

Prevention Research Sub-Committee Meeting
Wednesday, December 6, 2023, 10:00 am – 1:00 pm PST
Theme: Focus on Young Adults

NOTES

10:00 – 10:15	Welcome & Introductions Changing name to Prevention Research Committee?
10:15 – 10:30	Impromptu Networking
10:30 – 10:45 (15 min)	Setting the context: Trends in substance use for adolescents and young adults, and what this means for Washington State Kevin Haggerty, UW Introducing discussants: Marina Epstein, Jen Duckworth, Christine Lee
10:45-11:20 (20-minute presentation and 15-minute discussion)	Washington Young Adult Health Survey: Update Jason Kilmer UW
11:20-11:55 (20-minute presentation and 15-minute discussion)	Dissemination and 5-Year Outcomes of the <i>Letting Go, Staying Connected Handbook</i> Clara Hill WSU
11:55 – 12:10 (15 min)	Research Briefs <ul style="list-style-type: none"> • Update on two currently in process • Brainstorm topics for next two
12:10 – 12:25 (15 minutes)	Break
12:25-12:40 (15 min)	‘Badge’ for the Prevention Research Committee Jennifer Fortnash HCA Communications
12:40 – 12:50 (10 min)	Chatterfall: Updates from the Prevention World
12:50 – 1:00 (10 min)	2024 Meetings – and theme for March? <ul style="list-style-type: none"> • Wednesday, March 13, 10:35 a.m. to 2:00 p.m. • Wednesday, June 12, 10:35 a.m. to 2:00 p.m. • Wednesday, September 11, 10:35 a.m. to 2:00 p.m. • Wednesday, December 11, 10:35 a.m. to 2:00 p.m.

Introductions

- **WSU:** Brittany Cooper, Wei Peng, Jenn Duckworth, Erica Austin, Madeline Fodor, Jessica Willoughby, Clara Hill, Elizabeth Weybright, Cassandra Watters, Eleanor Dizon
- **UW:** Kevin Haggerty, Christine Lee, Marina Epstein, Nicole Eisenberg, Mary Larimer, Jason Kilmer, Margaret Kuklinski, Jim Leighty, Aaron Davis, Blair Brooke-Weiss
- **DBHR:** Sarah Mariani, Gavin Mina, Harrison Fontaine, Sonja Pipek, Jaymie Vandagriff, Rebecca Ruiz, Brittany Smith, Roxane Waldron, Tsion Beshah, Yonathan Zerfu
- **HCA Communications:** Melissa Thoemke, Jennifer Fortnash
- **OSPI:**
- **WA DOH:** Liz Wilhelm
- **WA DSHS RDA:** Grace Hong
- **WA LCB:** Mary Segawa, Kristen Haley
- **WSIPP:** Amani Rashid
- **WASAP:**
- **King County Dept of Human Services, Division of Behavioral Health & Recovery:** Jennifer Wyatt, David Perlmutter
- **King County Dept of Public Health:** Sarah Ross-Viles
- **Wahkiakum Community Network Coalition:**
- **Washington Traffic Safety Commission:**
- **Cannabis Observer:** Gregory Foster

A couple of introductions of note:

- Mary Segawa introduced her replacement, Kristen Haley. Mary is retiring.
- Roxane Waldron is the new coordinator for the state problem gambling program. She also gave a brief presentation about the program (see below).
- Gregory Foster from the Cannabis Observer introduced himself and that he was pleased to attend this meeting. He stated he was making an audio recording of the meeting. There were some objections to a recording and Gregory verbally agreed that he's not recording. Notes will be shared after the meeting. Sarah Mariani suggested that if Gregory needs clarification or confirmation of statements he's making, she and also Kevin Haggerty would be happy to help with that.

Announcement: we want to change the name of this group to the Prevention Research Committee. We are no longer part of another committee, so it makes more sense to call ourselves a committee. Kevin asked for concerns about the name change, and there were none voiced.

Impromptu networking

Kevin Haggerty invited participants to consider these questions, then talk about them in smaller breakout rooms: What is something you're proud of in the past year, personally or professionally.

Problem Gambling Program

Roxane Waldron, HCA

Roxane shared a brief presentation introducing the group to the state's problem gambling program.

- There are many gambling opportunities in WA state.
- Online gambling is available but it is not legal in this state. Not taxed or regulated so not consumer protected.
- Roxane presented results of studies on problem gambling among adults and youth in WA state.
 - Adult survey: If a person participated in gambling of any kind they completed a short, 9-question questionnaire asking about gambling in the past 12 months. See slides for results.
 - Healthy Youth Survey for youth. A set of questions on the survey asks about gambling.
- See slides.

Setting the context: Trends in substance use for adolescents and young adults and what this means for Washington State

Kevin Haggerty, UW

Kevin provided a brief presentation providing some context about youth substance use and also in older age groups.

- Monitoring the Future (MTF) data show that nation-wide substance use trends among young people (middle and high school aged) (alcohol, illicit drug use, cannabis) are declining. And perception of risk has also declined. This is all positive news for the field of prevention. BUT fentanyl use is increasing.
- However, daily cannabis use is increasing among young adults, ages 19-30 and 35-50.
- Young adult alcohol use – women are using more than in the past.
- Also see a recent uptick in hallucinogen use.
- From the national perspective: prevention is effective and working for early years. But we need to pay some more attention to what's happening among young adults ages 19+.
- See slides.

For a report from MTF: <https://nida.nih.gov/news-events/meetings-events/2023/12/annual-monitoring-future-mtf-survey-data-release>

Washington Young Adult Health Survey: Update

Jason Kilmer, UW

Jason presented nine years of findings from WA Young Adult Health Survey.

New data being collected now, 10 more days left during data collection. Pausing on longitudinal follow up of some cohorts. Seeking input on survey items from partners. Have added items on mental health.

- Diverse sample of 18-25-year olds in WA State.
- Social media advertising helped them to assess how well they were hearing from different parts of the state. This is a sample that complements the random sample. Also improve generalizability with weighting.
- Each year the study collects data from a new cohort, starting in 2014. Each year, also follow up with previous cohorts. Allows a look at snapshots in time as well as change over time.
- See slides.

Findings

- Regression models help to observe which cohorts are statistically significantly different from cohort 1. See first slide. All recent cohorts' (cohorts 5-9) use is higher than cohort 1.

- Linear trend shows increase in cannabis use, driven by people 21-25. No significant trend among 18-20-year olds. This is important as cannabis use is legal for people aged 21 and over. Those with legal access are seeing a significantly increased use.
- Since the 1980's research has shown that when people perceive use is higher it's a reflection on their own behavior. See slide labeled perceived norms of non-medical cannabis use. Over 2/3 of the sample said they think the typical person uses weekly. These perceptions could be a barrier to contemplating change.
- Promising change: driving a car within three hours of using cannabis has decreased.
- Other substances: decrease in alcohol use, cigarettes etc.
- Perceived risk: significant decreasing trend in perceived risk of cannabis use. And for the first time, physical risk and psychological/emotional perceived risk did not decrease.

Questions/discussion

Kevin Haggerty: introduced Jenn Duckworth, Marina Epstein, Christine Lee

Kevin comment: seeing a declining focus on alcohol use and you'd think we'd see a substitution effect but not seeing more cannabis use among 18-20-year olds. Would you say? Jason says this is a good research question. Is there concurrent use, simultaneous use? To really understand what's happening in this group we need research with more specificity.

Marina Epstein: what they are seeing is a combination of cannabis and some sort of nicotine use. Haven't studied the substitution effect with alcohol but do see concurrent and frequent use with nicotine.

Christine Lee: love seeing this information over time. Simultaneous use of alcohol and cannabis and the idea of complementary not substitution effects. Had a study with the exact question: how do cannabis and alcohol use go together. In her study, they see that use of these two substances seem to rise and fall about the same.

Jenn Duckworth: a paper written with Katarina Guttmanova found that for 18-25-year olds, the months with increased cannabis use were also months with increased alcohol use. Put a link to that study in the chat.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8357031/pdf/nihms-1703961.pdf>

Ideas about prevention implications?

Jason Kilmer: college coalition view point: campuses need to establish what they are doing for prevention. The main group addressed for prevention are the first-year incoming students. What could/should we offer people when they turn 21 (similar to alcohol messages e.g. around special events and avoiding harm).

Jenn Duckworth: 2-year college students are using cannabis more than 4-year college students. How can we provide support for students in these colleges?

Kevin Haggerty: and what about the other 'half' of those who don't attend 4-year colleges?

Marina Epstein: sort of 'anti-prevention' story. Has taken a lot of energy looking at nicotine. Quitting smoking. Vaping nicotine or vaping cannabis. Using cannabis significantly decreased peoples' ability to quit smoking. Compared to cannabis use, using cannabis was strongly related to having trouble quitting smoking.

In general, vaping is being seen as a process to help people quit smoking, and many of us know people who state this is true for them. Vaping is a 3-body problem. One body is the youth: help them to not get started. Second body is adult smokers: there is this promise that vaping can help them to stop smoking, and when people switch

completely to vaping it is healthier and their lungs show recovery effects. But for the 'third body', at the population level, vaping is actually iatrogenic.

Christine Lee: another question we often get – can young people get addicted to cannabis, are young people open to programs? In one of the programs they have been studying, they have been asking young people about what information they might want, if they are using, what are strategies that might be helpful if they want to reduce their use? What the program is finding is that young adults are open and interested in receiving this information. Marina agreed and added that parents are also interested in information that they can convey to their children, especially those parents who use. A research at Stanford has developed a tobacco prevention program that includes a whole program on vaping: <https://med.stanford.edu/tobaccopreventiontoolkit.html>. Main issue: parents want those talking points and how to convince their kids that they don't want their kids to use. Eliz Weybright added in chat: same desire at WSU.

Great tee-up for Clara and First Years Away from Home program, which takes a values approach to help parents

Jason had to leave early, gave huge kudos to Mary Segawa for all she's done for health and well-being of WA state residents. And hope she never questions for a second how valued and appreciated she is!

<36 participants at this time point>

Roxane Waldron mentioned in the chat about 'internet use disorder,' and shared this article about problem gambling: https://www.theguardian.com/us-news/2023/dec/01/sports-betting-regulation-gambling-addiction?CMP=Share_iOSApp_Other

Cassandra Watters: Lots of research being done on Internet Gaming Disorder as similar to gambling, and different from Internet Use Disorder, so you make a great point Roxane. It's definitely something college students who share rooms might have to address with their roommate.

Dissemination and 5-Year Outcomes of the *Letting Go, Staying Connected Handbook*

Clara Hill and Brittany Cooper, WSU

Clara presented the work on this project and handbook

Outcomes

- Not displayed in slides: finding interesting mediator effects. Some of the effects of the intervention are mediated by some parent behaviors. Supporting theory that the handbook is helping parents.

Dissemination

- Clara shared about their process for adjusting the handbook to the culture of each of the 8 schools in WA that agreed to participate in handbook dissemination.
- Over 30,000 handbooks disseminated; relationships established with 8+ universities to include improvements to the handbook, articles in college newsletters have generated interest beyond WA state. Positive feedback from participants at university level and from parents.
- This handbook is not didactic; it focuses on connection and communication of values and expectations with your college aged child. It does provide some substance use information, but the focus is on values and communication.
- See slides

Questions/discussion

- Roxane Waldron asked about possible updates to include problem gambling issues. Clara Hill responded that there are six scenarios at the end of the handbook that parents can choose from to discuss with their children. Might be helpful to add information here about internet use disorder and some statistics about that. Brittany: we can increase our library of scenarios and can image opportunity for colleges to choose from a larger set of scenarios that seem most relevant to their culture.
- Sarah Mariani: as you think about the library of scenarios. The reason we support this is the high need for resources for young adults and that this program shows good outcomes. Also discussing 'what's next'. There is lots of national interest and also niche interest e.g. military handbook. This comes up against capacity limitation. What does it look like to think about solidifying the dissemination effort? Interest in having this be readily available and accessibly. There is also competition in this area, like apps and other things. Good, equitable and effective programming. Appreciate we grew from 1 to 8 schools in a short space of time. Think about how it ties in with our other young adult work. We do have the micro-site Not a Moment Wasted for young adults and Start Talking Now, may be a way to have the full menu available.
- Clara Hill: balance between it being available and it being polished and attractive is something their university's commercialization office is interested in.
- Kevin Haggerty: how can this be moved into the spring of high school? Originally when some of these same concepts were tested, they were happening at the senior year of high school in the Edmonds School District. Don't have clear outcomes but it might be an interesting study but if folx are interested in studying it pls talk to me!
- Kristen Haley: there is a toolkit attached to Not A Moment Wasted too. Another way to plug this in.
- How can this get tailored for parents of teens and then promote that through StartTalkingNow.org? Would be a great project to adapt and spread.
- Brittany Cooper shared that HCA funding has been invaluable, great partnership
- Rebecca Waldron asked how this could be brought to community college, trade schools. Clara: what elements need to be adjusted to help it become relevant. How many students at two-year colleges are from outside the area, actually are living away from home?
- Jenn Duckworth shared that this is a great question and we are interested in it, it's a priority and please if you're interested in working on that pls contact her.
- Christine Lee would love to have follow up conversations on this.
- Jenn Duckworth: quick note. Clara mentioned adapted Spanish language videos. We do have 6 Spanish language videos – pls reach out if you're interested in these. Will follow up with Christine!

Research Brief updates

First research brief was received at DBHR who are now reviewing/providing feedback.

First brief: *Saving Lives: Harm Reduction for Adolescents and Young Adults*, authored by Chelsea Mackey, Jason Kilmer and Seefa Climasefi and Jennifer Wyatt

- Jennifer Wyatt shared that the writing team had good discussions on the age groups and the developmental application of harm reduction

Kevin Haggerty shared that the second research brief is about shared risk and protective factors, needs a jazzier name. Focused on why it matters because of fentanyl and overdose deaths. WA is highest in nation from overdose deaths.

- Data demonstrate that prevention is effective and we can make good impacts by focusing on implementing high quality prevention efforts. And wouldn't it be nice to fully fund I-502 as voted on by residents of WA state.
- Will send to outside reviewers early next week.

Also have two more to develop – group brainstormed possible topics.

Current briefs: <https://theathenaforum.org/prevention-101/research-briefs>

These briefs are targeted to policy makers and decision makers who are in position to make decisions about funding etc.

- Do we have a brief talking specifically about unique needs of young adults and specific strategies we know do work?
- Balance of technology in our interventions – where does it help and where might it hurt as we think about connection being a key piece of prevention work. Maybe it's a quality vs quantity type of thing? What would research say vis a vis the temptation to use technology as a quick fix rather than a full program that can lead to behavioral changes that lead to health.
- What does research say about impact of prevention in different domains, school, parent, community. Simplified lit review when people ask, where should we do prevention services? E.g. when schools say they are asked to do everything under the sun and what unique and awesome role can they have and where else can we provide support?

Suggestions for future research briefs:

- Young adult use and prevention opportunities
- The role of technology in prevention and behavioral health
- Where does prevention happen
- Excessive Alcohol Use and Availability

<20 participants after break>

'Badge' for the Prevention Research Committee

Jennifer Fortnash

HCA Communications

What's a badge? It's not a logo.

- Rather, it's a marker that can be put on a document that marks that the committee was involved.
- What makes a good badge?
- Simple, readable at a small size (may be in a header or a footer for example)
- Recommends keeping the color scheme neutral so it doesn't compete with other logos in our publications.

Decide what to say and keep it short, like, “produced in partnership with PRC” “supported by PRC”

- Examples of other badges?
- Healthy Youth Survey badge is an example. It’s a multi-agency involved project

How else might it get used? Research briefs, presentations at Prevention Summit or other conferences

Maybe the badge doesn’t need to be concrete in words, sometimes it might be ‘in partnership’ or ‘endorsed’

- important to specify Washington State
- sometimes badges can provide the smallest of tag lines
- e.g., “Bridging research and practice”

Maybe we should make it Prevention Research Collaborative instead of committee

What kinds of visuals do we have in mind?

- maybe an icon showing connection ...
- site with a couple of helpful images re translational research: <https://bctr.cornell.edu/>
- Maybe circular arrows between research and practice

Next meeting we’ll say we’re thinking of moving to ‘collaborative’ and see if there are any objections

- Jennifer Fortnash will plan to come back in March with some ideas
- Kevin Haggerty will share mission for the PRC to Jennifer Fortnash

Chatterfall: Updates from the Prevention World

18 present

Kevin Haggerty: We received an opiate supplement for the POST study to prevent overdose for youth leaving Washington institutions and \$\$ to expand services to all youth as well

FYI: State budget is expected to come out from Gov office in next week or so.

Center for Communities that Care is now offering 2-day workshops on the Social Development Strategy

The 2023 Healthy Youth Survey was administered in October and November and included participation from nearly 900 schools for an initial total of ~234,000 student responses - dataset is currently being cleaned and results will be released March 2024. The Healthy Youth Survey Planning Committee is an amazing group!

Is anyone applying for the SBIRT/P research grant forecasted to come out? Screening, Brief Intervention and Referral to Treatment or Prevention (SBIRT/P) for Alcohol, Tobacco, and Other Drugs (ATOD) Use and Misuse in Adult Populations That Experience Health Disparities. - <https://grants.nih.gov/grants/guide/pa-files/PAR-23-270.html>

Sarah Mariani: Heading into leg session, coming into period where we ask for a lot of grace and be aware our response times may stretch. Feel free to ‘nudge’ if there is something urgent.

2024 Meetings – and theme for March?

- Wednesday, March 13, 10:35 a.m. to 2:00 p.m. – will be moved to early April
- Wednesday, June 12, 10:35 a.m. to 2:00 p.m.
- Wednesday, September 11, 10:35 a.m. to 2:00 p.m.
- Wednesday, December 11, 10:35 a.m. to 2:00 p.m.

Theme for spring: All About the Data (HYS and Young Adult Health Survey).

- HYS results? There will be a press release, and we can't publicly discuss results until after the press release goes out.
- Maybe push this meeting to later in the spring. Maybe first week in April? Might be good time for an in-person/hybrid.
- DBHR team will get back to us with possible dates.
- Early Young Adult Health Survey results?
- Leg session update?

Other topics of interest

- Vaping -- Marina Epstein?
 - Might also be a good research brief topic