

SPE – Young Adult Workgroup

Current/Recent Successes and Challenges- March 2022

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Current/Recent Successes, and opportunities

- Recruited new members for this workgroup –currently 13 members with representatives from WSU, DBHR, DOH, LCB, King County, (2) Young Adults
- The group reconvening and meeting regularly is a win
- Identified knowledge and data gaps
- Developed a CAPSTONE project to address the gaps and have been using this to guide the work moving forward
- Hosted a WA Water Cooler Chat Session to gain qualitative data on the state of prevention on college campuses and gain understanding on insights or limitation on the use of *Harm Reduction Strategies*

What we have
learned about
the needs

Higher
Education

- A) **Need to build capacity**- Education and Workforce Development
 - Staff Shortages, Shifting Priorities, Mental Health
 - Outside support to come to universities to speak with Administrators
- B) **Information Dissemination** - A three-tiered prevention messaging approach: (Policy versus Reality Context)
 - 1) support abstainers
 - 2) if choose to use – be an informed consumer – education
 - 3) Experiencing harmful effects from use- utilize Fischer- *Harm Reduction Strategies*
- C) **Resources & Tools** - Assessment of the supports tool, programs, and screeners for cannabis and young adults

Challenges, gaps, barriers to work

- [Research/Program Gaps](#): emerging research on cannabis to say what works(EB programs, tools and screeners) with young adults
- Understanding the risk factors, predictors of onset of use & protective factors to support healthy choices and wellness on path of self-sufficiency for young adults
- [Equity-Health Disparities Gap](#): We have access to some college student data, but this only constitutes half of the young adult population
- Need to understand how young adults are disproportionately impacted
- Need to explore how to reach working(non-college) young adults
- [Funding Gaps](#): Some specific funding. CCSAP supported with some funds from DBHR. Some funds in DOH for Media up to 18-20, but mostly focusing on youth. Mental Health Promotion has some media funding targeted for young adults . ADAI has some minimal funds to update their website
- [Funding/Program Restrictions](#): Age and messaging restrictions based on federal and state funding sources
- [Language Gaps](#): Harm reduction is pattern of use. Assessing engagement with messaging around patterns of use vs. acute dynamics of overdose prevention

Challenges,
gaps, barriers
to work

Cannabis
Data Gaps

Cannabis Data Gaps: Young Adults 18-25

- Cannabis involved impaired crashes non-fatal
- Cannabis intoxication hospitalization rates
- Cannabis Use Disorder Treatment Rates
- Poison – Unintentional Cannabis Exposure
- Academic- delayed graduation rates – how many students referred for intervention/treatment services

Challenges,
gaps, barriers
to work

Young Adult
Outcomes



Young Drivers in
Cannabis related
traffic fatalities
Trending Upwards

Young Adult
Cannabis Use Rates
Past Year Use
Trending Upwards

Perceived Norms of
personal non-
medical use
Trending Upwards

Suicide and Suicide
Attempts
Increase

Opioid Related
deaths
Increase

Drug Related
Hospitalizations
Increase

Alcohol-related
traffic injuries
No change

Alcohol Related
deaths
No change

Alcohol-related
Hospitalization
Decrease

What is currently standing in our way?

- **Scope is wide, need is great!** with Young Adults(Cannabis, Mental Health/Suicide, Opioids, Alcohol)
- **Limitations on funding** - state agencies and higher education restrictions
- **Competing priorities** especially during pandemic, where to put energy and resources
- **18-20 and 21-25** makes things complicated. Peers who are around each other but approach is different (data, funding) holistic approach because of the age division
- **Rub between science and statute** – hard cuts in language but human development is fluid and varies greatly

What do you need to overcome these challenges?

- **Limitations on funding** and state agencies and higher education restrictions- Find partners who can develop and deliver the three-tiered messaging
- **Who is already doing this work?** – leverage with things that are already happening (First Years Away From Home Program-WSU- Check in with yourself, DOH – Wellness Campaign, College Coalition)
- **Not enough time.** Some of these barriers can be approached, as who is already doing this work, and coordinate with them to leverage things that are already happening
- **Promote national resources** not being used and/or understand to what extent they are being used

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State Prevention Enhancement (SPE) Policy Consortium Young Adult Workgroup Members

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