

Prevention Research Sub-Committee Meeting

Thursday, March 25, 10:00 am – 1:30pm

Location: Zoom

Theme: COVID-19

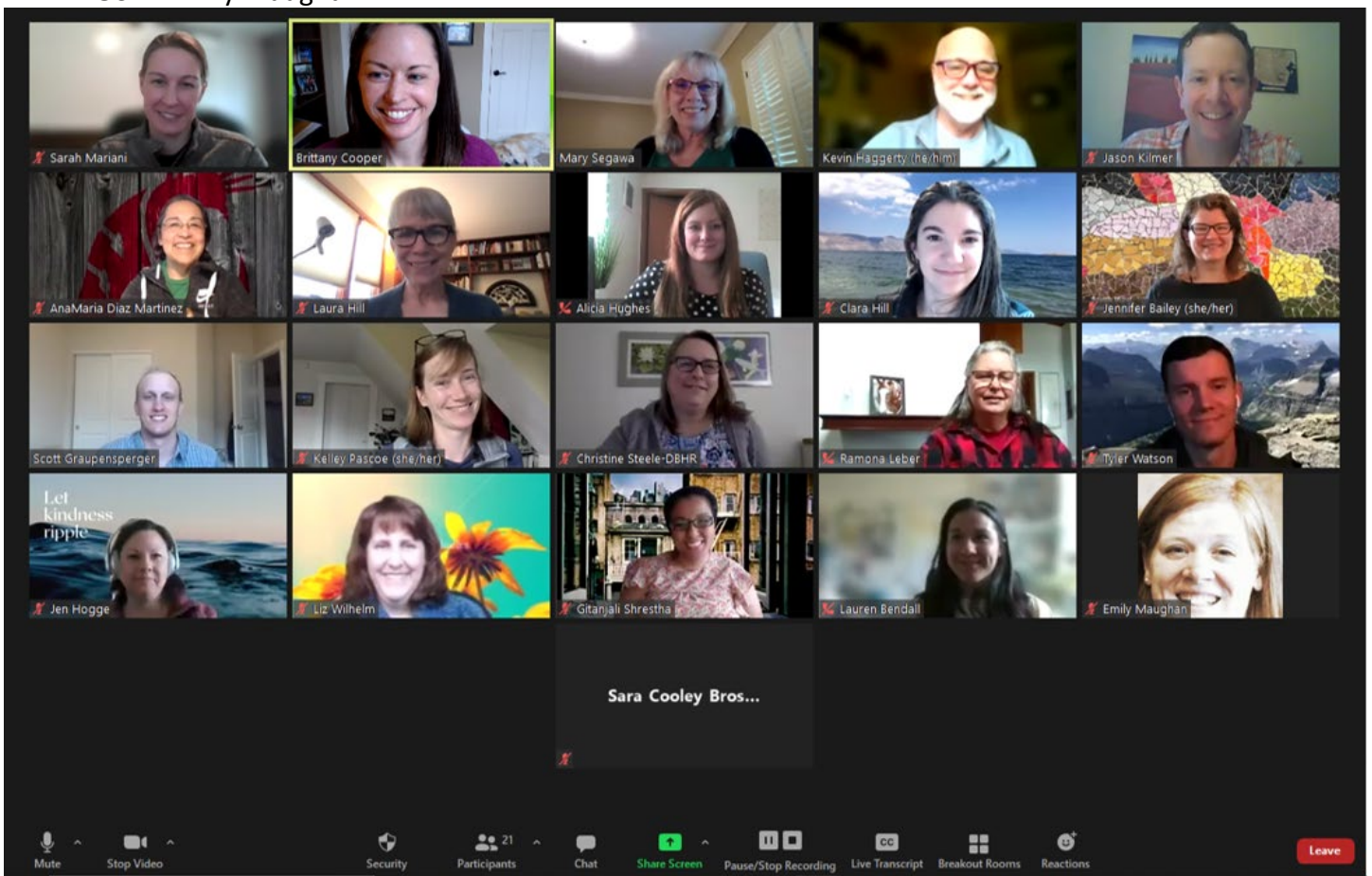
Agenda

Time	Agenda item
10:00 -10:15	Introductions
10:15-10:30	Breakouts
10:30 – 11:00	Navigating Emerging Adulthood during a Global Pandemic: Insights regarding Young Adults’ Substance Use, Mental Health, and Adherence to CDC COVID-19 Guidelines Scott Graupensperger , Ph.D., Center for the Study of Health and Risk Behaviors, University of Washington Contact: graups@uw.edu
11:00 – 11:30	Behavioral Health Impacts of COVID-19 Tona McGuire , PhD Lead, Behavioral Strike Team Contact: DOH-BHST@doh.wa.gov , “Attn: Tona McGuire” in the subject line
11:30-12:00	Lunch break
12:00 - 12:30	Health Behaviors During COVID-19: Study Design, Key Findings, and Next Steps Lexie Jackson, MS, RDN, LD & Raven Weaver, Ph.D. , Department of Human Development, Washington State University Contact: alexandra.m.jackson@wsu.edu ; raven.weaver@wsu.edu
12:30 – 1:15	Round Robin
1:15 – 1:30	Next Meeting: Topics and Dates

Notes

Introductions

- **WSU:** Brittany Cooper, Elizabeth Weybright, Laura Hill, Clara Hill, Kelley Pascoe, Gitanjali Shrestha, Raven Weaver, AnaMaria Diaz Martinez, Lexie Jackson, Jordan Newburg, Erica Austin
- **UW:** Kevin Haggerty, Jason Kilmer, Jennifer Bailey, Bia Carlini, Scott Graupensperger, Margaret Kuklinski, Lisa R Thomas, Liz Wilhelm
- **DBHR:** Sarah Mariani, Alicia Hughes, Tyler Watson, Christine Steele, Lauren Bendall, Jenn Hogge
- **DSHS:** Grace Hong, Irina Sharkova
- **DSHS RDA** Barb Lucenko
- **LCB:** Sara Cooley Broschart
- **DOH:** Tona McGuire
- **King County:** Sarah Ross-Viles, Margaret Soukup
- **OSPI:** Emily Maughan



Group Activity-- Spiral Journal ([Liberating Structures](#))

Spiral Journal (Liberating Structures) - way to stop and get into a reflective space about where you are. COVID-19 reflections.

1. What have I been hearing in my community about COVID-19?
2. What have I been seeing in my community about COVID-19?
3. What have I been feeling about COVID-19?
4. What are you looking forward to?

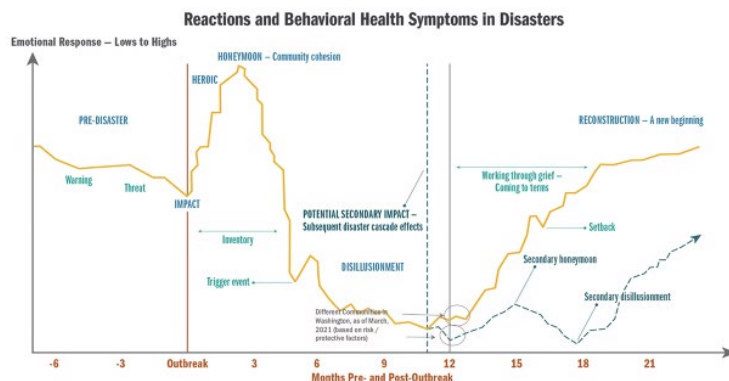
Navigating Emerging Adulthood during a Global Pandemic: Insights regarding Young Adults' Substance Use, Mental Health, and Adherence to CDC COVID-19 Guidelines

- *Scott Graupensberer, UW*
- Jason Kilmer intro: post-doc research fellow. Kinesiology and clinical and translational science dual PhD. Started in 2020 with JK. Center for study of health and risk behaviors at UW.
- Findings from 7 studies in the last year.
- Substance use during the pandemic
 - particularly interested in YA in WA state
 - Study #1: changes in alcohol/marijuana use, perceived norms and motives for use
 - Change in the pattern of drinking but not in drinking itself
 - Mirroring changes in the pandemic?
 - More drinking days but less risky drinking patterns
 - Changes in motives
 - decrease in social, conformity and enhancement motives but increase in coping motives
 - Overestimating marijuana use among peers when reporting norms
 - slight increase in use but not significant
 - Study #2: college student drinking during COVID-19
 - data collected in April 2020
 - very few students had increased drinking according to data; conflicts with media portrayal
 - perceived norms - matched/parallel their own behavior
 - college students are still influenced by what they think that their peers are doing
 - Does the media normalize COVID drinking?
 - Study #3: Young adults' stressors during COVID-19
 - social/relational domain was critical to depression, anxiety, sleep issues
 - Study #4: marijuana use to cope with mental health struggles
 - mix of increase and decrease
 - data March 2019-March/April 2020
 - Study #5: Adherence to COVID-19 guidelines
 - reported behaviors (CDC guidelines) are all higher adherence than their perception of their peers' adherence
 - Study #6: Vaccine intentions, attitudes, and perceived norms
 - norms as an intervention target moving forward
 - Study #7: adherence to CDC guidelines and substance use
 - What behaviors are poor adherers still engaging in?
 - Are poor adherers engaging in more alcohol use?
 - Check in with Yourself program (UW)
 - Questions
 - WA data compares to other states?
 - Scott G: not really.
 - Kevin Haggerty shares takeaways
 - Importance of norms during developmental period

- constellation of risky behavior -- if you're more likely to be drinking, then you might also be engaging in other risky behaviors
- Sarah Mariani: knowing the different articles and perceptions -- are you planning on a press release? Promote services that are available for YA or counter the norms? Other programmatic things that we could do with this or policy pieces?
 - Scott G.: some journalists have approached them mostly about vaccine paper and NCAA athlete work. Otherwise, there hasn't been a ton of interest.
- Chat box summary:
 - Higher educators, university media, student papers need to see this data (BC, SCB, EM, MS)
 - SCB: would also be great to get it out to prevention coalitions.

Behavioral Health Impacts of COVID-19

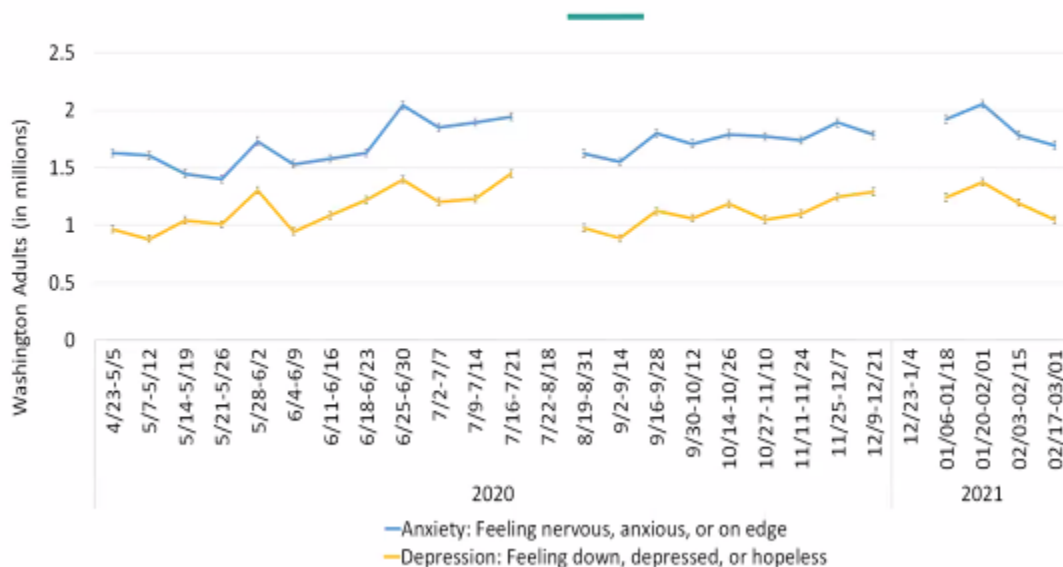
- Tona McGuire, WA DOH
- Behavioral Strike Team
- What's been going on in WA re: behavioral health impact of COVID
- Data is a moving target in this case
- Graph: reactions and BH symptoms in disasters



- These phases are typical responses, regardless of type of disaster
- For us this starts in Mar 2020, the beginning of pandemic lockdowns
- Honeymoon phase: community cohesion, messaging of unity
- Right now we're near the "bottomed out" part, but our trajectory is different from many disasters and we see a long secondary disillusionment phase. Some have also lived through secondary disasters -- wildfires, natural disasters, elections, etc.
- Socioeconomic status, racial and ethnic disparities, etc., can affect experience
- Key Points
 - 3-4 million WA residents are or will experience clinically significant BH symptoms
 - depression, anxiety, acute stress = most common
 - COVID-unique impacts: new dx, post-COVID psychosis, potentially COVID-related dementia 14-90 days after dx
 - severe symptoms are influenced by pandemic and its consequences

- many are beginning to move out of the disillusionment phase of the disaster response cycle and into the reconstruction and recovery phase
 - the speed and experience of this process will vary significantly among communities and demographic groups
- one-year “anniversary” reactions may be widespread and varied (for individuals and communities)
- unemployment: functional unemployment (e.g. wanting full time work but not having it, or working full time for very low wages), not just people who are completely out of a job -- included in forecast to create a more nuanced picture of how economic factors may be influencing BH symptoms
- general fatigue/exhaustion/feeling overwhelmed are common experiences
 - difficulty falling asleep; night wakings; diminished cognitive/high-level thinking; memory challenges; increase in existing BH symptoms such as depression/anxiety/trauma
 - Pandemic Apathy informs “acting out” (denial, ignoring consequences) and “acting in” (hopelessness, not engaging)
 - we anticipate an increase in risk-oriented behaviors in the coming months, particularly from youth
- Anxiety & Depression

Anxiety, Depression (Census Bureau)

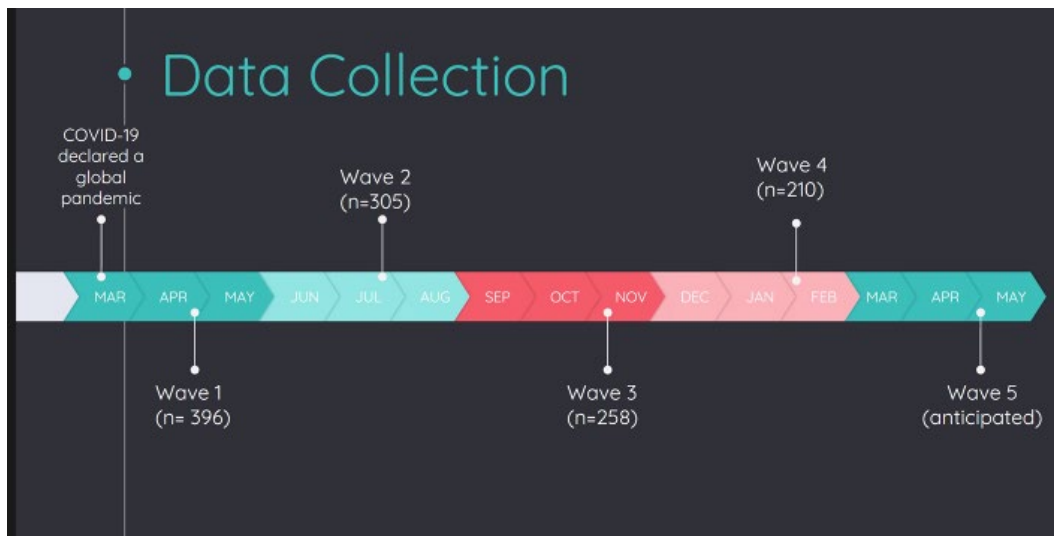


- reducing for some, but not all populations
- ED visits
 - significant decrease in overall ED visits
 - that drop can skew data, so view with caution
 - suicidal ideation ED visits have gone up and down, but the proportion of total visits for those under 18 has become much greater
 - this matches AAP data, showing increases in numbers for pediatric EDs as well as anecdotal experiences of the acuity (very young children with self-inflicted gunshot wounds, suicide attempts and completions)

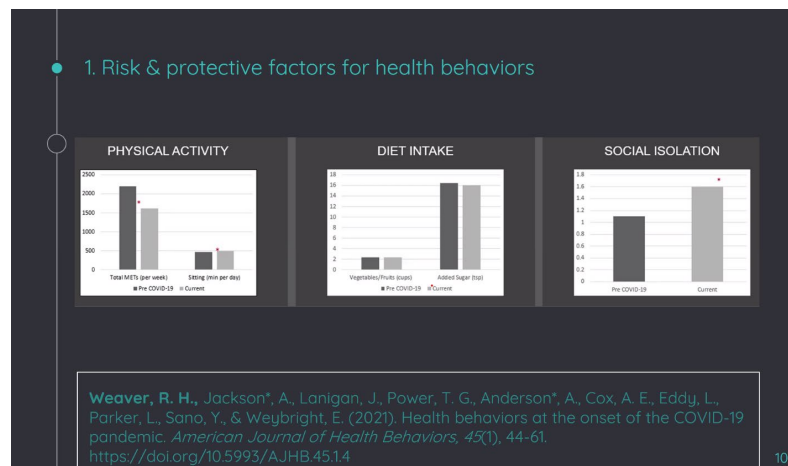
- Psychological distress ED visits
 - also appear to show increasing relative rates for youth
 - placement issues for children who are looking for treatment
- Disaster/Trauma Cascade
 - the disaster recovery cycle can repeat and cascade, making it so people do not have the ability to emotionally recover between waves
 - impact: extend or restart cycle; prolonged disillusionment phase; BH symptoms, e.g. acute stress leading to PTSD and or MDD, increased suicide risk concerns
- Vaccines, Hope, Patience
 - vaccines bring a lot of hope and potential start of the end of the pandemic
 - patience will be essential and will be very hard for many
 - additional spikes of disease and vaccine rollout issues can be difficult
- The Good News: Resilience
 - The typical long-term response to disasters is resilience, rather than disorder. Resilience can be intentionally taught, even for those of us for whom it isn't a natural trait.
- Questions:
 - LB: Does vaccine envy contribute/impact the responses?
 - TMG: have not seen anyone who has looked at it systematically but there is a lot of anecdotal stuff out there. Differences within communities and across the nation.
 - KH: what are the intervention points or where should we be focused with severe mental health issues?
 - TMG: outpatient and inpatient workgroup - ppl who were living the disaster (mh) and what would make this better. On the crisis end - increasing capacity for crisis management tools for everyone. Crisis consultation model - stabilization, distress tolerance, stress coaching, etc. "stop the bleed model"
 - outpatient - increasing consultation to schools. CA work triaging kids at risk, offered CBT sessions for at risk youth to keep them out of the ED.
 - DM: it seems like there has been varying crisis communication and communication management. Wondering if there are any grants or work going on that addresses communication specifically for young people with respect to suicide and trauma?
 - TMG: youth messaging campaign which is doing a lot of what STRIKE team has done. Normalizing the stress for youth and parents. Directing towards resources. WA youth suicide prevention has been working nonstop. Still have a shortage of BH providers. Messaging is really important - it's okay to not be okay.
 - JH shared:
 - We have a SUD prevention and wellness campaign that we developed last summer and are looking to launch it again soon.
 - We also have a suicide grant with Harborview going right now
- *Chat box summary:*
 - *BC: Seems like it will be important to partner with OSPI on a lot of this as schools resume*
 - *JH: We have a SUD prevention and wellness campaign that we developed last summer and are looking to launch it again soon. We also have a suicide grant with Harborview going right now*

Health Behaviors During COVID-19: Study Design, Key Findings, and Next Steps

- *Raven Weaver & Lexie Jackson, WSU*
- Research Questions -- using Prev Sci, Public Health, and Life Course theory
 - 1: in the context of C19, what indiv/fam/comm-level risk and protective factors influence health, wellbeing, and health behaviors across the lifespan?
 - 2: how do risk and protective factors for health/wellbeing/health behaviors change during the pandemic and recovery?
- Sample
 - [Prolific](#) platform for recruiting participants
 - representative sample of 400 participants. oversampled parents of 18-month-old to 12-year-old
- Data collection



- most recent wave in February, one more in early May
- deployed 2 surveys - 45-60 min to complete. \$8-10.50 incentives for each wave of data collection
- Demographic data, healthcare use, mental health, health behaviors, parenting
- Key findings
 - a lifespan perspective (average age was 45, range 18-78)
 - r/p factors for health behaviors



- 1. Risk & protective factors for health behaviors

	PHYSICAL ACTIVITY	SEDENTARY BEHAVIOR	FRUIT & VEGETABLES	ADDED SUGAR	SOCIAL ISOLATION
RISK	- Black - Sedentary behavior	- Food insecurity	- Female - Emerging adult		- Black - Depressive symptoms - High self-rated health
PROTECTIVE	- Number of children	- Black - High self-rated health - Physical activity	- Physical activity - Social support	- Female - High self-rated health	- Subjective wellbeing - Social support
PERCENTAGE EXPLAINED	10%	9.1%	13.4%	10.4%	28.6%

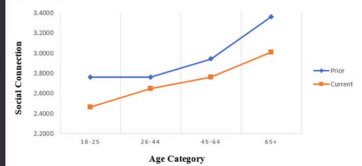
Weaver, R. H., Jackson, A., Lanigan, J., Power, T. G., Anderson, A., Cox, A. E., Eddy, L., Parker, L., Sano, Y., & Weybright, E. (2021). Health behaviors at the onset of the COVID-19 pandemic. *American Journal of Health Behaviors, 45*(1), 44-61. <https://doi.org/10.5993/AJHB.45.1.4>

- Social connectedness

- Looking at social isolation effects and perceived changes over time by life stage
- more mature life stage - easier to relate to others, lower likelihood of feeling isolated

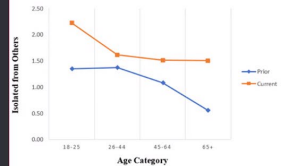
- 2. Social connectedness

Figure 1
A Comparison of Adjusted Means for Perceived Change in Social Connection by Time and Age Category.



Note. This figure demonstrates perceived changes in social connection (range 0-4) by time (prior to and during current COVID-19 restrictions) and by age category.

Figure 2
A Comparison of Adjusted Means for Perceived Feelings of Being Isolated from Others by Time and Age Category.



Note. This figure demonstrates perceived changes in feelings of isolation (range 0-4) by time (prior to and during current COVID-19 restrictions) and age category.

- What can we learn from older individuals and their coping strategies?
 - social connection was higher with each life stage but did decline over time
 - older adults had higher levels of social connection already but everyone's level of social connection decreased overtime.

- Qual findings

- Altered communication
- decreased connection
 - perceived disingenuousness
 - lack of physical connection
- Reaching out to more people
- Exchange of emotional support
- Nuanced age differences
 - personal relationships with romantic and friends - more common among younger populations
 - middle age (45-64) had more social connections but missing larger community
 - late adulthood (65+)

- frustrations regarding social interactions in public spaces
 - showed an awareness of shared experiences
 - missed physical interactions with family, friends, etc.
 - increased appreciation and gratitude for time that they did get to spend with others.
 - Intentionality for social connections
 - not observed in emerging adult responses, rather felt anxiety about reaching out
 - middle adulthood - experienced increase in effort by others to reach out.
 - late adulthood - reaching out and talking more than before
 - communication technology became a primary means of connecting
- a lifespan perspective of food insecurity, social relationships, and dietary behaviors
 - relationships between structural and perceived relationships
 - structural - living alone and geographical location
 - diet quality and snacking
 - food insecurity status - access to food
 - Quant results
 - food insecure emerging adults and late adulthood were at poor diet quality
 - emerging adulthood increase and higher likelihood for snacking
 - Qual results
 - food insecure
 - changes in eating behaviors?
 - insecure - focus on eating what they can access
 - food secure
 - changes in eating behaviors?
 - able to change to healthier behaviors - dieting and healthy foods
 - snacking more b/c at home
 - noticed that individuals that reported increases in emotional eating also reported declines in social connection
 - pandemic exacerbated inequalities among food insecure adults
- Next steps
 - longitudinal analyses
 - identify profiles and latent analysis
 - qual data collection and analysis
 - collect beyond open ended questions. Able to connect with participants by Zoom. 31 30-40-minute interviews.
 - continued collaboration
- Questions
 - KH: looking at substance use specifically?
 - RW: it is a question that we asked. didn't see a significant change.

- BC: should our older adults be intentionally reaching out to younger adults?
 - RW: physically older adults are at higher risk but didn't think about the ways we can partner and expose diff generations to have mutual benefits.
- LB: this is somewhat related but did you do any assessment around eating disorder behavior during COVID?
 - LJ: did not specifically ask about eating disorder symptoms. Did ask about intuitive eating. Collected maladaptive behavior at time point 2. Also collected some body image data at wave 2.
- TW: how did you measure food insecurity and did you observe changes over time?
 - Collected food insecurity at each time point - 2 item validation screener. Increase between (40% at wave 1) wave 1 and wave 2 and then decline.
- *Chat box summary:*
 - *BC: It's really nice to see the qual data to contextualize the quant.*

DBHR Updates

- Sarah Mariani, DBHR
- 1. Legislative updates
 - A lot of bills have passed this session
 - Kevin already shared about the presentations by WSU/UW/HCA [last week to the Commerce & Gaming committee](#)
 - [Video here, shared by LW in chat](#)
 - Sarah shared a large (17 pages!) bill tracker that they use, and will share some of the more relevant ones with us now
 - SB5417
 - Extending certain privileges granted to liquor licensees beyond the pandemic
 - Currently in the Senate
 - SB5272
 - Temporarily waiving different annual licensing fees
 - Has already been signed by the governor
 - Kevin asks if there are implications in terms of ADAI funding?
 - Sarah M says it's a complicated question and we'll have to look into the budget bill to find out details -- it could, or it could only impact some DMA funding, or none at all.
 - Mary S. said that the bigger revenue piece for the DMA funds will be the excise tax money rather than the licensing fees. The portion going to the general fund can be increased. The bigger threat here is probably just pulling more excise tax money and putting it into the general fund.
 - Update added: Lisa Thomas looked into it and said that Caleb says "no or minimal" impact"
 - There is a continued push across industry for more bills like this, from beer/cannabis/etc.
 - Things we watch for: is the tiered system being impacted? Are disparities going to be exacerbated? Keeping an eye on prevention, promotion to youth, health promotion, balance.

- We have some prevention voices down there and legislators engaging with compromises with prevention in at least some areas, e.g. instances of including the study and discussing impact.
 - Political and economic context -- arguments that impacts on small businesses are priority, etc.
 - HB 1210 - SHB 1210
 - “cannabis terminology”
 - passed Exec Session yesterday, now in Rules Committee (hasn’t gone to floor yet)
 - House and Senate examining whether we should change the language to cannabis in legal language
 - HB 1443 - SHB 1443
 - social equity in licensing within cannabis industry
 - “striker bill”
 - being looked at by LCB currently
 - language regarding drug offense, cannabis offense, etc -- may be inconsistent
 - HB 1074 -SHB 1074
 - overdose and suicide fatality review
 - changes increase confidentiality of records and restricts medical records to those related to the overdose or suicide
 - in the Senate
 - HB 1477 - 2SHB 1477
 - implementing national 988 system to enhance and expand BH crisis response and suicide Px services
 - in the Senate for first reading
 - Mary Segawa shared that [some materials have been developed, primarily for alcohol awareness month, in collaboration with NWPTTC](#).
 - Initially developed by Julia Dilley and Mary
 - background on alcohol regulatory structures, then goes into 5 Ps of alcohol policy
 - great foundation for alcohol awareness month, and ties in important regulatory policy
 - includes memes!
 - Kevin/Brittany/Liz share the link to the [Desperately Seeking Data](#) consultation
 - *Chat summary:*
 - *SCB: Want to applaud efforts of the Prevention community for jumping into the conversation on our agency request legislation on alcohol allowances. Your involvement allowed the sunset clause to be included and maintained at just 2 years. And also, inclusion of the study.*
- 2. Covid Student Survey
 - Sarah expressed gratitude to all the partner agencies working on this
 - Tyler: this effort came together due to postponement of HYS and desire to still collect some important and timely data. The agencies came together, partnered with Jason and the UW team, and pulled it together within a few months.
 - Jason: Confirmed responses are around ~55k. This data will be useful for administrators etc. to look at emerging student needs. Aggregate findings will be summarized and reported out to parties working on supporting WA youth.
 - Sarah notes that the timing is especially interesting since it coincides with the governor announcing back-to-school timing.

Round Robin

- Erica Austin:
 - articles about disparities about disinformation in the pandemic
 - Article about disparities in and implications of disinformation beliefs during the pandemic: <https://misinforeview.hks.harvard.edu/article/covid-19-disinformation-and-political-engagement-among-communities-of-color-the-role-of-media-literacy/>
 - Murrow Symposium panels next Wed. including PR in Cannabis Industry, health com more generally: <https://murrow.wsu.edu/symposium/symposium-agenda/>
 - analysis of that data related to substance use and misuse
 - role of media literacy to mitigate disinformation and behaviors including cause of sleep medication and alcohol
- Alicia:
 - Opening the next application for the DBHR fellowship program in a week or so. Sending out to colleges and partners. June 1 start date.
- Brittany:
 - I am helping organize a webinar for Society for Prevention Research on the role prevention scientists play in local/state advocacy efforts. Kevin Haggerty and Sarah Mariani will be two of the panelists. We are aiming for late April/early May and I'll share the info via the PRSC email list when we have it finalized.
 - online registration will be available soon for the SPR (Virtual) Conference. The theme is Addressing Racism and Disparities when Considering Biology and Context. The conference is June 1-4. <https://www.preventionresearch.org/2021-annual-meeting/registration-information/>
- Kevin - [PTTC Events Calendar link](#)
 - data desperation - April 7th - diff strategies folks can use
 - featuring the blues program (EBP) at the end of the month - depression and anxiety among youth
- Sarah - NPN - virtual this year. Encourage any and all to put in proposals to present, even on what you just presented on.
 - NPN Conference is August 24-26. Here is the link: <http://npnconference.org/>
- Mary Segawa - end of April - training through DOH for their contractors. Focused on policy landscape. Talking about local ordinances and local options, effective advocacy, etc.
 - Singles Also Score Runs – A Trip Around the Policy Ballpark in 90 Minutes. April 28th, 1:30-3:00 pm.
- SCB: Our Statewide LCB-Prevention Roundtable is June 3, 2-4p. I put together a planning team of prevention folks from across the state, but let me know if you want to shape the event/agenda.
- JK: Just a heads up -- College Coalition for Substance Abuse Prevention (CCSAP) year-end conference is Friday, 5/7/2021 from 9:00-4:30 (all virtual). Save the date! I can send out an agenda to this DL/email group.
- Ramona: The spring delivery or the Art and Science of Community Organizing Training starts in May. See www.wasavp.org
- Alicia

- Anyone can post upcoming training on the Athena Forum calendar at <https://www.theathenaforum.org/event-calendar/month> - and check that out to see what is coming up!

Next Meeting Topics & Dates

- Evidence based practice list - Brittany, Kevin, Angie, Alicia
- Next PRSC meeting is June 23.
- Call for speakers
 - Angie (recommended by Kevin)
 - Others?
- Other?
 - Website for PRSC?
 - SM approves
 - AH suggested adding on the Athena - SM agrees that we could add a whole page
 - Archive of presentations, agendas, topics, etc.
 - Subscribe button option
 - AH and TW will make plans and circle back
 - CH reminder to check in with past participants before posting prior presentations/notes.
- SM: one of the leg session bills - talking about access and how expanded access might happen. Reached out to Julia Dilley who had done work with Grace on good findings that are WA specific? This would be the potential impact that we've seen elsewhere. In the end, discussed the WSAPP handout that they could use to communicate with the legislature. Came together really nicely.
- Research briefs on key policy elements and have them prepared beforehand
 - SCB: Also, we have a new Chair at LCB -- David Postman. I will be in charge of his "prevention education." So if you have tools, ideas, key articles for a beginner, please send my way.
 - We also reached out to Bill Kerr on it as well.
 - WASAVP
- BC: PRSC research brief workgroup
 - Mary Segawa - There is some work happening nationally through the Alcohol Action Network -- for alcohol -- that we can build upon
 - some are still in draft form. could coordinate and see what is in process there
 - SCB: expanded spirits brief is an example of this work
- BC: We could probably engage some of our WSU Prev Sci PhD students to support this kind of effort. It would be a great experience for them!
- KH: Jen Bailey would be a good person to work on this. Interpretation that the people who use cannabis are aware of where the stores are. People who don't aren't necessarily at increased risk.
- BC: PTTC plays a role in this regionally. Develop templates that local or state data could be inserted.
- SM: yeah, we have a whole other year.
- If interested, reach out to Brittany and Kevin
 - Gitanjali is interested
 - AnaMaria is too
- Liz and Ramona to share an example brief.