Prevention Research Subcommittee Meeting "Prevention Education and Advocacy" December 2nd, 10:00am – 1:00pm PST Washington State

Attendees:

WSU: AnaMaria Diaz Martinez, Brittany Cooper, Clara Hill, Elizabeth Weybright, Erica Austin, Gitanjali Shrestha, Jessica Willoughby, Jordan

Newburg, Kelley Pascoe, Laura Hill, Louise Parker, Ramona Leber, Stacey Hust **UW**: Beatriz Carlini, Jason Kilmer, Jennifer Bailey, Julia Dilley, Kevin Haggerty

HCA DBHR: Alicia Hughes, Christine Steele, Jennifer Hogge, Lauren Bendall, Sarah Mariani, Tyler Watson

DSHS RDA: Grace Hong

DOH: Jacob Delridge, Trevor Christensen **WA LCB**: Mary Segawa, Sara Cooley Broschart

WISPP: Eva Westley
WA OSPI: Emily Maughan
Seattle Children's: Liz Wilhelm
KC BHRD: Margaret Soukup

Foundation for Healthy Generations: Julie Peterson

Snohomish County Human Services:

Theme: Prevention Education and Advocacy **Facilitated by** Kevin Haggerty and Brittany Cooper

Agenda Item	Discussion	Implications/Action	Responsible Party
Introductions	All attendees shared their name and affiliation	-	-
PRSC Mission Statement	Brittany shared the PRSC mission statement with the group, highlighting aim #3, "Advocating for state funding of evidence-based and other effective prevention services", which directly aligns with today's meeting theme.	-	-

Agenda Item	Discussion	Implications/Action	Responsible Party
Breakout rooms	The group was divided into groups of 3-4 and sent into Zoom breakout rooms to discuss the following question: What is something you are working on right now that excites or inspires you?	-	-
Sara Cooley Broschart, WA LCB	Sara introduced the topic and speakers (Mary Segawa and Julie Peterson) as well as set the purpose for the discussion. • Julie Peterson, Senior Director of Policy at Foundation for Healthy Generations, juliep@healthygen.org • Mary Segawa, consultant. Previously the Public Health Education Liaison at the Washington State Liquor Control Board, mbsegawa@comcast.net Sara reminded PRSC that as a group we hold a tremendous body of knowledge; however, we need to know what to do with it. She acknowledged that everyone in the (zoom) room has a different level of comfort and experience when it comes to connecting with and talking to decision makers. Today's presentation is designed to help start a conversation and provide a foundation of knowledge to the group so that they can understand the different levels at which they can contribute. That work starts with knowing how to track and interact with legislative work. As a group, we should be ready and willing to contribute to prevention efforts, advocacy, and policy making.	If you would like to receive Julie's newsletter, please send an email directly to Julie (juliep@healthygen.org).	All PRSC
Julie Peterson, Foundation for	Julie began the presentation with a disclaimer that she usually delivers this presentation over the course of 2-4 hours with extended discussion and role	Visit and become familiar with the following websites:	All PRSC

Agenda Item	Discussion	Implications/Action	Responsible Party
Healthy	play. This presentation will be a high-level overview of that longer	www.leg.wa.gov	
Generations	presentation. If you have follow-up questions, do not hesitate to reach out.	www.tvw.org	
Mary Segawa,	Additionally, the recording of this session was started midway through Julie		
Consultant	and Mary's presentation. More detailed notes are provided for the first half		
Prevention	due to the lack of recording.	Julie & Mary will send out presentation slides.	Julie & Mary
Policies and	 Current Washington State Landscape: COVID-19, Washington's 		
Regulations:	economy, and the state budget		
Staying current	o Pre-COVID	Julie will send out an	Julie
on legislative	 The WA legislature is driven by the economic and 	instructional document	
bills and who	revenue forecast every year.	for "Know Your	
and how to	In February 2020, the forecast was rosy. Overall,	Legislature"	
contact policy	things seemed relatively healthy and COVID-19 was		
makers	not yet in full swing. The WA legislature was on		
	schedule and preparing to send out the forecast.	Join WASAVP	All PRSC
	They had preemptively set aside \$200 million to	(<u>www.wasavp.org</u> or email	AllTitiSC
	address COVID-19.	Ramona.leber@cni.net)	
	In March, Governor Inslee issues the "Stay Home,		
	Stay Healthy" order.		
	 COVID-19 Pandemic 	Join Prevention Voices by	All PRSC
	In May 2020, the council met and shared the initial	contacting Megan Moore	All I NGC
	forecast, which predicted a \$9 million deficit for the	(megan.moore@kitsappu	
	next three years.	blichealth.org)	
	 In response, OFM directed all state agencies to go 		
	through a budget saving exercise to generate a 15%		

Agenda Item	Discussion	Implications/Action	Responsible Party
	savings. They also asked state agencies to begin mandatory furlough days. Elected officials take similar steps. WA begins to open Medicaid roles and begins to see unprecedented unemployment. Exploration of different types of budget cuts (e.g. kidney dialysis budgeting, funding to address food insecurity, etc.) Both June and September forecasts were increasingly positive. The Governor writes the budget from the November	Join APHA Alcohol Action Network by emailing leadership@apha- atod.org.	All PRSC
	forecast (3 rd official forecast). The November forecast indicated that the shortfall was halved and that economic trends were improving overall; however, the projected budget shortfall is still significant. Additional context:		
	 We do not have a national COVID-19 response. Instead every state is responding individually. This translates to COVID-19 having increased priority on the Washington State Legislature agenda. This next legislative session will be the first virtual session. New guidelines will be released on how bills are reviewed and adopted. The number of bills that will be reviewed will be halved. 		

Agenda Item	Discussion	Implications/Action	Responsible Party
	High priority issues: Equity and racism; COVID-19; police reform; climate; vaccines; the role of public health.		
	 Understanding Regulatory Framework Know where/who your efforts should be focused and remember that we have knowledge/power too. Advocacy, Education, Lobbying Restrictions can be different by place of employment and/or by funding. Despite restrictions, there are always ways to get involved and interact. Education – share the data and information that you have. Advocacy – actively raise awareness about an issue as well as 		
	provide information about how that issue could be addressed. Lobbying – asking for specific legislation, specific regulator or judicial reform or support for or against a ballot initiative. Language: support, oppose, vote for, vote against, etc. Lobbying is allowed when you are acting as a private citizen, on your own time. Acknowledgement that this can be especially		
	tricky if you have a recognizable name; however, it is still allowed. Lobbying is also allowed if your organization files IRS Form 5768 to make the "H" election and then is listed as a 501(H).		

Agenda Item	Discussion	Implications/Action	Responsible Party
	Up to 20% of the total budget can be spent		
	on lobbying; however, they cannot be public		
	funds (federal, state, or county).		
	 You must track the hours and dollars spent, 		
	including in kind hours.		
	Know Your Legislators		
	 Familiarize yourself with www.leg.wa.gov and www.tvw.org 		
	 Julie will send out an instruction document 		
	 Actively track legislation while in session 		
	 Legislators 		
	 Now (December) is the time to be meeting with your 		
	legislators.		
	 Set up virtual meetings. 		
	 Introduce yourself (reminder that you are a 		
	treasure trove of information).		
	 Plan for 5-10-minute call. 		
	Ask to meet them in person, talk about what		
	you do, what you are seeing in the		
	community/state, what you are concerned		
	about, and how you'd like to be a resource		
	for them.		
	 Currently in a longer legislative session. Calendar 		
	coming soon.		
	Frame Your Message		
	 Emphasis on the importance of the environment when 		
	thinking about policy making.		

Agenda Item	Discussion	Implications/Action	Responsible Party
	 Ultimately policies shape the behavior. By focusing on the 		
	environment (over the individual) you will have a larger		
	impact on behavior.		
	Ex: When thinking about youth alcohol use, if we talk		
	about youth being cited with MIPs, we are focusing		
	on individual behavior. Instead, how do we focus on		
	the environment that allows/encourages youth access to alcohol?		
	 Explore shared values when thinking about your audience 		
	and then tie potential policy impacts to those values.		
	 Reminder to explain your research as if you are talking to a 5th 		
	grader. This will simplify the overall Prevention message for		
	individuals who might not have the background or knowledge		
	base that you do.		
	Building Your Case (Issue Brief)		
	 There are subtle differences between issue briefs, policy 		
	briefs, and fact sheets.		
	 Include: Problem, solution, what the solution will achieve, 		
	what action is needed.		
	 Insert your research and best practices for prevention and/or 		
	public health into the action section.		
	 When offering a solution (REQUIRED) 		
	 Actively incorporate research and data. 		
	 Use reputable sources with strong study methods. 		
	 Keep it simple (5th grade reading level) yet 		
	comprehensive.		
	Use lay terms.		

Agenda Item	Discussion	Implications/Action	Responsible Party
	■ Tell a story.		
	 Use bullet points (ideally 5 but they will likely only 		
	remember 3, so, place the most important at the		
	top).		
	[Zoom recording starts]		
	Tracking Legislation		
	 Join WASAVP (<u>www.wasavp.org</u> or email 		
	Ramona.leber@cni.net)		
	Currently, Seth Lawson is the only lobbyist addressing		
	prevention and substance use.		
	 Join Prevention Voices by contacting Megan Moore 		
	(megan.moore@kitsappublichealth.org)		
	Advocacy tips for researchers		
	 Invest time to build relationships. 		
	 Use data and research wisely to tell your story. 		
	 See yourself and be a resource for prevention and public 		
	health professionals.		
	 Share and divide tasks by expertise, availability, and interest. 		
	 Ask the question, "what is needed?" 		
	 Track legislation and rulemaking 		
	 Listen in on hearings – find out who is talking to the 		
	legislators, who is attending the hearings, what the industries		
	are saying.		

Agenda Item	Discussion	Implications/Action	Responsible Party
	 You can always follow up after the hearing via email with a legislator. Remember to balance research with legislative economic concerns. APHA Alcohol Action Network (alcohol related advocacy under American Public Health Assoc.) Do not have to be an APHA member to join To join, email leadership@apha-atod.org. Currently meeting virtually on the first and third Thursdays, 12 noon - 1 p.m. Upcoming legislative session and LCB: There will be a session on alcohol allowances after COVID (extension of privileges) Small businesses are making the appeal that they are hurting during the pandemic LCB completed a thorough review looking into public health implications. Currently re-reviewing all new alcohol allowances. Pressure to say yes to as many allowances as possible. Sara is happy to talk to anyone offline if they would like more details. Mary shared that the APHA recently shared a press release about increasing alcohol use, which would be a great tool as you formulate your messages. This press release is already being used by a number of 		Party

Agenda Item	Discussion	Implications/Action	Responsible Party
	 If you'd like to contact the Governor's Office about 		
	alcohol allowances, connect with Sheri Sawyer		
	(sheri.sawyer@lcb.wa.gov).		
	Questions, comments, discussion:		
	 Kevin contacted both representatives during the meeting. 		
	Encourages everyone to do the same.		
	 Bia shared that it would be nice to work together to translate 		
	and distill the concentration report so that it is palatable for		
	all without losing track of the research design.		
	 Brittany shared WT Grant Foundation website to provide 		
	more information on using research evidence in policy		
	making: http://wtgrantfoundation.org/focus-		
	areas/improving-use-research-evidence/resources-for-		
	applicants#recommended-reading.		
	 Julie reminded the group that contacting your 		
	representatives is not a "one-and-done" thing. Continue		
	reaching out, especially since legislators are busy!		
	 Anecdote: A legislator had a lasting relationship with 		
	an intern/student who was passionate about		
	prevention. Even though the legislator was not		
	initially interested in talking to the student about T21	,	
	he was able to connect with her on net neutrality.		
	She ended up voting in favor of T21.		
	 Sara C-B shared gratitude to Bia and Mike for bringing the 		
	info tomorrow to LCB leadership and some HCA and DOH		
	folks. The research/policy brief "translation" of the		
	Concentrates report is nearing completion (thanks to Meg,		

Agenda Item	Discussion	Implications/Action	Responsible Party
	Christine and Jacob). Update on promising policies to handle concentration: The new Cannabis Regulators association (CANNRA) is looking into doing a "deep dive" session with all states to hear what all states are doing and weigh which seems like the best approaches. Gillian Schauer will be a part of that but there may be room for further researchers. Sara will let you know as it develops. Sarah M appreciated the overview stating that it would help HCA and PRSC gear up for the legislative session and the policy work that Christine and Alicia are doing.		
	LUNCH		
Liz Wilhelm, Prevention WINS Coalition Prevention WINS Coalition / Field Update: MVAPE Community Vaping Environmental Scan	Prevention WINS Coalition / Field Update: MVAPE Community Vaping Environmental Scan O Project was developed a year ago and relied on available instruments when planning the environmental scan. O Assisted by full-time graduate level nursing student intern (Jesse Havens). O Purpose and goals of survey: Capture community snapshots of marijuana and vape stores during pandemic with relaxed LCB allowances. Increase awareness of implications for decision-makers and inform state-level policy discussions. Gather data about neighborhoods, advertising, and behaviors around marijuana and vape shops. Essential businesses	MVAPE Survey Project Results and Moving Observation to Action webinar: Wednesday, Dec 9th, 3:30-4:30pm. Email Liz (liz.wilhelm@seattlechild rens.org) for the registration link.	All PRSC

	Party
 Marijuana stores were categorized as essential during pandemic. Vape stores could stay open if they sold food product. Curbside delivery, window-walkup. LCB enforcement agents limited by stay-home orders, furloughs, personal health conditions, family responsibilities. So what? Were stores using their status as "Essential?" signage, promotion? Were youth in the immediate area of these stores? Were youth in the vehicles during curbside pickups? What is allowable and safe for community members during COVID-19 restrictions to be quiet observers? MVAPE survey environmental scan 2020 timeline April-June: discussions, adaptations of survey July-Oct: promotion/implementation Oct 15: completed surveys submitted Oct-Nov: analysis Dec: results, implications, policy tools shared All communities in Washington were invited to participate in MVAPE survey 	

Agenda Item	Discussion	Implications/Action	Responsible Party
	 Compiled a photobook of observations 		
	 Qualitative results 		
	 Significant themes and patterns 		
	 Signage and advertising appealing to youth 		
	 High-traffic roadways 		
	 Near youth-frequented areas 		
	 Neighborhood demographics and income levels 		
	o "Upscale"		
	"Visible poverty"		
	o "Gentrified"		
	 Cleanliness and garbage 		
	o Impacts of COVID?		
	 Products and retail practices 		
	 Advertising practices identified as 		
	"appropriate"		
	 Signage "appealing to youth" 		
	 Significant product promotion signage 		
	 Age requirement and restriction signage 		
	visible		
	• For further questions, contact <u>mvapecommunityassessment@gmail.com</u>		
	(Jesse Havens)		
	MVAPE Survey Project Results and Moving Observation to Action		
	webinar:		
	 Wednesday , Dec 9th, 3:30-4:30pm webinar 		
	 Email Liz (<u>liz.wilhelm@seattlechildrens.org</u>) for the registration 		
	link.		
	Questions, comments, discussion:		

Agenda Item	Discussion	Implications/Action	Responsible Party
	 Kevin and Sara C-B both shared gratitude and reacted that the survey results were most likely captivating to policymakers. Shared that it was a nice blend of storytelling and data. Sara recommended adding in values to the storytelling. Brittany commented on the graduate student collaboration, posing the question of how more graduate students could be included in local prevention efforts? Liz responded that she had largely been lucky to work with the graduate nursing student. She was originally connected to the students through a Prevention WINS coalition member who is also faculty at SU Nursing. Originally, it started as a fall internship for a single academic term but has grown into a regular internship throughout the year. The current student, Jesse, is also unique in that she was actively involved for an entire year, rather than just an academic term. 		
Jason Kilmer, UW, COVID-19 Student Assessment	 Acknowledgements: HCA, DOH, OSPI, UW (names noted on slides) In the past 6 weeks Discussed scope (survey all 6-12th graders in WA in March 2021) and hope (shed lights on how students are doing). Met with Alicia Hughes, Sarah Mariani, Tyler Watson. Met with Dixie G to talk about practical issues related to methodology and implementation. Needs to be shorter than HYS, should be able to do during class, needs to have clear helpfulness to schools. Drafted internal versions of survey as we built tool from scratch. 	Think about domains that you would like to see assessed. Contact ikilmer@uw.edu for any thoughts, questions, suggestions.	All PRSC

Agenda Item	Discussion	Implications/Action	Responsible Party
	 Met with larger group for input on what to add, what to cut, 		
	etc.		
	 Circulated draft version of proposed measures. 		
	 Got feedback yesterday on several suggested additions/edits. 		
	 Not research: Needs assessment. 		
	Some items included		
	 HYS Demographics: age, birth sex, gender identity, grade, 		
	race, ethnicity		
	 Activity and screen time: physical activity, TV, streaming, 		
	video games		
	 School experiences over past year 		
	 Home and social experiences relationships, food, activities, 		
	bullying		
	 Additional surveys: 		
	Hope scale		
	Problematic internet use		
	Learning environments		
	Gambling		
	Open ended: what else should we know?		
	 Novel COVID-related items relevant to this school year 		
	 Compared to before COVID-19, how much more are 		
	you doing?		
	 Social connectedness 		
	 Coping 		
	 Onset of symptoms 		
	 Mental health 		
	 Kevin notes that CTC has a parsimonious depression 		
	scale		
	o For return to school		
	 CDC guideline adherence 		
	Next steps		

Agenda Item	Discussion	Implications/Action	Responsible Party
	Getting track changes and comments from team		
	 Asking PRSC for any domains you'd like to see assessed 		
	 Meeting with UW and WSIRB tomorrow 		
	 Sharing a draft 		
	 Continuing iterative process until we have final survey for 		
	programming		
	 Contact jkilmer@uw.edu for any thoughts, questions, 		
	suggestions		
	 Suggestions from this group (verbal and in chat): 		
	 Lauren Bendall: bullying as perpetrator or recipient? 		
	Christine Steele: violence in home?		
	 Margaret Soukup: grief have they lost someone, not just to 		
	COVID		
	 How will it be administered? 		
	In class, but virtually. Web-based during class-time.		
	Should lessen burden to teachers and school.		
	 Margaret S: lessons learned, we have been 		
	doing something class by class and have		
	written down lessons learned in this process.		
	Jason: yes, would love to see it		
	 Brittany: for comparison, have you looked at COVID-related 		
	items collected by other states doing same types of youth		
	survey?		
	Jason: yes!		
	 Kevin: Resources 		
	 Lauren B: resilience measures? 		
	Emily: Yes, hope scale		
	 Elizabeth W has a grad student interested in 		
	using Hope Scale with HYS, should connect		
	 Kevin: Crisis line, other resources offered 		
	 Brittany: sociodemographic info to look at inequities 		

Agenda Item	Discussion	Implications/Action	Responsible Party
	 Privacy are they somewhere they can take it safely? Elizabeth W: students in daycare setting where there are lots of other kids around Sarah Mariani shared that data may be rolled out gradually to provide to schools as soon as possible 		
Round Robin	 Margaret Soukup Implementing school based brief interventions, approximately 50 middle schools King County. Now moving into protocols for remote screening. Will have more data and meeting on regular basis. Has been remarkable to collaborate with schools. Early trends: lots of bullying. Alicia Hughes RFAs Implementation of marijuana and substance use prevention Capacity-building/strategic planning work for CPWI Chat note: We have an open position on our team -application closes on Monday https://wsujobs.com/postings/54253 Tyler Watson Quick update on HYS Officially postponed to Fall 2021, anticipating doing electronic administration Looking over question wording given new format Only a partial revision Wrapping up some evaluation efforts in work with WSU, including PFS work on coalitions, Year 2 reports from WSU, preparing for another year of evaluation with WSU potentially with CBO work added Sarah Mariani 		

Agenda Item	Discussion	Implications/Action	Responsible Party
	 Emergency grant on suicide Px. Jen Hogge. Working on interventions at the Emergency Department level, then using app technology to do follow up after discharge from the emergency department Total 16-month emergency grant Feel free to reach out about this Lauren Bendall This past August, we solicited contracts for new information system Lengthy process. Hopeful for summer 2021. Ramona Leber Prevention Voices in Washington Brown Bag Lunch on "How to Read/Analyze a Bill" update: Ramona reported that the brown bag was about the mechanics of reading and comprehending bill language that, if adopted, would become law, and that the presentation went well. There were some good questions. Ramona also gave a nod to Jacob Delbridge 		
	for sharing his step-by-step guide to comparing two versions of the same bill, which works well and will save a lot of time in the future. • Brittany Cooper • Upcoming Northwest PTTC events: 1) Take your break with us - Daily practices for peace and health on Dec 7 9-9:30am and 2) Effectively managing family conflict - A sample from GGC virtual parenting program on Dec 10 11-12:30. Click here for details: https://pttcnetwork.org/centers/northwest-pttc/home • Liz Wilhelm (in chat): Additional webinars to invite you to: • December 10 th : • (morning) Cannabis in the media and young people: Research results and implications for prevention.		

Agenda Item	Discussion	Implications/Action	Responsible Party
	 (afternoon) The Adolescent Developing Brain and the Impact of Alcohol. December 16th: (afternoon) E-Cigs Finding the Truth Among the Vapors Training of Trainers December 17th:		
Next Meeting: Topics and dates	 Next meeting: March 2021 Topics: Jason K: Scott Graupensperger has published on COVID substance use, norms, connectedness, etc. with college students Elizabeth W: There's a team at WSU looking at health behaviors and COVID in adults from young to older adults. I have data on feelings of boredom in young adults. Sarah Marini could connect with Trevor Cunningham to see who is available re: COVID response team at DOH Kira Mauseth drkiramauseth@gmail.com Natural physical responses to disaster: The Washington State COVID-19 Behavioral Health Group developed these resources to help families and educators make sense of behavioral health 	Kevin will check in with Trevor to see if he is available for the March date.	Kevin

Agenda Item	Discussion	Implications/Action	Responsible Party
	impacts caused by the pandemic. Our goal is to help		
	families and educators identify and understand these		
	impacts and to give them strategies and resources for		
	reducing those impacts.		
	https://www.doh.wa.gov/Emergencies/COVID19/Hea		
	IthcareProviders/BehavioralHealthResources		
	Recent presentation:		
	https://www.youtube.com/watch?v=GvaQjzQZEcw		
	 Kevin will check in with Trevor to see if he is available for the 		
	March date.		
	 Jacob Delridge: Also, Jason, I know Susan Ferguson spoke 		
	during a WA State House work session on 9/15 about the		
	latest research around the intersection of substance use and		
	dependence and isolation/quarantine. I believe Dr. Lee and		
	colleagues at UW have emerging research in this area.		