

A whiteboard is shown from a low angle, covered with numerous colorful sticky notes in shades of yellow, orange, green, blue, and pink. The notes are arranged in a somewhat organized manner, with some overlapping. The background is slightly blurred, emphasizing the text in the foreground.

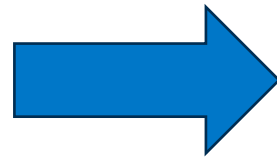
The Statewide 5-Year Strategic Plan

State Prevention Enhancement Policy Consortium

Agenda for Today

1:00-1:15	Introductions & Welcome Activity	Alicia Hughes, MA, CPP Prevention Supervisor, HCA Isaac Wulff, CPP Prevention System Manager, HCA
1:15-1:35	Purpose of the Strategic Plan Strategic Prevention Framework Model	Alicia Hughes, MA, CPP Prevention Supervisor, HCA
1:35-1:50	Overview of needs assessment & targets	Sandy Salivaras, PhD R+E Manager, HCA Tyler Watson, PhD R+E Manager, HCA
1:50-2:05	SPE Policy Consortium Action Plan	Sarah Mariani, CPP Section Manager, HCA Allen Christianson ...
2:05-2:35	SPE Workgroup Action Plans	Erika Jenkins, CPP Policy and Project Manager, HCA
2:35-2:50	Application of the Strategic Plan	Isaac Wulff, CPP Prevention System Manager, HCA
2:50-2:55	Final Reflections	Isaac Wulff, CPP Prevention System Manager, HCA
2:55-3:00	Closing	Alicia Hughes, MA, CPP Prevention Supervisor, HCA

Engagement Tips – SQRRR



Engagement Tips – SQRRR

▶ Survey

- ▶ Multiple quick scans. DON'T READ YET! Take a break afterwards, if possible.

▶ Question

- ▶ Form one or more questions in your mind. “What do they mean by ____?”

▶ Read

- ▶ Use the questions in your mind to guide your reading.

▶ Recite

- ▶ Verbalize what you have read, including answers to your questions.

▶ Review

- ▶ Check the content again to see if you were correct.

Purpose of the Strategic Plan & Strategic Prevention Framework (SPF) Model

What is the SPE Policy Consortium?

- ▶ Full Name
 - ▶ State Prevention Enhancement (SPE) Policy Consortium.
- ▶ Who can participate?
 - ▶ Any statewide organization working on preventing substance use disorder and/or promoting mental health.
- ▶ What do they do?
 - ▶ Inform – partners, funders, leaders
 - ▶ Support – workgroups and partners
 - ▶ Coordinate – reduce duplication and ensure system efficiency.



Mission, Vision, and Key Values

Mission: The SPE Policy Consortium, through partnerships and collaboration, will strengthen and support an integrated, statewide system of community-driven SUD prevention, behavioral and mental health promotion, and related themes.

Vision: A state where all individuals, families, youth, and communities can be as healthy as possible in a safe and nurturing environment.

Key values:

- ▶ Work collaboratively to produce a collective impact.
- ▶ Address health disparities and promote health equity.
- ▶ Make data-informed decisions.
- ▶ Honor current state and tribal resources, and ensure cultural competence, including honoring the Centennial Accord between the Federally Recognized Indian Tribes in Washington State and the State of Washington.
- ▶ Build community wellness.
- ▶ Support community-level initiatives.
- ▶ Consider the entire lifespan of the individual.
- ▶ Consider impacts of Health Care Reform and Indian Health Care Improvement Act.

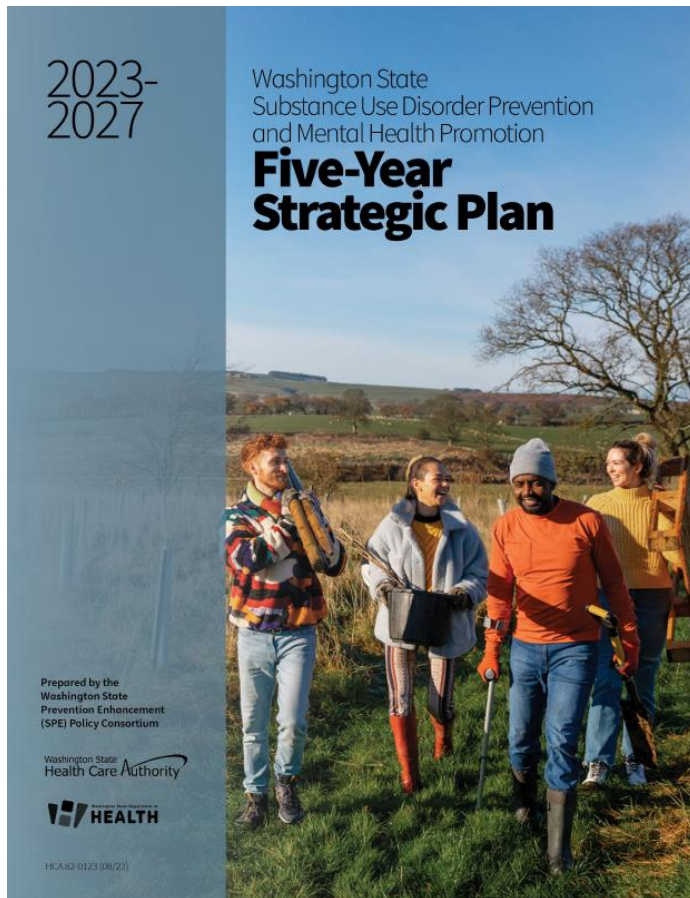
Key Principles

- ▶ We work to prevent youth access to alcohol and other drugs
- ▶ We work to educate the broader community
- ▶ We promote the inclusion and education of research in policymaking
- ▶ We implement programs that further the development of positive youth development
- ▶ We support public policies that support public behavioral health and safety

Where to Learn More...

The screenshot displays the ATHENA website interface. At the top left is the ATHENA logo with the tagline "The site for substance use disorder prevention and mental health promotion professionals and volunteers." A navigation menu includes "Home", "Headlines", "Prevention priorities" (circled in red), "Training", "Providers", "Prevention 101", and "Who's who". Below the menu are four content boxes: "News from DBHR" with a list of announcements, "All providers", "Announcements" with a list of events, and "Community library" with a list of resources. A secondary screenshot on the right shows the "Prevention priorities" page, featuring a sidebar with a list of topics including "State Prevention Enhancement (SPE) Policy Consortium" (circled in red), "Diversity, Equity, and Inclusion", "Cannabis use and misuse prevention", "Mental health promotion and suicide prevention", "Opioid misuse prevention", "Tobacco use prevention", and "Underage drinking prevention". The main content area is titled "State Prevention Enhancement (SPE) Policy Consortium" and includes introductory text and a list of "MEETING AGENDAS AND NOTES 2021" with dates and links to meeting notes and presentations.

2023 Plan Preview



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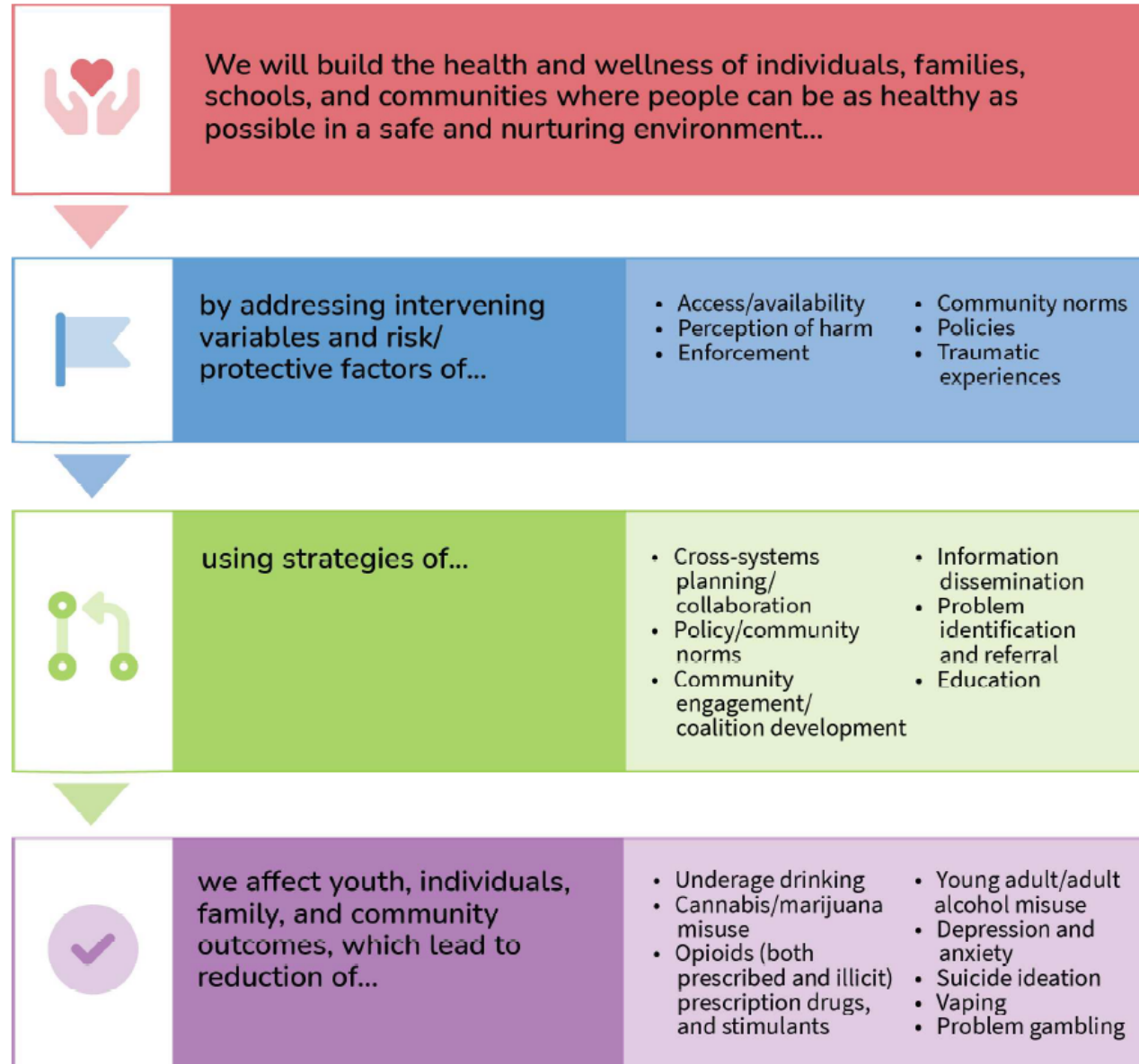
Executive Summary - Overview

- ▶ Mission, Vision, and Values
- ▶ Planning Process
- ▶ Key Elements Summary
- ▶ Strategic Objectives
 - ▶ Increase Collaboration
 - ▶ Data informed decisions
 - ▶ Environmental strategies
 - ▶ Increase commitment to EBPs
 - ▶ Support BH workforce development



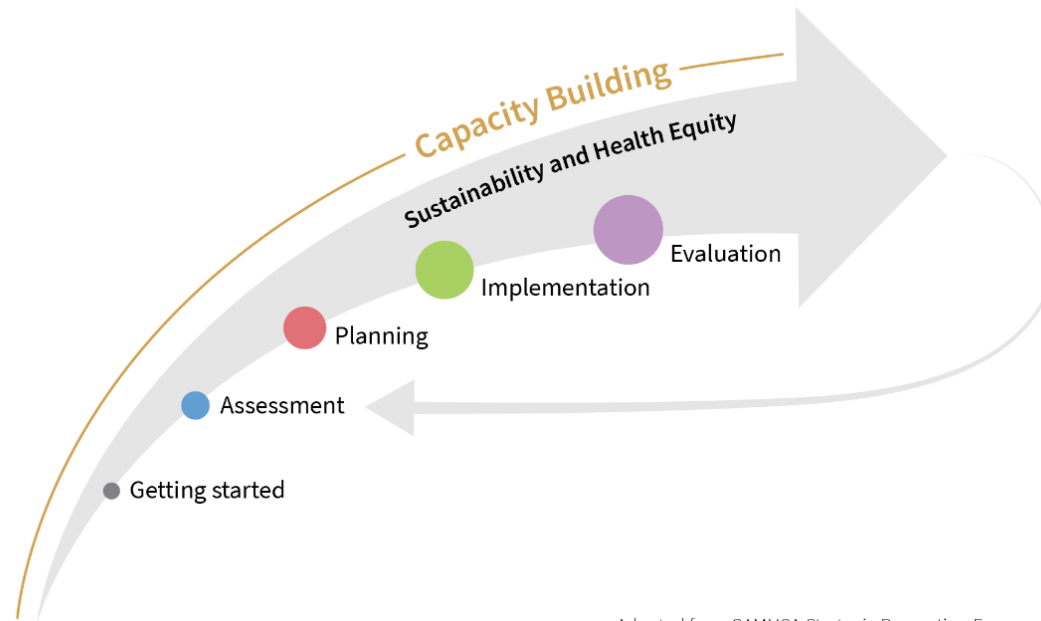
Summary of key elements

In summary



Strategic Prevention Framework (SPF)

- ▶ Capacity Building
- ▶ Assessment
- ▶ Planning
- ▶ Implementation
- ▶ Evaluation
- ▶ Sustainability
- ▶ Health Equity



Adapted from SAMHSA Strategic Prevention Framework

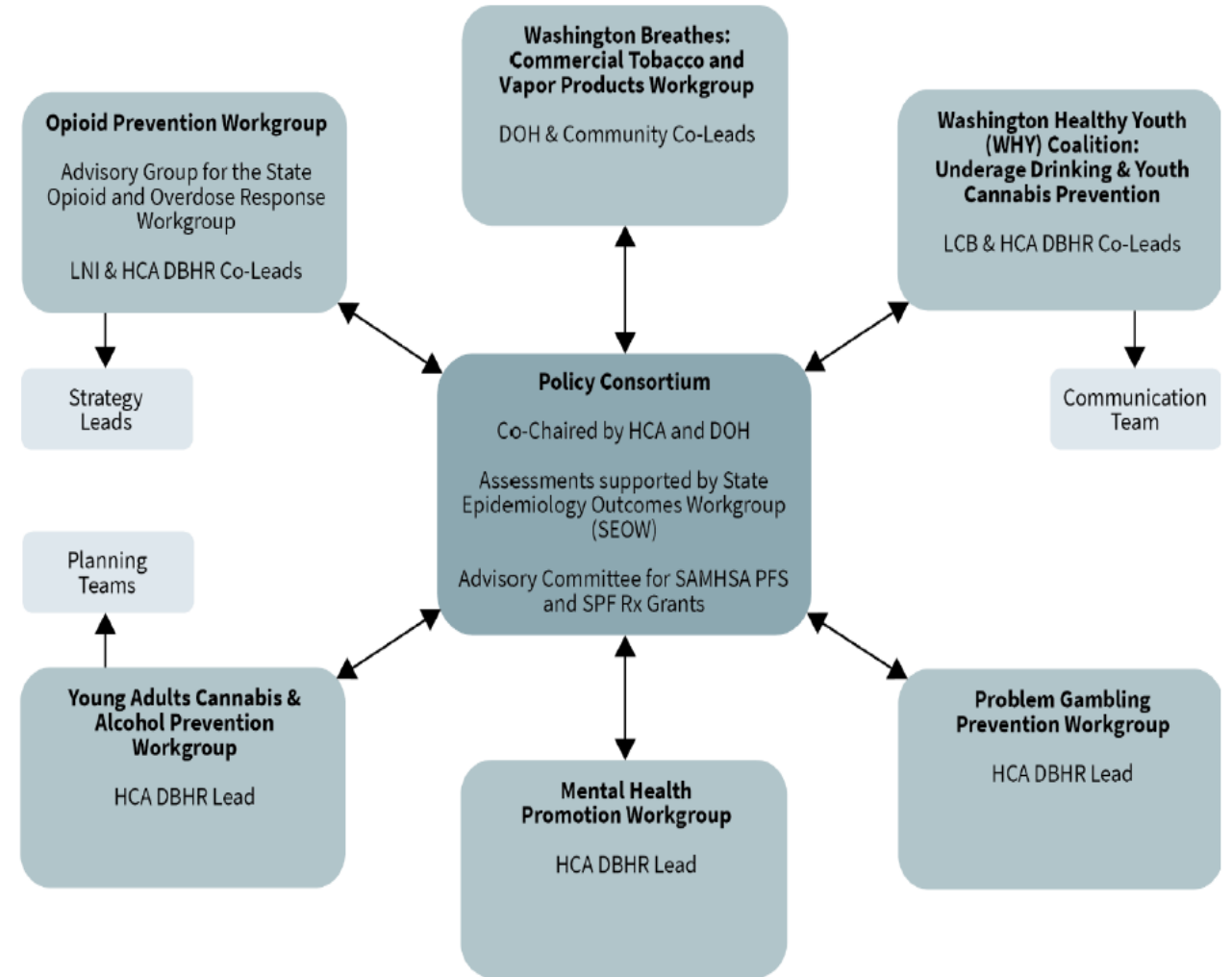
Getting Started and Capacity Building

- ▶ **Capacity building in membership**
- ▶ Capacity building in the prevention/promotion workforce
- ▶ Capacity building in service delivery

Workgroup Planning

- ▶ The SPE work is part of a larger effort

SPE Policy Consortium structure



SPE Policy Consortium Workgroups

- ▶ Mental Health Promotion and Suicide Prevention Workgroup
- ▶ Opioid Prevention Workgroup
- ▶ Problem Gambling Prevention Workgroup (to be created in 2023)
- ▶ Washington Breathes: Commercial Tobacco and Vapor Products Workgroup
- ▶ Washington Healthy Youth (WHY) Coalition: Underage Drinking & Youth Cannabis Prevention
- ▶ Young Adults Cannabis & Alcohol Prevention Workgroup

Getting Started and Capacity Building

- ▶ Capacity building in membership
- ▶ **Capacity building in the prevention/promotion workforce**
- ▶ Capacity building in service delivery

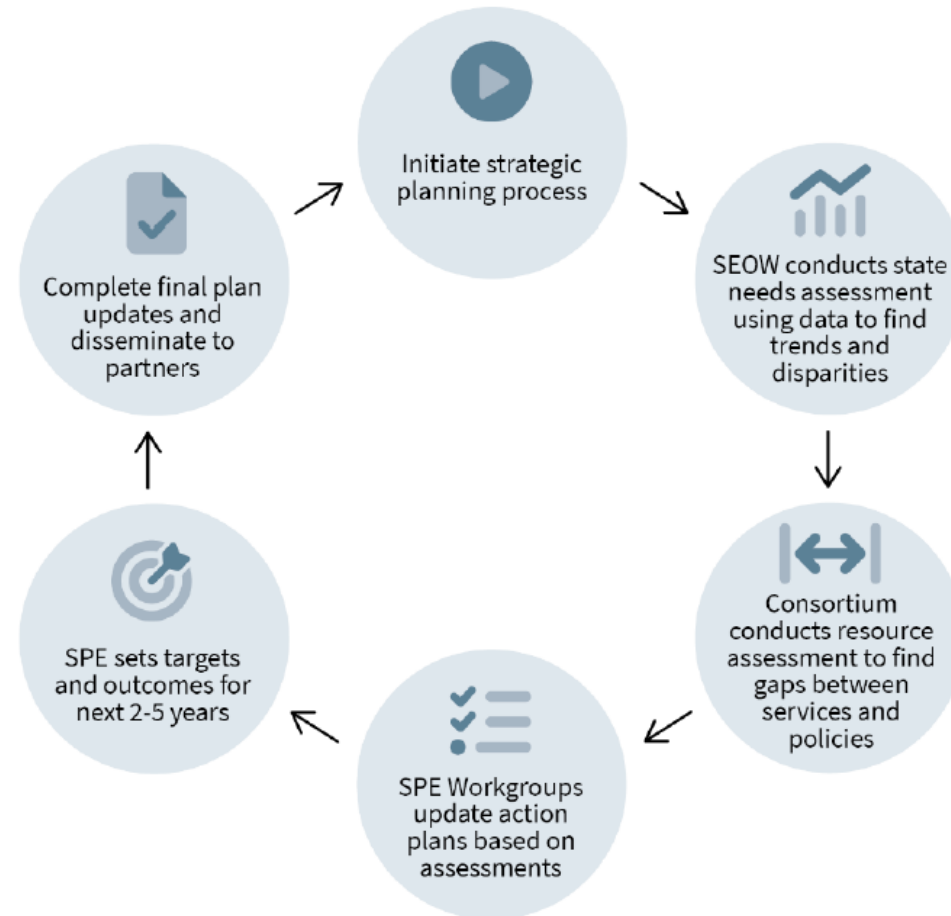
Getting Started and Capacity Building

- ▶ Capacity building in membership
- ▶ Capacity building in the prevention/promotion workforce
- ▶ **Capacity building in service delivery**

Assessment: Priority Areas

- ▶ Underage drinking
- ▶ Cannabis/marijuana misuse
- ▶ Opioids, both prescribed and illicit, other prescription drugs, and stimulants.
- ▶ Commercial tobacco misuse
- ▶ Young Adult/Adult – Alcohol misuse
- ▶ Depression and anxiety
- ▶ Suicide ideation
- ▶ Vaping
- ▶ Problem gambling

Planning



Timeline of the SPE Consortium and 5-Year Plan

October 2011	First Meeting of the SPE Consortium – Sue Grinnell (DOH) and Michael Langer (DBHR) presiding.
August 2012	First publication of the 5-Year Strategic Plan – Reinforced the use of the Strategic Prevention Framework (SPF) statewide.
Fall of 2017	First full update of the 5-Year Strategic Plan – David Hudson (DOH) and Sarah Mariani (DBHR) presiding.
Fall of 2019	Last update to the 5-Year Strategic Plan – Patti Migliore-Santiago (DOH) and Sarah Mariani (DBHR) presiding.
Present Day	October 2023 published new five-year plan

Implementation

- ▶ Continuing support for resources directed to prevention and promotion efforts statewide.
- ▶ Consortium and Workgroup action plans are implemented, tracked, and reported out on.

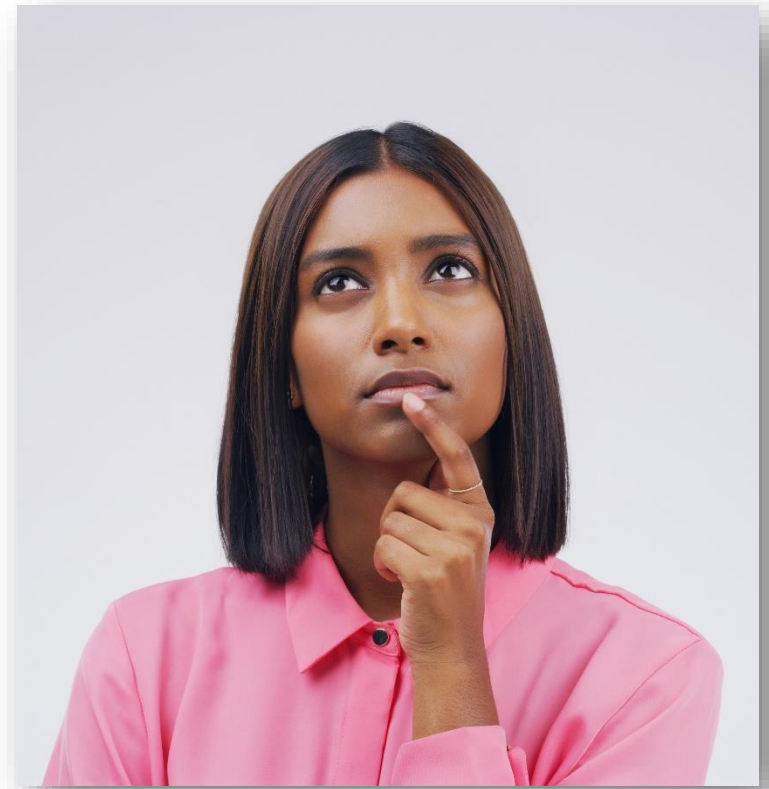
Evaluation

- ▶ Robust reporting systems from SPE Policy Consortium partner agencies/organizations.
- ▶ Tracking and analyzing data and outcomes from youth and young adult surveys in comparison to set targets.
- ▶ Tracking outcomes and progress on Consortium and Workgroup action plans.

Feedback Break - Mentimeter

- ▶ What surprises you so far about the SPE Strategic Plan?

- ▶ What are you looking forward to hearing more about today?



SPE Consortium Action Plan & Strategic Objectives

Strategic Plan Key Themes

SPE Consortium Mission Statement:

“The SPE Consortium, through partnerships, is working to strengthen and support an integrated statewide system of community-driven substance use disorder prevention, mental health promotion, and related issues.”

- ▶ Throughout the plan, emphasis on the following...
 - ▶ Health equity is top priority and discussed in all sections.
 - ▶ Discussion of possible pandemic point-in-time effect on data.
 - ▶ Clear connection between workgroup action plans and overall, SPE 5-year plan.

Strategic Objectives

- ▶ **Strategic Objective One:** Strengthen state collaboration to prevent initiation of substance use and promote mental health.
- ▶ **Strategic Objective Two:** Utilizing needs assessment data in Washington State, create and disseminate communication plans, campaigns, trainings, and resources to better serve populations in need.
- ▶ **Strategic Objective Three:** Implement environmental strategies to: reduce access and availability of substances; change community and social norms of substance use; and reduce stigma in accessing behavioral health services.
- ▶ **Strategic Objective Four:** Commit and dedicate efforts to implementing SUD prevention and mental health promotion programs to strengthen protective factors and reduce risk factors.
- ▶ **Strategic Objective Five:** Strengthen the long-term sustainability of the behavioral health promotion and SUD prevention workforce.

Strategic Objective One:

Strengthen state collaboration to prevent initiation of substance use and promote mental health.

Strategic Objective Two:

Utilizing needs assessment data in Washington State, create and disseminate communication plans, campaigns, trainings, and resources to better serve populations in need.

Strategic Objective Three:

Implement environmental strategies to: reduce access and availability of substances; change community and social norms of substance use; and reduce stigma in accessing behavioral health services.

Strategic Objective Four:

Commit and dedicate efforts to implementing SUD prevention and mental health promotion programs to strengthen protective factors and reduce risk factors.







Strategic Objective Five:

Strengthen the long-term sustainability of the behavioral health promotion and SUD prevention workforce.

Processing Break: 1 – 2 – 4 – All

- ▶ **One** = Think about what has been shared (1 minute).
- ▶ **Two** = Turn to your closest neighbor and share one thing you remember from the Plan and how it might affect your work (3 minutes).
- ▶ **Four** = Find another pair of folks and form a group of 4 to compare your discoveries (3 minutes).
- ▶ **All** = Raise your hand if your group of 4 has something that needs to be heard by the whole room (5 minutes).
 - ▶ *Or write down and enter on the Menti later!*

Needs Assessment & Targets

 Long-term Outcome Consequences 10-15 years	 Problem Areas 5-10 years	 Intervening Variables (Risk Protective Factors) 2-5 years	 SPE Consortium Partners' Strategies	 SPE Consortium Collaborative Strategies	 Evaluation Plan
Outcomes			Actions		
What is the problem?	Why?	Why here?	What are we going to do?	How can we do it together?	So what? How will we know?
<p>These problems...</p> <ul style="list-style-type: none"> • Chronic disease (ATOD Attributable Deaths - CHARS) • Crime (Alcohol/Drug –related arrests ages 10-25 - UCR) • Low graduation rates (HS On-time/Extended Graduation – OSPI) • Suicide (# of suicides/attempts ages 10-25 - CHARS) • Fatalities and serious injury from vehicle crashes (# Alcohol-Related Traffic Fatalities/ Injuries ages 16-25 - WTSC) 	<p>These types of problem areas...</p> <ul style="list-style-type: none"> • Underage drinking (30-day use; problem use – HYS 10th grade) • Cannabis/marijuana misuse (30-day use – HYS 10th grade) • Any opioid/ prescription drug misuse (30-day use– HYS 10th grade) • Commercial tobacco misuse (30-day use – HYS 10th grade) • Vaping (30-day use- HYS 10th grade) • Young adult/adult alcohol misuse (Use during pregnancy – PRAMS, YAHS) • Anxiety (Within last 2 weeks- HYS 10th grade) • Depression (Sad/Hopeless in past 12 months – HYS 10th grade) • Suicide ideation (Suicide ideation – HYS) • Problem gambling (Past 12 months - HYS 10th grade) 	<p>...specifically with these common factors...</p> <ul style="list-style-type: none"> • Access (Where get substance - HYS 10th grade) • Availability (Easy to get– HYS 10th grade) • Perception of harm (Risk of use– HYS 10th grade) • Enforcement (Get caught– HYS 10th grade) • Community norms (Laws/norms; harassment – HYS 10th grade; young adult use - NSDUH) • Hope scale (Agency and capacity - HYS 10th grade) 	<p>...can be addressed through these strategies...</p> <ul style="list-style-type: none"> • Cross-systems planning/ collaboration 12 Agency/Orgs., 46 resources • Policy/ community norms 12 Agency/Orgs., 46 resources • Education/ alternatives 10 Agency/Orgs., 121 resources • Community engagement/ coalition development 8 Agency/Orgs., 34 resources • Information dissemination 10 Agency/Orgs., 43 resources • Problem identification and referral 5 Agency/Orgs., 17 resources 	<p>...and working collaboratively on these strategies...</p> <ul style="list-style-type: none"> • Cross-systems planning/ collaboration SPE Policy Consortium Membership, SPE Policy Consortium Workgroups, inter and intra agency collaborative projects • Information dissemination Public media, education, and/or awareness campaigns focused on problem areas • Policy/community norms Policy review, advocacy and promotion focused on problem areas • Education Professional development related to problem areas and strategies 	<p>...and we will track the key indicators listed for each of the outcomes (red, purple, blue columns) to measure our impact...</p> <p>Using state data sources: (see appendix for list of acronyms)</p> <ul style="list-style-type: none"> • HYS • CORE GIS (WTSC; PRAMS; LCB; CHARS) • BRFS • NSDUH • YAHS <p>Using strategy specific process data:</p> <ul style="list-style-type: none"> • Agency service data • Provider service data

Key Findings

- ▶ Overall, based on prevalence, misuse of **alcohol** is the most concerning substance issue among high school youth when compared to other substances. Alcohol use among youth and young adults has been on a decreasing trend.
- ▶ **Cannabis/Marijuana** ranks as the **2nd** most concerning substance misuse for youth. Cannabis/Marijuana use over the years continues to remain stable for high school youth. Among, youth aged 21-25, cannabis use has significantly increased.
- ▶ Commercial **tobacco** use by high school youth ranks **3rd** as a substance of concern. All forms of tobacco use (excluding E-cigarettes / Vape pen use) have continued to decline for high school youth and young adults.
- ▶ **Mental health** concerns are also prioritized as there is an increase in prevalence overtime in depression and suicide ideation, suicide planning, and suicide attempts among high school youth.

Substances Ranked from Highest to Lowest Prevalence

New Plan Ranking 2021

The table below summarizes findings from a review of substances up until 2021.

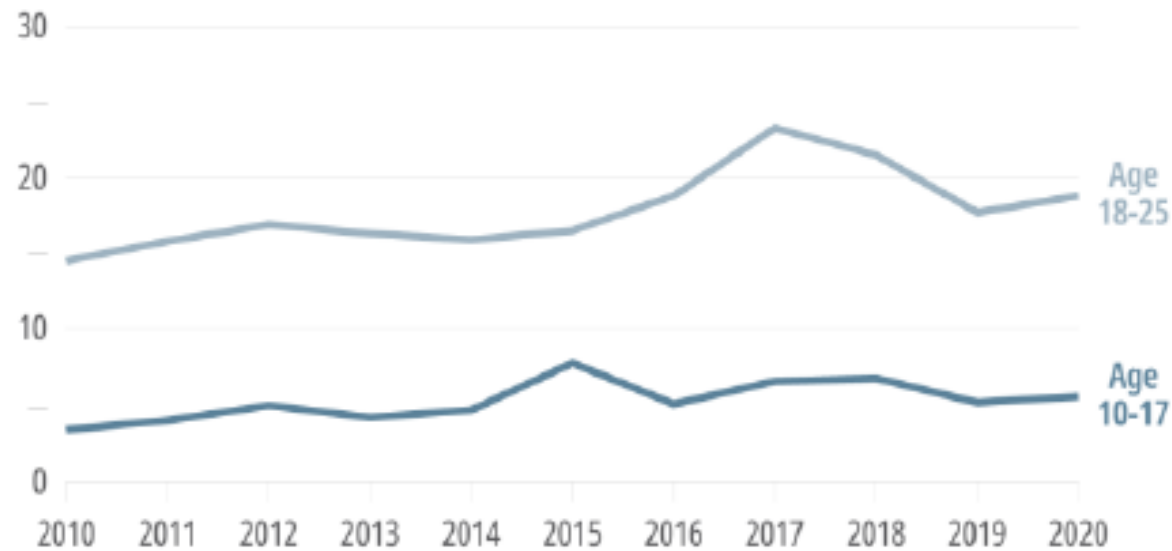
Trend: ↑ Increase | ↓ Decrease | ● No change

Ranking		Alcohol	Cannabis/ Marijuana	Tobacco ²	Opioid Misuse ³	Meth ⁴
Prevalence	Youth	1st	2nd	3rd	4th	5th
	Adults	1st	3rd	2nd	4th	5th
Change over time ¹	Youth	↓	●	↓	↓	●
	Adults	●	↑	↓ Age 18-25 ● Age 26+	↓ Age 18-25 ● Age 26+	●
Overall ranking		1st	2nd	3rd	4th	5th

Suicide Deaths Continue to Rise in Washington Youth

Suicide Death Rates by Age Group
Washington, 2010-2020

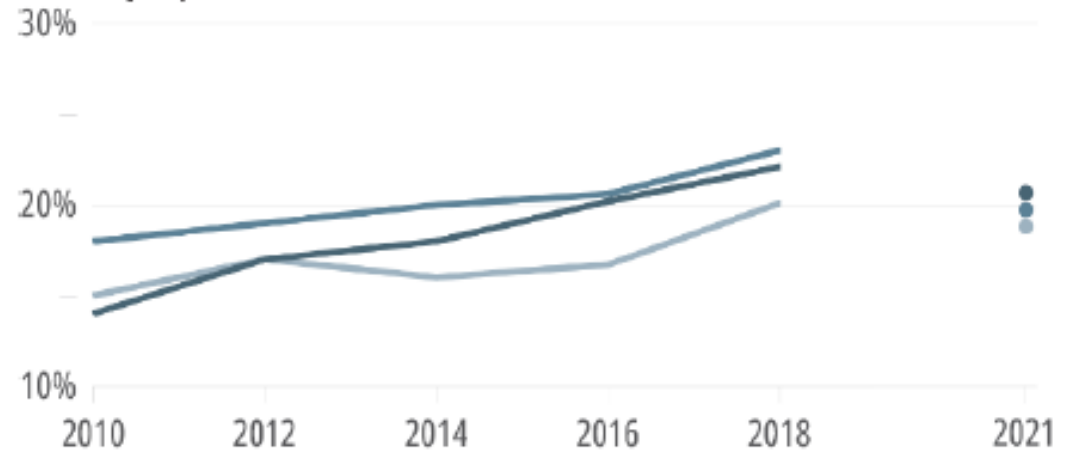
Rate per 100,000 population



Washington State Department of Health, Center for Health Statistics, Death Certificate Data

HYS Seriously Considered Suicide in Past 12 Months
2010-2021

■ Grade 8 ■ Grade 10 ■ Grade 12
Percent of respondents

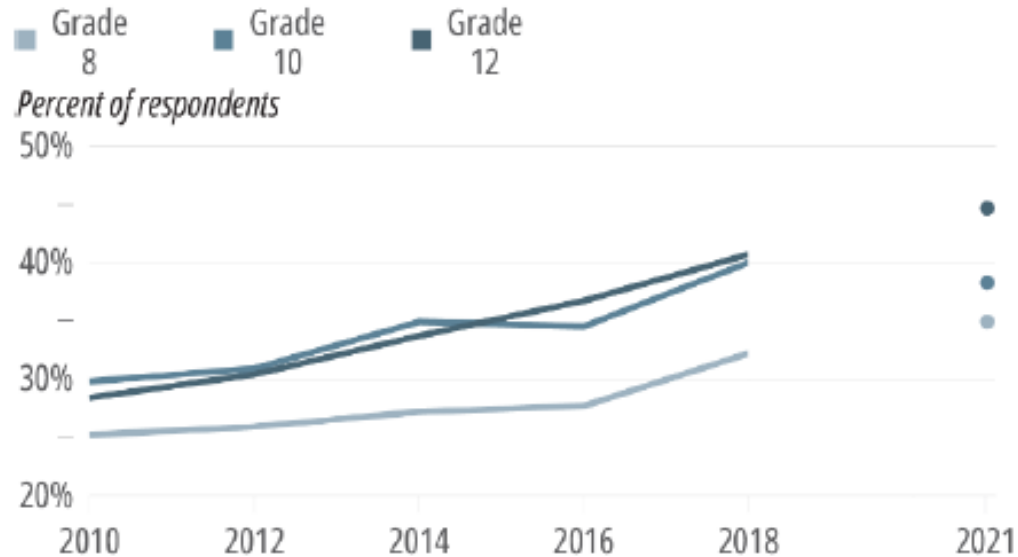


Washington State Healthy Youth Survey; There is no connecting line between 2018 and 2021 to indicate caution should be used when comparing estimates between 2021 and prior years because of methodological changes for 2021. Due to these changes, significance testing between 2021 and prior years was not performed.

A Large Proportion of Youth Report Feeling Sad or Hopeless in the Past 12 Months

HYS Sad or Hopeless Feelings Almost Every Day in Two-Week Period in Past Year

2010-2021

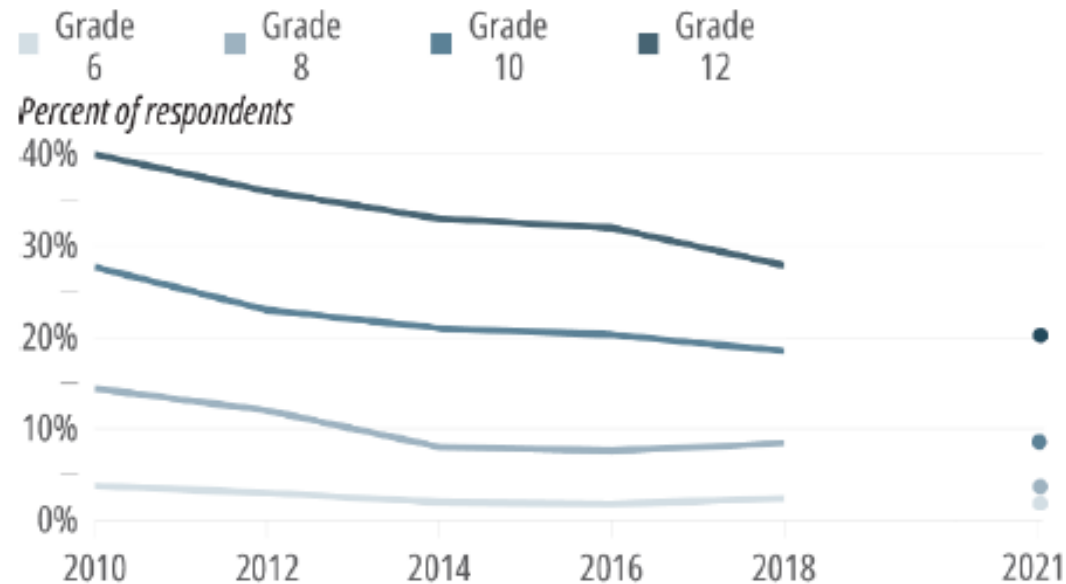


Washington State Health Youth Survey; There is no connecting line between 2018 and 2021 to indicate caution should be used when comparing estimates between 2021 and prior years because of methodological changes for 2021. Due to these changes, significance testing between 2021 and prior years was not performed.

Alcohol Use Among Youth Continues to Decline

HYS Current (30-Day) Alcohol Use

2010-2021



Washington State Healthy Youth Survey; There is no connecting line between 2018 and 2021 to indicate caution should be used when comparing estimates between 2021 and prior years because of methodological changes for 2021. Due to these changes, significance testing between 2021 and prior years was not performed.

Health Equity

▶ Key Findings – Oct. 2021 HYS

- ▶ Significant MH disparities among female sex assigned at birth.
- ▶ LGB students show disparities across all major indicators.
- ▶ Students who self identify as disabled have significantly higher risk factors for problem behaviors.
- ▶ Students who are unhoused are more than twice as likely to have attempted suicide.
- ▶ Resource assessment shows that programs designed for LGB and disabled students are rare.

Health disparities data

Health Disparities Data by Gender at Birth, Sexual Orientation, Disability Status, and Housing Insecurity, Washington State 10th Grade Students
Subpopulation, 2021

Red highlighted data indicates a statistically significant difference at the p<0.05 level

Behavioral health problem	Gender at birth ¹		Sexual orientation (LGB) ²		Disability status ³		Housing insecurity ⁴	
	Female	Male	LGB	Hetero-sexual	Disability	No disability	Insecure housing	Secure housing
Smoked cigarettes in past 30 days	2.3%	1.6%	4.9%	1.1%	3.8%	0.8%	10.2%	1.7%
Drank alcohol in past 30 days	9.7%	7.0%	13.5%	7.2%	15.8%	6.3%	15.1%	8.1%
Used marijuana or hashish in past 30 days	7.9%	6.4%	13.9%	5.8%	11.5%	5.4%	16.6%	6.7%
Binge drinking in past 2 weeks	6.0%	4.9%	9.3%	4.8%	8.4%	4.7%	11.5%	5.1%
Pain killer use in past 30 days	1.2%	0.8%	2.3%	0.7%	3.0%	0.4%	4.0%	0.8%
Sad/hopeless in past 12 months	50.2%	25.4%	65.9%	29.0%	61.2%	28.5%	52.8%	36.5%
Suicide ideation	26.2%	12.6%	46.3%	11.5%	38.2%	13.0%	36.5%	18.5%
Suicide plan	20.8%	10.3%	34.8%	9.2%	30.5%	10.0%	26.0%	14.7%
Suicide attempt	11.6%	4.5%	20.9%	4.3%	18.2%	4.2%	16.3%	7.2%
Bullied in the past 30 days	16.3%	10.1%	23.1%	10.2%	25.7%	8.6%	21.7%	12.7%
Anxiety ⁵	55.0%	23.1%	67.5%	29.7%	61.8%	36.0%	47.2%	38.9%

2023 and 2025 Targets for Behavioral Health Problems

Alcohol use (10th grade)	HYS 2016	HYS 2018	HYS 2021	Target 2023	Target 2025
Drank alcohol in last 30 days	20.3%	18.5%	8.4%	15.0%	14.0%
Tobacco use (10th grade)	HYS 2016	HYS 2018	HYS 2021	Target 2023	Target 2025
Tobacco use in past 30 days (all tobacco, excluding e-cigarettes) ¹	10.2%	7.9%	3.5%	7.5%	7.1%
Smoked cigarettes in last 30 days	6.3%	5.0%	1.9%	4.8%	4.5%
Depression (10th grade)	HYS 2016	HYS 2018	HYS 2021	Target 2023	Target 2025
Sad/hopeless in past 12 months	34.5%	40.0%	38.1%	36.0%	34.1%

Pandemic Effect

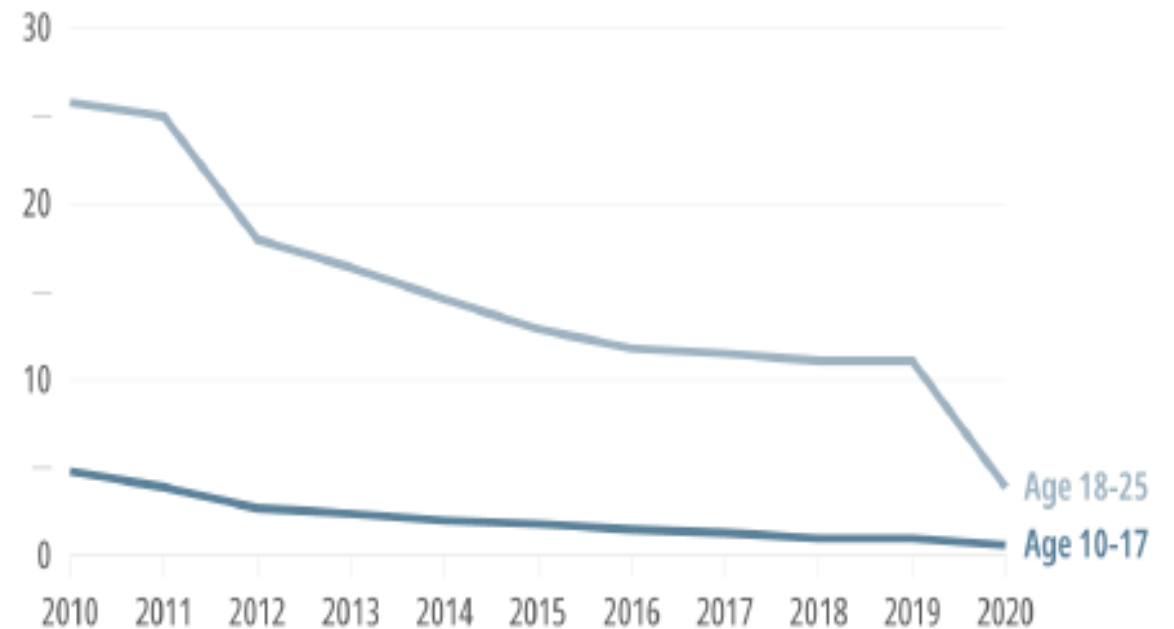
▶ Possible Disruption to Data

- ▶ Most data sources show significant breaks in trend patterns.
- ▶ Substance use overall down in October of 2021, but MH indicators and certain disparities unchanged.
- ▶ No clear evidence of precise reason, but likely factors include decreased social access, increased parental monitoring, and increased family bonding.
- ▶ 2023 HYS results should help us determine which, if any, of the impacts will remain.

Crime

Arrests, Alcohol Violation by Age Group Washington, 2010-2020

Rate per 1,000 population



State Source: Washington Association of Sheriffs and Police Chiefs: Uniform Crime Report, National Incident-Based Reporting System; Population Estimates: Washington State Office of Financial Management, Forecasting Division

Audience Activity

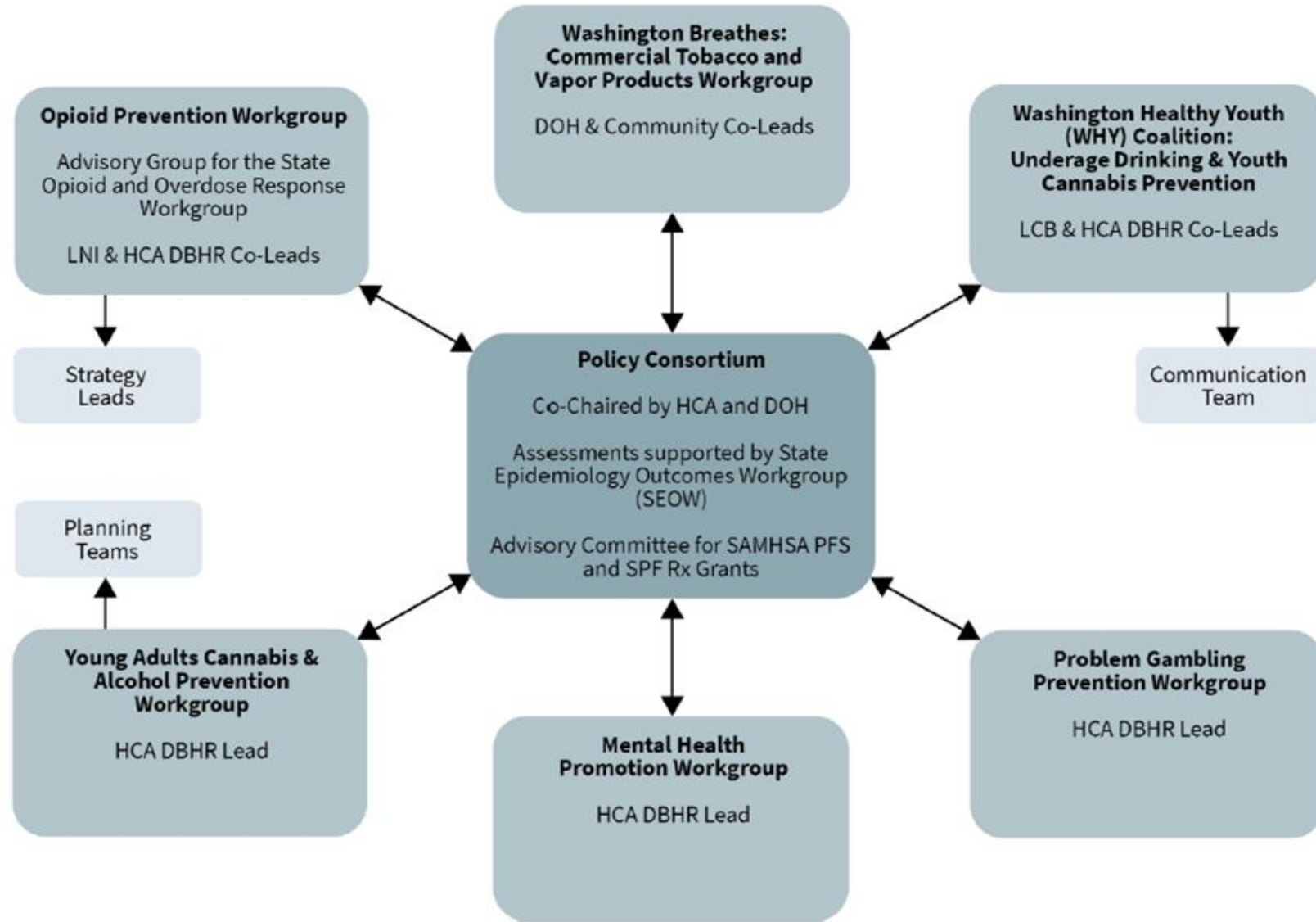
- ▶ Consider the health disparities highlighted in the needs assessment data
- ▶ Discuss at least one of the following:
 1. How has your community used data to address health disparities? Share any best practices, strategies, or success stories.
 2. How could your community better address health disparities in the future? What would be required to make positive changes?

SPE Consortium Workgroups

SPE Policy Consortium Workgroups

- ▶ Mental Health Promotion and Suicide Prevention Workgroup
- ▶ Opioid Prevention Workgroup
- ▶ Problem Gambling Prevention Workgroup (to be created in 2023)
- ▶ Washington Breathes: Commercial Tobacco and Vapor Products Workgroup
- ▶ Washington Healthy Youth (WHY) Coalition: Underage Drinking & Youth Cannabis Prevention
- ▶ Young Adults Cannabis & Alcohol Prevention Workgroup

SPE Policy Consortium structure



Washington Healthy Youth (WHY) Coalition

(Underage Drinking and Youth Cannabis Prevention)

▶ Goals:

- ▶ Reduce percentage of 10th graders reporting they drank alcohol in the past 30 days from 20% in 2016 to 15% in 2023
- ▶ Reduce percentage of 10th graders reporting they used marijuana in the past 30 days from 17% in 2016 to 12% in 2023

▶ Data Measures:

- ▶ Underage Drinking – 30-day use; problem use. HYS
- ▶ Cannabis/Marijuana Use – 30-day use. HYS

▶ Strategies:

- ▶ Provide Educational Tools for parents, schools, others.
- ▶ Use data to inform strategies
- ▶ Expand membership
- ▶ Education and information sharing

Washington Breathes (WA Breathes)

(Commercial Tobacco/Vapor Product Prevention & Treatment)

▶ Goals:

- ▶ Improve health equity and community health
- ▶ Restore funding & comprehensive state program
- ▶ Eliminate underage commercial tobacco and vapor product use
- ▶ Improve cessation treatment
- ▶ Eliminate inequities
- ▶ Increase community-based data
- ▶ End commercial tobacco sales

▶ Data Measures:

- ▶ Commercial Tobacco Use – 30 day use. HYS
- ▶ Vapor Products Use – 30 day use. HYS

▶ Strategies:

- ▶ Promote new coalition and strategic plan
- ▶ Reduce disparities in use among key populations
- ▶ Leverage resources to support prevention and treatment

Opioid Prevention Workgroup

(Prevent opioid and substance misuse, and associated harms)

▶ Goals:

- ▶ Prevent misuse of opioids and other substances in communities, particularly among youth and young adults.
- ▶ Promote use of opioid prescribing best practices among health care providers.
- ▶ Increase the use of the Prescription Drug Monitoring Program
- ▶ Educate the public about the risks of opioid use, including overdose.
- ▶ Promote safe home storage and appropriate disposal
- ▶ Decrease the supply of illegal opioids

▶ Data Measures:

- ▶ Any opioid/prescription drug misuse – 30-day use. HYS
- ▶ Painkiller use – past 30 days. HYS.

▶ Strategies:

- ▶ Implement CPWI/SAPISP
- ▶ Fund CBO's in implementing EBPs
- ▶ Fund Tribes in providing culturally attuned programs
- ▶ Safe prescribing and utilization of PMP
- ▶ Public Education Campaigns

Mental Health Promotion and Suicide Prevention

▶ Goals:

- ▶ Statewide workgroup involving state and local organizations to focus on mental health promotion, suicide prevention strategies to implement SPE strategies.
- ▶ Build capacity across MHP system
- ▶ Seek new funding opportunities
- ▶ Share resources for MHP and Suicide Px

▶ Data Measures:

- ▶ Anxiety – within last 2 weeks. HYS
- ▶ Depression – sad/hopeless in last 12 months. HYS
- ▶ Suicide – Ideation; plan; attempt. HYS.

Young Adults Workgroup

Cannabis and Alcohol Misuse Prevention

▶ Goals:

- ▶ Increase statewide collaboration and partnerships with diverse partners.
- ▶ Public education Enhance young adults' critical knowledge about alcohol and cannabis and raise awareness of misuse
- ▶ Workforce development
- ▶ Promote the use of evidence-based screening/intervention best practices, resources and tools.

▶ Data Measures:

- ▶ Young Adult/Adult Alcohol Misuse – use during pregnancy. PRAMS, YAHS.
- ▶ Young adult alcohol use – use in past month. YAHS.
- ▶ Young adult recreational cannabis use – past year by age group. YAHS.

Problem Gambling Prevention

▶ Goals:

- ▶ Recent formation and organization
- ▶ 2022 Legislative Session delegated more resources to PG
- ▶ Significant support from tribal partners
- ▶ Will create full strategic plan by end of 2024

▶ Data Measures:

- ▶ Problem Gambling – last 12 months. HYS

Workgroup Action Plans – Common Themes

- ▶ Recruiting and Engagement
 - ▶ Membership is a top priority
- ▶ Research and Education
 - ▶ Data collection, analysis, and dissemination
- ▶ Workforce Development
 - ▶ Recruiting, training, and retention
- ▶ Policy Statements
 - ▶ Best practices - research and education

Workgroup Action Plans – Key Differences

▶ Scope of Work and Capacity

- ▶ Age of group, focal area, funding sources, and turnover all play a role.

▶ Data Availability

- ▶ Some issues are well researched and documented, others less so.

▶ Quality of Evidence

- ▶ Some strategies are much better understood than others due to available research studies.

Workgroup Accomplishments 2019-2023

▶ WHY Coalition

- ▶ Promoted good policy decisions by providing feedback to the Liquor and Cannabis Board
- ▶ Provided information on emerging issues and current research and data through presentations.
- ▶ Created a Fact Sheet on Delta-8

▶ Problem Gambling

- ▶ Joined SPE in 2022

Workgroup Accomplishments 2019-2023

▶ Young Adults

- ▶ Recruited new members for this workgroup
- ▶ Hosted a WA Higher Education Water Cooler Chat Session to gain understanding of prevention on college campuses
- ▶ Explored federal resources provided by National Drug Control Strategies and SAMHSA

Workgroup Accomplishments 2019-2023

▶ WA Breathes

- ▶ Release of Washington State’s 2021–2025 Commercial Tobacco Prevention & Control Five Year Strategic Plan
- ▶ Workgroup members participated in the “WA Tobacco Coalition & Partnerships Initiative” – now WA Breathes Coalition in 2021
- ▶ Washington State Attorney General settled with JUUL, which included payments over 4 years, which totaled to \$22.5 million dollars

Workgroup Accomplishments 2019-2023

▶ Opioid Prevention

- ▶ Multiple state opioid grants received: SOR, SOR II, SOR III, and SPF Rx supporting CPWI, SAPISP, CBOs, and Public Education Campaigns
- ▶ DOH launched the state's first pharmacy-based safe medication pilot program in 2020
- ▶ WSU received multiple grants for HRSA and SAMHSA for opioid and pain training for health profession students and clinics
- ▶ Bree Collaborative developed guidelines: Collaborative Care for Chronic Pain 2019, Low Back Pain 2019, and Long-term Opioid Therapy Recommendations 2020

Workgroup Accomplishments 2019-2023

▶ Mental Health Promotion & Suicide Prevention

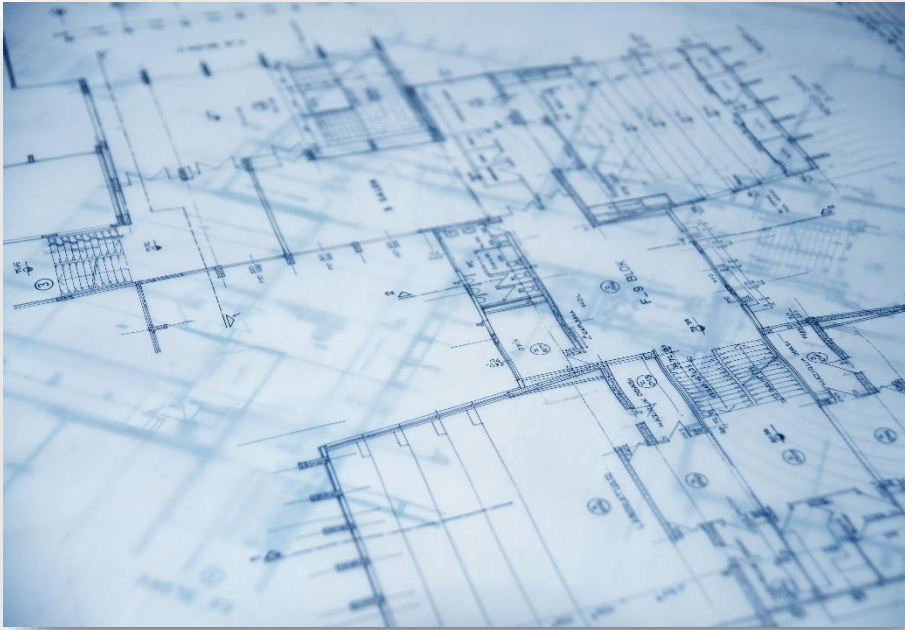
- ▶ \$900k of funding to implement 2 mental health triage teams to track individuals from hospital through to care
- ▶ First Years Away From Home program and Check-in with your self program were implemented
- ▶ Not a Moment Wasted SUD and Wellness Campaign was supported

Audience Activity

- ▶ Pick a workgroup from the list.
- ▶ With others at your table, create an elevator speech for that group.
- ▶ Things to consider to include:
 - ▶ Name of workgroup
 - ▶ Some goals of the workgroup
 - ▶ Examples of strategies they work on
 - ▶ Remember to mention it's Statewide!

Application of SPE Plan

How Can the SPE Plan Help You?



How Can the SPE Plan Help You?

▶ Next Steps – “Homework!”

- ▶ Create a workgroup to analyze the plan and determine how it supports your efforts locally, regionally, or statewide. Review things like...
 - ▶ **Data and Needs Assessment** – *Are the findings consistent with your local data? If not, why might that be? How can these findings support your own assessment work?*
 - ▶ **Program and Initiatives** – *What resources are discussed in the plan that you were unaware of? How can these programs or initiatives potentially benefit your work?*
 - ▶ **Increased Partnerships** – *Who could your organization or coalition reach out to? What could you offer them in return for assistance?*

How Can the SPE Plan Help You?

▶ Benefits to Your Work

- ▶ Grant application support through...
 - Reference materials
 - Alignment with larger efforts
 - Avoiding redundancy
- ▶ Template for local and regional strategic plans.
- ▶ Increase **Community Organization** through *Awareness*.

Discussion – What? So What? Now What?

With your table, discuss the following...

- ▶ **What?** – *What is the Statewide 5 Year Strategic Plan?*
- ▶ **So What?** – *Why is the plan important at a local, state, and national level?*
- ▶ **Now What?** – *How can we put this resource to good use in our communities?*

Final Reflections

Final Feedback - Mentimeter

- ▶ For the next revision of the Plan, I hope to see...
- ▶ In my work, I will use the SPE Strategic Plan to...



Thank You!

▶ Contact Information

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