

2022

COMMUNITY
HEALTH
IMPROVEMENT PLAN
PROGRESS REPORT

CELEBRATING 9 YEARS OF WORKING TOGETHER

Suicide | ACEs & Trauma | Opioids

**DAVIS 4
HEALTH**



Davis
COUNTY
HEALTH DEPARTMENT

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Questions about this report can be directed to:
Isa Perry, MPH, CHES, Davis4Health Coordinator, 801-525-5212, isa@daviscountyutah.gov
Davis County Health Department, 22 South State Street, Clearfield, Utah 84015
Prepared February 2023

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 2022 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 [here](#).

Priority 1: SUICIDE

Davis HELPS

Davis 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).

After the county outcome goal was chosen, Healthy People 2030 updated the national goal to 12.8 deaths per 100,000.

Meeting Schedule

The group meets on the first Thursday of each month in Farmington. Eleven meetings were held in 2022. A video link is provided for those who wish to join virtually.



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 Sheriff's Office
- ◇ Davis Hospital & Medical Center
- ◇ Davis School District
- ◇ Francis Peak/Mercy Housing
- ◇ Head Start
- ◇ Hill Air Force Base
- ◇ Intermountain Healthcare
- ◇ Juvenile Court
- ◇ Layton Community Action Council
- ◇ LiveStrong House
- ◇ MountainStar Healthcare
- ◇ NUAMES
- ◇ NUHOPE
- ◇ Safe Harbor
- ◇ Survivors
- ◇ The Church of Jesus Christ of Latter-day Saints
- ◇ USU Extension
- ◇ Veterans Affairs
- ◇ 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 05/2019
Identify LifeSkills champions in 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 06/2019
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 being implemented and which Davis County agencies are involved (Use findings to establish baselines and set targets for healthy relationship programs).	12/31/2023*	Complete 01/2023
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 02/2020
Additional outreach and education targeting men.**	12/31/2023*	Complete 11/2021

* 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	Complete 02/2022
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

Comprehensive Suicide Prevention Grant

Davis County Health Department, in conjunction with Davis Behavioral Health, applied for and received one of five Comprehensive Suicide Prevention Grants in Utah.

- ◇ \$95,000 per year for 3 years
- ◇ Funds county suicide prevention co-coordinators
- ◇ Dedicated to coordinating suicide prevention and postvention efforts in Davis County

Training and Awareness

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

Question, Persuade, Refer (QPR)

- ◇ 541 participants trained in Question, Persuade, Refer (QPR)
- ◇ [Monthly Online QPR by NAMI](#); 2nd Wednesday at 11:30 am
- ◇ To coordinate an in-person QPR training, contact Jessica Gehring: jgehring@co.davis.ut.us

Mental Health First Aid (MHFA) & Youth Mental Health First Aid (YMHA)

- ◇ 33 community participants trained in Mental Health First Aid or Youth Mental Health First Aid
- ◇ 213 Davis School District employees trained in Youth Mental Health First Aid

Signs of Suicide (SOS)

- ◇ 840 were trained in Signs of Suicide, Trusted Adult trainings

Ames Construction

The 2020 CDC Morbidity and Mortality report states that those who work in Construction, Maintenance, and Material Moving occupations have higher rates of suicide than other job groups. Davis County Health Department provided a mental health and suicide prevention presentation to workers from Ames Construction.

- ◇ 200 construction workers working on a highway construction job in Davis County
- ◇ 64 gunlocks distributed
- ◇ Provided English and Spanish Behavioral Health Directories, mindfulness information, and Davis County Staycation guides



Means Safety

Gun owners can make their homes and communities safer by storing their guns securely. This means storing them locked, unloaded, and separate from ammunition. Securing firearms protects children and adults by preventing suicides and unintentional shootings.

- ◇ 1,000 gun locks distributed through Intermountain hospitals
- ◇ 450 gun locks distributed by Davis County Health Department
- ◇ The Counseling on Access to Lethal Means (CALM) course update is expected in 2023

Suicide Prevention Highlights

NUHOPE

- ◇ NUHOPE caregivers provided multiple trainings such as QPR, Working Minds, Mental Health First Aid, and EveryDay Strong throughout the community
- ◇ NUHOPE program moved from Intermountain Health to Weber State University
- ◇ Provided support to Davis School District HOPE Squads
- ◇ 2500+ attended the NUHOPE Annual Suicide Awareness Walk, September 2022
- ◇ Helped with Illumination Event in Syracuse, August 2022
- ◇ Trained 71 Davis County seminary teachers in QPR
- ◇ Distributed Live On materials to multiple Davis County schools
- ◇ 450+ attendees at the NUAMES High School Night of Hope event with guest speaker Tom Ballard, motivational speaker specializing in suicide prevention and creator of Take Heart Rocks



Mental Health Workshops & Walks, USU Extension

- ◇ 260 people attended five Mental Health Workshops (mental benefits to spending time outdoors, mindfulness, improving mental health, preventing burnout, etc.)
- ◇ Davis Wellness Walks provided to increase physical activity, social interaction, and mental health benefits related to spending time outside:
 - 149 people attended six walks highlighting different trails throughout the county
 - After attending the Davis Wellness Walks, 90% of participants agreed that their physical, emotional well-being improved as well as their connection with nature. Participants also agreed that their senses of mindfulness and gratitude increased
 - 100% of participants would recommend the Davis Wellness Walk to others
 - Participant quote: "This walk is such an amazing opportunity to get moving as a family. I can't wait to bring [friend] to the next one and go fishing afterwards."

Support Groups, Davis Behavioral Health

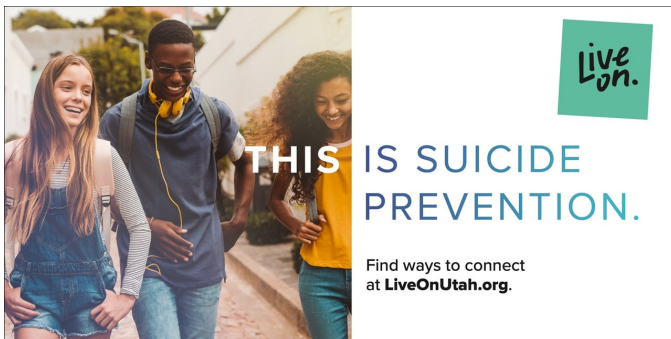
- ◇ Suicide Loss Grief Support Group, 2nd and 4th Mondays at 6 pm for ages 18+
- ◇ EVRYMAN, Men's Group; master your emotions, transform your life, 1st and 3rd Thursdays at 7 pm
- ◇ [Website](#) for more information and to register

Suicide Prevention Highlights

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, posters and fliers were displayed throughout the county
- ◇ Live On Playbook was launched on [Instagram](#)
- ◇ Live On website: liveonutah.org



Utah Suicide Prevention Coalition

Strategic Plans (liveonutah.org/about)

- ◇ [Utah Suicide Prevention Plan](#), 2022-2026
- ◇ [Utah LGBTQ+ Suicide Prevention Plan](#), 2020-2023

Postvention Toolkits (liveonutah.org/resources/postvention)

- ◇ [Utah Community Postvention Toolkit](#)
- ◇ [School Postvention Resources](#)
- ◇ [Community Postvention Resources](#)
- ◇ [Public Communications after a Suicide](#)

Davis Behavioral Health

Learning to Breathe

- ◇ 43 individuals trained to teach Learning to Breathe
- ◇ Learning to Breathe 6th Grade Effort Fall 2022:
 - 30 schools participated (29 Davis School District, 1 Charter School)
 - 95 classrooms visited
 - 2,300 students served
- ◇ Learning to Breathe High School Pilot Fall 2022:
 - 3 Davis School District High School Driver Education classrooms
 - NUAMES Charter School, taught in Fit for Life classes
 - 600 students served

Suicide Prevention Highlights

Davis School District (DSD)

Hope Squads

- ◇ Hope Squads in all 27 secondary schools; Junior Hope Squads in 42 elementary schools
- ◇ Hope Squad Conference (March 16, 2022); 2 schools participated; Jr. Hope Squad Conference (March 25, 2022); participants representing 24 schools learned how to reach out to others and create a safe school
- ◇ Hope Squads from schools in Clearfield, Syracuse, and NUAMES participated in the Illumination Event in Syracuse



Bullying Prevention

- ◇ Bullying Solutions (February 18 & 25, June 8 & 15, 2022) training was provided to any school teams who wanted to participate
- ◇ Approximately 150 people from elementary, junior high, and high school teams attended
- ◇ Resources and presentations found [here](#)

Parent Series

- ◇ DSD Partnership with Cook Center for Human Connection to provide parent education and mental health resources
- ◇ 2022 parent series event participant total: 1,485
- ◇ Resources at parentguidance.org
- ◇ [Parent Guidance Spanish Resources](#)
- ◇ Cook Center Website: cookcenterforhumanconnection.org
- ◇ My Life Is Worth Living [YouTube channel](#)

DAVIS SCHOOL DISTRICT PARENT SERIES

Davis School District invites all parents and caregivers to join in an anonymous webinar on the **2nd Wednesday** of every month!
Discover the power you have to shape your child's mental health.

TIME: 6:30-7:30 PM via Zoom
To Register Now...scan the QR code or click the link

WED. SEPT 14 "Your Child's Anxiety" https://cookcenter.info/DavisSept14		WED. JAN 11 "Why Our Children Self-harm" https://cookcenter.info/DavisJan11	
WED. OCT 12 "How Parents Can Help Prevent Suicide" https://cookcenter.info/DavisOct12		WED. FEB 8 "Emotional Regulation ~ Recognizing What's Wrong" https://cookcenter.info/DavisFeb8	
WED. NOV 9 "Bullying - Stop the Cycle" https://cookcenter.info/DavisNov9		WED. MARCH 8 "De-escalating Cycles of Conflict" https://cookcenter.info/DavisMarch8	
WED. DEC 14 "Social Media-Protecting Your Child" https://cookcenter.info/DavisDec14		WED. APRIL 12 "Establishing Healthy Boundaries" https://cookcenter.info/DavisApril12	

For registration questions, please contact
Christi Blankman at cblankman@dsdmail.net

Suicide Prevention Highlights

Botvin Lifeskills

- ◇ 14,000 students received the Botvin Lifeskills curriculum in 4th, 8th, and 10th grade
- ◇ Nearly 300 licensed teachers qualified to teach the Botvin materials
- ◇ Alcohol & tobacco taxes fully fund the Botvin Lifeskills materials
- ◇ Conducted crosswalk to explore overlapping material in health standards and Botvin program
- ◇ Health curriculum focusing on drug resistance skills, harmful effects of pornography, tools to reduce suicide ideation, feelings of despair and hopelessness, and instruction about cyber bullying, bullying, and hazing

Grandfamilies

- ◇ Grandfamilies is a support, advocacy, educational, and crisis intervention program of the Children's Service Society
- ◇ Began teaching Botvin Life Skills classes to teens 11-14 years old and their caregivers, 4 participants completed the course in 2022
- ◇ [Grandfamilies website](#)

Head Start

- ◇ Celebrated 20 years of FISH (Fathers Involved Shaping Head Start Children)
- ◇ Initiative to engage fathers and father-figures in the lives of their children; involving them as "players" in their child's early education
- ◇ FISH creates opportunities for connection by introducing the parents to experiences in their community that will build loving relationships. One fishing trip at a time! One book at a time! One daddy day at a time!



Suicide Prevention Highlights

Healthy Relationship Initiatives

- ◇ Multiple agencies host and conduct evidence-based programs throughout the county addressing healthy relationships
- ◇ Over 1,340 participants were trained through Davis County healthy relationship classes
- ◇ Davis County Communities That Care (CTCs) coalitions host multiple relationship classes that are accounted for in the Prevention section of this report
- ◇ A rack card was updated to link residents to agencies and classes that foster healthy relationships

Healthy Relationship Initiatives



Evidence-based curriculum and programs implemented by multiple agencies in Davis County
Updated 2/2023

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

dbh.utah.gov/prevention/



Classes: Circle of Security Parenting, Emotion Coaching, Everyday Strong, Mindfulness-based Stress Reduction, Strengthening Families, and more

DAVIS COUNTY DOMESTIC VIOLENCE COALITION

dcdvc16@gmail.com



Training: Bystander Intervention

DAVIS COUNTY HEALTH DEPARTMENT

emerrill@co.davis.ut.us



Classes: Making Proud Choices, Teen Outreach Program

GRANDFAMILIES

brittany@cssutah.org



Class: Botvin LifeSkills

SAFE HARBOR

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



Classes: Healthy Relationship, Trauma Therapy Group, Teen Sexual Assault & Recovery, Domestic Violence 101, Parenting After Trauma

UTAH STRENGTHENING FAMILIES NETWORK

debbiecomstock7@gmail.com



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

UTAH MARRIAGE COMMISSION

extension.usu.edu/strongermarriage/



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

UTAH STATE UNIVERSITY EXTENSION

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, and Couple Links

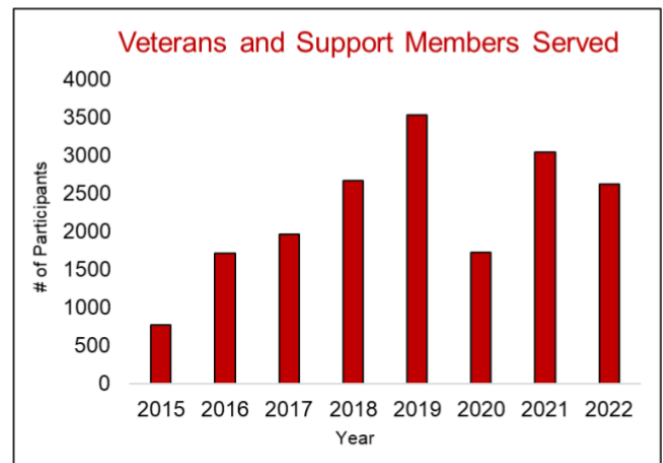
(This is not a comprehensive list of all programs in Davis County)

Suicide Prevention Highlights

Continue Mission (CM)

Continue Mission has been serving veterans, service members, and their family/support members since August 2014. The program has grown significantly since then.

- ◇ 2,620 veterans and support members served with over 156 events in 2022 (see graph to right)
- ◇ 91% of CM members surveyed report that participating in CM events has a positive impact on their mental health
- ◇ Find upcoming events on their website: continuemission.org
- ◇ To learn more about the impact of Continue Mission see the [2022 CM Veterans Impact Inquiry Report](#)



Continue Mission, number served since 2015



Veterans Health Administration (VHA) and Veterans Benefits Administration (VBA)

- ◇ Spirit of Freedom Car Show, Layton Park; Vietnam Veterans received information on enrollment and suicide prevention
- ◇ Utah Wings over the Wasatch Air Show, Hill Air Force Base (HAFB); provided veterans suicide prevention information, stress balls, gun locks and brochures
- ◇ Purple Star Families presentation, offered virtually, includes Governor's Challenge and Purple Star Schools
- ◇ Held Impact of Exposure to Military Stressors and Parental Trauma on Children training
- ◇ Participated in HAFB 419th Medical Squadron-75th MSG; 419th Fighter Wing Family Day; 75th Air Base Wing Landing Outreach; and the Layton Night of Hope Event

COUNTY, STATE & NATIONAL SUICIDE PREVENTION RESOURCES

988 Suicide & Crisis Lifeline Call or text 988 or chat 988lifeline.org

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

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

ParentGuidance.org A library of free courses, developed by leading mental health experts, offer hope, answers, and compassionate help. parentguidance.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. 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

Utah's Suicide Prevention Playbook Suicide prevention course taught short lessons through Instagram [@LiveOnUtah](https://www.instagram.com/LiveOnUtah) or liveonutah.org/playbook

Zero Suicide Framework Framework for health systems shown to reduce suicide deaths for people in care. sumh.utah.gov/services/treatment/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. 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

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 virtually every other month.

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 05/2021
Organize an annual Community Resilience Symposium to address ACEs, trauma, and resilience.	Annually	Complete 01/2021
Develop a county resource directory for ACEs, trauma, and resilience.	12/31/2020	Complete 05/2021
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 08/2020
Two grant applications will be submitted from Davis County organizations related to the prevention and treatment of trauma.	12/31/2023	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 organizations 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)	18.7 deaths per 100,000 (2019-2021)	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)	80.2 (2018-2020)	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)	824.2 victims per 100,000 children (2020-2022)	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

4th Annual Community Resilience Symposium

- ◇ Planned by a subgroup of the Davis County Human Services Directors Committee
- ◇ Three-fold purpose: 1) build ACEs awareness; 2) become a trauma-informed community; and 3) increase self-care
- ◇ The symposium was broadcast virtually from Davis Technical College on January 28, 2022
- ◇ 284 people participated virtually and a small number in person the day of the symposium; the recording has been viewed over 1,300 times
- ◇ Evaluation results showed:
 - 95% thought the overall symposium was great/excellent
 - 92% strongly agreed/agreed their knowledge of ACEs, becoming trauma informed, and self-care increased as a result of the symposium
 - 96% strongly agreed/agreed they'll be able to apply the information learned in their professional and personal lives
- ◇ Sponsors included Intermountain Healthcare (\$5,000), Davis County Health Department (\$3,100), Davis Hospital (\$2,500), Davis Technical College, and Davis Behavioral Health



ACEs & Trauma Highlights

Abuse Prevention Workgroup

- ◇ Formed in 2022 with first meeting in September
- ◇ Purpose is to coordinate abuse prevention efforts, create a Davis County Abuse Prevention Strategic Plan, align resources, and increase collaboration
- ◇ Monthly meetings
- ◇ More than 17 community agencies participate



- ◇ Coordinated by the Davis County Health Department, Community Health Services Division
- ◇ 78 attended the webinar live and the recording was sent to all who registered
- ◇ Shared No Hit Zone information at the Davis County Human Services Directors Committee, Davis HELPS, and the Davis County Abuse Prevention workgroup

ACEs Assessment at Youth Mental Health Screening Events

- ◇ Youth Mental Health Screening events were held March and November
- ◇ 80 youth completed ACEs screening as part of the preschool through elementary screening in March
- ◇ Of those screened, 13% had four or more ACEs (preschool-6th grade combined)

ACEs & No Hit Zones Webinar

- ◇ No Hit Zones webinar from the Academy on Violence & Abuse on June 20, 2022
- ◇ Webinar included the science and history of No Hit Zones, the connection between corporal punishment and Adverse Childhood Experiences (ACEs), and how to become a No Hit Zone



Bystander Intervention Trainings

- ◇ The Davis County Domestic Violence Coalition became trained to facilitate Bystander Intervention trainings in the community. The bystander intervention approach is a way to prevent sexual and interpersonal violence. Individuals can intervene before, during, or after they witness violence or harm of another person, group, or community.
- ◇ Four community trainings occurred, reaching 33 people
- ◇ To schedule a training, email dcdvc16@gmail.com

ACEs & Trauma Highlights

Coalition for Abuse Prevention of the Elderly (CAPE)

- ◇ 36 committee members
- ◇ Reviewed 20 elder abuse cases
- ◇ Main challenges experienced by Davis County older adults include mental health, abuse (including domestic violence), neglect (including self-neglect), hoarding, and caregiving
- ◇ Committee received seven trainings which included *Supporting Sexual Assault Survivors with Disabilities*
- ◇ A committee satisfaction survey was conducted
- ◇ Administered by Davis County Health Department

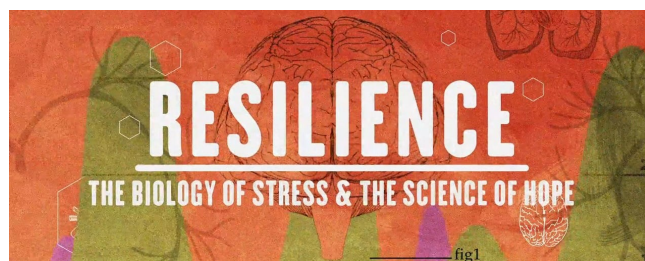


Maternal & Child Health Education

- ◇ 801 parents and families educated on ACEs and how they impact them and their children's lives; provided by Davis County Health Department

Resilience Documentary Screenings

- ◇ January 2022: Health Strategy Bureau, DCHD
- ◇ February 2022: Community Health Services Division, DCHD; Davis Behavioral Health; Holt Elementary
- ◇ August & November 2022: Davis County's Domestic Violence Coalition sponsored virtual community screenings; 50 people participated
- ◇ To check out the Resilience Documentary DVD contact: Marcie Clark, mclark@co.davis.ut.us



Trauma Sensitive Schools Training, Davis School District, 2021-2022

- ◇ 30 participants at South Clearfield Elementary
- ◇ 60 participants at Woods Cross Elementary

Trauma-Informed Funding, Head Start

- ◇ One of six Head Start/Early Head Starts in Utah to receive funding from Intermountain Healthcare to implement trauma-informed practices that are sensitive and responsive to the varied backgrounds of Head Start children, families, and staff
- ◇ Provides a multi-level approach to help Head Start staff understand and address their own trauma while simultaneously learning skills to work more effectively with children and families experiencing trauma

ACEs & Trauma Highlights

Safe Harbor Crisis Center

- ◇ Lifeline Prevention Center grand opening which provides prevention information and survivor resources



- ◇ 2nd Annual Sexual Assault Awareness Conference with presenter Elizabeth Smart
- ◇ Lethality Assessment Program being conducted by all Davis County law enforcement agencies
- ◇ Successful capitol campaign to expand transitional housing apartments which will be breaking ground early 2023
- ◇ Successful 3rd Annual Pickleball Tournament fundraiser to increase awareness of services and raise funds for clients and programs
- ◇ Sold nearly 600 tickets to their 26th Annual Evergreen's Gala which raises a large portion of their annual budget
- ◇ Expanded Sexual Assault Nurse Examiner program and created new partnerships with hospitals and law enforcement
- ◇ With the help of donors and volunteers, updated the emergency shelter with new paint, flooring, lights, etc. and local artists created beautiful murals in client bedrooms

Sexual Assault & Response Team, Hill Air Force Base

- ◇ Combating Trafficking in Persons Virtual Event with guest speakers Allison Smith and Kimberli Koen
- ◇ Trauma Informed Response Virtual Training with Marlese Jones
- ◇ Paint the Town Teal
- ◇ Public Service Announcements and guest speaker Jeff Bucholtz
- ◇ #IAmVanessaGuillen documentary viewing and discussion
- ◇ Women's Symposium: Connect, Inspire, Thrive



Department of Workforce Services

- ◇ Approximately 40 Davis County Workforce Development Division staff received trainings on trauma informed care, ACEs, secondary trauma, and self-care
- ◇ Newly hired staff receive training on trauma informed care and ACEs

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**Physical**

DAVIS COUNTY

20.3%

UTAH

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**Mental Illness**

DAVIS COUNTY

26.6%

UTAH

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.

COUNTY, STATE & NATIONAL ACES & TRAUMA RESOURCES

Davis Mindfulness Center davismindfulness.org

Mindfulness Utah mindfulnessutah.com

Sexual Assault Prevention and Response, Hill Air Force Base
www.hill.af.mil/Home/Sexual-Assault-Response-Coordinator/

Prevent Child Abuse Utah pcautah.org

Saprea saprea.org

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

Uplift Families upliftfamilies.org

Trauma-Informed Utah Center traumainformedutah.org

GreenTREE Yoga greentreeyoga.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)
kpjrfilms.co/resilience

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

PACEs Connection pacesconnection.com

Mindful Schools mindfulschools.org

VetoViolence Campaign and App vetoviolence.cdc.gov

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

Number Story numberstory.org

Strengthening Families & the Protective Factors Framework
cssp.org/wp-content/uploads/2018/11/About-Strengthening-Families.pdf

Trauma Informed Approaches and Interventions, SAMHSA
store.samhsa.gov/sites/default/files/d7/priv/sma14-4884.pdf

HOPE—Healthy Outcomes from Positive Experiences positiveexperience.org

ACEs Aware 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).

After the county outcome goal was chosen, Healthy People 2030 updated the national goal to 20.7 deaths per 100,000.

Meeting Schedule

The group meets quarterly (January, April, July, October) on the second Thursday of the month. Workgroup meetings in 2022 were held in person and virtually. Workgroup meetings will be held virtually in 2023.

Community Partners

- ◇ 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
- ◇ Department of Workforce Services
- ◇ Fairfield Veterinary Hospital
- ◇ Intermountain Layton Hospital
- ◇ Lakeview Hospital
- ◇ Midtown Community Health Center
- ◇ 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 & deaths (opioid risks & addiction, signs of overdose, non-opioid therapies for pain, stigma reduction, DEA 360, naloxone standing order, Talk to Your Pharmacist 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 & 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, Davis Technical College, Intermountain Healthcare, Lakeview Hospital, Walmart
4. Increase naloxone availability & education.	Children's Service Society, Davis Behavioral Health, Davis County Health Department, Davis Head Start, Davis School District, Fire Departments, Intermountain Healthcare, Lakeview Hospital, Northern Utah Coalition, USU Extension-HEART, Walmart
5. Safe use, storage & disposal initiatives	Communities that Care, Davis Behavioral Health, Davis County Sheriff's Office, Davis HELPS, Davis Hospital, Intermountain Healthcare, Lakeview Hospital, USU Extension-HEART, Walmart
6. Increase access to behavioral health services & medication assisted treatment (See Access Strategies)	Davis Behavioral Health, Davis Behavioral Health Network, Davis County Sheriff's Office, Davis Hospital, Intermountain Healthcare
7. Engage partners to develop substance abuse prevention assessment & strategic plan	Communities that Care, Davis Behavioral Health, Davis County Health Department, Davis HELPS, Davis School District
8. Actively participate in state-wide 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 08/2019
Develop opioid crisis response situational awareness communication process.	12/31/2023*	Complete 11/2022
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*	Off 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**	Ongoing
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.

† Monitored at a state or agency level.

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	Ongoing
Establish county-wide diversion program for residents experiencing substance abuse crisis to receive treatment and services.	12/31/2023	Complete 12/2019

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)	57.1 tablets per prescription (2022)	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

- ◇ In 2021, there were 243 non-fatal opioid overdoses and 55 non-fatal heroin overdoses in Davis County
- ◇ All staff at Davis Behavioral Health are trained to use naloxone upon hire and are retrained every two years; about 100 employees were trained during the year
- ◇ Davis County Corrections provided training as part of shift briefings to 87 staff in 2022
- ◇ 60 people received educational materials and naloxone training at three trainings held by Intermountain Healthcare
- ◇ Davis County Senior Services staff participated in a statewide naloxone training and have used promotional materials to create awareness and initiate conversations about naloxone with clients and neighbors
- ◇ 4,911 doses of naloxone were distributed by pharmacists and overdose outreach providers from 2017-2021 (Opioid Dashboard)
- ◇ In 2022, Davis Behavioral Health distributed around 1,600 naloxone kits
- ◇ The Davis County Health Department was able to help Farmington Fire close a gap with naloxone needs due to a backorder
- ◇ Law enforcement, Emergency Medical Services (EMS), and hospitals have continued to use naloxone to reverse opioid overdoses in a timely manner
- ◇ Through a partnership with Utah Naloxone, The [Davis County Receiving Center](#) provides naloxone kits and training to those in need
- ◇ Naloxone kits continue to be available to the public through Utah Naloxone, utahnaloxone.org



Opioid Death Prevention Highlights

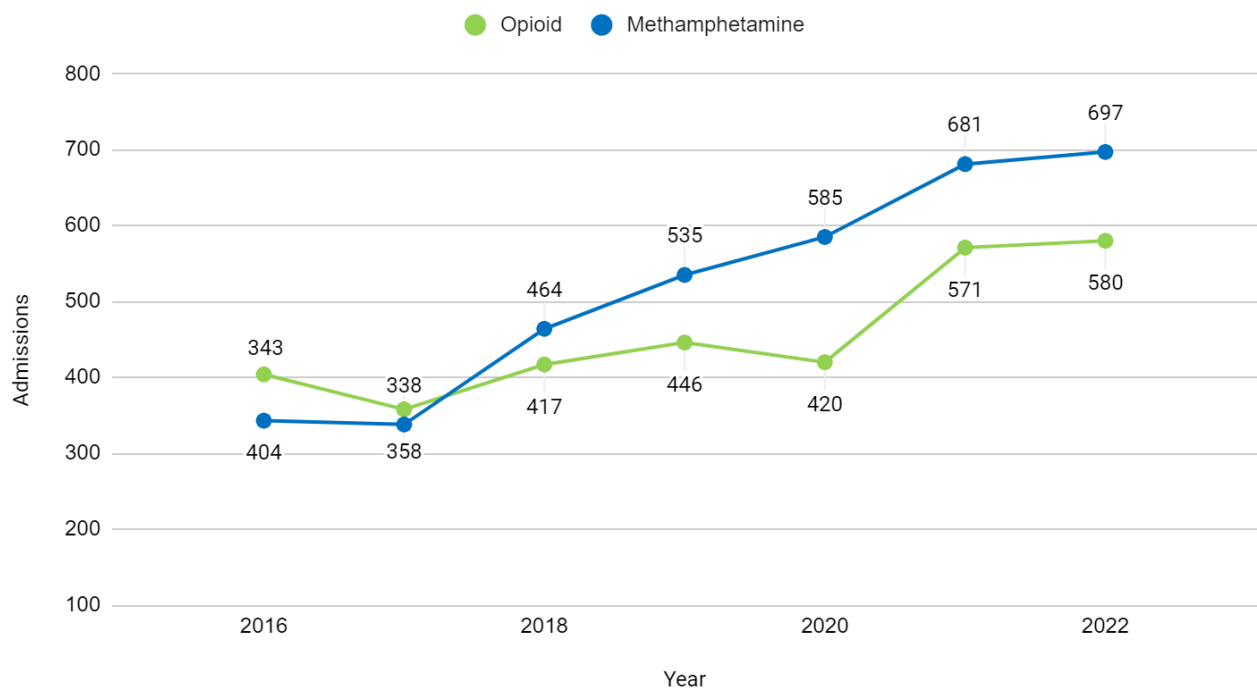
Medication-Assisted Treatment (MAT)

- ◇ There were 23 organizations in Davis County with MAT providers in 2022
- ◇ In 2022, changes were made nationally for buprenorphine to be administered by a provider without requiring a DATA-Waiver, increasing access for those in need to receive MAT
- ◇ A new medical wing was completed at the jail and has 23 beds and 2 additional safety cells. They are working to better help those in opioid crisis, including addressing withdrawal and providing MAT
- ◇ Davis Behavioral Health continues to offer case management, therapy, MAT, and recovery support peer services to those in need and had 580 opioid admissions in 2022

Davis Behavioral Health

- ◇ A second Davis Behavioral Health Receiving Center opened in Layton
- ◇ The residential program through Davis Behavioral Health closed and a new program began, Safe and Sober Living, which provides a safe place for men
- ◇ Over the last few years, the primary substance for admission at Davis Behavioral Health has been methamphetamine; there were 697 admissions in 2022; MAT is not an approved or effective treatment for methamphetamine dependence

DBH Admissions by Substance, 2016-2022

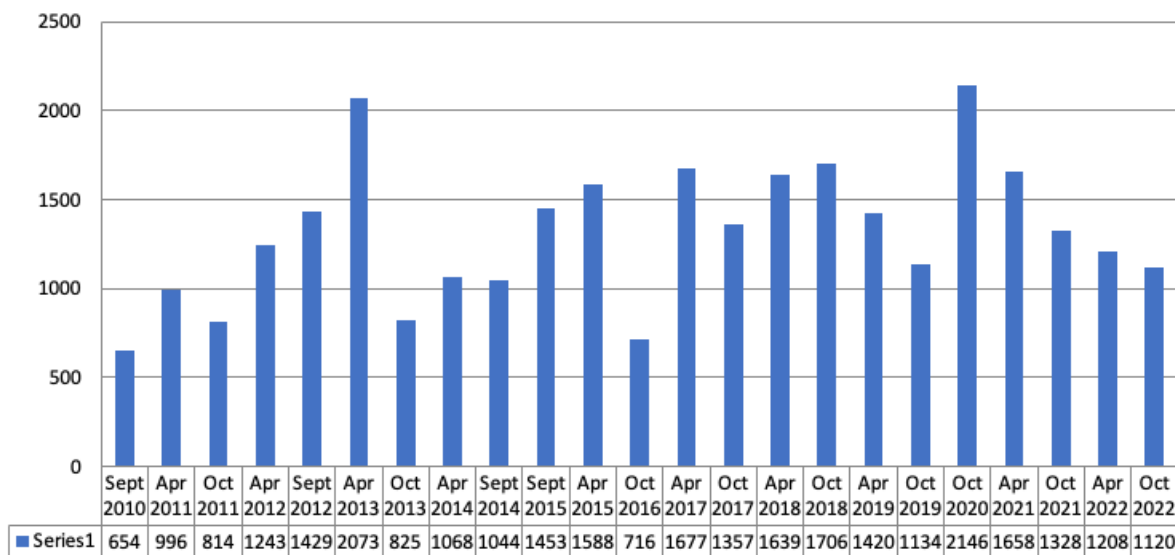


Opioid Death Prevention Highlights

Safe Use, Storage, and Disposal

- ◇ Two prescription drug take back events were held in April and October 2022
- ◇ Over 2,300 pounds were collected at take back events
- ◇ Permanent prescription drug drop off locations in Davis County can be found at knowyourscript.org

Davis County Take Back Event Results



Education & Quality Improvement

- ◇ The Davis County Health Department updated an Opioid Safety webpage to make information more accessible to the public, including adding a feature bar to link people to the public facing Opioid Data Dashboard
- ◇ The Opioid Data Dashboard can be accessed at: dashboard.health.utah.gov/opioid
- ◇ USU Extension has been piloting a new curriculum that addresses stigma and harm reduction and there may be an opportunity to implement it in Davis County in the future
- ◇ Opioid education was shared in a newsletter for seniors living in Davis County
- ◇ Davis Hospital and Medical Center staff included Opioid Opt-Out fliers with discharge instructions to approximately 10,000 patients in the Emergency Room; planning to also share flier with patients undergoing outpatient surgery
- ◇ An Opioid Newsletter was distributed to Davis Hospital and Medical Center staff and physicians, and opioid posters were hung on the walls around the facility to provide awareness and education
- ◇ In May 2022, Opioid Workgroup partners participated in a statewide Quality Improvement Training for coalitions

Opioid Death Prevention Highlights

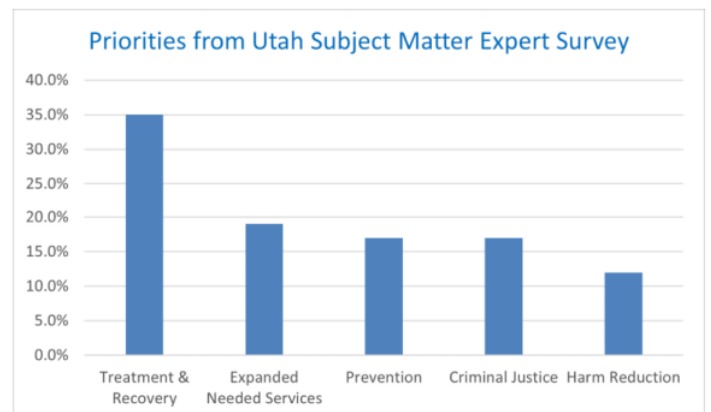
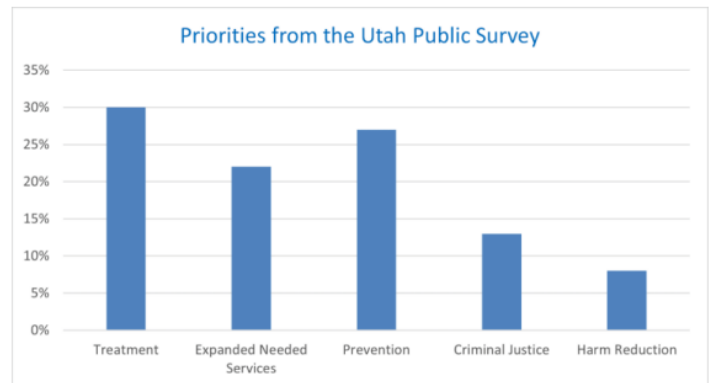
Crisis Response Planning

- ◇ Davis County Health Department staff continued to participate in and support the Utah Coalition for Opioid Overdose Prevention (UCO-OP), which was combined with efforts from the state Attorney General's Office and renamed Utah Opioid Task Force
- ◇ Data improvements were made to the statewide internal dashboard, which led to better real time information sharing
- ◇ Data was used to create Suspected Spike in Drug Overdoses Reports, which were shared with Opioid Workgroup partners to inform about aberrations in overdose deaths and provide action steps
- ◇ Workgroup partners continued to receive opioid data updates during workgroup meetings from Health Department staff



Opioid Settlement Money

- ◇ Davis County was involved in a statewide opioid settlement with pharmaceutical distributors Cardinal, McKesson, AmerisourceBergen, and Johnson & Johnson and will receive nearly \$11.6 million over 18 years towards opioid treatment and prevention efforts
- ◇ Community partners and residents across Davis County were able to share feedback about how funds should be distributed at both the state and local level through subject matter and public opinion surveys sponsored by the Utah Opioid Task Force
- ◇ A working blueprint to guide state spending can be accessed at this [link](#)



COUNTY, STATE & NATIONAL OPIOID RESOURCES

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

Davis County Health Department Davis County Opioid Safety, go.usa.gov/xVEQu

Davis County Medication-Assisted Treatment Providers daviscountyutah.gov/docs/librariesprovider5/health-strategy/davis4health-docs/davis-county-certified-mat-providers.pdf

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

Davis County Receiving Center 2250 N 1700 W Bldg. B, Layton, UT, receivingcenter@dbhutah.org, 801-513-2800

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

Clean Slate Utah cleanslateutah.org

Stop the Opidemic Campaign opidemic.org

Utah Naloxone utahnalaxone.org

Know Your Script, permanent prescription drug drop off locator knowyourscript.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/controlled-substance-database

Centers for Disease Control and Prevention CDC Prescribing Resources cdc.gov/opioids/healthcare-professionals/prescribing/index.html

U.S. Department of Health and Human Services, National Opioids Crisis: Help and Resources
hhs.gov/opioids/

Utah Opioid Task Force, Utah Opioid Settlement Priorities Survey and Utah Opioid Settlement Spending Blueprint utahopioidpriorities.org

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

	Resilience	<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
	Connectedness	<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
	Knowledge of Parenting & Child Development	<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
	Access to Care & Resources	<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
	Economic Stability	<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	Complete 11/2022
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 06/2019
Provide leadership and prevention training for youth.	Every Other Year	On Track
Establish Davis Youth Leadership Team.	12/31/2019	Complete 09/2019
Increase number of professionals trained as substance abuse prevention specialists (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	Complete 12/2021
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	Complete 11/2021
Establish a community based wellness center that focuses on mindfulness, prevention, and support services.	12/31/2023	Complete 12/2019

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)	18.7 deaths per 100,000 (2019-2021)	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

- ◇ E-cigarette and Marijuana course addressing vaping - 385 students completed the course during the 2021-2022 school year; 671 have completed since its creation
- ◇ Safety in the Digital Age course addressing sexting and pornography - 166 completed during 2021-2022 school year; 188 have completed since it's creation
- ◇ Youth & Alcohol Course has been newly developed for the 2022-2023 school year
- ◇ Resources and presentations found [here](#)

Prevention Community Grants, Davis County Health Department

- ◇ **Four agencies funded in FY22:** Davis County Hispanic Prevention Coalition, Discovery Family Coalition, Central Davis Communities That Care (CTC) Coalition, Layton Communities That Care (CTC) Coalition. Total funds distributed: \$173,660.00
- ◇ **Four agencies funded in FY23:** Davis School District, North Davis Communities That Care (CTC), North Salt Lake, West Bountiful, and Woods Cross Communities That Care (CTC), Bountiful and Centerville Communities That Care (CTC). Total funds allocated: \$240,963.98
- ◇ 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
- ◇ Protective 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 implemented: Project Towards No Drug Abuse curriculum; Social Development Strategy; CATCH My Breath, Communities That Care model; Strengthening Families Program; Circle of Security Parenting, Move This World curriculum

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 7/1/2021-6/30/2022; 2,534 Chats, 1,282 Tips; Top Tip Topics: suicide, bullying, crisis, and depression
- ◇ Specialized service apps for National Guard and "Frontline" workers (law enforcement, fire/EMS, health care personnel, and their families) are also available



Student Health and Risk Prevention (SHARP) Survey

Davis School District administered the SHARP survey in spring of 2021. Data was released in October of that year. Survey was 135+ questions and 80% of surveys were completed online. Data was analyzed and summary presentations were conducted throughout the county in 2022.

- ◇ 23 SHARP presentations were delivered for community groups and school leaders throughout Davis County
- ◇ Local and state epidemiologists worked together to create Davis County specific [heat map](#) tables that show risk and protective factors according to race/ethnicity
- ◇ Link to Davis County Health Department's SHARP data [presentation slides](#)
- ◇ Link into [Davis County Adolescent Health Profile](#)
- ◇ Complete 2021 Davis County SHARP results report can be found [here](#)

Prevention Highlights

Davis County Youth Council

- ◇ Davis County Health Department led an active youth council in 2022
- ◇ 15 youth participated in monthly meetings
- ◇ The youth chose to focus on substance use prevention and mental health
- ◇ Youth manned a booth at Safe Kids Day in June focusing on emotional regulation and validating all feelings, with an interactive activity
- ◇ Youth also volunteered to educate the community about emotional regulation and poison prevention at the Fire Department Open Houses throughout the county
- ◇ Educational nights included a presentation from Safe Harbor about Human Trafficking; QPR—suicide prevention training; and mindfulness training by Davis Behavioral Health
- ◇ Youth participated in undercover tobacco compliance checks, helping the health department's efforts to keep tobacco out of the hands of Davis County youth



Prevention Highlights

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

- ◇ Created an SEL space for DSD employees and guests in the Davis School District Complex
- ◇ Provided all schools with SEL “Calm Space” resources to support strengthening adult SEL
- ◇ Partnered with Davis District Wellness Department to develop resources to support adult wellness
- ◇ Promoted SEL messaging to parents and community with weekly social media posts
- ◇ Initiated a parent SEL advisory with representatives from all school clusters
- ◇ Promoted a district wide SEL celebration day for schools and families
- ◇ Community prevention partnerships with Davis Helps and Communities that Care
- ◇ Promoted Every Day Strong, Circle of Parenting, and Strengthening Families classes
- ◇ Partnered with Davis Behavioral Health to provide Learning to Breathe curriculum to 6th grade students in 52 elementary schools and 10th grade students in 3 high schools

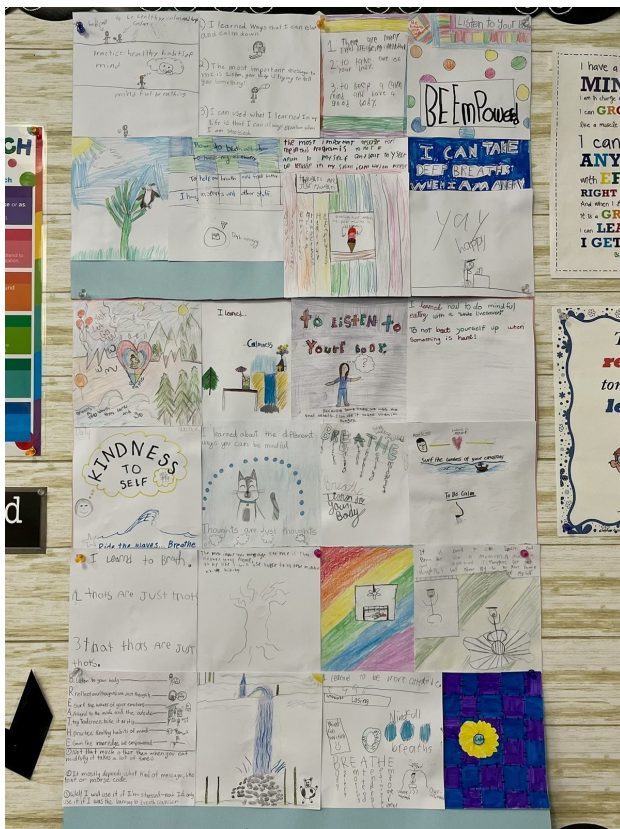


Prevention Highlights

Davis Mindfulness Center, Davis Behavioral Health

Offering mindfulness classes for those feeling anxious, overwhelmed, or depleted. Teaching skills to improve health and well-being and discover peace of mind, a sense of balance, and the ability to manage and enjoy life.

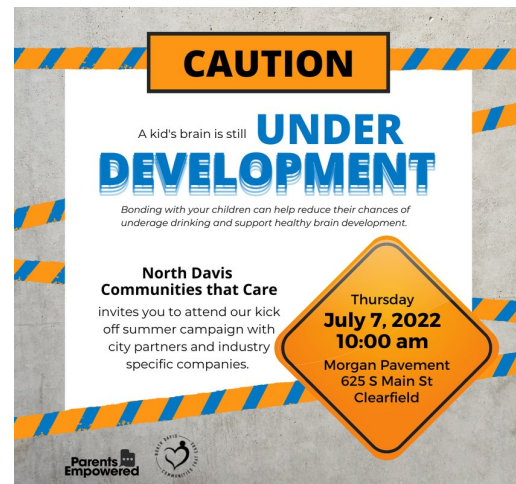
- ◇ 12 Mindfulness Based Stress Reduction classes taught
- ◇ Emphasis on 6th grade Learning to Breathe courses with upstream impact in mind; more details are included in the Suicide Prevention section
- ◇ [Website](#) with classes and audio recordings for all ages



Communities That Care (CTCs), Davis Behavioral Health, dbhutah.org/ctc

North Davis CTC

- ◇ North Davis CTC communities served: Clearfield, Clinton, Sunset, Syracuse, West Point
- ◇ 10 EveryDay Strong Workshops reaching 163 participants
- ◇ 10 SHARP data review meetings with 9 elementary schools and 1 high school
- ◇ Promotion of Parents Empowered Campaign
- ◇ Grants awarded in 2022: Prevention Prepared Communities Grant, Davis County Health Department E-cig Grant, and State Opioid Response Grant
- ◇ The majority of programs are in both English and Spanish



Prevention Highlights

South Davis CTC

- ◇ South Davis CTC communities served: North Salt Lake, Woods Cross, West Bountiful, Bountiful, Centerville
- ◇ 12 EveryDay Strong classes reaching 415 participants
- ◇ 6 SHARP data review meetings with CTC members and 5 elementary schools (Bountiful, Foxboro, Holbrook, Muir, and Stewart)
- ◇ 13 newly recruited Latino/Hispanic coalition members
- ◇ Hired a part-time diversity specialist for South Davis, Patricia Martinez
- ◇ Created a logo and established a vision statement
- ◇ With North Davis CTC, created a Social Development Strategy workshop to be given to the community
- ◇ Piloted Learning to Breathe in two high schools during the second half of driver's education: Bountiful High and Viewmont High
- ◇ Social media following has almost doubled in 2022 on [Facebook](#) and [Instagram](#)
- ◇ West Bountiful City is contributing money for a Parents Empowered fence sign
- ◇ Grants Received:
 - E-cigarette Grants = \$86,183
 - State Opioid Prevention (SOP) Grant = \$82,000

Layton CTC

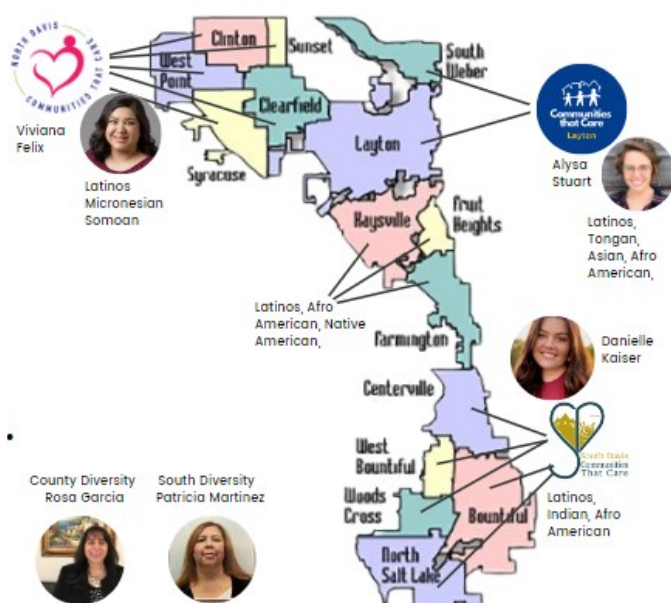
- ◇ Serves Layton City
- ◇ 5 EveryDay Strong presentations reaching 72 participants
- ◇ 2 Strengthening Families Program sessions with 8 families graduating the 7-week program
- ◇ Learning To Breathe in 7 elementary schools and NUAMES high school (706 youth); also launched in the community with adults
- ◇ Parents Empowered Campaign; included signs and an event at Sea Quest
- ◇ Town Hall Event with parents and youth learning about prevention; North Layton Jr. High choir sang
- ◇ Created an action plan
- ◇ Met with Latino LDS youth for 6 weeks to discuss self-care (SELFIE Method)
- ◇ Participated in Latino Resource Fair
- ◇ Mayor Petro and Sgt Juan Moreno went to the radio show to be interviewed about their efforts supporting and engaging youth and Layton CTC (Positiva Spanish Radio 1490 FM)
- ◇ Created [video highlighting successes of 2022](#)

Prevention Highlights

CTC Diversity Coordinator Efforts

Diversity coordinators work to incorporate diversity in all Davis County CTCs and events. Examples include:

- ◇ 8 Latino small businesses engaged
- ◇ 8 Latino events (600 participants)
- ◇ 6 Latino youth events
- ◇ 5 adult classes at churches (303 attendees)
- ◇ Approximately 1,200 Latinos participated in coalitions and events
- ◇ Asian communities and people with disabilities are represented in coalitions
- ◇ Key leaders represent the Afro American, Asian community, LGBTQ+, Native American, Tongan/Samoan, and youth with disabilities
- ◇ Working to build relationships of trust with diverse groups throughout the county; 5 trust building activities involving a Latino radio show, law enforcement, and government agencies



Prevention Highlights

Strengthening our Safety Net

- ◇ Presented by Davis County Health Department, Community Health Services Division, Davis School District Social and Emotional Learning Team and Experts from the American Institutes for Research (AIR)
- ◇ In-person presentation and community discussion titled "Strengthening our Safety Net: Supporting the Mental Health and Wellbeing of LGBTQ+ Youth and Youth of Color"
- ◇ Experts from the American Institutes for Research (AIR) led a data-driven discussion on how to develop comprehensive strategies that can help address mental health needs, prevent suicide, and foster supportive school and community climates that can also impact bullying and harassment
- ◇ Attendees also had the opportunity to create a Diversity, Equity, and Inclusion Vision Statement through a guided activity
- ◇ 58 people from the school district, health department, hospital systems, colleges, city councils, the court system, mental and behavioral health, and others attended the in-person event and all who registered received the recording



COUNTY, STATE & NATIONAL PREVENTION RESOURCES

988 Suicide & Crisis Lifeline Call or text 988 or chat 988lifeline.org

Centerville Cares centervillecares.org

Communities that Care communitiesthatcare.net

Davis Behavioral Health - Prevention Programs
dbhutah.org/prevention/

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

ParentGuidance.org A library of free courses, developed by leading mental health experts, offer hope, answers, and compassionate help. parentguidance.org

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

Utah SHARP Web Tool 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



Improving ACCESS to Behavioral Health Services

Davis Behavioral Health Network

The Davis Behavioral Health Network 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 in person.

Community Partners

- ◇ Davis Behavioral Health
- ◇ Davis County Health Department
- ◇ Davis School District
- ◇ Family Counseling Service of Northern Utah
- ◇ Head Start
- ◇ Hope Center
- ◇ Intermountain Healthcare and Layton Hospital
- ◇ Midtown Community Health Center
- ◇ 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 10/2019
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 mental health screening events for elementary aged children.	12/31/2019	Complete 10/2019
Provide technical assistance to other school districts, funders and communities interested in implementing mental health screening events for youth.	12/31/2019	Complete 03/2019
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	Complete 12/2019

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)	18.7 deaths per 100,000 (2019-2021)	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%** (SHARP)	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)	13% (2019)	9% (2023)

* Healthy People 2020 target

** A 10% reduction from baseline

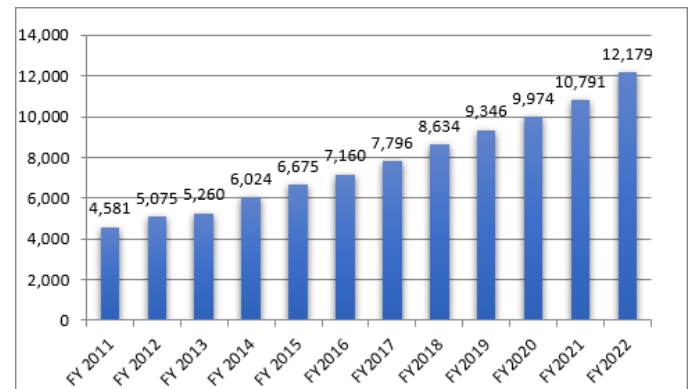
***Consider the influence of the COVID-19 Pandemic on behaviors and health when interpreting 2021 data

Access Highlights

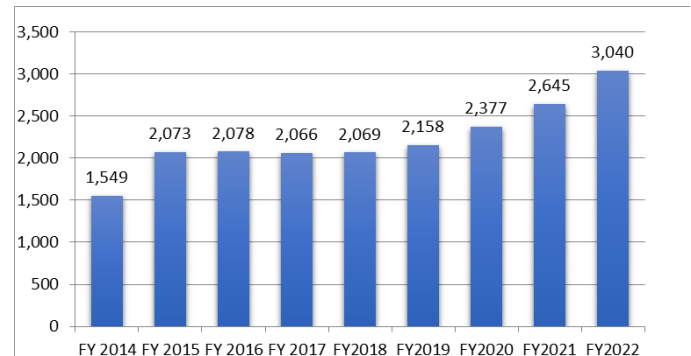
Davis Behavioral Health

- ◇ Provides substance abuse and mental health services for those with commercial insurance, Medicaid and those who are uninsured/underinsured
- ◇ System in place to alert Davis Behavioral Health when Medicaid enrollee enters a hospital for behavioral health
- ◇ Provided mental health and substance abuse services for 12,179 clients
- ◇ Mental health services for 3,040 uninsured clients
- ◇ Davis County Receiving Center, for mental health and substance abuse emergencies, 988 admissions
- ◇ 3,071 Crisis Calls in 2022, 869 deployments of Mobile Crisis Outreach Team (MCOT)

Davis County Residents Served by Davis Behavioral Health



Uninsured Residents Served by Davis Behavioral Health



Davis County Receiving Center

- ◆ A community-based center that offers an alternative to jail and emergency departments for substance use and mental health related issues
- ◆ Provides mental health and substance use services. Evaluation, detoxification, engagement by people with similar experiences
- ◆ Links to treatment
- ◆ Contact Information: 801-513-2800; receivingcenter@dbh.utah.org

Mobile Crisis Outreach Team (MCOT)

- ◆ 988 crisis line allows you to speak with a certified crisis worker
- ◆ A mental health crisis team can be deployed to your home to assist with a crisis
- ◆ MCOT services are available anywhere in Davis County
- ◆ Access to a therapist case manager 24/7

Access Highlights

Davis Behavioral Health Network

- ◇ Funding program through Intermountain Healthcare to serve unfunded/underinsured individuals
- ◇ 70 adult patients and 25 pediatric patients served through 284 treatment sessions

Percent of Patients Seen Within 7 and 30 Days of Referral

	7 day	30 day
Adult	17.0%	55.7%
Pediatric	48.0%	60.0%

Latino Outreach

- ◇ Developed [Davis County Spanish Speaking Mental Health Directory](#)
- ◇ 2 Community Health Workers (CHWs) spoke about mental health on La Positiva Radio, an hour-long radio show that reaches the local Spanish-speaking community
- ◇ They shared information about how to connect with services and promoted community resources like Davis Behavioral Health, Communities that Care, Davis4Health, Davis County's Spanish Mental Health Directory, 988 Suicide & Crisis Lifeline, CHW phone line, and Parent Tips text line



Davis Reentry Fair

- ◇ Newly launched in 2022; 8 fairs were held in 2022 starting in October; 66 community members attended
- ◇ Purpose: Provide resources for justice involved individuals including employment, peer support, mental and behavioral health, Medicaid, employment, etc.
- ◇ Schedule: Thursdays, 11am - 1pm (excluding state and federal holidays)
- ◇ Location: Davis Behavioral Health, 934 S Main Street, Layton
- ◇ Partner agencies involved: 13
- ◇ The Davis Reentry Coalition sponsors the weekly reentry fair and is designed to assist justice involved individuals in reaching their fullest potential
- ◇ Administrative support is provided by Vocational Rehab



DAVIS REENTRY
COMMUNITY COALITION

DAVIS COMMUNITY
REENTRY COALITION
INVITES YOU TO ATTEND A
REENTRY FAIR
EVERY THURSDAY
11 AM - 1 PM
Excluding State & Federal Holidays

934 S MAIN STREET
LAYTON, UT 84041
Davis Behavioral Health

AVAILABLE RESOURCES
Employment, Peer Support, Mental and Behavioral Health, Medicaid, & more

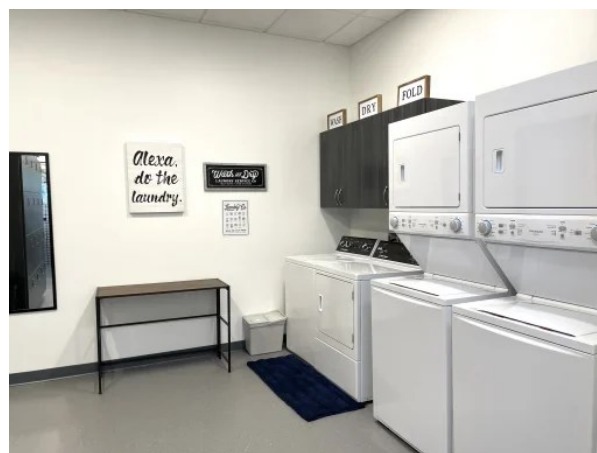
Access Highlights

Davis School District, Student and Family Resource Department

- ◇ 4 full time Integrated Education Therapists (IETs) who do individual therapy, facilitate groups, and provide training to teachers; served 132 students during 2021-2022 school year (SY)
- ◇ 33 Elementary Family Advocates (formerly Family Services Workers) assist in the removal of barriers to education which exist outside the school environment, in the family, or community. They help families identify physical and emotional self-care and stress-coping mechanisms, and advocate for their needs; served 3,024 students during 2021-2022 SY
- ◇ Family Resource Facilitators link families to school and community resources and supports; peer support to parents and family advocacy; served 273 students during 2021-2022 SY
- ◇ Safe Schools Clinical Team served 345 students during 2021-2022 SY
- ◇ New positions to support military connected students to succeed in school and life
 - 2 full time Military Educational Therapists (MET) for students who are connected to individuals in the military who are active duty, reserves, veterans, or retirees
 - 2 full time Military Family Advocates assist in the removal of barriers to education which exist outside the school environment, help identify current needs and advocate for them
 - [Military Support Team website](#)

Teen Centers

- ◇ Drop in centers for students in crisis are located in: Clearfield High, Layton High, North Ridge High, Mountain High, Renaissance Academy, and Woods Cross High
- ◇ Services provided include: laundry facilities, private bathrooms/showers; food pantry; study and relaxation rooms, hygiene kits; and one on one assistance
- ◇ [Teen Center website](#) and [video](#)



Access Highlights

Youth Mental Health Screening

- ◇ Coordinated by Davis School District, Davis Behavioral Health, Davis County Health Department, and USU Extension
- ◇ Screening for social and emotional needs and strengths, depression, anxiety, trauma, safety concerns, suicide and adverse childhood experiences (ACEs)
- ◇ Appointments with mental health professionals
- ◇ Materials and services were available in Spanish
- ◇ 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
- ◇ 2022 Davis County [Behavioral Health Directory](#) was provided to all participants containing local services such as medical treatment, counseling, self-care, support groups, classes, crisis lines, etc.



DAVIS HELPS

*Examen de Salud Mental
para Jóvenes*

Miércoles, Noviembre 2, 2022

PREESCOLAR Y PRIMARIA
DAVIS BEHAVIORAL HEALTH
4:00-7:00 PM
LA INSCRIPCIÓN CIERRA EL 24 DE OCTUBRE.

Visite a un proveedor de salud mental.
Aprenda sobre los recursos en la comunidad.

Las evaluaciones tratarán las necesidades sociales y emocionales,
depresión, ansiedad, trauma y preocupaciones de seguridad.

Las evaluaciones no son exámenes psicológicos completos.
No se proporcionarán diagnósticos clínicos.
Los padres deben estar presentes.

Un evento similar para jóvenes de secundaria está planeado para la primavera.



Para hacer una cita, visite dbh.utah.gov/screening
O llame a Rosa García @ 385-260-3075.

Secondary-aged youth event

- ◇ Served 45 youth virtually on March 29th
- ◇ 7th grade through 12th grade
- ◇ Students from charter schools, online school, home school and Davis School District (21 schools represented)
- ◇ 4 referrals to Davis Behavioral Health Network for uninsured/underinsured
- ◇ 2 safety plans created (danger to self or others)
- ◇ 19 received follow-up information and/or care

Elementary-aged youth event

- ◇ Served 74 youth on November 22 at Davis Behavioral Health
- ◇ Preschool through 6th grade
- ◇ Students from daycare/preschool, charter schools, online school, private school and Davis School District (40 schools represented)
- ◇ 5 uninsured/underinsured and 3 requesting help with Medicaid
- ◇ 4 safety plans created (danger to self or others)
- ◇ 43 received follow up information and/or care



Access Highlights

Adult Mental Health Screenings

- ◇ 312 depression screenings were conducted by nonprofit organizations throughout Utah and supported by Intermountain Health
- ◇ 457 parents were screened for postpartum depression using Edinburgh Postnatal Depression Scale (EPDS) by the Davis County Health Department Maternal Child Health Home Visiting Program
- ◇ Davis County Health Department Senior Services, in coordination with Davis Behavioral Health, conducted mental health screenings at the North Davis Senior Center in recognition of Mental Health Awareness Month

Davis Links

- ◇ Monthly virtual networking and resource sharing forums
- ◇ Average monthly attendance: 50
- ◇ 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
- ◇ 1 in person networking event was held in September called Connect the Dots with Davis Links; 67 partners attended the event
- ◇ To receive forum invites and Davis Links emails, davislinkscommittee@gmail.com



Department of Workforce Services

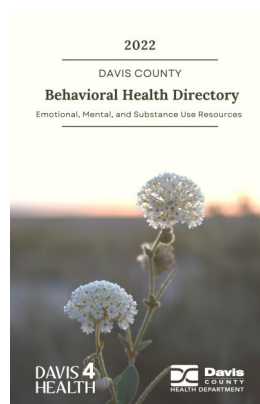
The Department of Workforce Services has one licensed clinical therapist who covers Davis County (Clearfield and South Davis employment centers). While the LCT generally works with adults, they may elect to provide clinical services to a customer's children if it supports the parent's efforts for self-sufficiency. The following services are available to eligible customers:

- ◇ Clinical evaluations
- ◇ Short-term individual therapy
- ◇ Family/conjoint therapy designed help customers participate in employment or training
- ◇ Clinical case management for customers with mental health issues that prevent them from fully participating in programs offered by Workforce Services

Additionally, the department gives referrals to other mental health contractors who provide similar clinical services for the same intent and outcome.

Davis County Behavioral Health Directory

- ◇ Includes emotional, mental, and substance use resources
- ◇ Nearly 2,000 copies were shared in 2022
- ◇ Access the directory online here: directories.davis4health.org



ACCESSING BEHAVIORAL HEALTH SERVICES COUNTY, STATE & NATIONAL RESOURCES

988 Suicide & Crisis Lifeline Call or text 988 or chat 988lifeline.org

Centerville Cares centervillecares.org

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

Davis County Receiving Center (for behavioral health emergencies)

2250 N 1700 W Bldg. B, Layton, UT, 801-513-2800, dbhutah.org/about/facilities/the-receiving-center

Davis County Behavioral Health Directories (General, Youth, and Spanish)
directories.davis4health.org

Davis Mindfulness Center dbhutah.org/mindfulness/

Davis4Health Resource Locator Davis4Health.org

Midtown Community Health Center

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

Maternal Mental Health Referral Network maternalmentalhealth.utah.gov

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

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 Therapist Locator 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.