

Improving Community Health

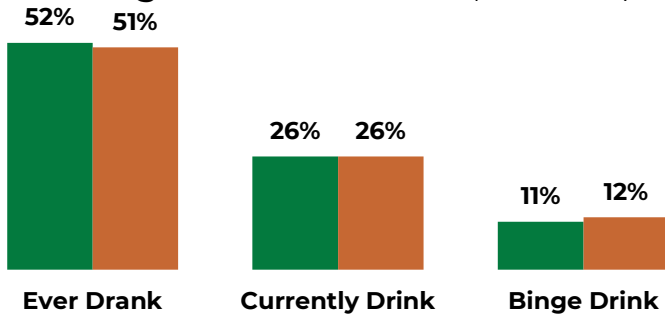
Substance Use, Preventing Youth Use: Kate Hansen, Facilitator

Our brains develop until about age 25. Studies show that the earlier youth use alcohol or other drugs, the more likely they are to have problems with addiction as adults, and the more damage they can do to key parts of their brain – including memory, learning, mood, and mental health.

46% of 2024 Sauk County CHA Survey respondents selected **Alcohol, Commercial Tobacco, Vaping, & Other Drug Use** as a **community problem** that we should work to improve, making it the 3rd most selected community problem.

Problem: Sauk County Youth are Using Alcohol^{i,ii}

Sauk County High School Students Use Alcohol at rates similar to other WI High School Students (2023 YRBS)

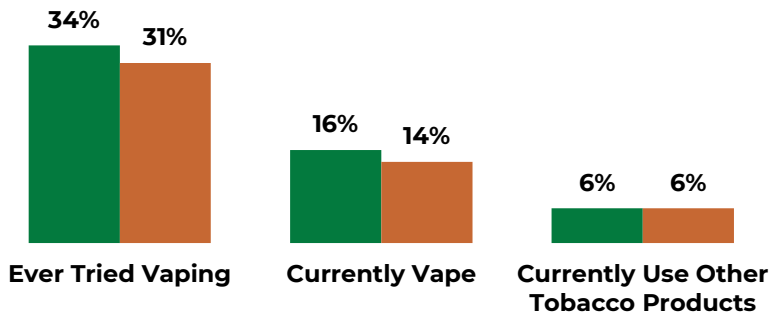


26% of Sauk County High School Students Currently Drink (have had at least one drink in the past 30 days).

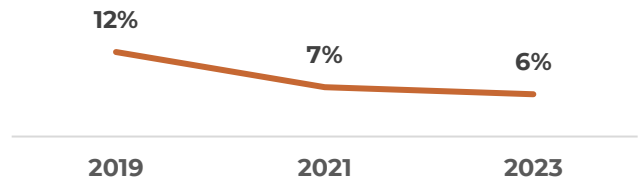
Among Sauk County high school students who drank in the past 30 days, **35%** had their first drink before age 13. Wisconsin: 16%

Problem: Sauk County Youth are Using Tobacco^{iii,iv}

Sauk County High School Students Use Tobacco at rates similar to other WI High School Students (2023 YRBS)



The % of Sauk County High School Students Using Other Tobacco Products (Cigarettes, Cigars/Cigarillos, Chew, Smokeless Tobacco) is Decreasing



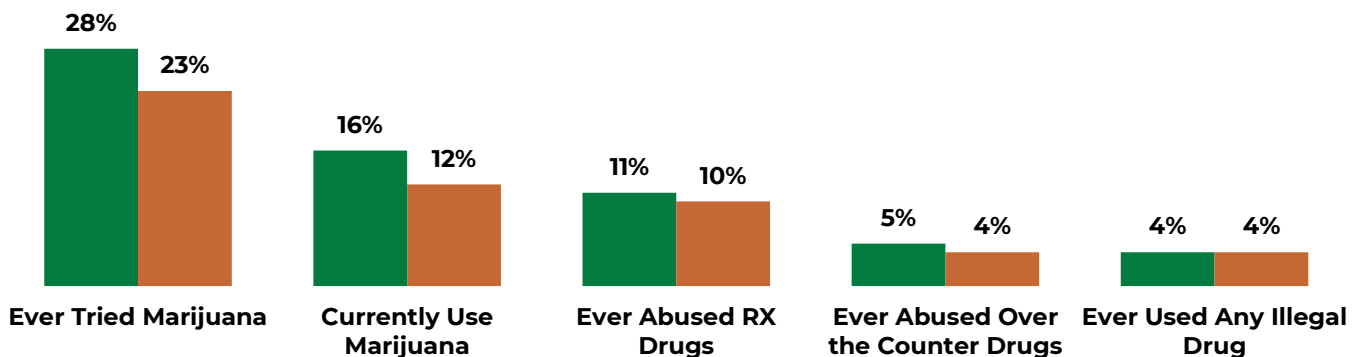
Among **Sauk County High School Students who Use Tobacco Products, 53%** Have Tried to Quit in the past 12 months. Wisconsin: 49%

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Problem: Sauk County Youth are Using Other Drugs^{v,vi}

Sauk County High School Students Use Other Drugs at rates similar to other WI High School Students (2023 YRBS)



Partnership for Prevention

Local Activities:

- Conduct compliance checks to ensure local businesses do not sell alcohol and tobacco (vapes) to youth.
- Encourage parents and other adults to say “Not in My House” to underage drinking parties.
- Provide education and support to youth and parents.

Wins:

- 2021: Received a CDC Drug-Free Communities Grant
- 2022: Launched Teen Action Council
- 2023: Continued Compliance Checks, Parent Education Webinars, and the Not in My House Campaign

Want to get involved? Learn more at <https://p4psauk.org/>

ⁱ Wisconsin Department of Public Instruction. 2024. “2023 Wisconsin Youth Risk Behavior Survey Summary Report.” Retrieved September 13, 2024 from <https://dpi.wi.gov/sspw/yrbs>

ⁱⁱ Sauk County YRBS Results compiled from Baraboo - Baraboo High 2023 YRBS Results (High School Version), River Valley - River Valley High 2023 YRBS Results (High School Version), and Reedsburg - Reedsburg Area High 2023 YRBS Results (High School Version). Wisconsin Department of Public Instruction, 2023. Data compiled by Public Health Sauk County Staff, August 2024.

ⁱⁱⁱ Wisconsin Department of Public Instruction. 2024. “2023 Wisconsin Youth Risk Behavior Survey Summary Report.” Retrieved September 13, 2024 from <https://dpi.wi.gov/sspw/yrbs>

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^v Wisconsin Department of Public Instruction. 2024. “2023 Wisconsin Youth Risk Behavior Survey Summary Report.” Retrieved September 13, 2024 from <https://dpi.wi.gov/sspw/yrbs>

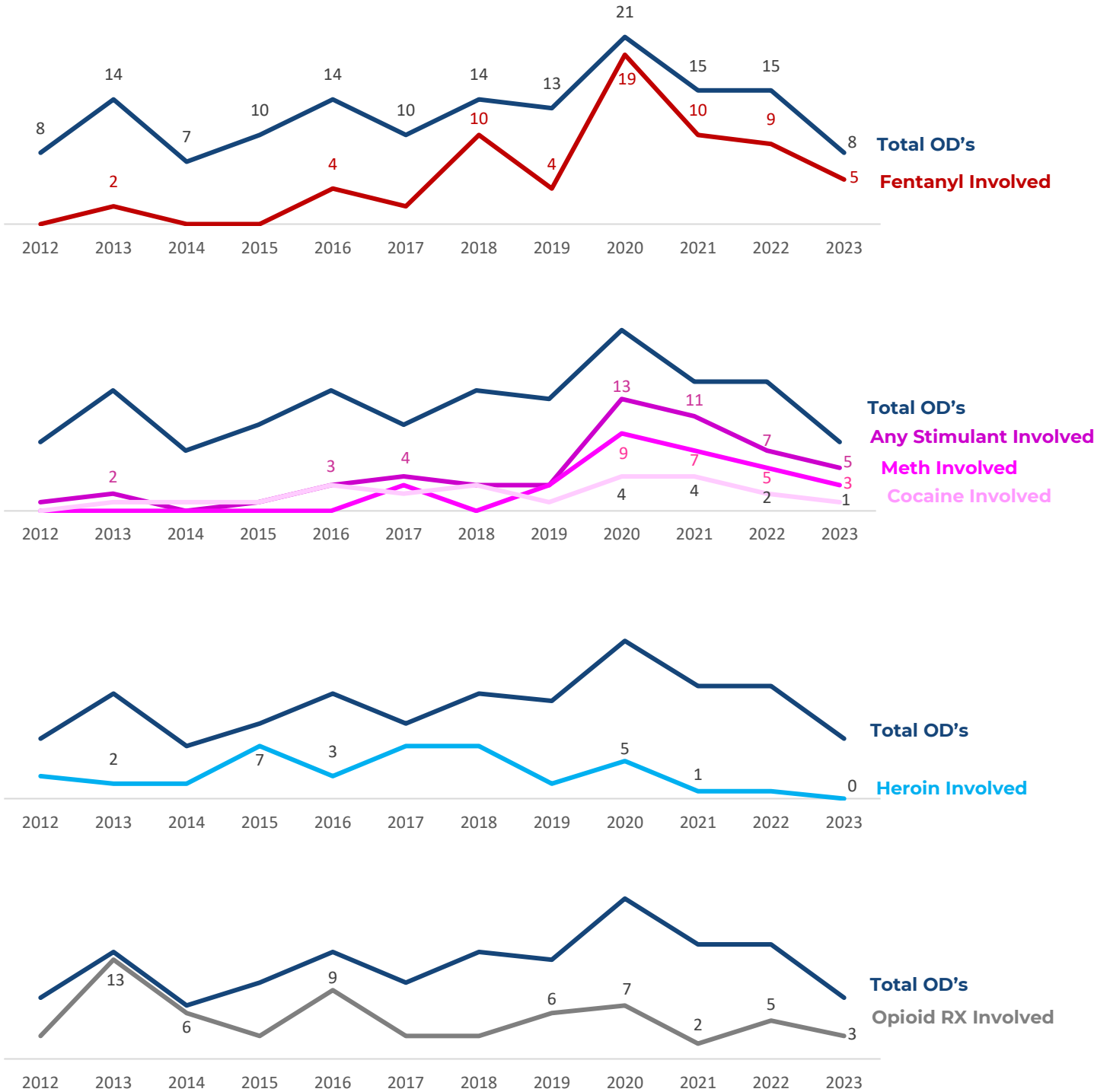
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Substance Use, Connections to Services: Hannah Erdman, Facilitator

Problem: Sauk County Residents Fatally Overdose at High Rates

Overdose deaths in Sauk County from **heroin** and **opioid RX** spiked in 2020¹.



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Substance Use, Connections to Services: Hannah Erdman, Facilitator

Substance Use: Response

Public Health coordinates these activities:

- Support People & Empower Recovery (SUPER) coalition, run BY those in recovery FOR those in recovery, est. 2022.
- Peer support via Response Teams, Peer Recovery Coach services at the jail, and the new WisHope Peer Recovery Community Center in Baraboo.
- Distribution of free harm reduction supplies, including Narcan and Test Strips (to test drugs for Fentanyl and Xylazine). Free Narcan training, EMS Narcan Leave Behind Program, and Free Public Health Vending Machines.
- Sauk County Overdose Death Review Team
- Medication Assisted Treatment (MAT) Providers and Coordinators meetings to increase access to treatment.
- Distribution of free lock boxes and disposal kits for prescription drugs.

Wins:

- 2017: First rural health department in WI to distribute free Narcan.
- 2018: Overdose Death Review Team formed, second in WI after Milwaukee. This team has made over 80 recommendations to prevent overdose death.
- 2021: Response Teams established, the first rural program in WI. Response Teams (Peer Support & EMS) make home visits after a non-fatal overdose or other drug-related incident to offer support and connection to services.
- 2022: First Public Health Vending Machine installed in Sauk County.

Get Involved:

- SUPER Coalition: <https://www.facebook.com/saukSUPER>. Meets the first Monday of the month online and in-person.
- Visit the WisHope Peer Recovery Community Center in Baraboo at 717 South Blvd.
- Get free Narcan and learn how to use it: <http://www.UCanSaveALife.com>.

¹ Coroner records accessed by Public Health Sauk County, 2012-2023.