

LAYTON CTC NEWS



CTC MEMBER SPOTLIGHT



Meet the new Coordinator! Tiffany grew up in Syracuse and attended Utah State; graduating with a Masters in Public Health before moving back to Layton. In her free time she loves country swing dancing, crafting, and spending time outdoors with her pup Rosie.

MEET LAYTON CTC

We are a welcoming community that empowers youth and families by providing opportunities to build skills in order to become healthy, self-reliant, compassionate, future citizens and leaders.

QUARTERLY HIGHLIGHTS

SHARP Survey

The *Student Health and Risk Prevention (SHARP) Survey* was administered in all our public schools in grades 6, 8, 10, and 12. Data from this survey will help continually guide CTC efforts.

More information about this survey can be found at sharp.utah.gov

Brain Science Campaign

The Layton CTC is working on an awareness and education campaign to help parents learn more about youth brain development as it relates to substance use.

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TURN AWARENESS INTO ACTION

May is Mental Health Awareness Month and this years theme is Turn Awareness Into Action. We all have a role to play, join us in taking action this month:

- Be Seen in Green
- Share your support on social media
- Advocate for change - your voice matters!
- Build/strengthen connections (Get outside, family dinners, community events)
- Increase knowledge (QPR class, Live On playbook, NAMI Utah)
- Engage in self-care



(NAMI, 2023)

If you or someone you know is struggling

- Utah Crisis Line - 988
 - Text HOME to 741741
- Local Crisis Line - (801) 614-2829
- Trevor Project - (866) 488-7386
 - Text START to 678678

JOIN US

Follow us: [@LaytonCTC](#)
[@laytoncommunitiesthatcare](#)

Visit our website:
dbhutah.org/ctc/layton-ctc/



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UPCOMING EVENTS

- Mental Health Awareness Month - May 1-31st
- Substance Use Awareness Week - May 11-17th
- Bryce Canyon Summit - June 10-13th
- Layton City Liberty Days - July 4th
- Layton FEST

May 2025