

# State Prevention Enhancement (SPE) Policy Consortium January 9, 2023

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Division of Behavioral Health and Recovery

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Prevention and Community Health Division

# Introductions

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## ▶ Procedure

- ▶ Raise Hand
- ▶ Introduce self (name, title, agency/ organization)
- ▶ Call On Another Member
- ▶ Lower Hand

# Announcements

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- ▶ Monthly Observances
- ▶ Today is the First Day of the 2023 Legislative Session
  - ▶ Agency Request Legislation
  - ▶ Pre-filed Bills to Watch
  - ▶ Other Legislative News
- ▶ Hiring opportunities and/or new funding
- ▶ Other announcements

# Agenda

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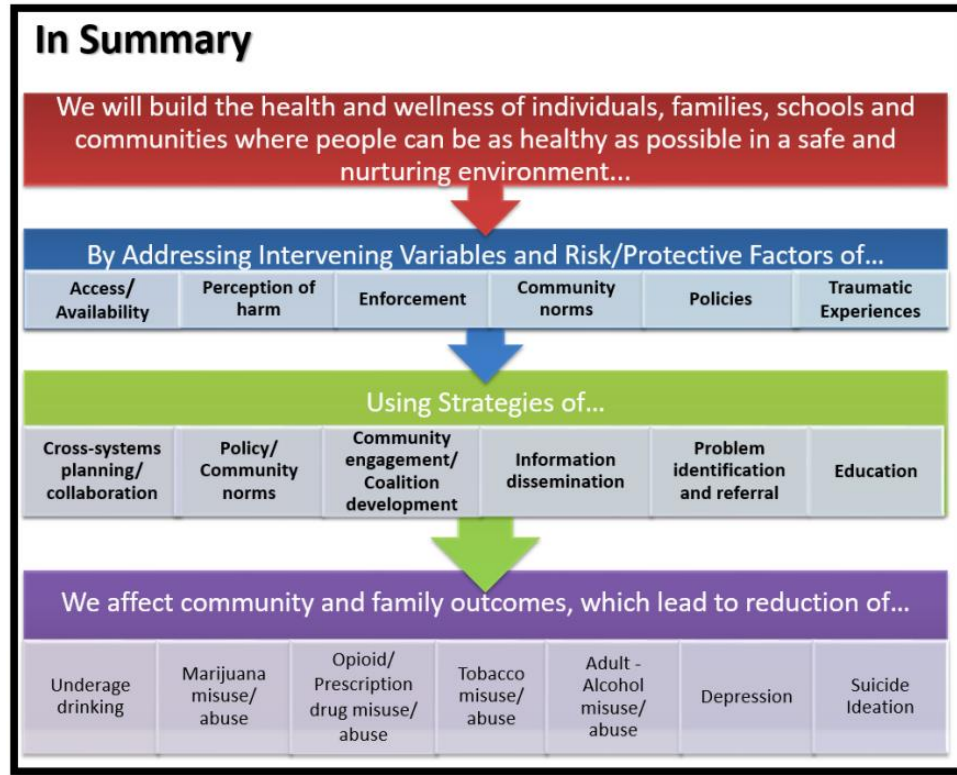
- ▶ SPE 5-Year Strategic Plan - Review Work to date
  - ▶ Graphics
  - ▶ Assessment
  - ▶ Workgroup Summaries
  
- ▶ SPE 5-Year Strategic Plan - Discussion
  - ▶ SPE Consortium Goals
  - ▶ Policy Statements
  - ▶ Statewide Services
  - ▶ Workforce Development

# 5-Year Strategic Plan Update

# 5-Year Strategic Plan Update Graphics Redesign

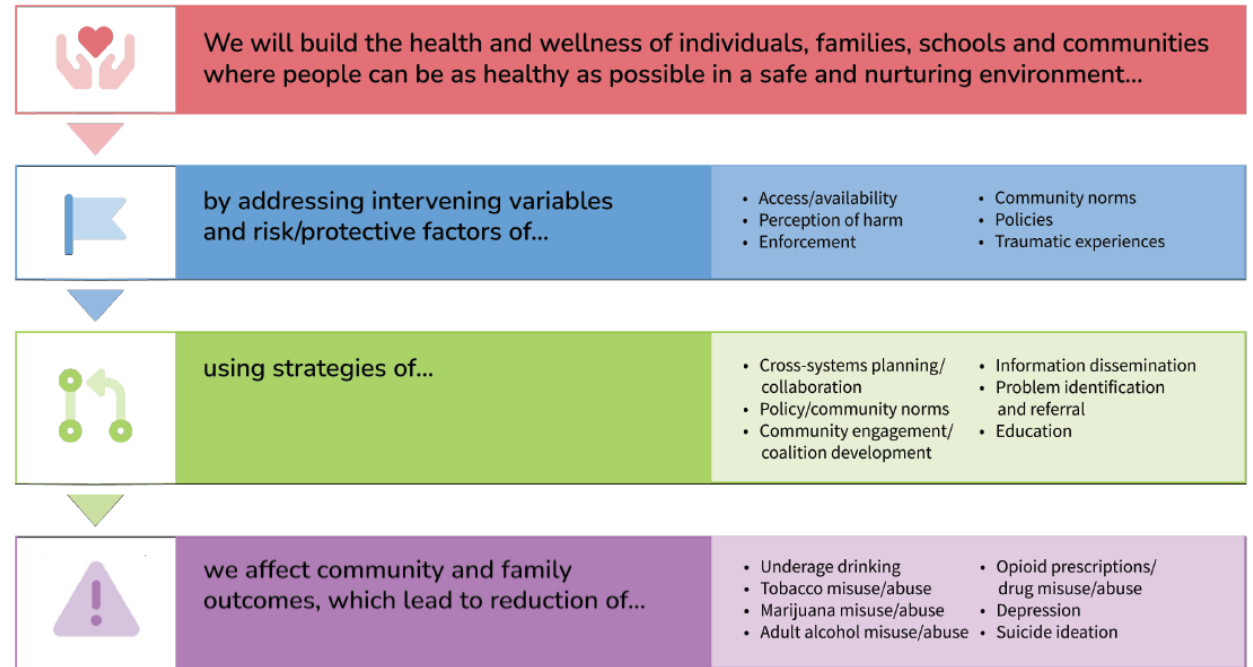
# Graphics Update – “In Summary”

## ▶ Current Plan – Page 3



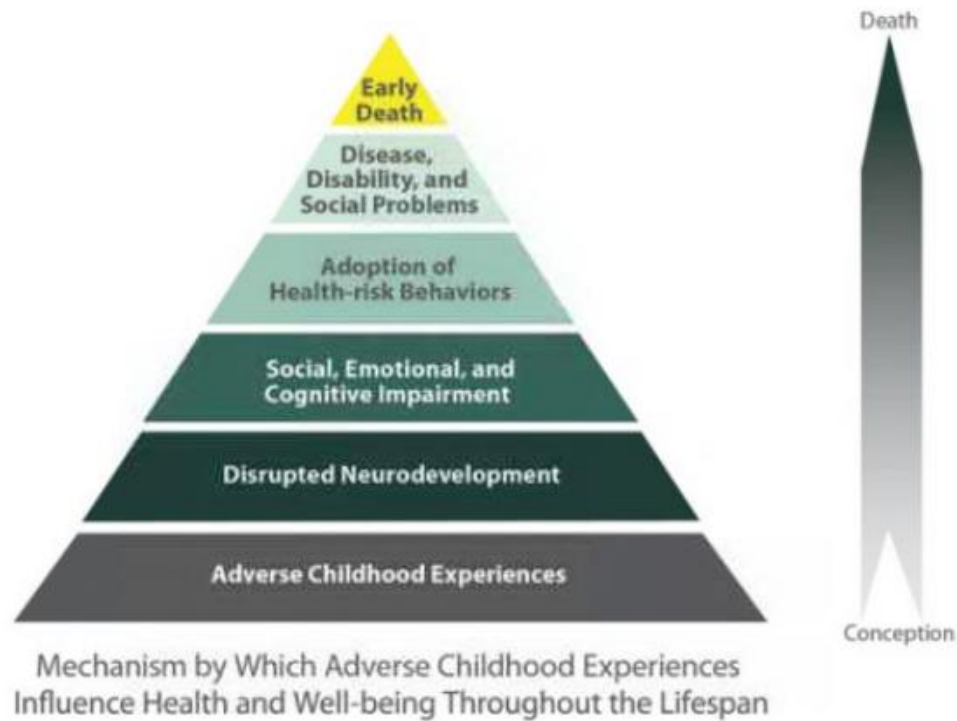
## ▶ New Version

In Summary

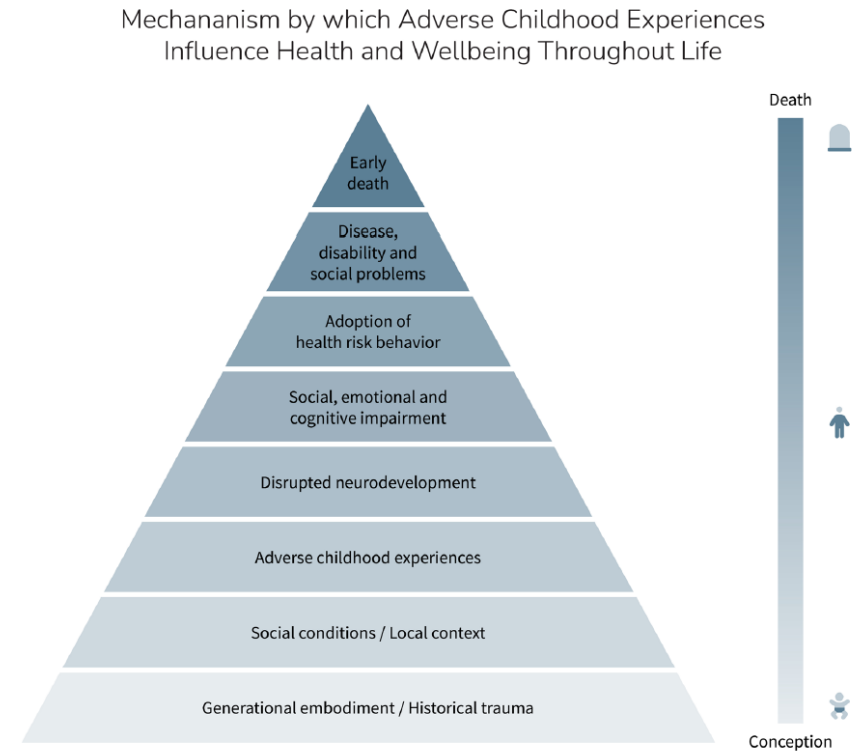


# Graphics Update – “ACEs Pyramid”

## ▶ Current Plan – Page 6



## ▶ New Version



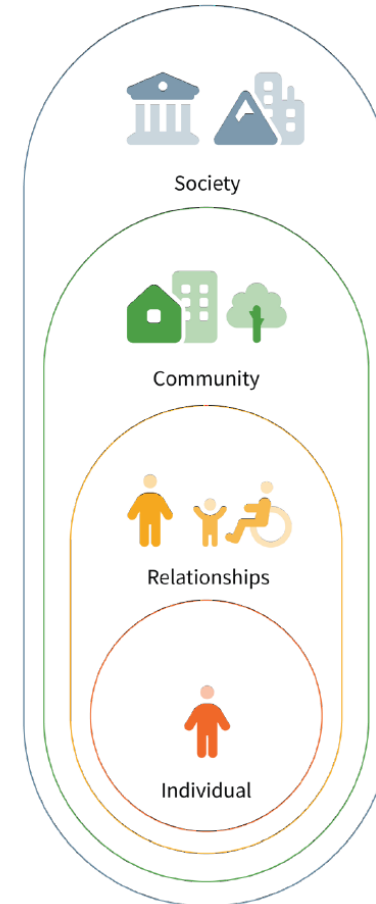


# Graphics Update – Socioecological Model

▶ Current Plan – Page 8

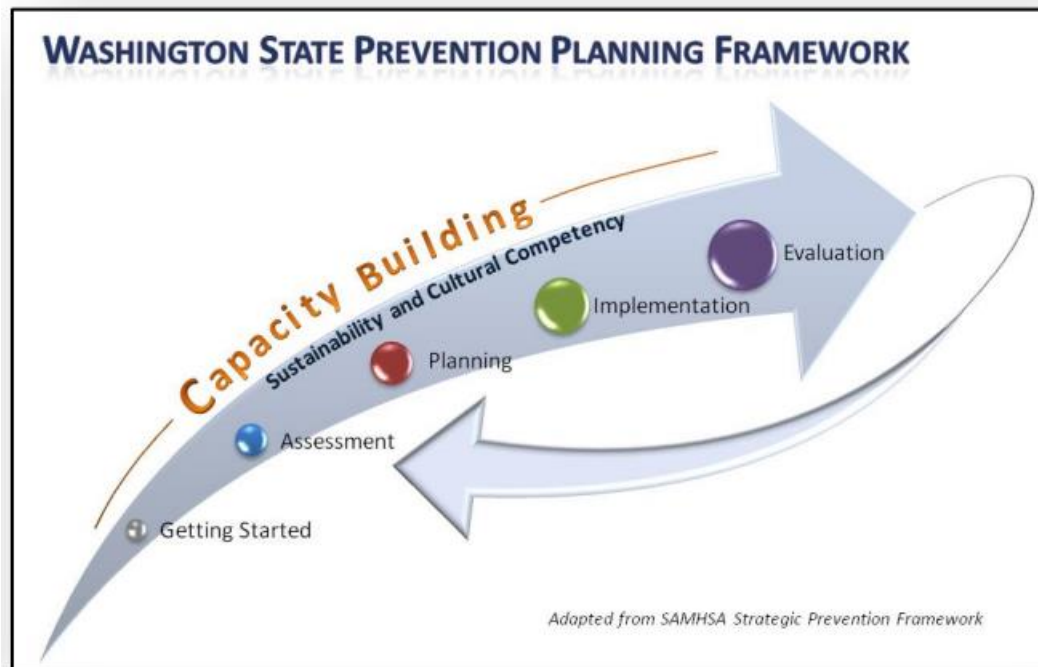


▶ New Version



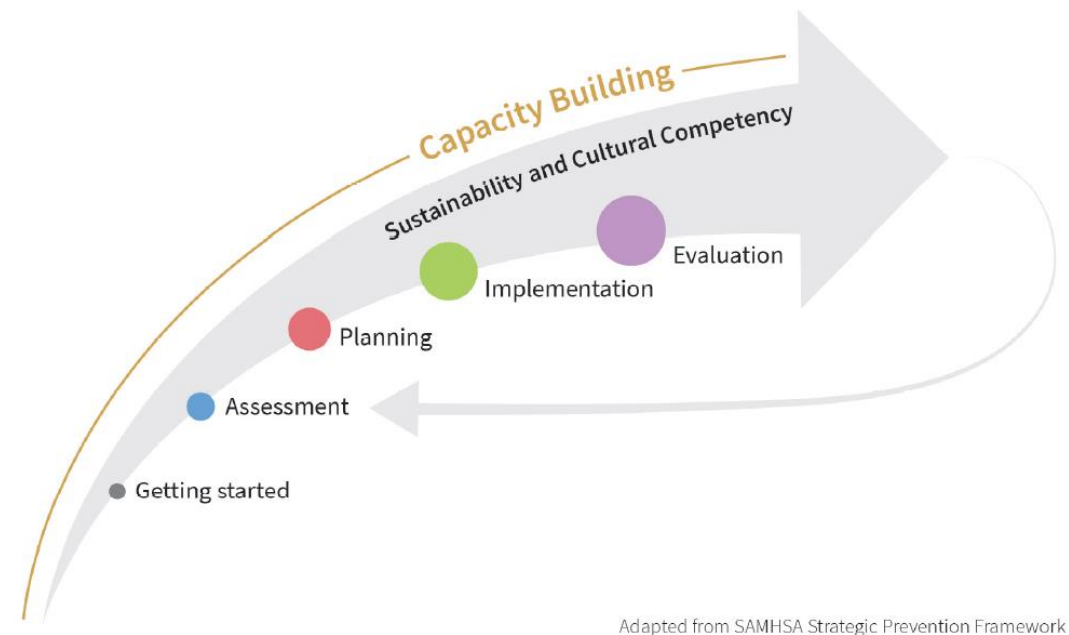
# Graphics Update – “WA SPF”

## ▶ Current Plan – Page 9



## ▶ New Version

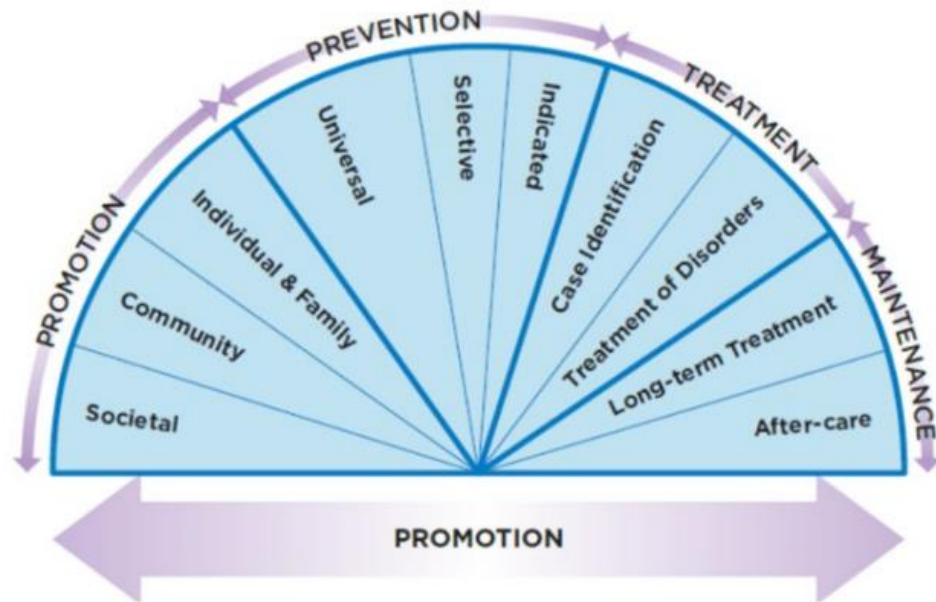
Washington State Prevention Planning Framework



# Graphics Update – “BH Spectrum”

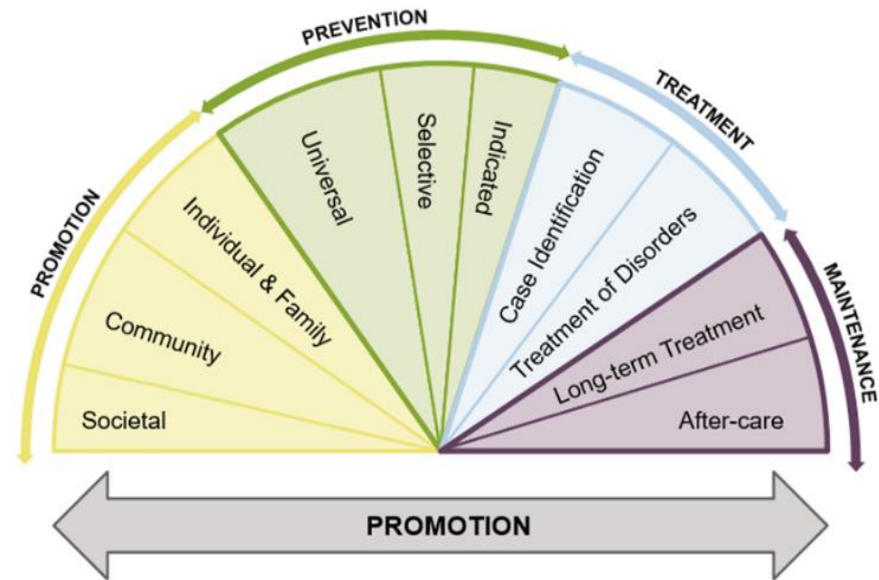
## ▶ Current Plan – Page 10

### Principles of prevention science National Academy of Sciences 2019



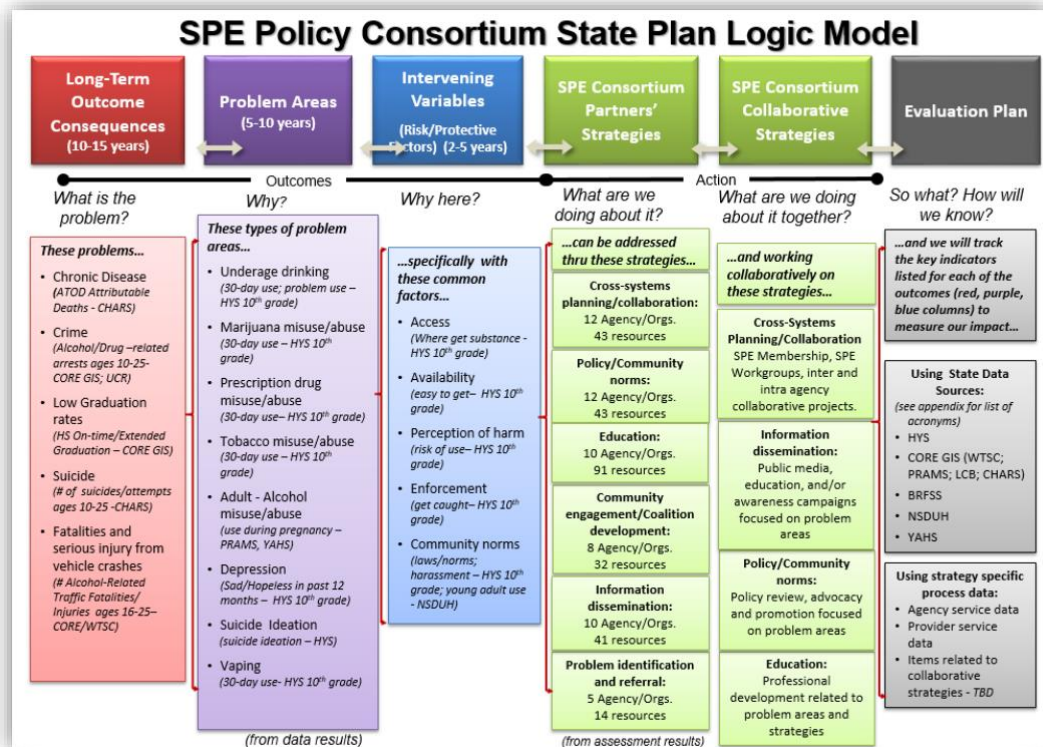
## ▶ New Version

### Spectrum of MEB (Mental, Emotional and Behavioral) Interventions National Academy of Sciences 2019



# Graphics Update – WA Logic Model

## ▶ Current Plan – Page 11



## ▶ New Version

SPE Policy Consortium State Plan Logic Model

Long-term Outcome Consequences	Problem Areas	Intervening Variables (Risk Protective Factors)	SPE Consortium Partners' Strategies	SPE Consortium Collaborative Strategies	Evaluation Plan
10-15 years	5-10 years	2-5 years			
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"> <li>Chronic disease (ATOD Attributable Deaths - CHARS)</li> <li>Crime (Alcohol/Drug-related arrests ages 10-25 - CORE GIS; UCR)</li> <li>Low graduation rates (HS On-time/Extended Graduation - CORE GIS)</li> <li>Suicide (# of suicides/attempts ages 10-25 - CHARS)</li> <li>Fatalities and serious injury from vehicle crashes (# Alcohol-Related Traffic Fatalities/Injuries ages 16-25 - CORE/WTSC)</li> </ul>	<p>These types of problem areas...</p> <ul style="list-style-type: none"> <li>Underage drinking (30-day use; problem use - HYS 10<sup>th</sup> grade)</li> <li>Marijuana misuse/abuse (30-day use - HYS 10<sup>th</sup> grade)</li> <li>Prescription drug misuse/abuse (30-day use - HYS 10<sup>th</sup> grade)</li> <li>Tobacco misuse/abuse (30-day use - HYS 10<sup>th</sup> grade)</li> <li>Adult - Alcohol misuse/abuse (use during pregnancy - PRAMS, YAHS)</li> <li>Depression (Sad/Hopeless in past 12 months - HYS 10<sup>th</sup> grade)</li> <li>Suicide ideation (suicide ideation - HYS)</li> <li>Vaping (30-day use - HYS 10<sup>th</sup> grade)</li> </ul>	<p>...specifically with these common factors...</p> <ul style="list-style-type: none"> <li>Access (Where get substance - HYS 10<sup>th</sup> grade)</li> <li>Availability (easy to get - HYS 10<sup>th</sup> grade)</li> <li>Perception of harm (risk of use - HYS 10<sup>th</sup> grade)</li> <li>Enforcement (get caught - HYS 10<sup>th</sup> grade)</li> <li>Community norms (laws/norms; harassment - HYS 10<sup>th</sup> grade; young adult use - NSDUH)</li> </ul>	<p>...can be addressed through these strategies...</p> <ul style="list-style-type: none"> <li>Cross-systems planning/collaboration: 12 Agency/Orgs. 43 resources</li> <li>Policy/community norms: 12 Agency/Orgs. 43 resources</li> <li>Education: 10 Agency/Orgs. 91 resources</li> <li>Community engagement/coalition development: 8 Agency/Orgs. 32 resources</li> <li>Information dissemination: 10 Agency/Orgs. 41 resources</li> <li>Problem identification and referral: 5 Agency/Orgs. 14 resources</li> </ul>	<p>...and working collaboratively on these strategies...</p> <ul style="list-style-type: none"> <li>Cross-systems planning/collaboration: SPE Membership, SPE Workgroups, inter and intra agency collaborative projects.</li> <li>Information dissemination: Public media, education, and/or awareness campaigns focused on problem areas</li> <li>Policy/community norms: Policy review, advocacy and promotion focused on problem areas</li> <li>Education: Professional development related to problem areas and strategies</li> </ul>	<p>...and we will track the key indicators listed for each of the outcomes (red, purple, blue columns) to measure our impact...</p> <ul style="list-style-type: none"> <li>Using state data sources: (see appendix for list of acronyms)                             <ul style="list-style-type: none"> <li>HYS</li> <li>CORE GIS (WTSC; PRAMS; LCB; CHARS)</li> <li>BRFSS</li> <li>NSDUH</li> <li>YAHS</li> </ul> </li> <li>Using strategy specific process data:                             <ul style="list-style-type: none"> <li>Agency service data</li> <li>Provider service data</li> <li>Items related to collaborative strategies - TBD</li> </ul> </li> </ul>

# 5-Year Strategic Plan Update Needs Assessment Overview

# Needs Assessment – Key Findings

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- ▶ Overall based on prevalence, **alcohol remains the most concerning substance use disorder issue among youth**. Alcohol also continues to remain the most concerning substance use disorder issue among adults.
- ▶ **Marijuana ranks second for youth**. In 2021, the prevalence of marijuana use among 10th grade students was 7.2 percent and there has been no change over time from 2010-2018. Students who identify as LGB, with a disability and/or living in insecure housing are most likely to report marijuana use. Marijuana ranks third among adults with rates increasing overtime.
- ▶ **Tobacco use ranks third for youth** and continues to decline over time. Tobacco ranks second highest amongst adults with a decrease overtime among young adults aged 18 to 25, but has remained stable over time for adults 26 years of age and older.



# Needs Assessment – Key Findings

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- ▶ The **fourth highest concern among both youth and adults is the use of pain killers to get high**. With opioid-related overdoses declared a crisis nationwide and, in the state, the potentially fatal implications of misuse warrants continued efforts towards further decreasing pain killer misuse rates.
- ▶ Finally, the **5th ranked concern among both youth and adults is methamphetamine use**. We will continue to monitor methamphetamine trends and other illicit drugs.
- ▶ **Mental health concerns are also prioritized** as there are an increase in prevalence overtime in depression and suicide ideation, suicide planning, and suicide attempts among youth. The 2021 HYS data show some student populations are more heavily affected than others, including students who identify as female, students who identify as LGB, students with disabilities, and students reporting insecure housing.

# 5-Year Strategic Plan Update Workgroup Action Plan Summaries



# Workgroup Action Plans – Summaries

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## WHY Coalition

- Provide Educational Tools for parents, schools, others.
- Use data to inform strategies
- Expand membership

## Young Adults

- Build collaborative relationships
- Raise awareness of YA needs gap
- Workforce development

## MHP

- Build capacity across MHP system
- Seek new funding opportunities
- Share resources for MHP and Suicide Px

# Workgroup Action Plans – Summaries

## Opioid Prevention

- Support community prevention services
- Continue prescriber education expansion
- Promote safe storage and disposal
- Decrease supply of illegal opioids in communities

## WA Breathes (commercial tobacco)

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

# Workgroup Action Plans – Common Themes

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- ▶ Recruiting and Engagement
  - ▶ “Make new friends and keep the old!”
- ▶ Research and Education
  - ▶ Data collection, analysis, and dissemination.
- ▶ Workforce Development
  - ▶ Recruiting, training, and retention.
- ▶ Policy Statements
  - ▶ Best practice research and education.

# Workgroup Action Plans

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- ▶ Additional Thoughts

- ▶ Open discussion from workgroup

- ▶ Send any final feedback on the SPE Workgroup to Isaac Wulff.

- ▶ [isaac.wulff@hca.wa.gov](mailto:isaac.wulff@hca.wa.gov)

Break – 15 Minutes  
Back at 3:00 PM

# 5-Year Strategic Plan Update Discussion

# Statewide Services Snapshot Needs and Strengths

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## Resource Assessment Findings:

- ▶ Younger people are prioritized overall, mostly **adolescents** and **young adults**.
- ▶ Programs focused on serving people who identify as **LGBTQ+** or those with a **disability** are rare.
- ▶ Most programs are focused on **general substance misuse** and **general mental health promotion**.
- ▶ The most common strategies are **Information Dissemination**, **community engagement** (coalitions), and **parent education**.

# SPE Consortium Goals

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## EXAMPLES:

- ▶ Support local services
- ▶ Strategic statewide initiatives
- ▶ Prevent youth access to alcohol and other drugs of concern through environmental strategies. (Take Back, enforcement, etc.)
- ▶ Educate the public on the effects of substance use and reverse social norms which encourage youth use. (You Can, SWO)
- ▶ Include research principles into policy making and prioritize effective strategies. (EBPs)
- ▶ Emphasize positive youth development and promote healthy practices, norms, and programming. (MHFA)



# SPE Policy Statements

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## EXAMPLES:

- ▶ Reduced/limited access for products, especially for youth
- ▶ Reduced/limited availability of products, especially for youth
- ▶ Limit density of purchase locations of products
- ▶ Reduced/limited products
- ▶ Reduced/limited promotion, advertising and increase clear labeling
- ▶ Regulating price of products
- ▶ Ensuring equity practices within legal markets

# Workforce Development

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## Recent Efforts:

- ▶ Workforce Development Survey – UW and PTTC
- ▶ Prevention Fellowship Program
- ▶ WSU Prevention PhD
- ▶ Northwest PTTC, WASAVP and others expansion of training opportunities
- ▶ Others?

# Cultural Competency Update

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- ▶ Update and modernize language/graphics
- ▶ Setting direction forward for addressing equity

# Other Issues

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## ▶ Procedure

- ▶ Raise Hand
- ▶ Unmute and Share
- ▶ Type in Chat
- ▶ Lower Hand

# SPE Consortium 5-Year Strategic Plan Next Steps

# Final Stages of Plan Development

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## ▶ Tribal Listening Session

- ▶ Thursday, January 12<sup>th</sup> – 11:00 a.m. to 12:30 p.m.
- ▶ Held virtually on Zoom
- ▶ Hosted by SPE Co-chairs Sarah Mariani and Patti Migliore-Santiago

## ▶ Path to Publication

- ▶ Winter – Final Content Creation and Design and Layout Review and Adjustment
- ▶ Spring – Physical Copy Preparation
- ▶ Spring/Summer – Publication and Presentation

# Questions & Feedback

# Thank you for attending today!

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- ▶ Feedback or Questions

- ▶ Email Isaac Wulff at [isaac.wulff@hca.wa.gov](mailto:isaac.wulff@hca.wa.gov)

- ▶ Next SPE workgroup session

- ▶ March 13, 2023: 1:00-4:00 p.m.