



A CODE TO PREVENTION: PROVIDING ONLINE RESOURCES FOR SUBSTANCE USE PREVENTION IN ADOLESCENTS IN THERMOPOLIS, WY

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Hypothesis

Providing community members with fast access to resources on the National Institute on Drug Abuse website through the use of wallet cards containing QR codes will prevent an increase in substance use in adolescents in Thermopolis, WY.

Background

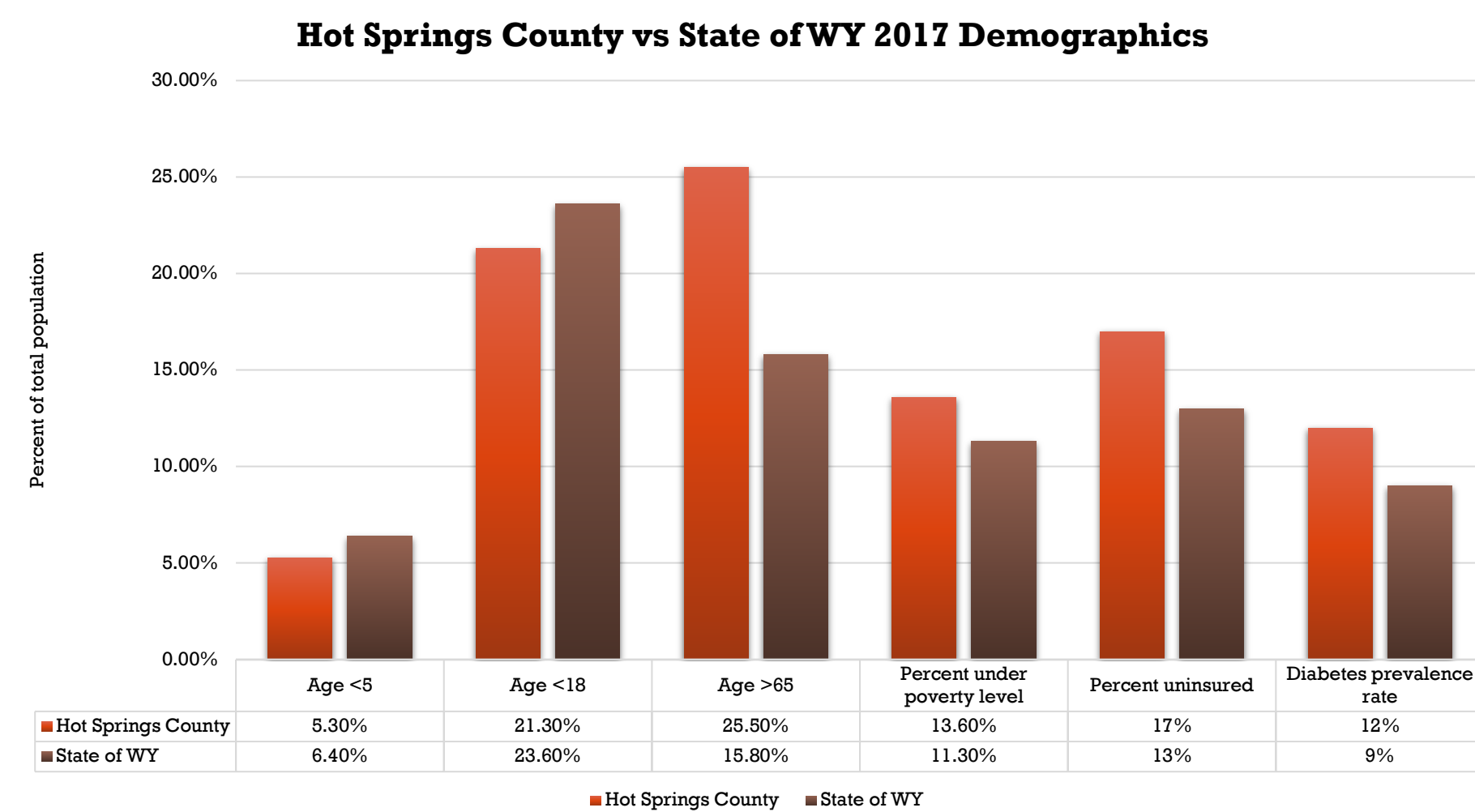


Figure 1: Graphical representation of selected demographics for 2017 in Hot Springs County, WY compared with the state of Wyoming.

- Hot Springs County (HSC) population: 4,696
- Thermopolis population: 2,937
- There is a high rate of substance use, particularly of methamphetamines
- In 2015, the state of WY had 6.47% of arrests involving meth, but HSC was up at 11.4%
- Percentage of arrests for meth and marijuana have both increased in the last year in HSC
- There is no current program in place for substance use prevention in Thermopolis

Literature Review

- Programs that incorporate online or computer learning materials along with interactive activities are successful in preventing an increase in rates of substance abuse among adolescents
- The National Institute on Drug Abuse (NIDA) website offers interactive activities, articles, and lesson plans about substance use for teens, parents, and teachers

Community Health Project Plan

- Provide HSC Public Health and HSC High School with my design of a three-panel wallet-sized card and a way to print these cards when they receive funding
- The wallet prevention cards will include QR codes for teens, parents, and teachers, quick facts about drug use, and a “my goals” page
- When scanned, the QR codes will take the individual to a specific location on the NIDA webpage
 - The **teens** page has interactive games and activities for adolescents to learn about different drug effects on the body
 - The **parents** page has articles on drug facts and how to talk to their children about substance abuse
 - The **teachers** page has links to free pre-made lesson plans and informational videos to use in the classroom setting
- These cards would be given out at HSC Public Health, during a HSC High School counseling visit, or during a classroom activity at school

Deliverables

- Met with members of HSC Public Health, HSC High School, and HSC Memorial Hospital and proposed my idea for the community project
- Discussed funding opportunities and steps needed to be taken to receive this funding

Next Steps

- Involve other active community members, teachers, and Thermopolis Middle School in order to help promote the project
- Modify the card as needed in order to appeal more to adolescents

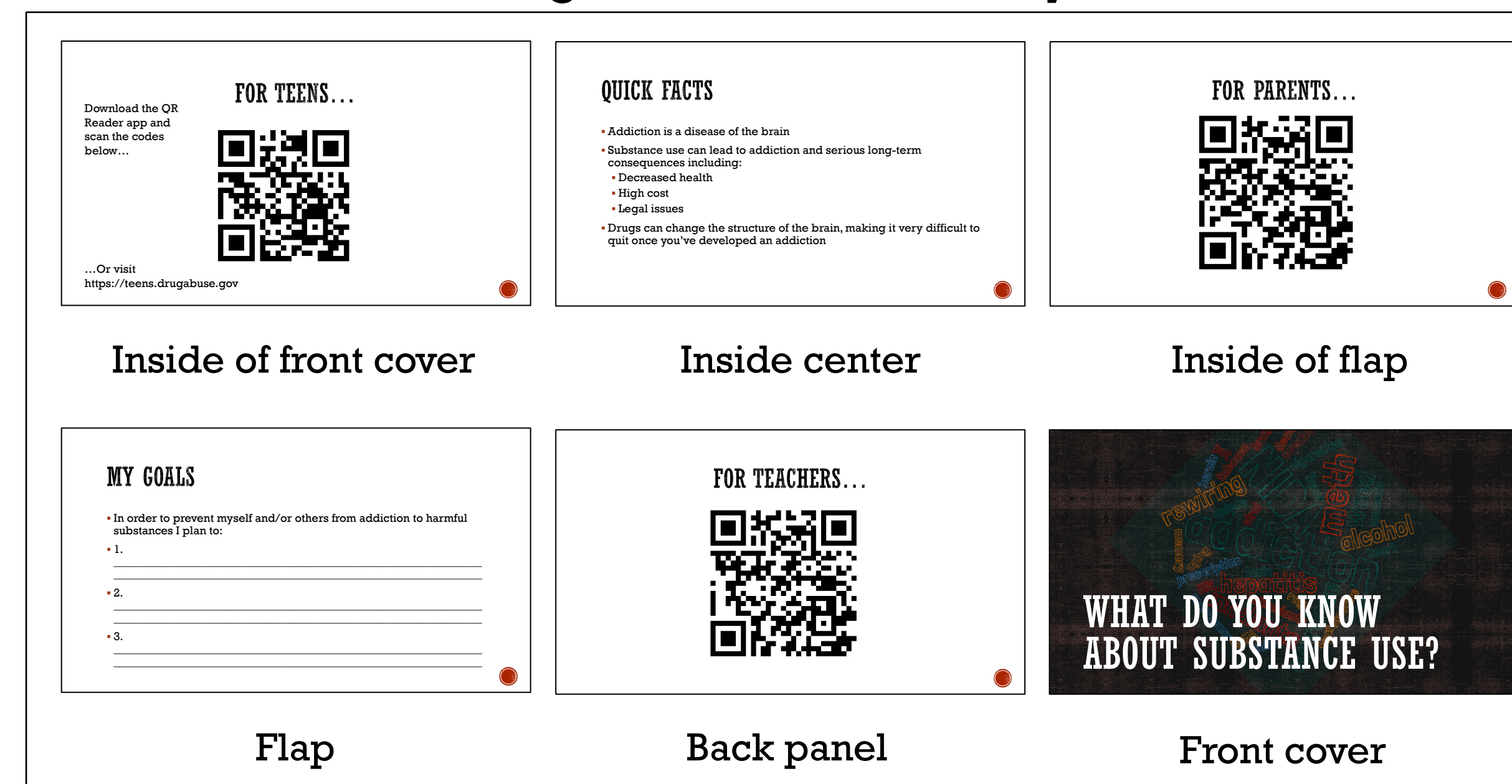


Figure 2: Proposed design of the wallet prevention card

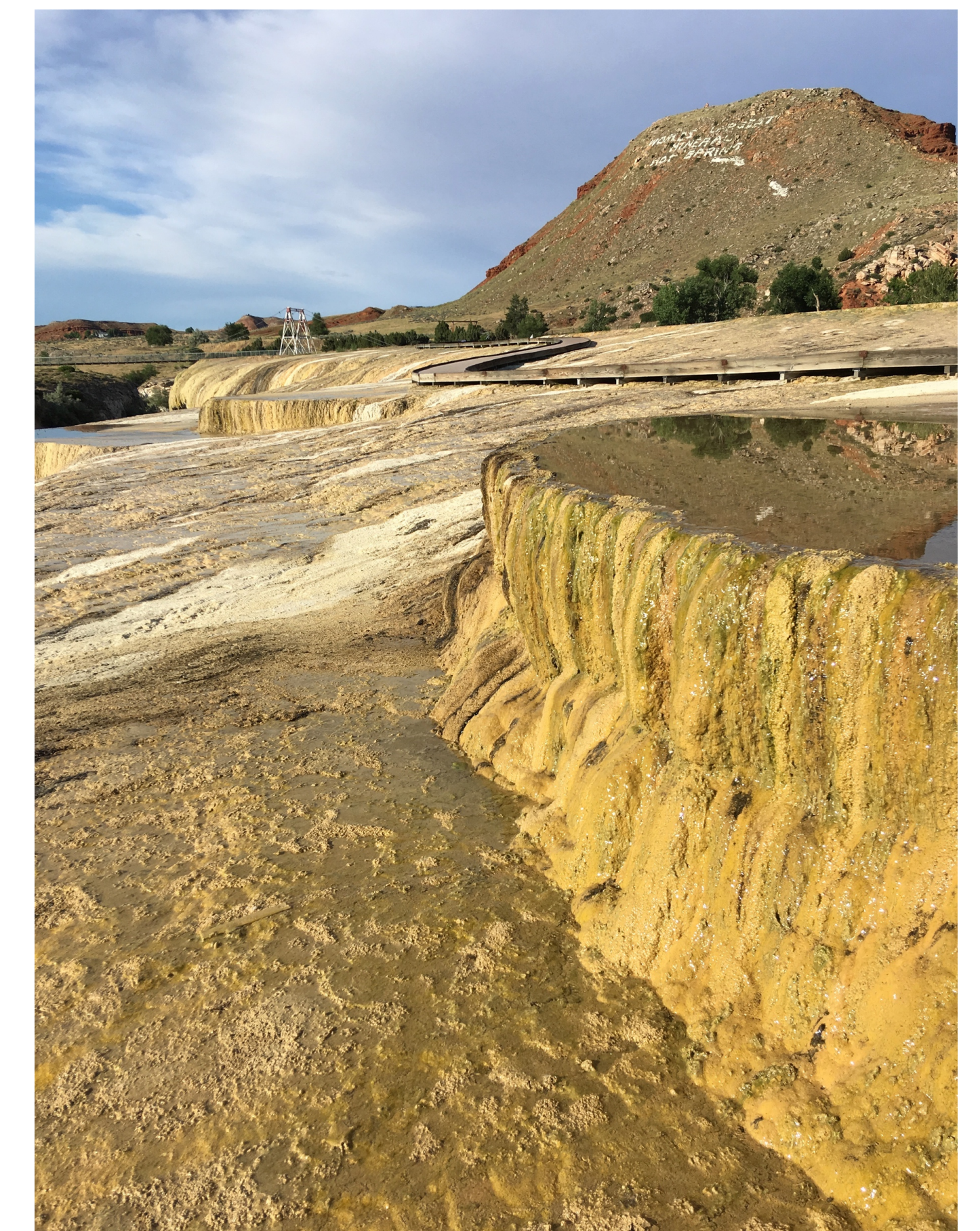


Figure 3: World Famous Hot Springs, Thermopolis, WY

