



During the COVID-19 Emergency, we have been particularly focused on the following areas of support for the community:



Mental Health, Trauma and Stress Management:

https://stoughtonwellness.org//resources/mental_health.asp



Prescription Drug Abuse:

http://stoughtonwellness.org/prevention/prescription_drugs.asp

The CDC has reported **70,980** opioid overdose deaths for 2019. That's a 4% increase over 2018, setting a new record high.



Underage Drinking:

<https://www.dhs.wisconsin.gov/small-talks/>

Alcohol sales in the US were up 243% in April 2020, compared to April 2019, increasing access to youth at home.



A recent survey showed that 47% of youth in **STOUGHTON** vape.

Vaping and E-/Cigarettes

<https://www.dhs.wisconsin.gov/tobaccoischanging/index.htm>

The [Stoughton Wellness Coalition](https://stoughtonwellness.org) strives to promote healthy lifestyle choices and reduce youth substance use by providing education, engaging partners and delivering evidence-based programs and services to the Stoughton community.

Contact us at tpellett.swc@gmail.com