

State Prevention Enhancement Project

Primary Care Integration Demonstration Project

Goal: Develop capacity in local communities to work with primary care through establishing a Primary Care Integration Demonstration project which will identify and/or develop innovative strategies to integrate substance abuse prevention with primary care, and expand our understanding of mental/emotional behavioral disorders and prescription/over the counter drug abuse prevention into current substance abuse prevention infrastructure.

The Primary Care Integration Demonstration Project includes:

Coalition Participation Projects: to include and encourage active participation of a Primary Health Care Provider in coalition meetings, activities and representation of coalition goals in the community. The following Coalitions are participating in this: *Port Townsend PRI Coalition, Vashon Alliance to Reduce Substance Abuse (VARSA), Franklin Pierce, OSTOP (Orting Coalition), Tenino/Bucoda Community Coalition, Rainier Community Coalition, Wenatchee Coalition, Okanogan Community Coalition, Darrington Prevention Intervention Coalition, and Shuksan (Bellingham) PRI Coalition.*

Local Demonstration Projects: to support the development and documentation of innovative integration of connections and strategies between eligible PRI Coalitions and Primary Health Care Providers. We have four Demonstration Projects across the state:

Darrington Prevention Intervention Coalition

Darrington's primary care integration project is an attempt to move multiple youth serving systems away from symptom-driven, acute illness care, and into protection-building proactive and preventative behavioral interventions designed to prevent or delay the use of drugs, alcohol and other problems behaviors. The project focuses on health information technology, clinical quality, health literacy and cultural competence to achieve an integration of prevention services across multiple community healthcare domains. While the project will focus on improving access to preventive care for youth, providers will also seek opportunities to empower and strengthen families as natural supports. This project is being lead by the only doctor that currently practices in Darrington.

Key activities include:

- *Free Teen Health Clinic* to provide education, literature and free or low cost services for various adolescent issues including substance abuse prevention.
- *School Nurse* or designee will implement the RAAPS assessment with each middle school and high school aged youth she serves in the school. Based on the assessment she will provide referrals to higher levels of services when needed.
- *Web/Mobile phone site* will provide reliable and current information about teen health topics to Darrington youth. Advice provided on the site will be from the local Health Clinic doctor or registered nurse.

Okanogan Community Coalition

The Okanogan Community Coalition is using the Triple P program to reduce the level of family conflict and increase bonding to family with healthy beliefs and clear standards; and reduce the prevalence of adverse childhood experiences and complex trauma in Omak youth. The five core principals of Triple

P address the risk and protective factors known to predict positive developmental and mental health outcomes in children using a public health approach to deliver universal parenting tools. Triple P Practitioners simply incorporate the program into their existing functions by using evidence-based parenting tools, delivered in a systematic way. By integrating primary health care providers into the delivery of evidence-based parenting education model, we will develop a collaborative effort between multiple systems that can be sustained. Triple P integrates medical and behavioral healthcare using truly preventative methods and delivering parenting tools using a universal / public health model.

Key activities include:

- *Triple P training* for Levels 2 and 3 of the program to Primary Health Care providers
- *Evidence-based parenting tip sheets and offering brief interview/conversation* offered by physicians and other primary health care providers with parents to provide positive parenting skills and techniques in health care settings.

Shuksan PRI Coalition

The goal of the Bridges to Health Initiative (BHI) is to connect prevention efforts in schools and the community and primary health care systems. The Bridges to Health Initiative will build new partnerships and increase the integration between prevention efforts in the Shuksan area of Bellingham, school systems in Whatcom County, and primary health care systems. Through common training on Adverse Childhood Experiences, Motivational Interviewing, and Prevention theory and resources, participants will build cross-system understanding, create common screening tools, and implement joint strategies to mitigate the health and behavioral effects of early trauma. The long-term result will be to jointly reduce and prevent substance abuse and improve long-term physical and behavioral health.

Key activities include:

- *Training* on topics of Motivational Interviewing, Adverse Childhood Experiences (ACEs), Resilience and Prevention, Community Resources for prevention and treatment, and Collective Impact.
- *Focus Groups for Multi-system Response* with the majority of training attendees to assess “what would you do differently based on this information?” Use this information and feedback to create recommendations for screening for and multi-system response to high risk and behavioral factors.
- *Screening* using a common risk and behavioral screening tool and protocols to share information between systems that will enhance substance abuse prevention and health promotion services.
- *Integrated Response* an integrated school/prevention/primary care response based on the ~~score~~ results of the risk and behavioral screening tool.

Wenatchee Coalition

Wenatchee Coalition demonstration project is supporting integral strategies between the Coalition and three regional medical centers located in Wenatchee: Columbia Valley Community Health, Wenatchee Valley Medical Center, and Central Washington Hospital. Coalition project will specifically support prevention of prescription drug abuse, including youth abuse of non-prescribed medications and potentially harmful patient-use of prescribed medications.

Key activities include:

- *User-friendly brochures*, in both English and Spanish, for local medical providers to give patients when they prescribe opiate medication.
- *Secured drop-boxes* for disposal of unused prescription and over-the-counter medications, to be located at Wenatchee Valley Medical Center and Central Washington Hospital.