

KARLEY COPELAND

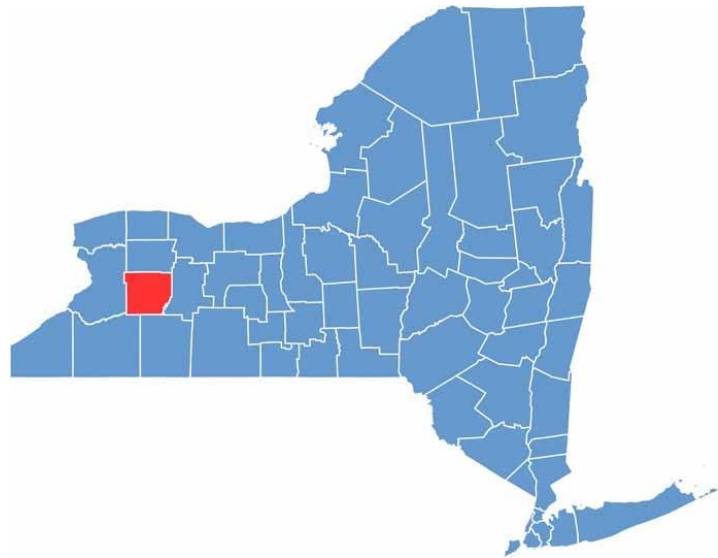
HARM REDUCTION EDUCATOR

Wyoming County Health Department



Public Health
Prevent. Promote. Protect.

WYOMING COUNTY AT A GLANCE



- **Population 39,588**
- **596 square miles**
- **More cows than people**
- **Stigma runs deep & wide**
- **Continues to have one of the highest rates of suicide per 100,000 in NYS (more than 2 times the state average)**



DORM BOXES

- Narcan
- Fentanyl Test Strips
- Xylazine Test Strips
- Alcohol Wipes
- Rubber Gloves
- Face Shield
- Band-aids
- Condoms
- Medication Disposal Bags
- Reproductive Health Materials
- Mental Health Materials
- Medication Lock Boxes
- Domestic Violence Materials





Welcome to CredibleMind!



Wyoming County Mental Health Department

Get started on your wellbeing journey today with resources you can trust.



Assessment

Mental Health Check-in


START [↗](#)



Topic

Anxiety

Find healthy outlets to manage and treat anxiety



Topic

Resilience

Bounce back from life's challenges




Topic

Self-Care


Learn to take care of yourself and your health

Trending Topics [DISCOVER MORE ↗](#)




Anxiety 
Find healthy outlets to manage and treat anxiety



Stress 
Explore ways to relieve stress and calm worries



Burnout 
Overcome stress and find work-life balance




Depression 
Find joy in life again



Workplace Wellness 
Achieve a healthier life while working



Mindfulness 
Be aware of the present to live a richer life



CredibleMind Client Report

Report Date Range: Feb 14, 2025 - Nov 03, 2025

Comparison Date Range: May 27, 2024 - Feb 14, 2025

Client: Wyoming County Health Department

Site Launched: Feb 14, 2025

Audience Overview: Report Date Range

Users

2,135

↑ 8,440.0% vs Previous Period

New Users

2,135

↑ 8,440.0% vs Previous Period

New Registered Users

65

↑ 1,200.0% vs Previous Period

Sessions Per User

1.16

↓ 98.8% vs Previous Period

Average Session Duration (Minutes)

4.95

↓ 13.26 vs Previous Period

Sessions

2,468

↑ 9,772.0% vs Previous Period

Audience Overview: All Time

Users

2,137

Registered Users

69

Sessions

2,470

Suicide Awareness and Prevention



Empower Your Team. Save a Life.

QPR TRAINING LUNCH AND LEARN

2-HOUR TRAINING | FREE LUNCH PROVIDED | LIFE-CHANGING IMPACT

WHAT IS QPR?

QPR stands for **Question, Persuade, Refer** - a proven, evidence-based suicide prevention training. In just two hours, your team will learn how to recognize warning signs, offer hope, and refer someone to the help they need.

WHY OFFER QPR AT YOUR WORKPLACE?


- ✓ Foster a culture of care and support
- ✓ Improve employee well-being and morale
- ✓ Show leadership in mental health awareness
- ✓ Learn practical tools to help someone in crisis



Together for Tomorrow: Promoting Mental Wellness in Wyoming County.

CONTACT US TO SCHEDULE YOUR FREE QPR LUNCH & LEARN SESSION

 kcopeland@wyomingcountyny.gov

 (585) 786-8890



OVERDOSE PREVENTION



Leave Behind Kits



Suspected Overdose Reporting – EMS

1. Date & Time: _____
2. Location (Address and/or Zip Code): _____
3. Patient Age: _____ Sex: M F Other
4. Responsive on EMS Arrival? Yes No
5. Narcan Given? Yes No
 - By: Bystander EMS
 - Doses: _____
 - Response: Improved No Change
6. Suspected Substance(s):
 Opioids Stimulants Alcohol Unknown Other: _____
7. Transported to Hospital? Yes No
8. Scene Evidence (optional):
 Paraphernalia Pills Syringes None
9. Leave Behind Kit Given? Yes No
10. Additional Details/Comments:

EMS Agency Name: _____

Please return form to:

Wyoming County Health Dept. Attn: Karley Copeland
5362 Mungers Mill Rd
Silver Springs, NY 14550

kcopeland@wyomingcountyny.gov

Narcan Training & Disbursement



108 Trained
586 Kits Disbursed

Thank you Ms Karley for taking out your time
to share your experience with us.
Thank you 😊

Thank you for teaching us all about Narcan!
It is very helpful and I appreciate all the details explained!

Thank You!

**Karley from the Wyoming County
Department of Health**

Thank you so much for the great educational
experience for our Health Careers Opportunity
Program (HCOP)! We are looking forward to
partnering with you in the future!



Community Night Out



Karley Copeland-Wyoming County Health Department
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