served by the DBHN by 10% each year. (Baseline: 32, 2019)	12/31/2023	On Track
Increase timely (within 7 days) access to follow-up care for individuals with behavioral health concerns. (DBHN baseline: 100%, 2019)	12/31/2023	On Track
Three Davis County hospitals will have well established referral systems and follow-up for behavioral health patients who present to emergency departments.	12/31/2023	Complete 12/2021
Increase number of clients served by local substance abuse and mental health authority, Davis Behavioral Health. (Baseline 2018: 4,673 adults; 2,415 children, DSAMH)	12/31/2023	On Track

* Changed language to more accurately reflect referral improvement. Original objective: Develop an electronic referral form to refer patients into the DBHN.

Access Objectives Progress

Long-term Objectives	Target Date	Status
Increase number of individuals with behavioral health concerns who have a regular primary care medical home. (No current measure)	12/31/2023	Not Available
Increase number of residents experiencing mental health or substance abuse crisis that receive services outside hospital emergency department or jail. (Establish baseline and target)	12/31/2023	On Track

Population Measures	Baseline	Current Measure***	Target Measure
Reduce suicide deaths in Davis County from 14.5 (2014-2016) deaths per 100,000 to 10.2* deaths per 100,000 by the year 2030. (IBIS)	14.5 deaths per 100,000 (2014-2016)	18.8 deaths per 100,000 (2018-2020)	10.2 deaths per 100,000 (2030)
Decrease the percent of Davis County youth experiencing feeling sad or hopeless for more than two weeks in the past year from 26.0% (2017) to 23.4%** by 2023. (SHARP)	26.0% (2017)	29.3% (2021)	23.4% (2023)
Reduce the prevalence of adolescents with high mental health treatment needs in Davis County from 19.4% (2017) to 17.46%**.	19.4% (2017)	22.1% (2021)	17.46% (2023)
County prevalence of frequent mental distress is best in the state. (CHR Baseline 2016: 10%; Best in state: 9%)	10% (2016)	11% (2018)	9% (2023)

* Healthy People 2020 target

** A 10% reduction from baseline

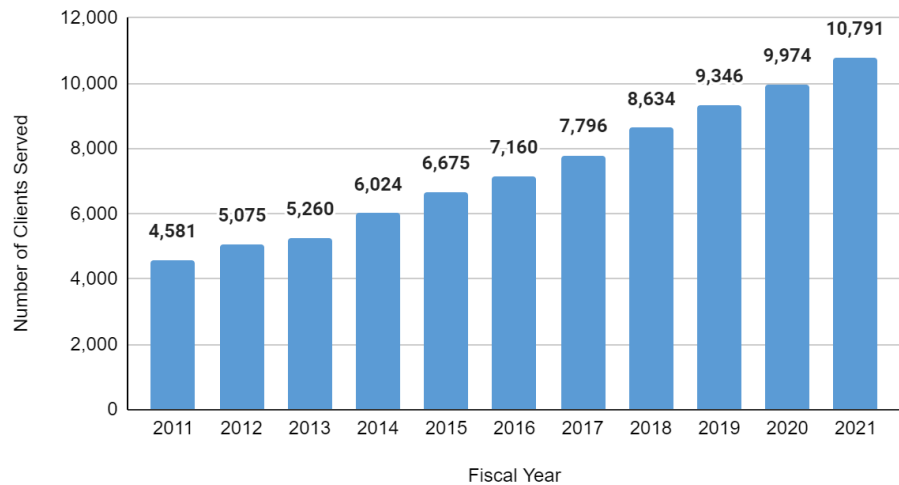
***Consider the influence of the COVID-19 Pandemic on behaviors and health when interpreting 2021 data

Access Highlights

Davis Behavioral Health

- ◇ Provided mental health and substance abuse services for 10,791 clients in 2021
- ◇ Services for those with commercial insurance, Medicaid and those who are uninsured/underinsured
- ◇ Mental health services for 2,645 uninsured clients in 2021
- ◇ 39,921 case management services in 2021
- ◇ Offered telehealth services during the pandemic, peaking at 6,585 telehealth visits during the month of May 2020

Clients Served Annually by Davis Behavioral Health



- ◇ Davis County Receiving Center, for mental health and substance abuse emergencies, 918 admissions in 2021

Davis County Receiving Center

- ◆ A community-based, no-refusal, center that offers an alternative to jail and emergency departments for substance use and mental health related issues
- ◆ Licensed as Social Detox and Residential Support
- ◆ Functions as a pre-booking jail diversion where individuals who engage in treatment can avoid criminal charges
- ◆ Rapid access to evaluation and treatment
- ◆ Engagement by people with lived experience
- ◆ Contact Information: 380 South 200 West, Farmington; 801-513-2800; receivingcenter@dbh.utah.gov

Davis Behavioral Health Network

- ◇ Funding program through Intermountain Healthcare to serve unfunded/underinsured individuals

- ◇ Family Counseling Services of Northern Utah provided care to 7 individuals leading to 7 behavioral health encounters

2020

- ◇ Davis Behavioral Health provided care to 40 adults and 17 minors leading to 155 behavioral health encounters

2021

- ◇ Davis Behavioral Health provided care to 39 adults and 22 minors leading to 156 behavioral health encounters

Access Highlights

Family Services, The Church of Jesus Christ of Latter-day Saints

- ◇ Pivoted to provide mental health services via telehealth in 2020
- ◇ Offered a combination of mental health services thru telehealth and in-person in 2021
- ◇ Though the counseling demand was significantly higher in 2021, fewer licensed professionals are working for Family Services, so counseling and consultation numbers decreased
- ◇ See service summary data table below summarizing mental health services offered

Davis County Family Services Locations

Centerville Office
 94 E. Pages Lane, Suite A, Centerville
 801-294-0578

Layton Office
 930 W. Hill Field Road, Suite A, Layton
 801-336-3040

- ◇ Family Services web link: providentliving.churchofjesuschrist.org/lds-family-services?lang=eng
- ◇ Life Help web link: churchofjesuschrist.org/topics/families-and-individuals/life-challenges/hope-and-help?lang=eng

Service	2020	2021	Totals
Monthly Mental Health Public Education Meetings	Average attendance 100	Average attendance 90	19 total meetings with 95 attendees on average
Mental Health Consultations with Church Leaders	2,135	1,589	3,724
Counseling Sessions Provided to Individuals, Couples, and Families	10,246	9,886	20,132
Addiction Recovery Meetings – 34 weekly	11,847 participants - all virtual meetings	11,081 participants -both in-person and virtual meetings	22,928 participants

Access Highlights

Davis School District, Student and Family Resource Department

- ◇ Integrated Education Therapists (IETs) - therapy for the uninsured, see infographic below
- ◇ Family Services Workers - connect families and parents with the resources they need to support themselves
- ◇ Family Resource Facilitator - link families to school and community resources and supports; peer support to parents and family advocacy
- ◇ Safe Schools Clinical Team

STUDENT AND FAMILY RESOURCE DEPARTMENT PRESENTS:

OUR INTEGRATED EDUCATIONAL THERAPISTS (IET) PROGRAM

70-80%



OF U.S. STUDENTS FIRST RECEIVE MENTAL HEALTH SERVICES IN THEIR SCHOOLS



IETS ARE THE FIRST RESPONDERS WHO INTEGRATE A FULL SPECTRUM OF MENTAL HEALTH SERVICES INTO SCHOOLS.

IETS TREATED STUDENTS FOR:

SY2020-21:



IETS FACILITATED GROUPS FOR:



STUDENTS ON:
Empowerment
Anti-Bullying
Mindfulness
Anxiety
Building Bridges



PARENTS ON:
Parenting in
a Pandemic



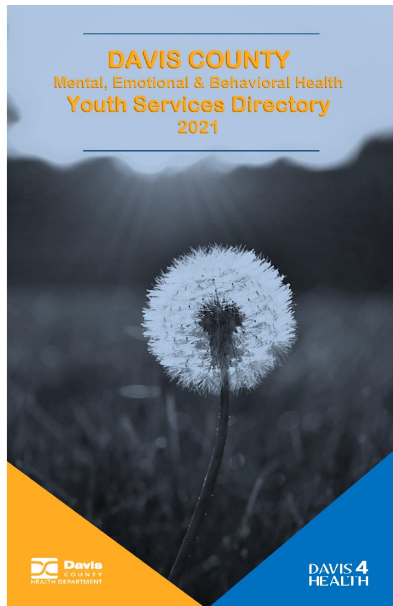
IETS PROVIDED TRAINING FOR TEACHERS ON:

Trauma Informed Yoga
Help! Understanding Trauma & How to Manage It
EEK! They are out of control: De-escalation & Behavior
Addressing the Hard Stuff: Suicide Intervention & Self-Harm
From Struggling to Suffering: A Look at Anxiety & Depression
Everything is Awful and I'm not OK: Compassion Fatigue

Access Highlights

Youth Mental Health Screening

- ◇ Coordinated by Davis Behavioral Health, Davis County Health Department and Davis School District, with support from Intermountain Healthcare, Head Start, USU Extension



- ◇ Screening for social and emotional needs and strengths, depression, anxiety, trauma, safety concerns, suicide and adverse childhood experiences (ACEs)
- ◇ Virtual appointments with mental health professionals
- ◇ Referrals to DBHN, Midtown, parenting classes, Mindfulness Center, mental health evaluation, school supports, therapist, further assessment, DCFS, etc.
- ◇ Davis School District Sway provided to all participants listing various helps and resources sway.office.com/BrqCmFEEwedvuVoA?ref=Link
- ◇ Updated Youth Services Directory provided to all participants containing nearly 150 local services such as medical treatment, counseling, self-care, support groups, classes, crisis lines, etc. go.usa.gov/xejBZ

2020

- ◇ Served 38 youth Nov. 4, Davis School District, and 77 youth Nov. 5, Davis Behavioral Health
- ◇ Grades: PreK-12th Grade
- ◇ Students from charter schools, online school, home school and Davis School District (48 schools represented)
- ◇ 13/15 Davis County cities represented
- ◇ 7 referrals to Davis Behavioral Health Network for uninsured/underinsured
- ◇ 13 safety plans created (danger to self or others)

2021

- ◇ Served 69 youth Nov. 10, Davis Behavioral Health
- ◇ Grades: PreK-6th Grade
- ◇ Students from daycare/preschool, charter schools, online school, private school and Davis School District
- ◇ 13/15 Davis County cities represented
- ◇ 3 referrals to Davis Behavioral Health Network for uninsured/underinsured
- ◇ 3 safety plans created (danger to self or others)

Access Highlights

Teen Center, Clearfield High School

- ◇ Drop in center for students in crisis
- ◇ Opened April 2021
- ◇ Provides showers, laundry facilities, study area and access to community resources for secondary age students
- ◇ Serves around 50 students every week
- ◇ Woods Cross Teen Center groundbreaking occurred December 2021
- ◇ Plans for 6 Teen Centers functioning by the end of 2022

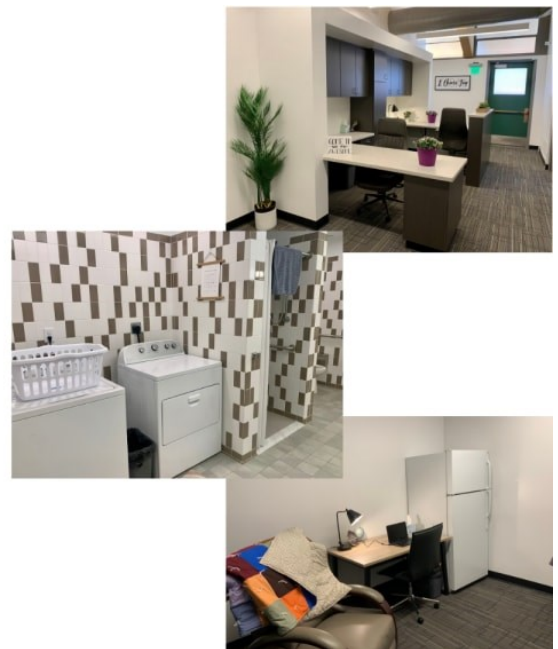


- ◇ Give Hope Video: [youtube.com/watch?v=ww0dcSCHhHA](https://www.youtube.com/watch?v=ww0dcSCHhHA)
- ◇ Website: daviseducationfoundation.org

DROP-IN CENTERS FOR STUDENTS IN CRISIS

The Davis County Community has a quiet but pervasive problem affecting our youth population: **HOMELESSNESS**

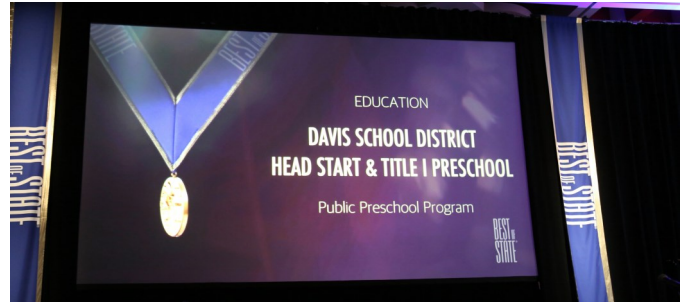
There are more than 1,200 children classified as homeless in Davis School District. Our goal is to remove barriers for these students by providing them with a safe place to shower, do laundry, study, and access resources. The first drop-in center is now open at Clearfield High. Four more centers need to be built at Woods Cross, Layton, Northridge, and Mountain High. This cannot be accomplished without the help of the community.



Access Highlights

Head Start

- ◇ 2020 SelectHealth Award recipient - recognized for strengthening access to oral health care for Head Start families through partnerships with Davis Technical College, Bountiful Community Food Pantry and others
- ◇ 2021 Best of State Award for best public preschool program in the state of Utah
- ◇ Video link: <https://www.dropbox.com/s/8mowy6eca7ou11q/Head%20Start%20and%20Community%20Partners.mp4?dl=0>



Davis Links

- ◇ Monthly virtual networking and resource sharing forums 2020 - 2021
- ◇ Average monthly attendance: 62
- ◇ Examples of topics: mental health, food assistance, domestic violence, disability, family support, prenatal/postnatal, summer resources, suicide prevention, medical accessibility, adult education/employment, housing, diversity/inclusion
- ◇ To receive forum invite and Davis Links emails, davislinkscommittee@gmail.com



DAVIS LINKS
Communities • Services • Resources

2022 FORUM TOPICS

The purpose of Davis Links is to provide a monthly forum that links service providers to available community resources. A monthly topic is selected, and a main presenter opens the meeting by giving a brief overview of the topic. The group then hears short presentations from several community organizations that provide resources for that topic. The forum is held the last Tuesday of every month at 8:30 a.m. For more information contact Staci Fuller at davislinkscommittee@gmail.com.

MONTH	TOPIC <small>(Subject to change)</small>
January	Mental Health
February	Family Support
March	Suicide Prevention/Postvention
April	Summer Resources
May	Food Assistance
June	Medical Accessibility
July	Adult Education/Employment
August	Domestic Violence
September	Housing/Homelessness
October	Substance Abuse
November	Diversity/Equity/Inclusion
December	December: No Forum

To receive Davis Links emails, contact davislinkscommittee@gmail.com

Access Highlights

Utah Strong - ended 12/27/21

- ◇ 11,0732 total contacts were made in Davis County; contacts include in person counseling, brief supportive contact, crisis hotline calls, group education and presentations between 09/28/2020 - 12/27/2021
- ◇ Northern Utah Team focused on outreach to veterans and those in the military; people with disabilities; teachers and students; outreach also included faith based organizations and agencies offering assistance for basic needs
- ◇ Teach coping skills and offer psychological first aid
 - * NORMALIZING EXPERIENCES - what they are experiencing is normal and a part of a collective experience
 - * STRESS MANAGEMENT- learn to identify emotions, mindfulness, and manage stress
 - * CREATE SENSE OF COMMUNITY- there are people and places to help when things get difficult
 - * PROVIDING RESOURCES & REFERRALS - crisis counseling program and referral sources



FREE HELP
for **COVID-19**
related stress

Call/Text 385-386-2289
UtahStrong@utah.gov
Everyday 7a-7p

THE UTAH STRONG RECOVERY PROJECT

 **FEMA**

 **Utah department of human services**
SUBSTANCE ABUSE AND MENTAL HEALTH

 **SAMHSA**
Substance Abuse and Mental Health Services Administration

Access Highlights

Utah COVID-19 Mental Health Support

- ◇ U of U Caring Connections COVID-19 Grief and Recovery Support Groups
801-585-9522
- ◇ How Right Now [howrightnow.org](https://www.howrightnow.org)
- ◇ Intermountain Healthcare Emotional Relief Hotline 1-833-442-2211
- ◇ My Strength App, access code: UtahDHS
app.mystrength.com/signup/
- ◇ National Suicide Prevention Lifeline
1-800-273-8255
- ◇ The Disaster Distress Helpline
1-800-985-5990
Text: TalkWithUs to 66746



The banner features an illustration of a woman with long dark hair, wearing a light blue patterned sweater and dark pants, sitting on the ground with her head buried in her arms, appearing distressed. To the right of the illustration, the text reads: **EMOTIONAL HEALTH RELIEF HOTLINE** in large blue letters. Below this, the phone number **833.442.2211** is displayed in large red letters. To the right of the number, it says **CAREGIVERS AVAILABLE 10:00 a.m. – 10:00 p.m. 7 DAYS A WEEK** in red, with a red telephone handset icon to the right. At the bottom center, the Intermountain Healthcare logo is visible.

Utah Health Disparities Needs Assessment

- ◇ Health Disparities in Utah’s Public Mental Health and Substance Use Treatment Systems Needs Assessment Report and Infographics, link: dsamh.utah.gov/health-disparities-report
- ◇ Purpose: Identify needs and obstacles that contribute to health disparities of four target populations within Utah’s public mental health and substance use treatment systems
- ◇ Target populations
 - * Transition-Age Youth and Young Adults, ages 14 through 26 years old
 - * Black, Indigenous, and People of Color
 - * LGBTQ+ folks
 - * People with Developmental Disabilities

ACCESSING BEHAVIORAL HEALTH SERVICES COUNTY, STATE & NATIONAL RESOURCES

Centerville Cares www.centervillecares.org

Davis Behavioral 24-Hour Crisis Response Line 801-773-7060, dbh.utah.org

Davis County Receiving Center (for behavioral health emergencies)

380 S. 200 W., Farmington, 801-513-2800, dbh.utah.org

Davis County Youth Services Directory <https://go.usa.gov/xejBZ>

Davis Mindfulness Center dbh.utah.org/mindfulness/

Davis4Health Resource Locator Davis4Health.org

Midtown Community Health Center

22 South State Street, Suite 1007, Clearfield, 801-393-5355, www.midtownchc.org

Maternal Mental Health Referral Network maternalmentalhealth.utah.gov

Postpartum Support International - Utah Utah's Maternal Mental Health Collaborative psiutah.org

Stabilization & Mobile Response 1-833-SAFE-FAM (723-3325) Services are free, available 24/7, and provide support in times of crisis. For any child, parent, or caregiver. hs.utah.gov/smr

HelpGuide (for mental health and wellness) helpguide.org

Make the Connection (Veterans Mental Health Resources) maketheconnection.net

Medicaid (Online Application) medicaid.utah.gov/apply-medicaid

Mindweather 101 alloflife.org/course/mindweather-101

Psychology Today psychologytoday.com/us/therapists/utah

WE CAN ALL DO SOMETHING TO HELP OUR COMMUNITY.

- ◆ Build strong, positive relationships with family and friends.
- ◆ Write down a family and individual mental health or self-care plan.
- ◆ Limit screen time for you and your family.
- ◆ Be consistent with your sleep patterns.
- ◆ Have meals as a family as often as you can.
- ◆ Have clear rules that are consistent and age appropriate.
- ◆ Safely store firearms and opioids.
- ◆ Provide support for education by helping with homework and encouraging school attendance.

Suicide

- ◆ Lock unloaded firearms and ammunition separately.
- ◆ Learn how to discuss suicide in an appropriate way.
- ◆ Ask someone you are concerned about if they are considering suicide.
- ◆ Seek professional help if suffering from anxiety or depression.

Childhood Trauma

- ◆ Show children and other adults that conflicts can be resolved without yelling or hitting.
- ◆ If you are feeling overwhelmed, reach out for help. Seek professional help, if necessary.
- ◆ Let children know they are loved through your actions, words, time and attention.
- ◆ Be responsive to the signals and needs of children.

Opioids

- ◆ Ask your doctor about non-opioid methods of pain management.
- ◆ Don't share prescription opioids.
- ◆ Properly dispose of prescription opioids that are no longer being used or that have expired.
- ◆ If you or a family member are taking opioids, have naloxone (opioid overdose reversal) readily available.