

# Addressing Alcoholism in Cody, Wyoming

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## Hypothesis

- Providing health education material and information regarding alcohol treatment will improve outcomes for those struggling with alcoholism in Cody, WY



Cody, Wyoming

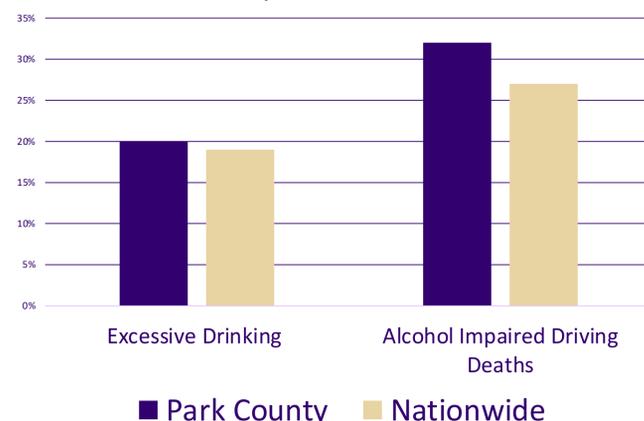
## Background

- Population: 10,174 (2021)
- Rural and isolated community serving as the central hub for the Big Horn Basin (approximately 100-mile radius)
- 20% of Park County adults reported binge or heavy drinking
- 32% of driving related deaths in Park County had alcohol involvement
- Community physicians and providers expressed concern over alcohol abuse in the community

## Literature Review

- Studies have shown that when screening and intervening for alcohol abuse, primary care physicians reported that patient access to health education materials and information about additional treatment resources are the most helpful tools for positive outcomes
- Online alcohol treatment has been shown to increase the number of sober days and decrease the mean drinks/day for patients struggling with alcoholism
- Rural locations have higher rates of alcohol abuse and harm compared to urban areas. The increased rate of alcohol abuse in rural locations compared to urban areas has been shown to be worsening over time

Alcohol Abuse Statistics in Park County Compared to Nation



## Community Partner and Deliverables



- Heart Mountain Free Clinic in Cody, Wyoming provides free healthcare to the uninsured and to those who fall 200% below the poverty line. Many patients they treat struggle with alcoholism
- A health education pamphlet was developed with information on local resources, online resources, 24-hour hotlines, tips for reducing alcohol intake, and health benefits of reducing alcohol intake

## Next Steps

- Details of Distribution Plan:
  - Target audience includes members of the Cody community struggling with alcoholism
  - Distribute pamphlet file and printed pamphlets to Heart Mountain Free Clinic and Billings Clinic in Cody
- Printed pamphlets were distributed and well received by both Billings Clinic and Heart Mountain Free Clinic. Providers will distribute pamphlets to select patients

**Benefits of Reducing Alcohol Consumption**  
According to the CDC, reducing alcohol consumption can have many health and wellness benefits such as:

- Lower blood pressure
- Better liver health
- Lower risk of cardiovascular disease and atherosclerosis
- Better sleep

**Tips for Cutting Back**  
The National Institutes of on Alcohol Abuse and Alcoholism gives the following suggestions on ways to reduce the amount you drink:

- Record how much you drink
- Write down your drinking reduction goal
- Keep busy with hobbies and activities
- Avoid triggers
- Plan ahead

**ALCOHOL TREATMENT RESOURCES IN CODY, WY**

**CODY, WY RESOURCES**

- **Open Space Counseling**
  - 1501 Stampede Ave, Suite 2058
  - 307-272-2534
  - openspacecounselingservices.org
- **Cody AA Center**
  - 1501 Stampede Ave
  - 800-839-1686
- **Yellowstone Behavioral Health**
  - 2583 Big Horn Ave, Apt 2
  - 307-587-2197 | www.ybh.org
- **Cedar Mountain Center (Cody Regional Health)**
  - 707 Sheridan Ave
  - 307-578-2531
- **Behavioral Health Clinic (Cody Regional Health)**
  - 424 Yellowstone Ave, Suite 220
  - Counseling: 307-578-2919
  - Psychiatry: 307-578-2283

**24 Hour Support and Hotlines**

- Substance Abuse and Mental Health Services Administration (SAMHSA):
  - 24/7 Helpline: 1-800-662-HELP (4357)
- Yellowstone Behavioral Health 24/7 emergency services:
  - 1-888-863-0535
- In case of an emergency dial 911.

**ONLINE RESOURCES & INFORMATION**

- Alcoholic Rehab Guide
  - www.alcoholrehabguide.org
- American Addiction Centers
  - alcohol.org
- National Institute on Alcohol Abuse and Alcoholism
  - www.niaaa.nih.gov

**ONLINE TREATMENT OPTIONS \***

- Monument Online Counseling & Treatment
  - joinmonument.com
- Ria Health: Online Alcohol Treatment in Wyoming
  - riahealth.com/location/wyoming

\* Fees may apply to online treatment. This is not an exhaustive list of all online treatment options, support, & information.

Alcohol Treatment Pamphlet specific to Cody, WY

## Acknowledgments

- Thank you to Heart Mountain Free Clinic and Dr. Chris Robertson for their collaboration on this project