

Attendees			
Bailey, Me'kyel	DOH	Mariani, Sarah	HCA
Dinardo, Molly	SBOH	Rashid, Amani	WSIPP
Kha, Doua		Reamer, William (Billy)	HCA
Fontaine, Harrison	HCA	Robertson, Ryan	
Glesmann, Heidi	DOH	Salivaras, Sandy	HCA
Graham-Squire, Mike		Segawa, Mary	LCB
Helseth, Jennifer	DCYF	Shrestha, Gitanjali	
Bailey, Me'kyel	DOH	Weiner, Brittany	
Jenkins, Erika	HCA	Watson, Tyler	
Kang, Jennifer	DOH	Wilhelm, Liz	
Kellington, Mary	DOH	Wilson, Kendra	HCA
Lauderdale, Connie	HCA	Zimmermaker, Mikah	DOH

Meeting Notes

Please see PPT for additional information.

1. Introductions and Announcements

Heidi Glesmann

- Sarah opened the meeting at 1:05 p.m. and introduced Heidi Glesman as the new co-chair. Heidi welcomed new members and started self-introductions.
- The fun question of the day made everyone hungry: What is your favorite type of pie?
- Heidi recognized awareness topics for March.

Kratom question

- Who has authority, what policies are out there or proposed, etc., etc.?
A: We would like it to be regulated. There was a bill last year.
A: The Oregon Poison Center has a webinar on kratom coming up soon.
A: The Liquor and Cannabis Board has had informal conversations, but nothing has yet been done on it.

2. Workgroup Check-ins

Workgroup Leads

Why Coalition – Mary Segawa

- Various teams worked on a 2-page cannabinoid fact sheet, campaigns and the STN webpage language.
- They have updates from HIIDA and other member organizations.
- This Friday’s Why Coalition meeting will include an update on the co-awareness toolkit.

Opioid Prevention - Alicia

- There are no bills on prevention.
- They are:
 - waiting for budget information from the legislative session.
 - Evaluating a new release of CDC guidelines.
 - Focusing on primary prevention. There will be more to share this summer.

- WSHA campaign expansion: materials are going out to providers now, including on safe medications at home.
- MedTakebackWA.org is the new website address.
- They are finalizing the strategic action plan. Kratom will be added as a new action item.
- A new single source take-back line is in place: 844-482-5322.
- Next meeting: March 21, 3-4 p.m.

MH Promotion and Suicide Prevention Workgroup – Billy Reamer

- They are finishing up on the strategic plan.
- They had an abbreviated meeting the second week of the legislative session.
- They will assist with any reviews needed on the mental health review for project dollars.

Young Adult Workgroup – Gitanjali Shrestha

- From DOH
 - DOH has produced three new videos for the Not a Moment Wasted campaign, that promote healthy coping, tips for better sleep, and strategies for stress relief.
 - On 3/13, DOH will launch a media buy featuring these videos and a radio ad.
 - The videos and other campaign assets are in the campaign toolkit.
 - Contact: Nikki.Meline@doh.wa.gov.
- From HCA
 - First Years Away From Home program is receiving another round of funding to get the handbook sent out to multiple IHEs this Spring/summer/fall.
 - Check-in With Yourself program is receiving another round of funding to support another 6 months of enhancements and active rollout.
 - Young adult SUD and wellness campaign in partnership with DOH is continuing with DOH funding. HCA continues to explore paths to support ongoing Young Adult campaigns.
- From Dr. Jenn Duckworth, WSU
 - Speaking at the PRSC Spring Quarterly Meeting on the cultural adaptation of the First Years Away from Home Handbook for Spanish-speaking families of new college students.
- Published a [study in addictive behaviors](#) examining next-day effects of alcohol and cannabis use on attendance and engagement at work and school among young adults.

Tobacco & Vaping – Mikah Zimmermaker

- They have an upcoming meeting on capacity building.
- Four workgroups meet regularly.
- The policy group recently released two policy statements.
- They'll soon be developing a new website for [WA Breathes](#).
- The Improving Cessation Treatments Workgroup is working on recommendations. This will be a year-long partnership.

3. **SPE Future Planning**

Sarah Mariani, Isaac Wulff, Erika Jenkins

Problem Gambling Prevention Update - Sarah

- Roxanne Waldron presented at the last meeting on how we use the small resources we have. The PPT shows prevalence, impacts, challenges, possible future.
- Although we associate gambling with money, it is also associated with internet interactions; Roxanne would like to look at how to fold this into the larger plan.
- Discussion about formally including problem gambling as part of our plan/work/structure:
 - Several chats were submitted in support of the idea.
 - A consensus vote on including problem gambling got a majority approval and will be added our plan.

- For future discussion: internet safety. There is a connection to what we do through exposure and ideas.

Other Needs, Wants and Dreams for the Next Five Years – Sarah, Isaac, Erika

- Isaac found four common themes from the five workgroups: recruiting and engagement; research and education; workforce development; policy statements.
- Needs
 - Eating disorder prevention. High rates, plus a strong relationship to mental health.
 - Eating disorder care has historically been very siloed. Prevention must include both education on weight stigma and practical tools for providers.
 - Integrating the work of the Children's Behavioral Health Workgroup.
- Wants
 - Expand prevention services beyond discrete grant funding to more sustainable pathways.
 - Have statewide systems and structures routinely integrate SUD prevention and MH promotion.
 - Integrate prevention into the [Watch Me Grow](#) newsletter.
- Contacts for feedback or questions regarding needs, wants, and dreams for SPE:
 - Sarah Mariani – sarah.Mariani@hca.wa.gov
 - Isaac Wulff - isaac.wulff@hca.wa.gov
 - Erika Jenkins – Erika.Jenkins@hca.wa.gov

4. SPE Collaboration

Sarah Mariani, Sandy Salivaras, Heidi Glesmann

Early Goals of SPE: collaboration and data sharing - Sarah

- When DBHR moved to HCA in 2017, we wanted to bring forward the collaboration already in place at DSHS.
- The PowerPoint shows a 2017 diagram of the collaboration model and where the key roles and responsibilities within each agency overlap.

New HCA SUD Risk Index and Mental Health Risk Index Overview - Sandy

- They use data to prioritize their funding.
- The Substance Use Disorder Index and Community Mental Health Risk Index provide the data. The latter was new this year.
- School districts are ranked statewide on select variables; all these are weighed and provide the final score. Funds are targeted to districts most in need.
- The PowerPoint shows methodologies and a sample view of the index.
- They produce both a full version and shorter public version of County Community Risk Profiles.
- Contact Sandy.Salivaras@hca.wa.gov with questions or view the link on the PPT.
- Q: A requirement of CPWIs is to take the HYS. What if that doesn't show a need?
A: the surveys get balanced for small numbers.
- Q: What's the process for allocating the specific weight of each variable?
A: The indicators were selected through a literature review. Weighting is subjective.

Example of cross-agency collaboration - Heidi

- They received more money from DCA to sustain the prevention efforts.
- The community Grants Program goals (short version) are to disseminate funds; build capacity; and establish relationships.
 - In the collaboration with DBHR, shared data helped DCA focus their work and funds.

5. **2022 Young Adult Health Survey Results** *Jason Kilmer*

- Prior to implementation of 502, there was minimal data on this age group. This led to the development of the YAHS.
- Goal: collect as much data as possible before the first store opened; 70% of data came in by that date.
- Weighted and non-weighted data came out about the same.
- Each year, they follow up with previous cohorts, so long-term data has been developed.
- The 2022 recruitment was significantly different due to significantly changed social media advertising rules, decisions, and content.
- Several articles have been published using the YAHS data. One shows that any past-year use has gone up over time, year to year, and the 18–25-year-olds seem to drive that trend.
- There’s a very strong link between misperceptions of cannabis use and actual use. Most people believe use is significantly more prevalent than it is in reality.
- Most get their cannabis by giving the money to someone to purchase for them or from their parents.
- Driving under the influence is lower in later cohorts than in Cohort 1.
- Please refer to the PowerPoint for additional outcomes.
The 10th year of data collection starts this summer. Pausing on longitudinal follow-up of Cohorts 1-5 due to size of the survey. These will be reintroduced in the future.
- Please send ideas for improvement.
- Q: Do you look at concurrent? A: Yes, concurrent alcohol and cannabis use.
- Q: Trends –as cannabis goes up, does other substance use go down?
 - A: People reporting the concurrent use of both has gone up over time. (Page 20)
 - A: Since the medical market was folded in, there’s been a significant shift in where people get cannabis. We should watch for how regulation helps reduce risk as policies are implemented each year.

6. **Legislative Session Update** *Harrison Fontaine, Me’Kyei B*

Overview of active bills

- Harrison gave an overview of active bills, detailed in PowerPoint.
- E2SSB 5536 Regarding penalties is a broadly important one.

Other bills we should be tracking.

- 1641 Relating to high-concentration THC and raising the excise tax on these products. When talking potential harms, we should watch for the return of this one.
- 5634 and companion both made it through. This doubles funding for state problem gambling program and creates year-round problem gambling programs and community engagement services.

7. **Announcement**

- The first Prevention Research Sub-Committee (PRSC) meeting of 2023 is scheduled for Tuesday, March 21 from 10:00 am to 1:30 pm. On [Zoom](#). Everyone is welcome. The theme is “Adaptation of Evidence-Based Parenting Programs.” Presentation topics are:
 - “Adapting First Years Away from Home (FYAH) for Spanish-Speaking Parents of Latinx Students Transitioning to College”
 - “Adoption, Implementation and Sustainment of Family-Focused Prevention in Health Care Systems: How Do We Get There?”

- “Planning and testing program adaptations in community settings: A case study of the Strengthening Families Program 10-14 cannabis adaptation process”
- To be added to the PRSC listserv, please email Patricia Gomez (pagomez@uw.edu).

8. Adjournment

Sarah thanked attendees and closed the meeting at 3:58 p.m.

Upcoming Schedule

Month	Workgroup Presentation	Other Topics
May 8, 2023	TBD	• WSIPP – I-502 Report
July 10, 2023	TBD	•

Please **submit ideas** or **suggestions** of meeting presentations to isaac.wulff@hca.wa.gov.

Your support and collaboration are appreciated.