

State Prevention Enhancement (SPE) Policy Consortium

Minutes • May 10, 2021 • 1:00 – 3:00 PM

Meeting Objectives

1. Discuss outcomes from 2021 Legislative Session.
2. Check in with workgroups and offer assistance as needed.
3. Learn about current status of pandemic effects on behavioral health

In attendance

NAME	ORG	NAME	ORG
Akshaya Sivaumar	HCA	Jared O'Connor	WA Poison Ctr
Alex Sirotzki	WA Poison Ctr	Jennifer Hogge	HCA
Alicia Hughes	HCA	Kasey Kates	HCA
Carrie Comer	DOH	Liz Wilhelm	PSCBW
Christine Steele	HCA	Pamala Sacks-Lawlar	DSHS
Connie Lauderdale	HCA	Patti Migliore Santiago	DOH
Erika Jenkins	HCA	Peggy Needham	WAPCO
Eva Westley	WSIPP	Ray Horodowicz	HCA
Gitanjali Shrestha	WSU	Ridge Bynum	HCA
Isaac Derline	HCA	Sarah Mariani	HCA
Jacqueline Penner	HCA		

Notes

- 1:00 Introductions and Announcements Sarah Mariani/Patti Migliore-Santiago
- Introductions
 - Sarah opened the meeting and welcomed attendees, who introduced themselves.
 - Announcements
 - Patti shared statistics showing significant disparities in access to care and showed this disparity is even greater for marginalized groups.
 - Patti shared several beneficial groups for connecting those needing help to resources (SAMHSA, NAMI, SHA) and encouraged attendees to also care for themselves.
 - Jen Hogge led a mindfulness activity.
- 1:20 Round Table discussion: 2021 Legislative Session All
- Key outcomes from session
 - Nine tracked bills made it through: 3 alcohol; 1 cannabis/marijuana, 1 opioid, 2 mental health; 2 schools.

- The HCA SUD prevention budget received neither cuts nor growth and we retained most of the mental health budget.
- WSIPP got some new funds, most notably for studies on the relationships of substance use and mental health, and nutrition and mental health disorders.
- The Poison Control Center’s budget is stable and awaiting Gov. Inslee’s signature.
- DOH received an increased fruit and vegetable budget, and they received a proviso for Parks & Recreation prevention work.
- DSHS received funds for 23 FTEs: ½ DPT specialists, ½ for substance use disorder specialists. Funds for tobacco prevention specialists are in the pipeline.
- What partners need to be aware of in future rule making, etc.
 - Lawmakers often request Covid allowances be continued long-term, which doesn’t always coincide with best practice.
 - To prepare for the next session and curb the number of requests for quick turn-around on research review, we are starting a sub-committee to do research on best practices in preventive health access, promotion, effective policies, how to prevent oversaturation of the market, and the like. Aim for topics that are general enough to pertain to most bills that might come to the floor. Create 1-page research briefs that could be distributed both before and during session.

1:30 Workgroup Updates

All

- WHY Coalition – Kasey Kates
 - Checking in a lot to ensure meeting needs are being met: length, cadence, topics, etc.
 - Ad hoc workgroups on Delta 8 THC are developing a 2-3 pager they hope to share with SPE and other prevention leaders.
 - LCB is also attentive to the Delta 8 THC evolving market.
- Mental Health Workgroup – Jen Hogge
 - Also looking at meeting cadence and how to accomplish all their goals. They will begin doing the work in breakout rooms during their regular meetings.
 - One goal is to share suicide resources with communities in their preferred format. Then, build out those resources for high-risk populations and other specific groups.
 - One measure of mental health is hope. We’re contacting researchers to enhance our knowledge of this and enhance the workforce knowledge of youth mental health first aid.
- Tobacco and Vapor Products Workgroup – Ray Horodowicz
 - A new, statewide tobacco coalition is spending a lot of time developing its vision, goals, and policy.
 - The Tobacco Cessation Interagency Subgroup meets quarterly and is discussing an option for the state to offer a leadership academy in 2022.
- Opioid Prevention Workgroup – Erika Jenkins
 - Submitted a grant for a prescription drugs project in April. If accepted, one FTE would start in September, increase collaboration with our partners in the SPE and the Opioid Prevention Workgroup, and focus on opioid prescription drug use and misuse.
- Young Adults & Marijuana Prevention Workgroup – Christine Steele
 - Looking at data sets on behavior and consequences.
 - Having rich conversations with youth and young adults about their knowledge of and messaging around perceptions.
 - Resources tend to group all substances together, so they’re looking for gaps in the resources to see where to focus.

2:00 10 Minute Break

2:10 Behavioral Health Impacts of COVID-19 Presentation

Kira Mauseth, Ph. D

- Workplace trends, resources, and strategies: Transition to Reconstruction and Recovery
 - *Please see slide deck for complete presentation.*
 - Identify internal strengths /external resources
 - Focus on process, communication, how you do things
 - Resource hoarding contributes to stress – the fear of the unknown
 - 2 pathways to recovery:
 - Optimism, enthusiasm, feeling better
 - Multiple impacts affect recovery: social & economic factors like food insecurity, social marginalization, discrimination, etc.
 - Key challenges
 - SUD
 - Complacency / pandemic apathy
 - Risky behaviors – particularly among youth and in warmer weather
 - Limbic system issues from buildup of cortisol from stress over time
 - Common responses: physical (too much or too little sleep), emotional (experiencing neutral information as negative or hostile), or cognitive issues (brain fog)
 - Combat with resilience developed through connection, purpose, flexibility, hope
 - Burnout and compassion fatigue
 - Fight burnout by completely separating work from personal life.
 - Combat compassion fatigue by paying attention to all good things for yourself and others, communicating gratitude, and engaging in active listening.
 - Physical activity helps regulate emotion and stress.
 - Active listening. Listed again as a five-star stress regulator.
 - Adaptive models – processes to develop resilience
 - ADAPT: Acquire information, Develop options, Address key issues, Prioritize values, be Transparent (normalize behavioral health through open communication)
 - THRIVE: Transparency, Health, Resilience, Integration, Values/Vision, Effort

2:50 Upcoming Meeting Goals and Callout for Presenters

Sarah Mariani/Patti Migliore-Santiago

- July’s presentation will be on the joint program of the DOH and State Parks and Recreation for the promotion of mental health.

2:53 Sarah adjourned the meeting.

Month	Workgroup Presentation	Other Topics
September 2020	Commercial Tobacco/Vapor Products Workgroup	<ul style="list-style-type: none"> • HCA OTA & OIA – Lucilla Mendoza and Nicole Earls: American Indian/ Alaskan Native Urban and Tribal Resources March 2020 or later. 1. Confirmed: Y/N 2. DOH – Behavioral Health Impacts of COVID - 19
November 2020		<ul style="list-style-type: none"> • HYS Update • Rural Prevention Network – ESD 112 • Health Disparities: LGBTQ+ Youth, HCA and Gay City Leg Session Prep
January 2021		<ul style="list-style-type: none"> • 2021 Legislative Session - All • Health Equity as a Prevention Priority – Alicia Hughes, HCA

March 8, 2021		<ul style="list-style-type: none"> • Legislative session – status updates and needs • Problem Gambling: Impacts and Resources – Roxane Waldron, HCA/DBHR • PFS Grant Midpoint Status Report – Alicia Hughes, HCA/DBHR
May 10, 2021		<ul style="list-style-type: none"> • Legislative Outcomes from 2021 • Behavioral Health Impacts of COVID – Update from Dr. Kira Mauseth with DOH BH Strike Team
July 12, 2021	Young Adults	<ul style="list-style-type: none"> • Parks and Recreation – adult health program • Starts With One media campaign – health equity in communications, Mallory Peak, DH • Strategic Planning Process Update
September 13, 2021	Opioid Prevention	<ul style="list-style-type: none"> •
November 8, 2021	Mental Health	<ul style="list-style-type: none"> • Children’s Services Inventory – Eva Westley and Rebecca Goodvin, WSIPP
January 10, 2022		<ul style="list-style-type: none"> •

Please submit ideas or suggestions of meeting presentations to isaac.wulff@hca.wa.gov.

Other 2021 Future meeting presentations to be determined