

# January Prevention Learning Community Meeting

Hosted by: Division of Behavioral Health and Recovery

January 26, 2022

9:00 a.m. – 11:00 a.m.

3<sup>rd</sup> hour training from 11:00 a.m. – 12:00 p.m.

Time	Agenda
9:00-9:05 a.m. 5 min	<b>Welcome / Introduce new prevention providers to the call</b>
9:05-9:35 a.m. 30 min	<b>Statewide Updates</b> <i>Kasey Kates / DBHR Prevention Section</i>
9:35-9:45 a.m. 10 min	<b>Prevention Summit Highlights</b> <i>Kersten Tano</i>
9:45-9:55 a.m. 10 min	<b>CPWI Community Survey</b> <i>Sandy Salivaras</i>
9:55-10:10 a.m. 15 min	<b>COVID Student Survey</b> <i>Tyler Watson</i>
10:10-10:25 a.m. 15 min	<b>Young Adult Riding and Driving (YARD) Study</b> <i>Billy Reamer / University of Washington</i>
10:25-10:35 a.m. 10 min	<b>Youth Participatory Action Research (YPAR)</b> <i>Alexis Schmierer / Washington State University</i>
10:35-11:00 a.m. 25 min	<b>Legislative Session 2022</b> <i>Christine Steele</i>
11:00-11:20 a.m. 20 min	<b>Break / Optional Networking Activity</b>
11:20-12:00 p.m. 40 min	<b>3<sup>rd</sup> Hour Training – Governor’s Challenge: Service Member, Veteran, and Families Suicide Prevention</b> <i>Codie Garza – Washington Department of Veteran Affairs</i>

# Statewide Updates

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Sarah Mariani | Section Manager | HCA/DBHR



# Our hopes for 2022

## What are few words to describe what you hope for in 2022?



# 2022 Learning Community Meeting Schedule

Date	Meeting Platform	Athena Forum Calendar Link
<b>January 26</b>	Zoom	<a href="https://theathenaforum.org/january-2022-learning-community-meeting">https://theathenaforum.org/january-2022-learning-community-meeting</a>
<b>February 23</b> <i>Optional –Legislative focused</i>	Zoom	<a href="https://theathenaforum.org/february-2022-learning-community-meeting">https://theathenaforum.org/february-2022-learning-community-meeting</a>
<b>March 23</b>	Zoom	<a href="https://theathenaforum.org/march-2022-learning-community-meeting">https://theathenaforum.org/march-2022-learning-community-meeting</a>
<b>May 4-5</b> <i>Coalition Leadership Institute</i>	TBD	Day 1: <a href="https://theathenaforum.org/2022-coalition-leadership-institute-day-1">https://theathenaforum.org/2022-coalition-leadership-institute-day-1</a> Day 2: <a href="https://theathenaforum.org/2022-coalition-leadership-institute-day-2">https://theathenaforum.org/2022-coalition-leadership-institute-day-2</a>
<b>August 24</b>	Zoom	<a href="https://theathenaforum.org/august-2022-learning-community-meeting">https://theathenaforum.org/august-2022-learning-community-meeting</a>
<b>September 28</b>	Zoom	<a href="https://theathenaforum.org/september-2022-learning-community-meeting">https://theathenaforum.org/september-2022-learning-community-meeting</a>
<b>November</b> <i>All Prevention Provider Meeting</i>	TBD	

# welcome

## **New DBHR Staff**

- ▶ Erin Lamouret, Prevention System Manager
- ▶ Jaymie Vandagriff, Prevention System Manager
- ▶ Tynisia Hanson, Prevention System Manager
- ▶ Cohort 7 fellows – Cesar & Gilda
- ▶ Cohort 8 Fellows – Desirae & Eileen

# welcome

## New Prevention Staff in the field

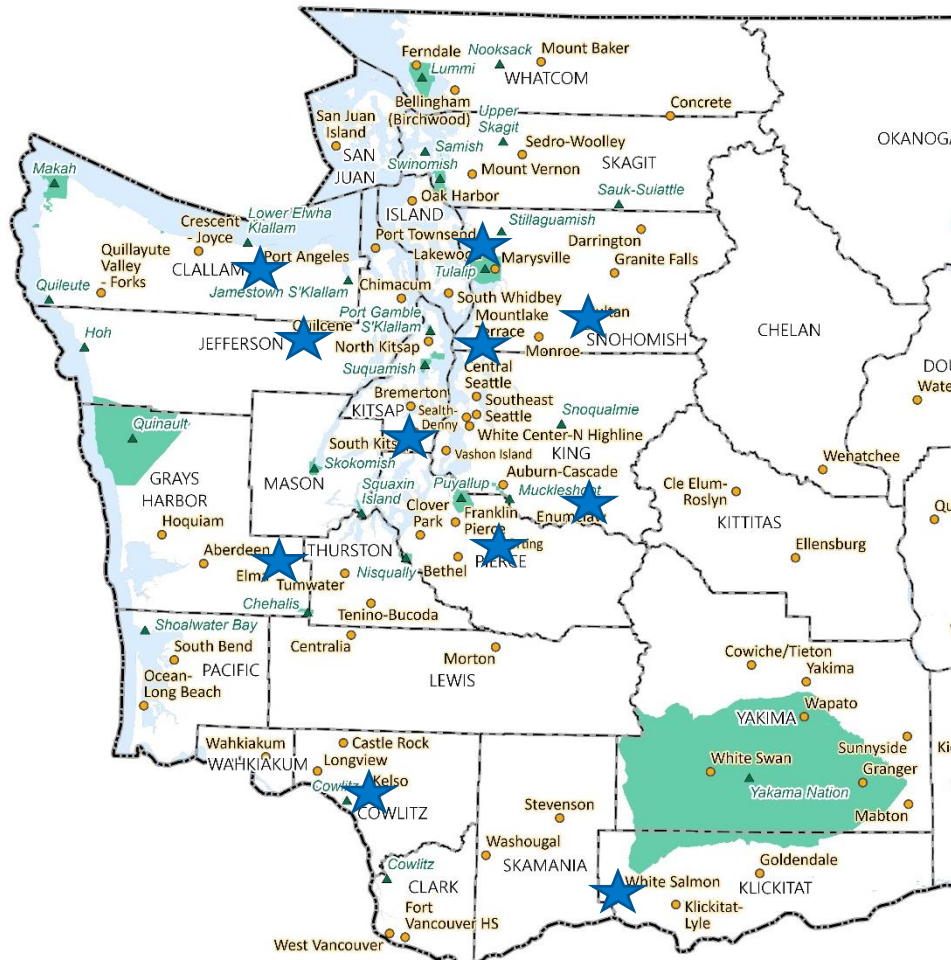
- ▶ Andrew Fechenbach, Chimacum Empowered Teens Coalition
- ▶ April Barker, Mount Baker Community Coalition
- ▶ Becca Teeters, Panther County Coalition
- ▶ Caitlin Ramirez, West Van for Youth!
- ▶ Haley Furstenwerth, Harbor Strong Coalition
- ▶ Helene Rasmussen, Selkirk Wellness Coalition
- ▶ Isabel Hernandez, Safe Streets Campaign
- ▶ Kate Kilroy, Marysville Together
- ▶ Lorraine Holokai, Northeast Spokane Support Team
- ▶ Marlena White, Concrete Resource Coalition
- ▶ Rebecca Ruiz, My TOWN Coalition
- ▶ Riley Alvord, MortonUP!
- ▶ Samantha Stormont, Sedro-Woolley RISE
- ▶ Sunday Sutton, Coalition for Preventing Abuse in Klickitat County



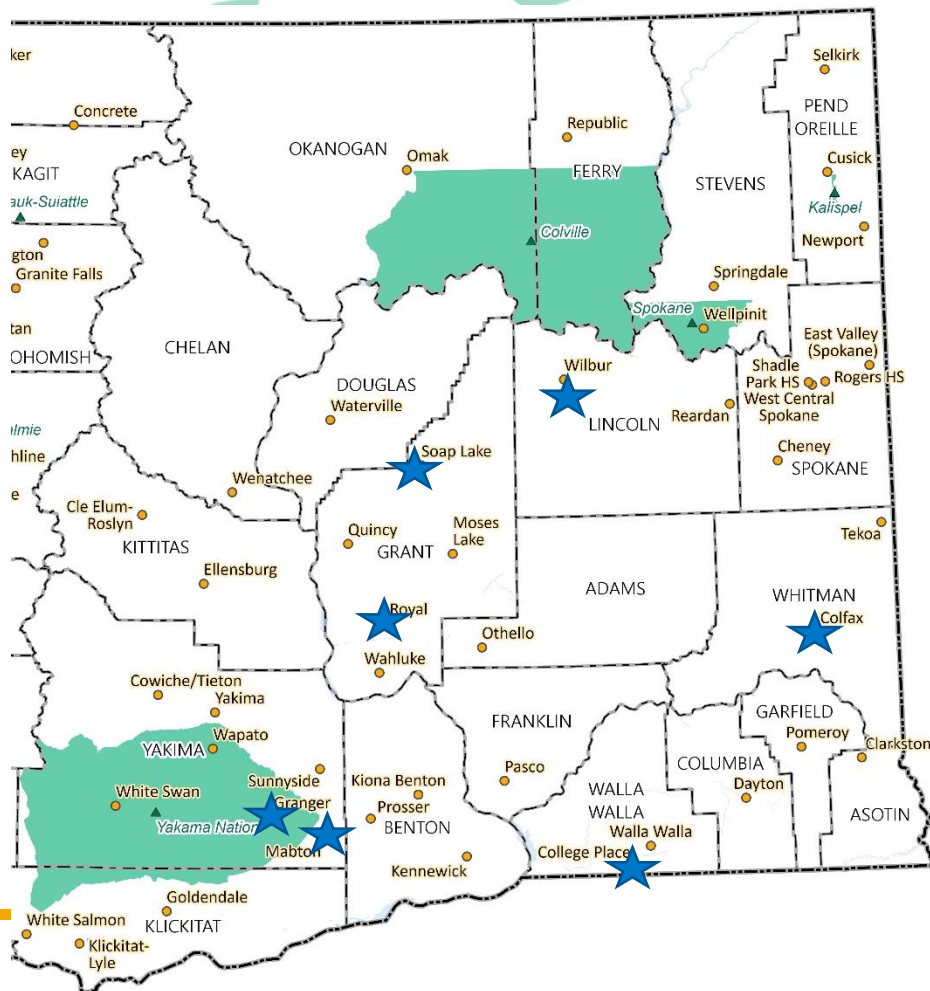
# welcome

## Cohort 7 Sites – Western WA

- ▶ Lakewood School District
- ▶ Sultan
- ▶ Edmonds: Montlake Terrace HS
- ▶ Orting School District
- ▶ Elma
- ▶ South Kitsap
- ▶ Port Angeles
- ▶ Quilcene
- ▶ Enumclaw
- ▶ Kelso
- ▶ White Salmon



# welcome



## Cohort 7 Sites – Eastern WA

- ▶ Granger School District
- ▶ Mabton School District
- ▶ Royal School District
- ▶ Soap Lake
- ▶ Colfax
- ▶ Wilbur
- ▶ College Place

# welcome

## Cohort 7 Coordinators

- ▶ Adam Jackson, South Kitsap
- ▶ Betsy Berndt, Kelso
- ▶ Brisa Sanchez, Royal City
- ▶ Courtney Fuller, College Place
- ▶ Erin Maas, Lakewood
- ▶ Gretchen Huntley, Enumclaw
- ▶ Holly Gumm, Quilcene
- ▶ Jessica Verboomen, Elma
- ▶ Kayla Isaacson, Soap Lake
- ▶ Kristen McReath, White Salmon
- ▶ Rachel Lane, Sultan
- ▶ Rachel Ray, Port Angeles
- ▶ Rebecca Barrios, Granger
- ▶ Rena Thompson, Orting
- ▶ Ryan Brown, Lakewood
- ▶ Ryan Whitton, Granite Falls
- ▶ Sara Golden, Colfax
- ▶ Stephanie Mendoza, Mabton

# welcome

## Cohort 7 Student Assistance Professionals (SAP)

- ▶ AJ Teel, ESD 114, Port Angeles
- ▶ Alex Dill, ESD 114 – Quilcene
- ▶ Alyssa Aguilera, ESD 105 – Granger
- ▶ Ariana Martinez, ESD 105 – Royal City
- ▶ Arely Nunez, ESD 171 – Soap Lake
- ▶ Aurora Connors, ESD 101 – Wilbur
- ▶ Brittany Riley, ESD 123 – College Place
- ▶ Debbi Reed, ESD 121 – Orting
- ▶ Erin Wilson, ESD 101 – Springdale
- ▶ Francisco Ortiz-Bello, ESD 189 – Granite Falls
- ▶ Laura Darland, ESD 112 – Kelso
- ▶ Michelle Ward, ESD 112 – White Salmon
- ▶ Nicolas Chavez, ESD 105 – Mabton
- ▶ Sophia Hilsen, ESD 189 – Mountlake Terrace
- ▶ Steve Bushman, Elma – ESD 113
- ▶ Vanessa Figueroa, Colfax – ESD 101
- ▶ Victoria Weber, Lakewood – ESD 189

# Congratulations

- **Beverly Sarles**, Newport Coalition Coordinator
- **Brisa Sanchez**, Royal City Prevention Coalition Coordinator
- **Dayana Ruiz**, Grant Behavioral Health & Wellness Community Relations Manager
- **Lizbet Maceda**, Yakima Prevention Coalition Coordinator
- **Megan Watson**, Quincy Prevention Coalition Coordinator
- **Muriel Herrera-Velasquez**, Clover Park Coalition Coordinator
- **Sara Bumgardner**, Centralia Prevention Coalition
- **Christine Steele**, DBHR Px Policy & Project Manager

*Please raise your hand or type into the chat if you received your CPP and we will announce your success!*

# Training Announcements

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Sonja Pipek | Policy and Project Manager |  
HCA/DBHR

Training	Date(s) and Location
<b>CADCA National Leadership Forum</b>	<b>February 3-6</b>
<b>Strengthening Families Program 10-14 (New Facilitator &amp; Recertification Trainings)</b>	<b>February &amp; March</b>
<b>Substance Abuse Prevention Skills Training (WA-SAPST)</b>	<b>February 14-18 (Reg. Full) August 8-12</b>
<b>New Coordinator Basic Training Series</b>	<b>March 3, 10, 17, 24 &amp; 31</b>
<b>NATCON (National Council for Behavioral Health)</b>	<b>April 11-13</b>
<b>Rx Drug Abuse &amp; Heroin Summit</b>	<b>April 18-20</b>
<b>Alcohol Policy Alliance</b>	<b>April 27-29</b>
<b>Coalition Leadership Institute (CLI)</b>	<b>May 4-5, Virtual</b>
<b>Spring Youth Forum</b>	<b>May 17, Virtual</b>
<b>Minerva Technical Assistance Calls</b>	<b>Ongoing</b>

For more info, visit <https://www.theathenaforum.org/event-calendar/month>.

# Healthy Youth Survey 2023 Question Proposals

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- ▶ Healthy Youth Survey took place in the fall of 2021
- ▶ Next administration is fall 2023 and we are accepting proposals for new topics and new questions.
- ▶ If you are interested in submitting a **topic** for consideration, go to <https://www.surveymonkey.com/r/HYSquestion>
- ▶ If you are interested in submitting a full **question proposal** go to <https://redcap.doh.wa.gov/surveys/?s=J9C7LTK9HE>
  - ▶ Due April 15



# 2022 Annual Survey of Coalitions is live now!

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- ▶ Visit <https://www.cadca.org/annual-survey>.
- ▶ Participation helps:
  - ▶ Determine coalition training and technical assistance needs
  - ▶ Prepare relevant briefs and webinars
  - ▶ Identify successful coalition strategies for prevention that can be shared across the country
  - ▶ Conduct capacity assessments for participation in projects
  - ▶ Inform community-level prevention research
  - ▶ Most importantly, as the voice of coalitions in our nation's capital, CADCA continues to use the data in advocacy efforts to support prevention legislation, increase funding, and to keep coalition work prominently in the view of Congress and the White House.

# Potential Opportunity - ACEs

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- ▶ Research shows connections between Adverse Childhood Experiences (ACEs) and risk for subsequent substance use
- ▶ Is your community interested in doing prevention work around Adverse Childhood Experiences (ACEs)?
  - ▶ Share interest to our [prevention@hca.wa.gov](mailto:prevention@hca.wa.gov) email and CC your PSM!

**Update:** At this time, we will no longer be pursuing this opportunity. Please connect with your prevention manager, if you have any additional questions.

# Free at-home COVID-19 test kits

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▶ Visit <https://www.sayyescovidhometest.org/>.

Get your **FREE**  
at-home test kits!

We are offering free, rapid, at-home COVID-19 test kits to residents of eligible communities. **Enter your zip code to see if tests are available in your area:**

# Minerva Updates

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Lauren Bendall | Prevention System Project  
Manager | HCA/DBHR

# Minerva 1.0 and 2.0 Key Dates

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Key Items	Dates
System Demonstrations and Pilot Testing	January 18-28
Minerva 1.0 Final Review of Data by Communities w/Checklist	January 24-February 8
SAW Account Registration	Early February
Minerva 1.0 January Service Data Due	February 8
Minerva 1.0 System Closed for Data Entry	February 8
Training for Minerva 2.0 Begins	Late February
February Service Data Entered in Minerva 2.0	Late February – March 15

# 2021 Prevention Summit Awards of Excellence

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**Lifetime Achievement**  
Seth Dawson

# Prevention Summit Highlights

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Kersten Tano | Prevention System Manager |  
HCA/DBHR

# 2021 Prevention Summit

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- ▶ 393 Registrants
- ▶ Programming
  - ▶ 2 Keynotes
  - ▶ 1 Power Session
  - ▶ 8 Workshops
- ▶ Recorded content available until February 28<sup>th</sup>
  - ▶ [Access platform here.](#)





# 2021 Evaluation Data Strengths

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## ▶ Virtual Conference Platform

- ▶ Easy to navigate
- ▶ Engaging graphics
- ▶ Ability to view recorded content after

## ▶ Quality of content and speakers

- ▶ Most found that it helped increase their knowledge in Prevention and a motivational experience for them.
- ▶ Most presenters were engaging and knowledgeable in topic areas presented.

# 2021 Evaluation Data – Areas of Opportunity

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- ▶ Networking
- ▶ Youth Engagement – did not host the Youth track
- ▶ Agenda
  - ▶ Offer distinct tracks based on level of expertise – beginners and advanced track
- ▶ Content
  - ▶ Local/state speakers
  - ▶ Health Equity
  - ▶ Updated Drug Trends
  - ▶ Trauma-Informed approaches in Prevention activities

# 2022 Summit Planning

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- ▶ Please complete the 2022 Future Planning Survey to help us gather information on planning for the 2022 summit.
- ▶ If ever you have presentation suggestions, send them in to the Prevention Summit team at [contactus@preventionsummit.org](mailto:contactus@preventionsummit.org).

**Thank you!**




# CPWI Community Survey

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Sandy Salivaras | Prevention Research and  
Evaluation Manager | HCA/DBHR

# Great Work Coalitions!



- ▶ Statewide, **15,644** surveys were collected from CPWI Communities (6%  from last year)
  - ▶ 5 from DFCs
  - ▶ 4 from Cohort 7
- ▶ Shout out to the 52 communities that reached their respondent goals (100% of target achieved or greater) – so many of you were so close!
- ▶ Innovative ideas!
  - ▶ QR codes
  - ▶ Shout out to  Pacific / South Bend 
  - ▶ Others?

# Next Steps

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- ▶ Survey Results
  - ▶ Late March/early April
  - ▶ Reports back in old PDF format

## Upcoming

- ▶ 2022 will be a shorter survey
- ▶ March: On-line feedback/revision on CORE survey questionnaire
- ▶ June: Link requests and added questions due
- ▶ Survey training for Cohort 7

# COVID-19 Student Survey (CSS)

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Tyler Watson | Prevention Research and  
Evaluation Manager | HCA/DBHR



# CSS Team

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## ▶ Health Care Authority

- ▶ Sarah Mariani
- ▶ Alicia Hughes
- ▶ Tyler Watson

## ▶ Department of Health

- ▶ Maayan Simckes
- ▶ Rose Quinby
- ▶ Cathy Wasserman

## ▶ University of Washington

- ▶ Jason Kilmer
- ▶ Em Chapple
- ▶ Christine Lee
- ▶ Scott Graupensperger
- ▶ Mike Gilson
- ▶ Mary Larimer

## ▶ Office of Superintendent of Public Instruction

- ▶ Dixie Grunenfelder
- ▶ Emily Maughan
- ▶ Matthew Frizzell



Washington Office of Superintendent of  
**PUBLIC INSTRUCTION**

**W**  
UNIVERSITY of WASHINGTON

Washington State Department of  
**Health**

Washington State  
**Health Care Authority**

# CSS Background

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- ▶ HYS 2020 postponement
- ▶ Unprecedented year
- ▶ Needs assessment
- ▶ Schools and communities

# CSS Administration

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- ▶ Questions from Healthy Youth Survey and other youth surveys
- ▶ Online, anonymous
- ▶ Links distributed through schools, mostly remote learning
- ▶ Open March 8-26, 2021
- ▶ Convenience sample (not generalizable)

# HYS & CSS

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## Healthy Youth Survey

- ▶ Recurring survey
- ▶ Biennial since 2002
- ▶ Paper, in person
- ▶ Surveillance
- ▶ Representative
- ▶ Wide scope
- ▶ Extensive reporting

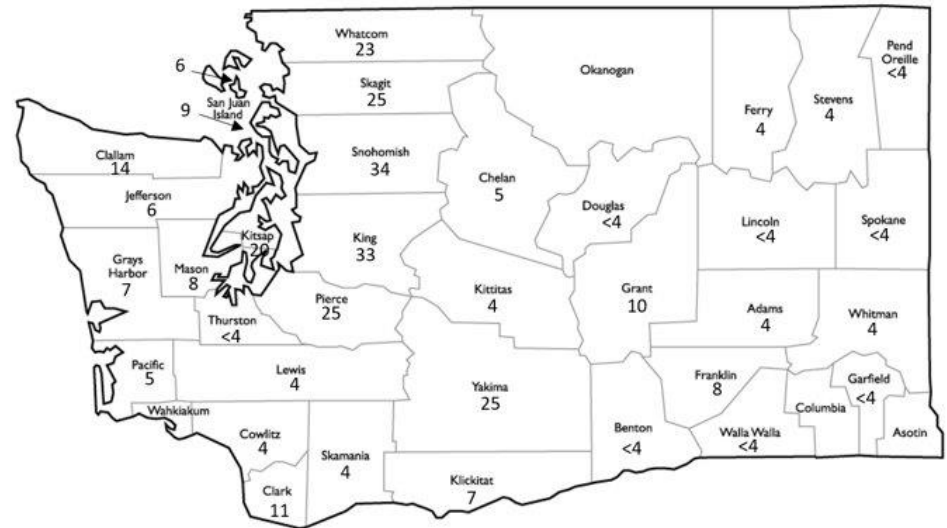
## COVID-19 Student Survey

- ▶ Response to pandemic
- ▶ March 2021
- ▶ Online, remote
- ▶ Needs assessment
- ▶ Not representative
- ▶ Narrower scope
- ▶ Limited reporting

# CSS Participation

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- ▶ 330 schools
- ▶ 35 of 39 counties
- ▶ Nearly 66,000 students



# CSS Questions

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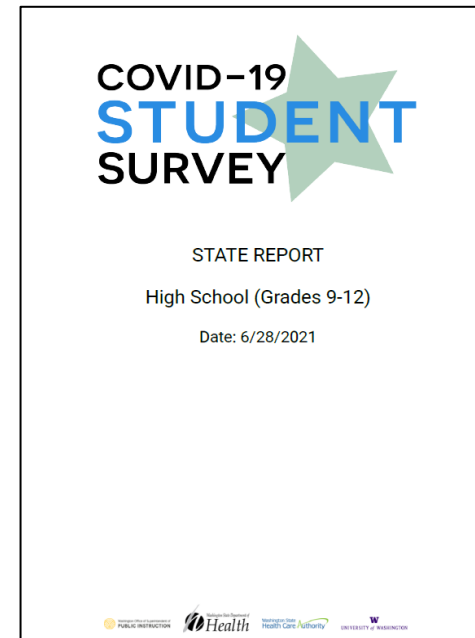
- ▶ Student demographics (11 questions)
- ▶ Physical activity and screen time (5 questions)
- ▶ School experiences (14 questions)
- ▶ Substance use (9 questions)
- ▶ Health and safety (14 questions)
- ▶ Connectedness and loneliness (2 questions)
- ▶ Changes in health behavior (3 questions)
- ▶ COVID-19 stressors and decisions (5 questions)
- ▶ Open-ended question for students to write anything else that they need help with from their school or community

# CSS Reporting

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- ▶ June 2021
  - ▶ School-level reports
  - ▶ Press release
  - ▶ State-level reports
- ▶ August 2021
  - ▶ Topic summaries
    - ▶ COVID-19 worries
    - ▶ Mental health & substance use
    - ▶ School experiences
- ▶ October 2021
  - ▶ Data dashboard
    - ▶ State, ESD, County

[www.csswashington.org](http://www.csswashington.org)



# CSS Data Dashboard



## COVID Student Survey Thurston County



The COVID-19 Student Survey (CSS) was a multi-agency collaboration designed to examine student needs and health risk behaviors during the COVID-19 pandemic. The survey was intended to be administered online during school hours to students in grades 6 to 12 at all participating schools. Recruitment for the survey was initiated on February 18, 2021 and the survey was administered between March 8-26, 2021. The CSS was funded by the Washington State Health Care Authority (HCA), implemented by a team at the University of Washington (UW), with further partnership around content, design, and dissemination from the Office of Superintendent of Public Instruction (OSPI) and the Washington State Department of Health (DOH).

### How did students respond to the following questions:



### Select Filters for Survey Results

Organization Level	Organization Name	Student Group	Question Groups
County	Thurston County	All Students	COVID
<b>Has a doctor or nurse ever told you that you had, or likely had, COVID-19?</b>	Yes		Suppress
	No		75.4%
	Unsure or prefer not to answer		Suppress
	No Response		17.5%

<https://www.k12.wa.us/student-success/health-safety/covid-19-student-survey/2021-covid-19-student-survey-results#2021%20Survey%20Results>

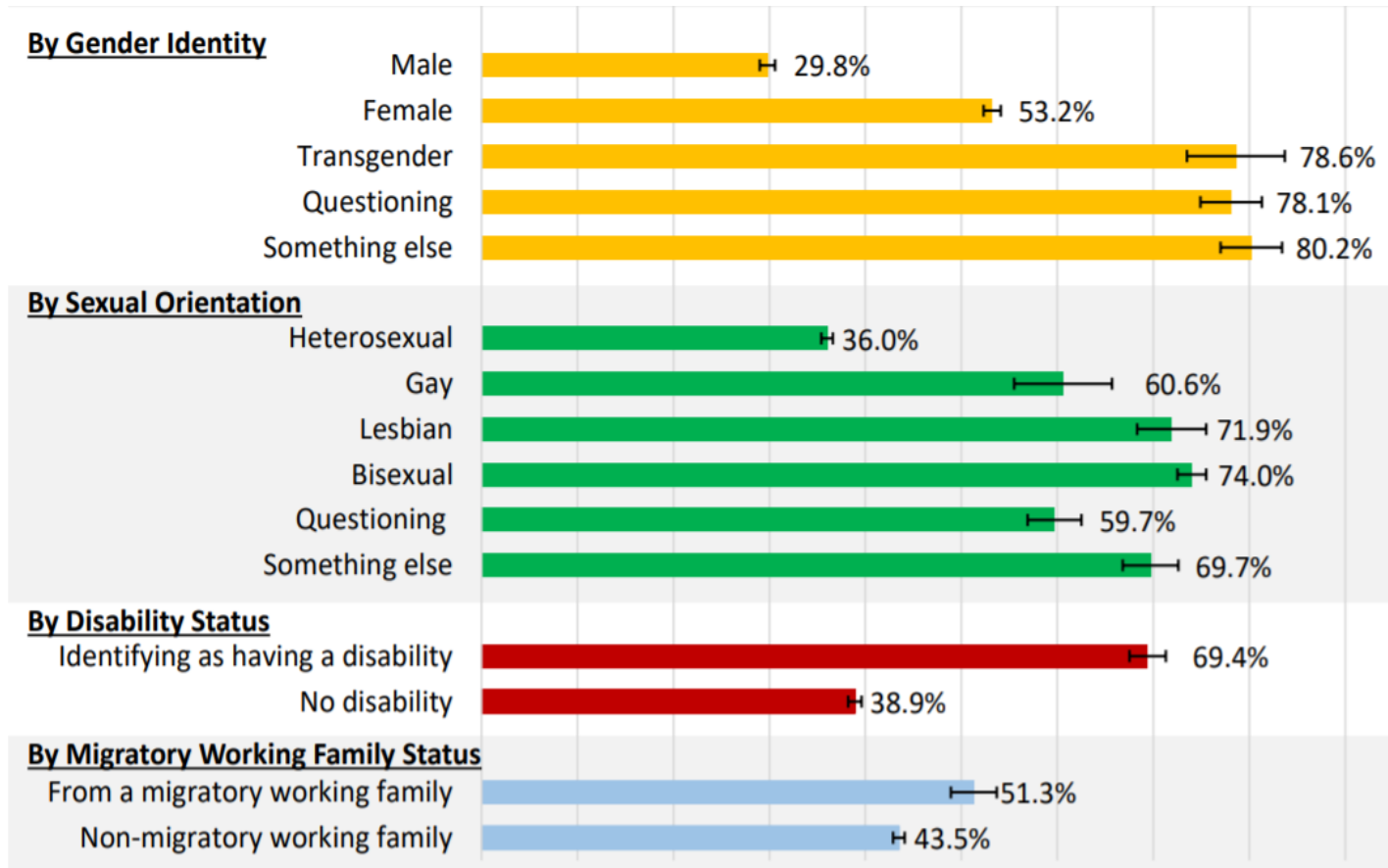


# CSS Quantitative Themes

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- ▶ Extensive COVID-19 worries
- ▶ High COVID-19 adherence
- ▶ Decreased learning and enjoyment of school
- ▶ Increased sadness/depression
  - ▶ Decreased suicide
- ▶ Decreased substance use
- ▶ Disparities among students identifying as LGBTQ+, having a disability, from migratory working families
- ▶ Hopefulness/optimism about future

# “During the past 12 months, have you felt depressed or sad MOST days, even if you felt OK sometimes?” HIGH SCHOOL



# CSS Qualitative Themes

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*“Other than the questions we asked, what are some other things that you think you need help with from your school, community, or parents/guardians?”*

- ▶ Some students are doing fine and feel supported
- ▶ Struggling with mental health
- ▶ Frustration with school
- ▶ Pandemic burnout and desire to “return to normal”
- ▶ Worsening of existing barriers/challenges to get help
  - ▶ LGBTQ+ and having a disability
- ▶ High degree of awareness about issues and potential solutions
  - ▶ School counselors

# CSS Student Quotes

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*"I think this year has just been tough for everyone. For me, my mental health has been my biggest issue."*

*"I feel like I'm not really learning anything and need more help. There is so much work it's stressful and overwhelming."*

*"I need to be in class every day, like normal. I need to see people without masks on. I need to go to school so I don't die inside."*

# CSS Next Steps

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- ▶ Additional reporting
- ▶ CSS 2.0 February 1-18, 2022
  - ▶ 2-minute video:  
<https://www.youtube.com/watch?v=WijNigthh5Y>

# University of Washington Young Adult Riding and Driving (YARD) Study

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Billy Reamer | Prevention System Manager |  
HCA/DBHR

# The Young Adult Riding and Driving Study

BRITTNEY HULTGREN, PHD  
HULTGREN@UW.EDU  
JAN 26, 2021



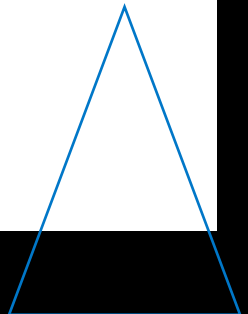
## **THE YARD STUDY**

THE YOUNG ADULT RIDING AND  
DRIVING (YARD) STUDY



# Outline

- What is the YARD Study and why it is important?
- Current status of the study
- Ways you can help
- Ways we hope YARD can be helpful
- Q&A



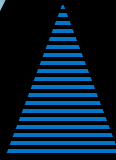




# What is the YARD Study?

- Young Adult Riding and Driving Study
- Survey-based study to assess transportation and health behaviors among young adults in WA State
- Aim of the study - Assess predictors of impaired driving behaviors
  - ▶ Alcohol
  - ▶ Cannabis
  - ▶ Simultaneous use of alcohol & cannabis





Traffic Lab  
**The Seattle Times**

**2021 was the deadliest on Washington roads in 15 years, puzzling experts**

Jan. 1, 2022 at 6:00 am | Updated Jan. 1, 2022 at 2:12 pm

## Why is this important?

- Vehicle crashes are the leading cause of death in YA in the US
- In 2021 WA saw 540 fatal crashes, which killed more than 600 people, the highest number since 2006.

**THE YARD  
STUDY**

THE YOUNG  
ADULT RIDING &  
DRIVING STUDY



# Data Sources for YARD

## YOUNG ADULT HEALTH SURVEY (YAHS)

- 2014-present
- 7,774 participants from 2019 data Aged 18-31

AIM – examine norms of impaired driving behaviors and their association with outcomes

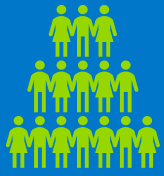
## YARD DAILY DIARIES

- Daily assessments collected over 6 months
- 400 high risk YA who live in WA State
- Currently enrolled N=121 with a goal to recruit 300-400

AIM – examine daily predictors of impaired-driving outcomes



Demographics



Norms



Motives



Personality Factors



Mental Health Factors

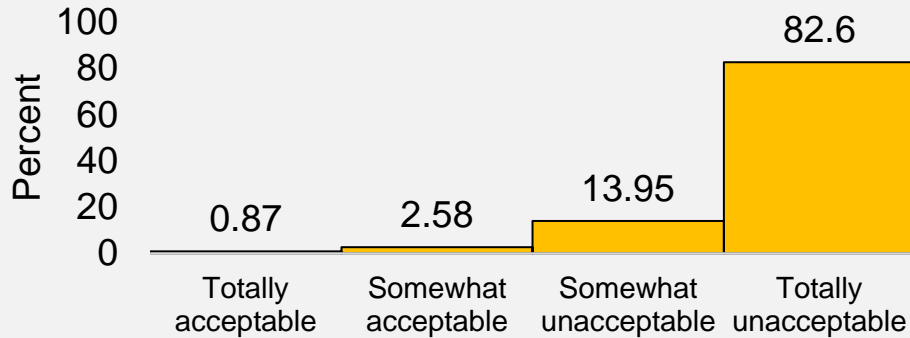
# Risk & Protective Factors

**THE YARD  
STUDY**

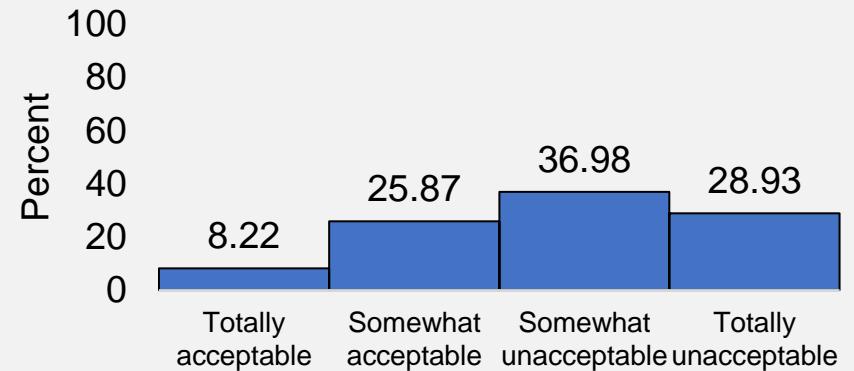
THE YOUNG  
ADULT RIDING &  
DRIVING STUDY

# Perceived Norms from YAHS - Impaired Driving

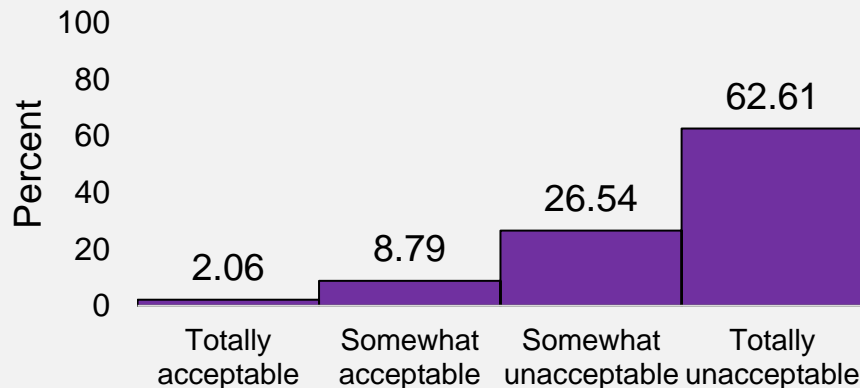
Perceived Acceptability of Driving After Having Too Much to Drink



Perceived Acceptability of Driving within 3 Hours of Using Cannabis

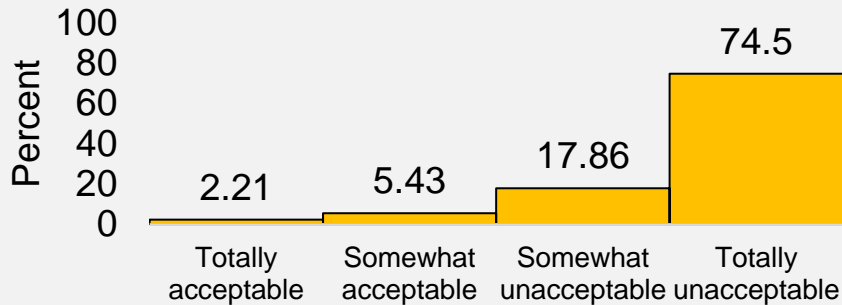


Perceived Acceptability Driving within 3 Hours of Using Cannabis & Alcohol

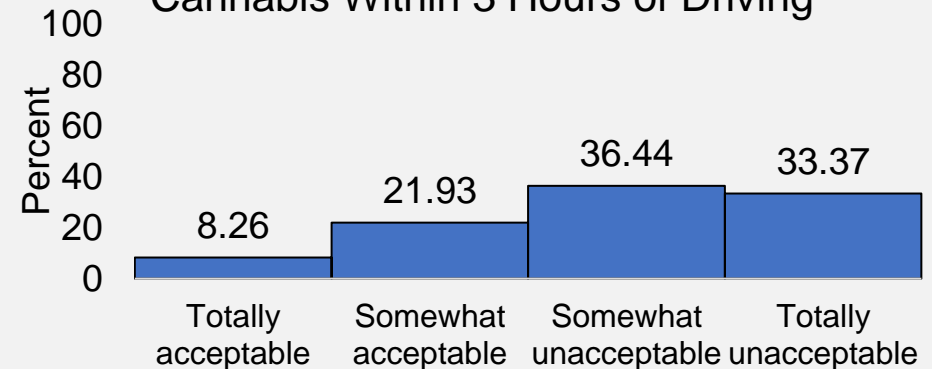


# Perceived Norms from YAHS – Passenger of Impaired Driver

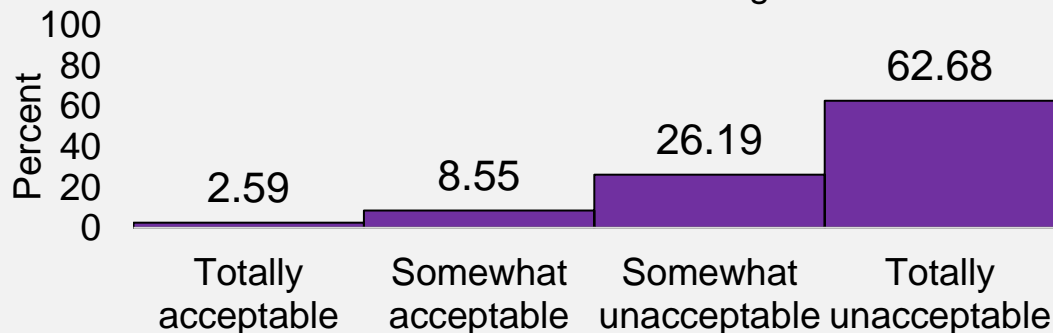
Perceived Acceptability of Being a Passenger of a Driver Who Had Too Much to Drink to Drive

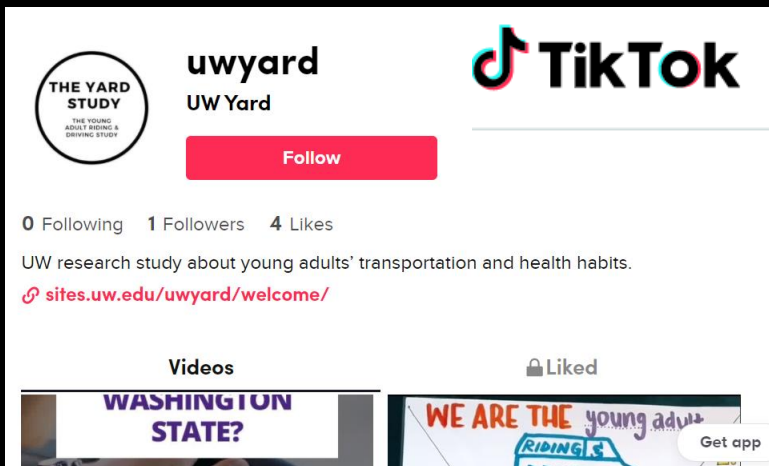


Perceived Acceptability of Being a Passenger of a Driver Who Had Used Cannabis Within 3 Hours of Driving



Perceived Acceptability of Being a Passenger of Driver Who had Used Cannabis & Alcohol within 3 Hours of Driving





**uwyard**  
UW Yard

**THE YARD STUDY**  
THE YOUNG ADULT RIDING & DRIVING STUDY

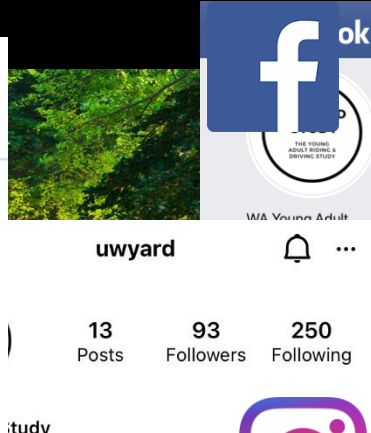
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UW research study about young adults' transportation and health habits.  
[sites.uw.edu/uwyard/welcome/](https://sites.uw.edu/uwyard/welcome/)

Videos Liked

WASHINGTON STATE? WE ARE THE young adults RIDING & DRIVING STUDY



**uwyard**

13 Posts 93 Followers 250 Following

WA Young Adult Riding and Driving Study



**THE YARD STUDY**  
THE YOUNG ADULT RIDING AND DRIVING (YARD) STUDY

Like Share Suggest Edits Send Message

Posts: WA Young Adult Riding and Driving Study updated their cover photo. 1 min

Community: 5 people like this



**THE YARD STUDY**  
THE YOUNG ADULT RIDING AND DRIVING (YARD) STUDY

**uwyard**  
@uwyard1

Research study at @cshrb\_uw about young adults' transportation habits and health behaviors. Link to participate in our bio.

Washington [sites.uw.edu/uwyard/welcome...](https://sites.uw.edu/uwyard/welcome...) Joined November 2020

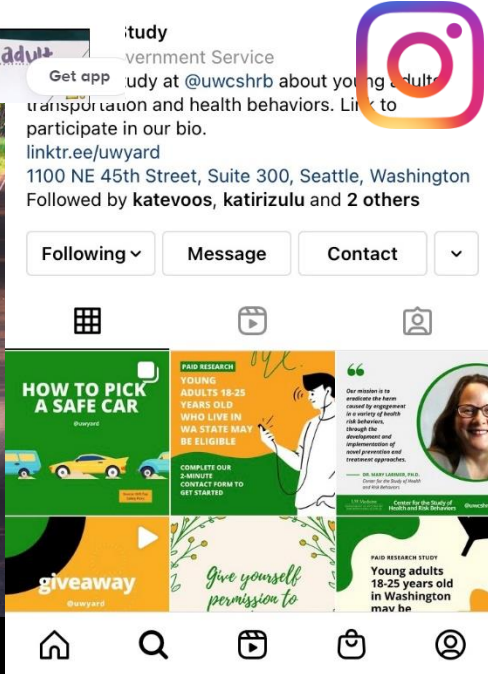
60 Following 6 Followers

Tweets Tweets & replies Media Likes

Planned Tweet

**uwyard** @uwyard1 · Mar 29  
The Young Adult Riding and Driving Study (YARD) is a research study at the University of Washington that explores health and driving habits in young adults. Interested in earning money by participating? Fill out our contact form at the link in our bio.

is a research study at the University of Washington that explores health and transportation habits in young adults.



**uwyard**

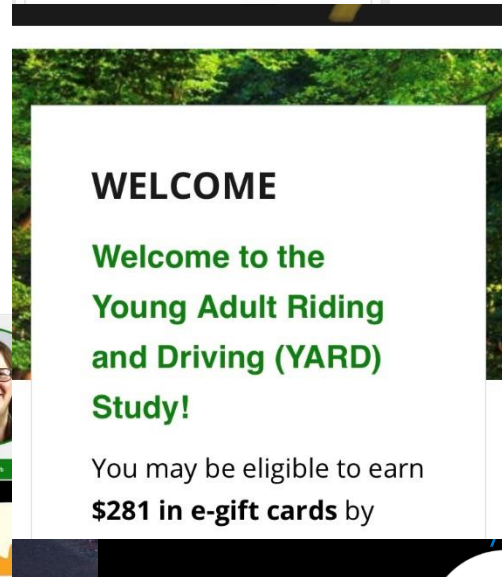
Get app

Research study at @uwcsrb about young adults' transportation and health behaviors. Link to participate in our bio.  
[linktr.ee/uwyard](https://linktr.ee/uwyard)  
 1100 NE 45th Street, Suite 300, Seattle, Washington  
 Followed by katevoos, katirizulu and 2 others

Following Message Contact

HOW TO PICK A SAFE CAR PAID RESEARCH YOUNG ADULTS 18-25 YEARS OLD WHO LIVE IN WA STATE MAY BE ELIGIBLE COMPLETE OUR 5-MINUTE CONTACT FORM TO GET STARTED

giveaway Give yourself permission to PAID RESEARCH STUDY Young adults 18-25 years old in Washington may be



**WELCOME**

Welcome to the Young Adult Riding and Driving (YARD) Study!

You may be eligible to earn \$281 in e-gift cards by



# Participant involvement

- Screener ~5min \$5 e-gift card
- Baseline ~25min \$25 e-gift card
- Zoom training on daily assessments
- Daily assessments Thurs-Sun every other week for 6 months
  - ~3-5mins to complete
  - \$3/survey + \$5 bonus
- 6 month follow up ~ 25 min
  - \$30 e-gift card





# How you can help:

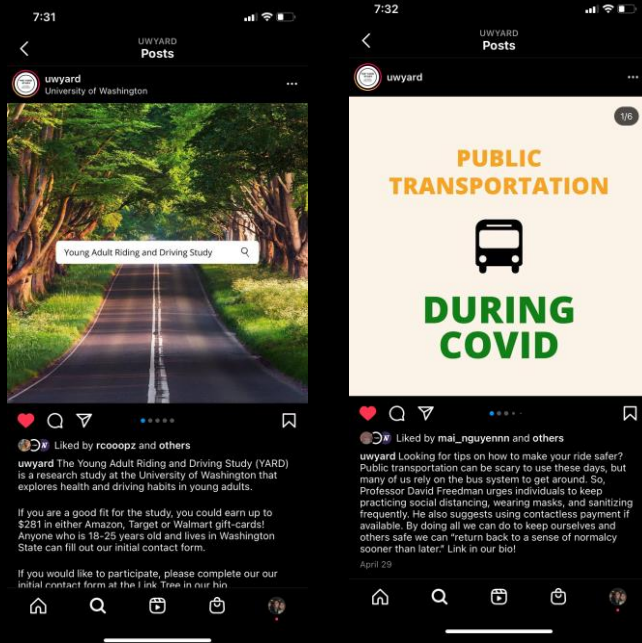
- Follow us and share our social media and website
- Post flyers or share electronic flyers
- Spread the word about our recruitment

**YARD – study assessing transportation and health habits in young adults living in WA**

**Please do not advertise us as an impaired driving study**



# Examples of Recruitment Ads & Flyers



**THE YOUNG ADULT RIDING AND DRIVING STUDY**

A RESEARCH STUDY ABOUT YOUNG ADULTS RIDING AND DRIVING HABITS

COMPLETE ONLINE, CONFIDENTIAL DAILY SURVEYS EVERY OTHER WEEK FOR 6 MONTHS

EARN UP TO \$281 IN AMAZON, TARGET OR WALMART GIFTCARDS

YOU MIGHT BE ELIGIBLE IF YOU ARE 18-25 YEARS OLD AND LIVE IN WASHINGTON

FILL OUT OUR CONTACT FORM ON OUR WEBSITE

[SITES.UW.EDU/UWYARD/](https://sites.uw.edu/uwyard/)

UW Medicine  
DEPARTMENT OF PSYCHIATRY AND BEHAVIORAL SCIENCES

**THE YOUNG ADULT RIDING AND DRIVING STUDY**

UW Medicine  
DEPARTMENT OF PSYCHIATRY AND BEHAVIORAL SCIENCES

A RESEARCH STUDY ABOUT YOUNG ADULTS RIDING AND DRIVING HABITS

EARN UP TO \$281 IN AMAZON, TARGET OR WALMART GIFT CARDS FOR COMPLETING ONLINE CONFIDENTIAL SURVEYS OVER 6 MONTHS

SCAN ME

Fill out our contact form at the following link

YOU MIGHT BE ELIGIBLE IF YOU ARE 18-25 YEARS OLD AND LIVE IN WASHINGTON

YARD STUDY  
SITES.UW.EDU/UWYARD

YARD STUDY  
SITES.UW.EDU/UWYARD

YARD STUDY  
SITES.UW.EDU/UWYARD

YARD STUDY  
SITES.UW.EDU/UWYARD

YARD STUDY  
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YARD STUDY  
SITES.UW.EDU/UWYARD

YARD STUDY  
SITES.UW.EDU/UWYARD

THE YARD STUDY

THE YOUNG ADULT RIDING & DRIVING STUDY



## Connecting with collaborators and stakeholders

- Stakeholder interviews
  - Understand previous, current or planned programs
  - How can we best provide you with data and results
- Get useful information back out to the community and to stakeholders

Hultgren@uw.edu

**THE YARD  
STUDY**

THE YOUNG  
ADULT RIDING &  
DRIVING STUDY

# Thank You

 **Instagram**

@uwyard

 **Twitter**

@uwyard1

 **Email**

uwyard@uw.edu

 **Phone**

(206) 685 - 5679

Hultgren@uw.edu

**THE YARD  
STUDY**

THE YOUNG  
ADULT RIDING &  
DRIVING STUDY

# Youth Participatory Action Research

January 26<sup>th</sup>, 2022

Jennifer Fees, 4-H Extension Coordinator, Spokane County Extension  
Washington State University

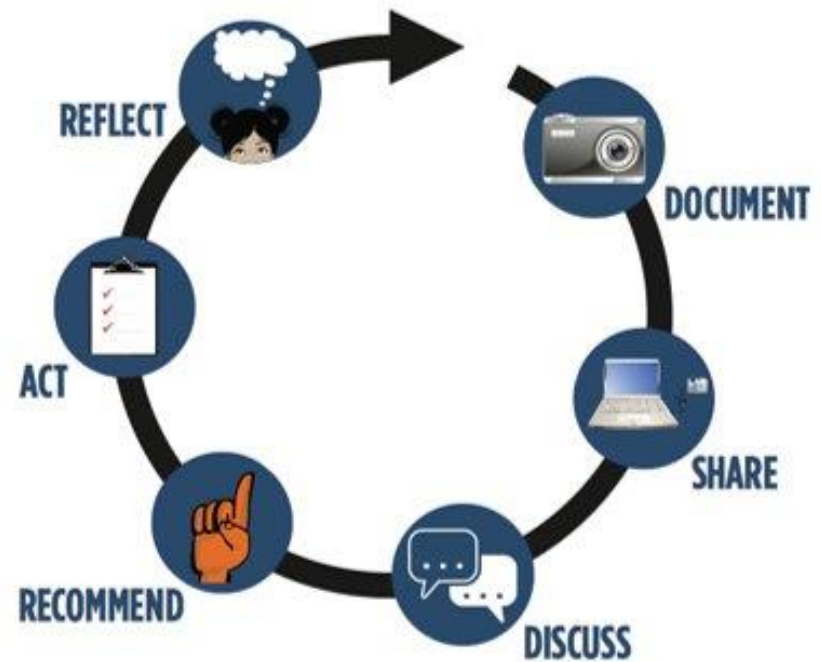


# What is Youth Participatory Action Research?

Inquiry-based

Participatory

Transformative



(Elden & Levin, 1991; [Figure Source](#))



# YPAR in Action - Spokane

- Youth as researchers (supported by adults)
- Based on research, interviews and reflection; YPAR Teen Interns divided into 3 groups. Each group created a unique project:
  - Traveling Opioid Medicine Cabinet
  - 8th grade Health Class Curriculum
  - Fundraiser for Volunteers of America





Each research group created posters along with their project. They created them with QR codes that linked to more information. Posters covered:

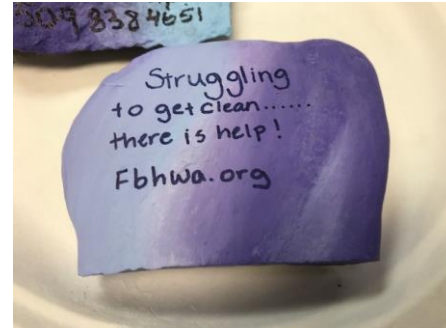
- Where to get lock boxes
- What effects do opioids have on a person
- The brain and opioids
- Where can I get help?





# Education in the Community

Getting the word out!



JOIN US IN MAKING A DIFFERENCE IN THE SPOKANE COMMUNITY

## FUNDRAISER FOR VOLUNTEERS OF AMERICA

Any donation will help make an impact. Thanks in advance for your contribution to this cause

THE MONEY WILL GO TOWARDS SUPPORTING THE HOMELESS POPULATION THROUGH REPLACEMENT FIXATION WHICH IS WHERE THEY WILL DISTRACT THEIR MIND WITH SOMETHING MORE BENEFICIAL TO THEIR MIND AND BODY.

THE SPECIFIC CHANGE THAT WE ARE AIMING FOR IS CHANGE REGARDING THE OPIOID EPIDEMIC. THE OPIOID EPIDEMIC AFFECTS SO MANY PEOPLE, ESPECIALLY THE HOMELESS POPULATION. THIS GROUP WANTS TO HELP THE HOMELESS BY MAKING DRUG REHABILITATION MORE ACCESSIBLE.

**YA4-H!** YOUTH ADVOCATES FOR HEALTH

**CROP+TR** Center for Rural Opioid Prevention, Treatment & Recovery

**SAMHSA** Substance Abuse and Mental Health Services Administration

SCAN ME

## DID YOU KNOW?

Opioid Misuse Can Lead To...

- Nausea
- Vomiting
- Dry Mouth
- Depression
- Constipation
- Confusion
- Drowsiness
- And Death

■ OPIOID RECEPTORS ■ NATURAL ENDORPHINS ■ OPIOID DRUGS

**Normal Activity** vs **Opioid User**

Opioids effect the brain by blocking the pain receptors and allowing the person to experience little to no pain causing the person to be addicted to them!

Scan here for fun information

**CROP+TR** Center for Rural Opioid Prevention, Treatment & Recovery

**YA4-H!** YOUTH ADVOCATES FOR HEALTH

**SAMHSA** Substance Abuse and Mental Health Services Administration

PHONE: 800-222-1222  
STORE: SPOKANE PHARMACY 382  
222 North Nevada  
Spokane, WA, 99202

DR. A.B. GRAHAM  
RX# INVOICES: DATE: 01/11/2021

**OPHRE CLOVER**  
OVER 10% OF THE 76,636 DEATHS IN 2019 INVOLVED AN OPIOID.  
ENTER FOR DISEASE CONTROL AND PREVENTION  
NO REFILLS REMAINING Discard by 01/11/2022

PHONE: 800-222-1222  
STORE: SPOKANE PHARMACY 382  
222 North Nevada  
Spokane, WA, 99202

DR. A.B. GRAHAM  
RX# INVOICES: DATE: 01/11/2021

**OPHRE CLOVER**  
FROM 1999-2019, NEARLY 500,000 PEOPLE DIED FROM AN OVERDOSE INVOLVING ANY OPIOID, INCLUDING PRESCRIPTION AND ILLEGAL OPIOIDS.  
ENTER FOR DISEASE CONTROL AND PREVENTION

PHONE: 800-222-1222  
STORE: SPOKANE PHARMACY 382  
222 North Nevada  
Spokane, WA, 99202

DR. A.B. GRAHAM  
RX# INVOICES: DATE: 01/11/2021

**OPHRE CLOVER**  
OVER 10% OF THE NEARLY 71,000 DRUG OVERDOSE DEATHS IN 2019 INVOLVED AN OPIOID.  
ENTER FOR DISEASE CONTROL AND PREVENTION

PHONE: 800-222-1222  
STORE: SPOKANE PHARMACY 382  
222 North Nevada  
Spokane, WA, 99202

DR. A.B. GRAHAM  
RX# INVOICES: DATE: 01/11/2021

**OPHRE CLOVER**  
THE AGE-ADJUSTED RATE OF DRUG OVERDOSE DEATHS IN 2018 (20.7 PER 100,000) WAS 48% LOWER THAN IN 2015 (39.5).

PHONE: 800-222-1222  
STORE: SPOKANE PHARMACY 382  
222 North Nevada  
Spokane, WA, 99202

DR. A.B. GRAHAM  
RX# INVOICES: DATE: 01/11/2021

**OPHRE CLOVER**  
IN 2019, WASHINGTON PROVIDERS WROTE 49.3 OPIOID PRESCRIPTIONS FOR EVERY 100 PEOPLE COMPARED TO THE AVERAGE U.S. RATE OF 51.4.  
NATIONAL INSTITUTE ON DRUG ABUSE

PHONE: 800-222-1222  
STORE: SPOKANE PHARMACY 382  
222 North Nevada  
Spokane, WA, 99202

DR. A.B. GRAHAM  
RX# INVOICES: DATE: 01/11/2021

**OPHRE CLOVER**  
FROM 2016 TO 2019, THE LARGEST INCREASE IN DEATH RATES INVOLVING SYNTHETIC OPIOIDS OCCURRED IN THE WEST (87.5%).

PHONE: 800-222-1222  
STORE: SPOKANE PHARMACY 382  
222 North Nevada  
Spokane, WA, 99202

DR. A.B. GRAHAM  
RX# INVOICES: DATE: 01/11/2021

**OPHRE CLOVER**  
FALLING ASLEEP, SLOW BREATHING, AND PALE SKIN COULD BE SIGNS OF AN OPIOID OVERDOSE.  
ENTER FOR DISEASE CONTROL AND PREVENTION

PHONE: 800-222-1222  
STORE: SPOKANE PHARMACY 382  
222 North Nevada  
Spokane, WA, 99202

DR. A.B. GRAHAM  
RX# INVOICES: DATE: 01/11/2021

**OPHRE CLOVER**  
IN WASHINGTON STATE, ANYONE TRYING TO HELP IN A MEDICAL EMERGENCY IS GENERALLY PROTECTED FROM CIVIL LIABILITIES BY RCW 6A.060. WASHINGTON STATE'S 911 GOOD SAMARITAN OVERDOSE LAW RCW 69.50.315 GIVES ADDITIONAL AND SPECIFIC PROTECTIONS AGAINST DRUG





# Teens in Action



# Join the YPAR Community of Practice!

Those who participate in the YPAR CoP will gain access to:

- A FREE copy of the 4-H YPAR curriculum
- 4 training sessions on YPAR
- 6 monthly Learning Community meetings
- The opportunity to participate in a youth evaluation survey to better understand how participating in YPAR impacts youth psychological empowerment and opioid health knowledge
- A free report on your youth group's evaluation data

Register for the YPAR CoP listserv here:

[https://wsu.co1.qualtrics.com/jfe/form/SV\\_e1CjreRoc8lcRKK](https://wsu.co1.qualtrics.com/jfe/form/SV_e1CjreRoc8lcRKK)



# Questions?

To reach the YPAR CoP team, email our research coordinator at [katherine.hampilos@wsu.edu](mailto:katherine.hampilos@wsu.edu)

Or sign up for the YPAR CoP listserv for infrequent email updates about YPAR events and training opportunities:

[https://wsu.co1.qualtrics.com/jfe/form/SV\\_e1CjreRoc8lcRKK](https://wsu.co1.qualtrics.com/jfe/form/SV_e1CjreRoc8lcRKK)



# Legislative Session 2022

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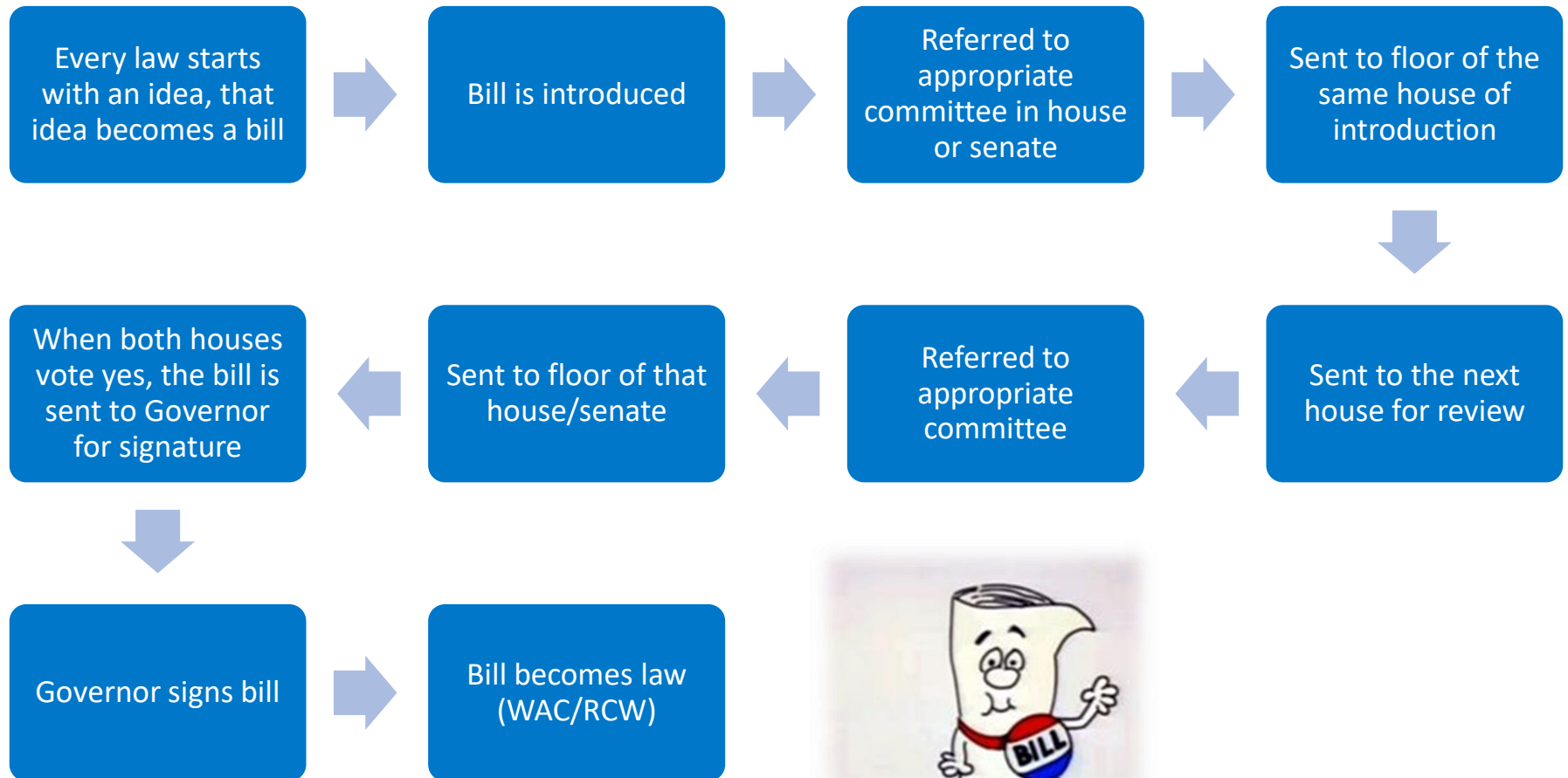
Sarah Mariani | Substance Use Disorder  
Prevention and Mental Health Promotion  
Section Manager | HCA/DBHR

# Overview

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- ▶ How a bill becomes a law
- ▶ Important legislative dates
- ▶ Prevention notable bills and watches
- ▶ Research briefs

# How a Bill Becomes a Law



# Important dates

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- ▶ **Regular Session:** January 11<sup>th</sup> to March 10<sup>th</sup>, 2022 – 60 days
- ▶ Last day to consider bills in house of origin (5 p.m.) **Feb 15th**
- ▶ Last day to consider opposite house bills (5 p.m.) March 4th
- ▶ Last day of regular session, March 10th
- ▶ There is always the possibility of a Special Session



# Last Session – Passed Bills – 2021

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- ▶ **Alcohol:** HB 1289 Striker – Winery Workforce Development
- ▶ **Alcohol:** E2SHB 1480 – Extending Allowances
- ▶ **Alcohol:** ESSB 5272 – Temp Waive Annual License Fees
- ▶ **Cannabis:** ESBH 1443 Striker – Social Equity Cannabis License
- ▶ **Mental Health:** 2SHB 1477 – Striker – National 988 System
- ▶ **Behavioral Health:** SB 5476 – Addressing State vs Blake Decision
- ▶ **School:** SHB 1363 – Addressing secondary trauma in K-12 workforce
- ▶ **School:** SSB 5030 – K-12 Developing school counseling programs
- ▶ **Opioids:** SHB 1161 – Requirements for drug take-back programs

*Gov. Jay Inslee's 2022 supplemental budget proposes significant funding to reduce poverty, increase housing and resources for homeless individuals, expand K-12 learning supports, invest in clean transportation and green economy, decarbonize buildings, and protect salmon habitat.*

# Bills Introduced for 2022

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- ▶ **Cannabis:** HB 1668/SB 5547 – Regulation of Impairing Cannabinoids
- ▶ **Cannabis:** SB 5767 – Regulation of Hemp-derived Cannabinoids
- ▶ **Cannabis:** HB 1710 – Establishing a Washington State Cannabis Commission
- ▶ **Cannabis:** HB 1855 – Craft Cannabis
- ▶ **Cannabis:** SB 5671 – Modifying Composition of Liquor and Cannabis Board
- ▶ **Cannabis:** HB 2022 – Concerning Social Equity in the Cannabis Industry

# Bills Introduced for 2022

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- ▶ **Cannabis:** HB 1827/SB 5706 – Establishing a Community Reinvestment Account
- ▶ **Cannabis:** SB 5796 – Restructuring Cannabis Revenue Allocations
- ▶ **Cannabis:** HB 5671 – Modifying Liquor and Cannabis Board
- ▶ **Cannabis:** 2SHB 1210 – Replacing the Term Marijuana with Cannabis
- ▶ **Cannabis:** ESSB 5004 Medical Marijuana Tax Exemption
- ▶ **Cannabis:** HB 1667 - Ownership of Cannabis-related Businesses
- ▶ **Cannabis:** HB 1933 Cannabis Local Government Tax

# Bills Introduced for 2022

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- ▶ **BH Prevention:** HB 2035 – Establishing a Behavioral Health Prevention and Equity Impact Framework for the Washington State Liquor and Cannabis Board
- ▶ **Alcohol:** HB 1734 – Concerning Taxation of Low-proof Beverages
- ▶ **Vaping/Tobacco:** HB 1676 – Taxation of Vapor Products
- ▶ **Vaping/Tobacco:** HB 2039/SB 5768 – Enhancing the Regulations of Vapor Products

# Bills Introduced for 2022

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- ▶ **School Policy:** HB 1834 – Student Absences Mental Health (Watch)
- ▶ **School Policy:** SB 5595 – School Formulas for Physical, Social and Emotional Support (Watch)
- ▶ **Healthy Youth Survey:** HB 1759 – Requiring School Districts and Public Education Entities to Make Data Available Through Their Website and Other Communication Resources
- ▶ **Healthy Youth Survey:** HB 1746 – Updating the 2015 Report and Recommendations for Supporting Student Success
- ▶ **Marketing:** HB 1697 – Privacy Rights of Minors

# Bills Introduced for 2022

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- ▶ **Mental Health:** HB 1600 – 988 Hotline Signs
- ▶ **Mental Health:** HB 1074 – Concerning Overdose and Suicide Fatality Reviews
- ▶ **Impaired Driving:** SB 5573 – Drug Offender Sentencing Alternative for Driving Under the Influence (Watch)
- ▶ **Impaired Driving:** SB 5054 – Concerning Impaired Driving
- ▶ **Drug Policy:** SB 5660 – Access to Psilocibins
- ▶ **Drug Policy:** SB 5523 – Controlled Substance Possession
- ▶ **Drug Policy:** SB 5524 – Fentanyl – Homicide Penalty (Watch)
- ▶ **Drug Policy:** SB 5743 – Kratom as a Controlled Substance (Watch)
- ▶ **Drug Policy:** SB 5524 – Fentanyl Possession – Class C Felony (Watch)

# Watching Carry overs from last session

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## Cannabis:

- HB 1019 – Residential Grow
- HB 1105 – Arrest Protection for Medical Marijuana Users
- SB 5365 – WA Cannabis Commission (Replacement Bill)

## Alcohol:

- HB1062 – Limited Spirit Retail License – Increase access
- SB 5049 - Concerning taxation of low-proof beverages Replacement – HB 1734
- SB 5001 – Small Winery Tax Relief

## Vapor/Tobacco:

- HB 1345/SB 5266 – Concerning the Regulation of products sold to adults age 21 and over
- HB 1550 – Concerning methods to prevent nicotine addiction
- SB 5129 – Concerning the possession of vapor, vapor products, tobacco, and tobacco products by minors

## Mental Health:

- HB 1354 – Concerning suicide review teams
- SB 5292 – Concerning the use of parks and recreation spaces



# Prevention Research Briefs

- ▶ Three concise documents on emerging substance use and mental health promotion topics
- ▶ Share with partners, community members, decision-makers and more!

## Goal: Protecting Youth from the Harmful Effects of Alcohol, Cannabis, and Commercial Tobacco (Nicotine) Marketing and Promotion

Because underage youth are frequently exposed to alcohol, cannabis, and tobacco promotion and marketing

### Why It Matters



- Most youth exposure is through outdoor advertising, social media, and television. → Billboards and radio advertisements are especially influential in rural areas.
- Underage exposure to alcohol, cannabis, and tobacco marketing increases the risk of early use.<sup>43</sup> The earlier youth begin use, the more likely they will develop a substance misuse disorder as an adult.<sup>47</sup>
- Advertisements and social media content normalize substance use which can lead to increased use. The greater the exposure to marketing, the more likely that youth are going to start use early, use more, and engage in risky use.<sup>3,48-55</sup>

The most frequent related marketing in Washington State spaces such as social media and billboards.

- Companies get around marketing and promotion regulations by aggressively marketing on unregulated social media market, and unregulated social media content.<sup>46-48</sup> Recent research by the US Congress revealed the detrimental effects of social media on health of underage youth to
- Social media companies are mining a vast amount of personal data of underage youth to target them with
- There are currently no regulations on social media advertising in Washington, and the Federal Drug Administration's control over unproven medical claims.<sup>49</sup>
- Unregulated vaping and e-cigarette marketing on social media is hindering the promotion of users on nicotine cessation, and has won reductions in tobacco use.

Washington State Health Care Authority



## Location Matters: Access, Availability, and Density of Substance Retailers

Policies that limit youth access to substances foster healthier youth.

### Why It Matters?

Youths' substance use increases when they are more able to obtain alcohol, commercial tobacco, and cannabis. The earlier youth initiate use, the more likely they will experience neurological problems and/or develop a substance misuse disorder as an adult.

Washington can help delay youth substance use initiation by limiting access, availability, and density of substances.

### Most Vulnerable Are Most At Risk

Access and proximity don't work the same for everyone. Those at greatest risk (e.g., youth from lower income families) and those most vulnerable (e.g., youth of color) are more likely to increase use as substances become more available.<sup>5</sup>

COVID-19 prompted relaxation of some alcohol regulations, allowing curbside pick-up and home delivery, including use of app technology to obtain alcohol. ID checks are not consistently practiced for home deliveries.

### Access, Availability, and Density

Accessibility: proximity to a retailer  
Availability: the number of retailers  
Density: the number of retailers per square mile

The number of commercial substance retailers in Washington State is increasing. The number of delivery and where ID checks are not consistently practiced for home deliveries.

Increasing in Washington State. Department of Health and Services, 2019. Higher treatment rates for youth.

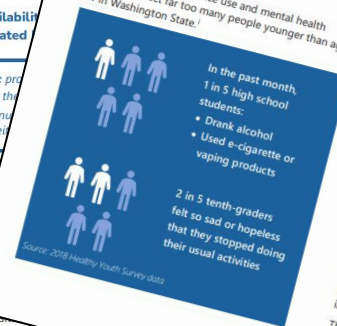
Washington State Health Care Authority

## Smart Investment: Costs and Benefits of Substance Use Prevention and Behavioral Health Promotion

We can improve the lives of young people, their families, and communities – and save money – by investing in effective prevention.

### Why It Matters

Every year, early substance use and mental health problems affect far too many people younger than age 21 in Washington State.<sup>1</sup>



These problems have a human toll in pain and suffering, and school, work, and leisure time lost to treatment services. They also have a statewide financial toll. Treatment costs alone cost Washington State \$415,370,973 each year.<sup>2</sup> Juvenile justice costs \$2756,887,000.<sup>3</sup>

These costs can be reduced if greater investments are made 'up stream' in effective and cost-beneficial prevention programs that keep young people healthy and away from choices that may lead to harms.

Substance use and mental health problems in Washington's young people can be reduced through high-quality delivery of effective prevention programs and policies.

More than 70 prevention programs have been shown in high-quality research studies to reduce problems like substance use and mental health problems and to improve wellbeing.<sup>4</sup>

These programs can be offered to children, youth, and other community-wide settings where they live, work, and play.



# Resources

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- ▶ Bill information page: <https://app.leg.wa.gov/billinfo/>
- ▶ TVW: <https://www.tvw.org/>
- ▶ Agendas, Schedules and Calendars:  
<http://leg.wa.gov/legislature/Pages/Calendar.aspx>
- ▶ Prevention Voices WA
- ▶ Weekly DOH/DBHR Leg Session Meetings
- ▶ WASVAP: <https://wasavp.org/>

# GOVERNOR'S CHALLENGE SMVF SUICIDE PREVENTION

Codie Marie Garza, MSPH

Suicide Prevention Coordinator

Washington State Department of Veterans Affairs

# SERVICE MEMBERS, VETERANS, & MILITARY FAMILIES IN THE COMMUNITY

544,290 Veterans

60,699 Active Duty

17,941 National Guard and Reserve

2,000,000 Family Members



## SMVF SUICIDAL BEHAVIOR – SERVICE MEMBER

498 died by suicide in 2019

344 - Active Duty

65 - Reserve

89 - National Guard

### Methods

Alcohol/drug overdose - attempts

Firearm - fatalities

• 59.6% - Active Duty

• 66.2% - Reserve

• 78.7% - National Guard

### Circumstances

- Failed relationships
- Financial issues
- Legal involvement or military punishment
- No known mental or physical illnesses

## SMVF SUICIDAL BEHAVIOR – VETERAN

4,090 Veterans died by  
suicide 2015-2018

### Method

Firearm – 66%

- 19-34 years – 60%
- 35-64 years – 59%
- 65+ years – 75%

### Circumstances

Substance use

- 19-34 years – 30%
- 35-64 years – 23%

Mental Health

- 19-34 years – 32% (PTSD)
- 35-64 years – 47%
- 65+ years – 33% (63% depression)

## SMVF SUICIDAL BEHAVIOR – FAMILIES

In 2018, 193 military dependents died  
by suicide

55.7% used a firearm

## AGE SPECIFIC DIFFERENCES

19-34 years

- Intimate partner problems

35-64 years

- Job/financial problems

65+ years

- Physical health problems





# GOVERNOR'S CHALLENGE TO END SMVF SUICIDE

## Priority 1

Identify SMVF and screen for  
suicide risk

## Priority 2

Promote Connectedness and  
Improve Care Transition

## Priority 3

Increase Lethal Means Safety and  
Safety Planning

## INITIATIVES OF INTEREST

“Ask the question”

“Never worry alone” promotion

ETS sponsorship Program

WDVA Peer Connection

Vets LEARN Training

Firearm Cultural Competency

ASK THE QUESTION – “HAVE YOU EVER SERVED IN THE ARMED FORCES”

- Target Population – First Responders/Law Enforcement
- Embedded into Annual Crisis Intervention Training 2022
- Educate on unique risk and protective factors for SMVF suicide
- Educate on SMVF culture
- Encouraged to “Ask the Question” for a culturally competent/appropriate approach to care transition

## NEVER WORRY ALONE

- Federal VA sponsored program
- Provider-provider consultation regarding Veteran suicide risk, screening, treatment, and resources
- Pre- and post- assessments with educational presentations



## ETS SPONSORSHIP



- Upstream model of reducing suicide by mitigating the transition stressors
- Increased risk from the 12th to 18th month known as "The Deadly Gap".
- Leverage Veterans and other peers, in the Veteran's local community, to navigate through the transition process

## WDVA PEER CONNECTION

- Create a “no wrong door” network of agencies, programs, and providers that is committed to serving Veterans and preventing suicide
- Regional Suicide Prevention Specialists to provide warm hand offs to local resources for an SMVF in crisis
  - ✓ Leveraging multiple programs
  - ✓ WDVA Peer Corps Members
  - ✓ AmeriCorps Vet Corp Navigators
  - ✓ VA Community Engagement and Partnership Coordinators
  - ✓ Non-profits
  - ✓ State and local resources



**VA** | U.S. Department  
of Veterans Affairs

## VETS LEARN TRAINING

- Developed by University of Washington Forefront Suicide Prevention Center of Excellence
- Specific to Veteran/Military culture
- Emphasizes lethal means safety conversations and behavior
- Provided through WDVIA via Veteran Training Support Center & University of Washington



# FIREARM CULTURAL COMPETENCY



- Led by psychiatrist, Dr. Jeff Sung, and firearms instructor, Brett Bass
- Cultural competency for health care providers
- Conversations about lethal means without judgment
- “Meet them where they’re at” approach



THANK YOU

Codie Marie Garza, MSPH

Suicide Prevention Coordinator

Counseling & Wellness Programs

Washington State Department of Veterans Affairs

[Codie.Garza@dva.wa.gov](mailto:Codie.Garza@dva.wa.gov)

(360) 522-2894

take care of yourself today.  
future you appreciates it.



[chibird.com](http://chibird.com)