

CELEBRATING 10 YEARS OF WORKING TOGETHER

Davis4Health

COMMUNITY HEALTH IMPROVEMENT PLAN

2023 Progress Report



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5-Year Highlights

Priority 1: Suicide

- Received funding for **Suicide Prevention Coordinators** to align efforts in Davis County.
- **Suicide survivor support group** launched in 2019, meeting twice per month. **EvryMan support group** launched in 2021, meeting twice per month.
- Formed the **Suicide Postvention Workgroup** to assess the gaps in coordinated support for the community and individuals affected by a suicide death.
- Identified available **healthy relationship initiatives** for building connection, improving mental health, and reducing the risk of suicide.
- Expanded **Learning to Breathe classes**, a mindfulness curriculum for adolescents to cultivate emotion regulation, attention, and performance.
 - Taught in 203 sixth-grade classes in 61 schools, 7 tenth-grade classes in 2 schools, 24 eighth-grade classes in 6 schools
 - Taught 12 adult community classes and 2 youth court classes
 - 3 schools with onsite instructors
- **Bullying on school property** decreased from 25.0% in 2017 to 19.3% in 2023, reaching the target measure of 22.5%.

Priority 2: Adverse Childhood Experiences & Trauma

- Five annual **Resilience Symposiums** held.
 - 1,658 total participants
 - Almost 3,000 views of recordings
- **Abuse Prevention Workgroup** began meeting in September 2022.
- Davis County held multiple **trainings to prevent abuse and violence**.
 - Bystander Intervention
 - Strangulation Training
 - Seeking Safety
 - Danger Assessment
- In 2022, Davis County became the first county in Utah where all law enforcement agencies use **Lethality Assessment Protocol**.
- Released the **Violence, Abuse & Trauma Assessment**.
- **Davis County Adverse Childhood Experiences** data infographic published.
- **Youth that have been hit or injured by a dating partner in the past 12 months** decreased from 5.3% in 2017 to 3.7% in 2023, reaching the target measure of 4.77%.

Priority 3: Opioids

- Created the **Opioid Education Misuse Prevention Toolkit**, found on the Davis County Opioid Safety webpage.
- Developed and routinely updated a county **Opioid Crisis Response Plan** and worked with northern Utah partners to plan a regional **Opioid Crisis Response Drill**.
- Provided partners with **Suspected Spike in Drug Overdoses Report** when there were unexpected increases in opioid overdose deaths.
- Annual **prescription drug take back events** resulted in 11,868 pounds of unused medicine being safely collected.
- Workgroup partners provided **naloxone** training and supply to the community. Over-the-counter naloxone became available in 2023.
- Completed a **new medical wing at Davis County jail**.
- As a result of the **2022 statewide opioid settlement** with pharmaceutical distributors, Davis County will receive nearly \$11.6 million over 18 years towards opioid treatment and prevention efforts.
- **Met all target measures**. Decreases in:
 - Opioid prescriptions dispensed
 - Number of opioid tablets in each prescription
 - High risk prescribing
 - Opioid overdose deaths

Coordinated Prevention

- The **Davis Mindfulness Center** opened and offers community education opportunities to cultivate community resilience through mindfulness training and wellness education.
- Expanded **Communities that Care (CTC) coalitions** to all Davis County cities.
- Shared **Student Health And Risk Prevention (SHARP)** data through various education tools and community leader training.
- **Youth prevention leadership training** has continued throughout Davis County.
 - Davis County Youth Council
 - Camp Thrive
- **Decreased youth in need of substance abuse treatment** from 2.9% in 2017 to 1.4% in 2023, reaching the target measure of 2.61%.

Improving Access to Behavioral Health Services

- Opened the **Davis County Receiving Center**, an alternative to jail and emergency departments for substance use and mental health-related issues.
- Created two **Mobile Crisis Outreach Teams (MCOT)** to provide behavioral health crisis services in the community.
- Launched **988 Suicide & Crisis Lifeline** and system connection to local mobile crisis outreach team.
- Launched the **Davis Behavioral Health Network**.
 - 290 underinsured or uninsured patients served
 - 784 sessions
- Expanded **school-based mental health services** and **staff that connect to community resources**.
- Held **mental health screenings** for youth in preschool to 12th grade.
 - 9 events
 - 558 completed mental health/ACEs screenings and met with mental health professionals
 - Developed 35 safety plans, agreements aimed at keeping kids from harming themselves or others
- Distributed 3,300+ copies of the **Davis County Behavioral Health Directory**; several Davis County resource directories can be found at directories.davis4health.org.
- Expanded **supportive housing** for those with chronic mental health and substance use disorders.

Background

Davis4Health

Davis4Health is Davis County's health improvement collaborative 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 (pictured right), 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 & Programs
4. Act on What's Important
5. Evaluate Actions

Community Health Improvement Plan

The purpose of the 2023 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:

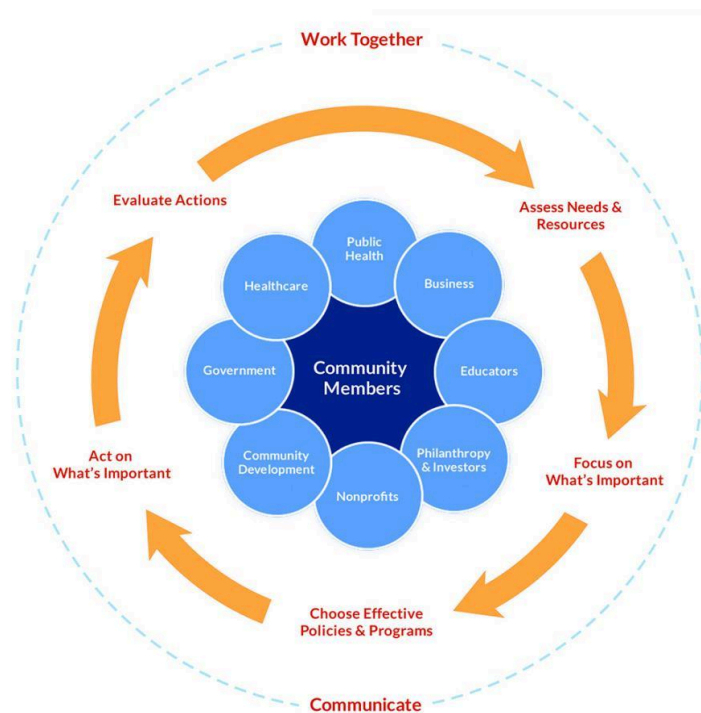
1. **Suicide**
2. **Adverse Childhood Experiences & Trauma**
3. **Opioids**

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 at this [link](#).



Priority 1: Suicide

Davis HELPS

Davis Health Education and Law Enforcement Programs (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 2023. A video link was provided for those who wished 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 Pride
- Davis County Sheriff's Office
- Davis School District
- Davis Technical College
- Department of Workforce Services
- Head Start
- Health Choice Utah
- Hill Air Force Base
- Intermountain Health
- 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
- Utah Health Policy Project
- Veterans Affairs

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 Data	Status
Maintain database to track evidence-based suicide prevention courses and trainers.	Annually	Complete 12/2023
Implement Botvin LifeSkills curriculum in DSD secondary health classes.	12/31/2019	Complete 05/2019
Identify Botvin LifeSkills champions in DSD and the community that can share success stories.	12/31/2023	Complete 12/2023
Complete Hope Squad evaluation.	12/31/2023	Complete 12/2023
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	Complete 12/2023
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

Long-term Objectives	Target Date	Status
15% increase in DSD school and student participation in mindfulness initiatives.	12/31/2023	Complete 05/2023
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	Not Complete*

*The Utah State Legislature approved funding for Botvin Lifeskills program teacher training and materials for the next five years (2024-2028). There is no funding for end of program surveys or parent/guardian feedback.

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)	31.0% (2023)	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)	28.5% (2023)	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)	19.3% (2023)	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)	25.3% (2023)	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)	6.8% (2023)	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)	20.2 deaths per 100,000 (2020-2022)	10.2 deaths per 100,000 (2030)

* A 10% reduction from baseline

** Healthy People 2020 Target

Suicide Prevention Highlights

Comprehensive Suicide Prevention Grant

In 2022, the Davis County Health Department, in conjunction with Davis Behavioral Health, received one of five Comprehensive Suicide Prevention Grants in Utah.

- Continues to fund county suicide prevention co-coordinators
- Funding also supports suicide prevention efforts throughout the county. Examples include: gatekeeper training supplies, print materials, LiveOn promotions, means safety products, coalition meeting and assessment supplies, partner mini-grants, etc.

Training and Awareness

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

- 24 gatekeeper trainings conducted, reaching 1,665 people
- 208 participants trained in Youth Mental Health First Aid through Davis School District
- Question, Persuade, Refer (QPR)
 - All Davis County library staff trained
 - Over 1,000 manuals provided to local QPR instructors
 - 3 additional community members became certified as QPR instructors
- Updated the Davis County Health Department's Suicide Prevention [webpage](#) to share more about suicide prevention and local, state, and national resources. The webpage can also be used to request suicide prevention training.



Utah Live On

Live On is Utah's effort to prevent suicide by promoting education, providing resources, and changing our culture around suicide and mental health. Learn more at their [website](#) or [Facebook](#).

- [The Live On Playbook](#) is a suicide prevention course designed as 10 Instagram posts that take less than 5 minutes each to complete. In 2023, a Live On Latino and Live On Military edition were launched.
 - Live On Latino on [Instagram](#), [Facebook](#), and [Youtube](#)
 - Live On Military Edition on [Instagram](#) and [Youtube](#)
- Live On promotions in Davis County:
 - Live On banners and over 250 posters were hung in community spaces including indoor swimming pools, schools, recreation centers, libraries, and clinics
 - Live On campaign was promoted at over 50 community events
 - Live On ads were printed in the Connections Magazine (distributed to Syracuse and Clearfield residents) and the Hometown Values Magazine (distributed to 93,500 homes in the county)

Davis County Health Department (DCHD) Keep Walking and Live On

The DCHD Walking Program is an 8-week self-paced program focused on improving physical fitness, mental well-being, and social connections through walking.

- 105 people registered
- Of the participants who took the feedback survey:
 - 86% followed the Live On Utah Playbook or visited liveonutah.org to learn more about suicide prevention
 - 83% plan to continue walking
 - 80% increased their level of physical activity

"This program made me more mindful of walking outside, and I found that I really enjoyed it and learned a lot about mental health."

Means Safety

Almost half of suicide deaths in Davis County are by firearm. Reducing access to lethal means of self-harm for a person at risk of suicide is an important part of a comprehensive approach to suicide prevention. Secure storage of firearms is an evidence-based suicide prevention practice to reduce suicide risk.

- 4,900 gun locks distributed through Intermountain hospitals throughout Utah, with 350 of those in Davis County
- 285 gun locks distributed by Davis County Health Department
- The Counseling on Access to Lethal Means (CALM) course was updated in 2023
 - Promoted to over 750 medical providers, as well as Human Services directors in Davis County
- 60 firearm safes provided to community partners serving populations at greater suicide risk. Staff completed the CALM course before distributing safes to individuals.
- 300 Detera Medication Disposal packs provided through Senior Services and community events

Suicide Postvention

The Suicide Postvention Workgroup (pictured below) was formed to address the gaps in coordinated support for the community and individuals affected by a suicide death. The workgroup includes a variety of community partners that meet to increase collaboration, align resources, and create a community suicide postvention plan.

- 2 meetings were conducted in 2023.

To access state resources, visit the Utah Suicide Prevention Coalition's [Community Postvention Toolkit](#).

Contact: Teresa Smith at teresaj@co.davis.ut.us



Support Groups by Davis Behavioral Health

Visit the Davis Behavioral Health Support Groups [webpage](#) for more information and to sign up.

- **Suicide Loss Grief Support Group**
 - Held on the 2nd and 4th Monday of the month at 6 pm, for ages 18+
- **EVERYMAN**, a men's support group for becoming more present and fulfilled in life
 - Held on the 1st and 3rd Thursday of the month at 7pm

Continue Mission

[Continue Mission](#) (CM) is a local organization that has been serving veterans, service members, and their family/support members since August 2014. The program has grown significantly since then.

- 2,881 veterans and support members served in 2023
- 160 events held in 2023 at no cost to participants
- To learn more about the impact of the program, see the [2023 CM Veterans Impact Inquiry Report](#).



Northern Utah Hope Task Force

The Northern Utah Hope ([NUHOPE](#)) Task Force is an active coalition of community members and professionals from diverse backgrounds working together to increase suicide awareness and prevention. They primarily serve Weber County but do outreach in Davis County as well.

- NUHOPE provided multiple trainings throughout the community:
 - Question, Persuade, Refer (QPR)
 - SafeTalk
 - Youth Mental Health First Aid
 - Mental Health First Aid
 - Vital Cog
 - Everyday Strong
- Conducted 110 presentations on suicide prevention (Signs of Suicide) in Davis County schools, reaching about 3,300 tenth-grade and eighth-grade students
- Supported Hope Nights at local high schools, health fairs at Davis Technical College, and Everyday Strong workshops at various schools
 - NUAMES Night of Hope featured presentations and handouts on [The SELFIE Method](#).
- Taught several Mental Health First Aid classes in the community
- 2,800+ attended the NUHOPE Annual Suicide Awareness Walk on September 16



North Davis Project Illumination

North Davis Project Illumination hosts “Illumination”, a free community event that focuses on what we can do daily to support our mental health. Learn more at their [website](#), [Facebook](#), and [Instagram](#). At the event on September 9:

- 2,500+ people attended
- 35+ people participated in the first annual Project Illumination Hope Walk
- 16 youth groups and 12 community partners hosted booths, bringing hope and awareness about protective factors associated with mental health



Learning to Breathe

Learning to Breathe (L2B) is a mindfulness curriculum for adolescents to cultivate emotion regulation, attention, and performance. It is administered in partnership with Davis Behavioral Health (DBH) and Davis School District. Watch this informational [video](#) to learn more about the curriculum; access L2B resources at the online recording and resource library [webpage](#).

- North Davis Communities that Care (CTC), Layton CTC, Central CTC, and South Davis CTC secured grant funding for the elementary school implementation of L2B. See table below for numbers served.
- Piloted L2B in 3 junior high schools in fall 2023. Funded by Davis Education Foundation.
- 13 additional individuals trained to teach L2B
- DBH developed a L2B Parent Handbook, a L2B Card Deck, L2B Parent Intro Videos, and a L2B app to support the implementation of L2B in 6th and 8th grade
- DBH partnered with the Layton Youth Court to offer L2B as an intervention; 12 participants were served.

	Age Group	Schools	Classes	Students*
January - April 2023	6th Grade	22	85	2,270
	10th Grade	2	7	210
August - December 2023	6th Grade	39	118	3,218
	8th Grade	6	24	722
	Adult	-	12	95
	Youth Court	-	2	12

*Boulton Elementary, Fairfield Jr. High, and NUAMES have an onsite L2B instructor and are not included in the number of students served by DBH instructors.

“At night I really struggle with my thoughts racing. I love remembering that thoughts are just thoughts. It really helps to calm my mind.”
- 8th grade student

Parent Series

Davis School District partnered with the Cook Center for Human Connection to provide parent education and mental health resources. Sign up in [English](#) and [Spanish](#) and access resources on parentguidance.org.

- Parent series monthly virtual events averaged 350 participants per session
- 4 Spanish sessions were added in 2023

Hope Squads

Hope Squad is a school-based, peer-to-peer suicide prevention program that reduces the risk of youth suicide through age-appropriate education, training, and peer intervention.

- 27 Hope Squads in Davis School District (DSD) secondary schools and 47 Junior Hope Squads in DSD elementary schools
- Hope Squads are also conducted in charter and non-traditional schools
- Hope Squad assessment was completed in the spring of 2023 with participation from 75 advisors.
 - Find the assessment is on the Davis County Health Department Reports and Assessment [page](#).



Botvin Life Skills

Botvin LifeSkills Training (LST) is an evidence-based prevention program for substance abuse and other risky behaviors such as violence. It needs to be taught with fidelity to have the maximal benefit.

- The Utah State Legislature extended funding for teacher training and course materials for the LST program through 2028
- Davis Behavioral Health partnered with Davis School District to evaluate LST implementation
 - 39 survey responses were collected from LST instructors and 9 instructors were involved in 2 listening sessions.
 - Themes identified: more feasible implementation in elementary grades than in the secondary grades; not enough time to teach concepts and health core curriculum; digital content would be valuable; some material is out-of-date
 - During the summer, 5 elementary school counselors participated in a workgroup that created presentation slides and interactive activities for LST lessons in the district. They also provided feedback about how to engage and support instructors.
 - During the 2023-24 school year, surveys were collected after each lesson and to document success stories. 128 instructor responses were received from 24 individuals.

Healthy Relationship Initiatives, Safe Harbor

Safe Harbor is a nonprofit organization that provides shelter, supportive services, and advocacy to survivors of domestic violence and sexual assault. They also provide education, awareness, and resources to the community. In 2023, they taught Healthy Relationships in Davis County Schools, a condensed version of the evidence-based program "Safe Dates" written by Vangie Foshee, Ph.D. and Stacey Langwick, Ph.D. Contact: Abbie Webb at abigailw@safeharborhope.org

- 35 classes taught in 7 schools with 13 teachers
- 927 students participated in the Fall 2023 semester

Grandfamilies

Grandfamilies is a statewide support, advocacy, educational, and crisis intervention program of the Children's Service Society of Utah. They operate in five counties in Utah, including Davis County. Learn more about [Grandfamilies programs](#). Contact: Brittany Mayhew at brittany@cssutah.org

- Received an Exemplary Program Designation through the Grandfamilies and Kinship Support Network (a federally-funded national organization that supports those who serve grandfamilies and kinship families)
- Completed 2 virtual sessions of Botvin LifeSkills, which included participants from Davis County
- Completed 4 sessions of support groups at the Clearfield office



DCHD Personal Responsibility Education Program

Relationship classes taught through Davis County Health Department's Communicable Disease and Epidemiology Division. Contact: Lizz Merrill at emerrill@co.davis.ut.us

- **Making Proud Choices! (MPC!)** is a sex education curriculum that heavily discusses communication skills within relationships and with partners of all kinds.
 - 378 participants were taught at Clearfield Job Corps in 2023
- **Sexual Health and Adolescent Risk Prevention (SHARP)** is a sex education curriculum that includes how to communicate with partners in healthy ways in various situations.
 - 313 participants were taught at Clearfield Job Corps in 2023
- **Teen Outreach Program (TOP)** is a social-emotional learning after-school program that runs through the school year teaching skills such as emotion management, decision making, communication, and how to navigate personal values within various relationships. TOP also touches on sex education and healthy relationships throughout the program.
 - 28 participants completed TOP implemented at Mercy Housing and Career Path High in Kaysville

Communities That Care Parenting/Family Classes

Communities that Care (CTC) is a coalition model for reducing youth violence, alcohol and tobacco use, and delinquency. CTCs in Davis County are organized by Davis Behavioral Health. They implement many parenting/family relationship classes.

- 19 Everyday Strong classes reaching 310 participants
- 14 Circle of Security Parenting classes reaching 80 participants
- 12 Strengthening Families Program classes reaching 214 participants

"The experience was amazing. It gave me tools that I didn't even know were available to help build a better relationship with each of my children."
- Circles of Security Parenting participant

Suicide Prevention Resources

988 Suicide & Crisis Lifeline

Call or text 988 or chat 988lifeline.org

- **Veterans Crisis line - 988 then press 1**
<https://www.veteranscrisisline.net/>

American Foundation for Suicide Prevention (AFSP)

Resources for those who have lost a loved one to suicide. Training for survivors to get involved in education and advocacy. [Afsp.org](https://afsp.org)

Continue Mission - No Veteran Left Behind

801-560-9889, continuemission.org

Community Suicide Prevention Training, DCHD

801-525-5070,

<https://www.daviscountyutah.gov/health/community-health-services-division/community-health-division/suicide-prevention>

Davis Behavioral Health 24-Hour Crisis Response Line

801-773-7060, [dbhutah.org](https://dbh.utah.gov)

Davis County Receiving Center

24 hour crisis response site

<https://www.dbh.utah.gov/about/facilities/the-receiving-center/>

National Action Alliance for Suicide Prevention

The public-private partnership advancing the National Strategy for Suicide Prevention.

[Theactionalliance.org](https://theactionalliance.org)

National Alliance on Mental Illness (NAMI) Utah

Free education and peer support for those who struggle with mental illness, and separate education and peer support for family members. 801-323-9900,

[Namiut.org](https://namiut.org)

ParentGuidance.org

A library of free courses, developed by leading mental health experts, offer hope, answers, and compassionate help. [Parentguidance.org](https://parentguidance.org)

Safe UT

Provides real-time crisis intervention to youth.

Download the app. [Safeut.org](https://safeut.org)

The Church of Jesus Christ of Latter-Day Saints

Suicide Prevention and Ministering

churchofjesuschrist.org/get-help/suicide

The Trevor Project

This free 24-hour service is geared toward LGBT teens in crisis. 1-866-488-7386, [Thetrevorproject.org](https://thetrevorproject.org)

Utah Suicide Prevention Coalition, Live On Campaign

Dedicated to suicide prevention, the promotion of resiliency, and supporting those impacted by suicide. [Liveonutah.org](https://liveonutah.org)

Utah's Suicide Prevention Playbook

Suicide prevention course taught through short lessons on Instagram, Youtube or Facebook

- **Playbook** [@LiveOnUtah](https://liveonutah.org) or liveonutah.org/playbook
- **Live On Playbook Veterans Edition** - on [Instagram](https://www.instagram.com) and [Youtube](https://www.youtube.com)
- **Live On Latino** - on [Instagram](https://www.instagram.com), [Facebook](https://www.facebook.com), and [Youtube](https://www.youtube.com)

Zero Suicide Framework

Framework for health systems shown to reduce suicide deaths for people in care.

sumh.utah.gov/services/treatment/zero-suicide-framework

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

The Committee meets every other month on the second Wednesday at 9 AM. In 2023, five meetings were held. Most meetings were held virtually except for the meeting in August, which was in person.

Community Partners

- Bountiful Food Pantry
- Children's Service Society
- Clearfield Job Corps
- The Church of Jesus Christ of Latter-day Saints
- Davis Behavioral Health
- Davis Community Learning Center
- Davis County Commission
- Davis County Grant Coordinator
- Davis County Health Department
- Davis Education Foundation
- Davis School District
- Davis Technical College
- Davis County Domestic Violence Coalition
- Department of Workforce Services
- Friends for Sight
- Head Start
- Hill Air Force Base
- Holy Cross Hospital - Davis
- Intermountain Health
- Open Doors
- Pioneer Adult Rehab Center
- Roads To Independence
- Safe Harbor
- Utah PTA
- 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 01/2023
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	Not Complete*

*One grant application was submitted.

Long-term Objectives	Target Date	Status
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	Not complete*
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	Complete 12/2023
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	Complete 12/2023
Three organizations will pilot an ACEs and resilience screening tool.	12/31/2023	Not complete**

*Baseline was not identified; however, several evidence-based interventions, programs, and promising practices were initiated.

**An ACEs screening was piloted and has been used at all community mental health screening events for youth.

Population Measures	Baseline	Current Measure	Target Measure
Decrease the prevalence of interpersonal violence in Davis County from 12.4% (2016) to 11.16%** by 2023. (IBIS)	12.4% (2016)	14.9% (2022)	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)	3.7% (2023)	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)	28.5% (2023)	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)	31.0% (2023)	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)	20.2 deaths per 100,000 (2020-2022)	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)	801.8 victims per 100,000 children (2021-2023)	735.6 victims per 100,000 children (2030)

*Healthy People 2020 Target

**A 10% reduction from baseline

ACEs & Trauma Highlights

Davis County's 5th Annual Community Resilience Symposium

The symposium was held virtually and in person at Davis Technical College on January 27. It was planned by a subgroup of the Davis County Human Services Directors Committee. The event holds a three-fold purpose: 1) build ACEs awareness; 2) become a trauma-informed community; and 3) increase self-care.

- 344 people participated (112 in person and 232 virtually)
- Free admission thanks to sponsors
- Evaluation results showed:
 - 98% thought the overall symposium was great/excellent
 - 95% strongly agreed/agreed their knowledge of ACEs, becoming trauma-informed, and self-care increased as a result of the symposium
 - 95% strongly agreed/agreed they'll be able to apply the information learned in their professional and personal lives
- Sponsors included Intermountain Health (\$5,000), Davis Hospital (\$2,500), Davis Technical College, Davis Behavioral Health, and Davis County Health Department



"I love the symposium and look forward to it every year. It has made me more aware of my role in my work with families and has also helped me personally find ways to be more resilient."

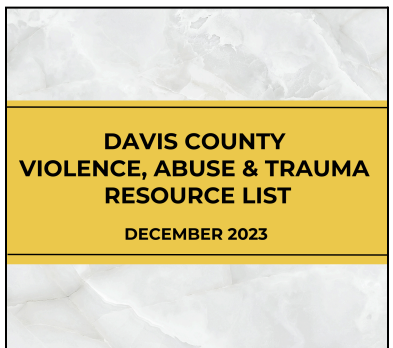
Statewide Lethality Assessment Law

Effective July 1, 2023, all police agencies in Utah are required to conduct lethality assessments per the [Lethality Assessment Law](#). The assessment includes a series of questions that can help determine if someone is at risk of being murdered. If someone answers "yes" to a question, they're connected to victim services.

Until now, about half of Utah police agencies conducted lethality assessments when responding to a family disturbance or a domestic violence call. Communication between police agencies was also lacking. Under the new program, Utah's Department of Public Safety created a uniform online questionnaire for an officer to complete. The information is uploaded to the agency, which cross-checks it with other police departments' criminal histories and databases. This can help identify if someone involved, for example, has been arrested in another city for assault or has recently applied to purchase a gun.

Violence, Abuse & Trauma Resource Directory Update

The Violence, Abuse & Trauma Assessment was released in 2021. The assessment included a resource directory which was updated in 2023. The resource directory can be found at directories.davis4health.org.



Youth Mental Health Screening Events

Youth mental health screenings are coordinated twice a year by Davis Behavioral Health, Davis County Health Department, Davis School District, and USU Extension. Refer to the Access Highlights for a more complete description of the events. The first event in 2023 served youth in preschool through sixth grade, and the second served youth in seventh through twelfth grade.

- 110 youth completed the Adverse Childhood Events (ACEs) screening
- About 15% of those screened had four or more ACEs

Hill Air Force Base Sexual Assault Prevention & Response Team

The Sexual Assault Prevention and Response Team (SAAPM) provides integrated and coordinated care to sexual assault survivors, advocacy services, and sexual assault prevention training. In 2023, the team held numerous events.

- Combating Trafficking in Persons event held on January 24
 - Guest speakers from the Internet Crimes Against Children's Task Force (Utah Attorney General's Office) and Woods Cross Police Department accompanied by K9 Flash
- Integrated Response Center Open House held on April 3
 - Signed a proclamation declaring April as Sexual Assault Awareness and Prevention Month
- SAAPM Breakfast at the Hill Aerospace Museum held on April 7
 - Guest speaker Donna Bartos from Bloom 365 provided motivation to cultivate a culture of consent and respect where sexual assault and domestic violence are never tolerated.
- Hosted two Peer Influencer Trainings
 - Donna Bartos trained over 60 young Airmen using her 3R's (Recognize, Respond, Reframe) curriculum. Through the training, they gained knowledge and tools to prevent sexual and domestic violence at the root causes, promote safe and healthy relationships, and protect peers and future generations from the harm of interpersonal violence.
- Trauma-Informed Training and [Bristlecone Documentary](#) showing, raising awareness about men's potential to reclaim healthy, meaningful lives after experiencing sexual abuse/assault.
- SAPR Defender Liaison Training where Security Forces personnel learned how victim advocates respond to clients of sexual assault, learned of resources in the area, and where to direct clients for confidential support.
- Hosted the trauma-informed self-defense workshop, "Building Resilience Against Violence & Extremism", with facilitators from Operation BRAVE.



Maternal & Child Health Education

Targeted Case Management nurses from the [Davis County Health Department](#) provide parents and caregivers with free and confidential in-home education and one-on-one support from a child's birth to age 8.

- 455 caregivers were educated on ACEs and how they impact their lives and their children's lives.

Coalition for Abuse Prevention of the Elderly

The mission of the Coalition for Abuse Prevention of the Elderly (CAPE) is to shield older adults from abuse, neglect, exploitation, and fraud through prevention, awareness, education, and justice. There are 53 members from 18 organizations and agencies.

- 23 cases staffed
 - Themes of cases include hoarding, self-neglect, financial exploitation, abuse of guardianship or power of attorney, tenant/landlord disputes, and emotional abuse
- 7 trainings were provided
 - Training topics included APS Intake Process, Utah Office for Victims of Crime, Rental Housing Association - Eviction Process, Statewide Elder Justice Initiatives, Risk Detector Phone Application, DAAS Care Coordinator Program, and APS Collaboration

SUCCESS STORY: An older person who had extended family living with them in their small home was being financially exploited, physically neglected, and emotionally abused. CAPE members were able to slowly integrate the person into a safe environment in a senior center. They ultimately assisted in helping the individual transition to a care facility where their needs could be met and advocated for their friends to be able to visit them regularly.

Davis County Domestic Violence Coalition

The Davis County Domestic Violence Coalition seeks to raise awareness of domestic violence issues and collaborate with the community in finding and implementing solutions.

- Seeking Safety Training was virtually held on February 22
 - Facilitated by Gabriella Grant
 - 37 people attended
- Danger Assessment Training was held on September 20
 - Facilitated by Jacqueline Campbell, the creator of the Danger Assessment (pictured middle)
 - Approximately 95 people attended and to date, 65 have become certified on the Danger Assessment



Davis School District

- Staff are required to take a training on bullying every school year. Child abuse and human trafficking trainings are required every other year.
- 33 staff participated in the trauma-sensitive practices course.

Department of Workforce Services

- Participated in statewide training for Career and Education teams on trauma-informed care and ACEs with a focus on working with youth customers
- New staff continued to receive training on trauma-informed care and ACEs

Safe Harbor

Safe Harbor is a nonprofit organization that provides shelter, supportive services, and advocacy to survivors of domestic violence and sexual assault. They also provide education, awareness, and resources to the community.

- Broke ground for transitional housing expansion
- Expanded Sexual Assault Nurse Examiner program and created more partnerships with hospitals and law enforcement
- Conducted the Trauma-Informed Training at Davis Links in June where 27 people attended

Head Start

Head Start is a federally-funded program that provides comprehensive education, health, nutrition, and family services to poverty-level children and their families. Head Start has 21 locations in Davis County.

- Adopted Conscious Discipline principles, an evidence-based, trauma-informed approach, as its social-emotional learning curriculum

Prevent Child Abuse Utah

Prevent Child Abuse Utah is a statewide nonprofit dedicated to ending child abuse and neglect. They provide training on how to identify, report, and prevent childhood abuse. Below are the data for Davis County individuals who participated in training.

- 1,653 adults, online and in-person (including educators, parents, coaches and youth leaders)
- 791 elementary students in 32 classes
- 978 middle and high students in 34 classes

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	36.4%	34.3%
1-3 ACEs	46.6%	47.0%
4+ ACEs	17.0%	18.7%

Source: IBIS Utah Behavioral Risk Factor Surveillance System 2018, 2020 & 2022 (age-adjusted)

For more information contact the Davis County Health Department at 801-525-5072

% of Adults Who Report Abuse**Physical**

DAVIS COUNTY

UTAH

22.2%

25.7%

Sexual

14.0%

14.6%

Emotional

40.9%

41.2%

Source: IBIS Utah Behavioral Risk Factor Surveillance System 2018, 2020 & 2022 (age-adjusted)

% of Adults Who Report Household Challenges**Mental Illness**

DAVIS COUNTY

UTAH

27.9%

25.6%

Incarcerated Household Member

7.0%

8.8%

Domestic Violence

15.4%

17.5%

Substance Abuse

22.2%

25.3%

Parental Divorce/Separation

22.5%

23.9%

Source: IBIS Utah Behavioral Risk Factor Surveillance System 2018, 2020 & 2022 (age-adjusted)

Updated January 2024

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.

ACEs & Trauma Resources

ACEs Aware acesaware.org

Adverse Childhood Experiences (ACEs), CDC
cdc.gov/violenceprevention/aces/index.html

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

Crisis/Respite Nursery, Open Doors
opendoorsutah.org/family-support

Davis Mindfulness Center
dbh.utah.org/mindfulness/

Elizabeth Smart Foundation
elizabethsmartfoundation.org

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

GreenTREE Yoga
greentreeyoga.org

Help Me Grow
helpmegrowutah.org

HOPE—Healthy Outcomes from Positive Experiences
positiveexperience.org

Malouf Foundation
malouffoundation.org

Mindful Schools
mindfulschools.org

No Hit Zone
nohitzone.com

Number Story
numberstory.org

PACEs Connection
pacesconnection.com

Prevent Child Abuse Utah
pcautah.org

Resilience: The Biology of Stress and the Science of Hope (documentary, 60 min)
kpjrfilms.co/resilience

Saprea
saprea.org

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

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

Strong Parents Stable Children, USU Extension
extension.usu.edu/relationships/spsc-training

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

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

Trauma-Informed Utah
traumainformedutah.org

Uplift Families
upliftfamilies.org

VetoViolence Campaign and App
vetoviolence.cdc.gov

Violence, Abuse & Trauma Resource List
directories.davis4health.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 virtually once a quarter (January, April, July, October) on the second Thursday of the month.

Community Partners

- Bountiful Police Department
- Centerville Police Department
- Davis Behavioral Health
- Davis County Dispatch
- Davis County Health Department
- Davis County Sheriff's Office
- Davis School District
- Department of Workforce Services
- Fairfield Veterinary Hospital
- Holy Cross Hospital - Davis
- Intermountain Health
- 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	Complete 01/2024*
Develop and conduct an assessment of education campaigns and healthcare system policies impacting prescribing practices.	12/31/2023	Not Complete**
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†	Complete 2023
Report number of naloxone kits distributed by partner agencies in Davis County.	Annually†	Complete 2023
Report number of naloxone doses dispensed by pharmacies in Davis County.	Annually†	Complete 2023
Report naloxone administered/opioid overdose reversals in Davis County.	Annually†	Complete 2023
Support national and local drug/medicine take back events.	Annually	Complete 2023
Complete Davis County substance abuse prevention strategic plan.	12/31/2023	Not Complete‡
At least one city or CTC will complete a local substance abuse prevention plan.	12/31/2023	Complete 12/2023
Educate about availability and use of community and provider data dashboards.	12/31/2023	Complete 2023
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 2023 to 2024 due to multi-county coordination.

**Objective not completed due to changes in national and statewide efforts and capacity.

†Monitored at a state or agency level.

‡Community partners choose to create local plans through CTCs.

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	Complete 12/2023
Provide recovery support following a crisis within 24 hours of an overdose.	12/31/2023	Complete 12/2023
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 to 681.8* opioid prescriptions dispensed per 1,000 by 2023. (Opioid dashboard)†	757.6 opioid prescriptions dispensed per 1,000 (2014-2016)	599.5 opioid prescriptions dispensed per 1,000 (2019-2021)	681.8 opioid prescriptions dispensed per 1,000 (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 (2023)	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 to 112.2* opioid prescriptions dispensed per 1,000 by 2023. (Opioid Dashboard)	124.7 opioid prescriptions \geq 90 MME dispensed per 1,000 (2014-2016)	72.0 opioid prescriptions \geq 90 MME dispensed per 1,000 (2019-2021)	112.2 opioid prescriptions \geq 90 MME dispensed per 1,000 (2023)
Decrease opioid overdose deaths in Davis County from 14.4 (2014-2016) deaths per 100,000 to 13.0* deaths per 100,000 by 2023. (Opioid Dashboard)†	14.4 deaths per 100,000 (2014-2016)	11.5 deaths per 100,000 (2019-2021)	13.0 deaths per 100,000 (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 (2013-2015)	18.5 deaths per 100,000 (2020-2022)	13.2 deaths per 100,000 (2030)

*A 10% reduction from baseline

**Healthy People 2020 target

†Baseline and target measure changed due to availability of a more accurate source

Opioid Death Prevention Highlights


Naloxone Efforts

Trainings

- New staff at Davis Behavioral Health were trained monthly on how to use naloxone.
- In 2023, 8 Intermountain Health staff were trained on how to use naloxone.
- Intermountain Health provided naloxone training and kits to 173 Davis County community members in 2023.
- In 2023, 196 staff members at the Davis County Sheriff's Office were trained on how to use naloxone.
- Naloxone training was provided at Davis Pride and the spring and fall wellness fairs at Davis Technical College by Intermountain Health.

Naloxone Availability

- Davis Behavioral Health provided naloxone education and kits to all clients with an opiate use disorder, their family members, and anyone else who wanted one. As a result of their efforts, kits were used to help with 150 documented opioid overdose reversals in 2023.
- Through a partnership with Utah Naloxone, the Davis County Receiving Center continued to provide naloxone kits to those in need.
- Davis County Health Department distributed 19 naloxone kits to communities in Davis County in 2023.
- Naloxone kits continue to be available to the public through Utah Naloxone at utahnaloxone.org.
- Naloxone continued to be distributed by pharmacies in Davis County.
- Over-the-counter naloxone became available in stores and online in 2023 at a cost of ~\$45 per nasal spray box. Narcan® nasal spray can be purchased at: narcan.com/buy.
- Law enforcement, Emergency Medical Services (EMS), and hospitals continued to use naloxone to reverse opioid overdoses.
- Medical staff with the Davis County Sheriff's Office Corrections Division administered 8 naloxone kits in 2023.
- The health department can continue to order Narcan® in 2024. Supplies will be limited and distribution will be prioritized for those with greatest need.





PURCHASE NARCAN® NASAL SPRAY NOW

NARCAN® Nasal Spray is available online at these retailers, or you can find the closest retailer near you.

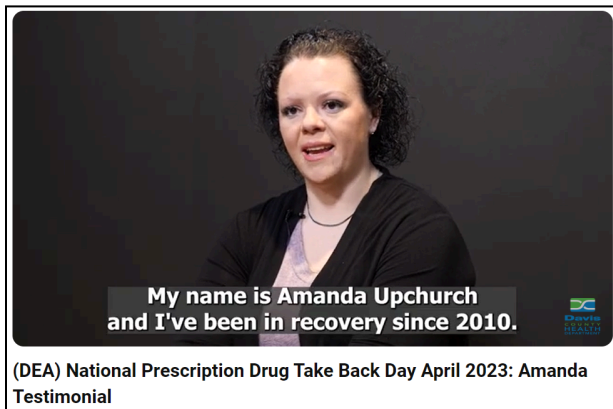
FIND ONLINE

FIND NEARBY

 Davis County, Utah 

Safe Use, Storage, and Disposal

- Over 1,800 pounds of prescription events were collected at take back events held in April and October.
- The Davis County Sheriff's Office actively promoted take back events on social media.
- A local social media campaign produced and promoted by Opioid Workgroup members was held in April in which two peer support specialists at DBH Davis County shared lived experiences.
 - Promotional videos can be viewed on YouTube for [Amanda](#) and [Jami](#)'s stories (pictured below).
- The community continued to use permanent prescription drug drop off boxes. Locations in Davis County can be found at [knowyourscript.org](https://www.knowyourscript.org).
- The health department made available 300 medication disposal kits at community outreach events.



Medication-Assisted Treatment (MAT)

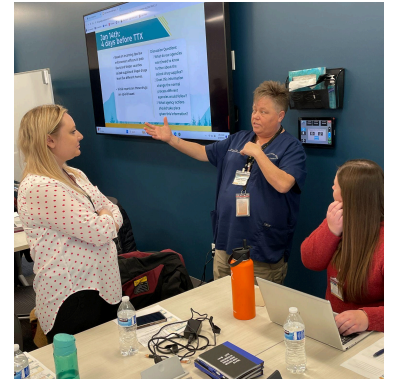
- There were 18 organizations in Davis County with MAT providers in 2023.
- Additional providers can now offer MAT after completing required training and hours.
- Davis Behavioral Health continued to offer case management, therapy, MAT, and recovery support peer services to those in need and had 585 opioid admissions in 2023.
- The Receiving Center has been a great resource for community members and local law enforcement. The Center continued to provide social detox, MAT services, and support with coordination of care for those interested in treatment.

Opioid Data and Education

- State and local opioid data was included in the [2023 Davis4Health Community Health Assessment](#).
- Workgroup partners continued to receive opioid data updates during workgroup meetings from Health Department staff.
- Holy Cross Hospital - Davis continued to participate in the Opt Out of Opioids program, which aims to help providers and patients manage pain while reducing the risk of addiction or overdose. Opioid Opt-Out fliers with discharge instructions were shared with patients in the Emergency Room and Operating Room. Plans were made to share fliers with patients undergoing outpatient surgery in the future.
- Centerville Police worked with Centerville Cares to increase public outreach and training on a variety of health topics through social media messaging.
- Davis County Health Department shared a quarterly opioid newsletter which provided education, informed about resources, and updated partners on events.

Crisis Response Planning

- Davis County Health Department staff continued to participate in and support the Utah Opioid Task Force.
- Suspected Spike in Drug Overdoses Reports continued to be shared with Opioid Workgroup partners to inform them about unexpected increases in overdose deaths and provide action steps.
- Davis County Health Department staff coordinated with partners to hold a multi-county opioid crisis tabletop exercise, Tranq Wave. On January 18, 2024, Opioid Workgroup partners participated in the exercise at the Weber-Morgan Health Department (pictured bottom right).
 - The exercise was designed for partner organizations of the Northern Utah Healthcare Coalition to assess and discuss agency needs in response to an acute opioid response involving a high number of overdose deaths.
 - Partners from three local health districts (Bear River, Davis, and Weber) and the state health department came together to coordinate response efforts at local and regional levels (pictured top right).
 - Davis County agencies in attendance included: Davis Behavioral Health Receiving Center, Davis County Health Department, Davis County Sheriff's Office, Davis School District, Holy Cross Hospital – Davis, Intermountain Health, Intermountain Health Layton Hospital, and Lakeview Hospital.
- There has been a change in health department opioid funding. Preparedness funding will be used to help with ongoing opioid efforts. The Department will continue reviewing data, alerting partners of aberrations, sending an informational newsletter, and updating the Opioid Crisis Response Plan annually.



Opioid Settlement Funds

- In 2022, Davis County was involved in a statewide opioid settlement with pharmaceutical distributors Cardinal, McKesson, AmerisourceBergen, and Johnson & Johnson. As a result, the County will receive nearly \$11.6 million over 18 years to be put towards opioid treatment and prevention efforts.
- In 2023, Davis County received its first installment of \$3.2 million.

Opioid Workgroup

- The Opioid Workgroup was disbanded at the end of 2023 due to changes in community priorities and funding.
- In 2024, community health improvement priorities will continue to impact substance use through more upstream approaches aimed at prevention.
- In the future, the group could reconvene to address needs. Partners have worked together in the past and have good relationships with one another.

Opioid Resources

Centers for Disease Control and Prevention CDC Prescribing Resources.

[cdc.gov/opioids/healthcare-professionals/prescribing/index.html](https://www.cdc.gov/opioids/healthcare-professionals/prescribing/index.html)

The Church of Jesus Christ of Latter-Day Saints, Addiction Recovery Program

addictionrecovery.churchofjesuschrist.org

Clean Slate Utah

cleanslateutah.org

Davis Behavioral Health

Opioid Community Collaborative

dbhutah.org/services/medication-assisted-therapy-mat-opioid-community-collaborative

Davis County Health Department

Davis County Opioid Safety. go.usa.gov/xVEQu

Davis County Medication-Assisted Treatment Providers

daviscountyutah.gov/docs/libraries/provider5/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

Know Your Script

Permanent prescription drug drop off locator.

knowyourscript.org

Purchase Narcan®

Over-the-counter naloxone finder (online and in-person). narcan.com/buy

SAMHSA Find Substance Use Disorder Treatment

[samhsa.gov/medications-substance-use-disorders/find-substance-use-disorder-treatment](https://www.samhsa.gov/medications-substance-use-disorders/find-substance-use-disorder-treatment)

Stop the Opioid Campaign

opidemic.org

Talk to Your Patient Toolkit

Resource for dental providers. uda.org

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

hhs.gov/opioids/

USU Extension, HEART Program

extension.usu.edu/heart/resources

Utah Controlled Substance Database

dopl.utah.gov/controlled-substance-database

Utah Naloxone

utahnaloxone.org

Utah Opioid Data Dashboard

dhhs.utah.gov/opioid-data/

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 4.

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 everyday stress & significant adversity • Recognizing emotions, values, strengths, & challenges* • Managing emotions & behaviors to achieve goals* • Overcoming childhood trauma • Having a sense of purpose 	<ul style="list-style-type: none"> • Making ethical & constructive choices about personal & social behavior* • Making ethical & constructive choices about personal & social behavior* • Seeking help when needed
	Connectedness	<ul style="list-style-type: none"> • Connection to individuals, family, and community • Strong neighborhood attachment • Engaged with school, peers, athletics, employment, faith, & culture • Opportunities & rewards for being involved 	<ul style="list-style-type: none"> • Inclusive environment • 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 	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • 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	Complete* 12/2023
Provide SHARP (youth health survey) data training to partners in Davis County as updated measures become available (2019, 2021, 2023).	Every Other Year	Complete 11/2023
Complete Davis County substance abuse prevention strategic plan (Also in Opioid plan).	12/31/2023	Not Complete**
At least one city or CTC will complete a local substance abuse prevention plan (Also in Opioid plan).	12/31/2023	Complete 12/2023
Involve youth in community health assessment process.	12/31/2019	Complete 06/2019
Provide leadership and prevention training for youth.	Every Other Year	Complete 12/2023
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	Complete 12/2023
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

*Hope Squad program and Botvin Lifeskills Training implementation evaluations were completed in 2023.

**Community partners choose to create local plans through CTCs.

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	Complete 12/2023
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	Complete 12/2023
Develop county prevention messages and talking points.	12/31/2023	Not Complete*
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

*Objective will be addressed in the 2024-2028 Davis4Health Community Health Improvement Plan.

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)	28.5% (2023)	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)	1.4% (2023)	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)	31.0% (2023)	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)	20.2 deaths per 100,000 (2020-2022)	10.2 deaths per 100,000 (2030)

*A 10% reduction from baseline

**Healthy People 2020 Target

Prevention Highlights

Communities That Care (CTCs)

[Communities That Care](#) (CTC) is a coalition model for reducing youth violence, alcohol and tobacco use, and delinquency. CTCs in Davis County are organized by Davis Behavioral Health.

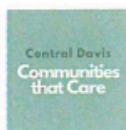
- With North Davis, Layton, Central and South Davis CTCs up and running, every city in Davis County is now served by a CTC Coalition
- Davis Behavioral Health hired and trained new coalition coordinators for each CTC
- Layton, North Davis, and South Davis CTCs have written Substance Use Prevention Plans
- Dedicated efforts by the CTC Diversity Coordinator to increase participation of all populations; Spanish speaking participants increased this year
- CTC Prevention Program [Executive Summary](#) for Fiscal Year 2022-2023



North Davis CTC
(Clearfield, Clinton, Sunset,
Syracuse, West Point)
Shannon Busse
shannonb@dbh.utah.org



Layton CTC
(Layton, South Weber)
Megan Hanshaw
meganh@dbh.utah.org



Central Davis CTC
(Farmington,
Fruit Heights, Kaysville)
Tonya Schilling
tonyas@dbh.utah.org



South Davis CTC
(Bountiful, Centerville, North Salt Lake,
Woods Cross, West Bountiful)
Kierstin Wall
kierstinw@dbh.utah.org

Youth Listening Sessions

- 10 youth listening sessions with over 100 youth were conducted between January and May 2023
- Six sessions were conducted in the south end of the county, and four were conducted in the north
- Youth groups that participated included:
 - Clearfield City Youth Council
 - Sunset City Youth Council
 - West Point City Youth Council
 - West Point Jr Latinos In Action
 - Bountiful City Youth Council
 - West Bountiful City Youth Council
 - Centerville City Youth Council
 - Woods Cross City Youth Council
 - North Salt Lake City Youth Council
 - Woods Cross Latinos In Action
- Explored youth opinions about:
 - protective factors such as family attachments and rewards for prosocial involvement in the community and family
 - risk factors such as family conflict, depressive symptoms, low commitment to school, and low neighborhood attachment
 - substances such as alcohol, marijuana, and vaping
- Listening session summaries include common responses and themes: [North Davis](#) and [South Davis](#)

Davis Mindfulness Center

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

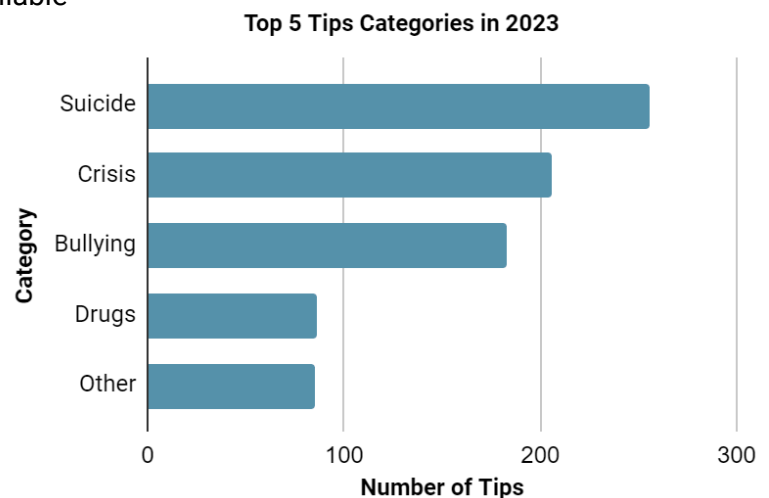
- 7 Mindfulness-Based Stress Reduction classes were taught reaching 78 participants
- Classes and audio recording for all ages can be found at <https://www.dbh.utah.org/mindfulness/>

“ It has helped me to deal with my stress better and be more patient with loved ones and myself. It has pulled me out of a very depressed state and will continue to help me move in a more positive and healthy direction.”

Safe UT

SAFEUT Crisis Chat & Tip Line is a statewide service that provides real-time crisis intervention 24/7 to youth through a live chat and confidential tip program right from a smartphone. Licensed clinicians respond to all incoming chats and calls by providing supportive or crisis counseling, suicide prevention, and referral services. Help with emotional crises, bullying, relationship problems, mental health, or suicide-related issues.

- 2,491 chats and 1,426 tips in Davis School District from 7/1/2022 - 6/30/2023
- Top tip topics included: suicide, bullying, crisis, and drugs
- Specialized service apps for National Guard and Frontline Workers (law enforcement, fire/EMS, health care personnel, and their families) are also available



Social Emotional Learning (SEL), Davis School District

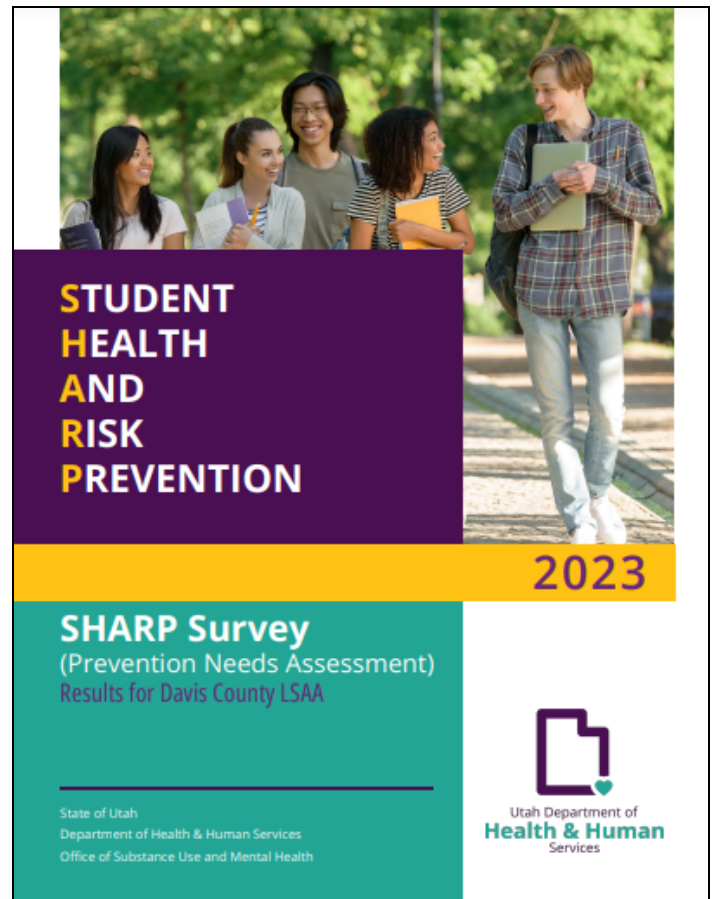
SEL is an educational method that aims to foster social and emotional skills within schools.

- 58,300 students received instruction
- 300 new teacher resources
- 92 schools have SEL plans
- 5,000 families were supported through Learning to Breathe in the schools
- 163 school visits supporting SEL
- 92 SEL calm space kits for adults were delivered to schools

Student Health and Risk Prevention (SHARP)

Davis School District administered the SHARP survey in spring of 2023. Data was released in October. Survey was conducted with students in grades 6, 8, 10, 12 and included questions on topics such as substance abuse, mental health, chronic conditions, healthy lifestyles, violence and injury, social determinants of health and risk and protective factors.

- 5,549 Davis County students completed the survey, significantly fewer students than last two administrations
- Over 60 Davis County professionals from various organizations participated in SHARP data training in November 2023
- State partners have hired a professional marketing company to increase promotion of the SHARP survey
- Davis County community partners are organizing efforts to increase SHARP Survey participation. This includes efforts to improve logistics in survey administration, educate on the importance of SHARP data, inform parents, students, school faculty and the public about survey content.
- Explore the Davis County 2023 SHARP Survey [Results](#).



Educational Awareness Courses, Davis School District

In the 2022-23 school year:

- 185 students participated in the course, *Vapes, Edibles and THC's*
- 61 students participated in the course, *Safety in the Digital Age*
- 9 students participated in the course, *Alcohol*

Employee Wellness, Davis School District

Davis School District Employees participated in several wellness activities related to mental health (e.g. stress management, mindfulness, and SEL) throughout the 2022-2023 school year.

- 1230 employees are using the THRIVE Global App
- 10,000 employees have accessed monthly Wellness Series Classes which are held virtually
- All insured employees (4,800) and their spouses have access to the WellSteps tool
- 10,000 employees have access to trauma-informed Yoga for Educators which helps reduce symptoms of depression, anxiety, and stress; foster self-compassion; and strengthen the ability to cope with difficult emotions.

USU Extension

Wellness Workshops

- 492 people attended seven mental health workshops on topics such as: mental benefits to spending time outdoors, mindfulness, improving mental health, and preventing burnout
- 100% of respondents agree these workshops give them strategies to improve their life and expect it will benefit their well-being

Wellness Walks

Walking was recognized by the U.S. Surgeon General as one of the single most important things we can do for our health. The purpose of these walks is to improve physical and emotional well-being, feel more connected to nature, feel more connected to others, and have a greater sense of gratitude and/or mindfulness.

- 126 people attended and felt that their physical and emotional well-being was improved by participating. They also felt a greater sense of mindfulness as a result of attending.

Celebrating Women Conference

The purpose of the event is to provide women with an opportunity to enhance their wellness while fostering connection with one another. The educational content utilized by the event was designed to address various areas of wellness and cultivate skills or knowledge to promote optimal mental health.

- Conference held on October 14 at Utah State University, Kaysville.



Camp THRIVE

Youth resilience camp provided to approximately 15 youth living at Mercy Housing Francis Peak Apartments in Kaysville during the summer of 2023 in partnership with 4-H.

- After attending the camp, the majority of attendees:
 - Agree that positive connections to home/family, friends, and community help have good mental health and build resilience
 - Agree that meeting physical needs such as sleep, nutrition, water, and exercise can help have good mental health and build resilience (the ability to bounce back from hard times)
 - Agree that identifying and managing emotions helps to be your true self and have good mental health and build my resilience
 - Feel capable, valued, that they belong and that they can be themselves.



Davis County Youth Council

The Davis County Health Department organizes the Davis County Youth Council for community members aged 13 to 18.

- 20 youth participated in monthly meetings
- The youth chose to focus on mental health, community involvement, and suicide prevention
- Conducted activities at Safe Kids Day (pictured bottom right) and Fire Department Open Houses; engaged children and their parents in activities to promote healthy self-care habits; the Live On campaign was promoted to adults
- Shared suicide prevention and self-care information at Syracuse Library's youth night



Community Prevention Grants

Davis County Health Department administers Community Prevention Grants. Local agencies are eligible to apply for funding to implement a program that is evidence-based or a promising practice, as defined by the CDC, and that addresses one or more of the risk or protective factors associated with the use of electronic cigarettes, marijuana, and other drugs

- **Four agencies were funded in 2023 fiscal year:** Bountiful and Centerville CTC Coalition, Davis School District, North Davis CTC, South Davis CTC
 - Total funds allocated: \$240,960
- **Protective factors addressed include:** family attachment, prosocial involvement, rewards for prosocial involvement, interaction with prosocial peers, opportunities for prosocial involvement in the family, and belief in the moral order
- **Risk factors addressed include:** low neighborhood attachment, poor family management, low commitment to school, depressive symptoms, academic failure, family conflict, and depressive symptoms
- **Evidence-based programs implemented:** Communities That Care (CTC) model, Circle of Security Parenting Program (COSPP), Strengthening Families Program (SFP), Move this World (MTW), Evidence-Based Strategies for Attendance and Bullying Prevention

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

vippp.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 the 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 Health
- Midtown Community Health Center
- The Church of Jesus Christ of Latter-day Saints
- Turning Point Centers
- USU Extension
- Sol Recovery Community

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	Complete 12/11/2023
Conduct annual mental health screening events for youth.	Annually	Complete 11/02/2023
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.	Annually	Not Complete*
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

*Discontinued due to COVID-19

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	Complete 12/2023
Increase timely (within 7 days) access to follow-up care for individuals with behavioral health concerns. (DBHN baseline: 100%, 2019)	12/31/2023	Complete 12/2023
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	Complete 12/2023
Increase number of individuals with behavioral health concerns who have a regular primary care medical home. (No current measure)	12/31/2023	Unable to track
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)	20.2 deaths per 100,000 (2020-2022)	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)	31.0% (2023)	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)	24.4% (2023)	17.46% (2023)
County prevalence of frequent mental distress is best in the state. (CHR Baseline 2016: 10%; Best in state: 9%)	10% (2016)	15% (2020)	9% (2023)

*Healthy People 2020 target

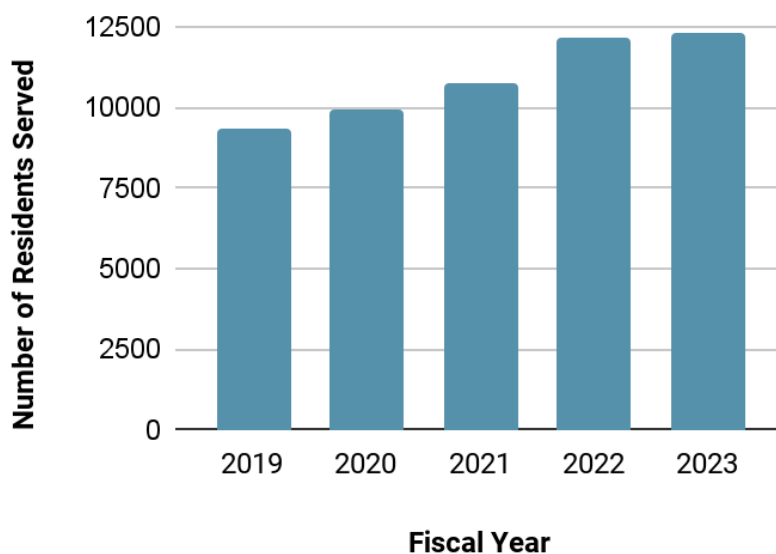
**A 10% reduction from baseline

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 12,348 clients
- Davis County Receiving Center, for mental health and substance abuse emergencies, 1,158 admissions
- 3,114 Crisis Calls in 2023 and 1,725 deployments of Mobile Crisis Outreach Team (MCOT)
- Davis Behavioral Health continues to offer case management, therapy, MAT, and recovery support peer services to those in need and had 585 opioid admissions in 2023

Davis County Residents Served by Davis Behavioral Health



Davis Behavioral Health Network Funding Program

Intermountain Health provides funding for helping uninsured and underinsured individuals with behavioral health concerns. They coordinate appointments for affordable services within 7 days in partnership with local providers.

- 36 patients served
- 96 total visits

Student and Family Resource Department, Davis School District

The Student and Family Resource Department supports district case management, the safe schools clinical team, K-12 prevention, tiered supports, social emotional learning, and comprehensive guidance.

2022-23 School Year

- 649 safe school violations processed; 410 clinical interventions
- 213 students received stabilization or brief therapy from district-level (integrated and military) educational therapist during 1,065 sessions
- 390 students received therapist interventions from 6 school-based (embedded) therapists
- 9,676 family consults by Family Advocates in elementary school settings
- 68 military family facilitations by Military Family Advocates
- 387 Family Resource Facilitator consults via email, phone, face to face

2023-24 School Year

- Launched partnership with Daybreak Health to provide personalized mental health supports to help Black, indigenous, and students of color reach their full potential; the service allows students to work with a therapist who has a similar racial and/or ethnic background
- Teletherapy is designed to give each student access to high-quality, free, and culturally competent care
- Daybreak is available to students ages 10 -19

Teen Centers

Teen centers provide students who experience homelessness and lack essentials to meeting their basic needs with a place to shower, do laundry, and access critical resources, helping to remove barriers to learning.

- Locations: Bountiful High, Clearfield High, Davis High, Farmington High, Layton High, Mountain High, Northridge High, Renaissance Academy, Syracuse High, Viewmont High, Wood Cross High
- Provided more than 22,000 services to over 2,000 high school students
- Broke ground for new teen living center
 - Visit onemoredoor.org and watch this [video](#) for more information



Youth Mental Health Screening

Youth mental health screenings are coordinated twice a year by Davis Behavioral Health, Davis County Health Department, Davis School District, and USU Extension.

- Students are screened for social and emotional needs and strengths, depression, anxiety, trauma, safety concerns, suicide and adverse childhood experiences (ACEs)
- Includes free appointments with mental health professionals
- Families connect to services through Davis Behavioral Health Network, Midtown, parenting classes, Mindfulness Center, school supports, etc.
- Families are also provided resources through [Davis School District SWAY](#) and the [Davis County Behavioral Health Directory](#)

7th-12th Grade Event

- Event held on February 1 at North Davis Jr. High in Clearfield
- Served 50 youth representing 13 junior high schools, 6 high schools, and 1 charter school
- 8 safety plans were created with students to prevent harm to self or others
- Event summary linked [here](#)

Preschool-6th Grade Event

- Event held on November 2 at Davis Behavioral Health in Layton
- Served 60 youth representing 6 elementary schools, 4 charter schools, and 4 preschools
- 5 safety plans created with students to prevent harm to self or others
- Event summary linked [here](#)

Youth Mental Health Screening Event

Tonight you will have the opportunity to:

You should have received a screening questionnaire through email and completed it online. If you have not completed this, please check with the registration desk.

- 1 Meet with a clinician**
Meet with clinicians to review the screening results, ask questions, and discuss next steps if needed
- 2 Connect to services**
Meet with a community connector who can help find a variety of resources such as counseling, insurance, food or other needs
- 3 Visit the resource center**
Visit tables sharing information on prevention programs, relationship classes, self-care and coping skills, respite nursery, etc. Additional resources can be found at this link:
<https://sway.office.com/BrqCmFEWedvuVoA?ref=Link>
- 4 Complete an evaluation**
Enjoy a refreshment and complete a quick evaluation of this event



Adult Mental Health Screenings

- 660 parents were screened for postpartum depression using Edinburgh Postnatal Depression Scale (EPDS) and 401 people were referred to a mental health provider by the Davis County Health Department Maternal Child Health Home Visiting Program
- In partnership with Davis Behavioral Health, the Davis County Health Department hosts depression screenings and consultations monthly at senior centers throughout the county
- Intermountain Health completed 41 depression screenings during community based events in Davis County

Family Services, The Church of Jesus Christ of Latter-day Saints

[Family Services](#) helps Church leaders serve individuals with social and emotional challenges by providing resources that are in harmony with gospel principles.

- Changed to a no-fee schedule, meaning all services are free
- Frequently refer to community partners and private practices
- Offer addiction recovery program support groups throughout the county; use a [meeting locator](#)

Life Help [website](#): hope and help for life's challenges, resources for 23 topics

Davis County Resource Directories


- Shared 1,300 copies of Davis County Behavioral Health Directory which includes emotional, mental, and substance use resources
- New Behavioral Health Directory QR Code Cards printed and shared with community partners (first responders, healthcare providers, schools, etc.)
- Behavioral health resources shared in direct mailer to 750 medical providers
- New website location with Davis County resource directories in one place: directories.davis4health.org
- Available resource directories: Behavioral Health, Spanish Mental Health, LGBTQ+, and Violence, Abuse, and Trauma






2022



DAVIS COUNTY

**Behavioral Health
Directory**

Emotional, Mental, and
Substance Use Resources



-  Mental Health Counseling
-  Substance Abuse Treatment
-  Family Support Resources
-  Crisis Lines and Online Help
-  Other Health Resources



Accessing Behavioral Health Services Resources

Behavioral Health Navigation Line

801-313-7711

Centerville Cares

centervillecares.org

Davis Behavioral 24-Hour Crisis Response Line

801-773-7060, dbhutah.org

Davis County Behavioral Health Directories

directories.davis4health.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

Davis4Health Resource Locator

Davis4Health.org

Davis Mindfulness Center

dbhutah.org/mindfulness/

HelpGuide

For mental health and wellness, helpguide.org

Make the Connection

Veterans Mental Health Resources,
maketheconnection.net

Maternal Mental Health Referral Network

maternalmentalhealth.utah.gov

Medicaid (Online Application)

medicaid.utah.gov/apply-medicaid

Midtown Community Health Center

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

Mindwise Innovations

Free anonymous mental health screening -
helpyourselfhelpothers.org

988 Suicide & Crisis Lifeline

Call or text 988 or chat 988lifeline.org

Postpartum Support International

Utah Utah's Maternal Mental Health Collaborative
psiutah.org

Psychology Today Therapist Locator

psychologytoday.com/us/therapists/utah

Spanish Mental Health Directory

directories.davis4health.org

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.