



Prevention Learning Community Meeting

Hosted by: Division of Behavioral Health and Recovery

March 25th, 2020

9:00 a.m.-11:00 a.m.

3rd Hour from 11:00 a.m.-12:00 p.m.

9:00-9:05 a.m. 5 min	Welcome / Introduce new prevention providers to the call
9:05-9:45 a.m. 40 min	OSPI Communication <ul style="list-style-type: none"> • OSPI Updates <i>Mandy Paradise</i> DBHR Communication <ul style="list-style-type: none"> • DBHR Updates <i>Kasey Kates</i> • Training updates <i>Alicia Hughes</i> • CPP Recognition <i>Kasey Kates</i>
9:45-9:50 a.m. 5 min	2019 Community Survey and 2020 Data Books <i>Sandy Salivaras</i>
9:50-10:00 a.m. 10 min	Legislative Session 2019 <i>Sarah Mariani</i>
10:00-10:30 a.m. 30 min	Community Highlights <ul style="list-style-type: none"> • Grays Harbor <i>Erika Jenkins</i> • Skagit <i>Isaac Wulff</i> • Mt. Baker <i>Erika Jenkins</i>
10:30-10:45 a.m. 15 min	DH Take Back Day Resources <i>Billy Reamer and Mallory Peak</i>
10:45-11:00 a.m. 15 min	Recommendations for using the terminology Cannabis vs. Marijuana <i>Alex Sirotzki, Sara Broschart, and Kristen Haley</i>
11:00-11:10 a.m. 10 min	Break
11:10-12:00 p.m. 50 min	COVID-19 Question and Answer Session

Hello New Attendees!



- **Jessica Aws, Oak Harbor Coalition**
- **Kim Norman, Children of the Sun Prevention Coalition**
- Please raise your hand or type into the chat box and we will introduce you!

Mandy Paradise | Prevention Intervention Program Supervisor | OSPI

OSPI Communication

March 2020

OSPI Updates

Mandy Paradise, M.Ed.

Prevention-Intervention Services/

Student Assistance Program Supervisor



Washington Office of Superintendent of
PUBLIC INSTRUCTION

Vision

All students prepared for post-secondary pathways, careers, and civic engagement.

Mission

Transform K–12 education to a system that is centered on closing opportunity gaps and is characterized by high expectations for all students and educators. We achieve this by developing equity-based policies and supports that empower educators, families, and communities.

New Look

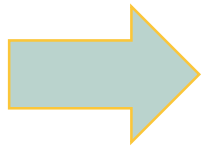
Values

- Ensuring Equity
- Collaboration and Service
- Achieving Excellence through Continuous Improvement
- Focus on the Whole Child

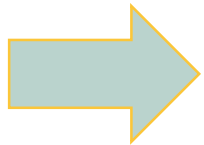


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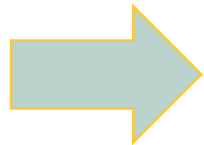
OSPI Goals for 2020 CPWI



Clarify the **purpose** of Student Assistance Program



Provide examples and opportunities for meaningful **partnership**



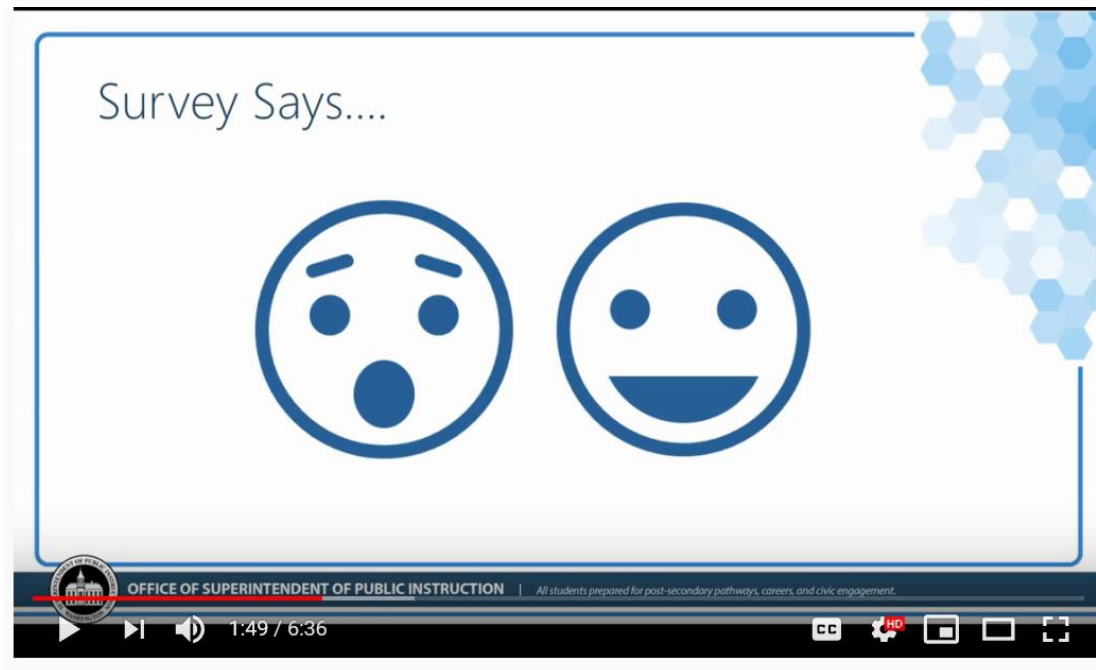
Education updates

OSPI & ESDs' Guiding **Objectives** for CPWI



- Describe OSPI and ESD roles
- Clarify Student Assistance Program purpose
- Clarify Student Assistance Professional role
- Examine coalition orientation practices
- Identify exemplars of partnership
- Provide guidance/info on high-value CPWI topics

Did you watch the January OSPI Update?



WATCH IT HERE:

<https://www.youtube.com/watch?v=4QDtwGHeiWw>

- Summary of findings
- Setting the st

Jan: LCM Webinar

March: LCM Webinar

- Student Assistance Data
- Annual Report
- OSPI Updates

Postponed

- State Structure
- OSPI + ESD Roles
- OSPI + ESD rel
- Co CPWI work

April 13 OSPI Webinar

May: *In-Person* Meeting

- Virtual Meeting
- OSPI content
- to be determined 😊



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Partnering with School Systems: Understanding the Culture of Education Partners and Agencies

Location: Webinar

Date: April 13, 2020

Time: 1:00-2:30

Register: https://zoom.us/webinar/register/WN_Z88y-41mTZOxocFXPHMFoQ

Training Calendar

April 2020

« Prev Next »



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
			<ul style="list-style-type: none"> Enhanced prevention learning series: Building protection using the Social Development Strategy 11:00am to 12:00pm Ethics in prevention: A guide for substance abuse prevention professional National Drug and Alcohol Facts Week (All day) Substance Abuse Prevention Skills Training (SAPT) 2020 North Sound Tribal Behavioral Health Conference 			
5	6	7	8	9	10	11
<ul style="list-style-type: none"> Enhanced prevention learning series: Building protection using the Social Development Strategy 11:00am to 12:00pm National Drug and Alcohol Facts Week (All day) 			<ul style="list-style-type: none"> Enhanced prevention learning series: Getting ready for sustainability planning 1:00pm to 2:30pm 			
			<ul style="list-style-type: none"> Webinar: Connecting the continuum: How prevention and recovery models fit together 12:00pm to 1:00pm LCB Prevention Roundtable in Vancouver 3:00pm to 5:00pm 			
12	13	14	15	16	17	18
<ul style="list-style-type: none"> Enhanced prevention learning series: Building protection using the Social Development Strategy 11:00am to 12:00pm National Drug and Alcohol Facts Week (All day) Enhanced prevention learning series: Getting ready for sustainability planning 1:00pm to 2:30pm 						
	<ul style="list-style-type: none"> Partnering with School Systems: Understanding the Culture of Education Partners and Agencies 1:00pm to 2:30pm 			<ul style="list-style-type: none"> Webinar: Opioids and child maltreatment: Neighborhood factors to protect families 10:00am to 11:00am 		



2020 Legislation Recap

Senate Bill 5395

Comprehensive Sexual Education

*The National Education Association
“believes that the developing child’s
sexuality is continually and inevitably
influenced by daily contacts, including
experiences in the school environment...
sensitive sex education can be a positive
force in promoting physical, mental,
emotional, & social health that the
public school must assume an
increasingly important role...”*

(National Education Association, 2016)

<https://www.k12.wa.us/student-success/resources-subject-area/sexual-health-education>



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HB 2737; HB 1216 (2019)

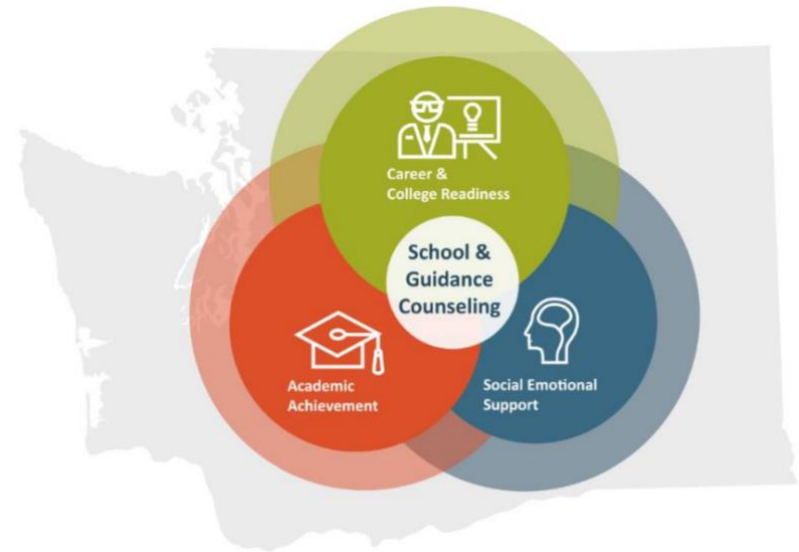
Investments in mental and behavioral health for students



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Budget proviso

School Counseling



Senate Bill 6191

Healthy Youth Survey Changes



Staffing Enrichment

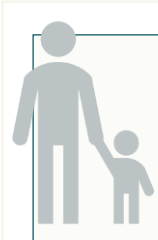




COVID-19 and Various Updates



School meals



Childcare



Graduating



Learning



Employment

Closures through April
24

Coronavirus Resources

Novel Coronavirus (COVID-19) in K–12 Schools: A Parent Guide

https://www.k12.wa.us/sites/default/files/public/communications/COVID-19%20in%20Schools_Parent%20Guide.pdf

Coronavirus Novel (COVID-19) en escuelas de grados kínder a doce: Una guía para padres

https://www.k12.wa.us/sites/default/files/public/communications/COVID-19%20Guía%20para%20Padres_Spanish.pdf

See all **OSPI's** Novel Coronavirus (COVID-19) Guidance & Resources

<https://www.k12.wa.us/about-ospi/press-releases/novel-coronavirus-covid-19-guidance-resources>

Student Support Conference 2020

- Registration:

<https://www.pdenroller.org/newesd101/Catalog/Event/101090>

- May 14-15, Wenatchee





May 4-5, 2020
Seatac Double Tree

SOLD OUT!

NOTICE

**TESTING IN
PROGRESS**

 | creativetips.com | 888.777.1300 | #WIS360-14



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YEAR AT A GLANCE

MARCH

Planning for next year

Data-entry and **post-testing**



APRIL

Prevention Forum with youth

HYS Release and activities

Prom, spring fever, spring break

Re-invest time with **CBOs**

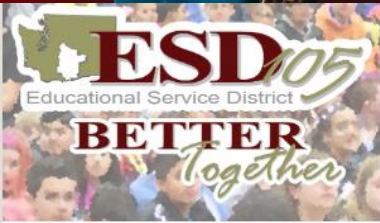




Emily Nelson – Student Support Program Manager

(509) 834-6802

emily.nelson@esd105.org



Educational Service District 105

33 S. 2nd Ave., Yakima, WA 98902





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medium.com/waospi



linkedin.com/company/waospi

Sarah Mariani | Section Manager | HCA/DBHR

DBHR Communication

Responding to COVID-19



- First and foremost, **thank you!**

- DBHR call for providers of mental health, substance use, and gambling support services - **Tuesdays at Noon.**
- 3rd hour question and answer session – **today.**
- **Spring Youth Forum** update.
- Post your **creative strategies** at <https://www.theathenaforum.org/creative-solutions-these-difficult-times>



Funding timeline

Source	Fiscal Year	SFY 2019												SFY 2020													
		July	August	September	October	November	December	January	February	March	April	May	June	July	August	September	October	November	December	January	February	March	April	May	June		
SABG	SFY																										
GF-S	SFY																										
DMA	SFY																										
PFS NCE	9/30/18-9/29/19																										
STR Y3/SOR SUP	9/30/19-9/29/20																										
STR NCE	7/2/18 - 4/30/20																										
SOR Y1	9/30/18-9/29/19																										
SOR Y2	9/30/19-9/29/20																										
PFS 2018 Y1	9/30/18-9/29/19																										
PFS 2018 Y2	9/30/19-9/29/20																										
PFS 2018 Y3	9/30/20-9/29/21																										

Additional updates

- Staffing update.
- State Opioid Response update.
- Action Plan/Budget template to be shared early April.
 - Cohorts 1-4 updates are due June 15th.
 - Cohorts 5-6 updates are due August 15th.

Martha Williams | Prevention Project Coordinator | HCA/DBHR

Prevention Awards of Excellence

2020 Prevention Awards of Excellence

- Goals
- Review Team
- The Overview and Nomination Documents
- Nomination Deadline: 5 p.m., Monday, August 10

Don't wait!

Ray Horodowicz | Prevention System Manager | HCA/DBHR

Lending Library

Lending Library Curriculum Available

Evidence-Based Programs

- Caring School Community
- Class Action
- *Good Behavior Game*
(PAXIS institute)
- Guiding Good Choices
- *Incredible Years*
- Keepin' It Real
- Life Skills Training
- Lions Quest (Elementary)
- *Lions Quest – Skills for Action*
- Project Northland
- Project Towards No Drug Abuse
- Project Venture
- Sport
- Red Cliff Wellness
- Strengthening Families

Lending Library

How it Works:

- Contact your Prevention System Manager
- Upon availability, curriculum can be loaned out for (3) weeks.
- We ship to you.
You return curriculum to us via insured mail.

For More Details:

- Contact your Prevention System Manager
- Review the process and curriculum document on Athena.
 - Search “EBP Lending Library”

Lending Library

“EBP Lending Library”

The screenshot shows the ATHENA website interface. At the top right, there is a search bar containing the text "EBP Lending Library" and a magnifying glass icon. A red arrow points from a callout box labeled "EBP Lending Library" to this search bar. The website header includes the ATHENA logo (an owl) and the tagline "The site for substance abuse prevention and mental health promotion professionals and volunteers." Below the header is a navigation menu with links for "Headlines", "Prevention priorities", "Training", "Resources for providers", "Prevention 101", and "Who's who". The main content area is divided into four sections: "News from DBHR", "All providers", "Announcements", and "Community library". Each section contains a list of links to various resources and documents.

ATHENA
The site for substance abuse prevention and mental health promotion professionals and volunteers.

Sign In | Join Now

EBP Lending Library

Headlines Prevention priorities Training Resources for providers Prevention 101 Who's who

News from DBHR

- DBHR releases updated prevention services map (03/15/19)
- Scholarship application for Spring Youth Forum now open! (02/20/19)
- Tagging coalitions on shared documents (01/22/19)

more DBHR announcements

All providers

- Minerva - online reporting system
- Prevention Provider Learning Community - current meeting information
- Prevention Provider Learning Community - past meetings

Announcements

- Tribal Action Plan (TAP) Development Workshop nominations - (03/18/19)
- Healthy Youth Survey input requested - (03/15/19)
- National Prescription Drug Take Back Day toolkit now available - (03/15/19)

more announcements

Community library

- Washington prevention services map - March 15, 2019
- The Ripple Effect: The Impact of the Opioid Epidemic on Children and Families - March 8, 2019
- Tell your prevention story using data - "Template One" - March 4, 2019

more shared documents

Lending Library

ATHENA

The site for substance abuse prevention and mental health promotion professionals and volunteers.


Sign In | Join Now

Enter your search terms

Headlines Prevention priorities Training Resources for providers Prevention 101 Who's who

Home » EBP Lending Library List

EBP Lending Library List

 [Download](#) (511.21 KB)

Submitted 5 years 5 months ago by Administrator.

Document Description:
No document description provided.

Tags:
[EBP](#)

Lending Library

DBHR Lending Library Process

1. Coalition Coordinator makes a request to the Prevention System Manager they work with for the curriculum they would like to check out.
2. The Prevention System Manager coordinates with the Prevention System Manager staff including the following information:
 - If the curriculum is currently available
 - If the materials can be delivered to the requestor
 - If curriculum is currently checked out
 - If identified, an approximate wait time
 - The coordinator making the current request
 - The date of the request received with the date of the coordinator
 - The system manager will let the coordinator know the approximate delivery date and means.
3. The amount of time materials may be checked out, the approximate delivery time, to ensure access to materials.

Curricula List

Caring School Community

- Kindergarten
- Grade 1
- Grade 2
- Grade 3
- Grade 4
- Grade 5
- Grade 6

Class Action

- High School

Good Behavior Game (PAXIS Institute)

- Set 1 of 2
- Set 2 of 2

Guiding Good Choices

- English Version - Parents of children 9-14
- Spanish Version - Parents of children 9-14

Incredible Years

- Classroom Dinosaur Curriculum (ages 3-8)
And additional supporting materials
(includes some items in Spanish)

Lions Quest

- Grade K
- Grade 1
- Grade 2
- Grade 3
- Grade 4
- Grade 5

Lions Quest – Skills for Action

- Grades 9-12

Project Northland

- Grade 6 (Slick Tracey)
- Grade 7 (Amazing Alternatives)
- Grade 8 (Power Lines)

Project Toward No Drugs

- High School

Project Venture

- Middle/High School

Sport

- Younger

Questions?



Honoring Suz Clark-Bennett



- Associate Principal, Stevenson Secondary Schools
- CPWI Coordinator
- Career & Tech Teacher
- Drama Teacher
- Baseball Team's "Team Mom"
- Wife
- Mother
- Grandmother

Alicia Hughes | CBO and Grants Development Supervisor | HCA/DBHR

Training Announcements

2020 Coalition Leadership Training Day

Please **SAVE THE DATE!**

May 27th

Virtual Meeting

9:00 AM – 2:00 PM

Email with the webinar link will be sent out following today's Learning Community Meeting.

Questions? Email hcacli@hca.wa.gov

Training Announcements

Training	Date(s)/Location
Ethics in Prevention: A Guide for Substance Abuse Prevention Professionals	March. 23 – April. 3 Online
NIDA for Teens: National Drug and Alcohol Facts Week	March. 30 – April. 5 Nationwide
CANCELLED: Substance Abuse Prevention Skills Training (SAPST)	March. 30 Olympia, WA
CANCELLED: North Sound Tribal Behavioral Health Conference and Opioid Symposium	April. 1 – April. 2 Skagit Resort, Bow, WA
POSTPONED: Northwest Indian Youth Conference	April. 3 – April. 6 Toppenish, WA
National Public Health Week	April. 6 – April. 12 Nationwide
NW PTTC: Enhanced Prevention Learning 7 Week Series	April. 7 – May. 26 Online
CANCELLED: National Prescription Drug Take Back Day	April. 25 Nationwide

Check out the Training Calendar for details!
www.TheAthenaForum.org/calendar/training-opportunities

Training Announcements

Training	Date(s)/Location
CANCELLED: Blueprints Conference	April. 27 – April. 29 Westminster, Co
POSTPONED: 9 th Annual Native Harm Reduction Summit	April. 27 – May. 1 Mahnomen, MN
Mentor WA Spring Symposium	May. 1 TBD
NW PTTC: Prevention Leadership Academy – Liberating Structures Approach	May. 5 – May. 6 Portland, OR
Ethical Considerations in Substance Misuse Prevention: American Indian/Alaska Natives Focus	May. 7 – May. 8 Portland, OR
National Prevention Week	May. 10 – May. 16 Nationwide
Student Support Conference	May. 14 – May. 15 Wenatchee, WA
College Coalition for Substance Use Prevention year end Professional Development Conference	May. 15 Spokane, WA

Check out the Training Calendar for details!
www.TheAthenaForum.org/calendar/training-opportunities

Training Announcements

Training	Date(s)/Location
POSTPONED: WA State ACEs and Resilience Community Practice Convening, hosted by Essentials for Childhood	May. 18 TBD
Substance Abuse Prevention Systems Training (SAPST)	May. 18 – May. 21 Olympia, WA
WA State Spring Youth Forum	May. 20 Great Wolf Lodge – Grand Mound, WA
CANCELLED: Pre- Coalition Leadership Institute Optional Training	May. 26 Lacey, WA
CANCELLED and RESCHEDULED: Coalition Leadership Institute	May. 27 – May. 28 Olympia, WA
Society for Prevention Research Annual Meeting	May. 26 – May. 29 Washington, DC
Say it Out Loud Conference	May. 28 Tacoma, WA

Check out the Training Calendar for details!
www.TheAthenaForum.org/calendar/training-opportunities

Kasey Kates | Policy and Program Supervisor | HCA/DBHR

CPP Recognition

Newly Certified Prevention Professionals (CPP)

- **Jennifer Simmons, Tumwater HOPES Coalition**
- Anyone else? Raise your hand or type in the chat box so we may recognize you!



Sandy Salivaras | Research and Evaluation Manager | HCA/DBHR

2019 Community Survey and 2020 Data Books

CPWI Community Survey

- 2019 CPWI Community Survey
 - Reports distributed on March 30, 2020
 - EDIT: Reports delayed, will be distributed early April**
- 2020 CPWI Community Survey
 - New survey currently being drafted / Thanks to those who responded to the survey revisions survey
 - June 12-June 26: Link request and added questions
 - August 17: Links sent out & survey administration begins

2020 Community Needs Assessment Data Books

- 2020 Data Books distributed April 27, 2020

New Changes include:

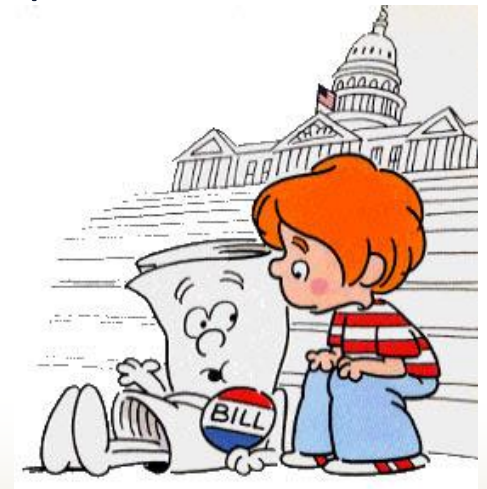
- Consumption Measures
 - Current E-cigarette / Vape use (2016, 2018)
 - Substance used in E-cig or Vape pen (2016, 2018)
- Intervening Variables
 - Where youth usually get vape products (2016, 2018)
 - Average age of first use (2016, 2018)
 - Regular E-cigarette use isn't risky (2016, 2018)

Sarah Mariani | Section Manager | HCA/DBHR

Legislative Session 2020

2020 Legislative Update

- 2020 Regular Session adjourned sine die on March 12th.
 - 386 bills passed.
 - DBHR reviewed/analyzed about 502 bills (and some more than a few times).
- Budget highlights
 - DMA
 - MHPP
 - SABG



2020 Legislative Update

Topic	Bill Number	Title	Brief Description
Alcohol	HB 2412	Domestic Brewery Retail	Increases number of retail licenses for breweries and microbreweries from two to four.
Alcohol	ESSB 5006	On-premises Endorsement	Allowing the sale of wine by microbrewery license holders.
Alcohol	E2SSB 5549 & 1411	Distillery Marketing & Sales	Modernizing resident distillery marketing and sales restrictions. Creates an off-site tasting room license for distilleries.
Alcohol	ESSB 6095 & 2686	Liquor/common Carriers	Excluding the common carrier licensees from the definition of retailer for the purpose of the three-tier system.
Alcohol	SB 6136 & 2830	Electronic Benefit Cards	Permits authorized supplemental SNAP & WIC retailers to accept the electronic benefit card at beer and/or wine specialty stores.
Alcohol	SSB 6392 & 2683	Local Wine Industry License	Creating a local wine industry association license.

2020 Legislative Update

Topics	Bill Number	Title	Brief Description
Marijuana	HB 2826 & 6579	Marijuana Vapor Products	Clarifying the authority of the LCB to regulate marijuana vapor products.
Marijuana	SSB 6206 & 2359	Marijuana Compliance Cert	Creating a certificate for marijuana business premises that meet the statutory qualifications at the time of application
Mental Health	ESHB 2411	Suicide Prevention/Providers	Requires advanced suicide prevention training for certain mental health professionals, as well as optometrists, acupuncture, eastern medicine practitioners, veterinarians, and veterinary technicians.
Mental Health	SHB 2589 & 6449	Suicide Prevention/ID Cards	Requiring contact information for suicide prevention and crisis intervention organizations on student and staff identification cards.
Mental Health	SSB 6570	Law Enforce. Mental Health	DOH shall convene a task forces specifically targeted with helping law enforcement and their family members manage their behavioral health needs.
HYS	SSB 6191	Adverse Childhood Experiences	Assessing the prevalence of ACE's in middle and high school students to inform decision making and improve services. Requires question related to ACEs be incorporated into the HYS instead of CDC's ACE Module.

Erika Jenkins | Prevention System Manager | HCA/DBHR

Community Highlights: Grays Harbor

PRESCRIPTION OPIOID MISUSE PREVENTION

STUDENT ATHLETES

Dear Parent/Guardian and Athletes,

It is important to understand the risks of prescription opioid use and misuse in student athletes. Prescription opioids are powerful narcotic medications used to treat pain. They include Vicodin, OxyContin, Oxycodone, Percocet, Fentanyl, codeine, and others.

Since pain can happen in most sports, how can we help our athletes stay safe? Athletes and parents should know about the risks of prescription opioid use, know what to do if an injury happens, and, if opioids are prescribed, know how to use them safely.

What are the risks?

Prescription opioids can have serious side effects if you don't use them correctly.

- Physical dependence and/or tolerance
- Accidental overdose and death

What should I do if an injury happens?

- Try non-narcotic pain medicine first. Ibuprofen, aspirin, naproxen or acetaminophen are often all that is needed to manage pain.
- Consider physical therapy, massage, or chiropractic therapy.
- Try non-medical alternatives such as heat, ice, and stretching.
- Enforce proper recovery time. Do not encourage the athlete to play through injury.

If opioids are prescribed, how do I use them safely?

- Talk to your doctor about other options for managing pain.
- Take only as prescribed and switch to a non-opioid medicine as soon as possible.
- Do not share medications.
- Parents should limit access to the medication and supervise its use.

- Safely dispose of any unused medications. Find your nearest take-back location at takebackyourmeds.org.
- Watch for signs of drug misuse.

If you suspect your child is using drugs or alcohol, get help. By intervening early, you can save them from the long term consequences of substance use and misuse and potential substance use disorder.

Columbia Wellness 24-hour Crisis Support
1-800-625-6556

True North Student Assistance
1-866-723-6163

How can I get more information?

- Conversation starters and toolkits for parents and peers at getthefactsrx.com.
- Safe medication practices, ways to keep medications secure, and how and where to dispose of medication safely at takebackday.dea.gov.
- Student Athletics: the "anti-opioid" at teens.drugabuse.gov/blog/post/student-athletics-anti-opioid

Medical Review Team:
Anne Marie Wong MD, Internal Medicine
Kathryn E. Ziegler MD, Pediatric Medicine
Gregory K. May MD, Orthopedic Surgeon

PRESCRIPTION OPIOID MISUSE PREVENTION

STUDENT ATHLETES

Reduce the risk of injury



PREPARE

Obtain the pre-participation physical evaluation prior to participation on a school-sponsored interscholastic athletic team or squad.



PLAY SMART

Try a variety of sports and understand what challenges and limitations some sports may have.



TRAINING

Increase weekly training time, mileage or repetitions no more than 10 percent per week. Athletes should also consider cross-training.



CONDITIONING

Maintain a good fitness level during the season and off season. Also important are proper warm-up, cool down, and stretching routines.



ADEQUATE HYDRATION

Keep the body hydrated to help the heart more easily pump blood to muscles, which helps muscles work efficiently.



PROPER EQUIPMENT

Wear appropriate and properly fitted protective equipment such as pads, helmets, mouthpieces, face guards, protective cups, and eyewear. Do not assume that protective gear will prevent all injuries.



REST

Take at least one day off per week from organized activity to recover physically and mentally.

All student athletes and their parents/guardians must acknowledge this information about Prescription Opioid Misuse Prevention. Please sign and return this form.

Parent/ Guardian Signature

Student Signature

Parent/Guardian Name (Print)

Student Name (Print)

Date

Date



PRESCRIPTION OPIOID MISUSE PREVENTION

STUDENT ATHLETES

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*Medical Review Team:
Anne Marie Wong MD, Internal Medicine
Kathryn E. Ziegler MD, Pediatric Medicine
Gregory K. May MD, Orthopedic Surgeon*

Reduce the risk of injury



PREPARE

Obtain the pre-participation physical evaluation prior to participation on a school-sponsored interscholastic athletic team or squad.



PLAY SMART

Try a variety of sports and understand what challenges and limitations some sports may have.



TRAINING

Increase weekly training time, mileage or repetitions no more than 10 percent per week. Athletes should also consider cross-training.



CONDITIONING

Maintain a good fitness level during the season and off season. Also important are proper warm-up, cool down, and stretching routines.



ADEQUATE HYDRATION

Keep the body hydrated to help the heart more easily pump blood to muscles, which helps muscles work efficiently.



PROPER EQUIPMENT

Wear appropriate and properly fitted protective equipment such as pads, helmets, mouthpieces, face guards, protective cups, and eyewear. Do not assume that protective gear will prevent all injuries.



REST

Take at least one day off per week from organized activity to recover physically and mentally.

All student athletes and their parents/guardians must acknowledge this information about Prescription Opioid Misuse Prevention. Please sign and return this form.

Parent/ Guardian Signature

Student Signature

Parent/Guardian Name (Print)

Student Name (Print)

Date

Date



Isaac Wulf | Prevention System Manager | HCA/DBHR

Community Highlights: Skagit



Skagit County

Mount Vernon HOPE Coalition

Our PAX Good Behavior Game Journey

VIDEO LINK: <https://youtu.be/ppLaRtDubUQ>

Danica Sessions
Community Health Coordinator
Skagit County Public Health
danicas@co.skagit.wa.us



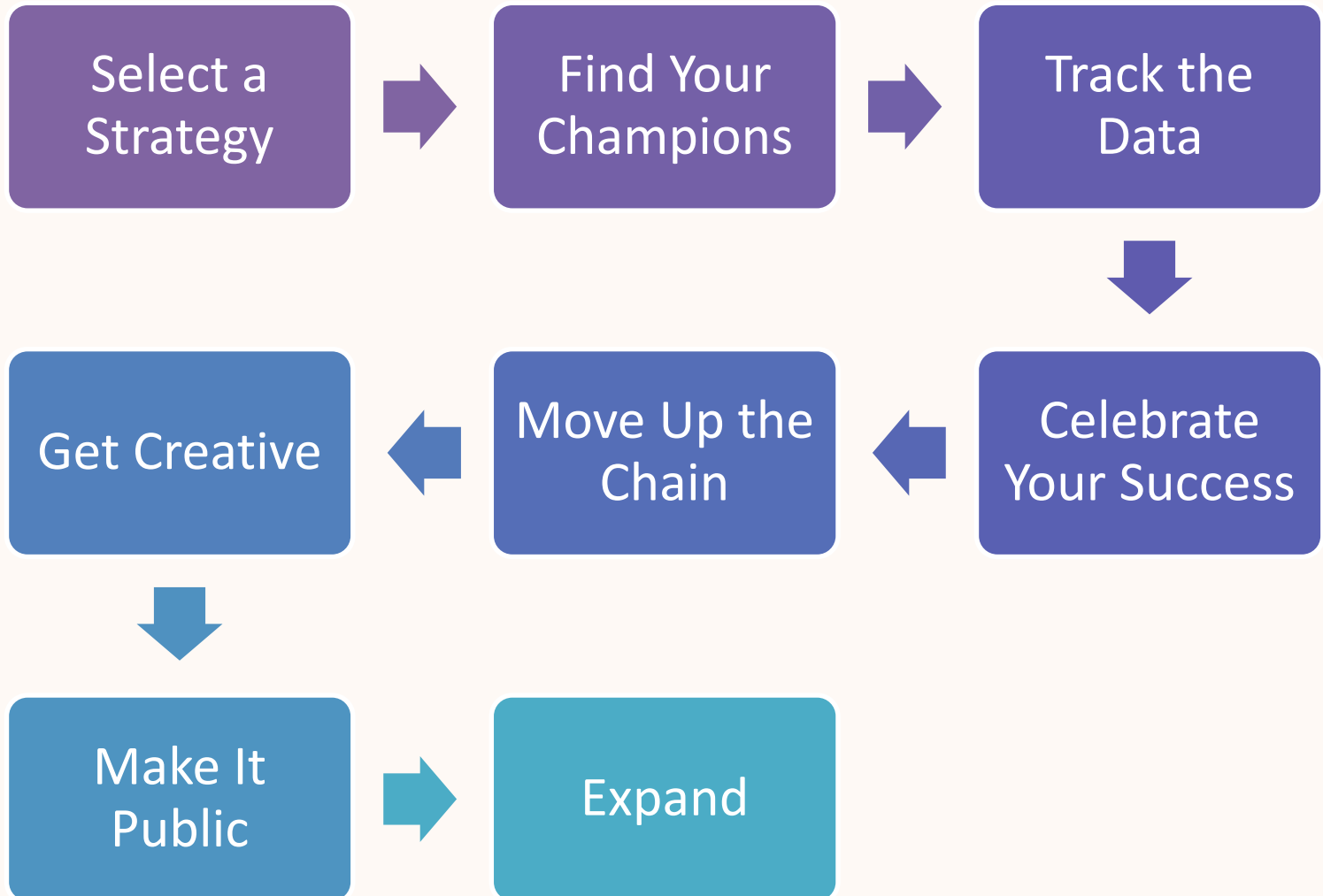


Danica Sessions
Community Health Coordinator
Skagit County Public Health
danicas@co.skagit.wa.us





A Guide (a.k.a. what worked for us and might work for you, too)



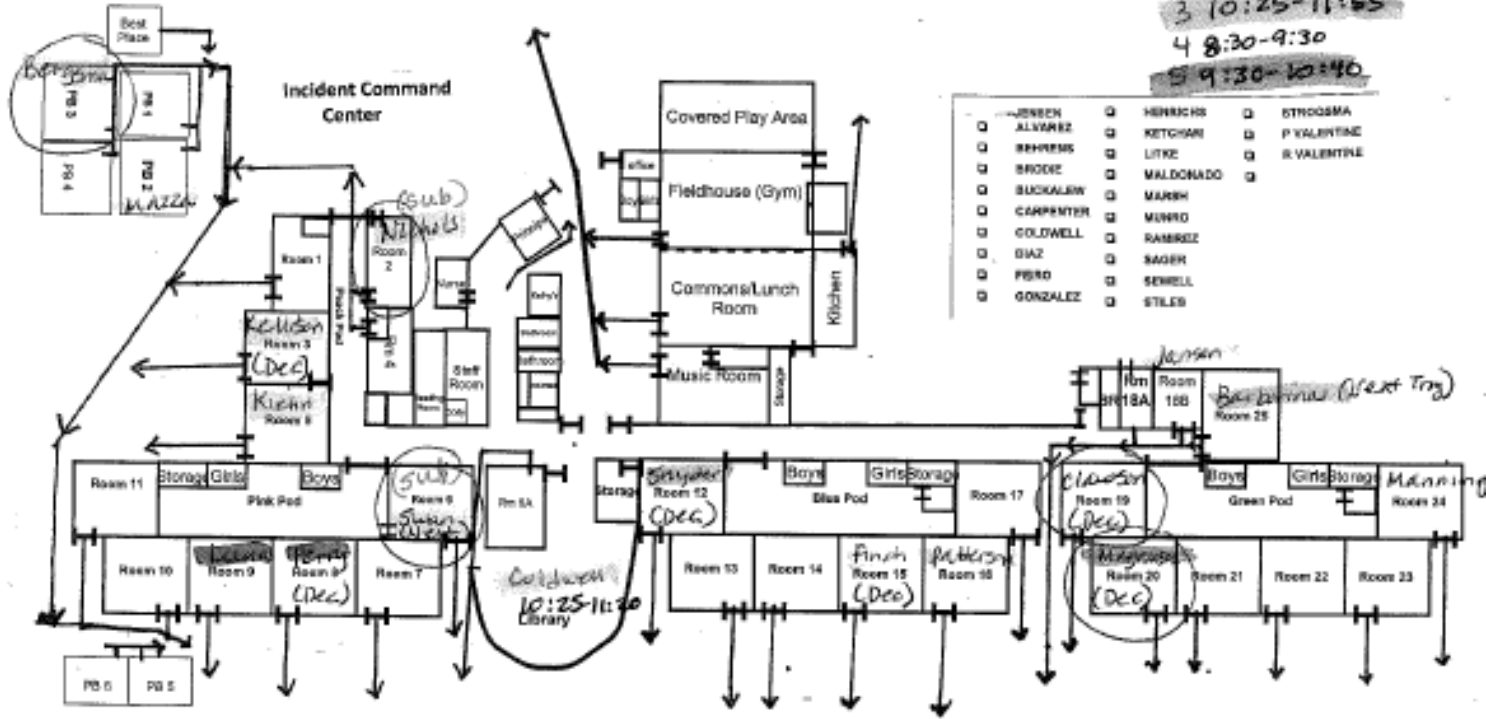
Emergency Evacuation and Parent Reunification:

Once building is evacuated, students always go to homeroom teacher to be counted.

- Homeroom teacher reports to Pod Area Leader.
- Unassigned staff - come to Incident Command Center to await assigned duty.

Other

- K 9:50-10:05
- ~~1 10:05-10:20~~
- 2 10:20-10:35
- 3 10:25-11:55
- 4 8:30-9:30
- 5 9:30-10:40



JENSEN	HENRICH	STROOSMA
ALVAREZ	KETCHAM	P. VALENTINE
BRIDGES	LITKE	R. VALENTINE
BRIDGE	MALDONADO	
BUCKALEW	MARSH	
CARPENTER	MURRO	
COLDWELL	RAMIREZ	
DIAZ	SAGER	
PERR	SEWELL	
GONZALEZ	STILES	

BRACKLED-HOFFFLER	SEES
YMCA	WILLIAMSON
NICHOLS RM 2	WILLIAMS
CHOFFEL RM 1	MCCOY
KELLISON RM 2	MILLS
KESH RM 5	HAGEN
REICHER	CONNAY
KESGHT	THORNTON
HAUBAUER	

BRACKLED PORTABLES-ROBSON	NICOL RM 18
MAZZA POD	HILL
VAN BELLO POD	HOLDEMAN
BERGEMA P&S	PHAY
RAN P&S	COBLEN
STEWART P&S	ANDERSON
SWAN RM 6	CARRASCO
JOHNSON RM 7	DAVIS
PERRY RM 8	K. HENLEY
LUNA RM 3	

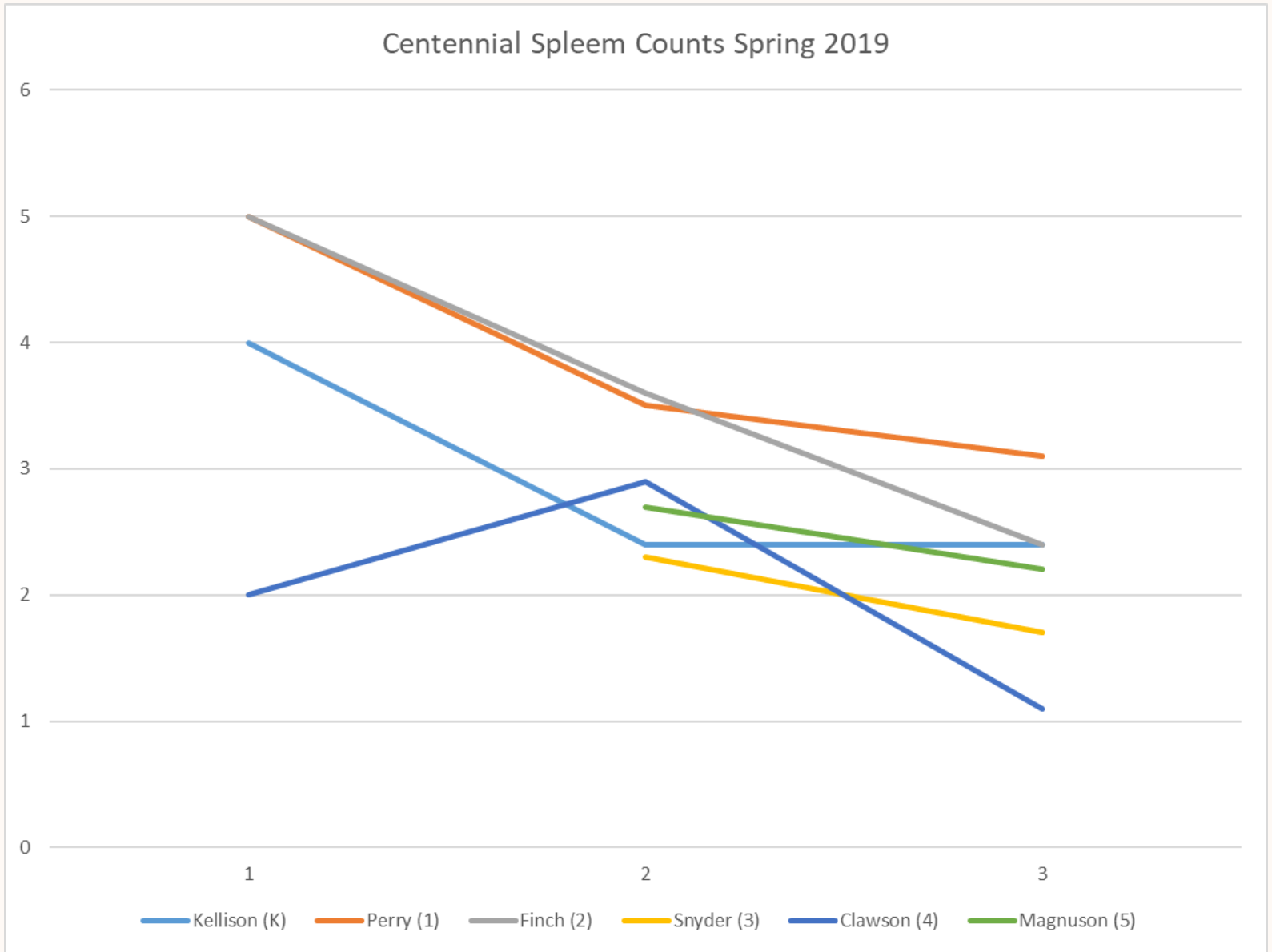
BLAU POD-SPELHAGG	GENRY
SNYDER RM 12	MARTIN
LEU RM 14	HILL
FINCH RM 15	HOLDEMAN
PATTERSON RM 16	PHAY
DEERTEMA	GREEN
VAN ZANDT	LESTER
K VAN BELLS	

GREENE-TERRELLER	SMAN
CLARSON RM 13	PELLAND
MAGNUSON RM	WORKS
LANCY RM 21	MAHN
JOY RM 22	KECK
DOOLEY RM 23	JANSEN
SWANING RM 24	DAYON
NENT RM 15	HEED
MARJORIS RM 25	SHANNON
WORKS	

When I realized we might be on to something good...



Centennial Spleem Counts Spring 2019



When I knew we could make a positive impact...



Erika Jenkins | Prevention System Manager | HCA/DBHR

Community Highlights: Mt. Baker

Responding to COVID-19

Coalition Highlight – Wa'Lynn Sheridan, Mt. Baker

- We have an incredible opportunity and responsibility, at this time, to further build resilience for families and youth!
- This will need to be done in more innovative and intentional ways, and we are ready!
- **Next are 3 ways YOU can help spread prevention this week and beyond!**

Responding to COVID-19

Coalition Highlight – Wa'Lynn Sheridan, Mt. Baker

1) Host virtual coalition meetings!

Example: Watch for the "March Virtual Coalition Meeting Alternative - Social Norms Campaign Decisions" email later this week. There will be instructions inside for how to share your perspective and continue to prioritize our Positive Norms Campaign material. This is in place of our regular monthly meeting, and will be a flexible way to learn and share your thoughts.

Responding to COVID-19

Coalition Highlight – Wa’Lynn Sheridan, Mt. Baker

2) Use Social Media!

Example: Like our Facebook Page, turn on notifications, and share our posts including daily outdoor challenges from the YMCA Girls on the Run and Trailblazers programs. <https://www.facebook.com/MBCommunityCoalition>

3) Encourage coalition members to be their own and someone else's resilience factor! Here are a few ways you can increase shared resilience:

Responding to COVID-19

Coalition Highlight – Wa'Lynn Sheridan, Mt. Baker

- Call your neighbors, family and friends. -Children may also enjoy getting to talk on the phone with their friends and family. Zoom and Skype are other fun alternatives for this.
- Share with those who have little. -Be mindful of sanitary and social distancing precautions.
- Create a schedule with the small children you care for, to provide predictability in these uncertain times and mitigate stress.
- Share gratitude and look for opportunities to affirm one another.
- Learn something new. - Read that book you have not gotten to. Watch some TED talks and learn from great minds.
- Look out for others in your neighborhood. Using all appropriate caution, check in with your neighbors and leverage this opportunity to increase connections. Invite them outdoors just to say, "Hi, how are you?"
- Express to others the value they place in your life.
- Enjoy time alone.

Responding to COVID-19

Coalition Highlight – Wa'Lynn Sheridan, Mt. Baker

- Reflect on life and affirm the purpose you know resides.
- Affirm the people in your life with small children. This time can bring increased opportunity for stress and tension. Be a sounding board and remind them of where to access support (include local resources).
- Connect to resources and share with others. This time may bring financial burdens in many shapes. Watch local authority websites for announcements related to financial burden resources and share. Especially share with those you know may not have access to them.
- Finally, use the social opportunities you have to, increase hope! Remember Hope= Having goals and a vision for a better future= the ability to create credible mental strategies (Pathways Thinking- waypower or mental roadmaps to goal attainment) to achieve the goal + the ability to direct and maintain mental energy (Agency Thinking- Willpower that one can direct and sustain toward goal pursuits) to these pursuits.
- Dr. Chan Hellman

Billy Reamer | Prevention System Manager | HCA/DBHR

DH Take Back Day Resources

Washington State
Health Care Authority



A photograph of two young women sitting on a wooden bench outdoors. The woman on the left is wearing a black and pink athletic top, white shorts, blue socks, and colorful sneakers. She has a soccer ball on her lap. The woman on the right is wearing a white hoodie and has her arm around the first woman's shoulder. They are both looking down at something in their hands. The background shows a large brick building and some trees. The ground is wet and covered with fallen leaves.

STARTS WITH
one



simple
step

Take Back Day is an important awareness day.



Permanent Take Back Sites



Lock Up Medication



Protective Behaviors





Starts with One

www.getthefactsrx.com/resources

Takeback

www.getthefactsrx.com/resources

Tribal

www.watribalopioidsolutions.com

Sharing campaign resources on social media (and encouraging partners to do the same)



Including information in your e-newsletter



Using school or agency intranets



Pitching stories to local news outlets



STARTS WITH
one

Mallory Peak, Ph.D.

Senior Account Director
Partner Program Lead

Jasmine Albinson

Account Coordinator
Campaign Partner Support

Annie Blake-Burke

Senior Account Executive
Campaign PR Lead

Get in Touch

Phone: +1 509 444 2350

Fax: +1 509 444 2354

hello@wearedh.com

Recommendations for using the terminology cannabis vs. marijuana

Kasey Kates | Tribal and CPWI Implementation Supervisor | HCA/DBHR

Note, due to time limitations this presentation was not completed during the LCM. The presentation has been recorded: https://washingtonpoisoncenter-my.sharepoint.com/:v:/g/personal/asirotzki_wapc_org/Eefq8pmqqMdGjcZBM6PcbDsBwYJYrrs2wpnOHOp19WoPXQ?e=cNJI3S.

Please take this brief survey!

<https://www.surveymonkey.com/r/DD6CLTP>.

Aligning the way we communicate about marijuana... (errrrr cannabis?)

Alex Sirotzki – WA Poison Center

Sara Cooley Broschart – Liquor and Cannabis Board



Today's conversation

- Hello and who we are
- Ideas and context behind *Considerations* document
- Our Considerations
- Putting this into practice



I'm Alex from the WA Poison Center!
I'm Sara from LCB!

We're part of the Washington Healthy Youth (WHY)
Coalition...

<https://www.theathenaforum.org/WHY>



First, where did this come from?



Considerations for using the terminology *Cannabis* or *Marijuana**

Audience	Term	Considerations
Youth (12-17)	Marijuana	<p>In DOH audience research, youth have not identified one slang term that is universally known. Although not all teens <i>use</i> the term marijuana, it is generally well <i>understood</i>.</p> <p>This term is also mostly used by clinicians and prevention experts, which lends an element of credibility to messages.</p>
Young adults (18-20)	Marijuana	<p>In DOH audience research, young adults have not identified one slang term that is universally known. Although few young adults <i>use</i> the term marijuana, it is well <i>understood</i> across the entire audience.</p>
Parents & influential adults	Marijuana	<p>In DOH audience research and from a general understanding from parents in the field, not all parents or influential adults understand the term cannabis or most slang terms. Marijuana seems to be well understood across the adult population.</p>
Adult consumers (21+)	Cannabis	<p>Although the term marijuana is widely understood across adult consumers, DOH audience research and LCB collaboration with industry has identified that many consumers do not respond positively to messaging that does not use the term cannabis.</p>
Medical marijuana consumers	Cannabis	<p>The term cannabis has a strong association with medical marijuana use and is widely used by this audience.</p>
Prevention field	Marijuana	<p>Typically when discussing this topic among colleagues, the term marijuana is used most widely.</p>

General guidance:

- To avoid confusion and be as inclusive as possible, it is best practice to lead with the appropriate term but also weave in additional terms throughout the message. Examples:
 - Marijuana (also known as *kush*, *cannabis*, *weed*, *pot*, *etc.*) can harm the developing brain.
 - Cannabis (aka marijuana) can impair a person's ability to drive.
- Alternating terminology on websites also improves search engine optimization (how high up your website is listed on search engines like Google and Bing).
- Language is dynamic and changes over time. These recommendations were developed by the prevention field in Washington State to reflect our current knowledge, expertise, and community needs. These recommendations will be adapted as the field evolves.

**Disclaimer: This document is a tool for prevention partners to utilize when in doubt about which term makes the most sense for which audience. The intention is to bring consistency across prevention messaging in the state of Washington.*

Putting this into practice

- **Initial reactions?**
 - Is this a useful document?
 - How does this align with what you're doing now?
- **What do you think is the best way to share this guidance with those in your sphere?**
 - Start with your staff, your Coalition, your partners
 - Other Communications folks?
- **Do you want this emailed or how else?**

Prevention partners and colleagues...

As you know, the landscape and messaging around marijuana has changed and will likely continue to do so as we move into the new decade.

The WA Healthy Youth Coalition, a collaboration of statewide agencies and organizations working to prevent youth and young adult alcohol and marijuana use, has put together the attached considerations for when to use the term “marijuana” and when to use “cannabis.” There are important nuances to both of these terms. Our goal is consistent and clear communication across our communities.

Please share and discuss with your coalitions and partners, colleagues and staff, and any communications teams or professionals with whom you may interact.

We are certainly open to feedback and are happy to answer questions and/or provide additional guidance as needed.

Thanks, as always, for the important work you are doing to make our Washington communities healthy, safe, and thriving.

... Cheers, the WHY Coalition

Sarah Mariani | Section Manager | HCA/DBHR

COVID-19 Question and Answer Session

Responding to COVID-19

- Start Talking Now
- Public Campaigns
- Compiling Developer Modifications
- Partnering with University Partners
- Professional Development Webinars
 - Updates to Action Plans and Budgets
 - Sustainability

Responding to COVID-19

Seeking YOUR Feedback:

- Alternatives for Strengthening Families and Guiding Good Choices Programming.
- Parenting Tips and Tricks for Managing in These Times
- Implementing Adjustments in Parenting Programs
Community of Practice Calls
- Coordinator Support Calls
- Professional Development Webinars

Responding to COVID-19

Seeking YOUR Feedback:

- Professional Development Webinar Series
 - Reviewing Databooks
 - How to Understand and Use your Community Survey Results
 - Online Ethics Course
 - After COVID - Preparing for what's next, emerging with mindful and trauma informed implementation methods
 - Tools for Staying Connected and Providing Resources (Suicide Prevention)
 - How to use Social Media to Support your communities.

Review of questions received

- 1. My work has been diverted to respond to COVID-19, what does that mean for my role as a CPWI coordinator or CBO contractor?** *SAMHSA has repeated that all work has to stay within the grants, but we can pay for the work we normally do with modifications for COVID 19. We are working to figure out how to be flexible and adjust to what we have control over it. Please communicate with manager for adjustments that you need for deliverables. Will not be considered out of compliance.*
- 2. What other services can I provide during this time?** *Please be creative during this time: Hold virtual coalition meetings and sessions when you are able.*
- 3. What happens if we are not able to meet contract deliverables?** *Everything still has to be focused on the goals of the grant. Encourage to work with manager with contract deliverables and staying flexible during this time. There is no extensions on funding but if reports are not turned in on time, SAMHSA will understand. Please communicate your adjustments to your manager as soon as possible.*
- 4. We recently responded to an expenditure request, however we may have additional underspend. What should we do?** *Communicate with manager about any underspends or if you believe there is something you can do now that you couldn't do before COVID-19.*
- 5. May I purchase technology to help support virtual programming/strategy options?** *Yes, any virtual software that works for your community is acceptable. Please work with your manager.*

Please raise your hand if you have a question and we will take you off mute.

Q&A

Q: Would Anamaria be able to do virtual trainer to trainer option?

A: We have considered, we will see if we can get that added to a poll question. After the polls, the internal staff will deliberate on what is best for our providers.

Q: Could some of the virtual sessions for parents be in Spanish?

A: Yes, Anamaria can do the virtual components for parents in English and Spanish.

Q: Any alternatives for Zoom?

A: Someone in the chat recommended “Same page” which provides many features and platforms.

Q: What about site visits?

A: We will be flexible. We have communicated a “two week rolling window” to evaluate scheduled site visit so each two weeks we will be reviewing the safety of COVID-19. There is an effort to reduce over and under scheduling. If your site visit is canceled, we are not working to reschedule until we have a better timeframe. Please be willing to be patient but if you need to prioritize a reschedule, please reach out to your manager. We want to be responsive to you all. Encouraged to communicate with managers, they will be as flexible as possible.

Q&A

Q: How do the grant timelines work again?

A: Based on funding, you may be working on state or federal timeline so please review before reaching out to your manager. Please review your A&Rs in contract. However, consider opportunities to change the budget structure. We encourage you to talk with manager to bill for services that you can do now for the grant that will end the soonest. For example, DMA will expire June 30th and we cannot move that deadline. Look at upcoming timelines and use what will expire first. Block grant funds can be used for a longer time. Again, communicate with manager!

Q: What about adjusting our hours for sick or emergency leave (pertaining to COVID-19 response)? Is that a problem when inputting hours at the end of the month into Minerva?

A: SAMHSA plans to put out guidance for that. The most important piece to us is to demonstrate that services are provided. If no services are provided, please contact manager immediately. For coordinator hours, you may also follow your normal leave guidelines and work with your manager to enter into Minerva. We have not received any direction further than that. We cannot seek reimbursements if services are not being provided so please make sure you are doing what you can do complete some services.

Q&A

Q: Has anyone found immediate resources or actions for suicide prevention efforts virtually?

A: Yes, here are some suggestions: Sources of strength website; Mental health first aid cannot be virtual and they do not recommend to do it online; QPR can deliver services online; Suicide prevention resource center, have some virtual resources; Resources operation parenting have a webinar coming up; Vibrant.org for emotional health

Q: Will communities be receiving action plan and budget templates soon?

A: Yes, expect to see them early April. There will be slight updates with dates and user-friendly edits

Q: Any additional guidance for communities that applied for extra funding in May?

A: Contracts should be ready to be executed May 1st so if you have any budget adjustments, please contact managers as soon as possible so we can make those changes in the next week or so.

Q: Can we post the chat box from today's meeting on Athena?

A: Yes.

COVID-19 Resources

- [Coronavirus.wa.gov](https://www.coronavirus.wa.gov)
- <https://www.hca.wa.gov/information-about-novel-corona-virus-covid-19>
- <https://www.doh.wa.gov/Emergencies/Coronavirus>
- <https://nasadad.org/covid-19-resources/>

Additional COVID-19 Resources

School Counseling connections during COVID Response

- OSPI issued recommendations via [Bulletin 022-20](#)
- Guidance is often prefaced with “per your district’s expectations for staff engagement with students and current safety standards for operating during the extended school closure....”.
- School support staff are exploring offering “virtual” student support services, especially as a systemic way to stay connected with youth of concern.
- Some relevant resources to help with the design and implementation of a virtual support system include, but are not limited to:
- American School Counselor Association's [guidelines](#), [position statement](#), and [webinar](#) related to providing virtual school counseling support services.
- National Institute on Mental Health’s [child and teen coping strategies](#) for reducing stress related to traumatic events.
- [Guidelines](#) developed by the National Association of School Nurses and National Association of School Psychologists on how to talk with students about COVID-19.

Note, the numbering of the polls is incorrect, please disregard.

Poll Results

1. Are you interested in having regular COVID-19 Calls for Prevention Topics?		
Yes, Weekly	41	38%
Yes, every other week	60	56%
No thanks	7	6%
	108	
2. If we were to have a virtual poster session at the SYF, would this be of interest to you (and your youth)?		
YES	58	65%
No thanks	31	35%
	89	
3. Which of these opportunities are you interested in? (check all that apply)		
Webinars: Professional Development	75	25%
Virtual Sessions for Parents: family mgmt and resiliency	68	23%
Webinar: Alternatives for SFP/GGC Programming	59	20%
Virtual Sessions: Coordinator Support Calls	41	14%
Community of Practice: Adjusting Parenting Programs	58	19%
	301	
4. If you are interested in Community of Practice: Adjusting Parenting Programs, what frequency would you prefer?		
Weekly	9	13%
Every other week	36	51%
Monthly	25	36%
	70	
4. If you are interested in Professional Development webinar, what frequency?		
Weekly	24	32%
Every other week	35	47%
Monthly	16	21%
	75	

Poll Results

4. If you are interested in Virtual Sessions for Parents: family mgmt and resiliency, what frequency?		
Weekly	26	34%
Every other week	32	42%
Monthly	18	24%
	76	
4. If you are interested in Virtual Sessions: Coordinator Support Calls, what frequency?		
Weekly	7	11%
Every other week	33	51%
Monthly	25	38%
	65	
4. If you are interested Webinar: Alternatives for SFP/GGC Programming, what frequency would you prefer?		
Weekly	13	19%
Every other week	34	50%
Monthly	21	31%
	68	
5. Which of the following Professional Development webinars are you interested in? (check all that apply)		
After COVID - Preparing for what's next	84	31%
Reviewing Databooks	27	10%
Tools: Staying Connected & Promoting Resources [SuicidePx]	51	19%
How to use Social Media to Support your communities	71	26%
How to Understand and Use your Community Survey Results	42	15%
	275	
6. Would you like to take online Prevention Ethics course?		
YES	36	46%
No thanks	30	38%
Maybe	13	16%
	79	

TAKE CARE



OF YOURSELF