

PARTNERSHIP FOR PREVENTION

Empowering Sauk County to prevent substance misuse.



Welcome



Welcome to Sauk County's Partnership for Prevention coalition, also known as "P4P." We are so glad you are here and so excited to have you join us in our mission to prevent substance misuse in our communities, especially among youth. Our primary focus areas are alcohol, commercial tobacco, vaping, and other drugs.

You are among many passionate people who have been collaborating since 2017 to reduce young people's exposure to these harmful substances. We work from a variety of angles including retailer access and education; parent, student and community education; safe storage and disposal of prescriptions; and policy change.

There are many ways to get involved and use your skills and passion for this work including attending our monthly meetings, joining an action team and more. Keep reading to see more specific ways to get involved today.

We encourage you to sign up for our monthly newsletter to stay informed on meeting dates and times, minutes from the last meeting, training opportunities, community events and much more! Scan the QR code (right) to sign up.



If you would like to learn more, please reach out to either our current coalition chair or coordinator. We would be happy to set up a time to talk in-person or over the phone!

Sincerely,

Coalition Leadership Team

p4psauk@saukcountywi.gov

Public Health Sauk County Mainline: 608-355-3290

Our Coalition Mission

Through collaborative and strategic action, we empower communities to prevent the misuse of alcohol, commercial tobacco, and other drugs

Our Coalition Vision

Healthy, supportive communities for everyone

Our History

The Sauk County Partnership for Prevention and Recovery was established on November 8, 2017, at a kick-off meeting attended by over 50 community members and leaders. Facilitated by Public Health Sauk County, in its first year the group explored local substance use trends and chose to focus prevention efforts on youth use of alcohol and vapes and prescription drug misuse for people ages 12 and older. Supporting people in recovery from substance use was a twin aim of the coalition in its first few years, but the group chose to focus solely on prevention in 2019 and rebranded to the Sauk County Partnership for Prevention (P4P).

In 2021, P4P applied for and was awarded a highly competitive Drug-Free Communities (DFC) grant from the Centers for Disease Control and Prevention, with Public Health as the coalition's fiscal agent. This grant provides sustainable funding for P4P through 2026, at which time the coalition plans to reapply for an additional 5 years of DFC funding to continue this important work.

COALITION STRUCTURE

Scan QR code to read
our coalition's bylaws
on how we work
together.



The Sauk County Partnership For Prevention is an alliance of community members and local organizations that are dedicated to preventing the misuse of alcohol, tobacco, and other drugs.

Our coalition is facilitated by Public Health Sauk County and includes three action teams:

- **Alcohol/Commercial Tobacco Action Team:** Plans, implements, and evaluates many strategies to prevent and reduce the underage use of alcohol and/or tobacco/vapes, including: age compliance checks, retailer education, parent/caregiver education and more!
- **Prescription Drug Safe Storage/Disposal Action Team:** Promotes and evaluates safe medication storage (eg, lockboxes) and disposal (at-home disposal kits, drop boxes, take back events).
- **Coalition Engagement Action Team:** Develops and evaluates a healthy, active coalition made up of members passionate about prevention! Promotes our coalition brand, welcomes new members, and develops member training opportunities.

Our current funding allows for a fulltime Coalition Coordinator to keep our coalition moving forward. The coordinator helps schedule meetings, provide training, and report out on our impact. Our coordinator works closely with the **Executive Team** of the coalition, which is made up of members serving as Chair, Vice Chair, Secretary, and Liaison from the South Central Alliance for Tobacco Prevention (covers Adams, Juneau and Sauk Counties).

Our coalition supports the **Teen Action Council** or **TAC**. The TAC is the youth arm of P4P. Teen members learn more about substance use problems and how they impact teens. Members plan educational activities and advocate for policy change in their schools and communities.

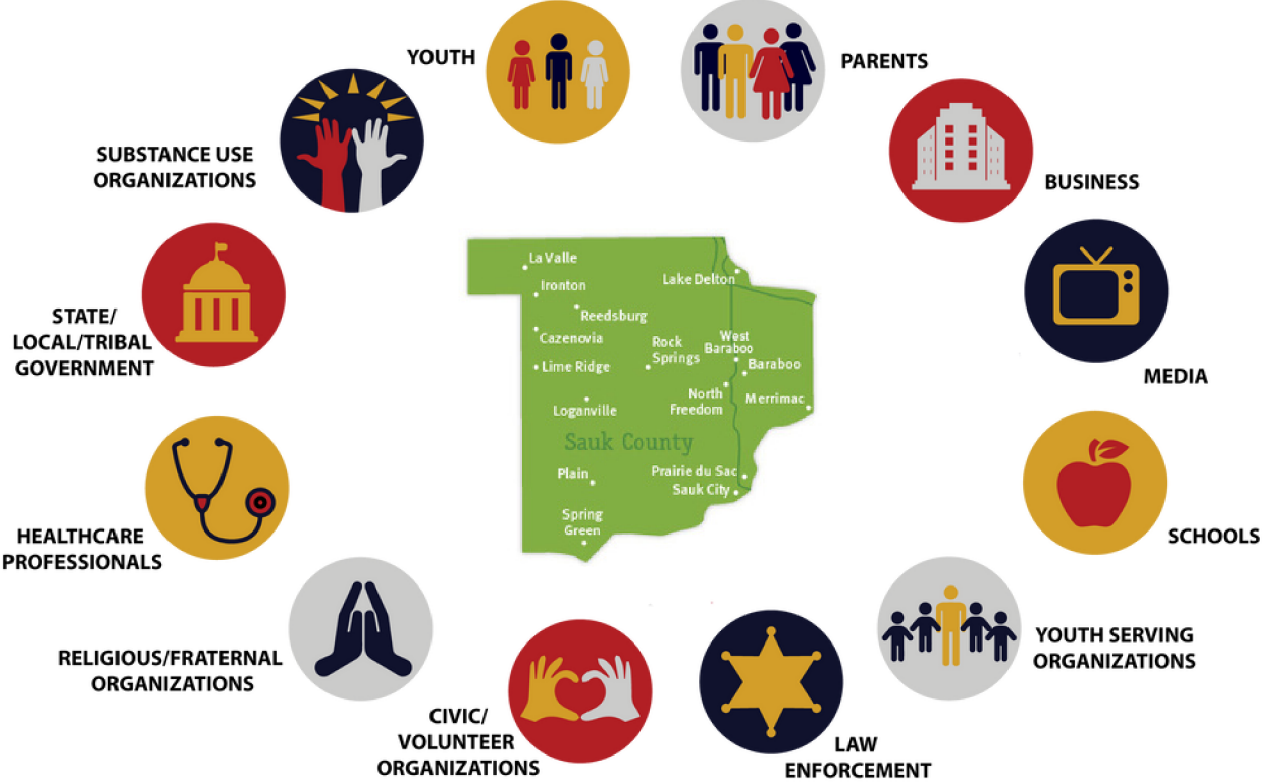
To get involved with TAC, contact Coalition Coordinator: call/text 608-477-3609

**TEEN ACTION
COUNCIL**
HEALTHIER FUTURE FOR YOU(TH)

SECTOR REPRESENTATIVES

To make lasting change on substance use requires bringing the community together to plan and carry out many strategies. One way to ensure broad community participation in P4P is to organize the community into “sectors” and ensure representation from each. Sectors are groups, organizations, partners or stakeholders who bring essential skills, resources, and viewpoints to make the coalition as strong as possible.

P4P identified the need for representation from the following 12 sectors of the community to ensure that a broad range of expertise is included.

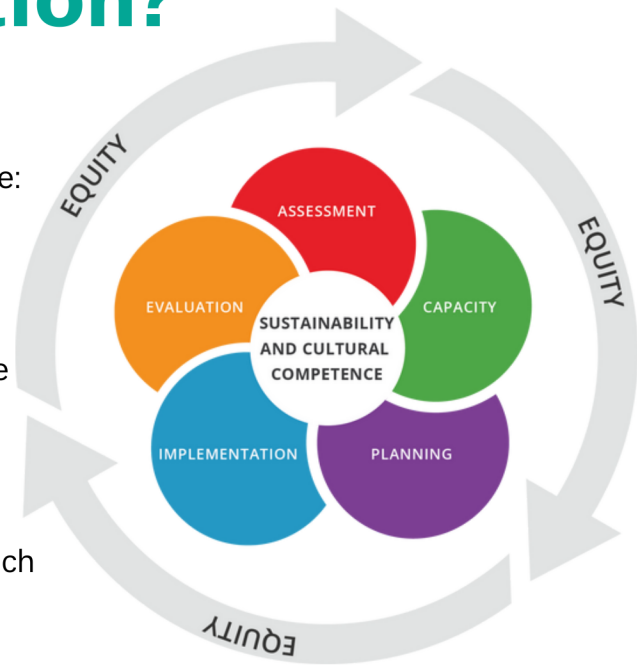


P4P maintains an active **Coalition Involvement Agreement** with at least one individual representative for each sector. If you see yourself reflected in one or more of these sectors, please volunteer to serve as a sector representative.

If you don't identify with any of the sectors above, you are still welcome! P4P appreciates the contributions of everyone who would like to help carry out our mission and vision.

What is Prevention?

To make effective change, P4P uses a strategic planning process based on science: the Strategic Prevention Framework (SPF). The SPF is proven to reduce risk-taking behaviors and prevent adverse health outcomes across the lifespan. The SPF's five steps are: assessment, capacity building, planning, implementation and evaluation. The SPF is also guided by two principles, cultural competence and sustainability, which are embraced in each step of the SPF.



Substance use is a complex challenge that requires a multi-pronged approach. P4P identifies and implements strategies aimed to impact both individual change and community change.

Often these strategies fit into one or more of following **Seven Strategies for Community Change:**

- | | | |
|--|---|---|
| The first three represent individual changes | } | <ol style="list-style-type: none">1. Provide Information2. Enhance Skills3. Provide Support for Prevention Activities |
| The last four represent environmental changes | } | <ol style="list-style-type: none">4. Enhance Access/Reduce Barriers5. Change Consequences6. Change Physical Design7. Modify Policy |

To learn more about how coalitions can effectively drive change in their communities, visit: <https://www.cadca.org/resource/handbook-community-anti-drug-coalitions>

Involvement Opportunities



P4P meets monthly on the fourth Thursday of each month, from 1-2:15 PM at the West Square Building in Baraboo. You can also join the meetings online via Zoom. Information on these meetings can be found at www.p4psauk.org/calendar or scan QR code (right).



There are a variety of ways to become involved with the coalition besides attending meetings, and no action is too small! Members and volunteers can:



- **Like or share or write** our social media posts.
- **Join** one or more of our action teams.
- **Help** recruit Sauk County teens for the Teen Action Council.
- **Volunteer** to assist with alcohol and tobacco compliance checks.
- **Help** evaluate the retail environments where age restricted products like alcohol or tobacco are sold.
- **Talk** about the coalition with others interested in joining.
- **Attend and share information** about coalition events with others.
- **Fill a specific role** at various educational events hosted by the coalition.



ALCOHOL USE BY SAUK COUNTY YOUTH

Data Source: 2021 Youth Risk Behavior Survey Reports for Sauk County¹ and Statewide²

Current alcohol use (students who had at least one drink in the past month)

- **Sauk County High School Students - 29%**
- Wisconsin High School Students - 25%
- **Sauk County Middle School Students- 13%**

Binge drinking (students who consumed: for men 5 or more drinks on an occasion; for women 4 or more drinks on an occasion)

- **Sauk County High School Students - 14%**
- Wisconsin High School Students - 10%

Among **Sauk County High School students who drink, 35%** had their first drink before age 13.

Among Wisconsin High School Students who drink, 32% of drinkers had their first drink before age 13.

Youth who drink alcohol are more likely to experience:

- **Physical problems:**
hangovers, illnesses, memory problems, alcohol related motor vehicle crashes or unintentional injuries such as burns, falls, or drownings
- **School problems:**
lower grades or absences
- **Social problems:**
fighting or disconnection from activities
- **Legal problems:**
arrest for driving or physically hurting someone while drunk or citation for underage consumption

There's a lot cooking in the adolescent brain. Harmful substances like alcohol and other drugs turn up the heat.

Human 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 brain damage they can do to key parts of their brain - including memory, learning, mood and mental health.



1. Tortora, Owen, McCoy, Katherine, and Frederick, Carl. 2021 "Sauk County 2021 Youth Risk Behavior. Survey Results (High School Version)". Madison: Wisconsin Department of Public Instruction.
2. Tortora, Owen and McCoy, Katherine. 2023. "Wisconsin 2021 Youth Risk Behavior Survey Comparison Tables". Madison: Wisconsin Department of Public Instruction. https://dpi.wi.gov/sites/default/files/imce/sspw/pdf/WI_2021_YRBS_Tables.pdf

VAPING BY SAUK COUNTY YOUTH

Data Source: 2021 Youth Risk Behavior Survey Reports for Sauk County² and Statewide³

Current vape use (students who used vaping products in the last month)

- **Sauk County High School Students - 15%**
- Wisconsin High School Students - 15%
- **Sauk County Middle School Students - 5%**

Ever tried vaping (students who have ever tried vaping)

- **Sauk County High School Students - 34%**
- Wisconsin High School Students - 32%

Tobacco Quit Attempts (% of students using tobacco who tried to quit in the past year)

- **Sauk County High School Students - 58%**
- Wisconsin High School Students - 48%

Most vapes have nicotine in them, which is highly addictive.

Nicotine use in youth:

- can **harm brain development**
- can impact attention, learning, mood, and impulse control
- may **increase risk** for future addiction to other drugs and cigarettes

Vape aerosol can contain harmful substances like:

- cancer causing chemicals
- ultrafine/ultra-small particles
- heavy metals like nickel, tin, and lead

P4P recognizes the value of sacred tobacco to the American Indian Nations. P4P prevention efforts only focus on addressing commercial tobacco use among youth.

Sacred tobacco has been used by American Indian Nations for centuries, in a variety of natural products that differ across regions and tribes. Sacred tobacco does not contain additives, is not manufactured or marketed by the tobacco industry, and does not pose the same threats to public health and the environment that commercial tobacco does. When used in ceremony or for medicinal purposes, sacred tobacco is not associated with addiction or adverse health impacts.¹

Commercial tobacco is mass-produced, sold for profit, and contains added chemicals. Commercial tobacco is manufactured by companies for use in cigarettes, smokeless tobacco, pipe tobacco, cigars, hookah, e-cigarettes/vapes and other products. Nicotine is the primary addictive substance in commercial tobacco.¹

1. <https://truthinitiative.org/difference-between-commercial-tobacco-and-sacred-tobacco>

2. Tortora, Owen, McCoy, Katherine, and Frederick, Carl. 2021 "Sauk County 2021 Youth Risk Behavior. Survey Results (High School Version)". Madison: Wisconsin Department of Public Instruction.

3. Tortora, Owen and McCoy, Katherine. 2023. "Wisconsin 2021 Youth Risk Behavior Survey Comparison Tables". Madison: Wisconsin Department of Public Instruction. https://dpi.wi.gov/sites/default/files/imce/sspw/pdf/WI_2021_YRBS_Tables.pdf

PRESCRIPTION DRUG MISUSE BY SAUK COUNTY YOUTH

Data Source: 2021 Youth Risk Behavior Survey Reports for Sauk County¹ and Statewide²

Prescription drug misuse

(students who have ever misused a prescription pain medication)

- **Sauk County High School Students - 10%**
- Wisconsin High School Students - 11%
- **Sauk County Middle School Students - 6%**

Nationwide in 2021, 45% of individuals who misused prescription drugs, got the drugs from friends or family

Prescription drugs misuse occurs when a drug is taken in a way other than prescribed. This can mean crushing pills, taking more than prescribed, or taking another person's prescription.

Commonly misused medications include those used to treat pain, anxiety, sleep disorders, or attention disorders.

MARIJUANA USE BY SAUK COUNTY YOUTH

Data Source: 2021 Youth Risk Behavior Survey Reports for Sauk County¹ and Statewide²

Current marijuana use (students who report using in the past month)

- **Sauk County High School Students - 13%**
- Wisconsin High School Students - 13%
- **Sauk County Middle School Students - 3%**

Among **Sauk County High School Students who used marijuana, 15%** started using marijuana before age 13.

Among Wisconsin High School Students who used marijuana, 16% started using marijuana before age 13.

Youth who use Marijuana are at higher risk for:

- **Harm to brain development** which impairs thinking, memory, and learning.
- **Mental health issues** like depression and anxiety.
- **Impaired driving:** Marijuana affects reaction time, coordination, and concentration - skills required for safe driving.

1. Tortora, Owen, McCoy, Katherine, and Frederick, Carl. 2021 "Sauk County 2021 Youth Risk Behavior Survey Results (High School Version)". Madison: Wisconsin Department of Public Instruction.

2. Tortora, Owen and McCoy, Katherine. 2023. "Wisconsin 2021 Youth Risk Behavior Survey Comparison Tables". Madison: Wisconsin Department of Public Instruction. https://dpi.wi.gov/sites/default/files/imce/sspw/pdf/WI_2021_YRBS_Tables.pdf

SAUK COUNTY YOUTH MENTAL HEALTH DATA

Data Source: 2021 Youth Risk Behavior Survey Reports for Sauk County¹ and Statewide²

Self Reported Anxiety (Students who experienced significant problems with anxiety in the past 12 months)

- **Sauk County High School Students - Overall 52% - Female 58% vs Male 37%**
- Wisconsin High School Students - Overall 52% - Female 66% vs Male 39%
- **Sauk County Middle School Students - Overall 55% - Female 68% vs Male 44%**

Self Reported Depression (Students who experienced prolonged, disruptive sadness in the past 12 months)

- **Sauk County High School Students - Overall 33% - Female 46% vs Male 21%**
- Wisconsin High School Students - Overall 34% - Female 46% vs Male 22%
- **Sauk County Middle School Students - Overall 32% - Female 41% vs Male 23%**

Seriously Considered Suicide (Students who seriously considered suicide in the past 12 months)

- **Sauk County High School Students - Overall 17% - Female 24% vs Male 11%**
- Wisconsin High School Students - Overall 18% - Female 25% vs Male 12%
- **Sauk County Middle School Students - Overall 19% - Female 25% vs Male 14%**

Had a plan for suicide (Students who had made a plan for suicide in the past 12 months)

- **Sauk County High School Students - Overall 14% - Female 19% vs Male 9%**
- Wisconsin High School Students - Overall 15% - Female 19% vs Male 10%
- **Sauk County Middle School Students - Overall 13% - Female 17% vs Male 9%**

- Mental health and substance misuse problems are common among youth and come at an enormous cost to individuals, families and communities.³
- The links between mental health and substance abuse issues are complex. They might develop independently as a result of common risk factors or one might lead to the other as a result of self-medication or prolonged distress.³
- The most proven way to address co-occurring mental health and substance abuse disorders is to stop them before they start. Prevention of and early intervention for mental health and substance use problems is best.³

1. Tortora, Owen, McCoy, Katherine, and Frederick, Carl. 2021 "Sauk County 2021 Youth Risk Behavior. Survey Results (High School Version)". Madison: Wisconsin Department of Public Instruction.

2. Tortora, Owen and McCoy, Katherine. 2023. "Wisconsin 2021 Youth Risk Behavior Survey Comparison Tables". Madison: Wisconsin Department of Public Instruction. https://dpi.wi.gov/sites/default/files/imce/sspw/pdf/WI_2021_YRBS_Tables.pdf

3. Canadian Centre on Substance Abuse. 2013 "When Mental Health and Substance Abuse Collide". <https://www.ccsa.ca/sites/default/files/2019-05/CCSA-Mental-Health-and-Substance-Abuse-2013-en.pdf>



GET IN TOUCH



CONTACT US :



Call/Text Coalition Coordinator 608-477-3609



www.p4psauk.org



p4psauk@saukcountywi.gov



Office: 505 Broadway Suite 372, Baraboo, WI 53913



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