

MINUTES: 10/12/2021 TOBACCO
12 - 1 PM on ZOOM
CO-CHAIR: PEGGY WEBER

Present:

Peggy Weber, Co-Chair

Sarah Hixson, Clinic Director, High Country Behavioral Health

Stephanie Lund, Regional Supervisor, Dept of Health

Darren Hull, Business

Trisha Scott, Coalition Coordinator

Notes:

3 years of Tobacco team successes:

- 2019: Partnered with the schools and town government in the vape detector pilot project
- 2019: Sublette students, SRO's, school admin testified twice before the legislature to support legislation making it harder for youth to purchase/access tobacco. Minimum age to purchase tobacco raised to 21 in February 2020.
- 2019: Partnered with the Town of Pinedale to provide information on ordinance language on a ban on the sale of flavored vape products within town limits. Ordinance passed 2019.
- 2020 - 2021: Helped 4 people quit tobacco and 2 cut back on daily use in quit groups since June 2020.
- Partnered with school admin to create a way for students to have blanket parent permission to participate in confidential quit vape groups - if they choose. So far none have chosen.
- 2021: Partnering with High Country Behavioral Health and their clients to deliver quit tobacco class in the Tuesday night Intensive Outpatient Patient group, fall 2021. This would not happen without the cooperation and support of Sarah Hixson and Aaron Preece, counselors at HCBH.
- 2020 - 2021: Promoted 10 smoke free bar and restaurant businesses in Sublette County with 1 month of free ads

Nicotine Replacement Therapy (NRT): Team recommended that Trisha research the cost of supplying patches, gum, lozenges to those who attend the quit groups and get the info to the team for a decision on adapting the current budget to include NRT. Calling the quitline for free NRT can be a barrier to some people.

Quit groups: The team suggested beginning the next quit group mid November with both in person and zoom options. All current quit group members are in Big Piney.

Darren reached out to Randy Thompson at the Donut Shop in Marbleton about hosting the group there 1-2x per month.

The grant can pay \$30. Per hour to Quit instructors once they are trained. We would like to have 2 more trainers. People who have quit tobacco themselves can be more effective at helping others quit. Sarah will ask their new counselor if she is interested in becoming a group

facilitator. Trisha can train Peggy and another facilitator in two 2 hour sessions. Trisha and Peg will contact one of the recent grads to see if she is interested.

Marketing: We will add radio to marketing the next quit group to catch the people we don't catch on social media. The team recommended that we come up with a postcard sized flyer for patient rooms in the clinic that promotes both the quitline and the local quit groups. Evidence shows that when a provider has a conversation with a patient the patient is more likely to call the quitline. Recommended we get the postcards to Ryan Grove and Kari Hull for patient rooms.

LDS 12 Step program: Anyone interested in quitting any substance can join the Big Piney LDS church 12 Step group. This may support our current quit group members for the month until mid November.

Looking forward to the next grant cycle work plan we discussed:

Youth prevention: Finding a point of contact in each school building who can share info on current youth use will help us with relevant strategies. Right now this may be:

Skyline: Mr. Vrska

Pinedale High School: Jen Wilkinson

Pinedale Middle School; Eric Makelky

Big Piney High School: Jeff Makelky and Deputy Day

Big Piney Middle School: ?

WHSSA: All Wyoming prevention coalitions are now part of the WASCOP sponsorship of WHSSA and we can have information tables at all school WHSSA events. How do we want to use this opportunity?

1 pm: Adjourn formal meeting.