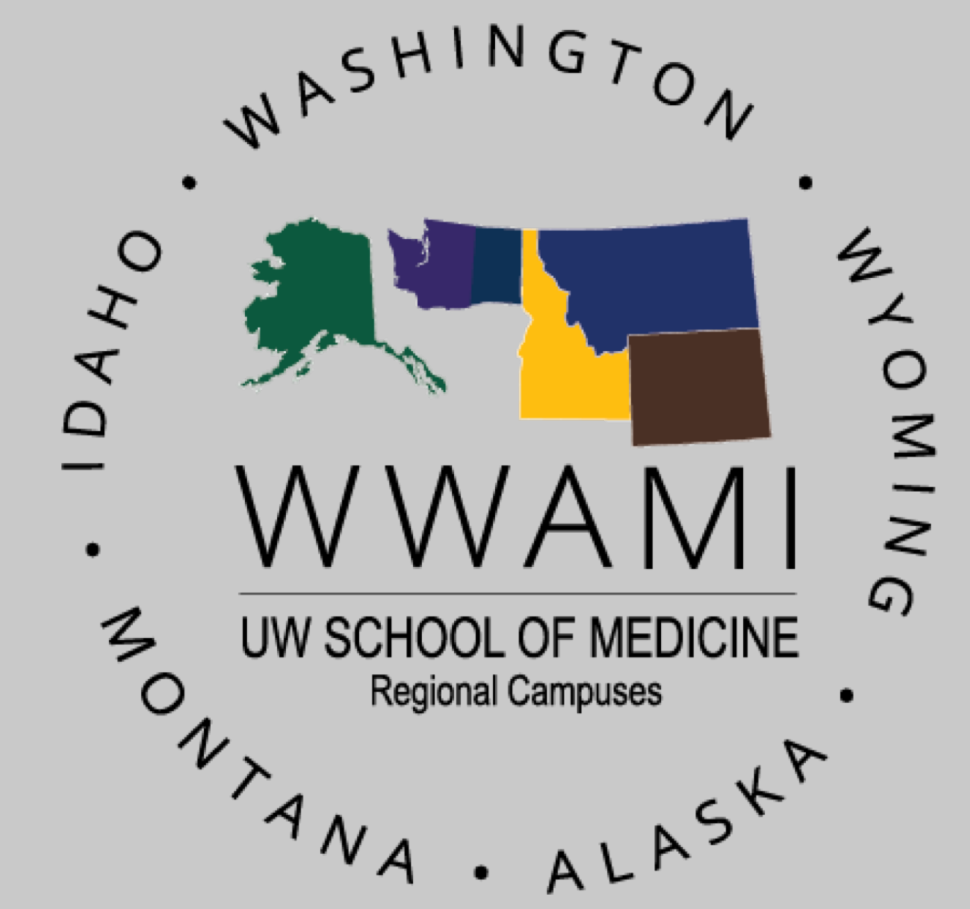


Preventing Suicide through Interventions in Substance Abuse in Cody, WY



Sean McCue | 2019 | RUOP iii-3 | UW School of Medicine

Hypothesis: Interventions addressing substance abuse will lead to a decrease in suicide in Cody, WY

Background

- Population: 9,828
- County Suicide Rate: 21.89
- National Suicide Rate: 14
- Suicide is the leading cause of death for ages 15-24 in this community
 - *number of deaths/100,000 people*

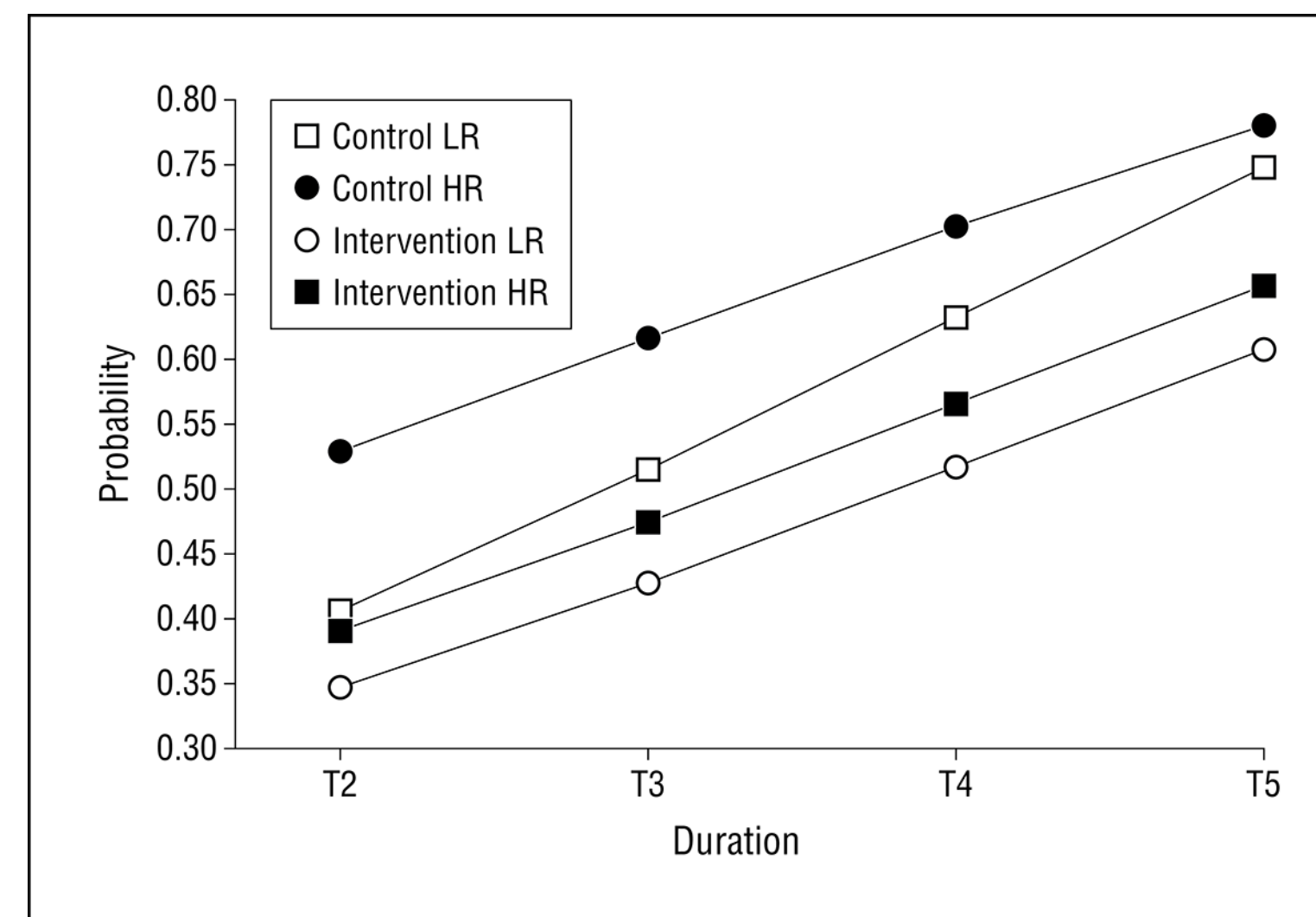


Public Health Concern

- Primary care physicians, patients and mental health professionals identified suicide as a serious and urgent concern
- Risk Factors include: History of depression and/or substance abuse, and access to firearms

Literature Review

- Personality-targeted interventions to high risk youth by trained school staff has been shown to be effective in the prevention of alcohol abuse
- Interventions provide healthy coping skills as an alternative to alcohol
- Also resulted in a mild herd effect in low risk students
- The cost effectiveness and broader herd effect make this a good candidate for use in the Cody schools



Estimated probability of reporting drinking x frequency of drinking in high-risk and low-risk youth attending intervention and control schools on the basis of 1217 respondents (53.1% reporting nonuse at 6 months (T2), 1252 (54.6%) at 12 months (T3), 1020 (44.5%) at 18 months (T4), and 934 (40.7%) at 24 months (T5).

Community Profile Assets

- Yellowstone Behavioral Health: Provides mental health services on a sliding scale fee, including: counseling, ER assessments, setting up crisis plans for high risk patients and substance abuse treatment
- Cody CAN program: Local program designed to prevent drug and alcohol use in adolescents by recognizing and rewarding students for making positive choices over time
- NAMI- Park County Chapter: works to educate the public on mental health issues and set up community events that foster a supportive environment for fighting stigma and promoting wellness
- Cedar Mountain Center: 16 bed facility dedicated to treatment for alcohol and drug addiction



Conclusion

- Popular community events like the Stampede Parade can be used for positive change by raising awareness of assets available to the community
- Several CBO's addressing mental health, but face inadequate funding
- Wyoming's "cowboy up" mentality is likely a contributing factor to why many people do not seek treatment for mental health problems or substance abuse
- More accessibility to volunteer opportunities needed for residents seeking community involvement



100th Anniversary Stampede Parade in Cody