

Attendees			
Bailey, Me'kyel	DOH	Lauderdale, Connie	HCA
Bartz-Overman, Carly A	DOH	Mariani, Sarah E (	HCA
Dinardo, Molly	SBOH	Migliore Santiago, Patti	DOH
Kha, Doua		Peterson, Julie	
Fontaine, Harrison	HCA	Pipek, Sonja	HCA
Glesmann, Heidi	DOH	Powell, Eliza	
Graham-Squire, Mike		Rashid, Amani	WSIPP
Granillo, Tiffany R	HCA	Reamer, William (Billy	HCA
Hoff, Staci	WTSC	Segawa, Mary	LCB
Ingraham, Bailey	WSIPP	Shrestha, Gitanjali	
Kang, Jennifer H	DOH	Watson, Tyler	HCA
Kellington, Mary	DOH	Wilhelm, Liz	
Bailey, Me'kyel	DOH	Wilson, Kendra L	HCA
Bartz-Overman, Carly A	DOH	Wulff, Isaac	HCA
Kha, Doua			
<b>Objectives:</b>			
<ol style="list-style-type: none"> <li>1. Share workgroup progress and action plans and develop supports for each.</li> <li>2. Learn the latest on the update to the 5 Year Plan.</li> <li>3. Recruit needed assistance for continuing the work.</li> </ol>			

**Meeting Notes**

**1. Introductions and Announcements**

*Sarah Mariani*

- Sarah opened the meeting at 1:03 p.m.

Celebrations and recognition

- November holds month-long recognitions for Native American Heritage and Early Childhood Mental Health Awareness.
- Special days include: All Saints Day-November 1, St. Andrew's Day-November 30, Day of the Dead-November 2, and Thanksgiving-November 24.
- Tribes within WA State boundaries have some great museums and cultural centers.

Prevention Summit

- Congratulations to Mike Graham-Squire for receiving a Prevention Summit Excellence Award!
- All awardees: Lummi Counseling Services, Althea Patterson, Julie Peterson, Lindsey Worley, Jose Ochoa, West Spokane Wellness Partnership, MHA Speakout Speakup, West Central Community Center, Gitanjali Shrestha, Deb Drandoff, Scott Waller, and Peggy Needham.
- Congratulations to Kasey and team for a successful summit and others for presentations at same.

Introductions

- HCA is starting meetings at 5 minutes after the hour to give a little breathing space and this meeting will follow suit going forward.
- Sarah started self-introductions with the fun addition of favorite wintertime activities.

**2. SPE Workgroup Presentations**

**Sarah Mariani and Workgroup Leads**

- Workgroups shared their progress on action plans.

Mental Health Promotion – Billy Reamer

- Have completed their overarching plan but are pending finalizing detailed strategies.

- Are paring back from work of the past to focus on cross-system planning and collaboration, and content sharing.
- Primary goals
  - Meet regularly to actively discuss what is practical and necessary to focus on.
  - Work with strategic partners on funding opportunities for mental health promotion (MHP) work
  - Be supportive of and share resources and training to enhance MHP and suicide prevention.
- Agencies in the workgroup will focus on capacity building.
- Julie P. brought up the 10-year behavioral health 0-25 plan and workgroup started by legislature; Sarah responded.
  - HCA is trying to coordinate with leg on this. Just launching and staffing this and help ensure they are aware of gaps and resources needed to fill gaps.
  - For those part of state organizations, we need to ensure we have the full continuum of membership for SPE.
  - It is important for this group to stay engaged and keep bringing this up so a separate plan isn't written that overlays the work already in progress.
  - To help keep prevention from being minimized, if you have a voice in these conversations, keep bringing up policy and the work of all our workgroups to ensure prevention remains part of that plan. **This message needs to be heard again and again by multiple people.**
- Isaac W pointed out that the Partnerships for Success SUD prevention grant from 2022 included language around mental health promotion, which was unprecedented.
  - [Check out SUD prevention/mental health promotion language in the grant.](#)

#### WHY Coalition – Kasey Kates

- See PPT
- Experienced a big membership change over past year.
- Created a new template to guide their effort.
- Put together a full Action Plan.
- Had multiple presentations.
- Noted ingredients for the coalition's success.
- Final
- Objective 1 (primary) – Provide valuable educational tools and resources for parents, guardians, coalitions, prevention partners, influential adults, and other community members.
  - They want to keep their ad hoc team to address emerging issues.
- Objective 2 – Intentional use of data to inform strategies and tactics.
- Objective 3 – Expand membership.
- Each grid on their plan includes objectives, strategies, who, tactics (tools), and outcomes.
- Overall, they slimmed down their action plan to give strong focus for the next year.
- Gitanjali noted this plan had similar items as her workgroup, including a new membership packet, and suggested connecting on strategies.
  - Sarah offered the idea of bringing Prevention Voices to the next Learning Community Meeting. There are lots of connections with all our work and we can be strategic about how to engage with and have them lead vs. top down. She is also as watching legislative asks around cannabis and wondering both how to engage providers in the conversation and what providers would like the WHY Coalition to do to help meet your needs. We need to add voices to this conversation from the state to providers up and down the line.
  - Isaac W. can be of help when you're looking for providers. If someone backs off one workgroup, there may well be a good place for them in another.

#### Washington Breathes – Heidi Glesmann

- See PPT
- This used to be known as the “tobacco and vapor products prevention issues team.”
- They launched the coalition in September 2022; vision and mission are now set.
- Although the mission doesn't say “youth,” that is a big focus.

- They set one big goal with six smaller long-term, overarching, goals that lead into it, each with strategies.
- They also developed organizational goals, first steps, and the coalition structure.
- Check out [www.washingtonbreathes.org](http://www.washingtonbreathes.org) for more information.

#### Young Adult Workgroup – Gitanjali

- See PPT
- When this action plan was originally developed, there were more members with more available time.
- The workplan is divided into four categories:
  1. Cross-systems planning/collaboration
  2. Information dissemination
  3. Education/workforce development
  4. Policy
- Each category has strategies/activities, starting with recruitment under category 1.
- The timing, audience, lead, and performance metrics for most activities are still being fleshed out.
- The workgroup also has a needs assessment component and a list of future plans they'd like to add once they have capacity.
- Q: Isaac W. asked if young adults (YA) is an allowed focus area in their organizations' efforts? As a focus group, is doesn't seem to be represented in other organizations.
  - A: Yes, there is an overall gap in the system. There is a transition age where folks fall out of the system and we need to find who can address that age group to help close gap. The YA Health Survey and College Coalition Wellness Group help some, as they point to data and opportunities to expand our work.
  - Kasey: In conversations of where to give services to YA, it seems easier to have them come to your service than have the service come to them.
  - Isaac W.: Helping SPE recruiting efforts through developing links can help with gaps for all groups.
- Regarding workforce development
  - Sarah acknowledged overall workforce development issues in this field that include both turnover and the ability to quickly onboard new staff through transition docs and orientations.
  - Sonja reminded the group that DBHR's 5-Year Plan is based on the 2021 workforce survey. DBHR is also working on BH workforce awareness and a media campaign. This awareness still falls short of a full plan to address the shortages.

#### Opioid Workgroup – Sarah Mariani (oh behalf of Jaymie Mai and Alicia Hughes)

- See PPT
- These goals fold into the broader WA State Opioid Plan, which has multiple workgroups.
- This workgroup links to the WA State Prevent Opioid Misuse
- Goal 1 for the WA Plan serves as the SPE Workgroup.
- Strategies focus on
  - Prescribing, education, expanding options
  - Data
  - Educating
  - Educating and promoting safe storage
  - Decreasing the supply of illegal opioids
- Isaac W. noted that last October's take back program reported lower than usual amounts of return. However, in follow-up work, partners are seeing this as a sign that people now know how to and practice safe take back strategies on their own.
  - Carly B-O added that counties with take-back ordinances also saw a drop after their first year of take-back, as they'd gotten rid of the backlog of expired medications.

## **BREAK**

### **3. 5-Year Strategic Plan**

*Sarah Mariani and Isaac Wulff*

### Dear Tribal Leader Letter and Listening Session

- An update to tribal partners on the SPE 5-year planning process will be held November 9 at 3:30 and the listening session will be on January 12 from 11-12:30.

### Provider Meeting

- Updates on the 5-Year Plan were given at the November 5 All-Provider meeting and providers were asked six questions via a Menti poll.
- Overall awareness of the plan had been low, but attendees paid attention, asked great questions, and even requested hard copies. They were interested in making it as user-friendly as possible.
- SPE attendees who plan to meet with contractors about the plan to get feedback, please let us know so we can help support that.
- Use the 2019 plan as an example until we can get the working draft to you.
- If you get feedback, please forward to HCA as soon as possible so they can incorporate it into the plan.

### Design Cover Review

- The cover has been selected based on votes from a previous meeting. The one of folks appearing to go on a fall picnic.
- There is the ability to show more diversity within the picture.

### Next Steps

- See PPT
- The release date is now 4/14/2023. The updated plan is to have all reviews complete with no additional changes accepted by mid-March.
- **Action: due by November 30**
  - Workgroup accomplishments and barriers
  - Final partner list updates
  - Workgroup action plans
- **Please watch for requests over the next couple months.** Volunteers will be needed for text review, design review, final feedback, individual component review (e.g., partner acronym list, who's who graph, system gaps, etc.)

## 4. **Membership List and Agency Announcements**

*Isaac Wulff*

### Membership list

- **Action:** Please check the membership list that was attached to this meeting's agenda to see if the information is correct for you and your agency.
  - Did you notice any gaps (potential new members / diversity)?
  - Are any member updates needed?
- Needed: a release plan for rolling this out to all our partners throughout 2023 and helping others understand how to use it for their own goal planning.

### Announcements

- Mary Segawa: The Prevention and Public Health Roundtable is 12/12 at 3 p.m. Please reach out if you'd like an invitation.
- Agency request legislation is awaiting the governor's approval. One has to do with synthetic cannabinoids.
- Eliza Powell: NW HIDTA has prevention and treatment grant programs, and will launch an RFP next year. They're hosting a program planning webinar in about 2 weeks. [epowell@nw.hitda.org](mailto:epowell@nw.hitda.org)
- Julie P: This Friday the economic revenue forecast will meet for the last time before the Governor's budget is released in December. This is an important part of the budget process. <https://erfc.wa.gov/november-revenue-forecast-review>
- Liz W.: Prevention Voices WA released this two-night training open to youth: **Use Your Voice: Youth Advocacy Training** on December 7 and 8 from 5:30-7:30 [..m. [Check out the details and register here!](#)
  - This meeting is *hybrid*. Attend together in your own space or attend fully virtual.

- Doua K.: The [LifeSkills Training Substance Abuse Prevention Grants](#) have now launched and are available on iGrant for school districts to apply. There are three different form packages – 761, 961, and 962 – so please [reach out](#) if you need more information.

**5. Adjourn**

- Sarah adjourned the meeting at 3:30 p.m.

***Upcoming Schedule***

<b>Month</b>	<b>Workgroup Presentation</b>	<b>Other Topics</b>
January 9, 2023	All Workgroups - SPE Planning Work	<ul style="list-style-type: none"> <li>• SPE goals for 2023</li> <li>• Start of Legislative Session 2023</li> </ul>

Please **submit ideas** or **suggestions** of meeting presentations to [isaac.wulff@hca.wa.gov](mailto:isaac.wulff@hca.wa.gov).

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Your support and collaboration are appreciated.